

Kathi's Alopecia Story



A sister proud and tall
Defends the pretty scarf to all
Deep inside she fears
She'll never be able to stop the tears

Then a few months later
That sister is gone
To heaven they tell her
And she is lost, forlorn

Not one year passes
Her own hair falls out
Giant clumps in her classes
On her pillow, everywhere

Enter the stares, the teasing and jokes
At 8 years old very hard to take
Being different was shunned
Feeling a freak, not fun

As the years passed by
Her hair came and went
Some years no eyebrows or lashes
Her courage was spent

Then doctors experiments and tests
Vitamins by the dozen
And a tablespoon of oil everyday
Nothing worked, nothing won

Laser acupuncture, needles in her head
The trauma, the pain
And underneath the surface
A lot went unsaid

Then one day in her 30's
After years of hiding her shame
She looked into the mirror
And vowed, no more pain

So the wigs were put away
And scarves with tassels she made
Worn bravely everyday
But her heart was still beige

Then a discovery came
Vacuum wigs that looked real
The huge price tag
Was nothing compared to how they made her feel

FREEDOM!
And finally feeling the same
Fitting in at last
Letting go of the shame

Another decade passes
Until she finally decides
That being 'normal'
Was actually denial

And so today you'll see her out
With hair, hat or not
But proud of who she is
And proud of standing out

And she hopes that her story
Will help another girl
Not feel the shame or need to hide
The beauty of being real

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Australia Alopecia Areata Foundation Inc.

Alopecia Areata
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