



COME **TOGETHER 2024**

**CANAAF National Conference**  
**Friday July 19th to Sunday July 21st, 2024**  
Courtyard by Marriott Downtown Toronto

# Event Program



**#CANAAF2024**

**Follow @CANAAF throughout the weekend!**





# COME TOGETHER 2024

## CANAAF National Conference

Friday July 19<sup>th</sup> to Sunday July 21<sup>st</sup>, 2024

Courtyard by Marriott Downtown Toronto

### CANAAF COME TOGETHER Conference – Itinerary/Program at a Glance

#### Registration and CANAAF Information

Friday July 19<sup>th</sup> – 1:00 to 5:00 p.m.

Saturday July 20<sup>th</sup> – 8:00 a.m. to Noon

Check-in at the CANAAF Desk located in the Spadina Foyer on the Main Level of the hotel upon arrival

Pre Registration is required via our Eventbrite Registration Page

#### Conference Highlights

- Exciting and Informative Guest Speakers
- An Expert Panel of Medical Professionals including:  
Dr Cathryn Sibbald  
Dr Sam Hanna  
Dr Ajith Cy  
Dr Thusanth Thuraisingam  
Dr Linda Groen
- Exhibitor Displays
- Children's Conference Camp for all children 3 to 11 years old provided by Network Child Care Services
- Specialized Teen Activities for 12 to 17 year olds including The Rec Room Games Centre & Roundabout Canada Escape Rooms
- Friday Evening Group Event – Toronto Blue Jays Baseball Game
- Saturday Night Dessert Dance Party for all ages including Magic Show, DJ & Photo Booth
- Sunday Morning Group Breakfast

TTC Bus Passes available with registration

\*\* Activities & Times Subject to Change\*\*

#### Friday July 19<sup>th</sup>, 2024

1:00 p.m. to 5:00 p.m.	Registration
4:00 p.m. to 6:00 p.m.	Welcome Reception
6:00 p.m. to 11:00 p.m.	Blue Jays Baseball Game (discounted tickets available with registration only)

#### Saturday July 20<sup>th</sup>, 2024

8:00 a.m. to Noon	Registration
8:30 a.m. to 4:30 p.m.	Vendor Exhibit Displays Open
8:30 a.m. to 5:00 p.m.	Kids' Camp (snacks provided, lunch with parents)
9:00 a.m. to 9:15 a.m.	Welcome Address
9:15 a.m. to 4:30 p.m.	Toronto Teen Experience (lunch & TTC passes included)
9:15 a.m. to 11:30 a.m.	Medical Advisory Panel
10:30 a.m. to 10:45 a.m.	Break (refreshments, coffee and tea available)
11:30 a.m. to 12:30 p.m.	Guest Speakers & Vendor Presentations including Caroline Ruggiero of Truly You Hair Clinic and Jennifer Krahn of Freedom Wigs
12:30 p.m. to 1:30 p.m.	CANAAF Lunch (included with registration)
1:30 p.m. to 2:30 p.m.	Virtual Presentation by the Mood Disorders Society of Canada
2:30 p.m. to 4:00 p.m.	Breakout Support Sessions
4:00 p.m. to 5:00 p.m.	Art, Music or Meditation Sessions (choose one)
5:00 p.m. to 7:00 p.m.	Dinner (on your own)
7:00 p.m. to 11:30 p.m.	Family Dessert Dance Party with Magic Show, DJ & Photo Booth

#### Sunday July 21<sup>st</sup>, 2024

7:30 a.m. to 8:30 a.m.	Morning Yoga for Adults & Teens
8:30 a.m. to 9:00 a.m.	CANAAF Board of Directors' Annual General Meeting
8:30 a.m. to 12:30 p.m.	Vendor Exhibit Displays Open
9:00 a.m. to 10:00 a.m.	CANAAF Group Breakfast
10:00 a.m. to 11:30 a.m.	Kids' Camp
10:00 a.m. to 11:00 a.m.	Teen Connect
10:00 a.m. to 12:30 p.m.	Guest Speakers/Vendor Presentations including, Michael Suba of Continental Hair, Deeann Graham, Alopecia Coach, and Crash Rhythm Junk Band
12:30 p.m. to 1:00 p.m.	Goodbye Gathering

**CANAAF COME TOGETHER 2023 PARTIALLY FUNDED BY:**

# It takes collaboration

Pfizer Canada strives to profoundly impact the health of Canadians through the discovery, development and delivery of medicines and vaccines.

