



Hair regrowth in 2 patients with recalcitrant central centrifugal cicatricial alopecia after use of topical metformin

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Introduction

Central centrifugal cicatricial alopecia (CCCA) is a progressive scarring alopecia predominately occurring in women of African descent.¹ The progression of hair loss is insidious, often occurring in the absence of clinical signs of overt inflammation. As a result, end stage fibrosis occurs at a rate disproportionate to the rate of inflammation, a finding common to a class of disorders termed *fibroproliferative disorders* (FPDs).² Staging of CCCA is based on distribution, frontal (type a) or vertex (type b) location, and extent of the area of affected scalp scaled numerically from normal (0) to bald scalp (5).¹ Metformin, commonly used for glycemic control in type 2 diabetes, has shown efficacy in improving fibrosis in a mouse model of FPD through the mediation of adenosine monophosphate-activated protein kinase (AMPK).³ We present 2 cases of hair regrowth after topical use of metformin for CCCA.

Case reports

Case 1:

Patient 1 is a 69-year-old black woman with biopsy-confirmed stage 4a CCCA. She reported onset of hair loss in her late 50s that had progressed over time. She was previously treated with minoxidil 5% foam twice daily, 8 cycles of

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intralesional triamcinolone acetonide (ILK), topical clobetasol 0.05% ointment, and Viviscal (Viviscal Limited, Ewing, NJ) supplement with very minimal improvement. After 5 years of standard therapy, the patient elected to discontinue ILK and topical minoxidil. She was started on topical 10% metformin cream, initially at a frequency of 3 times per week and later increased to once daily. Substantial regrowth was noted after 6 months (Fig 1).



CORRESPONDENCE CORNER

Dear CARF:

You are the best. The ABSOLUTE best. You are making a huge difference in people's lives; so thankful that we "met" and I'm finally hopeful for our daughter's outcome!!!

CaSandra W., CARF Member

Hi CARF - The Mane Event was informative and reassuring - thanks so much!

Susan B., CARF Member

Hi CARF:

I just had to write to thank you again for going above-and-beyond to help me these past few days. I was able to listen to the webinar tonight and it was so incredibly helpful. I have been wrestling with the pros and cons of getting the vaccine for a year — and the information provided made it easy for me to separate fact from fiction and understand my options. The speakers were excellent and the Q&A was very beneficial. It was great that there were tips to try if there were issues with getting the webinar. Thank you for thinking of everything. You are the best! Thank you.

Darelle R., CARF member

Jean and Team and Board:

THANK YOU! Absolutely excellent webinar.

Congratulations and THANK YOU!

Lisa C., CARF365 Member

To Whom It May Concern:

Thanks so much for reaching out and providing all of those resources. I'll definitely dive in.

Shayla J., CARF Member

Hi CARF – You and the Board have done so much to continue patient support and education during this past year and it is truly appreciated. In person meetings do fulfill a certain need but webinars have the potential to disseminate information to a larger group of people and those at geographically distant sites. The Hair Necessities Conference was excellent and I am enjoying and looking forward to each of the Mane Event presentations. Thanks, again, for making all of this possible! Kindest regards,

Mary C., CARF365 Member

Dear CARF:

I would like to ask for some tips on how best to handle cashiers at the grocery store calling me "Sir" when I am at the checkout. This has happened to me at Walmart Pick-up, Macy's Pick up and Publix Grocery Store. I would imagine with my mask, it is difficult to see all of my features, but I assure you, I do not look like a man. Since the pandemic has begun, I rarely leave home. Being isolated has been hard enough and now the few times, I do leave home, I have encountered such negativity, that I want to just return home and NEVER come outside. I am truly hurt by these encounters and have contacted management at Publix and Macy's. I already feel invisible at age 60 and now with no hair, I feel ugly. Send CARF your advice and feedback to this question at info@carfintl.org and we'll compile the responses and send back to this member.

Do you have a question or something to share with others in our Correspondence Corner column? Email the CARF office at info@carfintl.org or call at

267.613.9811.

