



ALOPECIA AREATA: A KALEIDOSCOPE OF STORIES

Brought to you by members of the AAAF community



- ‘Alopecia Areata: A Kaleidoscope of Stories’ is a collection of drawings, art or prose from people with alopecia areata.
- We hope to capture the feelings and thoughts of our community through various points in their journey with alopecia areata, such as from initial diagnosis, to commencing medical treatments, first-wig, meeting others with alopecia areata, and finally reaching a point of acceptance.
- We hope that this publication will help two-fold:
 - 1) To bring awareness to the lived experience of alopecia areata to the general public, and
 - 2) To help those with a new diagnosis who may relate to the experiences of our community.

Different

“No, everyone likes you, everyone is different and that makes them special.”

~ Airlee

Casey the Capsicums Journey

Chapter 1: The New Kid

A few years ago Casey the capsicum was born. She lived in a town called Veggie Patch. Casey's parents thought that she was perfect. When she was older Casey went to school. But there was one slight problem, she had big lumps on her head. When she was at school a boy named Eggy the Eggplant said that she looked ugly. Casey burst into tears and ran out of the classroom and out of the school all the way home. She ran through the door and slammed it.

Chapter 2: School

The next day when she went to school, she was embarrassed because of the lumps on her head so she wore hats that she thought people would like.

One day in sport she was playing soccer with her classmates, Eggy the eggplant Anana the carrot and Kelly the celery. The wind blew and whistled and took her hat off her head.

Eggy the eggplant started laughing. Casey ran over to the trees so no one could see her. When Casey was feeling a little bit better, she went to the cola to have lunch. Casey had her lunch and was sitting alone, looking miserable. When it was play time, Casey still didn't want to be near anyone. She didn't want to play with anyone because she didn't want anyone else to see her and make fun of her.

Casey was sitting on a seat near the tree and then a girl called Airlee Podmore saw her sitting down. She walked over near Casey.

"What's the problem?" Airlee said.

"Everyone hates me, because of my lumps on my head. I'm not like everyone else, I'm different" Casey said.

"No, everyone likes you, everyone is different and that makes them special. " Airlee said.

"I'm different too. Guess what? I have a disease called Alopecia Areata." Airlee took her wig off gently.

“Wow!” said Casey. “You are different but you are beautiful and you are a very kind friend. You’re right, it’s not what you look like but what is on the inside that counts.”

Casey took off her hat and smiled with glee.

Chapter 3: Friendships

The next day everyone was looking like an odd fruit, or veggies. They had all taken off their disguises that hid the things that made them look different. They had been inspired by Casey and Airlee.

Casey made friends with all the fruit and vegetables and many of these friends were from the odd bunch but that didn’t matter to Casey. She had a friend called Willow the carrot who looked like a bean and Roxy the rockmelon who looked like a rock.

Chapter 4 : The recipe

Casey the Capsicum decided to start making delicious Capsicum dip to spread the awareness of being different and that being part of the ‘Odd Bunch’ is also great.

One night Casey and all her new friends were watching a documentary. It said that people all over the world are looking for all the strange fruit and veg to save them from landfill.

They said that they are going to donate all odd fruit or veg to local schools including Corrimal East Public School so it doesn’t go to landfill.

So LET’S STOP FRUIT AND VEG GOING INTO LANDFILL!!!

Then Casey said “Thanks to Fruit and Vegtember, Woolworths Corrimal and Wollongong Council!!!”

Loneliness

“I really resonate with the “Loneliness” print the most as there were really tuff times, I felt so alone, but they are the times that made me stronger”

~ Kerri Weymouth



Kerri Weymouth



Kerri Weymouth

Change

“Alopecia, it’s life changing”