When it comes to research and improving patient care, collaboration is key. We are happy and proud to support the work of CANAAF to help the alopecia community.

Through collaboration, we offer the possibility of a healthier world.



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### Detailed Program Information

#### Friday, July 19<sup>th</sup>, 2024

<b>Registration</b>	1:00p.m. to 5:00p.m.	All attendees must register. Check in at the CANAAF Desk located in the Spadina Foyer on the Main Level of the hotel upon arrival. Name tags are required to attend all sessions. Parents of all Kids' Camp attendees must have the Network Child Care Services Special Event Child Care Registration Form and CANAAF Waiver completed and signed. Forms provided at Registration.
<u>Location</u> Spadina Foyer		
<b>Welcome Reception</b>	4:00p.m. to 6:00p.m	Start off <b>CANAAF COME TOGETHER 2024</b> by joining us for a Welcome Reception! Join us in the Spadina Room located on the Main Level of the Courtyard by Marriott Downtown Toronto Hotel. This is a great opportunity to mix and mingle with other conference attendees while enjoying some refreshments and snacks before heading off to the Blue Jays Game. Enjoy Baseball Themed Complimentary Appetizers. Drinks available for purchase. Payment by cash, debit or credit card accepted
<u>Location</u> Spadina A & B		
<b>Blue Jay's Baseball Game</b>	6:00p.m to 11:00p.m.	Let's Go Blue Jays! Watch the Toronto Blue Jays take on the Detroit Tigers at the Rogers Centre. Game Time 7:07PM CANAAF has a designated section of tickets in Section 237. Mobile Tickets will be sent to attendees who paid for tickets with their original registration by email prior to the event. Join us after the Welcome Reception as we head over to the Rogers Centre as a group from the hotel.  Further instructions regarding ticket distribution available at the CANAAF Registration Desk.

#### CANAAF COME TOGETHER 2024 SILVER SPONSOR :





# COME TOGETHER 2024

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### Saturday, July 20<sup>th</sup>, 2024

#### Registration Continues

8:00 a.m. to Noon

All attendees must register.

Check in at the CANAAF Desk located in the Spadina Foyer on the Main Level of the hotel upon arrival.

#### Location

Spadina Foyer

Name tags are required to attend all sessions.

Parents of all Kids' Camp attendees must have the Network Child Care Services Special Event Child Care Registration Form and CANAAF Waiver completed and signed. Forms provided at Registration.

#### Vendor Exhibits Open

8:30 a.m. to 4:30 p.m.

A variety of exhibitors and vendors related to Alopecia Areata for you to peruse at your leisure.

#### Location

Courtyard Foyer

#### Kids' Camp

8:30 a.m. to 4:30 p.m.

All Children, age 3 to 11, are automatically registered for our Conference Camp provided by Network Child Care Services who provide group childcare programs for all types of conferences and events.

Their programs are designed to engage, educate, and entertain. Their experienced staff deliver a unique and developmentally appropriate program that all participating children will enjoy.

Snacks will be provided.

Please pick up your children at 12 :30 p.m. to join you for lunch.

Parents must complete the Network Child Care Services Special Event Child Care Registration Form and the CANAAF Waiver in advance.

#### Location

Courtyard C

#### Welcome Address

9:00 a.m. to 9:15 a.m.

Welcome from CANAAF's President, Carolynne Harrison.

#### Location

Courtyard A & B

#### Teen Activity

9:15 a.m. to 4:30 p.m.

#### **Calling all Teens!**

The CANAAF Teens Club will venture out into the city for an exciting, fun, team-building experience.

CANAAF's Toronto Teen Experience will begin with a brief introductory get together at the hotel then head off to The Rec Room located at Roundhouse Park just steps away from CN Tower, with over 40,000 square feet of great games, mouth-water eats and amazing entertainment, all packed under one roof!

