



COLUMNS

- 42 President's Message
- 43 Co-editors' Messages
- 45 Hair Sciences
- 60 Pearls of Wisdom
- 63 Letters to the Editors
- 65 Surgeon of the Month
- 68 From the Literature
- 69 Cyberspace Chat
- 73 Message from the Chair of the 2008 Annual Scientific Meeting
- 74 Surgical Assistants Co-editors' Messages
- 77 Message from the 2008 Surgical Assistants Chair
- 78 Classified Ads

FEATURE ARTICLES

- 48 Line Thai micro hairline
- 49 Medical treatment of the hairline and temple points
- 51 A single-blinded, randomized controlled study of the use of autologous platelet rich plasma (PRP) as a medium to reduce scalp hair transplant adverse effects
- 54 Scalp carcinomas in hair transplant patients
- 56 "What women want" about hair
- 59 The use of methylene blue to enhance site visualization and definition of areas by number of hairs per graft
- 64 A chance in a million
- 67 Darkening of grey hair during thyroid hormone therapy
- 75 Stress management in hair restoration

## Psychology of hair transplants

Parsa Mohebi, MD, William R. Rassman, MD *Los Angeles, California*

### Background

The psychological impact of hair loss in male pattern baldness and in women with generalized thinning has been the subject of many past studies. The relationship between hair loss and emotional stress is clear to all clinicians who practice in this field.<sup>1</sup> Men and women who are prone to depression have a higher incidence of balding than non-bald individuals.<sup>2,3</sup> Many of us have seen the negative effects of hair loss on self-esteem and self-image. We also know that hair loss impacts some men's sex lives and their stability with regard to career choices. Despite solid evidence in the published literature regarding the psychological impact of hair loss, the corrective effect of medical and surgical hair restoration has never been studied. After observing the drastic changes in patient behavior and the high level of patient satisfaction in those who have undergone hair transplant procedures, we were motivated to look into the psychological impact of hair restoration on different aspects of a patient's life.

### Study Design

In order to come up with a series of criteria that could be affected by having a hair restoration procedure, we used some indexes of psychological variables that were previously studied comparing balding and non-balding men. We initially performed a pilot study and, during post-op visits, asked patients about different aspects of their lives. We gave our patients open ended questionnaires and probed their psychological state after their hair restoration procedure was complete. Eventually we focused in on eight major criteria that have been reported and documented as variables associated with hair loss in the literature. We collected a subset of them in our pilot study. Included were questions regarding the general level of happiness, energy level, feeling of youthfulness, anxiety level, self-confidence, outlook on their future, and impact on their sex life.

We chose patients who had their first hair transplant surgery between one to three years prior to the time of our study, so they had seen the final result of their hair restoration procedure and still had a fresh memory of the changes they experienced. We limited the study to male patients with pattern baldness. Each patient had exclusively follicular unit transplants that reflected our standard of care for that period. We sent a questionnaire with a brief description of the nature of this scientific study. We did not collect any patient identifiers and the response was totally voluntary. We sent 200 questionnaires with a stamped return envelope.

### Results

The response rate to our questionnaire was 18% (37 patients). Each patient was used as his own control since we asked about changes that they experienced after surgery in comparison to the same variables before the surgery. We used a t-test to compare patients' responses. Table 1 shows the mean and standard error in the eight different criteria that were asked. Patients had significant improvements in all eight criteria regardless of their stage of baldness or their age.

In an attempt to compare psychological changes that pa-

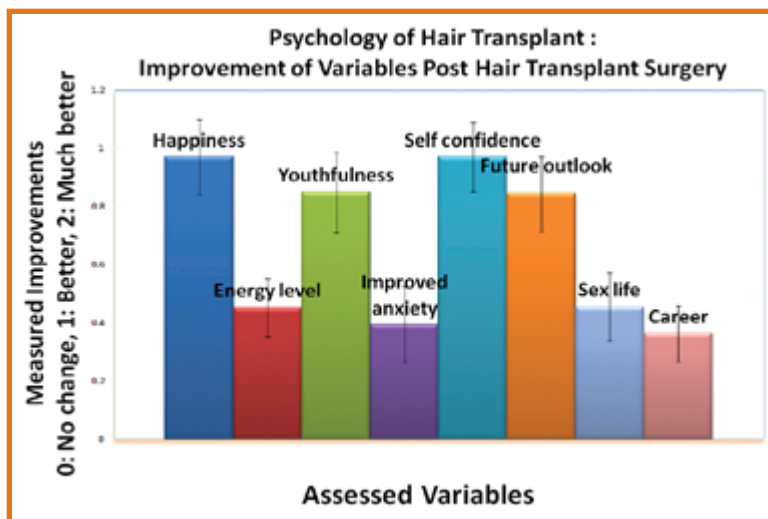


Table 1. Improvement of eight assessed variables in male balding patients who had their first hair transplant surgery between years 2004 and 2006.