~ Kerri Weymouth

ALOPECIA

RELAX FRIENDS SMILE

IT'S
LIFE

LAUGHING HUMOUR TALKING

CHANGING

KERRA IS A MEN

ALOPECIA

RELAX FRIENDS SMILE

APPREHENSION

IT'S

FAMILY CHOCOLATE

LIFE

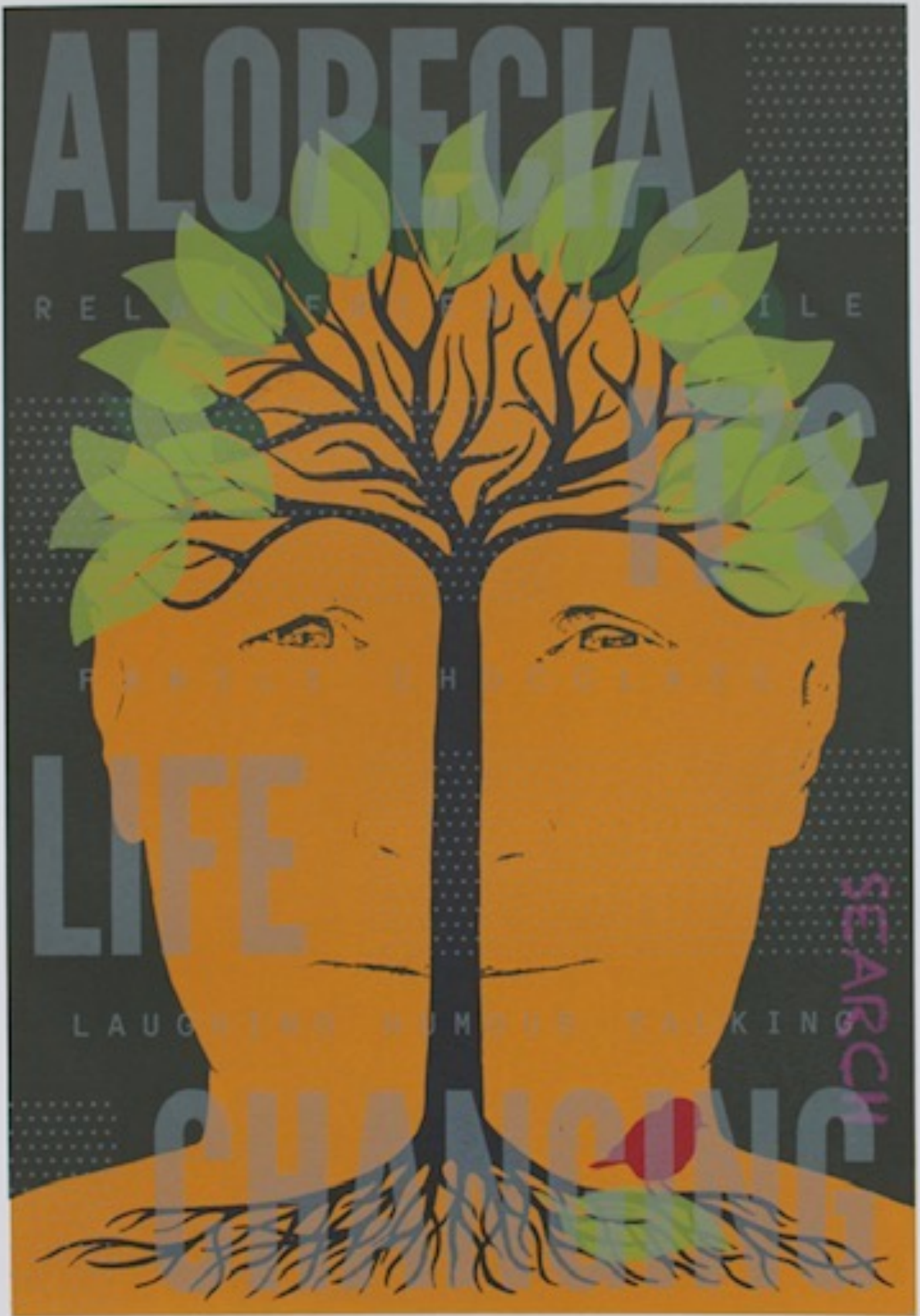
LAUGHING YOUR TALKING

CHANGING

10/1

Kerri Weymouth 2000

Kerri Weymouth

