

HEADLINES

The Official Newsletter of the Cicatricial Alopecia Research Foundation

Fall 2020 Vol.32



Common Ingredients in Shampoos and Conditioners Can Make Inflammation Worse in Lichen Planopilaris (LPP) and Frontal Fibrosing Alopecia (FFA)

By James Pathoulas, Kelly Flanagan, and Dr. Maryanne Senna

An allergen is a substance that causes an inflammatory reaction when it contacts the body. Signs of an inflammatory reaction on the scalp include redness, itching, and dandruff-like flaking or scale. Many natural and human-made items can be allergens including certain foods, clothes, and chemical ingredients in lotions, soaps or other personal care products. Each person reacts differently to allergens. While some people do not react to allergens, the inflammation caused by allergens in other people ranges from mild and simply irritating to severe and life threatening.

Dr. Maryanne Senna and her colleagues at the Massachusetts General Hospital (MGH) investigated if common allergens were causing inflammation in patients with lichen

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Cicatricial Alopecia Research
Foundation (CARF).

HEADLINES is published quarterly
by CARF. Requests to reprint
information contained in Headlines
should be directed to the editor.

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UPCOMING EVENTS

NOVEMBER 2020

7 CCCA Virtual Support Group
10 Michigan Virtual Support Group

DECEMBER 2020

1 Giving Tuesday
5 CCCA Virtual Support Group
16 CARF Board of Directors Meeting
18 Pennsylvania Designer Bag Bingo

JANUARY 2021

5 San Francisco Virtual Support Group
9 Dallas Virtual Support Group
10 Boston Virtual Support Group
10 New Orleans Virtual Support Group
13 Maryland Virtual Support Group
15 CCCA Virtual Support Group
23 Tampa Virtual Support Group
25 Atlanta Virtual Support Group
26 NYC Virtual Support Group





FROM THE DIRECTOR

WHAT A DIFFERENCE A YEAR MAKES!



Dear Members, Donors, and Friends of CARF,

Things are starting to wind down for 2020 (thank goodness!) and we're preparing for year-end fundraising campaigns, budgeting for 2021, and outlining our programs and services for the upcoming year. It's been an interesting year for everyone, and CARF is no exception. Despite these extraordinary circumstances facing our world, what we've accomplished this past year is really quite remarkable for a staff of two who are part-time. It's been exciting, challenging, and rewarding all at the same time.

Here is a snapshot of 2020's accomplishments! And, we are poised to do even more in 2021! Thank you for your trust and investment in CARF.

We'll continue to be here for you and those yet to be diagnosed with a form of scarring alopecia.

Sincerely,
Jean Pickford

2020

SNAPSHOT OF CARF ACCOMPLISHMENTS

Automated physician referral list: Quick access to finding a knowledgeable dermatologist is incredibly reassuring.

Created Medical Student Program: Inspiring the next generation of medical leaders to study and advance the care, knowledge, and treatments for patients with scarring hair loss through programs and projects that mutually benefit patients, CARF and medical students.

Conducted 2 membership-wide surveys: Polled members to learn what they value, need, and want from CARF.

Developed monthly giving program:

Recognized that some donors prefer to give small amounts regularly for easy budgeting and convenience.

Expanded brand awareness: Added scarringhairloss.org to all social media and marketing channels recognizing that [cicatricial](http://cicatricial.org) and ["carfintl.org"](http://carfintl.org) are not easy to find.

Engaged in global advocacy: Represented CARF at the International Association of Dermatology Patient Organizations and the exclusive GRIDD Project (Global Research on the Impact of Dermatological Diseases).

2020 CARF ACCOMPLISHMENTS CONTINUED

Facilitated strategic planning sessions:

These were patient-led by volunteers with diverse backgrounds to ensure CARF represented all members.

Hosted 15 support group meetings:

Successfully shifted to virtual formats for all regions across the US for support during the pandemic.

