

Linsey.....I wouldn't wish alopecia on anyone. But having alopecia has helped to shape who I am; I wouldn't trade being me for anything. I am blessed.



I have always wanted a tattoo and now I have six!

My journey with alopecia started when I was very young, my parents noticed bald patches on my head as a baby. As I grew up, bald patches came and went, sometimes in embarrassingly noticeable places. When I was twelve my hair began to fall out in earnest. One of the first doctors I ever saw about my alopecia told me that I would spend the rest of my life wearing a wig. I was crushed.

By the time I got my first wig, I was torn between excitement and humiliation. I had huge expectations that I was getting my hair back and everything would be the way it was before my hair fell out. It was not. The hair on the wig was incredibly thick—totally unlike my natural hair. It was hot, itchy and I constantly worried that it would fall off and I would be exposed.

I think the hardest thing for me has been the roller coaster of losing hair, regaining it and then losing it again. I grieved every time I lost my hair and it was devastating for me.

When I was twenty, my hair began to grow back. It was gorgeous and black. I loved it. I took off my horrible wig and told myself I would never, ever wear one again.

My hair stuck around for five years before it fell out again. This time I bought colourful scarves and head wraps to wear.



Now, six years later I have lost all the hair on my head; my eyebrows and eyelashes as well as the hairs on my arms and legs. Annoyingly enough, I still have to shave under my arms—and what are those thick hairs on my toes? :-) I have just worked up the courage to get my eyebrows and eyeliner tattooed and I have ordered a wig, which my whole family is very excited about. It will take more courage to wear it. These outward changes don't make everything all better; they are another way that I can thrive with alopecia just like my scarves and tattoos.

Recently I discovered blogs and websites where people share their experiences and bring understanding encouragement and support to one another. I have begun writing about alopecia and I am getting to know more people who have alopecia.

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