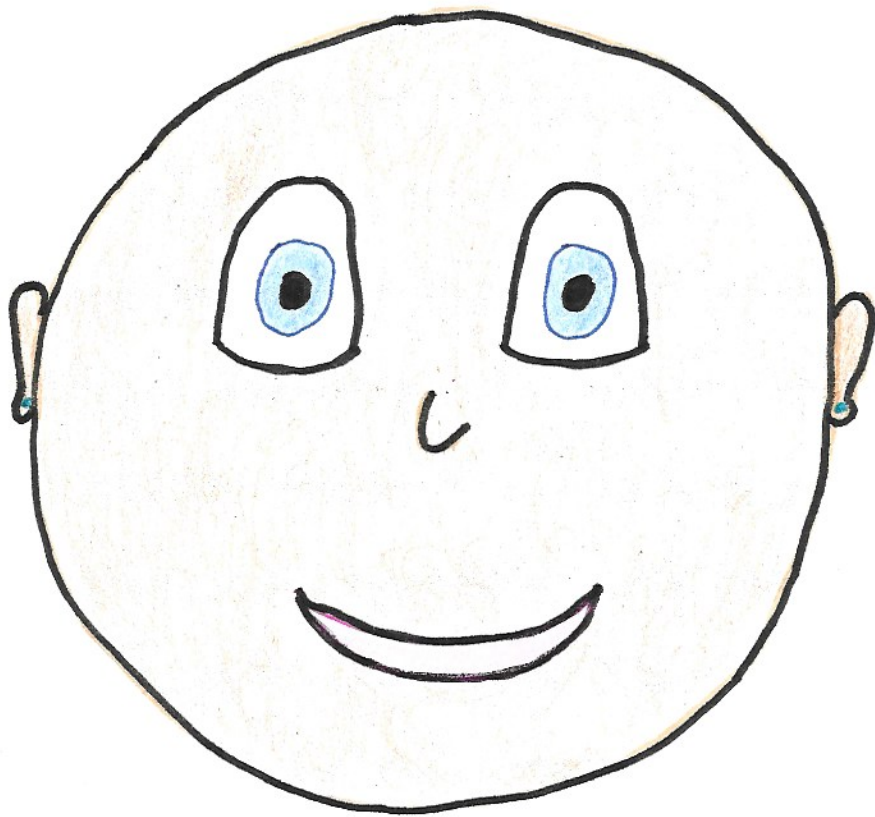


I Have Alopecia.

