

## Yuliya's Volunteer Story:

### Contributor, Canadian Skin Magazine & Patient Education Resources



#### **Yuliya Lytvyn, HBSc, PhD**

**Medical Student, University of Toronto**

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

Prior to entering medical school, I completed a PhD in the Department of Pharmacology and Toxicology at the University of Toronto and was awarded for the top academic achievement in my graduating class. Throughout my training, I developed a passion for clinical research in dermatology and internal medicine. While continuing to expand and learn about my areas of interest, I thoroughly enjoy disseminating medical

knowledge to the medical community, my peers, and patients through several avenues. For example, during my medical school training, I held the role of an Editor-in-Chief of the *University of Toronto Medical Journal* (the oldest student-run medical journal) and *Toronto Notes* (a well trusted study text used by medical students nationally and world-wide). As a strong believer in patient education being an important component of medical treatment, I have written several articles for CSPA's *Canadian Skin* magazine and its website.

I feel very fortunate to review and analyze the most up-to-date data about a variety of skin conditions and to help empower patients with easily accessible and reliable information. It is very gratifying to contribute to the mission of the CSPA.

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

It is a great opportunity for me to continue exploring my passion for the study of skin diseases while educating patients that read our CSPA literature. Researching complex skin conditions while producing articles for patients has continued to fuel my knowledge and interest for this fascinating specialty in medicine. I hope to continue my contributions throughout my future career.

I have witnessed the psychological and physical challenges that a skin condition may bring through interaction with patients and friends. Such challenges can be made worse by the limited access to specialized care. Empowering patients with information about their skin conditions through my CSPA volunteer experience has been very rewarding.

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

Skin is the largest organ and is more complex than it appears. The broad spectrum of skin types and conditions results in unique concerns and needs for each patient. CSPA has a variety of opportunities for advocacy, outreach, and education for patients with any skin condition. It is incredibly gratifying to use your acquired skills, in combination with a passion for a field of interest, to help empower patients to ultimately improve their well-being and leave a lasting impact on their lives.