

SWIMMERS' NIGHT

2015



SWIMMERS' NIGHT 2015

in Szeged

in the evening of 29 October, 2015 (Thursday), 6.00 PM

Városi Sportuszoda (6726 Szeged, Temesvári krt. 33.)

FREE ENTRANCE

Let's swim together for inclusion

Swimmers' Night is an initiative of the Hungarian Dermatological Society (HDS). It was started 4 years ago, and it aims to raise awareness of psoriasis and the problems of people living with psoriasis.

Psoriasis (*pikkelysömör* in Hungarian) is a chronic, autoimmune inflammatory disease affecting the skin and the joints. About 1,5-2% of Hungary's population, ca. 150 000-200 000 people have psoriasis. At present it cannot be cured, but treatments are available to reduce its symptoms. While it is not contagious (thus you cannot catch it in a swimming pool), its signs are often highly visible on the skin, and the negative reactions from an environment ignoring the causes and nature of the disease often add to the feelings of isolation and rejection experienced by people living with psoriasis.

At *Swimmers' Night*, participants (with or without psoriasis) have 2 hours for swimming and adding up as many kilometers as they can in a joint effort. It is not a race, no sports background is required, everyone contributes as he/she can. Olympic and Paralympic water sport athletes also join the event every year.

Swimmers' Night is open to all, registration in advance is not required. **Entrance is FREE**, for both participants who wish to swim, and the non-swimming supporters of the event accompanying them. Inquiries/contact: Office of the HDS in Szeged, mdtpresident@gmail.com.