

Growing Pains



Devon Carrow lost her confidence for a while, but has found perspective and a new path.

- 1 It all started when I was sixteen. It had been a long day, so I hopped into the shower. When I raked through my hair with my fingers I felt it: a small smooth patch above the nape of my neck. I was horrified. In a panic I ran downstairs to my mom, who discovered a bald patch the size of a quarter in my otherwise thick, auburn hair. We were confused but tried to think what could have happened. Maybe my hair rubbed out on my pillow? Maybe I pulled it out by accident by brushing too roughly? There had to be some reasonable explanation for this, we figured. I calmed down, but decided to schedule an appointment with my doctor just to be safe.
- 2 When the doctor told me I had alopecia areata, it was the first time I ever heard those words. I learned that it is an autoimmune disease that causes hair loss on the scalp, the face and sometimes other areas of the body. The cause is unknown. The doctor searched my head and found another bald patch the size of a dime. She told me that many people with the disease get only a few bare patches, but it might get worse. Then she gave me a treatment plan and prescriptions and I relaxed a bit. I had an explanation for what was happening.
- 3 But my hair continued to fall out. I used everything I could to hide it: bandanas, scarves, headbands, even a special coloured powder to cover the patches. (It was a big mess.) Showers were terrible, I would cry as huge lumps of hair fell out and clogged my drain.
- 4 Grandpa Fred, as I called my grandfather, was my best friend. He taught me how to drive in the horse pasture of his farm in a tiny pickup truck. He always gave me cinnamon buns for breakfast and told me scary stories before bedtime. And we had something else to bond over, because he

understood very well how I felt about my schedule full of doctor's appointments. He always said I was beautiful and perfect exactly like I was. He told me never to change. I learned to accept my hair loss and never, ever looked back.

- 5 It's been six years now since that first nightmare trip to the doctor. My hair didn't grow back. I'm 60% bald now but I'm still hopeful that eventually they'll find a treatment that works for me. I wear a wig when I go out in public. I put it on in the morning the same way that someone would put on a deodorant or lipstick. Sometimes I wear a baseball cap or a scarf. And when people ask about my hair I'm happy to explain what alopecia is. Instead of feeling criticized I use it as an opportunity to spread awareness. When I talk to other girls with alopecia I always stress that the only thing that matters is being comfortable yourself, not making others comfortable. It's a personal choice. My hair might not have grown since high school, but my confidence certainly has!

bewerking van *Girls' Life*

- 1p 22 Hoe kwam Devon erachter dat er iets mis was met haar haar (alinea 1)?
A Er kwamen plukken haar los tijdens het douchen.
B Er zaten veel haren in haar borstel.
C Ze ontdekte een kale plek tussen haar haren.
D Ze vond allemaal haren op haar kussen.
- 2p 23 Geef bij elke bewering over de dokter aan of deze wel of niet overeenkomt met alinea 2.
Omcirkel 'wel' of 'niet' in je uitwerkbijlage.
1 De dokter zei dat een bacterie de ziekte veroorzaakt.
2 De dokter vond een nieuwe kale plek.
3 De dokter vertelde dat de ziekte snel over zou gaan.
4 De dokter gaf haar medicijnen mee.
- 1p 24 Hoe werd Devon door haar opa Fred gesteund? (alinea 4)
A Hij gaf haar complimenten over haar uiterlijk.
B Hij ging mee naar de doktersbezoeken.
C Hij nam leuke cadeautjes voor haar mee.
- 1p 25 Uit welke zin uit alinea 5 blijkt dat Devon er minder moeite mee heeft dat ze weinig haar heeft?
A "I'm 60% bald now but I'm still hopeful that eventually they'll find a treatment that works for me."
B "I wear a wig when I go out in public."
C "And when people ask about my hair I'm happy to explain what alopecia is."

1p 26 Welk advies geeft Devon aan meisjes met alopecia? (alineea 5)

- A Stel anderen op hun gemak.
- B Wees tevreden met jezelf.
- C Zie de ziekte als iets positiefs.
- D Zorg goed voor jezelf.

2p 27 Devon gebruikt verschillende dingen om haar hoofd mee te bedekken.

→ Welke worden genoemd in de tekst?

Geef voor elke afbeelding aan of ze dit wel of niet gebruikte.

Omcirkel 'wel' of 'niet' in je uitwerkbijlage.

1



2



3



4