Game Tag Credits & Lunch are included.

The fun continues with a stop at the Roundabout Canada Escape Rooms where it will be up to you and your CANAAF friends to escape from one of the thrilling rooms. Each room is full of creative, daring puzzles that you'll have to work together to solve before time runs out!

TTC Passes will be provided to all participants.

#### Location

Alexander B

**CANAAF COME TOGETHER 2024 PLATINUM SPONSOR:**



Eli Lilly and Company is a global healthcare leader that unites caring with discovery to make life better for people around the world.

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#### Medical Advisory Panel

9:15 to 10:30 a.m.

Join us for presentations from our esteemed panel of medical professionals who will then answer your medical questions. All questions will be pre-screened. Question sheets will be provided.

Topics Include:

“What is Alopecia Areata” presented by

Dr Thusanth Thuraisingam MD, PhD, FRCPC, FAAD, DABD

“Clinical Trials: A Step-By-Step Approach” presented by

Dr Sam Hanna FAAD, DABD

“Mental Health Implications of Alopecia Areata” presented by

Dr Linda Groen DO, CFPC

#### Location

Courtyard A & B

#### Break

10:30 to 10:45 a.m.

Enjoy coffee, tea and assorted pastries provided

#### Location

Courtyard Foyer

#### Medical Advisory Panel

continues

10:45 to 11:30 a.m.

“Treatment Updates for Children and Teens with Alopecia Areata” presented by  
Dr Cathryn Sibbald MD, MSc, FRCPS

“New and Upcoming Treatments for Alopecia Areata in Adults” presented by  
Dr Ajith Cy MD, FRCPC

#### Location

Courtyard A & B

#### Vendor Presentations

#### Location

Courtyard A & B

11:30a.m. to 12:30p.m.

“Predictable Solutions and Treatments for an Unpredictable Disease”  
presented by Caroline Ruggiero, Truly You Hair & Scalp Clinic

“The Freedom Wig - Having Confidence to Live Life to its Fullest”  
presented by Jennifer Krahn, Image Evolution by Freedom Wigs

#### CANAAF Buffet Lunch

12:30 to 1:30p.m.

Join us for a Buffet Lunch including Soup, Salad, Sandwiches and Dessert. Please pick up your children from the Kids Club before lunch.

#### Location

Courtyard A & B

#### Guest Speaker

1:30p.m. to 2:30p.m.

“Artificial Intelligence and Mental Health: MIRA” - A Virtual Presentation from the Mood Disorders Society of Canada given by Varshini Prakash

#### Location

Courtyard A & B

Mood Disorders Society of Canada (MDSC) has evolved to become one of Canada’s best-connected mental health Non-Governmental Organizations (NGO), with a demonstrated track record of forging and maintaining meaningful and sustained partnerships across the public, private, voluntary, and non-profit sectors throughout Canada. Driven by people with lived experience, MDSC is dedicated to improving the quality of life for individuals affected by mood disorders. Their goal is to provide a strong voice for these individuals at the national level, advocating for reduced stigma and improved access to treatment. Through their efforts, they aim to inform and shape research agendas, as well as influence public policy and program development.



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#### Breakout Support Sessions

##### Location

Alexander A

2:30 p.m. to 4:00 p.m.

Alexander C

Alexander B

Courtyard A & B

#### Art Therapy Session

##### Location

Alexander C

Or

#### Music Therapy Session

##### Location

Alexander A

Or

#### Meditation Session

##### Location

Spadina A & B

#### Breakout Support Sessions for -

##### **Parents of Children (12 & under) with Alopecia Areata.**

An informative exchange of ideas to assist the parents, or supporters, of children affected by Alopecia Areata

Facilitated by Deeann Graham

##### **Parents of Teens (13 & over) with Alopecia Areata.**

An informative exchange of ideas to assist the parents, or supporters, of teens affected by Alopecia Areata

Facilitated by Emma Ates

##### **Adults Affected by Alopecia Areata,**

An informative exchange of ideas to assist adults, &/or their supporters, affected by Alopecia Areata

Facilitated by Sharlene Friedman

##### **Adultes Atteints d'Alopécie Areata-Session francophone**

Un échange d'idées informatifs pour aider les adultes touchés par l'Alopécie Areata, et/ou leurs proches.

