

A Conversation with Natalie Kermany

CSPA Committee Member: Affiliate Members, Breaking Barriers



Natalie Kermany, MSc

Patient Advocate

Why did you get involved with CSPA?

I became involved with the CSPA because I wanted to use my voice and lived experience to bring awareness to the challenges and stigma that skin patients face every day. Growing up with vitiligo and other chronic skin conditions, I often struggled to find community supports or people who looked like me, which made the experience feel isolating. When I discovered the CSPA, I was inspired by the impactful work they were doing to support skin patients across Canada. It felt like the perfect opportunity to be part of the change I wanted to see, so I reached out – and the rest is history.

What do you perceive as outcomes of your involvement?

Volunteering with the CSPA has allowed me to contribute to initiatives that truly matter to the skin patient community. From speaking at events and raising awareness, to providing input to medical researchers, reviewing grants, and supporting advocacy tools, each opportunity feels meaningful and impactful. It has been rewarding to know that my contributions help amplify patient voices and support projects that directly benefit the community. As an added bonus, the CSPA staff are incredibly supportive and a joy to work with!

Why do you like volunteering with CSPA?

Volunteering with the CSPA has given me the opportunity to connect with skin patients from across the country who share a passion for advocacy and meaningful change. Hearing others' stories of resilience and perseverance has been incredibly inspiring and has reinforced the importance of working together toward a common goal. Being part of such a supportive and driven community motivates me to continue advocating for people impacted by skin, hair, and nail conditions across Canada.

Why would you tell others that they should get involved with CSPA?

Whether you live with a skin condition yourself or know someone who does, getting involved with the CSPA is a powerful way to make a positive impact. Volunteers play an important role in supporting a diverse community of skin patients, and their contributions are truly valued. It's a meaningful opportunity to give back, learn, and help improve the lives of people affected by skin, hair, and nail conditions.

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

Absolutely. My lived experience with skin conditions has been a major source of inspiration for my involvement with the CSPA. Volunteering with an organization that is dedicated to advocating for skin patients who have faced similar challenges within the healthcare system has been both rewarding and healing. It has given purpose to my experiences and reinforced the importance of patient-centred advocacy.