



### CARF's 3rd International Patient/Doctor Conference Register Now!

#### Inside this issue:

5th International Skin Research Day	2
CARF Joins NIAMS Coalition	3
Call for Research Proposals	3
Acknowledging Seymour Weaver, III MD and Carol Kotrozo	4
Profiles in Giving: Maralyn Ey	5
Doughnuts to Dermatology: A Profile of Lloyd King MD	6
All for the Love of Hair	7
CARF Patient Support Groups	8
Donors 2007	9

The Cicatricial Alopecia Research Foundation (CARF) and Dr. Valerie Callender invite you to attend the **Third International Patient/Doctor Conference** in Washington, DC Friday, September 26 - Sunday, September 28, 2008 at the Hyatt Regency Crystal City.

The weekend event is filled with entertaining and educational activities for patients with cicatricial alopecia, their families, physicians and nurses.

#### Why you should attend:

- ◆ Learn more about cicatricial alopecias, their diagnosis and treatments.
- ◆ Discover the latest research breakthroughs for this difficult

group of diseases.

- ◆ Find out about available cosmetic solutions.
- ◆ Ask questions of the leading physicians and researchers in an informal setting.
- ◆ Participate in small group discussions and share experiences and support.
- ◆ Explore the beautiful and impressive sites in our nation's capitol, including a specially-organized tour of the National Gallery of Art.

#### Featured topics and speakers include:

- ◆ Clinical Aspects  
Len Sperling MD
- ◆ Central Centrifugal Alopecia  
Amy McMichael MD

- ◆ Medical Management  
Vera Price MD
- ◆ Surgical Management  
Valerie Callender MD
- ◆ Research Breakthroughs  
Pratima Karnik PhD
- ◆ Special Guest Speaker  
Wendell Primus PhD

#### How to register:

Online Registration is available on the CARF website: [http://www.carfintl.org/patient\\_conference.html](http://www.carfintl.org/patient_conference.html).

For more information on registering, please email: [registration@carfintl.org](mailto:registration@carfintl.org).

### A New Face at the Editor's Desk



*Nancy West recently joined us as the Editor in Chief of CARF Communiqué.*

Nancy resides in Columbia, MO, with her husband Craig (a rocket scientist) and their six-year-old Silas (an aspiring paleontologist and hunter). She teaches Film and Victorian Studies at the University of Missouri and writes on such varied subjects as snapshot photography, crime movies, and Masterpiece Theatre. Her hobby—or rather, her obsession—is gardening. This time of year, you're almost sure to find her in her garden after 4:00 p.m., weeding and mulching until it's too dark to

### All for the Love of Hair ... And CARF

Gwen Powell Todd, EdD



Rising at five, going to meetings at seven, having lunch on the run, attending afternoon lectures, networking at dinners and receptions, and plopping into bed around midnight: this was the typical fast-paced schedule for Vera Price, Sheila Belkin and me while attending the AAD conference in February, 2008.

As we crawled into bed, I moaned "All for the love of hair," and Sheila added, "and CARF!"

We attended the AAD meeting to represent CARF, advocate for cicatricial alopecia, learn the latest in hair/scalp care and re-

search, and support our scientific advisors by listening to their presentations. We accomplished all these tasks last year as well, but this year differed dramatically from the last; this time, the doctors at the conference were familiar with CARF! Our organization has made tremendous progress within the past twelve months. People know our work and want to help.

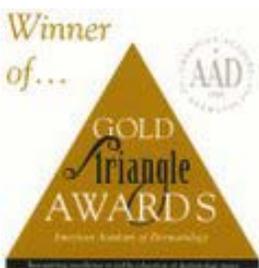
Here are some of the highlights of the meeting:

#### I. CARF Scientific Advisors Meeting

In February, 2007, the meeting of CARF scientific advisors had five attendees and was held in an alcove of the hotel lobby.

**Keep your subscription to the newsletter up to date.**

Only those who have made a donation or attended an event will receive this publication for the coming year.