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Patient 2 is a 54-year-old black woman with stage 4a CCCA who first noticed hair loss in her early 40s. She was treated with a combination of ILK (completed 5 cycles), minoxidil 5% foam, topical ketoconazole 2% cream, and clobetasol 0.05% ointment for 9 months at Johns Hopkins Hospital with marginal improvement. The patient elected to continue minoxidil and ILK with the addition of topical 10% metformin cream once daily as an adjunct therapy. Notable improvement was observed after 4 months of adding topical metformin (Fig 2).

CCCA is a condition for which few effective treatment options exist. Current standard therapies aim at reducing inflammation; however, unlike other forms of primary cicatricial alopecia, such as lichen planopilaris and discoid lupus, that are characterized by overt inflammation, fibrosis is the dominant response in CCCA. This is reminiscent of FPDs, such as uterine fibroids, systemic sclerosis, and keloids. We previously published results that showed a 5-fold increase in the occurrence of uterine fibroids in women with CCCA compared with age, race, and sex-matched control individuals.⁴ Furthermore, research has shown preferential expression of fibroproliferative genes in patients with CCCA. In a microarray study, PRKAA2, a gene that encodes for AMPK, was found to be underexpressed by one third in CCCA scalp samples.⁵ Reduced activity of AMPK is implicated in the pathogenesis of hepatic fibrosis and idiopathic pulmonary fibrosis.^{3,6}



Improvement of central centrifugal cicatricial alopecia after application of topical metformin in case 1. A, Central centrifugal cicatricial alopecia in patient 1 before initiation of topical metformin. B, Hair regrowth observed after 6 months of topical 10% metformin treatment.



Improvement of central centrifugal cicatricial alopecia after application of topical metformin in case 2. A, Central centrifugal cicatricial alopecia in patient 2 before initiation of topical metformin. B, Hair regrowth after 4 months of topical 10% metformin treatment.

Metformin primarily exerts its effect through AMPK activation and has a range of downstream hormonal effects that include improvement of insulin sensitivity through increased glucose uptake and reduction of circulating lipids and androgens.^{7,8} Androgens are known to promote conversion of terminal hairs to vellus hairs; hence, medicines that reduce circulating androgens, such as metformin, could alter the progression of androgenetic alopecia.⁹



FROM THE DIRECTOR

Welcome to spring!! At some points earlier this year, it felt like it was never going to arrive. But at last, it is here! I do not know about you, but when the weather starts getting warmer, my perennials start to bloom, and the days are longer and lighter, it brings a warm feeling of renewal and openness. People have more spring in their step and seem friendlier than usual. And coming off this pandemic year, it seems to be even more pronounced than ever this year.

Speaking of renewal and openness, an integral part of my job as CARF's director is to share and inform our members and other interested stakeholders about our work and the difference it is making in patients' lives. At the end of March, I was invited to present at the American Hair Research Society Annual Virtual Meeting. As I reviewed my remarks and slides for the talk, I was so impressed with what CARF has been able to do and what we are planning to do in the future. Even though I have been involved in the progress, I had to step back a little and see it from a different angle to appreciate the magnitude of CARF's impact.

CARF is the only patient advocacy group in the world exclusively dedicated to helping patients with scarring alopecia to live healthy and happy lives. We are focused on four main organizational elements: 1) research & science, 2) information & resources, 3) support & connections, and 4) infrastructure & sustainability. We are governed by a dedicated volunteer Board of Directors and guided by a Medical & Scientific Advisory Board of experts. CARF is well-positioned as the leading organization in the patient-doctor-industry triad which is turning its attention toward new discoveries in scarring alopecia pathophysiology and new therapies. We are continually hosting

live webinars on topics of pressing concern to patients for education and support.

CARF has expanded from 3700 members to 6200 members in just three years (68%) and is still growing! We launched the CARF365 program which provides consistent and valuable information on medical, lifestyle, and factual resources for scarring alopecia patients. We have eighteen active support groups who meet regularly, including three internationally. CARF conducted a survey of patients about their reactions to the COVID-19 vaccines that will be publishing shortly and expanded our army of advocates for greater education and awareness through the new and one-of-a-kind Medical Student Program.