Launched 5 new support groups: Expanded patient support in five new regions, including international, with new volunteer leaders and physicians.

Partnered with 6 leading advocacy organizations:

Strengthened and developed relationships with the Skin of Color Society, American Hair Research Society, International Association of Dermatology Patient Organizations, Coalition of Skin Diseases, National Organization for Rare Disorders, and the American Academy of Dermatology.

Produced 15 e-news blasts: Sharing information with our members is one of our highest priorities so we stayed in touch with you at least every two weeks with news, links, and announcements through *The Buzz*, our bimonthly e-news.

Produced 5 live educational webinars: We gathered the leading expert physicians and others to educate and answer our members questions in five virtual events:

- Scarring Alopecia & Coronavirus
- The Fundamentals of Scarring Alopecia
- The Mind & Body Connection
- The Hair Necessities Full Day Conference
- CCCA Summit

Produced 3 Quarterly Newsletters: This 16+ page newsletter, features leading medical and research articles, lifestyle advice, spotlights a CARF member, and other standard columns of exclusive information free to every member.

Recruited patients for 2 research studies:

Working with IADPO and Mass General Hair Clinic, CARF connected interested patients with researchers who are studying scarring hair loss.

Reduced member request turnaround time to 24 hours or less:

CARF staff work diligently to respond to our members because we know how important a human response is with this isolating disease.

Started social media engagements on all platforms:

CARF significantly increased activity across the social media landscape - Facebook, Instagram, LinkedIn and YouTube.

Successfully shifted programmatic focus due to pandemic:

With less than one month to our national conference in Nashville, CARF had to make tough decisions and quickly switch gears to serve our members.

This year, we engaged with more patients than ever before.

Voted in 7 new board members:

CARF is only as strong as its leadership and we are fortunate to have a smart, dedicated and a diverse board and medical advisors to govern and guide the organization and make sure all patients are served.

Recaps of Virtual Meetings Held This Summer



THE HAIR NECESSITIES

SCARRING HAIR LOSS
VIRTUAL CONFERENCE

CARF's first virtual patient-doctor conference, *The Hair Necessities*, was held on July 18, 2020 from 11 am - 4 pm EST. It was a day packed with a full agenda of hair loss topics and exceptional speakers. Each lecture was followed by a live question-and-answer segment from the attendees. There were many intelligent and relevant questions presented to our esteemed panel that provided their unique in-depth insight and expertise our attendees relished.

Attendees' feedback was overwhelmingly positive. One attendee wrote,

“ Thank you for everything that CARF is doing to advance the knowledge on scarring alopecia. As a patient it is very comforting to know that someone is advocating for us with research and treatment. Without the wonderful staff at CARF we would all be left out in the cold. ”



VIRTUAL SUMMIT

CENTRAL CENTRIFUGAL
CICATRICAL ALOPECIA

CARF's first CCCA Virtual Summit held on September 15, 2020 from 7 pm - 9 pm, focused on Central Centrifugal Cicatricial Alopecia and provided an exclusive opportunity to learn from the country's leading hair loss physicians and researchers – all from the comfort of your very own home!

This one of a kind event covered relevant topics and issues affecting CCCA hair loss patients. The panel of experts presented on CCCA basics and background, how to care for your hair, how to build your hair and medical team and current and emerging CCCA therapies. The panel then came together to wrap the summit with a live Q & A session.

“ What a fantastic night of education. I've learned so much about CCCA, how to advocate for myself and what questions to ask my doctors. I have HOPE for the first time in a long time. THANK YOU! ”

If you were not able to attend these live events, you can purchase the taped versions in their entirety. We are proud to offer these timely and educational conferences to the scarring hair loss community.

CLICK [HERE](#) TO PURCHASE THE HAIR NECESSITIES PATIENT-DOCTOR CONFERENCE.

CLICK [HERE](#) TO PURCHASE THE CCCA VIRTUAL SUMMIT CONFERENCE.