## CARF Goes to Washington



**Dr. Victoria Holloway Barbosa and Sheila Belkin speak to legislators on behalf of skin diseases**

The cherry blossoms were blooming when fifty-four individuals descended on Washington, D.C. to meet with members of Congress and request increased research funding for the National Institutes of Health (NIH).

These individuals were patients, clinicians, and researchers representing two advocacy groups:

1) The National Institutes of Arthritis and Musculoskeletal and Skin Diseases Coalition and

2) The Coalition of Skin Diseases.

These groups share two goals:

1) To provide medical and other information for the nearly eighty million patients in the USA who suffer from one or more of the 3,000 known types of skin diseases.

2) To advocate for increased research leading to new treatments and cures. Affiliates of these coalitions meet annually with members of Congress and testify before the appropriations committees to educate Congress and the public on the seriousness of skin diseases.

This year CARF Scientific Advisor Dr. Victoria Holloway Barbosa and Kevin Wang, MD, PhD and dermatology resident at UCSF, participated in the event. Dr. Wang's impressions follow.



**CARF's team met with Wendell Primus PhD, Senior Policy Advisor on Budget and Health issues to Speaker Nancy Pelosi.**

**Wendell will speak at the Patient/Doctor Conference on September 28, 2008**

## 5th International Skin Disease Research Day

### Kevin Wang MD, PhD



**Dr. Kevin Wang advocates for increased research funding**

I was fortunate enough to be among the dermatology residents who attended the 5th International Skin Disease Research Day, held this past April 9th and 10th.

I had no real knowledge of the event when I boarded the red eye flight from SFO to Dulles, except that it was organized by the AAD, SID, and the CSD to increase congressional awareness of skin disease research and to advocate for more funding.

This year's event was especially critical given the proposed cutbacks in financial support for the NIH. After making a total of five visits to

congressional officials and their staff, I returned to my world of clinical dermatology with a deeper appreciation for the impact of funding on dermatologic disease research.

Just as important, I realized the significant influence organized advocacy can have on legislation.

As advocates, we have an important role in bridging the age gap between legislative staff members, many of whom are fresh out of college and bear a "younger perspective," and those more experienced individuals who participated in the meetings on behalf of elected officials.

As a physician-scientist, I have seen first hand how lack of funding can deter even the most ambitious investigators away from making innovations in medicine.

The efforts made on Skin Disease Research Day are only small steps in what must continue to be an ongoing attempt to keep the scientific pipeline working.

I encourage more dermatology residents, fellows, and faculty to make advocacy part of their professional responsibility and participate in this worthwhile endeavor.

## Inspiring Hope for Patients: NIAMS Pledges Its Support

### Laurence Spector and Sheila Belkin

In the bleakness of this past winter, the two of us attended the inaugural meeting of the NIAMS (National Institute of Arthritis and Musculoskeletal and Skin Diseases) Coalition Outreach Day in Bethesda, Maryland.

At the convention, we met with twenty-two high-ranking directors of various NIAMS departments along with fifty-five other participants, including members of patient organizations, principal research investigators, clinicians, medical specialists, and academics. All of us gathered for the purpose of working together because we share a common goal: to find better treatments and a cure for the diseases we represent.

NIAMS Director Stephen Katz, MD, PhD, and his staff delivered an encouraging speech. They want to collaborate with patient organizations and help them achieve their goals. Dr. Katz urged us, as CARF representatives, to meet with him whenever we are in Washington, DC, so that NIAMS can learn more about research activities and aspirations regarding cicatricial alopecia. He not only offered the support of NIAMS but also provided tangible advice. For example, he urged us to send patients to <http://www.ncbi.nlm.nih.gov/pubmed/> and <http://clinicaltrials.gov> to learn about

the most recent medical developments regarding hair loss. He also pledged support for those research projects selected by NIAMS as most worthy of pursuit.

During the morning lecture session, scientists gave fascinating talks on state of the art research advancements. We heard about "The Many Layers of Skin Research: Advances and Highlights", and "Connecting Basic Research to Patient Care".