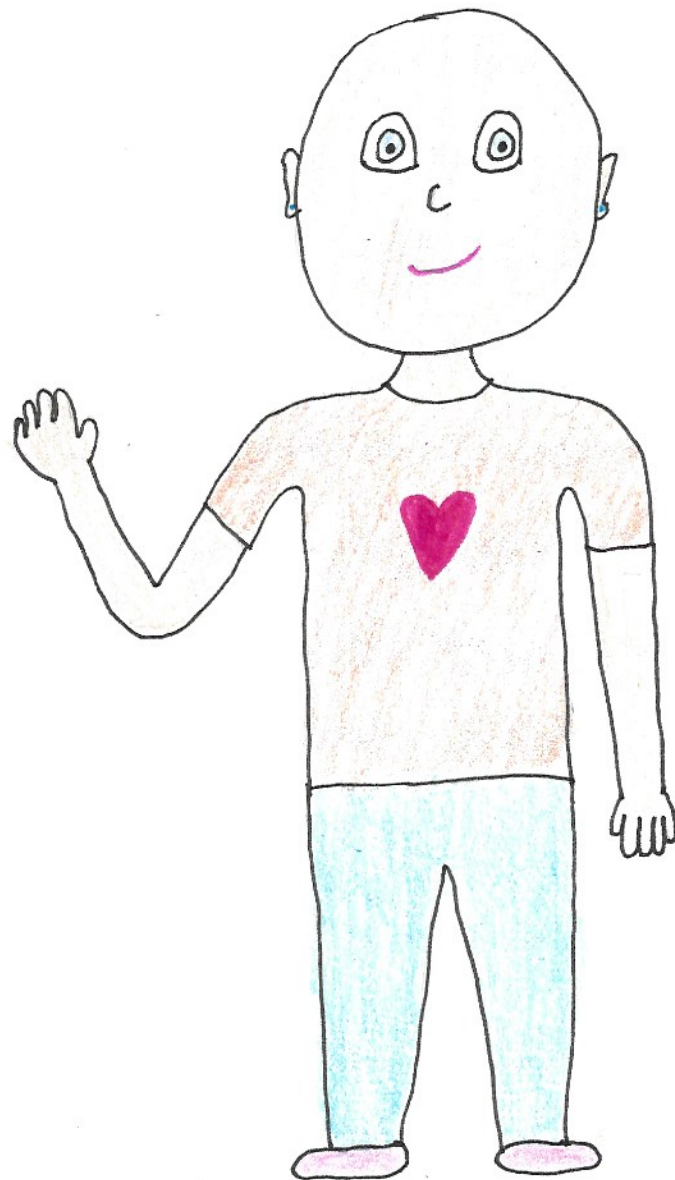


What Makes You  
Different?

Kali Grace Gonzales-Ritchey

# I Have Alopecia. What Makes You Different?

Written and Illustrated by  
Kali Grace Gonzales-Ritchey  
2020



Hi! My name is Kali Grace.  
I have alopecia.

Can you say it with me?

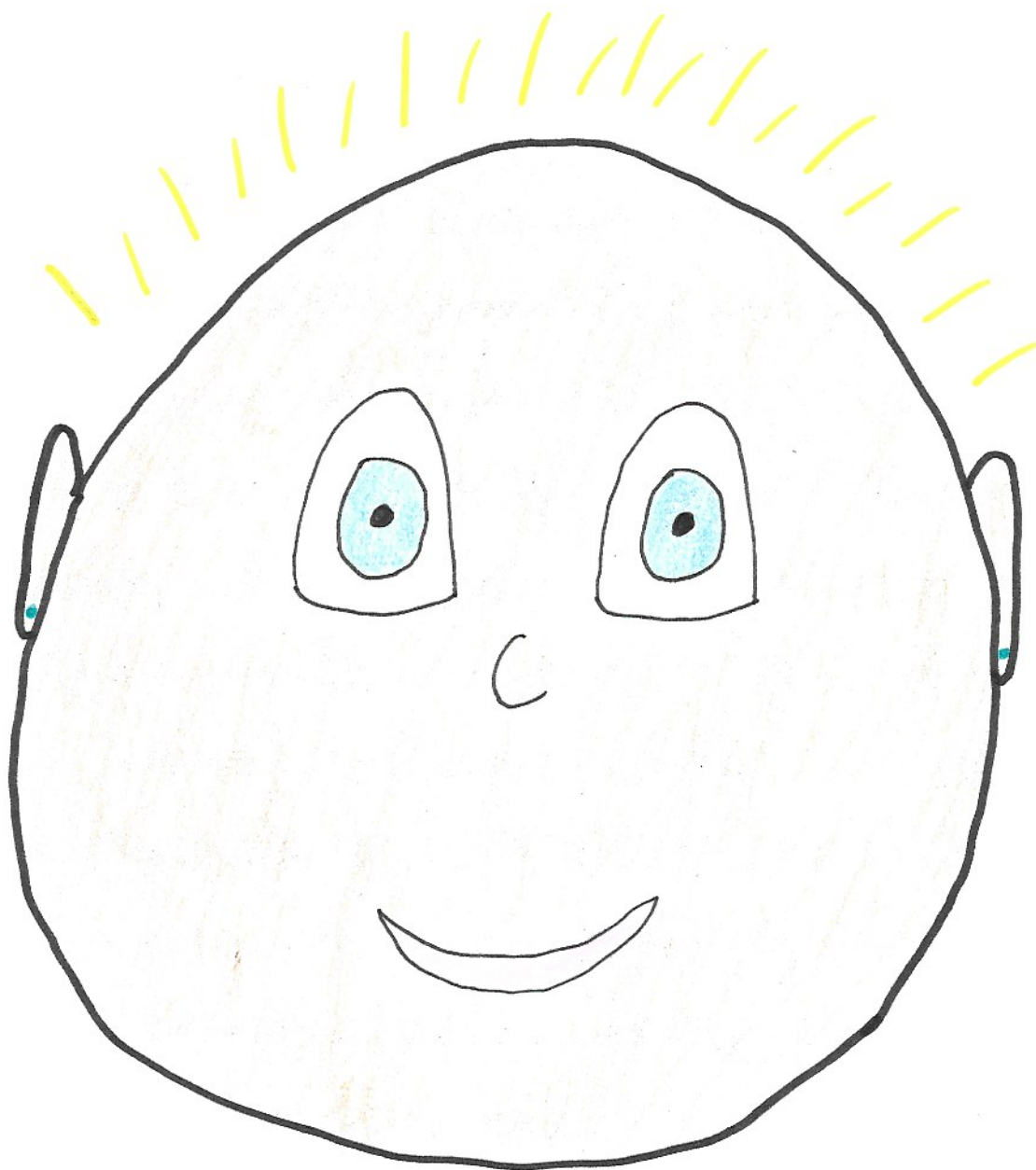
It's pronounced:

