

8 THINGS THAT EVERYONE WITH ALOPECIA AREATA WILL HEAR



IT'S JUST HAIR

One of the most common, and most frustrating misconceptions about alopecia is that it is only a cosmetic condition. While it's true that people with Alopecia Areata are physically healthy, the emotional impact is significant.

AT LEAST IT'S NOT...

Unfortunately, many people confuse alopecia with hair loss caused by cancer treatment. This can lead to them comparing the two conditions, even though they are wildly different, causing feelings of stress and even guilt for people with alopecia. It can be difficult, but try to remember that people saying this are trying to be supportive by finding a positive in the situation.



WHY ARE YOU STRESSED?

The misconception that Alopecia Areata is caused by stress is very strong in the public. There have been numerous studies on the topic, and there is no evidence of that Alopecia Areata is caused by stress. Be assured, you are definitely not causing your alopecia through stress.

AT LEAST YOU DON'T HAVE TO ...

Whether it's shaving, washing our hair, visiting a hair dresser, or taking much time to get ready in the morning, there is a range of things that people think people with alopecia don't do. Almost all of them are wrong.

As many, in fact most, people with alopecia still have some hair growth, either on their body or scalp, they may still choose to shave. Wigs still need to be washed, and many can be cut and styled at salons. Plus our make up and wig styling routines can take even longer than average. Pointing out that you still may do these things can help address the misconception in future.

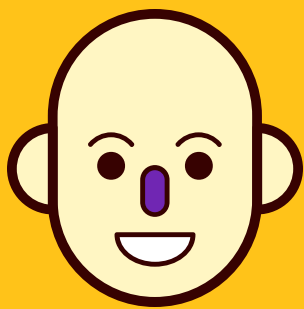


HAVE YOU TRIED...

Many people have ideas about what can "cure" alopecia. The fact is there are a vast number of treatment options available for people with Alopecia Areata. How you choose to manage your condition is your decision. While people may be trying to help, remind them that you are aware of your options and if you want their assistance, you'll ask.

EVERYTHING HAPPENS FOR A REASON

Though it is usually meant as a comfort, it can be frustrating to hear. No matter how well intentioned, this can feel like being blamed for having an incurable condition. Be assured that alopecia is never anyone's fault - it's just something that happens.



YOU CAN JUST WEAR A WIG

Many people with alopecia wear very beautiful wigs. But for others, this isn't what works for them. How you choose to appear with your alopecia is your choice, and your choice alone.

YOU'RE SO BRAVE - I COULD NEVER COPE WITH THAT

The truth is, none of us know what we can cope with until we have to. For many people with alopecia, it isn't bravery - it's necessity. This comment can be especially hurtful when it comes during a simple and normal activity. To be told you're brave for going to the shops or dropping your kids at school implies that you aren't expected to be able to do these kinds of everyday tasks, and that's unkind. As frustrating as this comment can be, it can be taken as a (slightly inept) complement. Your coping strategies give you a sense of confidence and strength that others can pick up on.