CARF will be launching a new program called Journey to Acceptance that address the mental and social aspects of living with scarring alopecia. We will be educating hairstylists and salons about scarring alopecia in the important steps of early detection. We will be supporting and engaging in the international FFA registry, a repository of well-characterized patients for research purposes. Be conducting the first-ever patient impact global survey of its kind on scarring alopecia that will produce a comprehensive summary of data and insights by the disease experts themselves: the patients.

Whew! As you can read, there has been and continues to be a lot going at CARF! None of this would be possible without the constant support and encouragement from this patient community. We will continue to work hard and look forward to you joining our progress! Enjoy this glorious time of year and you will be hearing more from me in August.

Sincerely,
Jean Pickford
Executive Director
jpickford@carfintl.org

Summary of AHRS Scientific Symposium

CARF represented at the American Hair Research Society Scientific Session – Cicatricial Alopecia: The Experts' Opinions



Wilma Bergfeld (CARF Vice President), Len Sperling, and John Seykora, all of whom are clinicians and dermatopathologists.

The next segment of the program featured a novel science snapshot involving gene expression pathways by Dr. Eddy Hsi Chun Wang. Then Drs. Lindsey Bordone and Crystal Aguh (CARF Board Member) spoke about new treatments and cellular targets in scarring alopecia. This was followed by a presentation on environmental factors by Drs. Maryanne Senna (CARF Board Member) and Isabella Doche.

Next, Dr. Elise Olsen presented new ideas and progress regarding future clinical trials and an international patient registry for scarring hair loss patients. Dr. Maria Hordinsky (CARF Board Member) outlined new imaging technologies being used in studying patient hair loss.

The conference concluded with Jean's presentation about CARF and its fast-growing patient population, educational programs, and support services for patients. Jean emphasized the point that CARF members are ready, engaged and remain hopeful that new treatments and advances in research are on the horizon. She stressed that CARF is counting on science and discovery to improve the outcomes.

CARF was proud to be invited as part of the faculty for this important meeting. It continues to reinforce that collaboration between physicians, scientists, industry, and patients is the key to moving the needle.

On Saturday, March 27, Jean Pickford, CARF's Executive Director, joined over 150 dermatology physicians and scientists representing North, Central, and South America on a 2-hour conference call focused specifically on cicatricial alopecia.

The meeting opened with the presentation of the 2020 David A. Whiting, MD Leadership & Research Award to Dr. Elise Olsen for her significant contribution to advancing the science and understanding of hair disorders. This award is extremely well-deserved, and CARF is proud to boast that Dr. Olsen is also a member of CARF's Board of Directors.

The medical program began with Dr. Jerry Shapiro (CARF Medical Board Member) providing an overview and treatment approaches in cicatricial alopecia, which was followed by a panel discussion on the similarities and differences under the microscope in the scarring alopecias. Dr. Lynne Goldberg (CARF Medical Board Member) led the panel members, Drs.



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In a mouse model of idiopathic pulmonary fibrosis, metformin reversed and accelerated resolution of the fibrotic process via deactivation and apoptosis of myofibroblasts.³ Therefore, there might be a role for metformin in CCCA.

Our 2 patients experienced visible hair regrowth when metformin 10% compounded in Lipoderm (PCCA, Houston, TX), a cream that optimizes transcutaneous absorption, was applied topically. Neither experienced a telogen effluvium preceding hair regrowth. The conversion of vellus follicles to terminal follicles is important for hair regrowth; however, this was not assessed with trichoscopy. Adverse effects of systemic metformin include gastrointestinal symptoms such as nausea, bloating, diarrhea, decreased appetite, and, rarely, lactic acidosis and hypoglycemia. Neither patient was taking oral metformin. No systemic adverse effects were reported with topical use. Patients experienced scalp dryness and irritation, which improved with use of a topical moisturizer or emollient. The dose of metformin, 10%, was chosen based on recommendations from pharmacists with the goal of minimizing systemic absorption while maintaining a therapeutic effect. There is potential for increasing the dose if the patient responds to and tolerates the topical therapy. Future studies will aim to quantify the vellus-to-terminal hair ratio by using trichoscopy to understand the potential for sustained improvement. Large randomized controlled studies are needed to fully understand the potential benefit of topical metformin use in CCCA. We encourage further study of its use in patients with advanced CCCA who have not responded to standard therapies.

