

## Mark..... Finally I decided not to suffer alone and arranged to go to a meetup with Alopecia Support Group.

Alopecia areata / Universalis is something that I have struggled with my entire life. From the age of four through to now, I have had to conceal bald patches with hair, hats and beanies until there was no more hair left to conceal.

Experiencing my hair coming out in clumps in the shower, on my pillow and in my comb in the morning, left me feeling powerless and alone. Enduring the never ending ridicule from my peers in school was something that I would never wish upon anyone.

These thoughts went around in my head for many years, causing a feeling of depression and desperation. I couldn't find any supplier with a decent wig that would look possible for my real hair, let alone eyebrows.

I decided to stop running and just be bald, and embrace it. No more excuses for not accepting myself and pursuing my dreams. For ten years, I achieved a lot, and didn't let anything or anyone get in my way.

My journey however was still not without struggle. Constantly asked "If I had cancer?" and "where's your eyebrows?" or "eyelashes?", the people's reactions kept reminding me that I was different, and I found myself asking "What could I do?" and "what were my choices?"



Finally I decided not to suffer alone and arranged to go to a meetup with Alopecia Support Group of Adelaide. Upon arrival, I was quite surprised and confused, because it appeared to me that everyone had their own hair! That night, my views and attitude changed from seeing how realistic, contented and confident these people were with their wigs.

When I got home, I immediately called my best friend and told her all about it. She said "I must get one!" and I immediately made an order and never looked back. Since receiving it, my only regret was that I didn't order one sooner.

I feel like old confident self again and now people accept me without questioning my appearance. My whole life has seemingly changed overnight; I'm more sociable and I no longer focus on what isn't.

Embracing Alopecia took a long time, but when finally met others that going through the same thing, and got my own custom hair piece, I realised how much I had grown, and that the condition that plague me for so many years, was strangely a blessing in disguise.



[www.aaaf.org.au](http://www.aaaf.org.au)

**AAAF**

Australia Alopecia Areata Foundation Inc.

Alopecia Areata  
..... it's life changing