Understanding Dermatology and Trichology and how to create your haircare dream team

BY CAMILLE ROBINSON DUKE UNIVERSITY SCHOOL OF MEDICINE CLASS OF 2023, MS2, WITH MEDICAL EDITOR DR. YOLANDA LENZY

Suffering from hair loss can be an emotional and stressful process, and it is often difficult to know where to seek help. There are many different professionals that can address hair loss, and it is important to have the proper knowledge to make informed decisions about your specific problem. Dermatologists and Trichologists are two professionals that come to mind when discussing and treating hair loss, but you may be wondering what the difference is between the two. Which one should you see? Who should you see first? Which will be the most effective option for your needs? If you have any of these questions or more, you're not alone!

What is Dermatology?

Dermatology is a branch of medicine that focuses on the diagnosis and treatment of conditions related to skin, hair and nails.

Who is a Dermatologist?

A dermatologist is a medical doctor who specializes in managing diseases and cosmetic problems of the skin, hair, nails and mucous membranes. Dermatologists can treat over 3,000 conditions, some of which include eczema, psoriasis, skin cancer such as melanoma, ingrown nails, and various types of hair loss like cicatricial alopecia. Dermatologists have a great depth of medical knowledge, and are skilled at assessing internal health problems that can manifest as dermatologic conditions. For instance, dermatologists can identify if your hair loss is a result of an autoimmune disease such as systemic lupus



erythematosus, a thyroid condition such as hypothyroidism, or a mineral deficiency such as iron deficiency anemia. After college, every board-certified dermatologist completes four years of medical school and a four year residency program receiving medical training in medical dermatology, dermatopathology, surgical dermatology and cosmetic dermatology. A dermatologist can provide medical treatment and write prescriptions for medications in addition to ordering any necessary lab tests and perform scalp biopsies as needed.

How can a dermatologist assist you with your hair loss condition?

Dermatologists can:

- Examine and diagnose hair loss conditions
- Conduct scalp biopsies
- Conduct blood tests and evaluate results
- Treat hair loss with prescription medications in pills, topical medications, and/or injections
- Perform hair transplant surgery (some dermatologists)
- Provide education and counseling about hair loss and hair care

Understanding Dermatology and Trichology - continued

What is Trichology?

Trichology is the scientific study of hair and scalp conditions.

Who is a Trichologist?

A trichologist is a para medical (non-physician) professionals trained in the science of hair structure, hair loss, and associated scalp problems. Trichologists are very knowledgeable in the realm of hair loss and other hair related issues, however they cannot provide diagnoses, write prescriptions or provide medical treatment. Generally, trichologists focus on individualized care by providing nutritional advice, recommending lifestyle modifications and suggesting restoration methods that will improve the health of your hair and scalp. Trichologists are most often cosmetologists who hold advanced certifications in trichology. They have experience with a wide variety of hair conditions and commonly see patients with problems like hair breakage and thinning, excessive hair loss and bald patches.



How can trichologists assist you with your hair loss condition?

Trichologists can:

- Educate clients on how to properly take care of their hair
- Inform clients about their hair type and texture, along with common problems they may experience with their particular hair type
- Recommend hair products that are specific to a patient's hair needs

Overall, dermatologists and trichologists complement one another, often working jointly to assist patients in their overall hair health analysis and treatment. While dermatologists have a wide breadth of knowledge regarding all aspects of hair loss from a clinical context, trichologists focus solely on understanding the process of hair care, which can help to support the prevention and treatment of hair loss and damage. It is important for dermatologists and trichologists to collaborate effectively to provide patients with the best possible solutions for their specific hair needs.

Click [HERE](#) to find a dermatologist with expertise in scarring hair loss.



MEDICAL & SCIENCE

COMMON INGREDIENTS IN SHAMPOOS AND CONDITIONERS...

