



Autoimmune Alopecia UK

During Spring 2013 Mary was invited to become a trustee of the newly formed charity, Autoimmune Alopecia UK.

The charity is the first of its kind in the UK, devoted to raising money to fund research into the causes of Autoimmune Alopecia.

Jayne Waddell, Chairperson and founder of AAR-UK has been in regular contact with Mary since March 2011 when she first heard about Mary's work. Jayne was intrigued and went on to investigate further the relationship between hair loss, the autoimmune system and the gut.

Jayne is so convinced by medical evidence suggesting that these links are plausible, that she decided to set up the first Alopecia Charity devoted purely to research in this field.

Jayne has developed excellent working relationships with several eminent medical researchers who are keen to take her project forward. Therefore the charity is working hard to raise the estimated £140,000 required to commence the three year project.

In addition to assistance with fundraising; the charity is also looking for sufferers of Alopecia Areata to sign up as potential candidates for when the research is ready to commence.

For further information please visit the website.

<http://www.aar-uk.org/Welcome/about-us/>

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Mary has suffered alopecia areata and diffuse alopecia in the past and has first hand experience of the despair and turmoil, which it contributed, to her life and her family's lives. Mary quickly realised that the medical profession were not offering her anything solid in the forms of any effective treatment programmes and duly went on to do her own research prompting her to come up with a dietary regime which aided her own hair regrowth. This traumatic time compelled Mary to share her experience and with her passion towards finding a treatment plan or cure Mary decided to join our team at **Autoimmune Alopecia Research UK.** *I have first hand experience of the physical and psychological problems hair loss presents. When it first started I believed my GP would be able to assist and resolve the problem relatively quickly. I was horrified at the lack of knowledge and resources available, as well as the disinterest presented by the medical profession...In fact at my worst when I was 90% bald and had an*



emergency consultation, she told me there was nothing else she could do for me and I was discharged along with her parting words 'you just have to accept it' Mary went on to write a self-help book documenting her story and studied for a BTEC diploma in Counselling Skills to further help people suffering with hair loss. **At Autoimmune Alopecia Research UK we are well aware that remission of an individual's alopecia can be spontaneous and an alternative treatment that may work for some sufferers shall not be effective on others, however Mary is able to manage her alopecia through really taking care of her body.**