

Good day Mrs/Mr,

You may have read in the patient information, that one group in our study receives a special drink in addition to the medication. You have now been included in this group, and I would like to explain the procedure and background in more detail.

We know well by now that the immune system, our body's own defence system, plays a very crucial role in psoriasis. In the course of time, we have also come to understand in more and more detail about the immune system's close connection to the brain, and that the brain and the immune system constantly communicate with each other and exchange information. You may also have noticed this from your psoriasis; if you experience stressful events for example at work or in your private life, you may have observed a worsening of your skin condition.

Intensive research is currently being conducted in the area brain-immune communication with the aim of making positive use of these connections and communication pathways for the treatment of immune related diseases, in order to be able to improve existing therapeutic procedures.

This very likely amplification of the medication effect is explained by associative conditioning or learning processes, similar to the former experiments of the Russian physiologist Ivan Pavlov, who had conditioned the salivary response in dogs, when the food was formerly combined with the sound of a bell; you will remember these classical experiments, won't you? In this way, previous studies demonstrated, that the brain-immune axis can also be trained, which increases the effect of the medication. Simply said, you activate your "body's own pharmacy".

In our study, we use a very modern so called biologic, secukinumab, which already has a much better therapeutic response and fewer side effects than the older drugs. For our study, this means that we are extremely optimistic that we can further improve the high effectiveness of this drug through this "activation of the body's own pharmacy".