Experience Montréal



ISHRS 16th Annual Scientific Meeting  
September 3-7, 2008  
Montréal, Québec, Canada

## Hair Transplant Forum International Volume 18, Number 2

Hair Transplant Forum International is published bi-monthly by the International Society of Hair Restoration Surgery, 13 South 2nd Street, Geneva, IL 60134. First class postage paid at Chicago, IL and additional mailing offices. POSTMASTER: Send address changes to Hair Transplant Forum International, International Society of Hair Restoration Surgery, 13 South 2nd Street, Geneva, IL 60134. Telephone: 630-262-5399, U.S. Domestic Toll Free: 800-444-2737; Fax: 630-262-1520.

**President:** Bessam K. Farjo, MD

**Executive Director:** Victoria Ceh, MPA

**Editors:** Francisco Jimenez, MD  
jimenezeditor@clinicadelpelo.com  
Bernard P. Nusbaum, MD  
drnusbaum@yahoo.com

**Managing Editor, Graphic Design, & Advertising Sales:**  
Cheryl Duckler, 262-643-4212  
cduckler@yahoo.com

**Surgeon of the Month:** Vance W. Elliott, MD;  
Edwin S. Epstein, MD

**Cyberspace Chat:** Sharon A. Keene, MD

**Pearls of Wisdom:** Robert T. Leonard, Jr., DO

### Surgical Assistants Corner Editors:

Laurie Gorham, RN  
laurieg@bosley.com  
Betsy Shea, LPN  
betsyoshea226@yahoo.com

**Basic Science:** Satoshi Itami, MD  
Andrew Messenger, MBBS, MD  
Ralf Paus, MD  
Prof. Mike Philpott, PhD  
Prof. Valerie A. Randall, PhD  
Rodney Sinclair, MBBS

**Scalp Dermatology:** Ricardo Mejia, MD

**Scientific Section:** Nilofer P. Farjo, MD

### International Sections:

**Asia:** Sungjoo Tommy Hwang, MD, PhD  
**Australia:** Jennifer H. Martinick, MBBS  
**Europe:** Fabio Rinaldi, MD  
**South America:** Marcelo Pitchon, MD

### Review of Literature:

**Dermatology:** Marc R. Avram, MD  
**Plastic Surgery:** Alfonso Barrera, MD  
**Facial Plastic Surgery:** Sheldon S. Kabaker, MD

Copyright © 2008 by the International Society of Hair Restoration Surgery, 13 South 2nd Street, Geneva, IL 60134. Printed in the USA.

The views expressed herein are those of the individual author and are not necessarily those of the International Society of Hair Restoration Surgery (ISHRS), its officers, directors, or staff. Information included herein is not medical advice and is not intended to replace the considered judgment of a practitioner with respect to particular patients, procedures, or practices. All authors have been asked to disclose any and all interests they have in an instrument, pharmaceutical, cosmeceutical, or similar device referenced in, or otherwise potentially impacted by, an article. ISHRS makes no attempt to validate the sufficiency of such disclosures and makes no warranty, guarantee, or other representation, express or implied, with respect to the accuracy or sufficiency of any information provided. To the extent permissible under applicable laws, ISHRS specifically disclaims responsibility for any injury and/or damage to persons or property as a result of an author's statements or materials or the use or operation of any ideas, instructions, procedures, products, methods, or dosages contained herein. Moreover, the publication of an advertisement does not constitute on the part of ISHRS a guaranty or endorsement of the quality or value of the advertised product or service or of any of the representations or claims made by the advertiser.

