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My story is probably like many others, except perhaps that I was 66 when I lost my hair. The hairdresser noticed a small bare patch, and three months later all my head and body hair was gone. I began to wear a wig as soon as the thinning began, starting with a synthetic one which was a one-size-fits-all model with only limited amount of adjustment around the edges, and which blew off twice in the wind. As I do a great deal of walking, particularly near the beach, this proved to be unsatisfactory as I became uncomfortable about going for walks unless I'd been able to check the weather radar which shows wind speed! After a few months, I began the process of acquiring a 'Freedom' wig which works via suction and is made to mould exactly to each client's head. This all takes about six months and you need to be entirely bald for this type to be suitable. Incidentally they cost a fortune!

I do think the experience of losing my hair has not been nearly as traumatic for me as it would be for much younger women, who have a big social life and are meeting new people all the time, and wondering exactly when to raise the subject of their hair. I am definitely not brave enough to go without the wig, and only my partner has seen me without it. Early on, I had that common dream of suddenly being in public without clothing – only I wasn't worrying about the usual private nude bits, I was trying to cover my head!



Mostly I don't mention my condition to people, but if something comes up in conversation that's relevant, I sometimes mention that I have alopecia and wear a wig. Some people ask a lot of questions, but most

hardly react at all. The issue has become a minor thing in my life, but I very much enjoy meeting up with other people who also have alopecia, where we can discuss all aspects of our lives with this condition.

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