Continued from page 1

planopilaris (LPP) and frontal fibrosing alopecia (FFA). To study this, some patients with LPP and FFA underwent a test called patch testing. Patch testing is a type of allergy test where individual potential allergens are applied on small discs that are taped to a patient's back skin. After 48 and 72 hours, if a patient develops redness and inflammation on the skin where a substance/disc is applied, the patient is considered allergic to that substance.

In the MGH study, 42 patients with LPP and/or FFA had patch testing. The substances applied to the back were potential allergens found in personal care products (shampoo, hair dye, facial make up, moisturizer, etc.) commonly used on the head and neck. Surprisingly, 76% of patients were found to have at least one positive reaction to an ingredient in a personal care product they were using.

Interestingly, 26% of people with LPP/FFA were allergic to an ingredient called gallates and 19% to an ingredient called linalool. Gallates are preservatives commonly added to soaps, shampoos, conditioners, lotions, and other personal care products. Similarly, linalool is a fragrance that is commonly added to personal care products. This was an important finding because it showed that people with LPP and FFA are more likely

to be allergic to these common substances in personal care products compared to those without LPP or FFA. Other chemicals that LPP/FFA patients were found to be commonly allergic are listed in this newsletter on the next page.

Importantly, after the patients found out which substances they were allergic to, they avoided them for three months. Without changing anything else about their LPP/FFA treatment regimen, after three months of allergen avoidance, 59% of patients had decreased scalp itch and more than 70% of patients had decreased scalp redness.

LPP and FFA occur because of inflammation. Dr. Senna's study found that 76% of tested patients had at least one allergic reaction to ingredients in their personal care products used on the head and neck. This is much higher than the allergic reactions seen in the general population (ie. those without LPP/FFA). When patients with LPP and FFA avoided certain allergens, their signs of scalp inflammation improved. The study also discovered that patients with LPP and FFA are more likely to be allergic to certain common ingredients in personal care products.

While these results do not prove that these allergens/personal care product ingredients cause LPP/FFA, it does seem that at a minimum they are adding inflammation to an inflammatory condition. Since there are no benefits to having these ingredients in products, we recommend avoiding products with certain potentially allergic ingredients on the head and neck. The results of this study may be helpful to people with LPP and FFA and have inspired new studies looking at allergens in LPP and FFA. To read Dr. Senna's study click [HERE](#).

How to Select Personal Care Products with Lichen Planopilaris (LPP) and Frontal Fibrosing Alopecia (FFA)

BY KELLY FLANAGAN, JAMES PATHOULAS, AND DR. MARYANNE SENNA

There are many excellent hair, skin, and nail products that you can purchase over the counter. However, some products can contain ingredients that lead to inflammation.

Through our research at Massachusetts General Hospital, we found that people with lichen planopilaris (LPP) and frontal fibrosing alopecia (FFA) are more likely to be allergic to certain ingredients commonly found in personal care products compared to people without LPP and FFA. If you have LPP or FFA, it may be helpful to use shampoos, conditioners, hairsprays, leave-in products, and facial products that do not have these allergens.

Below, we provide a list of the most commonly identified allergens in our LPP/FFA patient population. Not all patients are allergic to these ingredients and some patients may have allergies to different ingredients. Contact allergy patch testing with a board -certified dermatologist may be performed for individuals who are interested in obtaining their individual results.

1. AVOID FRAGRANCES

Sometimes "Fragrance" may not be listed in the ingredients and instead one of these ingredients will be listed:
Citronellol / Farnesol / Citral
a-Hexylcinnamaldehyde / Geraniol
Cinnamyl alcohol / Oak moss / Lyrall
Limonene / Cinnamaldehyde
Isoeugenol a-Amylcinnamaldehyde
Linalool / Hydroxycitronellal
Eugenol / Coumarine

IT IS BEST TO USE FRAGRANCE FREE PRODUCTS.