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**Thank You for
Being a CARF365
Member!**

**Encourage Others
to Join Today...**

FROZEN PEA BAG SIGN

DR. JEFF DONOVAN IS A CANADIAN AND US BOARD CERTIFIED DERMATOLOGIST SPECIALIZING EXCLUSIVELY IN HAIR LOSS AND SERVES ON CARF'S BOARD OF DIRECTORS.

Frozen peas are a versatile treatment in many aspects of medicine. Frozen peas wrapped in a towel are used for treatment of musculoskeletal injuries, bug bites and so much more. The cooling reduces swelling and reduces pain.

Frozen peas often provide a short-term solution to debilitating scalp symptoms. All patients who require frozen peas to suppress scalp symptoms need to see an expert for proper diagnosis. In some cases, a biopsy is needed to confirm the diagnosis.

Some hair and scalp conditions are associated with significant scalp itching, burning and tenderness. Some patients with severe symptoms cannot sleep, cannot think... and can barely function. Many patients find that a bag of frozen peas wrapped in a towel reduces these symptoms and brings some degree of relief. I refer to this as the "frozen pea bag sign." Bags of peas are versatile and can be shaped to fit anyone's scalp.

Many patients come to learn about the benefits of frozen peas on their own through trial and error. They do not read about it anywhere. They do not hear about it anywhere. Many are surprised to hear when I tell them about the "frozen pea bag sign" and how many others have also discovered this strategy on their own.

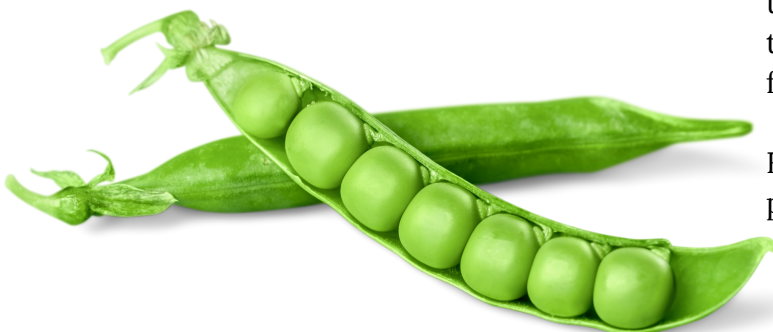


There are several hair & scalp conditions associated with the frozen pea bag sign. A really good history together with a scalp examination often helps the clinician reach the diagnosis. But not always. Sometimes the patient needs a biopsy if the diagnosis is not clear after the history and examination steps are completed.

The 3 most common conditions associated with the "frozen pea sign" include scarring alopecias, scalp dysesthesias, and allergic contact dermatitis. Other conditions are also possible (i.e., infections, autoimmune and neurological issues) too but these first 3 I mentioned are the most common. Some causes show up in biopsies. However, not all reasons show up in the biopsy. In situations where biopsy seems unhelpful, the biopsy helps eliminate some of the potential reasons, but the answer lies in the history and examination.

Frozen peas are safe to use and do not damage hairs or the scalp when used appropriately and for short periods. They are not an ideal long-term option - as getting to the actual cause of the scalp symptoms is where all efforts should be focused.

Frozen peas have allowed countless of my own patients get through some pretty tough times.



MANE EVENT 2021 SIX-PART WEBINAR SERIES



FEBRUARY

COVID Vaccines & Scarring Alopecia



APRIL

Allergens, Sunscreen & Summer Tips

CARF has hosted two of the six-part webinar series on February and April. You can purchase each of these recordings individually or buy the bundle of six and save money!



REGISTER NOW



AUGUST

CCCA, LPP, FFA & All Other Types

The webinars are 90-minutes long and feature exceptional speakers and live Q & A. The dates and times for our webinars scheduled for the second half of this year will be confirmed soon. The webinar topics are listed on the left.



