

# TED - a LITTLE STORY ABOUT ME



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World Psoriasis Day

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[worldpsoriasisday.com](http://worldpsoriasisday.com)



1

Hi – my name is Ted.

I want to tell you my story from the beginning. I was born a rainy and stormy night in the autumn - 10 long years ago. My Mom has told me that I was the sweetest little Teddy boy that ever been born in the world. My Mom and Dad were very happy and proud. They loved their little baby boy more than anything.

When I was 1 year old my Mom discovered some small spots on my skin. The spots were red and itched a little. My parents got worried since the spots spread and got more and more. Mom tried everything she could think of like baby powder and moisturising cream but nothing seemed to help. The spots got worse and seemed to get flaky and scaly after a while. My fur started to fall off on the places on my body where the spots occurred. After some time my skin was really affected and almost covered.

My mother went to the doctor and he told her that I had a disease called Psoriasis. Psoriasis is a very common disease that affects the skin. It is not contagious. The doctor said that the skin cells are produced much faster in the spots than on healthy skin. That is why the scales occur. Healthy skin cells are produced deep down in the skin layer and it slowly moves to the surface of the skin to finally fall off. This skin cell journey normally takes around 30 days. When you have psoriasis, like me, this only takes 3-4 day and instead of falling off the skin cells pile up on the surface forming psoriasis lesions. It is also an inflammation going on in the skin.

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The doctor gave my mother some special ointment with medicine in to stop the itching and to help my skin to heal. He also told my Mom that moisturising cream is very good for my skin. It is important to keep the skin soft and smooth when you have psoriasis.



Mom and dad were relieved that it was not anything more dangerous that I had and were glad that there was a treatment. They helped me with my ointments and creams until I was old enough to start to learn to treat myself. I could sometimes see in their eyes that they felt sorry for me with my spots and that they worried. But we never talked about that because I also knew that they loved me so much.

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After some years I started to get more aware of my spots and that I was different. When I met other young teddy bears I felt shy and insecure. No one else had spots. And I felt that they were looking at me in disgust. I started to withdraw from other children more and more and instead I started to seek friendship among the neighbours dogs and cats. My new friends never cared about my skin and did not look at me strangely. I felt normal and happy with them and we had lots of fun together. One thing I learned from my animal friends was how play with a ball. As you will see later – this also brought me much luck in my life.

One day  
envelope in  
She called  
in because  
important  
not at home –



Mom got a big  
the mail box.  
me to come  
we had got an  
letter. Dad was  
he was at work.

We looked at the letter and I could see that Mom had a proud smile on her face. I was so excited and curious and couldn't wait to open the letter. So we did. And it was a letter from School inviting me to start in the first grade.

The school was about to begin.

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The big day was here and I was so nervous and at the same time full of anticipation. Mom had bought me a new backpack in the latest model – and it was looking great. I was so excited so I ran a head of Mom. She was talking to the neighbours. Uncle Bill leaned over the fence and wished me good luck at my first school day. His funny dog stood drooling next to him.



But when we arrived to the school building my legs were shaking when I walked across the road. I was really worried that the other children would notice my spots. Would they look at me? Why couldn't I be normal with a nice skin? I didn't tell Mom about my worries 'cause I didn't want to hurt her feelings when she was so proud of me starting school.

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All the children were talking and laughing in the class room. Many knew each other from before. I tried to be brave and sat down at a seat in the middle. Our teacher Mrs Clock called our names and made sure that everyone was there. I immediately liked Mrs Clock – she had kind eyes. When my name was called I loudly answered Yes. Then it was a break and all the children started to talk to each other. Two of them whispered between each other and pointed at me. I felt my blood freezing. –Oh no, please don't let them see my spots... But it was too late. One of them said – “Look at him! His skin is full of ugly spots.” Another one pointed and whispered - “What is that on his skin?

What's wrong with  
to sit next to him –

him? Oh I would not want  
maybe I get it too...”



I felt the tears  
eyes. I tried  
to be brave  
shout –“No, no,  
normal! It is only  
ferent. Please leave me

rising in my  
to swallow and  
and I wanted to  
no – please - I am  
my skin that is dif-  
alone.” I wanted to stand

up and run out of the school and never come back again. But of course I didn't dare and I didn't run. I felt so sad and lonely and my tears were dripping down on my new school books. – Why couldn't I be like everyone else? I hated my skin and I wanted to leave and get back to my animal friends and never come back to school again.

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Suddenly I felt someone laying a kind hand on my shoulder. I lifted my head where I sat sobbing with everyone looking at me. – “But Ted my little friend”, Mrs Clock said softly, “please don’t cry anymore.” And then she turned to the class and said –“ Boys and girls - you should be ashamed of yourselves treating one of your classmates like this! Ted is a normal teddy boy like everyone else – the only thing is that he has a disease that makes his skin different. The disease is called psoriasis and it is not contagious. I would say that it is as contagious as your freckles Freddy!” Everyone looked at Freddy instead who got all red in his face.

