

# Alopecia Areata

Poonam Makhiya.

I developed Alopecia Areata in Sep 2007. I was totally depressed and frightened when this happened. I was told that if I don't treat it as soon as possible it would spread fast.

DR. Mehra. gave me confidence and told me to be patient as it would take time. I was told not to eat sugary items & no fruits after meals. I wanted to get well so I did as doctor told me. Slowly I got response and hair started growing. Now I am happy that my disease is treated and I feel the confidence as before. I am really thankful to DR. Mehra for treating me and giving me good advices for my future, so that I should not develop any such disease again.

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