OCTOBER

Camouflaging, Beauty Products & Services

Remember that these virtual live webinars are being taped in their entirety, so if you can't make the actual live events, you will receive the link to watch it on your own.



DECEMBER

Updates on Research

Save money by buying all six webinars in a bundle!! Or buy each webinar individually.

If you are a CARF365 member, you'll receive an extra discount, your personalized code is listed at the top of your [CARF 365](#) homepage.

JUNE 30, 2021 - 7 PM EST



JUNE

Mental Health & Wellness

CARF's June webinar is just around the corner! It features Martina Cartwright, registered dietitian and PhD in Nutritional Science and Biomolecular Chemistry speaking about evidence-based medicine and a case study illustration of

stress-induced inflammation associated hair loss that is tied to nutrition. It will be highly informative and may answer many of the questions you have about how diet may factor into hair loss.

Andrea Furgala, LISW-CP will talk about why emotions are so important and what happens when our emotions get triggered. She will cover topics like self-validation, irrational beliefs, fears, and working toward radical self-acceptance.

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



MEET OUR MEMBERS



We are all a unique work of art.

If I wanted someone to see my inner beauty and not judge me by my hair loss...it had to start with me.

Sandra P.



I don't feel sorry to see my scalp as it is my soul what makes me shine.

My personal story with scarring alopecia has lows but also light. It is fascinating how God places the people, experiences, timing and circumstances to mold you to your best version. As a teenager I was not a fan of my curly hair. I had to use many products to keep it in place. In my 20's I decided to pull it back on a pony tail with middle part. That was "my look" and I was in control.

One day at a former job I met a friend of a colleague who was a hair dresser. It was the first time I heard of "Japanese hair straightening". I was so excited that finally I will be able to have straight hair! Isn't it interesting how we tend to criticize what we have and always want something else?

Roughly a decade later, my sister is inspecting my hair for any greys. We used to do this session once a year. I used to call it "the monkey spa

sessions", as we were like monkeys inspecting each other's hair carefully. It was a funny thing to do together. She suddenly asked me if I had hit my head somewhere. I was unsure why she asked that. She mentioned I had a spot with very soft skin, like a scar. I had never hit my head open. I quickly forgot about it and continued with my life.

The following years, I would start noticing my ponytail getting thinner and thinner. It was mostly when washing my hair that I'd have a visual of the amount of hair I was losing. Finally one day I inspected my head carefully, first with my fingers, and then with a mirror...there it was, a dime-sized area with no hair and very soft skin. It was then, in 2014 that I decided to see my GP about this. He mentioned there was a scalp specialist in the city, but the waiting time to see him was over a year! I was not willing to wait that long, so agreed to be referred to a dermatologist. Little did I know, a few weeks later I was going to face the unknown diagnosis which brings me here.

When the dermatologist inspected my head, he said, "I need you to see the scalp specialist." I told him it would take a year, as per my GP. When the dermatologist told me he would do an urgent referral, I got worried. Did he say, "urgent referral"?!

A couple of weeks later I faced a day I remember vividly. I met a nice female doctor who happened to be Dr. Shapiro's fellow. She carefully inspected my scalp... "I suspect you have Lichen planopilaris". "Lichen-what?!" I thought. She mentioned other things but what stayed in my head was "it causes permanent hair loss" and "there is no cure". What?!

Dr. Shapiro arrived and agreed with her assessment, wanted to take a biopsy and would start the treatment right away. What was happening? A biopsy? Treatment? Injections?



MEET OUR MEMBERS, continued

left the clinic with stitches on my head from the biopsy, a headache from the 20+ injections I had on my scalp, a little paper with “lichen planopilaris” written on it, and overwhelmed. I walked a couple of blocks in tears. I was scared. I was in shock. I was single and thought “who is going to love me bald?”.

I was yet to be awakened and be conscious about the importance of acceptance and self-love. Despite the pain and fear... I looked up at the sky and was thankful it was not a life threatening diagnosis. I went home and started my research. “Unknown cause”. “Rare disorder”. “Permanent hair loss”. I went to bed crying and feeling so lonely. I had nobody with the same diagnosis to talk to.

