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President's Message

Bessam K. Farjo, MD *Manchester, United Kingdom*

What a wonderful occasion it was in Las Vegas at the 15th Annual Scientific Meeting of the ISHRS. Our program chair said that every year we seem to acclaim the meeting as the best ever! Although this of course is a testament to the outstanding job the program chair does, it is also the result of the effort of both the Program and the Executive Committees. The attendees also play their part through each year's post-conference surveys. Both positive and negative feedback is taken into account before designing the new program.



Bessam K. Farjo, MD

Be under no illusion as to the huge task each year's program chair has to undertake. This gets harder every year as the expectation level of the attendees goes up of course. With this mind, I would like to say a big thank you to Dr. Sharon Keene, our Las Vegas program chair, for excelling herself with effort and creativity and giving us a meeting to remember.

My appreciation also goes out to Drs. Carlos Puig and Mel Mayer (Basic Course co-chairs), Drs. Ron Shapiro and Arthur Tykocinski (Advanced Seminar co-chairs), and Dr. Bill Reed (Workshops chair). Each one deserves a big pat on the back for their tireless effort and time dedicated to the ISHRS and their colleagues. Last but not least, thank you so much to Ailene Russell for doing a fantastic job with the Surgical Assistants Program and workshop. Our jobs are so much easier because of the ultra-efficient and professional management team we have behind the scenes, so thank you very much to Victoria, Kimberly, Jule, Amy, and all at ISHRS headquarters.

At the gala dinner, Dr. Paul Cotterill presented the follicle awards to very popular and, more importantly, very well-deserving colleagues. No member surely immerses himself in research in our field year in year out more than Dr. David Perez-Meza (Platinum Follicle Award recipient). Dr. Tony Mangubat's enthusiasm and drive as a leader and his innovation and service to the field as a physician are second to none (Golden Follicle Award recipient). The Manfred Lucas Award is presented for lifetime achievement in hair restoration surgery and is not awarded necessarily every year. This year the ISHRS leadership decided to present this to Dr. Michael Beehner, a past recipient of the Platinum Follicle. A true and modest gentleman, Mike's enormous work, research, and achievements in the field are simply too vast for this message. My congratulations and good wishes go to all three colleagues and friends as well as the recipients of the research grants and poster awards.

I am delighted that Dr. Arthur Tykocinski from Brazil has accepted the role of Program Chair for next year's meeting in Montréal. Arthur is an extremely bright and talented surgeon who has been involved with ISHRS education programs for a few years. I am in no doubt he will be working hard on a comprehensive and innovative program next year. To complete the program committee we will have Drs. Mel Mayer and Alex Ginzburg co-chairing the Basics Course, Drs. Carlos Puig and Paul McAndrews co-chairing the first Core Competency Guided Program for ABHRS Review, and Dr. David Perez-Meza for Workshops chair.

It was a privilege to serve under the Presidency of Dr. Cotterill, and on behalf of everyone, I wish to sincerely thank him for the selfless and sterling service to our Society. I have had a preview of the task ahead by witnessing how much he had to deal with! Did you know that Dr. Cotterill is one of only 8 physician members who have attended every ISHRS Annual Meeting since the Society's inception in 1993? I can still recall the first time I sat around the table as an ISHRS Board of Governors member in 2003 thinking how can I contribute or will I be heard in the company of eminent leaders at the time, such as Drs. Mario Marzola, Bob Haber, Bobby Limmer, and Tony Mangubat. Well, I cannot tell you how proud I am writing this as your new President and the first from Europe. I

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Co-Editors' Messages

Jerry E. Cooley, MD *Charlotte, North Carolina*



Jerry E. Cooley, MD

In this issue, we mourn the passing of Jim Arnold....respected colleague, friend, teacher, and surgical innovator extraordinaire. Jim had such an impact on our profession and on me personally. When I started doing hair transplants about thirteen years ago, I copied his technique to the tee from the teaching videos he had donated to our dermatology department. This gave me

the confidence to enter the field at a time when there was a confusing multiplicity of techniques and surgical philosophies.

Far more than just demonstrating surgical techniques, Jim also showed us how to live. Calm and centered, he always seemed to be living at a higher level than the rest of us. I recently learned that a few years ago, he spent over 40 days by himself in the wilderness to enhance his own personal growth and spirituality. I believe one hallmark of personal growth is the ability to spend extended time alone, which I've often found difficult myself.

After news of Jim's death spread, there was an outpouring of admiration for this extraordinary man. I wish he could have read all the wonderful things people wrote about him. I wish I had thanked him for what he had done for me personally and told him how much I admired him. It's such a cliché but also so true: Why don't we tell people how we feel about them while they're still with us? With Jim's death, I

have resolved to tell the important people in my life that I appreciate them and why.

When we think of Jim, we always think of his creativity and "out of the box" thinking. Among his many contributions to our specialty include the development of new tools and techniques that made (at the time) large sessions of 500 grafts feasible for a surgeon and two assistants in half a day. Over the years, others have come up with ideas that resemble such "Jim Arnold" type of creative thinking.

University of Chicago psychologist Mihaly Csikszentmihalyi has made a career studying creative people like Jim. In his book *Flow: The Psychology of Optimal Experience*, Csikszentmihalyi concludes that creative breakthroughs occur when people reach a state of effortless concentration and enjoyment called "flow," characterized by complete absorption with the activity at hand and the situation. He has described flow as "being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you're using your skills to the utmost" (*Wired* magazine, September 1996). It is what athletes refer to as being "in the zone."

Jim Arnold beautifully exemplified living in the Flow, and his life serves as an example for us to emulate, both professionally and personally.