In the afternoon, small groups gathered for roundtable discussions where we shared CARF's research focus. We also participated in the inflammatory disorders group, which included cicatricial alopecia, alopecia areata, psoriasis, vitiligo and eczema. Also discussed was the current shortage of funding available for even the most promising research projects: a troubling piece of news that inspired all of us to work even harder as advocates.

The day ended on a very special note: a tour of the new NIH Clinical Research Center where patients from around the world come to be treated after other approaches have failed. In this center, where patients are encouraged to bring their families and friends, one finds a truly supportive and healing environ-

ment.

The center is unlike any medical place we have seen. Patients receive the benefit of expert care: the doctor who treats a patient is also the researcher. The doctor applies the clinical findings directly to a research lab that is actually on the same floor as the patient's room. They do the clinical and research work simultaneously. In this manner, they report their findings on diseases that are difficult to treat. It is a common term of art used in the medical profession: bedside to bench to bedside care and in this case, in a setting that incorporates nature and the outdoors.

The experience of attending the meeting with NIAMS brought hope, inspiration and a humbling perspective.



**Sheila and Laurence at NIAMS Coalition Outreach Day**

## CARF Call for Research Proposals

*CARF sent out a Call for Research Proposals (CFP) on cicatricial alopecia to dermatology departments and organizations across the world. We have included the CFP below so that readers may see an example of CARF's ongoing, concerted efforts to further research for this group of diseases.*

CARF is calling for researchers worldwide to submit proposals for research grants. CARF wishes to support research that may lead to better understanding of and more effective treatments for the disease processes associ-

ated with cicatricial alopecias. Topics of critical research interest are:

- ◆ the role of lipids in normal hair follicle cycling
- ◆ the role of environmental toxins in the pathogenesis of cicatricial alopecia (CICAL) in the mouse;
- ◆ the function of the sebaceous gland in normal hair follicle biology
- ◆ the mechanism of hair shaft egress from the terminal hair follicle

- ◆ the role of PPAR gamma in the pathogenesis of a laboratory model of CICAL
- ◆ the role of peroxisomes in hair follicle biology

Awards of \$5,000 to \$20,000 will be granted to successful applications. Applications and grant guidelines are available online at <http://www.carfintl.org>. Take the opportunity now to submit your proposal for innovative exploration into hair research.

## CARF Gratefully Acknowledges Seymore Weaver III, MD Benefit Gala a Success



Seymore Weaver III, MD

Members of various communities joined Dr. Weaver in marking his twenty-fifth anniversary of dermatological service in the Greater Houston Area.

Commemorated as the "International Celestial Gala Benefit," his anniversary celebration took place at the Omni Palace Ballroom and served as a fundraiser for CARF as well as the Texas Gulf Coast Chapter and the El Paso Branch of the Lupus Foundation of America.

It was an evening of celebration, awareness, reunions, and entertainment.

hope that one day there will be a cure and better treatments for this poorly understood group of diseases. Among these presenters were:

- ◆ Ken Washenik MD, PhD. Member of CARF Board of Directors and Medical Director of Bosley.
- ◆ Dyetra Limbrick. Board member of the Texas Gulf Coast Chapter and El Paso Branch of the Lupus Foundation of America.

Dr. Weaver remarked of the event: "The International Celestial Gala Benefit has enabled me to help increase the public's knowledge and awareness of two challenging diseases and to contribute funds for research. He donated \$5,000 of the proceeds to CARF. Many thanks to those who contributed, participated, and assisted in making this event a big success. Your involvement is heartfelt and greatly appreciated."



Teammates in Action

Speakers provided current information on both lupus and cicatricial alopecia, including a new CARF video which gives actual documentation by patients and offers current medical information in order to furnish a better understanding of cicatricial alopecia. It gives

## Thanks to Volunteer Carol Kotrozo



Carol Kotrozo, Bosley

The Public Relations Manager for Bosley, Carol Kotrozo has been working with the media on publicizing the latest news on hair and eyebrow transplantation. She focuses particularly on the work of Dr. Ken Washenik, Medical Director of Bosley and member of the CARF Board of Directors. With a background in technical writing and extensive experience in the field of dermatology, Carol is the ideal addition to the volunteer staff of CARF.