The following months I tried the medications, which included blood work every few months to ensure they didn’t affect my liver. I had nausea daily. After few months I decided to stop the medications. After all, there is no cure, and the side effects were affecting my daily life. It was the first step of a long journey of acceptance.

Accepting the reality, one day at a time, was the only thing I could do.

The hair loss continued. It became a habit to check the back of my head with a mirror before heading out. The use of hairspray and hair fibers became a norm. Walking outside on a windy day made me anxious. I’d pray the hair “curtain” stayed closed.

I never asked “why me?” There is no point. Accepting the reality, one day at a time, was the only thing I could do. My family and close friends knew my struggles. It was difficult to keep hearing “... but it is only hair”. I struggled with self-esteem most of my life, and having scarring alopecia made it harder to love myself. Some days I would feel so lonely and ugly. Nobody would understand that hair helped me feel feminine, and gave me some confidence.

On the other side, I tried to put things in perspective. I did not minimize my emotions, yet I chose to be grateful not to have a more serious condition. It was a constant rollercoaster.



If I wanted someone to see my inner beauty and not judge me by my hair loss... it had to start with me.

Eventually I dated someone. I knew I wanted to share my hair loss struggle early on. If this was going to scare him, he was not the person for me. When I confessed about my alopecia I was scared of rejection. The information didn’t change his interest in me. The reality is I was more worried about my hair loss than anyone. The relationship did not work out in the end, but it had nothing to do with my hair loss.

What an awakening moment... if I wanted someone to see my inner beauty and not judge me by my hair loss... it had to start with me.



MEET OUR MEMBERS, continued



Don't focus on what you can see, focus on what you can be with the circumstances the universe gives you. My self-care, self-love, self-acceptance journey would not be the same without experiencing alopecia. I am no less than who I was yesterday.

Don't focus on what you can see, focus on what you can be with the circumstances the universe gives you.

The hair loss, pain, itchiness and redness are all real. How do I manage my LPP? I ensure I work on self-care on a daily basis. I take time for meditation, journaling, and I am gentle with my body. When I shower, I massage my head and send love. I understood that self-care and self-love is not selfish. I am more aware of what foods I eat. I avoid dairy, sugar and try to eat as clean as possible, but allow myself to enjoy treats once in a while. I have found support groups through social media and ensure I express my emotions, but don't hang on to them for too long.

I am no less than who I was yesterday.

I am aware alopecia's acceptance journey is long and personal. I recently chose to buzz my hair off and no longer use my energy picking up all the hairs in the shower, or spending time fixing the hair to cover all the bald spots and feeling sorry about it. Now I see my reflection in the mirror and finally see me with no distractions. I have lost hair, but not my femininity.

Femininity, beauty, acceptance, strength, all come from within. I believe we are all a unique work of art, beautiful creations. I don't feel sorry to see my scalp as it is my soul what makes me shine.

I don't feel sorry to see my scalp as it is my soul what makes me shine.

Alopecia has shown me a new purpose. To inspire others and help them with their self-esteem journey. Trust your own personal process and be patient and kind to yourself along the way. Beauty doesn't follow a mold, beauty is your own glow. Keep glowing! You are not alone.



Sandra P.
@AlopeciaGlow

We would love for you to share your story with CARF members. Sometimes just sharing or reading about how others cope with their hair loss can be just thing you need. Contact CARF at info@carfintl.org and we can do an interview.

Re-Introducing...

CHOOSE A **GEM**.

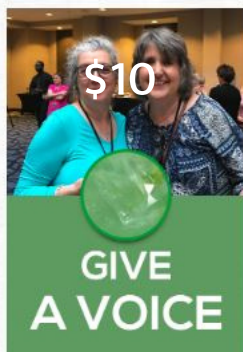
MAKE A **MONTHLY GIFT**.

IMPACT THE **CARF COMMUNITY**.

It's time for CARF to grow. Today, all the pieces have come together for CARF to expand its patient outreach, services and investment in research. The combination of hair loss discoveries and increased clinical interest, a fast-growing patient population, and strong organizational leadership has placed CARF in a unique position to be more valuable than ever before.

