

Violet — My Roller Coaster Ride

My name is Violet, and My life was great, I had amazing friends a great family but what I didn't know was that at the age of 7, I was going to be diagnosed with Alopecia. Now Alopecia has now been a part of my life for 7 years and being together for that long I guess you can say we are pretty close.

Now I'm going to try and not go on about how Annoying and frustrating and how much it has put me through, instead I'm going to focus on the positives and how far I have come.



Now there is one thing I can definitely tell you and that is how hard it has been living with my dear friend Alopecia. Going half way through primary school now to year 8, let me tell you it's tough when you aren't wearing a wig and only have half a head of hair. Staring, comments, laughter, kids asking their parents 'why does that girl look so funny', and their parents coming up to you apologising.

Although alopecia does give you some pretty incredible stand out moments when you're walking around town with your family having no hair and no hat or wig people really start to notice you. Next thing you know it you're walking around school or the local shopping centre, 'hey violet how ya going, or how ya been, hows school going for you' and most of these people I don't even know who they are, but they somehow all know me. Also when you are meeting famous people if you take your hat off or they realise that you look sick or different you start to get more attention then most of the other people surrounding you. Two years ago I had the pleasure of meeting Christos Kyrgios who as you may know is not only Nick Kyrgios's brother but also has Alopecia.

Alopecia takes you through a roller coaster ride and somedays it may be laughs and smiles and somedays you just want to scream into a pillow. Although its how you go about what makes those good paths visible. People don't understand what alopecia is and many won't but that's ok, we can't worry about what other people think as we need to focus what your goals are to show people that we do matter and that just because we may have no body hair, we can still kick a ball, paint a picture or write a story. We just need to prove them that.

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One of the biggest changes that I made to my life which has made living with alopecia manageable, that helps me get through this and challenges me to feel beyond myself is horses. Horses have been a part of my life since the year I was diagnosed, and as some people say that animals help with the recovery of hurt people, I know they have helped me... Riding my horses and being around them almost makes me forget that I even have only half a head of hair because they don't care, they don't judge, they just respond, they feel and they help me feel free. Horses have had a huge impact on my Alopecia life because when I'm in that saddle on riding bareback, I don't need to worry if someone is looking at me or judging me, I'm happy and free doing what I love to do...

Alopecia may bash you around, but it may also open a window of opportunities because I know it has for me. Meeting new and all sorts of different people, listening to their stories and how they were affected. Treat Alopecia like an obstacle there are so many ways to get through it, get around it, it's ok its just AA!

My name's Violet and this is my Alopecia Story...