al-uh-pee-shee-uh

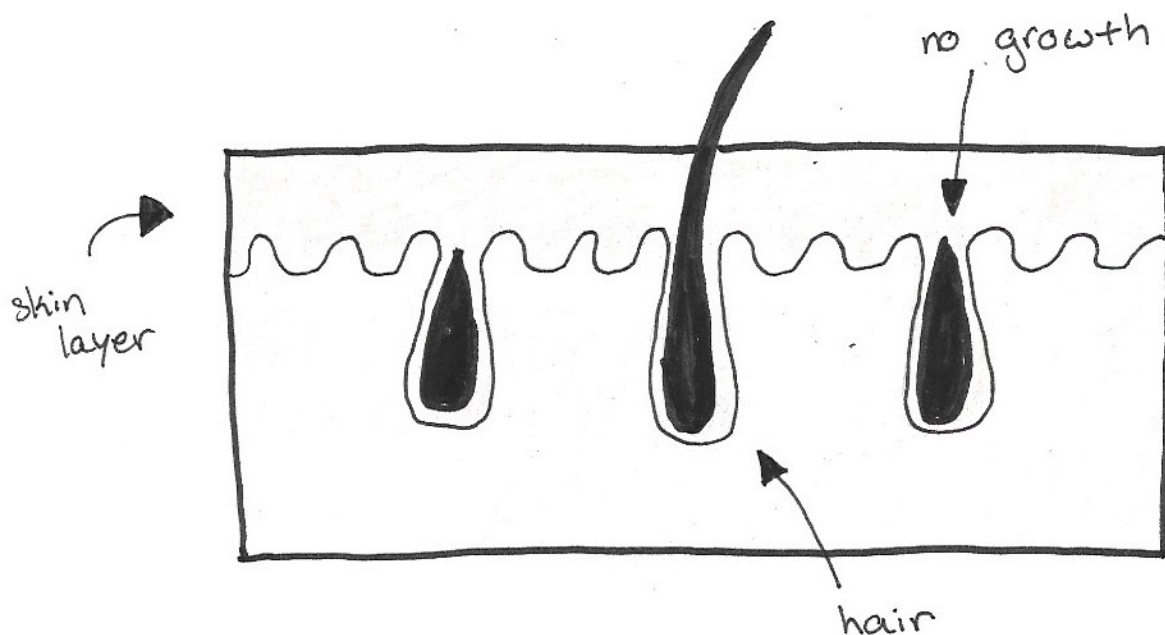
That's a fancy word for  
hair loss.

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.