She serves on the PR committee for CARF and assists in the creation of media kits, fundraising, and anything else thrown her way.

Carol believes in community service and has a particular interest in soliciting support for under-funded health programs. At

Bosley, she has been promoting employee involvement in local charitable organizations as part of the company's "Core Values" philosophy.

A graduate of Pomona College and UCLA, Carol has a Master's degree and Ph.D. She speaks French and Spanish and studied at the Sorbonne in Paris as part of the Institut de Professeurs d'Etranger program. She manages the translation of collateral materials for Bosley in Mexico and also assists in the design of marketing brochures and ads. It is not surprising that her hobbies include art, literature and dance.

As part of a performing group, she entertains senior citizens, school children, the Veteran's Administration, and a variety of local organizations in the Los Angeles area.

## Profiles in Giving: Marilyn Ey & Soroptomist International Chico

Patient Marilyn Ey grew up on a one-hundred-and-fifty acre olive orchard in Northern California. Today, she and her husband operate a property management business in Chico, California.

### How is she involved with CARF?

“Dr. Vera Price was my lifeline,” Marilyn says of her dermatologist and CARF’s co-founder. Diagnosed on July 17th, 2007, Marilyn remembers her appointment well because she didn’t even know what questions to ask. “I felt like I was stranded in the ocean without a lifeboat.” Shortly after, CARF put Marilyn in touch with other patients who lived near her home. “Patients I’d never met before reached out to me and helped me in ways I couldn’t have anticipated.” Before that phone call, Marilyn didn’t know she needed help. Today, she is determined to do whatever she can to spread the word so CARF can continue to help others like herself.

### How is she making a difference?

Marilyn is trying to help make people aware of CARF. She has been to three of the support group meetings held in San Francisco, each of which Dr. Price and patients attended. (See article on the San Francisco support group, page 8). “I’m a much happier person now because of CARF. And I don’t want people to suffer if they don’t have to.”

Marilyn also belongs to an organization called “Soroptomist International

Chico.” She has been very open about the progression of her cicatricial alopecia to the Soroptimists, a group that raises funds to give to worthy causes. When she approached the organization with her story, they were so moved that they pledged \$500 to help fund a cure.

“I asked if any club member wanted to write a check to CARF. I am hoping that people reading this interview will realize that there are many people who can be tapped for money. Just ask them; all they can say is no. If we get the funding, we can put it into research and slow this disease down.”

### How has her family reacted to her condition?

A customary ritual in Marilyn’s family is the exchange of gifts over the holidays. This year, Marilyn’s siblings asked her what she wanted. “From now on,” she told them, “all I want you to do is to write a check to CARF. I don’t want another trinket.”

When Marilyn’s brother gave her his Christmas gift, she wondered if he’d taken her advice. And as she opened the package, she realized it was a copy of the check he wrote to CARF. She jumped for joy and thanked him on behalf of patients everywhere.

By becoming proactive and sharing her story with friends and family, she raised over \$1,500 for CARF, exemplifying how one person’s courage can indeed make a difference.

### What would she say to patients considering getting involved?

“Go for it. The more you learn, the more settled you will be.” Marilyn believes CARF is at the very beginning of a cure, and patients can help pioneer these efforts by volunteering and helping raise funds for research.

### Why does she support CARF?



Marilyn Ey presents Vera Price with a check to CARF

For Marilyn, attending CARF’s San Francisco support group was life changing. By meeting and sharing her experiences with other patients, she finally realized that she wasn’t alone.

She is now better able to make peace with her disease, something we all ultimately must do. Fighting back tears, Marilyn reflects upon her experiences: “It’s been an emotional journey for me. Because of CARF, I’ve been able to keep my head on straight and maintain a good sense of humor.”

## Ways to Donate

All donations to CARF are welcome. These funds will be used toward our goals of finding an effective treatment and cure, supporting education and advocacy, and raising public awareness about the disorders.

There are three ways you can donate:

**Online:** You may use the Google Checkout at the CARF website:

[www.carfintl.org/donations.html/](http://www.carfintl.org/donations.html/). This is a fast and secure way to support our cause. We respect your privacy and will not share your information with anyone.

