

C A S A Fired up

CANADIAN ASSOCIATION OF SCARRING ALOPECIAS

MEETING MINUTES

APRIL 28, 2014

GENERAL ITEMS:

- This meeting had a general roundtable support meeting format.
- Dr. Donovan was our guest at our last meeting in January and this was very well received. He has offered to answer a few of our questions monthly through our website. (Our website will need to be updated to accommodate this change.) He will be our guest again at our next meeting on Monday June 16th where he will pick up where he left off with our submitted questions. If time permits, we will have an open Q and A with him at the end. As per our last meeting, we want to make sure that we use his precious time wisely as we are VERY lucky to have him attend.
- Overall, there are many group members that would like to hear more info on natural treatments/options.
- Erynn's brother; a Naturopath with an interest in Scarring Alopecia will be joining us at our next meeting on Tuesday September 16th. We will most likely keep the same format where we submit questions ahead of time for him to answer when he joins us.
- CANAAF (Canadian Alopecia Areata Foundation) is holding their annual Accessorize Me event at their general meeting on July 26th in Toronto. There will be many vendors and information as part of the Accessorize Me portion of the week end. In addition, they are also hosting a weekend conference here in Toronto. You can get more info here <http://canaaf.org/event/1346/> , there may be some aspects of the conference that interests you. CANAAF is very supportive of CASA and would love to see us attend.
- All \$20 annual dues collected from members have been used for meeting snacks and to host the website. If anyone has any suggestions on ways to spend the money, please submit to Shirley. As noted, the website needs to be upgraded to accommodate additional functions like question submission. (See action items) If you have not paid your 2014 \$20 dues, please bring it to our next meeting and see Erynn.
- When CASA was formed, we collected questions from the small group in the hopes of creating a database of questions that are specific to CA and submitted by members. The group has requested that these questions be revived and all new members contribute to them. The original questions are attached CASA GROUP QUESTIONS.docx. Please have a look and add in your own questions and send back to Shirley. (See action items)
- Our member Monica attended the annual CARF (Cicatrical Alopecia Research Foundation) conference in Chicago. She provided a summary and some additional info which is attached. (CARF Conf Wigs 2014.pdf and CARF Conf Notes 2014.pdf) Some additional details include:
 - You can use Rogaine on your eyebrows
 - Surgery trauma can reactivate hair loss
 - Lumigan and/or Rapid Lash are useful to regrow eyelashes
 - FFA patients can benefit from psychologists due to the elevated levels of anxiety

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- Deep breathing and meditation can be helpful in dealing with stress associated with hair loss. Remember A,B,C – Acceptance, Breath/Be in the moment and Change what is changeable
- Sleep is very important
- Suggestions on running support meetings include, carpooling, have dermatologists, psychologists and hairdressers as guests.
- Please let Shirley know if you would like to give your contact info to any of the other members and she will facilitate the connection.
- All of Dr. Donovan's replies to our prepared questions are found in the accompanying document [CASAQuestionsDrDonovanJan20WithResponses.docx](#). You will also be able to see where we left off and will continue at the next meeting.
- Next meeting is at 6pm on Monday June 16th at 2200 Yonge Street. (See directions attached [Directions to the Canadian Tire Conference Centre.docx](#))
- June agenda:
 - 5:30 - 6:00 Room opened and set up
 - 6:00 - 6:30 General member roundtable and welcome new members
 - 6:30 - 8:00 Q & A with Dr. Donovan (Finish going through submitted questions then an open Q & A if time permits.)
 - 8:00 Meeting is adjourned

ACTION ITEMS:

Shirley: Share the original group survey questions with the current members so that they can contribute their own questions.

Michelle: Contact colleague to see if they will revise our website for us with the hopes that we can automate questions.

PREVIOUS MEETING ITEMS:

- Chair and Co-Chair positions within CASA are still open. Any interested people should contact Shirley.
- Is there a need to incorporate CASA or become a registered charity?

NEXT STEPS

Next Meetings:

Monday June 16, 2014 – 6:00 pm – 8:00 pm

Tuesday September 16, 2014 – 6:00pm – 8:00 pm

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2200 Yonge Street, Canadian Tire Conference Centre