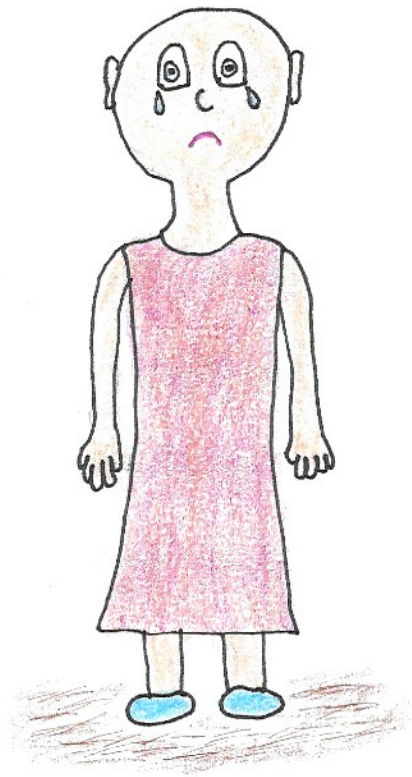


I have a type of alopecia where I don't even have arm hair, eye lashes, or any other hair on my body.

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.

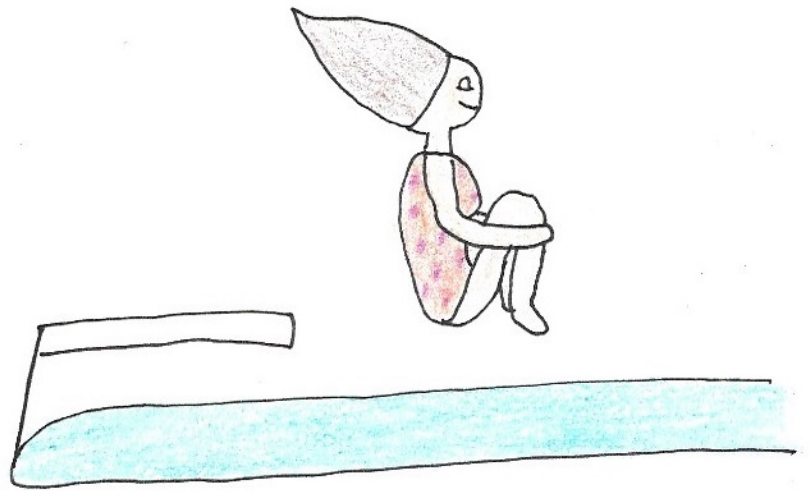
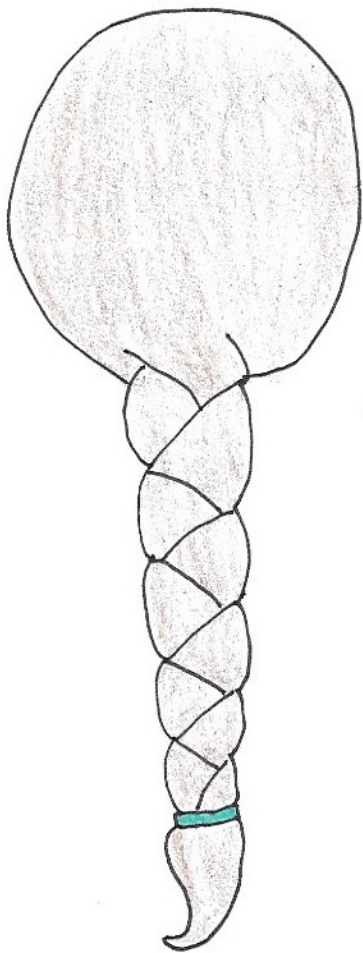
It frustrated me so much  
that I liked to pretend that  
I didn't have alopecia.

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.

