



*The first thing you notice is my hair loss.
The first thing I wish you'd notice is me.*

September is Alopecia Areata Awareness Month

Alopecia areata is an autoimmune disease that causes hair loss, but it doesn't define the person living with it. Hair loss is the most visible symptom. What many people don't see is the emotional impact. A little understanding and kindness can make a big difference.

Understanding Alopecia Areata

- Alopecia areata affects about 7 million people in the U.S.
- It can happen at any age and affects people of every race, ethnicity, and gender.
- Hair loss looks different for everyone—from a few patches to complete loss of scalp or body hair.
- It is not contagious.

It's not *just* hair!

See the Person

- ♥ Be kind.
- ♥ Don't make assumptions.
- ♥ Respect personal choices.
- ♥ Learn more and share what you know.

**Together, we can help
ensure everyone affected
by alopecia areata knows:
*you are not alone.***



**Learn More
Find Support
Get Involved
naaf.org**

Alopecia areata looks different for everyone. NAAF makes every effort to choose images that reflect the diversity of our community and the many ways people choose to live with their disease. Some have partial or total hair loss. Others have spontaneous or treatment-related regrowth, or hair loss that is camouflaged by wigs, head coverings or other tools. Everyone's journey is unique.