**Mail:** Make a check payable to the Cicatricial Alopecia Research Foundation or CARF.

**Send check to:** Cicatricial Alopecia Research Foundation, P. O. Box 64158, Los Angeles, CA 90064.

**Contribute Securities:** Securities such as stocks or mutual funds may be donated by submitting them to Wells Fargo Bank. For more details, please inquire at: [donations@carfintl.org](mailto:donations@carfintl.org).

CARF is a tax-exempt 501(c)3 non-profit organization.

We thank you in advance for your tax deductible donation.

## Medical Team

### Doughnuts to Dermatology: Lloyd King MD, PhD



Unlike some physicians who knew exactly what career path they wanted to follow, I had no clue how serendipitous events came to change my life. After graduating from Vanderbilt University, I didn't know what

my long term career would be, but I did know that I wanted to join the U.S. Navy. I really enjoyed my time on an aircraft carrier, but just as I was getting ready to re-enlist, my father died.

So I went back home so that I could help support my mother and sister. My mother decided to return to college and become a teacher. Meanwhile, to convince her I had a career plan like her two MD cousins, I reluctantly took pre-med course at Murray State College.

In order to support myself, I took a job making doughnuts all night (this way, I could attend pre-med classes during the day). My histology teacher, Liza Spann, PhD, convinced me to apply to dental or medical school during my first semester. I applied to the University of Kentucky and to the University of Tennessee-Memphis.

Both schools accepted me, though UT-Memphis was the only one to give me a

scholarship. At this point, it was impossible to tell my mother--and sister-- I wasn't sure I wanted to be a doctor.

At UT I found very smart, motivated students who were sure they wanted to be physicians. I still wasn't sure, however. I began a small project to collect cord blood samples for a Vanderbilt-trained endocrinologist who was studying inherited diseases. I also had a part-time position assisting the OB/GYN staff at Baptist Memorial Hospital.

I learned two very important lessons as a consequence of these work experiences; 1) if you become a famous physician, such as the endocrinologist for whom I worked, fame can begin to control you and 2) most OB/GYN doctors wish for a more relaxed specialty (such as dermatology).

It wasn't until after I completed my Ph.D in neurobiology, got married, and finished two years of Internal Medicine, that I understood what the OB/GYN MDs meant. Dermatology left time for a family as well as for research.

I started my Dermatology residency and research training at the Memphis Veterans Hospital, which supported my full time research career. At St. Jude Children's Hospital, I found what I liked to do everyday. I studied how cells used ATP

to control their growth and metabolism as clues to causes and treatments of human diseases.

At St. Jude's, my mentor, Martin Morrison, PhD, suggested that I combine my dermatology training and research interests by going to Vanderbilt to work with Stanley Cohen, PhD, who discovered Epidermal Growth Factor (EGF).

I began to work on causes of human hair loss serendipitously. I presented my EGF work at a joint NIH/National Alopecia Areata conference where I met Vera Price and John Sundberg, DVM, PhD. John invited me to give a talk at The Jackson Laboratory, Bar Harbor, Maine, where we identified a mouse model of alopecia areata. For eighteen years, we have collaborated on mouse models of human skin and hair diseases.

Dr. Price encouraged us to also focus on scarring alopecias to determine why some inflammatory alopecias don't scar while others do.

Recent progress and the founding of CARF is very encouraging. I'm very pleased that fate led me from making doughnuts to studying the causes and treatments of scarring and non-scarring alopecias with CARF's support.

### More Wisdom From Lloyd King

Sheila Belkin asked me to comment also on my motivations for being actively involved in CARF.

I am a white male dermatologist and a Medicare recipient who has been bald for forty years. Why should I invest my energies? What do I expect to give or get for my time and effort? The answers are simple.

On a professional level, I see patients, particularly women, whose lives are dramatically changed by witnessing their children develop alopecia and then be teased by classmates. I see women and men who lose so much self esteem that they find it difficult to deal with everyday

work and social obligations. How could I not try to use modern day scientific methods and old-fashioned sweat to help these people--and potentially-- my own family members?