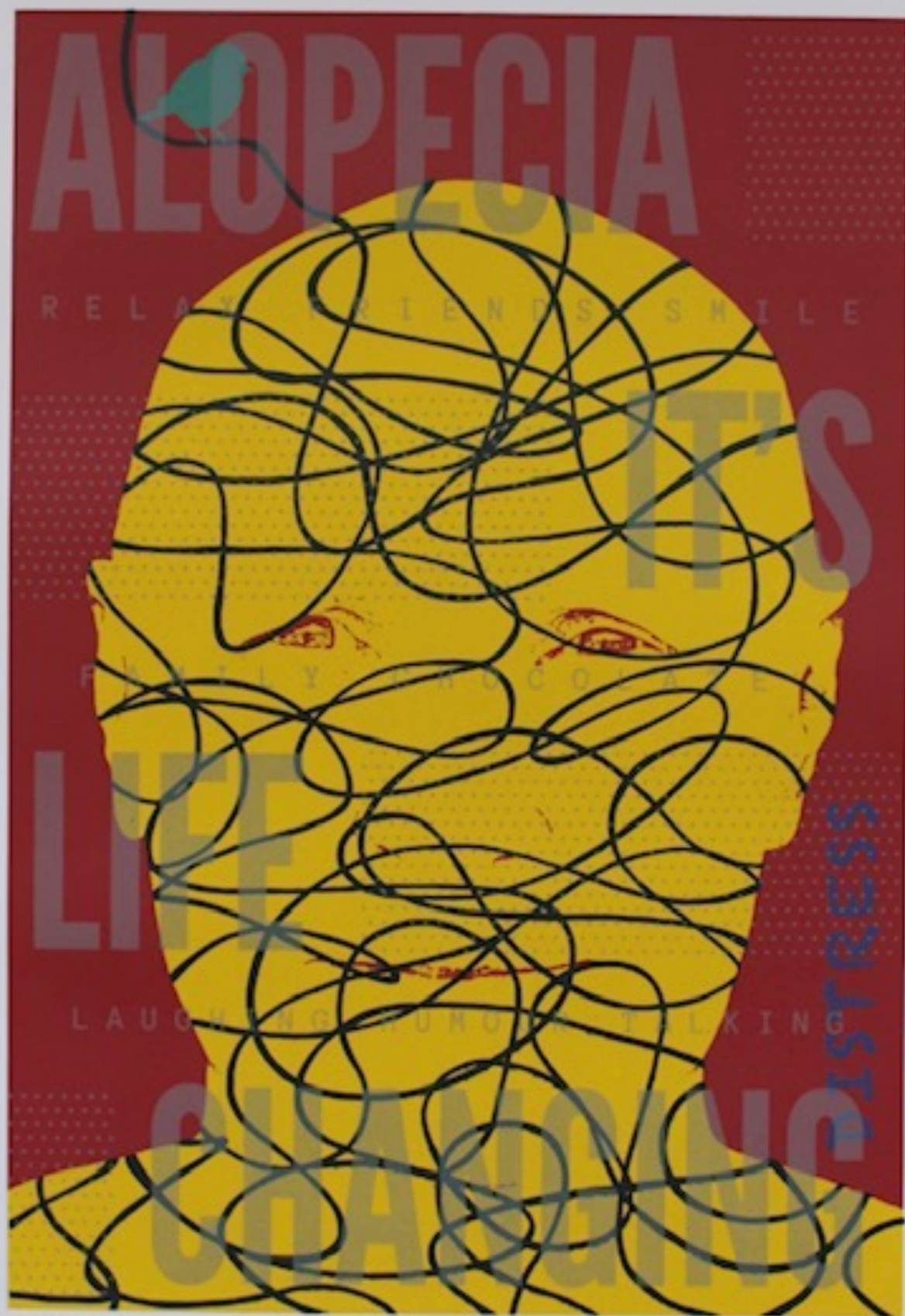


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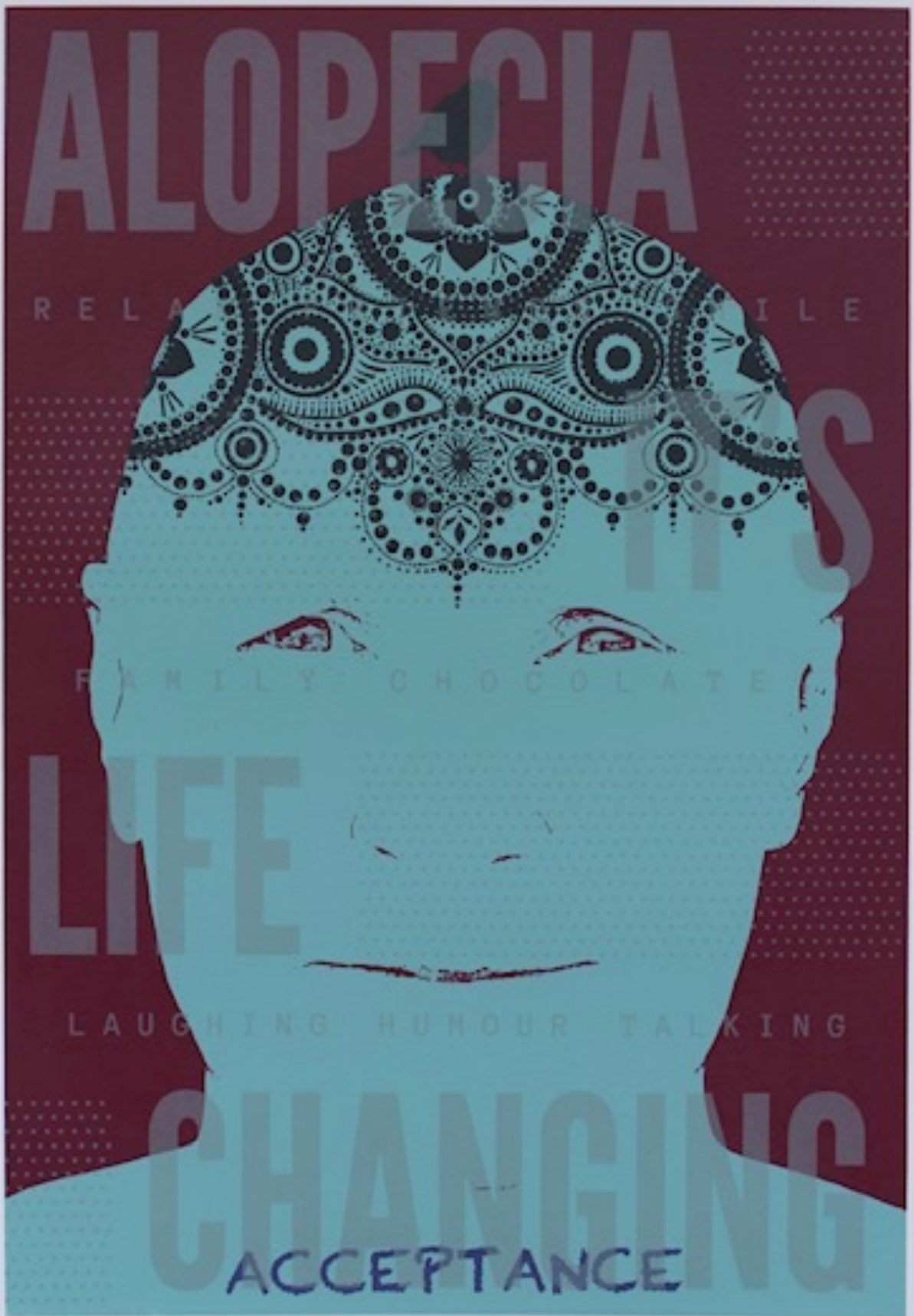
Kerri Weymouth 2020