This next era in scarring alopecia research is about understanding more about known pathways, the triggers that cause this hair loss, and what role does genetics plays in some of these conditions. With the powerful techniques of genomics, proteomics, and lipidomics, there is massive amounts of information coming out now that will push this field forward in great leaps and bounds.

It's really an exciting time and CARF wants you to be a part of it! CARF plays an integral part in the process of developing new and improved therapies and, potentially, a cure, because we are the only patient group in the world that is exclusively devoted to scarring alopecia, with over 6500 members.



What is the GEM Club?

[The GEM Club](#) is an exclusive group of committed donors who **G**ive **E**very **M**onth to support CARF's important work. As CARF continues to grow and serve its membership with our increasing programs, it's vital that we generate consistent funding to continue to focus on our patient engagements, expand our staffing, preparing more reliable budgets, and building our research fund. The success of this new monthly giving program will alleviate the stress and financial uncertainty and allow us to continue to offer our exclusive programs and services to the scarring alopecia community.

We Need YOU To Join CARF's Gem Club

Please Sign Up Today!

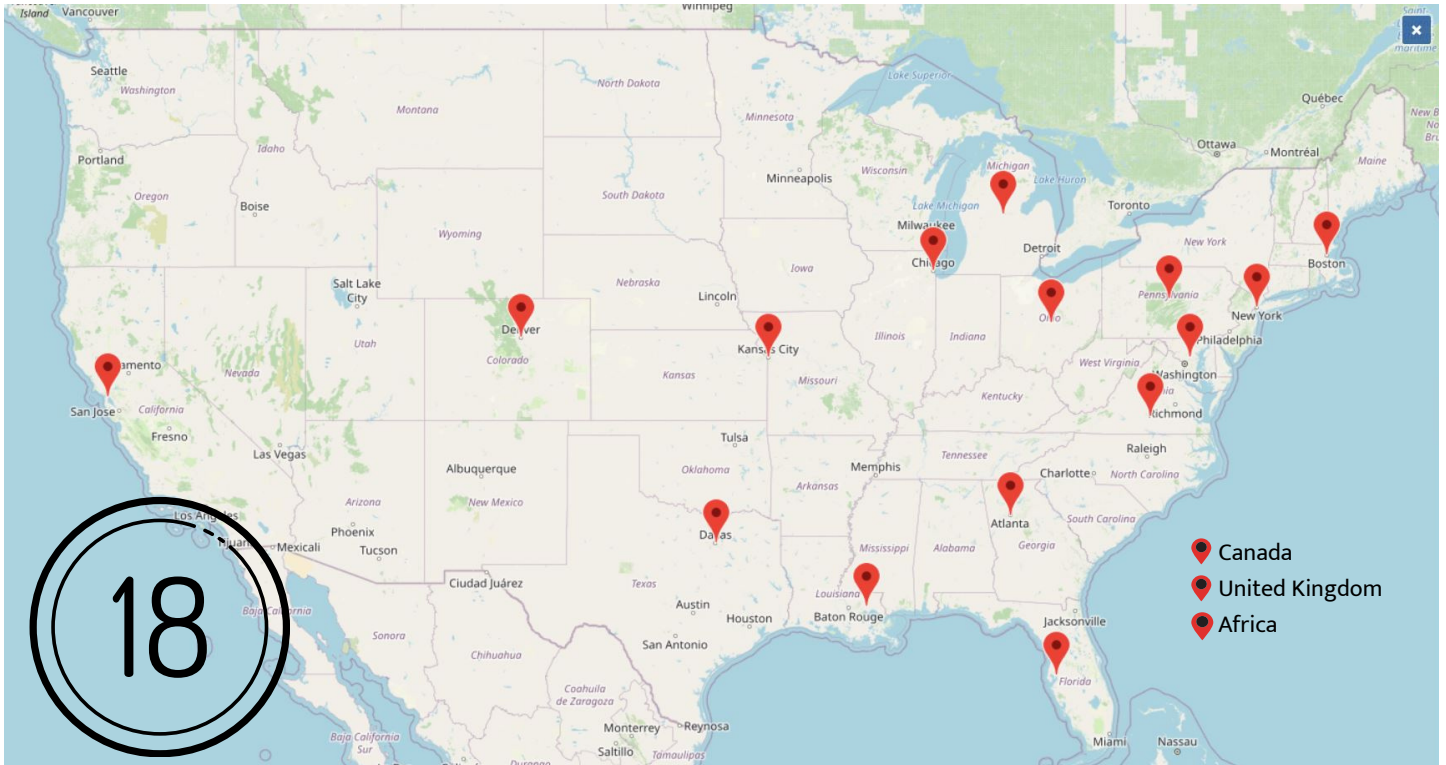
GEM stands for **G**ives **E**very **M**onth through our easy 'set-it- and-forget-it' automated monthly recurring donation campaign. Thank you to our current 39 generous GEM Club donors. We're setting a new goal to add 39 new GEM Club donors by the end of the summer! You can give in any denomination listed below!

