

FORUM

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HAIR TRANSPLANT FORUM INTERNATIONAL

IN THIS ISSUE

Rapid and Accurate Digital Measurement of the Recipient Area in Hair Transplantation Using a Tablet Application

Review of the 27th World Congress

The Other Side of the Coin: Adverse Effects of Hair Cosmetics

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INTRODUCTION

Since ancient times, hair has played an important role in the life of human beings. Throughout history, it has been a factor that, in a certain way, has given a sense of identity, personality, and even a sign of belonging to certain groups; it is currently considered an element that manifests health and contributes to the individual's attractiveness. That is why, over the years, different types of hair cosmetics have been developed to help improve the appearance of hair, camouflage hair loss, and optimize the appearance of hair shafts. But hair cosmetics may also be the source of hair loss and breakage when used improperly or to excess. To achieve successful results, there must be a balance in their use where damage does not exceed both the durability of hair and the replacement of fibers. Therefore, the key is to choose the correct hair cosmetic for the individual; the elements that must be considered include the following: genetic hair abnormalities, race, age, level of baseline hair shaft damage, brushing habits, scalp health, frequency of hair washing, and style choices.

Hair cosmetics include the following (see Table 1):

- Shampoos that can be classified into conditioning, sulfate free, for oily hair or dry hair
- Conditioners that can be instant, deep, leave in, or rinse off
- Chemical straighteners that may be lye based, no lye, ammonium thioglycolate, or Brazilian keratin
- Dyes that are divided into bleach, permanent, demi-permanent, semi-permanent, and temporary
- Oils, butters, and sprays
- Braids, weaves, and extensions

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**A look back at the 27th World
Congress of the ISHRS.
Bangkok, Thailand
November 13-16, 2019**

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President's Message

Francisco Jimenez, MD, FISHRS | Gran Canaria, Canary Islands, Spain | president@ishrs.org

Dear ISHRS colleagues,
I would like to thank the Board of Governors for their confidence in proposing me to be ISHRS president and all the ISHRS members for giving me this opportunity. I am more than honored to serve this coming year as ISHRS president and I can assure you that I will do my utmost to try to continue the fine work of the previous holders of this position.

My predecessor, Arthur Tykocinski (Brazil), was the prime mover in setting up the Black Market (now called the Fight the FIGHT—Fraudulent, Illicit & Global Hair Transplants) campaign last November. The primary goal of this campaign, which is still in its early stages, is to educate the general public and raise awareness of what is happening in our field today in relation to the employment of illegal practices such as the use of technicians to perform hair transplant surgery. This is the time for members to share the contents that we have generated for this campaign. There are many ways that you can contribute: by sharing our posts in your social media networks, by giving talks to your medical colleagues about the dangers of the black market, by recording testimonies from patients who have been deceived by misleading information and have major regrets about the surgical treatment they received in these so-called “clinics,” etc. On occasion, members may not be fully aware of what happens behind the scenes, and for this reason I would like to take this opportunity to acknowledge the efforts of a group of people who have spent countless hours making this campaign possible: Drs. Ricardo Mejia, Sharon Keene, Ken Washenik, and Konstantinos Anastassakis; Blanca Stella Mejia (ISHRS Integrated Communications Manager); Victoria Ceh (ISHRS Executive Director); Joe Tillman; and Ryan Saniuk, the person responsible for the creative and strategic planning of the campaign.

My first decision as president has been to renew the composition of the different ISHRS committees. We are always happy to welcome new faces and hence have incorporated numerous members who have expressed an interest in forming part of the different committees in our previous calls for volunteers. One rule we have established (another initiative from Arthur) is that any one member can only form part of two committees at the same time, thus freeing up more spots for new members willing to contribute to the ISHRS. I would like to give a special mention here in recognition of one member who our society feels very much in debt to. His name is Dr. Paul Cotterill (Canada), and he has served for 17 years as an excellent Chair of the CME (Continual Medical Education) Committee.

The Hair Transplant Forum Editorial Board has also been renewed. I would like to express my appreciation for the excellent work of Drs. Andreas Finner (Germany) and Brad Wolf (USA) during these past three years. They have incorporated new people and new columns, and have carried out their work in accordance with the high standards of quality of our journal. I know, as a past *Forum* editor, how much work is required and how much priceless time has to be devoted to this task. Thank you. I would also like to acknowledge the sterling efforts of Dr. Bob True (USA), who has been the main driving force behind the e-Pub, which provides easy online access to all *Forum* articles from the archives.