Kerri Weymouth



Kerri Weymouth



4/4

Kerri Weymouth 2020



Kerri Weymouth



4/18

Kerri Weymouth 2018

Kerri Weymouth

ALOPECIA

RELAX FEEL SMILE

IT'S

FAMILY CHOCOLATE

LIFE

LAUGHING HUMOUR TALKING

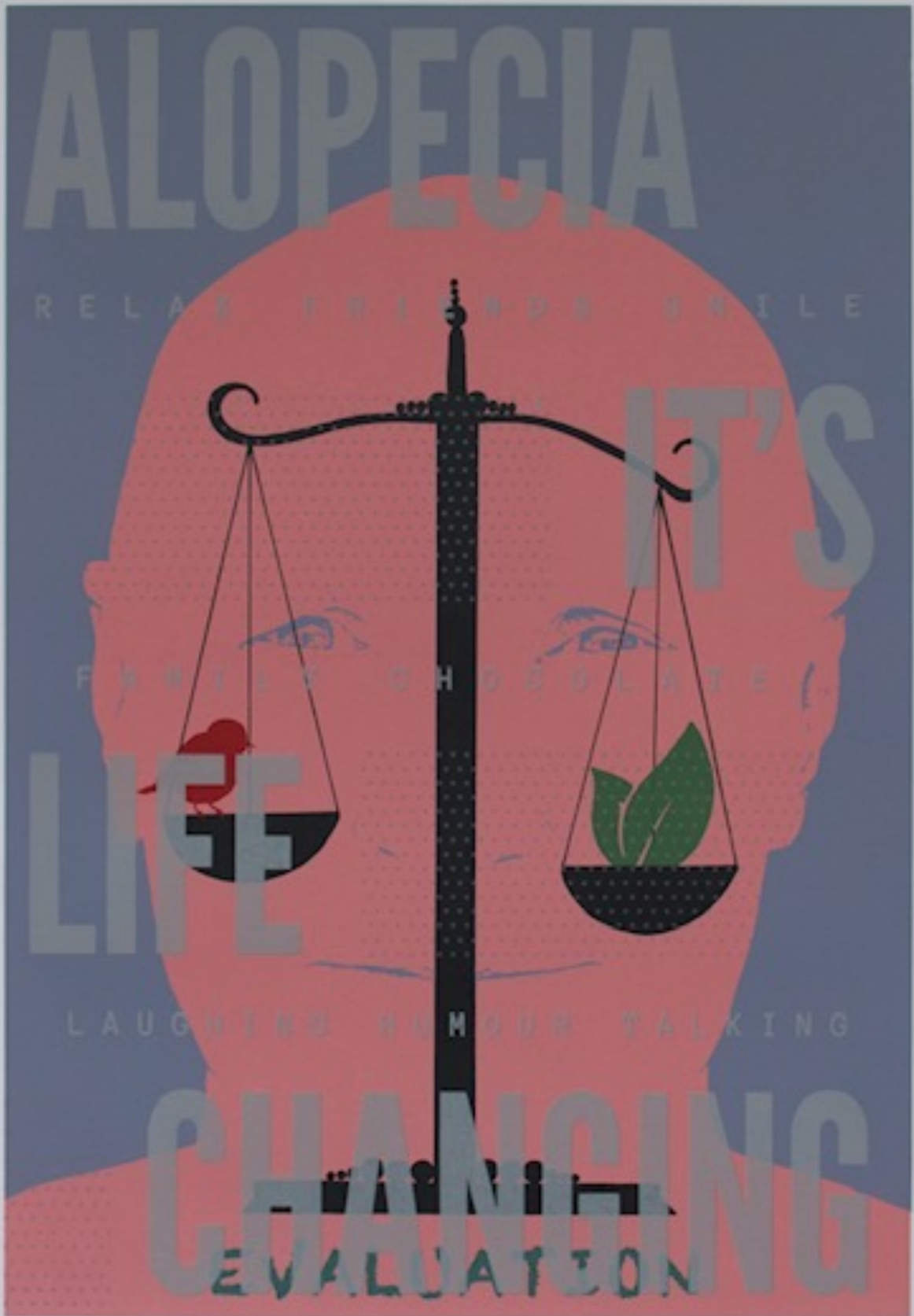
CHANGING

LOVE

10/1

Kerri Weymouth 2008

Kerri Weymouth



Kerri Weymouth

ALOPECIA

R E L A X F R I E N D S S M I L E

IT'S

F A M I L Y C H O C O L A T E

LIFE

IDENTITY

L A U G H I N G H U M O U R T A L K I N G

CHANGING

4/18

Kerri Weymouth 2020

Kerri Weymouth

Mixed Emotions

“10 Emotions of Alopecia”

~ Angela Rietschel

“I have no idea what’s going on”

