



MEETING MINUTES

JUNE 16, 2014

GENERAL ITEMS:

- Dr. Donovan was our guest for the second time this year.
- Here are some of the notes from a general Q & A with Dr. Donovan:
 - If you are a new patient, you should go to your dermatologist first then if necessary, get a referral to Woman's College Hospital Dermatology where Dr. Donovan works. He does not take patients but will consult on your condition with the dermatologists at WCH.
 - There is no rational behind turmeric battling hairloss. It is known as a natural anti-inflammatory. Aveda has a new product line that has turmeric as an ingredient. You can also use turmeric on or in your food to get the benefits.
 - It is not known whether there is a viral component to scarring alopecia.
 - There are genes that are related to Alopecia Areata; 23andMe is a genomics and biotechnology company based in Mountain View, California. They were shut down pretty quickly due to issues with clients and interpretation of their results. No one has looked at the connection with genetics and scarring alopecia.
 - When it comes to taking surveys to compile the information from patients, it is very important that the survey is carefully prepared and controlled.
 - Please make sure that your research information is legitimate and from a good source. There are many public papers and research articles on Dr. Donovan's website for reference. <http://donovanmedical.com/recent-publications/>
 - Donating blood is not an issue for most Cicatricial Alopecia (CA) suffers but should not be considered if you are taking Finasteride.
 - There are no new studies about the use of Actos for CA treatment. Actos is a diabetes medication. There was a 2007 report in one journal where a patient or two responded well to Actos (but it does not work long term).
 - FFA is extremely rare in Black and Asian women and there are no real studies about this.
 - There is no direct link to MS for CA patients, but Alopecia Areata has a closer link to MS.
 - Scalp atrophy is caused by CA and not by Rogaine. You should respect all medications doses long term.
 - Injections and topical applications are very similar; injections are very reliable and precise.
 - Sun exposure can tend to worsen the conditions in general (except with LPP).
- All of Dr. Donovan's replies to our questions are found in the accompanying document [CASAQuestionsDrDonovanJuneWithResponses.docx](#).



- A Naturopath, Dr. Jonathan Prousky with an interest in Scarring Alopecia will be joining us at our next meeting on Tuesday September 16th. We will keep the same format where we submit questions ahead of time for him to answer when he joins us. **Please submit your questions for the Naturopath to Shirley before September 1st so that we can compile and share to give the doctor enough time to prepare.**
- 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.
- 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.
- Next meeting is at 6pm on Tuesday September 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 our guest
 - 8:00 Meeting is adjourned

ACTION ITEMS:

All: Send your questions for the Naturopath back to Shirley and we will make sure that the doctor receives them in advance.

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:

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



2200 Yonge Street, Canadian Tire Conference Centre