

Alopecia Areata

ASHISH UPADYAY

In the month of march 2008, I came to know that I was suffering from Alopecia Areata. After visit all the doctor I came to know about Dr. Mehra without any hope. After a long conversation with Dr. Mehra I came across the real fact that what is Alopecia Areata. Previously, I showed this disease to a dermatologic doctor. He gave me some ointment and also some injection. But when Dr. Mehra told me that the medicine which was I am using for my disease is nothing but steroids which cure the disease for a shorter period but it cannot cure it from the root. The disease has to cure from root otherwise it will come again and again. Today its almost 4 months, ~~now~~ I am taking the medicine of Dr. Mehra and Dr. Mehra not only suggest to take the medicine but it also boost up the moral of patient. When I came to him first, I was bit tensed that this disease will hamper my look personality in which I was depressed, I lost all the hopes, my confidence every thing, but when Dr. Sunil advice me tension & depression is not the solution. Solution is to take precaution ^{have} patience and to have faith what you are doing in your daily life. Medicine can help you to cure, but it will not help if you stop taking the precaution. PT 0

From last 4 months, I don't even touch the sugar, which ^{helps to} cure my disease from 0% to 80%.

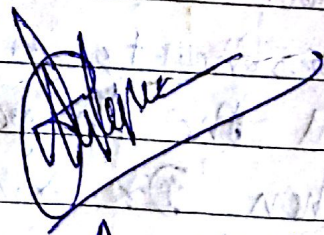
Hence, I want to conclude that, ~~Never~~ ^{never} give up in your life in any ways & Always think positive and be optimistic in your life.

Always Remember :-

- ① Faith in doctor & his suggestion for curing.
- ② Always have patience (Never give up)
- ③ Eat healthy foods as per the Doctor suggestions.

At last I want to thank to my friendly doctor to cure my disease and to solve my all problems which I had shared with him.

Overall I am the fan of Dr. Sunil Mehra.



ANUSHI UPADWAR