Dr. Thusanth Thuraisingam donnera une courte présentation en français et répondra à vos questions.

Art therapy combines the creative process and psychotherapy, facilitating skills to increase awareness through creative self-exploration. Using music, imagery, colour and shape, thoughts and feelings can be expressed that might otherwise be difficult to articulate. No prior artistic experience is necessary. Led by Emma Ates, the founder and director of the Center for Contemplative Creative Science (CCCS).

Holly Jamieson, a Music Therapist at Tiffany Music Therapy, has long been passionate about the application of creative processes such as music to achieve therapeutic goals. She draws upon a variety of music-based interventions as well as verbal psychotherapy and counselling to support clients through their therapeutic journey. She practices under the umbrella of person-centered care, drawing from humanism, anti-oppressive practice, trauma-informed care, and a strengths-based approach. A Music Therapy Session with Holly is full of warmth, choice, active playing, music listening, expression and sharing.

“Meditation’s Power: Resilience, Creativity and Peace” led by Meditation Guides, Sophia Grigoriadis, Kim Ingall & Michelle Shahoud from the Toronto Mindfulness Community.

Meditation is a super power. Learning and practicing meditation benefits us in ways beyond expectations. We ALL have this innate power. We just need to realize this vast capacity within us. This class will teach what meditation is and what it is not, then facilitate a simple but powerful practice. Direct meditation experience unveils personal insights and understanding into its profound benefits.



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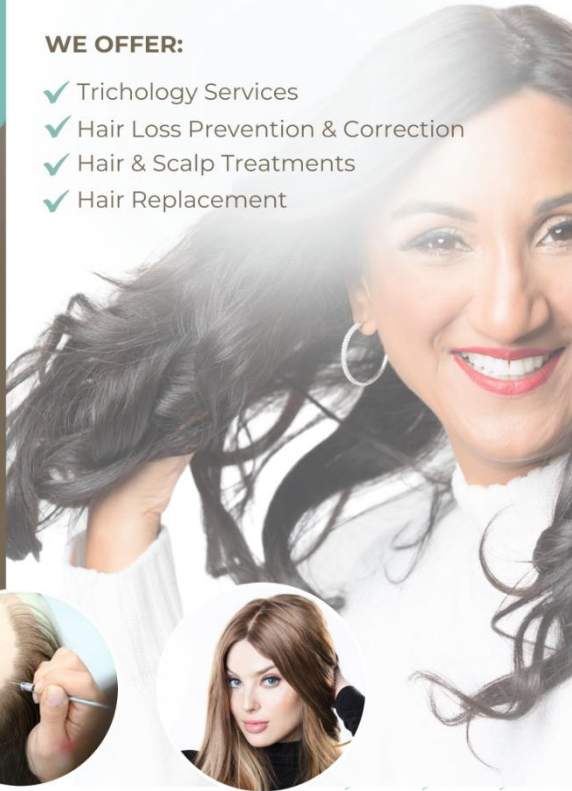
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### Saturday, July 20<sup>th</sup>, 2024

#### CANAAF Dessert/Dance Party

7:00 p.m. to 11:30 p.m

COME TOGETHER and celebrate our 12<sup>th</sup> Annual Event!

#### Location

Courtyard A & B

This fun family evening will feature a Magic Show, DJ Dance Party, Cupcake Decorating, Photo Booth & Cash Bar!

Fun for the whole family!

The fun starts with -

#### Magician, Rob Fishbaum -

Rob Fishbaum, also known as 'Fish the Magish' brings his Comedy Magic Show, "AbracadabraHaHa" to CANAAF. Fish reveals his secrets to staying forever young while showcasing jaw-dropping sleight of hand, mind-boggling mentalism, and a dash of side-splitting comedy. Whether you're a skeptic or a true believer, "AbracadabraHaHa" promises an evening of entertainment that will leave you questioning reality and rolling in the aisles. Fish the Magish has performed at Second City, Yuk-Yuk's, The Comedy Bar and Joker's comedy clubs and now he comes to CANAAF. Don't miss this incredible show! "AbracadabraHaHa" - where laughter meets magic!