I felt a little bit very sad and Mrs Clock decided to visit the school afternoons. I needed to learn more about psoriasis maybe get treatment for my skin.



better – but still lonely. Mrs Clock said that I should visit the doctor the same time. She said that I should learn a little bit about psoriasis and maybe get some new treatment.

When I was sitting waiting for my appointment with the doctor I heard other teddy bears talking behind my back. They had noticed my skin and whispered about what it could be. I felt very sad and different from everyone else.

12



13

Someone entered the room. It was one of the coolest guys from the school sports team. I could feel him behind me and I didn't dare to look up at him.

Suddenly he sits down on the seat next to me and he grabs me over my shoulders.



He said –“Hi little man! Who are you? I have heard that you suffer from something that you do not understand. Same here. You see, we have the same problem. Don't worry, look at me – I am much worse than you.” He showed me his arm and I couldn't believe my eyes when I saw that he was full of spots, much more than me. When we sat there and looked at each others spots, the doctor opens the door and calls us in.

14



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The doctor told us about psoriasis and that lately many new facts has been discovered about this disease. He asked if someone else in our families had similar problems with skin and joints. The doctor told us that psoriasis is genetic and we did not understand what he meant. We looked at each other and smiled. Then he gave us some prescription for stronger medication and he told us to come back to him in one month's time.



When we were walking back from school we talked about what the doctor had said about psoriasis. It had been interesting but we agreed that we did not understand it all. All by the sudden he says –“By the way, I have forgotten to tell you my name. I am Bart and I am the leader of the school sports team.” Woow – I am Ted” I said to him. Bart asked me if I was into sports and we then kept talking and talking on our way home. We had a good time and we agreed that in the morning we would walk to school together.

16



17

**W**hen I came home Mom had baked cookies and we sat down at the kitchen table with hot chocolate. I told Mom and Dad about my first day in school and about my meeting with the school doctor and what he had said about my disease. I remembered the word “genetic” and asked my parents if they knew what it meant.



Dad took down our family photo from the wall and showed it to me. He said –“Look here Ted. This is your grand father. They called him Mr Redspots when he was young. Probably he had the same disease as you. Grandma told us about him that he had lots of problems with his skin all his life – but he was a big and very tough bear – so no one dared to tease him. That can be the genetic reason to your disease. It has been inherited from another generation. That is the meaning of genetic and we can not do anything about that.

18



One day after Mom and dad had told me about my family and what the word genetic meant, I met Big Bart on my way to school. We were both a bit early so we sat down in a park. I picked up the family photo that I now always carried with me in my school bag. I showed it to Bart and explained what dad had told me about his father, my grand father Mr Redspot and what I had learned about the word “genetic”. Bart didn’t understand it at first and said that it sounded like hocus-pocus and I agreed. But then he said – “Yes Little man, what can we do about history? Now we just have to live with it. Come on Ted – let’s play the game”. On the way to school I told him that I was missing ball games and sport since I had been quite lonely during my childhood. Bart said – “Don’t worry Ted. I will see what I can do. Everything is going to be fine”



A few days later when I sat waiting on my turn to play in the young junior team, Bart and two other big guys from the real school sports team, showed up. To my big surprise they asked me if I would like to try out to join their training to eventually play with them in their team. I thought I was dreaming and was overwhelmed by happiness. I couldn’t even answer. I just smiled and nodded and Bart smiled back at me and blinked his eye.



**T**he greatest day in my life, after many weeks of training with Bart and his team, I stood together with the whole school sports team, waiting for my first big public game. This was a very special game, it was the final game against the school in the south side of our town. The arena was crowded, not one seat was empty. There were music and dancers and cheer leaders – so the noise and atmosphere was amazing. When the game started, I was sitting on the bench.

The game was swing-  
between the two  
worried. No one  
the game is very  
out Bart asked me  
and fresh, would like  
minutes of tough game.



ing back and forth  
teams. Bart looked  
takes the lead and  
even. In the last time  
if I, as well-rested  
to take the last  
I was nervous when I

entered the ground – but when I heard the audience in the arena cheering, I suddenly felt calm. After two minutes of hard play, I got a super pass and I rounded up two line backs and gave all my energy towards the basket. I took a big jump and flew up to the basket hoop where the ball left my hands. The only thing I heard was the sound of the horn and the audience singing “We are the champions! We won the game!” At the prize-giving ceremony I felt like a true hero. I got tribute and was congratulated as I never experienced before. Mom and Dad were overwhelmed with happiness and pride. Mrs Clock and my class mates were overjoyed and I think that this day I convinced most of them that I am not different or not good enough – maybe I proved that I am rather a little bit better...



Hi there again!

It has been a while since we won the school master ship tournament and I got my self esteem back. I must admit that everything have become much better. My studies are excellent, to my Mom and Dads happiness. My psoriasis has improved and the spots are less. It seems like the treatment works and probably also my good mood helps.

My class mates are astonished over my ball sense, so much that I am now coaching them in various ball games. Now I am going to school on my brand new bicycle that I got from Mom and Dad as a gift, celebrating the successful game. On the way to school I will probably meet Bart and my other new friends from the school sports team. So long for now – hope to see you again.

Love

TED



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