A new team is now coming on board led by Drs. Jeffrey Epstein (USA) and Aditya Gupta (Canada). They are both experienced scientific writers and are well versed in the skills required to manage and review scientific publications. I commend all members who submit papers to the *Forum* because without your submissions and interest this journal simply would not exist. We are in excellent hands, and I wish Jeff and Aditya the very best of success during their 3-year term as *Forum* co-editors. ■

Please join the ISHRS Annual Giving Fund and help in our Fight the FIGHT campaign with a donation! It is crucial that we have member support. Please make a donation to help support the battle against the unlicensed practice of medicine. To donate to the Fight the FIGHT campaign, go to:

<https://ishrs.org/make-a-donation/>

Co-editors' Messages

Andreas M. Finner, MD, FISHRS |
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The last issue of 2019 features a report from the successful 27th World Congress and Live Surgery Workshop in Bangkok. The meeting provided a great platform to share ideas and present the latest innovations in hair restoration surgery and medicine.

The article by Macías-Alonso Begoña et al. will help us to counsel our patients about hair care practices. Pasu Piamphongsant et al. introduce a practical and accurate method to measure the recipient area. This technique and app could also be used to measure the donor area or even for the follow-up of scarring and frontal fibrosing alopecia.

During my term as co-editor, there has been a tremendous refinement in hair surgery. Hair transplantation has become more and more popular around the world. However, the number of low-quality, assembly-line hair transplants performed every day now exceeds the number of individually crafted hair transplants done by ethical surgeons. Many patients operated on by non-physicians present with suboptimal results creating a bad public impression of hair transplants in general. This is especially true since well-done hair transplants are virtually undetectable and therefore hard to recognize.

Patients usually do not ask around to find a hair transplant doctor. The internet has become the main source of information. The marketing power of the shadow market is immense. In this situation, what we can do is perform and present quality surgery, unite our voices and show that not all hair transplants are the same. We need to spread our message: a long-term plan, experience, and surgical skills are essential to achieve a natural hair restoration.

It has been a pleasure and honor to be co-editor of the *Forum*. I would like to thank all columnists, authors, my co-editor Bradley Wolf, and especially Cheryl Duckler and Victoria Ceh for their great contributions and support. In my view, it would be nice to have more active participation and lively discussion between members. Maybe the FORUM ePUB will help to create interactions.

Handing the baton to Aditya Gupta and Jeffrey Epstein, I wish them a successful term. ■



Bradley R. Wolf, MD, FISHRS |
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What a great meeting in Bangkok! Congratulations to Robin Unger and the ISHRS staff who were busy keeping all the moving parts of the largest ISHRS meeting ever flowing seamlessly. In most meetings, there are “dead spots,” periods within the

general session that aren't particularly interesting or pertinent. Not in Bangkok. The mix of lectures was excellent and engaging. Compliments also go to our president, Arthur Tykocinski, as well as Kapil Dua, Ken Williams, Damkerng Pathomvanich, and Timothy Carman for their well-organized and wildly popular live surgery workshop.

In my early years, I would only start thinking about ideas for lectures after the call for abstracts, then the deadline would pass before I could organize my thoughts and submit an abstract. I realized that during the meetings my mind was opened and stimulated making it an excellent time to start plotting my ideas for abstracts to submit for the next meeting well in advance of the deadline. Now is a good time for all members to use the topics and enthusiasm from Bangkok as a springboard for ideas to turn into abstracts for Panama. As Program Chair for Panama 2020, I urge you to submit your abstracts; call for abstracts begins in January. Get up to the podium and give a lecture.

I can't believe our three-year term as co-editors has come to an end. It has been the quickest three years of my life. I remember watching the previous co-editors, Bob True and Mario Marzola, accept their awards in Las Vegas wondering what it would be like to be in that position. Now I know. It's a great feeling of accomplishment! It has been a privilege to work with so many ISHRS members and staff who have been available, cordial, and willing to contribute. To me, editing an issue is a lot like performing hair transplantation. The patient's donor is taken apart, often trimmed and cleaned up, then put back together, much like a puzzle. Similarly, after the articles are submitted, they are examined word for word, cleaned up, and reconstructed. And I know I did some major reconstruction. Thanks for putting up with my neurotic quest to make all articles grammatically correct, crystal clear, and unambiguous.

Thanks to Andreas Finner who's no-nonsense approach to content and editing made working with him a pleasure. Thanks to our magical managing editor, Cheryl Duckler, who puts all the pieces together to make an issue every two months, and to Victoria Ceh, who has the uncanny ability to find mistakes everyone missed after multiple read-throughs. Thanks also to the columnists and all who submitted content. I'll miss all the activity and exciting exchange of emails in the rush to meet the deadline with each issue, and I'll miss the unique feeling of seeing the final version in print. Good luck to our successors, Aditya Gupta and Jeff Epstein. ■