

Julia.....Having Alopecia doesn't have to be just bearable or just manageable. It will be part of you, but you can move on and it will not define you!

I moved to Australia nearly four years ago from Glasgow, Scotland.

I now live in Randwick, Sydney and I work as a primary school teacher. My job is something that I love and always have done, as no day is ever the same whether filled with laughs, tears, joy, fears, success or all of those mixed together!



Hockey, running, cross fit and trying out new sports and activities are my passions outside of work. I love socialising with my friends, and enjoy the beach culture and nightlife that Sydney has to offer. I started to lose my hair at the age of 27, whilst I was living in Scotland. I had just finished teaching a Primary 7 class and I was excited about the start of a hopefully 'sunny' Scottish Summer holiday. However I got the shock of my life as within six months I had lost all hair on my head. I was diagnosed with Alopecia Areata which quickly developed to Alopecia Areata Totalis.

My condition has passed through many different stages, which I have coped with in different ways – sometimes by wearing a wig and sometimes not, sometimes chasing up different treatments and sometimes not. Throughout the whole journey, I have certainly changed and changed for the better. Through overwhelming support from family and friends, I have found an inner strength that I can be proud of.

My drive to explore, travel and try new things is partly due to realising and appreciating all the good things I have and my health is one of them. I have a taste of something going wrong in my life, but only a very small snippet. There are many situations of chronic illness and disability that I have a transformed empathy for. In saying that, I do think that Alopecia can have a profound effect of people's lives and I would never deny that as I have experienced significant low points in my own journey. I would love to help others cope with living with Alopecia, to give them hope and share an honest truth about how an awful situation can turn around. Having Alopecia doesn't have to be just bearable or just manageable. It will be part of you, but you can move on and it will not define you! The point I have reached now is still a work in progress, but I certainly have developed peace within, contentment and energy for what is ahead .

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