~ Alayna Kennedy



HOPE

WORRIED

TEN

SCARED

EMOTIONS

ANGER

ACCEPTANCE

SADNESS

LOSS

EMBARRASSMENT

OF

GRIEF

ALOPECIA

ANXIETY



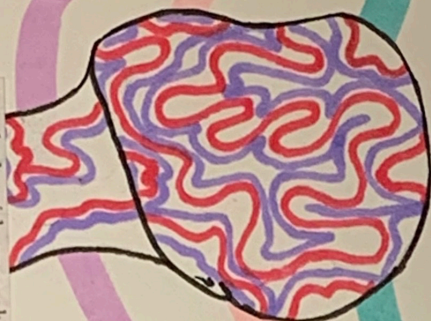
move to the mountains



I don't trust myself



failed experiment



I've dealt with enough



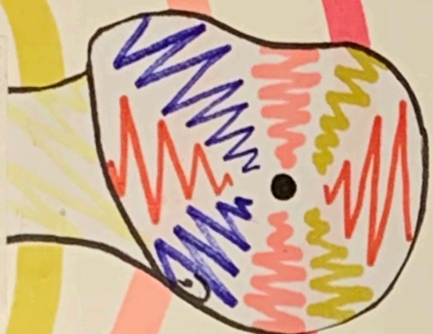
she's better



I have no idea what's going on



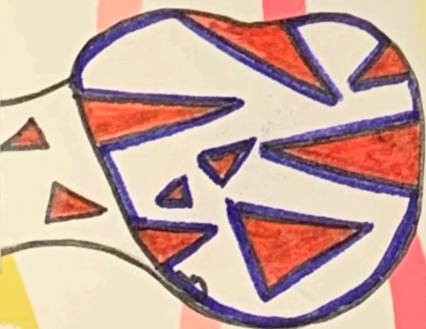
She's different



'What makes you happy?'



whole new meaning



anger and panic

Life Lessons

“How to stand up and be strong for my child, in a way I never thought I would have to”

~ Suzi Leung

10 things I learnt...

How much I, to my own shame, value the superficial despite all my thoughts and values

How much a parent can despair and fear for their child. When we were going through the diagnosis phase with blood tests and everything, I feared the worst. I have never felt anything worse in my life.

How lucky I was. And am. Despite alopecia in our lives.

How I lived in ignorance of such a condition. And then once it was a part of my lives, it suddenly became so common.

How blessed we are to be surrounded by so much love and support from family and friends.

How to stand up and be strong for my child, in a way I never thought I would have to

How proud I am of my little girl and her strength.

How there is so much solace to be found online through social media - Facebook groups and inspirational Instagram accounts that provide role models and impart so much strength and courage.

How strangers in the street can gawk and whisper so horribly, breaking my heart every time for my daughter

How I can't fix everything for my child. And how much that shattered me.

Positivity

“The 10 things I like about alopecia”

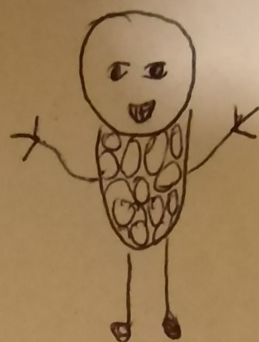
~Arlia Wightman

“You are so much more than alopecia”

~ Lukah Wightman

10 things I like about Alopecia!

1. Being different
2. Being nice
3. Being myself
4. Having friends
5. I like that I have alopecia
6. courage to be myself
7. Having different styles.
8. Rocking the alopecia
9. Being the best, I can be!
10. I stand out from others.



Arlia Wightman
age: 8
diagnosed at 3 years old.

♡ x o From Arlia

10 things I love about Lukah...

You are so much more than Alopecia ♡

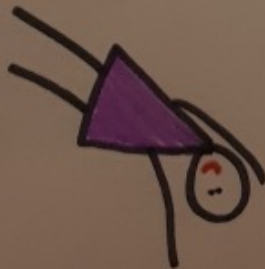
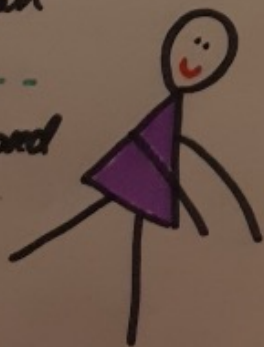
- ① You are caring ♡
- ② You have the most beautiful eyes
- ③ You have a kind heart
- ④ You're a really good friend
- ⑤ You're a great big cousin
- ⑥ You love animals ♡
- ⑦ You are unique + one of a kind ♡
- ⑧ You are brave and learning to be resilient
- ⑨ You are very clever + do well at school
- ⑩ You love being active - doing handstands + cartwheels

