# Melanie Sykes opens up about health struggles and personal reflections



Melanie Sykes, the television personality and former presenter, shared a deeply personal update regarding her health struggles on Friday evening. Through her Instagram account, the 54-year-old disclosed that she is experiencing significant alopecia and ongoing heart issues. In a candid 30-minute YouTube video that she urged her followers to watch, Sykes revealed that she has notably "lost half her hair," showcasing a bald spot on her head to illustrate her condition.

Describing her experiences, Sykes stated, "I am experiencing alopecia and heart issues due to all that has happened over the last few months. PTSD, shock, mistreatment and malpractice," indicating a challenging period for her. She elaborated on her interaction with the UK's healthcare system, explaining that her video aims to share the insights she has gleaned from her experiences within both the public and private sectors of medical treatment.

She expressed her concerns about the state of health services in the UK, asserting, "This country must do better, and get better. Our health services are utterly shocking bar a few and rare decent humans who listen without prejudice and judgement." Sykes provided further details about her alopecia, noting that she has lost inches from her hairline and is dealing with additional challenges such as stress and insomnia.

Despite these challenges, Sykes mentioned that she is receiving treatment. Following an encounter with a scalp specialist who confirmed her hair would eventually regrow, she has also found a cardiologist to assist with her heart issues. Her heart condition became more pronounced in light of the recent allegations made against her former colleague Gino D'Acampo. Sykes had previously worked with D'Acampo on ITV's "Let's Do Lunch" and has been vocal about her experiences in the television industry, particularly regarding issues of misogyny.

In the video, Sykes opened up about her mental health, revealing moments of vulnerability, including past thoughts of suicide as a means to escape her emotional pain. She articulated a belief that death, rather than being something to fear, can provide a release from suffering. Discussing her spiritual beliefs, she shared her preference for embracing rather than rejecting the notion of mortality, stating, "Everyone I have had to say goodbye to in death has never left me."

Sykes’ journey on television began in 1996 with a famous advert for Boddingtons Bitter, leading to a prominent career that included roles on "The Big Breakfast" and "Today with Des and Mel." She also participated in "I'm A Celebrity... Get Me Out of Here!" in 2014, finishing in third place. However, she has since distanced herself from the entertainment industry, claiming that her late diagnosis of autism has positively impacted her life, prioritising her personal wellbeing.

Melanie Sykes’ recent disclosures denote not only her battles with health issues but also her reflections on her life experiences and the broader implications of mental health and societal attitudes towards both health and death.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.instagram.com/msmelaniesykes/p/DIUAWOQoV51/> - This URL supports Melanie Sykes' recent health update on her Instagram, where she shares her experiences with alopecia and heart issues. The post is dated April 11, 2025.
* <https://www.youtube.com/watch?v=hCsIrYyMiTA> - This YouTube video discusses Melanie Sykes' health struggles, including alopecia, and the challenges of finding healthcare services, echoing her concerns about the UK's medical services.
* <https://www.instagram.com/msmelaniesykes/> - Melanie Sykes' Instagram profile confirms her recent posts about health issues, including alopecia and heart problems, aligning with the article's content.
* <https://www.imdb.com/name/nm0842494/> - This IMDb page lists Melanie Sykes' television career, including shows like 'The Big Breakfast' and 'Today with Des and Mel', which are mentioned in the article as part of her career highlights.
* <https://uk.celebrity.yahoo.com/melanie-sykes-autism-diagnosis-101444793.html> - This article covers Melanie Sykes' late diagnosis of autism, which she mentions as having a positive impact on her life. This diagnosis is referenced in the original article.