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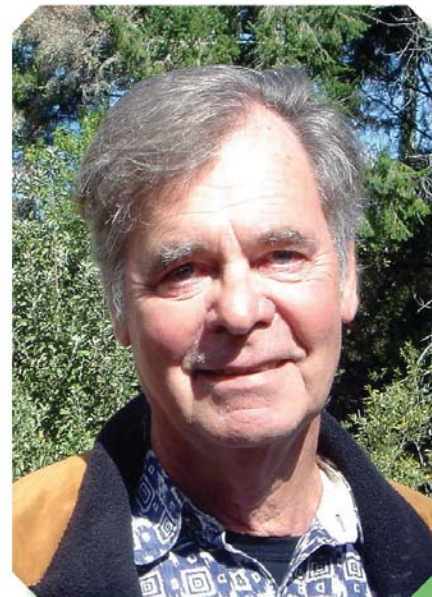
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Loss of Our "One of a Kind" James Arnold, MD • 1941–2007

Jim Arnold, MD 1941–2007

James Edward "Ouzel" Arnold, MD, passed away on November 3, 2007, in a motorcycle accident. Jim was active in the ISHRS and received the Golden Follicle Award in 1996, served as Program Chairman in 1999, and was on the Board of Directors. In 2004, he received the Manfred Lucas Award for Lifetime Achievement in Hair Surgery. Jim sold his practices in 1999 to begin his retirement with this thought: *"I've always felt if you're not living on the edge, you're taking up too much space. The sacrifice in my move is a loss of income, but the reward is a gift of time. My most immediate goal over the next few months is to start the year 2000 with a clean piece of paper and a new box of crayons."*

Jim spent the following years camping, rafting, motorcycling, and exploring the world with his beloved wife Betty, numerous friends, and family. He enjoyed spending time with his granddaughter, drumming, collecting wild mushrooms, and writing poetry in his self-made cabin. He was a kind and generous man who shared his love and friendship with all he met. Jim was the current President of the Pescadero Community Church and active in the Pescadero Community, at large.



On November 3, 2007, Jim Arnold, MD, was tragically killed while riding his motorcycle in the mountains of California.

The editors of the Forum dedicate this issue to his memory and include several tributes written by his friends and colleagues.

Tributes to Jim Arnold, MD

Beginning with Vance Elliott, MD

I first met Jim Arnold in the hallway outside the lecture hall at the ISHRS Annual Meeting in Nashville in 1996. I introduced myself and asked him a question about the lecture he had just given. He smiled that gentle smile and said, "Walk with me to my room and I'll give you a couple of papers that will explain more about it." I was a 26-year-old beginner hair surgeon who had been doing transplants for about a year and felt honored to be walking and talking with *THE* Jim Arnold. At the time, I was amazed that this famous and important doctor would, without hesitation, take the time to talk to me. As I learned later, this was not unusual; it was just Jim's way.

Jim invited me to visit his office and I did so twice in 1998. I remember that first visit most vividly. While observing a procedure, I saw him put his hand on his patient's shoulder as he injected tumescence. "I like to have a connection with my patient," he said. Since that time, I have always done the same with my own patients. He taught me how to tumesce, *REALLY* tumesce the donor area, and how to properly use a multiblade knife. My donor harvest was immediately

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Experience Montréal



ISHRS 16th Annual Scientific Meeting

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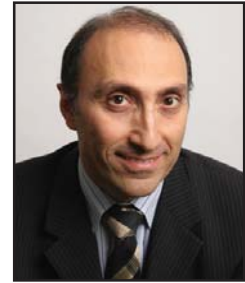
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President's Message

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, cosmeceutical, 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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better and I have never strayed from his teachings. He made it so simple! He said he used Sutton's Law in selecting the donor area. I didn't know what he was talking about. "Willie Sutton was a bank robber," Jim said. "When people asked him why he robbed banks, he would say 'cause that's where the money is." His message was take the best hair each and every time you operate.

Early on in my career, I had wanted to use small punches in the recipient site. Taking out some bald skin made sense to me, but everyone I asked discouraged this technique. Most suggested that it would look unnatural. I wanted to see how Jim did it. I watched him operate, and he handed me the 1.3mm Super punch and had me make some sites. Then I saw a patient with black hair and light skin who had the same type of grafts from a transplant a year before. I liked how it looked. I was afraid to use these larger grafts, but Jim told me, "You can do it." I thought, "If Jim says I can do it, then I will try." Small punch grafts became a workhorse graft for me from then on. Over the coming years, I would call Jim whenever I didn't know what to do, or when I did but was afraid to do it, like repairing partially failed rotation flaps in the crown, doing my first scalp reduction, and my first transplant in a black patient. He was always there for me. He was always calm and wise. He inspired confidence. "You can do it!"

So much of how I operate came out of learning from him; tumescent technique in the donor area, correct use of the multiblade knife, proper use of multi-unit grafts. He taught me to question and to think more clearly. I remember he once said of minigrafts: "It is a simple truth forgotten by many that these grafts grow well and reliably produce good quality hair." How many things he was able to distill into simple truths.

