



WHERE CAN I GET HELP AND SUPPORT?

You are not alone. We are here to help, in many ways, all across Canada

Alopecia can be psychologically challenging. Not only for those who have been diagnosed, but for their families and support people as well. We know that alopecia is a life-altering condition and its surprising onset, reoccurrence and unpredictability can have a psychological impact.

Talk To Others With Alopecia

We have a closed Facebook group for the CANAAF Community to share their experiences about living with alopecia.

In-Person Support Groups

There are a number of in-person support groups available across Canada. For up to date information visit CANAAF.org. Patients, Kids, Teens, Families, Siblings, Parents, & Supportive Partners are ALL Welcome!

The bond between those affected can create a positive connection. We hope that when you find a CANAAF Support Group, you will find the strength and information you need

Conferences and Awareness Events

Join others with alopecia at various events. Information posted online.

Email info@CANAAF.org to join our mailing list.



CONTACT US

Website: CANAAF.org

Email: info@CANAAF.org



DONATE NOW

www.canadahelps.org/en/charities/canadian-alopecia-areata-foundation/

Mailing Address

227 Burton Grove
King City, Ontario
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PREDICTABLE... FOR AN UNPREDICTABLE DISEASE

CANAAF.org

WHAT IS CANAAF?

The Canadian Alopecia Areata Foundation was established in 2009.

CANAAF supports those affected by alopecia areata, promotes awareness and education of this autoimmune disease and raises funds for research.

We are a Canadian Registered Charity made up of a volunteer Board of Directors and volunteer Support Group Leaders across Canada.

We are always looking for new and enthusiastic volunteers!

Please visit CANAAF.org for more information and forms.



CANAAF NATIONAL EVENTS HAPPEN ANNUALLY!

WHAT IS ALOPECIA?

Alopecia is an autoimmune disease that involves the loss or absence of hair, not only on the scalp, but all over the body as well. The immune system, for unknown reasons, attacks the hair root and causes hair loss. Alopecia affects approximately 1 to 2% of the population, and is highly unpredictable and often cyclical. Occasionally nail changes, such as ridges or pitting, may also occur. Typically, there is no discomfort associated with alopecia although increased skin sensitivity has been reported.

WHO IS AFFECTED?

Alopecia can occur in both males and females. Most often this begins in childhood, but can occur at any age. Alopecia does not differentiate by race. Alopecia may resolve spontaneously within weeks or be recurrent over a lifetime.

IS ALOPECIA GENETIC?

Statistics show that in one of five persons with alopecia someone else in the family may also have it. There may also be other autoimmune diseases that affect family members.

TREATMENTS FOR ALOPECIA

Your doctor may refer you to a Dermatologist to confirm your diagnosis. Some treatments may include steroidal injections, creams, oral medications, and other types of topical solutions or treatments. CANAAF may be able to help with your questions, but ultimately the decisions are yours and we recommend following professional advice.

TYPES OF ALOPECIA

- Alopecia Areata** – is the most common type, usually presenting itself with round smooth patches of hair loss. The duration of Alopecia Areata is variable and can involve any hair-bearing site, including eyelashes, eyebrows and beards.
- Alopecia Totalis** - loss of all hair on the scalp.
- Alopecia Universalis** - loss of all scalp and body hair.

Please visit our website at CANAAF.org for more information