Enjoy the Open-Air Photo Booth, provided by Smart Booth Images, allowing everyone to watch and participate in all the fun as the photos are taken. Two attendants will be on hand to help with a large selection of props and Posing.

Unlimited prints, with the CANAAF logo on each photo, will be provided so that every person receives a picture from every sitting.

A special way to remember your weekend at **Come Together 2024!**

### Sunday, July 21<sup>st</sup>, 2024

#### **Morning Yoga**

7:30 a.m. to 8:30 a.m.

Welcome the day with Jennifer Baradi.

Flow in yoga practice and let go with gentle iRest Yoga Nidra.

Please bring your own mat and water bottle if possible.

#### Location

Alexander C

#### **CANAAF Board of Directors' Annual General Meeting**

8:30 a.m. to 9:00 a.m.

Join the CANAAF Board of Directors for our Annual General Meeting. All CANAAF attendees are welcome to attend.

#### Location

Courtyard A & B

#### **Vendor Exhibits Open**

8:30 a.m. to 12:30 p.m.

A variety of exhibitors and vendors related to Alopecia Areata for you to peruse at your leisure

#### Location

Courtyard Foyer

#### **CANAAF Group Breakfast**

9:00 a.m. to 10:00 a.m.

Start the day with a Hot Breakfast Buffet including all the usual favourites!

#### Location

Courtyard A & B



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### Sunday, July 21<sup>st</sup>, 2024

#### **Kids' Camp**

10:00a.m to 11:30a.m.

Kids' Conference Camp, provided by Network Child Care Services, continues for all children 3 to 11 years old.

#### Location

Courtyard C

#### **Teen Connect**

10:00 a.m. to 11:00 a.m.

Join fellow teens in a non-judgemental and safe space for open discussion on all things alopecia!

#### Location

Alexander B

Led by CANAAF Volunteers Marcy Gallant & Amelia Simmons  
Bring your questions and an open ear!

#### **Guest Speakers & Sponsor Presentation**

10:00 a.m. to 12:30p.m.

#### **“Ask Me Anything”**

presented by Michael Suba of Continental Hair

#### Location

Courtyard A & B

#### **“How To Keep the Feeling of Conference Going After the Weekend”**

presented by Deeann Graham, Alopecia Coach, Consultant, Educator & Advocate. Deeann is the author of *Head-On*, *Stories of Alopecia* and the host of the *Alopecia Life* podcast. She has lived with alopecia areata since the age of 7 and works as an alopecia educator and coach to families who are looking for real-world solutions to navigate the rollercoaster of hair loss. As a patient advocate, Deeann shares with the medical community about the importance of early resource & support intervention after an alopecia diagnosis.

#### **A performance by Crash Rhythm Junk Band Interactive Ensemble.**

CRASH represents an alternative, dynamic and engaging approach to music education and exploration. CRASH uses bucket drumming to tie together teamwork, creativity and fun while also learning the basics of music, composition, rhythm and drumming.

#### **Kids' Camp Ends**

11:30 a.m.

The Kid's Camp attendees will be brought to the join their parents in the meeting room for the performance by Crash Rhythm and the Goodbye Gathering.

#### **Goodbye Gathering**

12:30 p.m. to 1:00 p.m.

A great way to end your weekend! Watch a slideshow of the CANAAF COME TOGETHER 2024 Toronto Conference. Look for yourself in the collage of photos!

#### Location

Courtyard A & B

Remember to scan the QR Code and upload any photos you have taken over the weekend.



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### Medical Advisory Panel Bio's

#### Medical Advisory Panel – Cathryn Sibbald MD, MSc, FRCPS



Dr. Cathryn Sibbald is a Dermatologist who completed her residency training at the University of Toronto and is board certified in Canada and the US. She completed fellowship training in Pediatric Dermatology at the Children's Hospital of Philadelphia.

