

Nadia's Volunteer Story:

CSPA Board Member | Contributor, Canadian Skin Magazine & Patient Education Resources | HS Report knowledge translation



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I was first introduced to the CSPA almost two years ago by my mentor, Dr. Ilya Mukovozov, who provided me with the opportunity to collaborate on a knowledge dissemination project with the organization. Through this project, I met the CSPA's outstanding Executive Director, Rachael Manion, learned more about the organization's mission, and became eager to become more involved in promoting skin health and improving the quality of life of Canadians living with skin conditions.

When I began volunteering with the CSPA, I had the opportunity to help lead the [Scarred for Life 2020 Update: A National Report of Patients' Experiences Living with Hidradenitis Suppurativa](#) through its transformation into a published peer-reviewed [journal article](#), and to contribute to the *Canadian Skin* magazine. I was also introduced to the Canadian Association of Psoriasis Patients, and I had the privilege to receive a scholarship that funded a project with Dr. Sunil Kalia that looked at treatment efficacy of phototherapy for patients with psoriasis.

More recently, I have had the opportunity to become involved with the CSPA's Board of Directors. In this role, I have the opportunity to work alongside an extremely motivated group of people who share my passions for supporting and advocating for people living with skin conditions.

Why do you like volunteering with CSPA?

I enjoy volunteering with the CSPA for several reasons. It allows me to connect with a diverse and passionate group of individuals across Canada with the same goals. It allows me to better understand, on a national level, the important issues that a wide variety of patients affected by skin conditions are experiencing, and it enables me to be involved with solutions to those problems. I have also been able to develop my skills in advocacy, education, and communication through my experiences.

Skin, hair, and nail conditions are common, extremely diverse and can severely impact quality of life. The CSPA represents a very diverse group of people and are involved with a large range of projects. The CSPA has such an amazing team of supportive staff that are extremely passionate about what they do. Whether you have an interest in skin conditions, are impacted personally, or know someone that is, volunteering with the CSPA is a great opportunity to help support Canadian's living with skin conditions while developing your own skills in advocacy, education, and communication.