

Donna — I was glad to be given the opportunity to explain

I first lost my hair at 20 years of age after having my daughter. It was tough back then and I wasn't quite mature enough to accept that hair is like any other material thing that one may possess, own or feel they need. I was lucky enough to have regrowth during my second pregnancy after 4 years of alopecia totalis, and had hair (patchy as it was) for 13 years, you know what is funny about that, is that the whole time I had hair I was so consumed by the fear of it falling out that when it finally did 7 years ago I almost felt a sense of relief, strange as that may sound it allowed me to not worry about bald patches, how I was going to wear my hair to cover that spot, I could just be me.

At first it was hard and I was really scared about showing my BALDNESS, but then realised through a lot of thought from myself and unrelenting support from my loved ones that this is me, this is the way I am and if I hide or shy away from the true me I really can't be true to the people I love.

I was at the shops the other day and a young boy around five said very openly to me "are you a real lady?" I wasn't upset or angry, I was glad to be given the opportunity to explain to the young boy "no mate I have alopecia, my body kind of doesn't like my hair so it chooses not to grow, but the best thing is I'm not sick, unwell or sad I just don't have any hair" Oh ok then he says,

Alopecia has allowed me to be more accepting of all the little things in life that make us, us.

