

Abbey— I believe its really important that you have things around you that you love, and luckily for me I had plenty!

Hi there, my name is Abbey, I'm 16 and a half years old,.

My alopecia story started just after I turned 15, when we had just been on a family holiday to Cairns (a holiday which I became very sick on!) and coincidentally soon after my hair began to fall out rapidly! My Nan put it down to it being spring and I was like all the animals losing there winter hair. Hahahah! But on the day of my Nan's 80th Dad discovered I had a bald patch! And from then on it got bigger and bigger, I managed to finish year 9 at my mainstream school even though it was falling out all over my uniform and my anxiety levels were through the roof, As soon as school finished up for the year, it was summer holidays and on my sister's 18th birthday Dec 12th I decided to shave off what was left. We discovered luckily I had quite a nice shaped head, and I felt like I had taken some of the control back from the alopecia because I no longer had to watch my hair fall out.

Then we went into the stage of "How do we treat/fix my alopecia?"... We went and saw a dermatologist and I decided I didn't want injections into my head and decided that I'd rather try to find the cause of my alopecia. Over the summer holidays I began a trichologists treatment which consisted of a iron drink with added vitamins and minerals, some tablets and sprays for things that had shown in blood test I was deficient in. But for some reason it wasn't working and my eyelashes and eyebrows started to diminish! So off I went to an awesome Naturopath named Andrea in the city and she said that I had parasites which were very stubborn and so any nutrients that I put into my body from the trichologist were not being absorbed or benefiting me at all! We began treating the parasites, we had to take it slowly so as not to make me really sick and thankfully I can say that it worked, I am now free of parasites and back on the trichologist products to help build up what I've been missing.

Whilst treating the parasites I began online schooling from home, I had been hiding from everyone and wearing a cap for 3 months and I was getting really jack of it! Hahaha. We started to look into wigs, I decided I really wanted a human hair suction wig which I wouldn't be afraid would come off, I wanted to feel confident I could do anything in, because lets face it when you have alopecia you get to a point where you lose hope in your hair ever coming back, and I didn't want to live forever without having some nice hair on my head which I could braid and wear in messy buns which I had loved doing before. We arranged to meet Angela from Angel hair wigs in St Kilda Melbourne, I ordered my first freedom human hair suction wig and then patiently or my family may say impatiently began the 3-4 months wait for it to be made and I can tell you in the middle of winter in Melbourne that is really hard because its freezing and 80% of your heat goes out through your head! Brrrrrrr !



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Abby... I know that there is nothing wrong with me, I am beautiful just the way I am hair or no hair!

With alopecia (especially the first 6 months) I believe its really important that you have things around you that you love, and luckily for me I had plenty! I had my awesome family and a very devoted Mum who let me do Distant Education for a year and took me to counselling, hypnotherapy & yoga to help me cope . I also had horses. Horses were a hobby and passion of mine even before I got alopecia and luckily enough that when my alopecia started I had saved up enough money and bought my very first pony, named Paris. I rescued Paris from a awful situation and Paris helped me through so much and provided a distraction from alopecia she also taught me patience and how to care for something you love! She was and is an absolute god send to me! So If I could recommend anything I would recommend you get a hobby which you are passionate about because It really helps!



Moving along, the 4 month wait for my wig ended and it arrived just in time for our family holiday to Hamilton Island! Perfect timing! And I tell you the freedom wigs are the best thing ever! I absolutely love mine and sometimes I forget I'm even wearing it, it feels so real! Although I had my wig I still didn't feel complete because I had no eyebrows or lashes. So my mum recommended and tried to persuade me to get micro-blading for my eyebrows, but of course I was very reluctant and scared because I thought it would be very painful, but my mum booked me in just to meet some micro-blading artists in Mornington, I was very reluctant and before hand said to my mum, " This means nothing, I will meet them but that doesn't mean I'm getting them done", mum said " Alrighty." But after the meeting I walked out and agreed to get them done straight away because the ladies were so nice! Micro-blading for me was the best thing ever! I have never loved my eyebrows so much and I highly recommend to anyone missing eyebrows to get them done even if your fearful because it barely hurts and they're so worth it!

So after all of this and everything that 2017 threw at myself and my family, I'm glad to say we've really come out the other side. Long story short I'm really proud of myself and I'm actually thankful of the person I have become because of alopecia. I have now ordered a second wig, added 2 more beautiful horses to my little herd which brings the herd too: (Paris the pony, Loui the Shetland and Saffron the beautiful barbie palomino horse), and last but not least I have now returned to mainstream school for year 11 with my friends.

So to all my fellow ALOPECIAN'S out there you're awesome and you can do anything!
Love Abbey xx