My approach is to identify hardworking, intelligent scientists who possess both a sense of humor *and* a sense of duty. If I find creative scientists who have potential answers to problems but no resources, I try to find ways to get people to give money. As a fifth generation school teacher, I know the importance of educating the affected person, her family, and her community.

It is difficult to find anything humorous

about being the butt of bald jokes. Find others who share your fate and work diligently toward finding a cure. I did, and I recommend you do the same. Hope increases as the number of supporters increases.

If you can't attend CARF meetings, log onto the website. If someone asks you where you can find reliable information about hair loss as well as support, recommend CARF. If you can't start a fundraiser, send money to support the research.

Always be supportive of your friends with alopecia, and you will be rewarded by their support.

## All for the Love of Hair ... and CARF

(continued from page 1)

This year we met in a spacious room with sixteen scientific advisors and five members of CARF's Board of Directors.

The highlight of the meeting was the ground-breaking research conducted at Case Western Reserve University (CWRU) by Pratima Karnik, PhD and Paradi Mirmirani, MD. Kevin Cooper, MD and Vera



**Sheila Belkin, Vera Price, and co-host of the 3rd International Patient/Doctor Conference, Valerie Callender MD**

Price summarized this seminal work: "Karnik and Mirmirani performed gene expression profiles on scalp biopsies from patients with lichen planopilaris (LPP) and normal controls. Gene expression profiling measures the activity of thousands of genes at once. These profiles are like molecular pictures of normal and diseased scalps, and by comparing the two pictures, differences can be identified. Identifying these gene expression differences can then

tell us about etiology and pathogenesis.

The researchers found in LPP tissue a significant decrease in expression of peroxisomal genes involved in cholesterol biosynthesis and lipid metabolism, and an accumulation of unmetabolized lipids. They proposed that peroxisomes are a crucial determinant of lipid homeostasis in the hair follicle and that increased lipid accumulation causes tissue damage and triggers inflammation, and ultimately causes destruction of the hair follicle and permanent hair loss. Gene expression profiling is continuing at CWRU of paired biopsies from affected and unaffected scalps from all types of cicatricial alopecias from patients at the University of California, San Francisco (Vera Price) and at Kaiser Vallejo (Paradi Mirmirani)."

### II. Meeting the Women's Dermatologic Society

We also enjoyed a meeting with the Women's Dermatologic Society (WSD) President, Suzanne Connolly, MD. We discussed ways to bring hair loss to the attention of dermatologists and to find doctors who are willing to treat cicatricial alopecia patients.

### III. Meeting with Seymour Weaver III, MD

Seymour Weaver III, MD and five members of his staff shared details of the celebration in Houston honoring his twenty-five years in practice (see page 5).

CARF was one of the recipients of this fundraising effort. The \$5,000 award from this event will be used to fund new research grants.

### IV. In addition:

One of our patients, and the secretary of the fundraising committee, Betty Fairly, drove to San Antonio and met with us. It was wonderful to talk with her in person rather than to communicate through e-mail or telephone.

The CARF team hobnobbed with dermatologists from around the world at the annual WDS luncheon. We assisted at the Coalition of Skin Diseases (CSD) booth, while chatting and handing out materials to help bring awareness to attendees. We were also introduced at the reception of the National Medical Association (NMA), where details were announced about the CARF Patient/Doctor Conference in Washington, DC, September 26-28, 2008.

There were eleven sessions about hair disorders--many more sessions than in past years-- which indicates the increased interest in hair loss and cicatricial alopecia. Topics included "Skin of Color," "Hair Loss in Women," and "Managing Hair Loss Made Easy."

This highly charged week was filled with moments of learning, planning, and meeting new and old friends, "All for the Love of Hair...And CARF!"