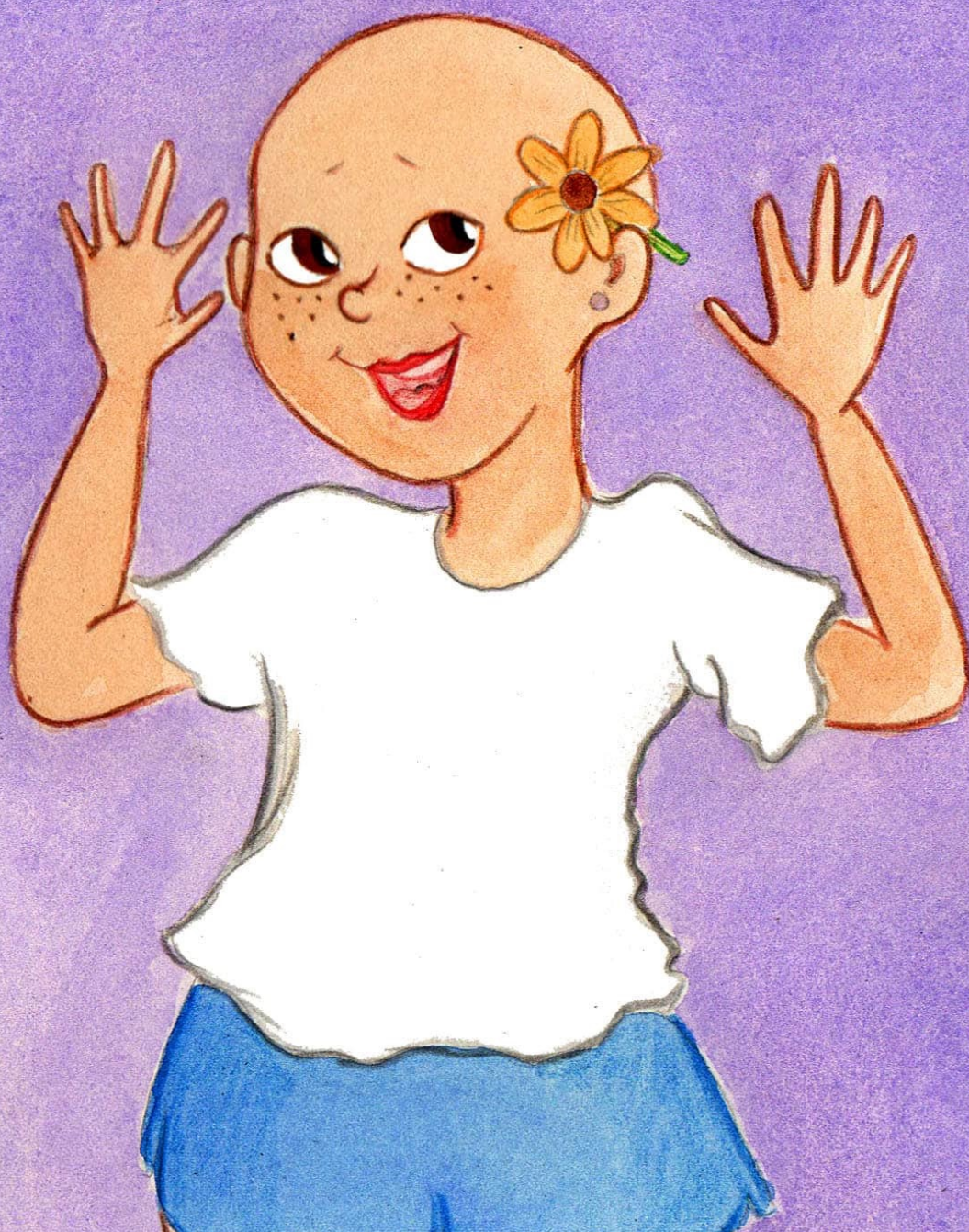


YOU ARE
LOVED!

Lukah Wightman
age 8

Recently diagnosed
with Alopecia
and is
beautiful as
ever! ♡





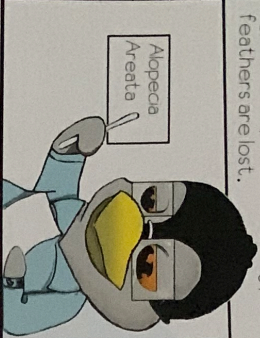
Rani Flavel

Acceptance

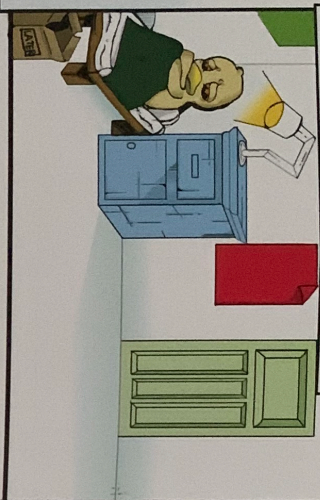
“[He] turned his attention to something he loved, skiing. Loving what he was doing and driven with the determination to prove himself, [he] progressed always getting better.”

