

Lana ... I can still do everything I want to do in life and I am still beautiful.

My name is Lana, I am 24 years old and I work in the health and fitness industry and have done for the last 5 years.

I am extremely health conscious and have always been an all round happy care free person which is why when my hair started falling out I was so confused and could not work out why this was happening and how I had treated my body wrongly to bring this on. After a while of beating myself up I found out that Alopecia Areata does not necessarily have a certain cause that brings it on and I was just one of the unlucky ones.

This time last year I had a full head of beautiful long brown hair, one day after showering I found my first bald spot on the back of my head and within 3 months I was completely bald. Ever since then I have worn a wig every day.

During the past year I have already let this thing effect my life in many different ways, I have said no to a group summer holiday in December because I am too embarrassed to go swimming with no wig on, If my family is home and I need a break from my wig I hide in my room, If any girl spoke about her hair I would I instantly hate her and myself-confidence has lowered so much that sometimes I don't even remember how to be the outgoing Lana that I always have been.

Lately I have started to come to terms with the whole situation, I started to tell myself that I am not sick, I can still do everything I want to do in life and I am still beautiful.

Self-animations are amazing and meditation every night really helps keeps me calm.



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