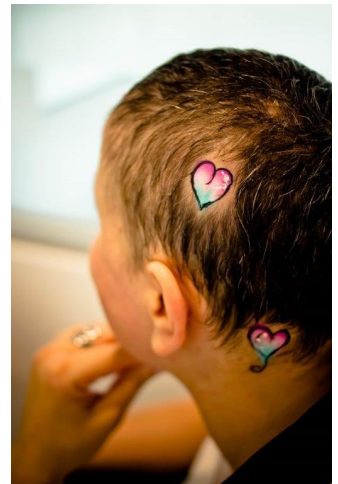


Vesna — I have learnt to embrace Alopecia

At 16 years old I said hello to Alopecia Areatata and it became a life changing friendship! We are now lifelong friends and have learned to live with each other as AA cannot live without me.

The first sighting of AA was made by my hairdresser and she had no idea what it was! The investigation continued with my GP who sent me to a Dermatologist – who was not very compassionate about my plight. “It’s only hair” he said.....at that time in my life it crushed me. The questions came flooding in and hopes and dreams started to slip away....



“Who was going to love me?”, “Would I be able to look normal?”, “How can I do anything without my hair? ”

Then the worst happened almost overnight. My hair disappeared around my ears and around the base of my neck; this is when I started to freak out a little! My life became a rollercoaster of emotional lows and I became withdrawn and depressed about the way I looked, I searched for cures and cried a lot. I had supportive friends but they all had their hair and couldn’t really understand what I was going through. The wigs were not that great back in the early 90’s and I started to look for others with Alopecia.....the thought never occurred to me before! I found lots of others with Alopecia which was so exciting! The rest is history.....

Fast forward 34 years.... I now have Alopecia Universalis; I have learnt to embrace Alopecia; I have a partner who loves me for who I am and 2 beautiful children who love the fact mum can take her hair off and constantly love to tell me to put my headscarf on or “put your hair on mummy”; I am active and getting out into our great outdoors, not having hair doesn’t impede me!

I have met many lovely people on my journey with Alopecia and for the past 7 years I have been volunteering with AAAF in various positions. I live life as if I do have hair and am motivated to help others get through their Alopecia journey with support as this was not so existent in my early years with AA.

I love wearing my wig & some days I can go with just my bandana, most of my neighbours see my bald head rather than my wig! The only things I wish I could have back are my eyebrows and eyelashes.....the simplest things that most people do not even think about not having!

Alopecia, you are certainly not life threatening but you are life changing! I don’t let it define who I am and keep a healthy outlook on having a happy life as I am.