She has an MSc in Epidemiology from the London School of Hygiene & Tropical Medicine and a BScPhm from the University of Toronto. She is a staff physician with research and clinical activities at the Hospital for Sick Children, and an assistant Professor at the University of Toronto in the Department of Pediatrics with a cross appointment to the Department of Medicine. She has an interest in alopecia, and sees many alopecia patients in her clinics at SickKids.

#### Medical Advisory Panel – Sam Hanna FAAD,DABD



Dr. Hanna is the Medical Director at Dermatology On Bloor as well as a Diplomate of the American Board of Dermatology. He travels the world sharing his expertise and insights with the global medical and dermatology community. An active clinical trialist, Dr. Hanna has served as a principal investigator for numerous cosmetic & medical clinical trials with Probiy Medical Research. He has an interest in alopecia areata.

Dr. Hanna has an undergraduate degree from the University of Toronto. He completed his medical training at the Pennsylvania State University College of Medicine. He completed a medical internship and cancer research at the University of Pittsburgh. His specialty dermatology training at the State University of New York in Buffalo. He practiced for many years in Pennsylvania before coming home to Toronto to establish his Canadian-based clinic.

Dr. Hanna is a family man, a loving husband and a father of two great kids. They have 2 dogs and enjoy traveling and sampling international cuisine. In his spare time, Dr. Hanna enjoys woodworking.



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### Medical Advisory Panel – Linda Groen DO, CFPC



Linda Groen is from Owen Sound, Ontario where she practises outpatient family medicine and physical rehabilitation medicine. She is interested in health care leadership and will likely be dipping her toes back into addiction medicine. She got her medical degree from Michigan State University and did her residency in Maine where she met her wonderful husband Sean. Linda was raised in the Netherlands until age 8 when she moved to rural Southwestern Ontario. Linda is a certified life coach and a big believer in counselling. She will often say mental health is physical health to her rehab patients that are having mental health difficulties.

Linda enjoys being in nature, exercise-especially biking and hiking and skate skiing in winter. She enjoys spending time with her therapy cat-Beebee, friends, and travelling. She is trying to learn to watercolour paint.

### Medical Advisory Panel – Ajith Cy MD, FRCP



Dr. Ajith Cy is a Consultant Dermatologist practicing full time medical dermatology in Waterloo, Ontario.

After completing his Fellowship in Pediatric Dermatology at Hospital for Sick Children, Toronto, and a Residency program in Dermatology at University of Toronto, Dr. Cy started practicing full time dermatology in Waterloo in 2015.

Special interests in his Practice are related to inflammatory skin diseases, including Alopecia Areata & Vitiligo, and in treatment of skin cancers. He is very interested in upcoming medical treatments for inflammatory skin diseases, and is actively involved in clinical research including in Alopecia Areata.



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### Medical Advisory Panel – Thusanth Thuraisingam MD, PhD, FRCPC, FAAD



Dr. Thuraisingam completed his undergraduate medical training at the Université de Montréal, his PhD in molecular mechanism of wound healing and his residency in dermatology at McGill. He has an interest in all aspects of dermatology with a particular focus on skin cancer and Alopecia.

Dr. Thuraisingam holds an assistant Professor position in the Department of Medicine, Division of Dermatology at McGill University. He is the founding director of the scalp and hair disorders clinic at the Jewish General Hospital in Montreal Quebec. He also conducts research on Melanoma and hair disorders. He practices dermatology in Montreal and Ottawa.

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### CANAAF COME TOGETHER 2024 GOLD SPONSOR:



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## **ADDITIONAL INFORMATION**

All attendees must register.

Name tags are required to attend all sessions.

Some items are subject to change.

### **CANAAF Photo Policy**

By registering for CANAAF COME Together 2024, all guests, patrons, employees and volunteers agree that photographs and videos taken may not be used for commercial profit or publicity.

During CANAAF COME Together 2024, you may be filmed, videotaped or photographed by or on behalf of CANAAF.

Your registration with CANAAF COME Together 2024 serves as permission for use of your image by CANAAF.

Please email CANAAF at [info@canaaf.org](mailto:info@canaaf.org) if you do not consent to your photograph or video being used by CANAAF.

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