I'll remember fondly having dinner together at the Annual Meetings—especially last year in San Diego when my wife Chantal joined us. We talked about his writer's cabin, his motorcycling, and our own dream to build a cabin. Jim was able to explain to my wife how it could be that I loved hair so much. He talked about the creativity, and the wonderful camaraderie that we all share. Until that time, she hadn't been able to appreciate how I could be so focused, so passionate. He helped her to understand.

As a final lesson, on Saturday, November 10, it was with great sadness and honor that I attended Jim Arnold's memorial. I learned a lot about my friend and mentor that day, some things I knew, some I had forgotten, and other things frankly that just inspired me. I learned that after medical school, Jim went to practice on an Indian reservation because those were the people he felt were most in need. I learned that when he decided he wanted to be a dermatologist, he opened a practice in a poorer area of San Jose to treat those in need. I learned he was often paid in pie or accepted shaky insurance plans, from which he knew he would not be paid. I learned that Jim rode his

motorcycle to the Pescadera Community Church each week and was actually the President of this small community place of worship. It was said that he loved the music and the people who gathered there. I was reminded that Jim raised his two sons as a single father after being widowed. I was inspired by the way in which he and his wife Betty fell in love and were married for almost 20 years. I was inspired by the fact that they visited more than 20 countries during their marriage. I was inspired by how deeply and completely they love one another.

Betty explained how Jim simply stepped into the next part of his life upon retiring. He cleared his closet of all his beautiful suits, shirts, and ties and donated them to a secondhand store, returning home with simple, comfortable clothes. He stepped into his many hobbies and the pursuit of enlightenment, serenity, and deeper connection with everyone and the world around him.

Other friends spoke about his love of river rafting, where he chose his nickname "Ouzel." Common themes came from everyone. Jim had a curious mind, and he could

distill complicated concepts into simple truths. He was a creative, skilled physician who always laid hands on his patient. He always listened. He loved nature from the rocks to the animals. He was a gifted poet who always tried to describe his adventures in the form of Haiku. He also

took risks. He said if you weren't living on the edge you were taking up too much space. He loved riding his motorcycle. It was so much more than a means of transportation for him.

His friend, Dr. Ken Miller, talked of how he became interested in hair transplantation but thought it was a crude, violent procedure when he entered the field during the punch graft era. Jim proceeded to refine older techniques and developed instrumentation and methods that changed the entire field. He was a skilled teacher who influenced an entire generation of hair surgeons.

The most powerful part of being at the memorial (unfortunately) is difficult to put into the written word. There was a peaceful energy that embraced everyone in the church. It emanated from everyone there. Betty spoke about how she believes, as Jim did, that we are all one with each other and all that is in the world. I know his spirit is still with us all.

My wife told me the morning after I returned home, that I seemed to be filled with peace, and it's true. Jim Arnold taught me to be a better hair surgeon. He made me *want* to be a better hair surgeon, and every time I've operated during these past 10 years, I have tried to be like him and to make him proud. He made me proud to be a hair surgeon. He is still teaching me today to love, laugh, have compassion, be generous, and create peace and joy. I miss my friend, but I will continue to think about him often and try to live as he did. I trust he will always be in my mind and heart whenever I need him. Bon Voyage, Jim.

CRASH. WINTER BEGINS.

YET HERE TOO IS PEACE; HERE, BLISS.

SMILING, JIM KNOWS THIS.

IN LOVING MEMORY, BILL REED

Our Friend, Our Colleague, Jim Arnold, MD



I knew Jim for nearly 20 years and found him to be the most delightful companion and a stimulating colleague. Quietly spoken, always thinking, always challenging us to improve our techniques, yet he was never envious or critical of others. He was easily the most loved and respected member of our Society and his passing is a tragic loss to us all.

To Betty and to Jim's family we send our heartfelt condolences and we want you to know that our memories of Jim are deep and long lasting. He was a scholar and a true gentleman and will be long remembered.

Richard Shiell

The news of Jim's passing is devastating. He was a unique individual who possessed many talents beyond his medical and surgical abilities. He was incredibly sensitive and compassionate. We shared a love for motorcycles and I recall how excited he was to show me his bike in San Diego. I will surely miss him.

Paul Rose

My God, what tragic news of the death of our friend and teacher! Though he had been out of the everyday dealings of our profession, I always thought about him whenever "radical" ideas were suggested in techniques as well as (and particularly) when unethical behavior by some of our colleagues reared its ugly head. He always told me to keep to the high road in dealing with such issues. I truly will miss him.

May his memory be eternal!

Bob Limmer

We have lost one, if not the most brilliant mind in our field. Jim did not have dogmas, and was always open to new ideas. A very creative mind, always prone to share ideas with his colleagues. We will all miss him.

Paco Jimenez

Shocked and stricken by this news of my dear friend. With tears on my keyboard, I can think of no other who brought so much quiet strength, wisdom, harmony, and peace to our profession. We shared a passion for bright colored neck ties and innovative surgical tools. Today feels somewhat less secure knowing he is no longer there to consult. I miss him so.

