

Let's Talk

Open Conversations for Women with Alopecia

2020 Webinar Series by Dr. Angela Rodgers and Dr. Renee Thomason



Dr. Angela Rodgers has 30 years of experience living with alopecia areata, with 10 of those years experiencing life as a bald woman in public. She has served as a consultant for the National Alopecia Areata Foundation (NAAF) and helped create their Health and Research Ambassador (HARA) Program which advocates for educating and addressing the psychosocial aspect of medical hair loss in clinical and pharmaceutical spaces. Dr. Rodgers has served as the Sacramento, California Alopecia Support Group Leader for almost 10 years. She is board certified in Family Medicine and currently works full time in the emergency department on the front line of the COVID-19 pandemic serving historically underserved communities. Dr. Rodgers is the first in her family to become a physician. She enjoys spending time with family, yoga, mentoring, music, dance, and advocating for one's self for a more fulfilling life.



Dr. Yolandas Renee Thomason is a Board-Certified Family Medicine Physician, Alopecia Advocate, a Positive Psychology Coach, and founder of Thomason Consulting, LLC. Dr. Thomason was diagnosed with alopecia areata at the age of 8 years old. She

has discovered through her own journey how best to keep a wholesome mind and a resilient spirit. Her journey as an alopecia advocate is motivated by her personal experiences. To help others like herself, she delved into studying mindfulness and strength-based practices. Added to being a first-generation college graduate, first physician in the family, and a single mom, she had to discover how navigate the different obstacles in life, and the importance of building resilience, the beauty of self-acceptance, and the joy of being her true authentic self.

EPISODE 1

Our Journey: The Paths of Two Doctors from Diagnosis to Embracing their Worth

For many, alopecia can be a long and difficult journey full of emotional ups and downs. Dr. Angela Rodgers and Dr. Renee Thomason share their personal journeys of self-acceptance, and their common passion of addressing the psychosocial aspects of alopecia.

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EPISODE 2

Medical Management of Alopecia: Traditional vs. Alternative Medicine

The management of alopecia involves both addressing the psychosocial aspects and offering treatment to patients who desire intervention. Learn about current evidence-based treatment options from a Board-Certified Dermatologist and current complementary alternative treatment options from a Board-Certified Ayurvedic Physician.

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EPISODE 3

Your Journey: Addressing the Psychological Challenges of Alopecia

Although alopecia is not a life-threatening condition, studies have shown that it has significant psychological impact on one's quality of life (emotional, mental, and social). Watch this thought-provoking session with a Board-Certified Psychiatrist to receive tools for navigating your journey with alopecia as well as tips to build self-confidence and self-acceptance.

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EPISODE 4

Own Your Beauty: Tips on Makeup, Wigs, and More!

Monday, December 7 | 10:00 am-12:00 pm PT

As Coco Chanel once said, "Beauty begins the moment you decide to be yourself". Your hair does not define your beauty, only YOU can. So, it's time to own it! During this session beauty experts from the alopecia and health care community will teach about the application of makeup, styling of wigs, skin care and other helpful pointers to embrace your alopecia.

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