Jerry Cooley, MD

Robert S. Haber, MD *Cleveland, Ohio*



Robert S. Haber, MD

I'm glad I made it to the lecture hall on Sunday morning, in spite of a rather late night, for I heard one of the most important comments of the meeting during the session on New Techniques. During Marcelo Pitchon's discussion of his long hair preview technique, he addressed the topic of "optimal density." He stated that the optimal density was the density that satisfied the patient, and

not an arbitrary number of hairs or follicular units per unit area. Although seemingly self-evident, it seems that as a group we have forgotten this simple truth in favor of trying to squeeze more and more hairs into smaller and smaller spaces. Remember when we used to be amazed at 1,000 grafts in the frontal zone? Then 2,000? Then 3,000? Remarkably, in each of these cases the patients were satisfied. Yet it seems to be a requirement that we set a new benchmark each year. Who is this really for? Ourselves or our patients? Perhaps the greatest advantage of the long hair technique is that you can stop when the patient is happy, and not when you've set a new record. That was the perfect reminder for me to think about on my way home.

Once again, a wonderful meeting is followed by tragic news. The death of Jim Arnold is devastating to all those

who knew him. A remarkable man in so many ways, he had fine surgical skills, great compassion, a flare for innovation and invention, a terrific sense of humor, and a love of teaching. He was the first member to receive both the Manfred Lucas Award and the Golden Follicle Award, both well deserved. For a few years after the Italian meetings, Jim and I would both stay an extra day and have dinner together, sometimes alone, sometimes with others as well. These were some of the most interesting evenings I've ever had, almost like sitting at a table with Einstein and his contemporaries as they debated the physics of the Universe. He retired at the top of his game to pursue a higher spiritual calling, and yet remained our sage. It was quite impossible to have a conversation with him and not learn something. He would never say to me, "Hi Bob, how's the practice going?" Rather something more like, "I was biking down the coast, and as I looked out over the ocean, I started thinking about an interesting problem. I'm curious as to your opinion." He would then share with me some surgical or philosophic conundrum that my brain would desperately try to comprehend. I don't think I ever added any knowledge to his mind, but he added endlessly to mine. I will miss him.

Bob Haber, MD

President's Message

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have been practising hair restoration surgery in the United Kingdom for over 14 years in partnership with my wife, Dr. Nilofer Farjo. Although I qualified in medicine in Dublin, Ireland, many of you know that I am also a proud Iraqi. So in 2008, we will have our meeting in a Canadian city, the program chaired by a Brazilian, and the Society presided over by a British/Iraqi! Can there be any argument about our international status and aspirations?

I actually replaced Dr. Jim Arnold on the Board of Governors after the Chicago meeting in 2002, and it is with a heavy heart that I write about the news of Dr. Arnold's sad passing away on November 3. He was tragically killed in a motorcycle accident in the Sierra mountains near his home. Our thoughts and sympathies go to his wife Betty and their family. Our friend, Jim Arnold, was a giant of our field and a uniquely kind and generous human being. Apart from being a supremely skilled and artistic surgeon, he was a teacher, a mentor, and an innovator. He was Program Chair for the ISHRS Annual Scientific Meeting in San Francisco in 1999, and for his services to our field he was a past recipient of the ISHRS honours, the Golden Follicle and the Manfred Lucas Awards. I am sure there will be many tributes from friends and colleagues in the *Forum* pages. May he rest in peace.

I would like to welcome Dr. Jerry Cooley to the Executive Committee as our new Treasurer replacing Dr. Bill Parsley, who becomes Vice-President. Dr. Ed Epstein remains in the

position of Secretary. A big welcome also goes out to Drs. John Gillespie and Bernie Nusbaum, who join the Board of Governors for their first 3-year terms. Bernie will also become *Forum* co-editor in 2008, partnered by Dr. Paco Jimenez from Las Palmas, Spain, and keeping the international flame burning.

In October 2004, the ISHRS leadership met over two days for strategic planning and determining goals our Society should strive to achieve. We are now well on our way to accomplishing those goals of physician and assistant training programs, physician recognition, public and professional awareness, and financial security. This November, we are meeting once again to review our achievements and hopefully draw up new strategic plans and goals to continuously strive to meet the needs of our members and the field in general.

I hope to see as many of you as possible in Montréal next year for the 16th Annual Scientific Meeting. There are other ISHRS-sponsored meetings throughout the year including Orlando in April and South Korea and Rome in May. The ISHRS is designed to be a democratic and inclusive international society for the advancement and promotion of hair restoration surgery and medicine standards. I would like to invite every one of you who wishes to contribute their efforts to join a committee, take an active role, or simply make a comment or suggestion to contact me (bessam@farjo.com) or any of my executive committee colleagues. I will be reviewing the various committees this month so you never know, you may be hearing from me first!

Dr. Bessam Farjo

Guidelines for Submitting an Article to the Forum

- ✓ Send submission *AND* Author Consent Release Form electronically via e-mail to Robert Haber, MD, at HaberForum@aol.com
- ✓ Include all photos and figures referred to in your article as separate attachments in JPEG, TIFF, or BMP format. Be sure to attach your files to your e-mail. Do *NOT* embed your files in the e-mail itself.
- ✓ An Author Consent Release Form must accompany your submission. The form can be obtained in the Members Only section of the website at www.ishrs.org.
- ✓ At the beginning of any article submitted for the Forum's consideration, authors must disclose any financial or other commercial interest they possess in an instrument, pharmaceutical, cosmetic, or similar device referenced in, or otherwise potentially impacted by, the article.
- ✓ Trademarked names should not be used to refer to devices or techniques, when possible.

Submission deadlines: December 10, January/February 2008; February 10, March/April 2008

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