~Max Muller

Dr Jevtic explained that Alopecia is caused when one's immune system is too active. This causes a person's immune system to treat hair follicles as a foreign entity like the common cold and so combats it by fighting back causing the hair to fall out. Kurt has no feathers whatsoever. But there are other types of Alopecia where only patches of feathers are lost.



Kurt lying on his bed in his bedroom Kurt looks up at the many posters of famous skiers littering his bedroom walls. "I'll never be a good skier if I don't have any hair."

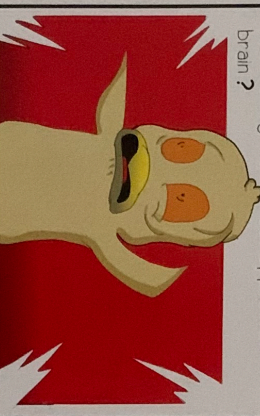


As if by Clockwork Jeremy Skierperson "I mean yeah probably, that's some deep stuff - ever thought of becoming a poet."

Kurt in this world it's never easy. You have to fight for what you believe in. Days go by and you feel like you're worthless but on those days in particular you have to get back up on your webbed feet. You have the potential to be great. Just have faith in yourself and believe you can do it. Don't fall down that rabbit hole of feeling worthless.



Is this a vision which I see before me? The words of wisdom turned towards my heart? Are thou not a fatal vision sensible A vision of the Mind a false creation Proceeding from a heat oppressed brain?



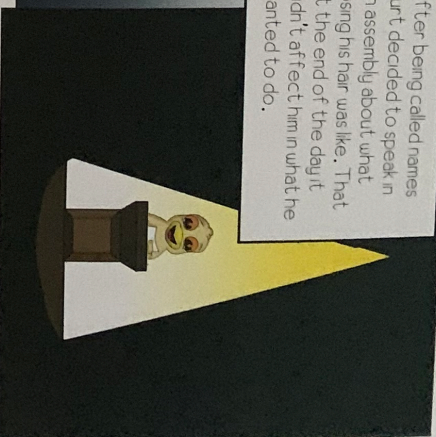
Kurt "Thank you Jeremy you have taught me well. Alopecia isn't the end of the world and I can't let it get me down, and no I have never thought of becoming a poet. Aren't you meant to be pushing me on my way to becoming a skier?"



Kurt Returns to school and unfortunately his worst fears are realised "watch it Baldy" "The brave and the bald hat" People are calling Kurt names. However Kurt was resilient and didn't let the petty insults get under his feathers.



After being called names Kurt decided to speak in an assembly about what losing his hair was like. That at the end of the day it didn't affect him in what he wanted to do.



Through his powerful speech Kurt raised awareness and sympathy in the under penguin community about alopecia.



After Kurt's speech some of the people in his grade apologised for their hurtful comments.



Kurt was very nervous throughout the speech however looking back on it, he felt proud and happy that he raised awareness for Alopecia. Things definitely seem to be looking up for him.



Kurt turned his attention to something he loved, skiing. Loving what he was doing and driven with the determination to prove himself Kurt progressed always getting better.



“Art is my passion and has been for most of my life. In particular I have a soft spot for painting and comic art. I started losing my hair in 2014, I've got used to not having any hair, it makes me different, and I just go about my day like normal. I doubt my hair will grow back and I don't mind.”

~Max Muller

The Lived Experience

“Alopecia never stopped me living my life. ”

~ Mary Brayson

"I was diagnosed with Alopecia Totalis when I was 10 years.

I got married ten years later, when I was 20.

I had my third child when I was 30.

At 40 I had my first overseas holiday to my country of birth, Scotland.

I became a grandparent also at 40.

I was 40 when we had our first house built.

When I turned 50, I wondered where the years had gone and my youngest child turned 6 year old.

At 60 I became a great-grandparent.

I became a widow at 70.

I am now 80.

I've lived with alopecia most of my life.

I started wearing wigs when I was 18.

Alopecia never stopped me living my life.

I loved to dance, and met my husband at a big dancehall in Edinburgh.

Although there were times that I envied woman who had beautiful hair, I've never said why me, I have at times got upset at people's intolerance.

I live in a retirement village and I'm a very active 80 year old."

~ Mary Brayson

We would like to thank all the contributors for making this project possible and for sharing their experience with the broader community.



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