

## Alex 15.....I enjoy my life now as I made the choice to “don’t worry be happy !!!”

My name is Alex , I am 15 years old and I have had Alopecia since I was 7.

It hasn't been easy for me to go through life as its been hard enough that I'm Down Syndrome with speech and hearing problems, and now having Alopecia Universalis. I use to say to my mum, “why me??”

People at first use to stare and laugh at me having no hair and I found it very hard to explain to them what is wrong as people couldn't understand me with my speech problem. After awhile my friends started to get use of me having no hair and when someone did make fun of me or talk behind my back, my friends stood up for me and explained to people it's a condition called Alopecia Areata.

As much as it was different and embarrassing for me at first, I had to realize it was also different and unusual for people to understand at first... As they had never seen someone with Alopecia, so as the years went by, it got easier..

I tried wearing a wig at first and hated it, very sweaty for me as being a young kid I played a lot of sport, I learnt people have to like me for who I am !!! As I felt comfortable now not wearing a wig, so they have to learn to feel comfortable, and they all did...

I then started high school 4 years ago, people stayed away from me at first not understanding why I had no hair, plus being down syndrome... I was lucky friends were always around to explain I had Alopecia and down syndrome..

I found once people asked questions as they were curious about what is wrong with me, and they got the answers.. They were all so understanding teenagers, I was amazed.. Then students would ask me to play footy with them at lunch and they started to talk to me and treat me like everyone else.. I showed them all, I can do anything anyone else can do, and now the whole school excepts me for who I am..



Loosing my hair at first I lost my confidence, but after I realized that life is to short to worry about others and make the most of the time we have on this earth, so I don't waste a minute....I play soccer, dance hip hop, go to shows and love being with my friends at school.. People will always stare, but I'm confident now and it doesn't bother me..

My family are very supportive and treat me no different from my brother.. I found talking about Alopecia to friends and family, or having a laugh when I would say things like, “ I have saved so much money with no haircuts”.. Made them feel more understanding and feel comfortable around me to ask any questions as they could see I'm dealing with this issue...

[www.aaaf.org.au](http://www.aaaf.org.au)

  
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