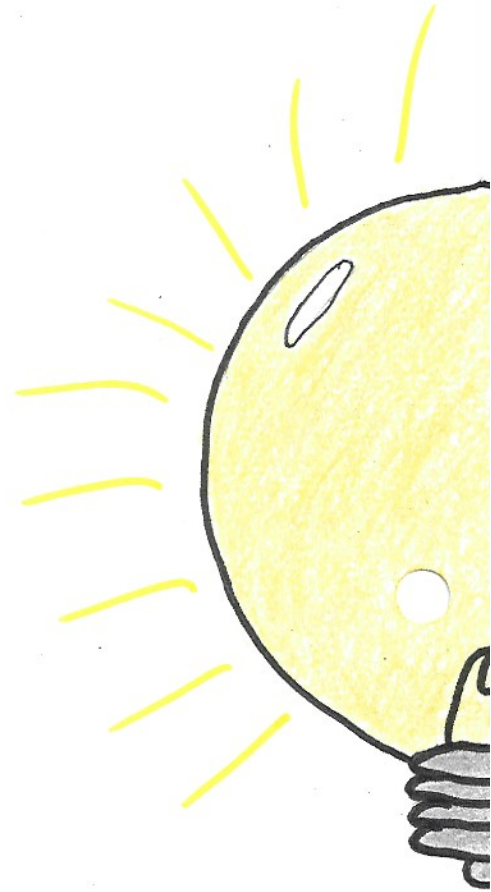


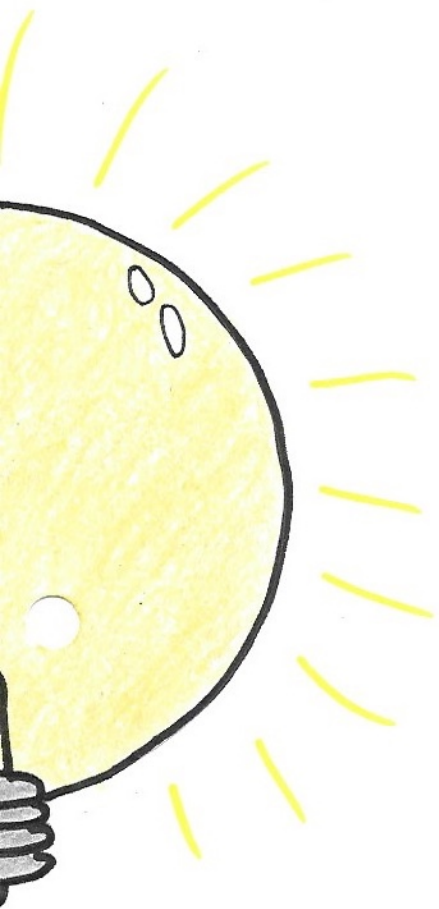
I could braid or curl these  
wigs, and even swim in them.



I hid what made me different  
for 13 years.

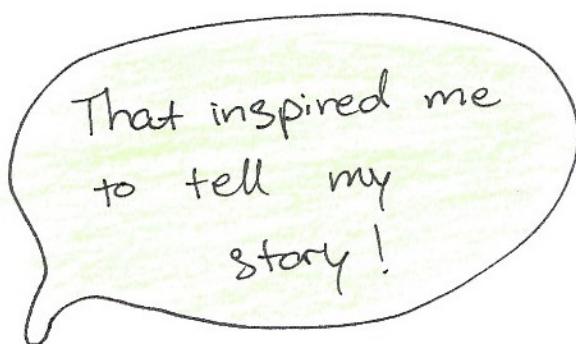
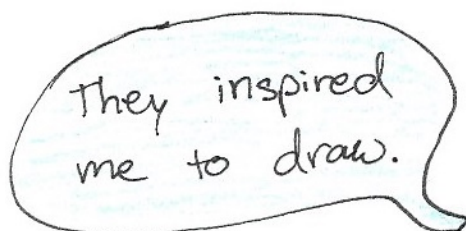
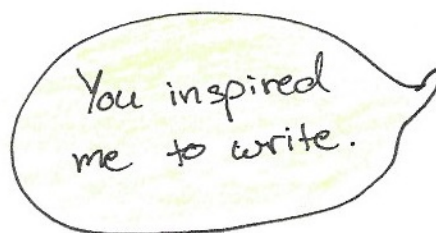
And then,  
I got...





