

## Pauline — Years and years passed, and I have come to terms and learnt to live with My Friend Alopecia

My friend Alopecia and I celebrated our 30th Anniversary on my 50th Birthday on the 12th December 2017. Celebrating my 50th with my sister. I am all right.

Over the past 30 years #MyFriendAlopecia and I have grown to live with each other as friends rather than foes as we were at the beginning.

My journey begins when I was 20 years of age and I noticed you as one small patch at the back of my head. Then within months you had taken over my whole head, then my eyebrows, eyelashes and body hair - Although I didn't mind not having to shave my legs and underarms ever again! I was still devastated as I loved my hair it was my pride and joy. Now I look like an alien and feel like an alien from a different planet and I feel as though I don't belong on this planet anymore.

It feels like a long dream and I would wake up and it will be all grown back. I went to my doctor he confirmed my worst nightmare that I had Alopecia and there was no cure.

I tried creams, lotions, potions, massages, electricity and steroids but it was no use nothing worked not even a strand of hair grew back. I was desperate for a miracle cure.

Years and years passed, and I have come to terms and learnt to live with My Friend Alopecia. My kids have grown up with a mum with no hair and have only ever seen me with artificial hair. They are both grown up and now have their own lives .

For my #Wellness my husband and I have moved to a small seaside town near the beach and I have finally found peace and happiness with myself and enjoying life. I have also found a beautiful councillor who has helped me become a strong and confident person .

#HealthyAlopecia means being happy, positive and confident and loving life no matter what life has in store for me.

I have found peace in walking along the beautiful white sandy beaches and listening and watching the waves, it helps me forget about #MyFriendAlopecia for a moment and relax and breathe.

I now know #MyFriendAlopecia and I are going to be besties for years and years to come.