2. AVOID FORMALDEHYDE RELEASERS INCLUDING:

Quaternium-15 / DMDM hydantoin
Imidazolidinyl urea / Diazolidinyl urea
Polyoxymethylene urea / Sodium hydroxymethylglycinate / Bromopol

3. AVOID HAIR COLOR/DYES AND OTHER PRODUCTS WITH THE FOLLOWING INGREDIENTS:

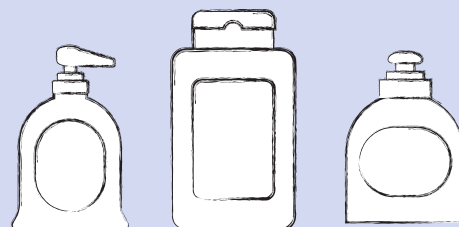
Ammonium persulfate
Paraphenylenediamine (PPD)
Methylchloroisothiazolinone (MCI/MI)

4. ZINC

Use Zinc-containing mineral sunscreens, facial moisturizers, and makeup with SPF.

5. AVOID THE FOLLOWING:

Gallate mix, Dodecyl gallate, Octyl gallate





MEET OUR MEMBERS

Anonymous CARF Member Shares Her Story

I was diagnosed with possible discoid lupus in 1978 at age 28 from a biopsy of a small reddish brown spot at the inside of my left eyebrow. I was given a cortisone cream to use on spots (nose, lip) as needed. I started using sunscreen and wearing visors or hats whenever in the sun. I never had any lesions or other visual signs of DLE after using the cream and being smarter when in the sun. I was under a large amount of stress at that time.

Fast forward 30 years to 2008 when my husband notices a quarter size bald spot just below the crown on the back of my head.

Biopsy result: consistent with discoid lupus. I try hair growth injections for six months with no results. About the same time, I joined a Kaiser study that showed high amounts of sunscreen elements in my blood/urine samples.

The hair loss continued below the crown, followed closely by total eyebrow, facial, arm, leg and forehead hair loss. I was out in the sun a lot and again feeling very stressed. At this time, I was living in an area where water softeners were needed. It is the only change I can think of. I tried the usual treatments for the time – Clobetasol, hydroxychloroquine, Doxycycline – and consulted with Dr. Mirmirani at Kaiser Medical Center, Vallejo, CA. Diagnosis was FFA and LPP.

Volunteers are the heart of CARF. There are a many of ways you can make a difference.

- No amount of time is too small.
- Fundraise by hosting an event or creating a Facebook donation page.
- Connect with others by becoming a Patient Outreach Volunteer.
- Inspire others by sharing your story.
- Share products and services that have made a difference in your scarring alopecia journey.
- Share your professional skills.
- Medical professionals can join one of our working groups.

Our CARF office is very small, but thanks to the willingness and generosity of our volunteers, we can expand our reach in the cicatricial alopecia community. Click [HERE](#) to share!

Now: over the last two years, the FFA and LPP seem to have calmed, but there is no regrowth. In total I have lost two inches of hair all around my face, ears to forehead, and a three to four inch circle in back. I have about a two inch band of hair on top to give me bangs over my forehead and coverage at crown over the area affected by LPP.

I feel blessed to have maintained natural coverage. I've tried toppers but have too little hair to anchor them. If hair loss continues, I have a wig I can use, though I find it uncomfortable.

I am now 70, living on the central coast of California, happy as a clam and old enough not to let the hair loss mess with my happiness or enjoyment of life. There are many worse things.

That's my story.



FUNDRAISING

Easy Automatic Funding

Amazon Smile

Every time you shop on Amazon Smile, CARF will receive a small percentage of your purchase at no cost to you! You **MUST** shop through the smile.amazon link for Cicatricial Alopecia Research Foundation to receive a donation. Bookmark the link above!

Shop with Scrip

Scrip fundraising allows members to support CARF by using gift cards for their everyday shopping.

GoodShop

When using this shopfunding site, choose Cicatricial Alopecia Research Foundation and shop as you normally would online. A percentage of what you spend will be donated to CARF - it's that simple!