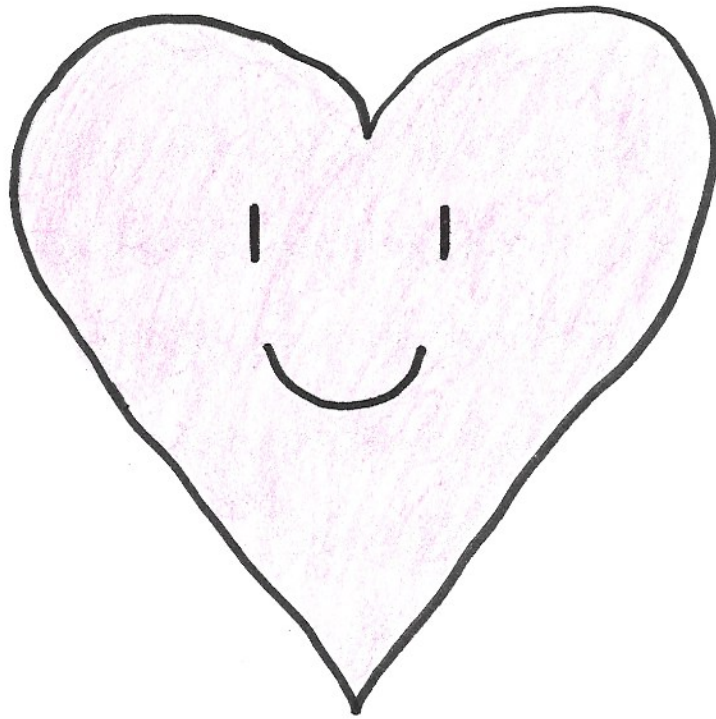
**INSPIRED!**

Do you know what it means  
to be inspired?



It means something causes  
you to want to do  
something.

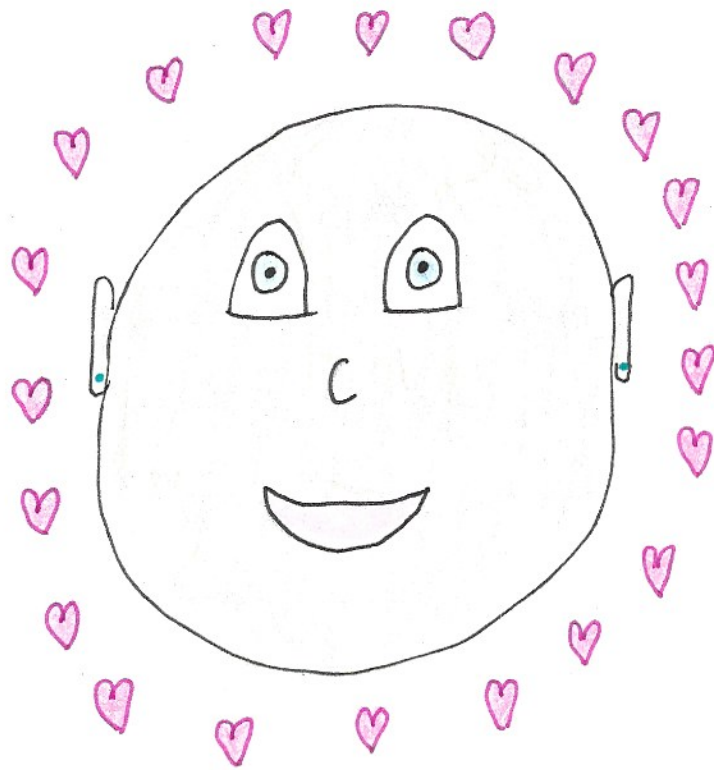
I was inspired by a friend to  
talk about my alopecia.



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

I was happy!

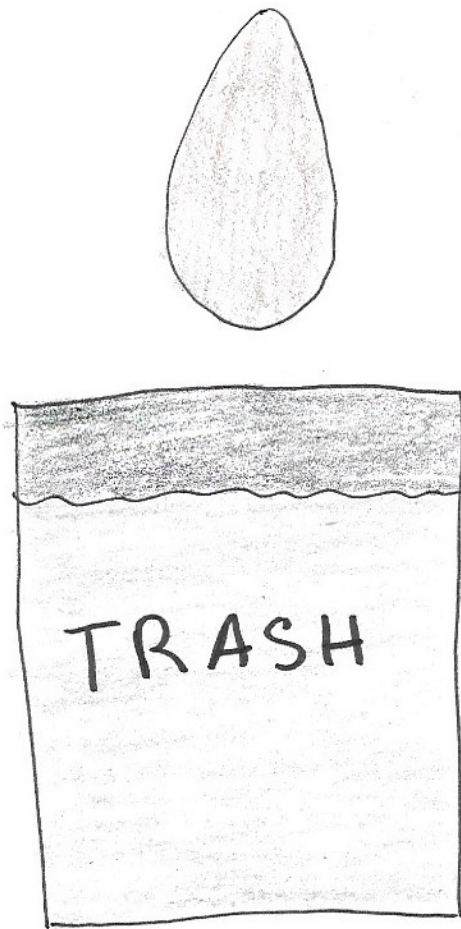




this is me!