**Suzanne Connolly MD, President of the Women's Dermatologic Society meets with CARF founders**



**Handing out information at the CSD booth**



**Networking with Lenore Kakita MD, President of the Women's Dermatology Foundation**

## We Can Often Do Together What We Can't Do Alone

Betty Tanzey and Linda Assalino, Coordinators for San Francisco Support Group



CARF's San Francisco Bay Area Cicatricial Alopecia Support Group has met three

times: on October 22, 2007, January 22, and April 1, 2008. Participants gathered at Kaiser Permanente, 2238 Geary Boulevard in San Francisco, from 7:30 p.m. to 9:30 p.m. Future meetings are scheduled on the first Tuesday of every third month: July 1, and October 7, 2008. There is no fee to attend.

The purpose of the support group is to provide a nurturing environment in which patients can share feelings and discuss treatment experiences, learn coping strategies, and find support.

The information offered here is not intended to be a substitute for medical advice, but we do address questions and issues that often don't get handled in a fifteen-minute session with a busy doctor.

Additionally, attendees can be the first to learn the latest information on what's happening in the field of hair loss. The two group coordinators, Linda Assalino and Betty Tanzey, contacted male and female patients in and around the San Francisco Bay Area by

email and regular mail to announce the meetings. Ray Stankowski also assisted by contacting male patients separately, in case some men might mistakenly regard the support sessions as being for women only.

Seventeen people attended the first meeting, ten attended the second, and thirteen-- including six new participants--attended the third. The small groups allowed easy interaction, and everyone gave input. Vera Price was present at all three sessions, and with her Fellow, Dr. Deborah Sah, answered questions and commented on ongoing cicatricial alopecia research as well as the latest treatments and alternative therapies.

At the third meeting, the group shared different ways people could camouflage their hair loss and even how to exercise in a pool without getting one's hair wet. Everyone in the group left feeling as if the evening had raced by and that they had learned something.

For future meetings in other localities, we suggest that the location be in a safe, accessible neighborhood with ample, well-lighted parking. Carpooling is encouraged. For the San Francisco meetings, persons from as far away as Chico, easily a distance of

200 miles, have attended.

If you have any questions, comments or suggestions, please email Linda Assalino and Betty Tanzey at

[SanFranciscosupportgroup@carfintl.org](mailto:SanFranciscosupportgroup@carfintl.org).

For planning purposes, Linda and Betty prefer to know in advance if you expect to attend a scheduled session; however, the sessions are open and drop-ins are more than welcome. This is your very own support group, a splendid opportunity to come together, make new friends, and stay au courant about cicatricial alopecia.

See you there!



**Nancy Gates, Ray Stankowski, Suzanne Vasgerdsian attend support group meeting**

## CARF Welcomes Nancy West, Editor

(continued from page 1)

see.

Nancy was diagnosed with cicatricial alopecia two years ago. Although she has certainly shed more than a few tears over that diagnosis, she refuses to let this disease get the better of her, and she is profoundly grateful to the

following people for the help they have provided: Vera Price, for her consummate professionalism and dedication; Sheila Belkin, for her tireless efforts and compassion; Drs. John DeSpain and Kim Cayce (Columbia, MO) for their willingness to treat the disease; and Dr. Andrew Weil for his inspiring

efforts to join natural approaches to healing with medical treatments.

It was through Dr. Weil that Nancy learned about the possible benefits of following an anti-inflammatory diet for this disease, a topic she plans to write about for a future edition of the newsletter.

## CARF Donor Contributions 2007

CARF wishes to recognize the outstanding generosity of its donors.  
Your support makes research funding and patient services possible.

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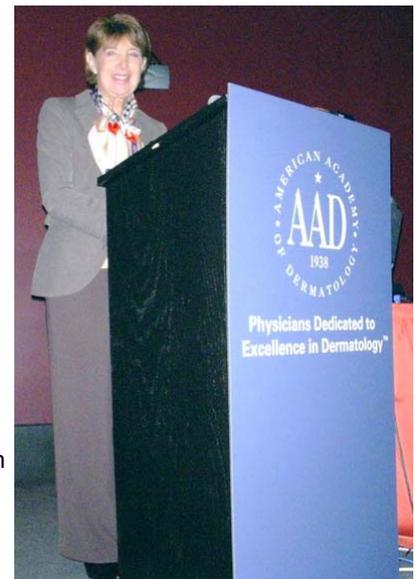
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