Bag Bingo FUNDRAISING

CARF is in the beginning stages of planning a Pennsylvania based

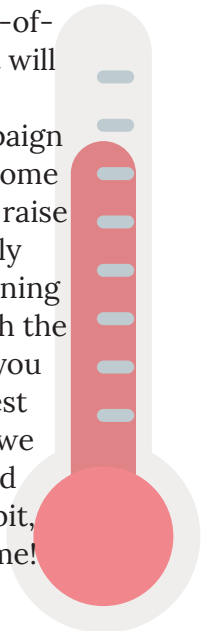
Designer Bag Bingo on Friday, December 18, 2020. We will be working with local volunteers to create this fun virtual event to benefit the scarring hair loss community. While only those in PA can participate due to gaming restrictions across state lines, CARF is committed to using this event as the first of many.

CARF can provide support, guidance and promotion for all members who are interested in hosting their own designer bag bingo to raise funds for CARF.

Contact CARF [HERE](#) to discuss organizing a designer bag bingo fundraiser today!



Be a Matchmaker is CARF's end-of-year fundraising campaign that will launch on Giving Tuesday, December 1. It's a match campaign that will unlock \$35,000 from some very generous donors once we raise the first \$35,000. We'll be widely promoting it and keeping a running tally of donations until we reach the first goal of \$35,000. We need you to participate - even the smallest gifts can add up. Just think - if we have almost 5800 members, and everyone donates even a little bit, we'll unlock the match in no time!



Giving Tuesday: Dec. 1st



Giving Tuesday is a movement to create an international day of charitable giving at the beginning of the holiday season. This year #GivingTuesday falls on Tuesday, December 1st. We hope that you will consider donating to CARF through the *Be a Matchmaker* campaign. Your donation will ensure that CARF keeps hitting its milestones and continue our mission of supporting the scarring hair loss community. Be sure to check with your employer as many will match your donation up to 100%.



SUPPORT GROUPS

HOW TO START A SUPPORT GROUP: It's as easy as 1, 2, 3!

Email CARF your contact information and geographic area of interest. We will reach out to discuss the specifics (type of meeting, date, time, location, etc.).

CARF publicizes the group via our social media channels, sends alerts to all members in your area, adds group meeting info to our website and provides the virtual platform for the virtual calls. All you need to do is show up!

CARF Support Group Requirements

- 1+ Patient Volunteer Leader
- Program and or agenda
- "Meets" 4 times per year
- A Medical Advisor is suggested but not required

All groups are currently virtual. We hope to move towards a mix of in person and virtual meetings to meet the needs of all CARF members when it is safe and appropriate. Getting started is easier than you think!

CARF is committed to launching 10 new support groups in 2021! Join the movement and start a group in your state. Contact CARF at info@carfintl.org with questions or to become a Support Group Volunteer Leader.

CARF SUPPORT GROUPS

UNITED STATES

Atlanta ~ Boston ~ CCCA USA
Chicago ~ Dallas ~ Denver
Maryland ~ Michigan
New Orleans ~ New York
San Francisco ~ Tampa

INTERNATIONAL

CCCA United Kingdom
South Africa

Click [HERE](#) to view current CARF support groups and register for the next meeting.



Being around other people just like me in a safe, welcoming group setting is not only therapeutic, it's life-changing.





MEET OUR MEMBERS

Kellie Rao - Patient Support Group Leader



What type of scarring loss do you have and for how long: FFA, diagnosed in 2019, but truth...like most of us, I've had it for a few years!

Why did you decide to launch the Michigan Support Group? Plain and simple...I wanted to meet people around me who are sharing this journey. I have well-meaning, loving family and friends but they just don't understand the diagnosis, treatments and emotions..."Just get a wig!" "Your hair looks fine, you can't tell!" "Shave your head? Why would you do that, that's ridiculous!" "Lots of people get alopecia, it will grow back!"

