

# Heidi.....Alopecia isn't something we should feel embarrassed or ashamed about



I have had Alopecia for 20 years. It started when I was 12. I have had all forms of Alopecia, and at present I live with Alopecia Universalis.

Through my teenage years I wore hats, being the only person wearing a black hat really made me stand out. There were older boys who used to pull my hat off when I walked past (totally embarrassing), I didn't want to participate in swimming lessons as I didn't want to swim without anything covering my head & I never went on school camps as I didn't want to sleep without my hat on in front of other people.

Over the years I have purchased synthetic mono wigs, Remy mono hair wigs, but now I wear a custom made human hair wig. I saved like crazy for 6 months to be able to afford the suction based wig and was so excited when I finally picked it up. I felt for the first time in a long time that I was beautiful and slowly the insecurities I had before started to fade to the background.

I have been wearing the suction based wigs for 8 years now and couldn't be happier with them. Suction wigs are hot to wear in summer but I'm happy to make the sacrifice as the extra security I have with wearing these wigs is worth every cent.

Over the years I have learnt some amazing make up tricks to accentuate my eyes and hid my lack of eyelashes. Permanent make up has given me back my eyebrows and the fact that I don't have to wax under my arms and my legs is something others can only dream about.

I still have bad days like everyone else who is struggling with having an incurable condition but I have to be thankful that I'm healthy and have an amazing husband and family who love me and accept me for who I am.

I still hold a strong hope that one day my hair will grow back and every now and then I visit my doctor with a list of ideas for things I could be tested for. She must roll her eyes every time I walk in her door 'here's Heidi with another list of wacky ideas'.

I recently went to see a naturopath who has me on Chinese herbal hair growth tablets as well as Vital Greens which is a nutrient rich powder that you have in a shake once a day. If it works, I couldn't begin to explain how happy it would make me but if it doesn't I will be grumpy for a few days then get over it.

After all its only hair and I would much rather have no hair then have to live my life without my legs, sight or hearing.



I believe I was dealt the hand I was given for a reason. Although it took me some time to realise, I try to use my personal experience to help others who are going through the same rough patch I did as a teenager. Alopecia isn't something we should feel embarrassed or ashamed about, the more it is talked about the easier it will be for the new breed of skin heads (hahahaha).

A little piece of advice from me to you:

As the years go on living with alopecia will get easier and it will get to a point where the things that used to bother you won't get under your skin as much anymore.

The good days will outweigh the bad, your confidence level will sky rocket and you will reach a point where you will smile at yourself everyday in the mirror and truly see yourself as beautiful. There is too much beauty in the world to be weighed down with sadness so get out there and enjoy your life to the fullest. You only get one chance so make it count.

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