- Diamond - \$100.00 per month (\$1200 per year)
- Ruby - \$50.00 per month (\$600 per year)
- Sapphire - \$25.00 per month (\$300 per year)
- Emerald - \$10.00 per month (\$120 per year)



SUPPORT GROUPS

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



CARF now hosts 18 support groups in the United States and three other countries!

STEP 1: [CLICK HERE](#) to be added to the participant list for any support group.

STEP 2: You will receive a registration link one week prior to each upcoming meeting for that group to confirm your attendance and receive the Zoom conference call link.

Now that CARF manages 18+ support group meetings on different dates and times, this new RSVP system has streamlined the process and made registration and reminders user-friendly.

If you live in an area where there is no support group and you would like to organize one, please contact us at info@carfintl.org. It's not as hard as you may think! CARF has made it easy for volunteer leaders looking to start a new group and will help you through the process. Consider how meaningful this can be not only for yourself, but for other patients as well. It is an incredibly rewarding experience.

We look forward to having you join one of CARF's support groups. It's a great way to participate, share, or just listen with others about the unique issues affecting scarring hair loss patients in a safe and comforting community.

Introducing...

CARF launched the first-ever medical student program last month. The purpose of this one-of-a-kind program is to inspire 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.



We received an overwhelming response with over 80 students completing the application process. Selected students will be split into one of four working groups: patient and community education, hair stylists, salons and hair show education, advocacy, and communications. The first joint initiative for the new working groups will launch during National Scarring Alopecia Awareness Month this September.

National Scarring Alopecia Awareness Month (NSAAM)

SAVE
THE
DATE

SEPTEMBER

More to Come...



NEWS & NOTES

Did You Know?

CARF is building a new program to help our members navigate the emotional journey to acceptance.



The program is still in the conceptual stages but plans to feature supportive resources, tools, and materials addressing the different phases of acceptance and embracing your diagnosis. We look forward to sharing more details in the near future.



CARF has free videos on our [YouTube Channel](#) about the following topics:

- **Mind & Body Connection** with Scarring Alopecia by Maryanne Senna, MD
- **Understanding Scarring Alopecia** by Jeff Donovan, MD
- **Coronavirus and Scarring Hair Loss** by Maryanne Senna, MD

CARF has recorded online videos from our **Virtual 2020 National Conferences**:

Click [HERE](#) to purchase the Hair Necessities Patient Conference.

Click [HERE](#) to purchase the CCCA Virtual Summit Conference.



THE HAIR NECESSITIES

SCARRING HAIR LOSS
VIRTUAL CONFERENCE



VIRTUAL SUMMIT

CENTRAL CENTRIFUGAL
CICATRICAL ALOPECIA

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CARF receives a donation for every eligible purchase. CARF earned nearly \$2000 in 2020. What can we raise in 2021?

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CARF is now able to accept stock donations from donors to be converted into cash donations! Using Wells Fargo Advisors, CARF's brokerage account makes it simple and easy. Simply contact your broker and call/[email](mailto:info@carfintl.org) the CARF office for account numbers and details.

