

Aimee this is my chance to embrace Alopecia and make it something I control rather than something that controls me.

Alopecia.....it's not something you hear often and it's something I didn't like to talk about often.

It's a scary journey not knowing what tomorrow brings, what the next chapter in your Alopecia journey will create. But with time comes experience, with experience comes wisdom and with wisdom comes the chance to embrace.

It wasn't always easy! Making friends was hard, dating is even harder though these obstacles give me the strength and allow me to jump any hurdles in my way.

The day I got my first wig was one of the most empowering days I have felt during my Alopecia journey. It finally gave me a chance to realise no matter what or who I am I can do anything that I put my mind to. It was the day that I finally realised that this is my chance to embrace Alopecia and make it something I control rather than something that controls me.

Alopecia is now something that is a part of me. Yes it's changed my life, but it will never get in the way of me being me!