When I talked about having alopecia to my friend, I realized I didn't need to hide what made me different anymore.

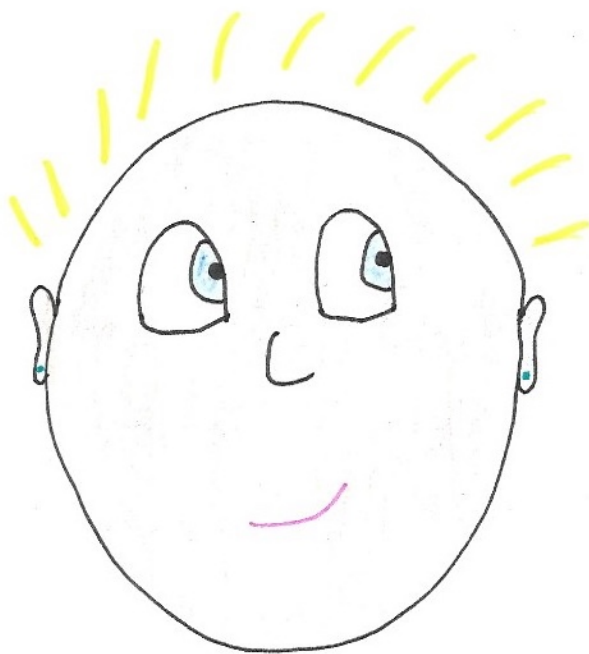
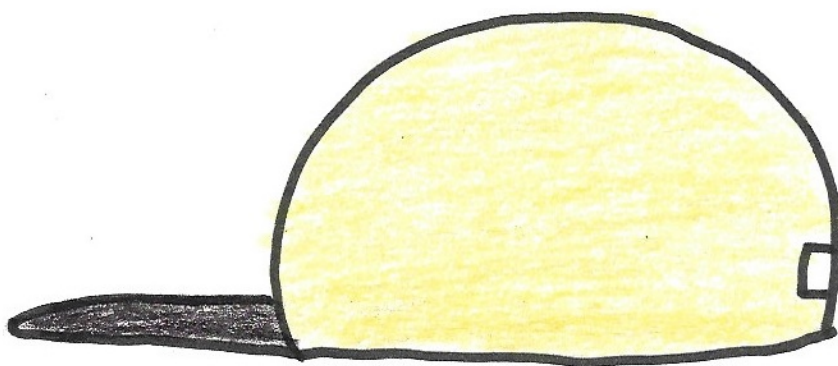
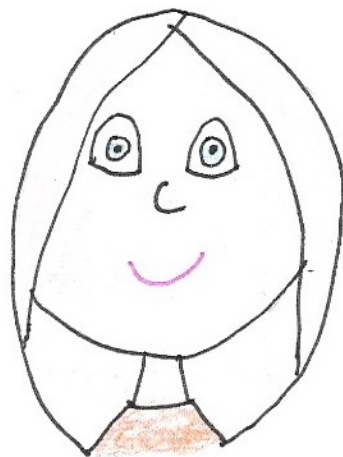
thank  
you  
and  
goodbye!



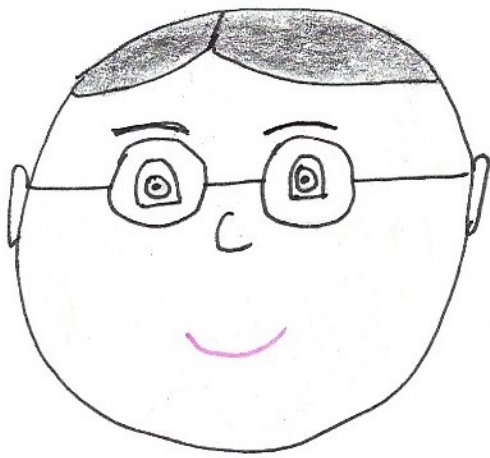
So I gave up my normal  
looking wigs.

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!

