

# Classified Ad

## Volunteer Translators Needed

The *Forum* is looking for volunteers to translate the Forum into any non-English language. It is our intention to create text documents in several languages that could be opened and printed from our Website at ISHRS.org, or have the documents routinely e-mailed to requesting doctors. Ideally, it would be our goal to have several volunteers in any given language to share the work load. If you speak both English and another language, we certainly would appreciate any help in this regard. If interested, please contact Dr. William Parsley at [bparsley@bellsouth.net](mailto:bparsley@bellsouth.net).

### \* PLEASE NOTE:

## Author Release Form Mandatory with ALL Submissions

Beginning with the November/December 2005 issue, all submissions to the *Forum* must include an electronically signed **Author Consent Form**. The electronic form is quick and simple to complete. The form may be obtained from the *Forum* editors or managing editor, Cheryl Duckler, at [cduckler@comcast.net](mailto:cduckler@comcast.net), or in the “Members Only” section online at [www.ISHRS.org](http://www.ISHRS.org).

## Ergonomics

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Very slowly lower your head and look down toward the floor. Round out your back slightly. Again, exhale while doing this.

Now slowly let your head hang down so your chin rests comfortably near your chest. Then slowly arch your back.

Relax your neck, stomach, and shoulders; notice your pelvis tilts forward slightly when you arch your back.

As you look upward, notice:

- ✓ Your shoulder blades move closer together.
- ✓ Your stomach relaxes and moves forward.
- ✓ Your pelvis tilts forward a little.
- ✓ Your chest lifts and moves forward.
- ✓ Your body gets a little taller.

As you look downward, notice:

- ✓ Your chest flattens.
- ✓ Your shoulders and back are round
- ✓ Your pelvis tilts backward a little.
- ✓ Your body gets shorter.

Now combine all of these: Turn your body to the right and raise your head while arching your back. Pause. Slowly and simultaneously lower your head and round out your back while looking down at the floor. Pause again. Then slowly move your body to the left and look up while arching your back. Repeat 4–8 times. ✧

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# Upcoming Events

Date(s)	Event/Venue	Sponsoring Organization(s)	Contact Information
February 13-17, 2006	30 <sup>th</sup> Annual Meeting of the ESPRS <i>Swiss Resort Albatrose, Hurghada, Egypt</i>	Egyptian Society of Plastic & Reconstructive Surgeons (ESPRS)	<a href="http://www.cinco-co.com/esprs">www.cinco-co.com/esprs</a>
March 15-18, 2006	12 <sup>th</sup> Annual Orlando Live Surgery Workshop <i>Orlando, Florida USA</i>	International Society of Hair Restoration Surgery Hosted by Matt L. Leavitt, DO <a href="http://www.ishrs.org">www.ishrs.org</a>	Tel: 407-333-4200, ext. 141 Fax: 407-333-2140 HValarie@leavittmgmt.com
April 21-23, 2006	ISHRS Regional Workshop Follicular Unit Extraction: State of the Art Methodology and Instrumentation <i>Denver, Colorado USA</i>	International Society of Hair Restoration Surgery Hosted by James A. Harris, MD <a href="http://www.ishrs.org">www.ishrs.org</a>	Tel: 303-694-9381; 877-694-9381 Fax: 303-694-9373 info@hsccolorado.com
April 28-29, 2006	2 <sup>nd</sup> Annual Meeting of the Brazilian Association of Hair Restoration Surgery <i>Sao Paulo, Brazil</i>	Brazilian Association of Hair Restoration Surgery <a href="http://www.perfectaeventos.com.br">www.perfectaeventos.com.br</a>	Lina Neves Rei Tel: (5511) 3722-5850 Fax: (5511) 3721-0970 eventos@perfectaeventos.com.br
May 25-28, 2006	9 <sup>th</sup> Annual Live Surgery Workshop & Congress <i>Zurich, Switzerland</i>	European Society of Hair restoration Surgery <a href="http://www.eshrs.com">www.eshrs.com</a>	Tel: 00 33 1 45 00 00 76 Fax: 00 33 1 45 02 15 77 eshrs@eshrs.com
May 29-31, 2006	XI ISHR International Congress <i>Bari, Italy</i>	Italian Society for Hair Restoration <a href="http://www.ishr.it">www.ishr.it</a>	Eurometing, ISHR Organizing Secretariat Tel: + 39 (0) 75 5010078 Fax: + 39 (0) 75 5017841 E mail: emeet@tin.it
October 18-22, 2006	14 <sup>th</sup> Annual Meeting of the ISHRS <i>Hotel del Coronado San Diego, California USA</i>	International Society of Hair Restoration Surgery <a href="http://www.ishrs.org">www.ishrs.org</a>	Tel: 630-262-5399; 800-444-2737 Fax: 630-262-1520 info@ishrs.org
November 10-12, 2006	ISHRS Regional Workshop European Hair Surgery Workshop <i>Istanbul, Turkey</i>	International Society of Hair Restoration Surgery Hosted by Melike Kuelahci, MD <a href="http://www.ishrs.org">www.ishrs.org</a>	<a href="mailto:mehmet@transmed.com.tr">mehmet@transmed.com.tr</a>

## HAIR TRANSPLANT FORUM INTERNATIONAL

International Society of Hair Restoration Surgery

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