

## A Conversation with Arrani Thambimuthu

### CSPA Committee Member: Affiliate Members, Breaking Barriers



#### **Arrani Thambimuthu BSc**

Educational Resource Developer

#### ***Why did you get involved with CSPA?***

My involvement with the Canadian Skin Patient Alliance (CSPA) grew from a desire to make dermatology more accessible, human, and patient-centered. I was drawn to CSPA's mission of translating complex medical knowledge into practical and understandable resources for people living with skin conditions. This aligns strongly with my belief that health education should go beyond academic journals and address the everyday realities patients face.

#### ***What do you perceive as outcomes of your involvement?***

Through my work with CSPA, I have contributed to the development of patient-centered educational resources and initiatives that amplify the voices of people living with skin conditions. I also helped support the development of a patient survey aimed at better capturing the mental health impacts experienced within the skin patient community. By translating dermatologic information into clear and practical tools, these initiatives support health literacy, empower patients in their care, and strengthen the visibility of patient perspectives within the dermatology community.

#### ***Why do you like volunteering with CSPA?***

Volunteering with CSPA allows me to combine my interest in medical knowledge with my commitment to patient advocacy. As a future healthcare professional, writing articles for Canadian Skin Magazine has helped me better understand the patient perspective while deepening my knowledge of disease pathophysiology and treatment options through collaboration with dermatologists.

#### ***Why would you encourage others to get involved with CSPA?***

CSPA offers a meaningful opportunity to contribute to patient education and advocacy while learning how to communicate medical knowledge in ways that truly resonate with patients.

#### ***Has a personal connection with the skin patient community inspired your participation?***

*Yes. Through both academic and community experiences, I have seen how isolating visible skin conditions can be. Supporting initiatives that foster understanding, recognition, and connection within the skin patient community is deeply meaningful to me*