Carlos Puig

I'm really grateful to have had the chance to know Jim as a teacher, a colleague, and most of all as a very special human being. He's always been generous to share his time, ideas, and his take on life. I will miss our friend.

Jerry Wong

This news came with such suddenness that I don't yet know how to feel. To say Jim was unique is an understatement. He was an old-school teacher who relied on logic and simplicity. While others were using all the high-tech modalities, Jim would just scratch out some drawings on a piece of paper and mesmerize the audience. He had a way of seeing through the mist and focus in on truth. It was like everyone was Jim's friend and everyone felt they had their own special bond with him. This tragedy came with no warning and it seems that the blow is so much harder because of it. We were all lucky to have known this wonderful free thinker but there will be a lot of tears before we will be able to enjoy the good memories.

Bill Parsley

Jim was a very special human being. He combined humanity, spiritualism, a scientific mind, and kind heart all in one. I visited his office back in 1996 and remember the great way he approached life as well as our field. Life was a puzzle for him to gently solve and then share with others. He is one of the mentors I have met through this Society that have influenced my life. I will really miss him.

Ron Shapiro

I'm so so sad. Jim's approach to life made a tremendous impression on me. He lived his life in a way that set an example for all of us, and I always wanted to do what he was doing. I remember him arriving in San Diego on his bike, after characteristically taking a long and philosophical ride down the coast. It seemed so perfectly him. I was thinking of him just yesterday as I explained one of his forceps to my staff, and the video in which he used hot dogs to represent grafts. So eloquent. So funny. So Jim.

I will miss him.
Bob Haber

He touched so many of our individual lives in our "hair" world—he will be missed greatly by so many. At a time like this he would be one of the first to point out the fragility of life, the need to cherish the time we have on this earth, to make the most of life and our family and friendships. He certainly followed these principles himself.

I first got to know Jim in Las Vegas in 1995 at that meeting and our friendship grew stronger each year. It was further enhanced through some side travels on several occasions in Europe and Vancouver. I never felt I was close to his level of thinking and intellectual curiosity, yet he always had a way of making me and others feel we were the one's educating him, while we were really the ones who were taught and enlightened by him. Truly a special person!

Jim Vogel

Jim was always able to share something on a very personal basis giving each of us his undivided attention, making each of us feel special.

It is a great and shocking loss of a beloved member of our beloved specialty.
Brad Wolf

As many of you know, Jim spent much time trying to condense what he experienced into Haiku. I know he would smile at my freshman effort just as he smiled, listened, and supported the questions and thoughts of this wannabee a decade ago. He gave me (and many other pupils) every bit as much attention as he would one of the fathers of our field. I'll miss him. My heart goes out to Betty.

Crash. Winter begins.
Yet here too is Peace; here, Bliss.
Smiling, Jim knows this.
With tears because of our mortality,
Bill Reed

I also am devastated by the news of Jim's sudden death. I don't know if ever knew anyone who got so much out of life and lived it to the fullest. Harrilyn and I visited Jim at his office years ago and had such a good time. When Bill Parsley and I with our wives went out for the Big Sur Marathon 5 years ago or so, we met with Jim and Betty and took a long walk along the ocean. Jim thought and philosophized at a much deeper level than most of the rest of us do, which is also probably why he came up with so many insights that benefited all of us. He sure will be missed.

Mike Beehner

He brought a great dignity to the field in the true fashion of great doctors. I have had the honor to purchase his practice and report to you all that his patients loved him as we did. We will miss him, every one of us.

Bill Rassman

There cannot be many colleagues who were not influenced by Jim's ideas, innovations, enthusiasm, and most of all his genuine friendship.

Bessam Farjo

Another friend and comrade has gone. Jim was always looking truth, peace, and harmony. Our sincere condolences to his wife Betty and to all his family.

Mario Marzola

Jim has always been a great friend and teacher for me. My last memories of Jim were when he and Betty came to Yokohama for the Japan meeting earlier this year. Just prior to the meeting Jim invited me to travel with him and Betty for a post meeting trip to the 3rd Pacific Rim Haiku Conference in Matsuyama (closer to Osaka). The meeting is aimed at teaching attendees from all around the world how to understand and compose Haiku (*Haiku* is a poetic form and a type of poetry from the Japanese culture.) For 2 days we would learn to write Haiku, walk through the grounds of one of the most beautiful castles in the mountains of Japan and appreciate the beauty of our surroundings. Jim even sent me a haibun, a Japanese form of story telling that employs reflective haiku, that he had personally written the year before. It is beautifully composed and describes some of his experiences growing up. Every now and then I will get it out and read it. Unfortunately I had other post meeting plans and didn't get accompany Jim and Betty. I can just picture Jim walking through the mountains of Japan discussing the various aspects of Haiku. His gentle, inquisitive manner and eclectic interests that appear to revolve around appreciating all that nature has to offer are things that I will always admire and remember the most about Jim.

Rest peacefully.
Paul Cotterill

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