"Stop your stress and it will go away!" And so on...(I'm sure you all have a few more you can add!)

Why are support groups important?

1) Comradery and friendship - YOU ARE NOT ALONE. Being able to talk about your journey with people who are sharing it. 2) Meeting people with different types of scarring alopecia. Seeing that we're all at varying stages of hair loss. But we're all in this together. 3) Learning that we are also at different emotional stages, and our choice of treatment can also vary from nothing to multiple forms. 4) As we grow, perhaps getting guest speakers to join us on non-medical topics such as wig options, hair styling, accessories, etc.

What would you tell someone who was on the fence about joining a group?

The Michigan Support Group is very low-key and chatty, so don't overthink the idea that because it's a "support group," it will be super-serious! I want people to leave the meeting feeling better in some small way than when we started. And there's really no commitment, so why not make a couple new friends who understand?

What would you tell someone who wanted to become a Support Group Volunteer Leader?

Now that we are virtual, being a group leader is easier than ever! The more we come together, the more we support, and the more information we share, the more power we have. Jump in, the water's warm!

Interested in learning more about CARF Support Groups and how to start one?

Contact CARF at info@carfintl.org and we can answer all your questions!



NEWS & NOTES

MEMBERSHIP PROGRAM

COMING IN 2021

CARF will be launching a new membership program at \$48 per year for access to an expanded library of resources, *Headlines*, and educational/lifestyle videos and demos. Be on the lookout for this new feature!

CARF VOLUNTEERS NEEDED

CARF is always excited when a member contacts us asking how they can get involved. Interested in sharing your talents with CARF? Click [HERE](#) to get in touch. We can't wait to hear from you!



PHYSICIAN REFERRAL LISTING

CARF has updated our Physician Referral Listing to include more than 70 US based and 35+ international dermatologist who specialize in scarring hair loss. This list has been created with the help of members and CARF staff to ensure our members find the support dream team they need. Click [HERE](#) to find a scarring hair loss dermatologist near you.



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IN THE KNOW

WEBINAR SERIES

Did you know CARF created a FREE three part webinar series earlier this year? We partnered with Dr. Maryanne Senna, Director of Massachusetts General Hospital Hair Loss Clinic & Research Unit and Dr. Jeff Donovan, Medical Director of Donovan Hair Clinic and certified in Dermatology by the Royal College of Physicians and Surgeons of Canada and the American Academy of Dermatology to create this amazing series.

All three webinars featured a 45-minute lecture followed by patient Q & A with the presenters. These webinars are free, thanks to CARF's hard work to secure sponsors to underwrite the costs. So why not cozy up and watch this amazing series and learn more about scarring alopecia!



VIEW PAST EPISODES:

**Scarring Alopecia and Coronavirus
presented by Dr. Maryanne Senna**

Click [HERE](#) to view

Originally aired: March 19, 2020

**Fundamentals of Scarring Alopecia
presented by Dr. Jeff Donovan**

Click [HERE](#) to view

Originally aired: April 21, 2020

**The Mind & Body Connection
with Scarring Alopecia
presented by Dr. Maryanne Senna**

Click [HERE](#) to view

Originally aired: May 12, 2020

CARF Social Media

CARF has added quite a few ways we interact with the scarring hair loss community online. We've added YouTube, Instagram and LinkedIn to our portfolio of social channels as well as reinvented how we connect and communicate with members of the scarring hair loss community on Facebook. Our goal is to continue to provide a soft place to land and increase awareness of CARF both on and offline. Be sure to share CARF and join us in supporting those who need it most!

Click on the icons below to find CARF on the web!



2020 MEMBERSHIP SURVEY RESULTS



DID YOU KNOW THAT....

CARF accomplishes all this work with just 2 part-time staff on a shoestring budget? Please donate through the *Be a Matchmaker* campaign to expand our staff and budget in 2021.