Paris — My Struggle with Alopecia

I found out I had Alopecia when I was 11. By the age of 13 I had lost all my hair. I was in year 6 when it happened. I started out covering the patches with headbands that grew larger and larger to cover my hair loss. Eventually I got a wig! I told everyone at school and they all loved it! The following year, I moved to a new school in Year 7 and then had to tell everyone again. People weren't always so accepting. People thought I had cancer or some disease and really struggled making friends because of it. I had gotten quite shy without hair and it I got shyer and shyer but slowly came out of my shell when I found a group of friends who accepted me for me. I had treatment after to treatment with 30+ injections of Cortisone in my head, immune treatments until I finally accepted that my hair was gone, and these treatments were making me feel worse. My eczema was flaring up, I was moody and wasn't feeling very positive about myself. I then moved on to a more natural approach. I started taking the fusion vitamins that improved my health in a more natural approach and a bunch of other vitamins.

During this time of my life, my family was under quite a bit of stress. My parents especially made a lot of sacrifices for me and my hair to try and feel a little more normal. My dad also has Alopecia, so it comforted me quite a bit knowing that he understood what I was going through. Through a strong supporting environment, I started being positive. I focused on being happy and concentrating on my school work and my relationships with others. At times, I pretend that it didn't bother me even though deep down it did but concluded that everyone's challenges are hard, but they will get stronger once they overcome it. In year 9, when I was 15 my hair started growing back! After being on the vitamins that I had taken every day made my hair come back. I got my hair so long that I ended up cutting off 35cm and donating it to the Alopecia Foundation

Paris —   Being confident, brave and positive has helped my health

I am in Year 12 now with under 3 months to go! Last year I prepared myself. I told myself that no matter what I do, my hair is most likely going to fall out. My prediction was true. I now don't have hair. I had little to none left so I shaved it off. I wear wigs and hats out and still try to keep a positive outlook on things. I don't have to do my hair anymore as it doesn't get messy when I sleep! I can switch it up and have it short and long on different days and I am unique and special! Having a positive outlook on life changes your perspective on everything. Having something that makes you special is important. Accepting the fact that I have no hair makes me special! This year one of my school subjects is media and I am focusing on Alopecia and acceptance and confident of hair loss.

My hair is slowing coming back but it all about the journey. Losing my hair for the second time has made me a more understanding and appreciating person who is ready to face whatever is thrown at me. Being confident, brave and positive has helped my health, my hair and my overall wellbeing.