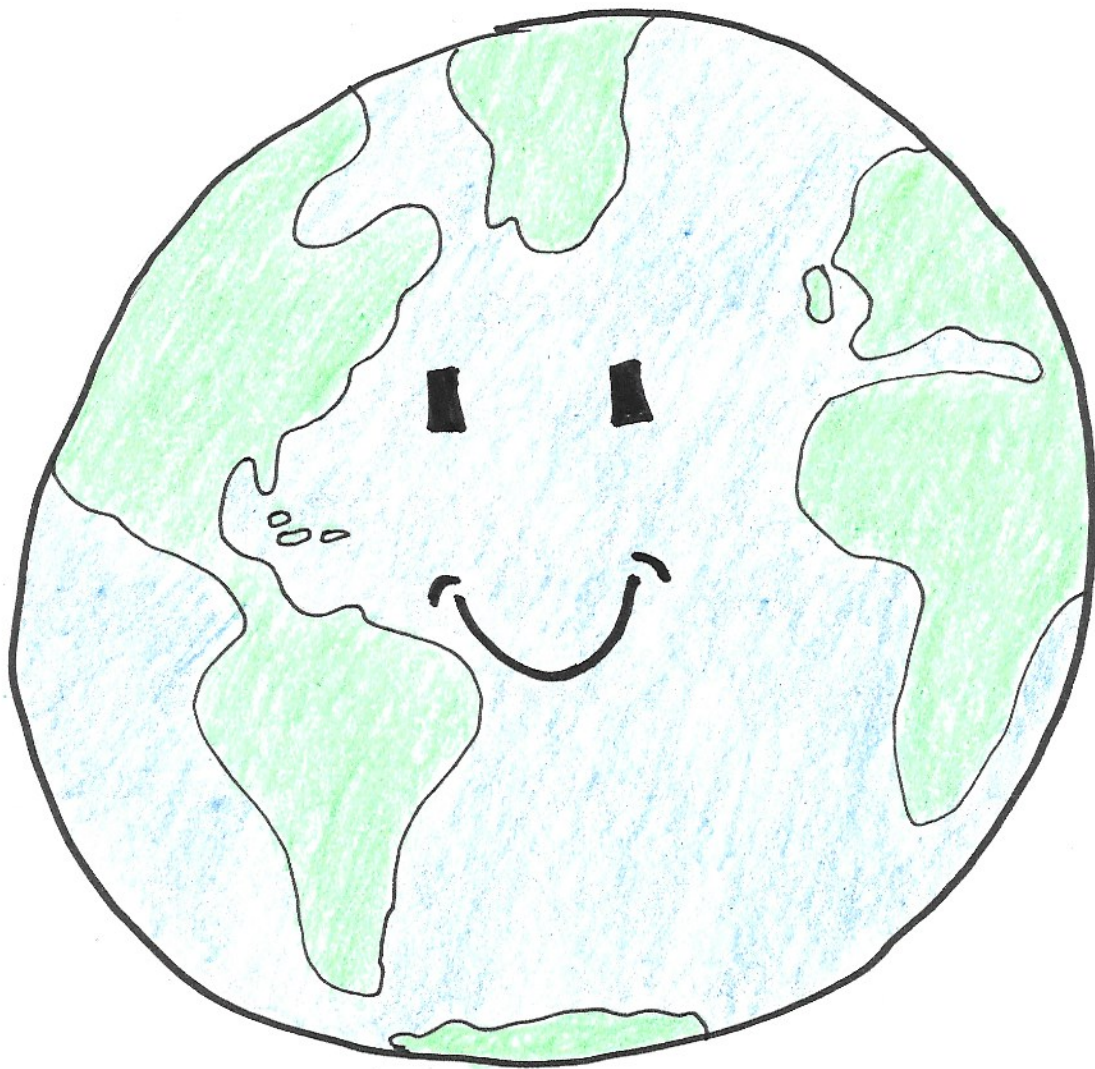






We all have differences.  
Some differences, like being  
bald, are easier to see than  
others. But to be different  
is to be human.





When we stop hiding  
our differences and allow  
others to stop hiding theirs,  
the world can be  
a happier place!

So what makes



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 ↓