I Have Alopecia.

What Makes You Different?

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I Have Alopecia. What Makes You Different?

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Hi! My name is Kali Grace. I have alopecia.
Can you say it with me?

It’s pronounced:

al-uh-pee-shee-uh

That’s a fancy word for hair loss.
As you can see, I’m bald, but I’m not sick.

Besides not having hair, I am perfectly healthy!
Alopecia is an Auto-Immune Disease

It attacks people’s hair and stops it from growing. But it can’t be spread or shared.
But not everyone who has alopecia is fully bald.

Some people just lose patches of hair, and others might lose all of their hair and have it grow back many times.
I have a type of alopecia where I don’t even have arm hair, eye lashes, or any other hair on my body.
Alopecia could affect anyone at anytime, but there are not a lot of people in the world who have it.

But other than losing our hair, people with alopecia are just the same as everyone else.
All of my hair fell out when I was 11 years old.

I felt sad and confused when it happened.
The doctors don’t really have a reason why my hair fell out.

That made me angry when I was younger.
It frustrated me so much that I liked to pretend that I didn’t have alopecia.

I didn’t talk about it with my family or friends.

I wore wigs made out of real hair so you couldn’t even tell I was bald.
I could braid or curl these wigs, and even swim in them.

I hid what made me different for 13 years.
And then, I got...
INSPIRED!
Do you know what it means to be inspired?

You inspired me to sing!

You inspired me to write.

They inspired me to draw.

That inspired me to tell my story!

It means something causes you to want to do something.
I was inspired by a friend to talk about my alopecia.

I told her my heart had stopped hurting a long time ago over losing my hair.

I was happy!
When I talked about having alopecia to my friend, I realized I didn’t need to hide what made me different anymore.
So I gave up my normal looking wigs.

thank you and goodbye!
I started going out wearing different colored wigs and hats.

And sometimes, when I’m feeling extra brave (and it’s warm outside), I go out just bald!
We all have differences. Some differences, like being bald, are easier to see than others. But to be different is to be human.
When we stop hiding our differences and allow others to stop hiding theirs, the world can be a happier place!
So what makes **YOU** different?

And how can you share it with your family? Or you friends? Or the world?
I'm sharing my differences by writing this book and hoping to help others share their differences.

So how can YOU share YOUR differences to help others?

Thank you for reading 😊