Hair Transplant Forum International is a privately published newsletter of the International Society of Hair Restoration Surgery. Its contents are solely the opinions of the authors and are not formally "peer reviewed" before publication. To facilitate the free exchange of information, a less stringent standard is employed to evaluate the scientific accuracy of the letters and articles published in the Forum. The standard of proof required for letters and articles is not to be compared with that of formal medical journals. The newsletter was designed to be and continues to be a printed forum where specialists and beginners in hair restoration techniques can exchange thoughts, experiences, opinions, and pilot studies on all matters relating to hair restoration. The contents of this publication are not to be quoted without the above disclaimer.

The material published in the Forum is copyrighted and may not be utilized in any form without the express written consent of the Editor(s).



# President's Message

Bessam K. Farjo, MD *Manchester, England*

This issue of the *Forum* marks a new era as I am sure you will join me in welcoming our new co-editors, Drs. Francisco "Paco" Jimenez (Las Palmas, Spain) and Bernie Nusbaum (Miami, Florida). This is their first issue, and Paco and Bernie will undoubtedly bring their own style and ideas. They have been busy over the past few months putting together their editorial team. On behalf of the ISHRS and all members, I would like to say a huge "thank you, and well done" to Drs. Bob Haber and Jerry Cooley for their amazing efforts over the past three years. The *Forum* has developed remarkably, and I am sure will continue to move from strength to strength.



April and May of 2008 will represent a milestone two months for the ISHRS. We are sponsoring three different surgery workshops on three separate continents (North America, Asia, and Europe) representing priceless opportunities for physicians and their assistants seeking education and training worldwide.

First in line comes the Annual Live Surgery Workshop in Orlando, Florida, April 3–5. This has become a unique annual event that I know many of you have experienced either as participants or teaching faculty. Dr. Matt Leavitt, with the invaluable help of Dr. David Perez-Meza, is once again (14th year!) working hard to produce a fantastic learning opportunity. Whether you are new to our field or an established practitioner, this workshop year in, year out has proved to be an event not to be missed.

The second ISHRS-sponsored Regional Workshop is taking place in Seoul, Korea, May 4–5, 2008, and is being hosted by Dr. Sungjoo "Tommy" Hwang. Dr. Hwang has worked tirelessly to organize this workshop and has invited guest faculty representing some of the field's top physicians, including Drs. Jung Chul Kim, Paul Cotterill, Damkerng Pathomvanich, Alex Ginzburg, Kenichiro Imagawa, and Seok-Jong Lee. I am delighted with the fast development of the field and the high interest in learning about it in this part of the world. Did you know that we have 51 Korean physician members and 57 others from other countries in South East Asia?

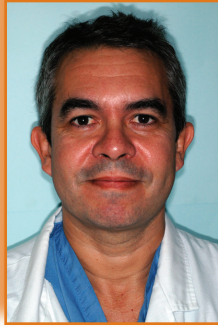
The third ISHRS-sponsored Regional Workshop is entitled "Made in Italy: Hair Restoration Live Video Surgery Workshop" and is being held in Rome, Italy, May 30–June 1, 2008. This is being hosted by Rome's foremost dermatology hospital, Istituto Dermopatico dell'Immacolata (IDI), and the program is being co-chaired by Rome's Dr. Ciro De Sio and ISHRS Board Governor and Past President Dr. Robert Leonard. Both ISHRS's Victoria Ceh and IDI's highest level Italian organizers are liaising on putting together a not-to-be-missed ACCME-accredited meeting. This is the first time the ISHRS sponsors a regional workshop in Europe and will provide our European colleagues new to the ISHRS the chance to sample the high standards of education we provide. We currently have 107 physician members from Europe, and we hope this number can be significantly boosted as a result of the Rome Workshop as well as by our forthcoming Annual Scientific Meeting in 2009, which is taking place in Amsterdam, The Netherlands.

All the detail you need about any of the above workshops is on our website at [www.ishrs.org/for-hair-doctors.htm](http://www.ishrs.org/for-hair-doctors.htm). As always, I am available to contact if anyone needs further information or advice.

*Dr. Bessam Farjo*

## Co-editors' Messages

Paco Jimenez, MD *Las Palmas, Spain*



A few months ago the previous editors of this journal, Jerry Cooley and Bob Haber, made a call to my office in the Canary Islands. I was somewhat perplexed as to the reason for this unexpected call, and it was a most pleasant surprise when they told me it was to propose me as the next co-editor of the *Forum*.

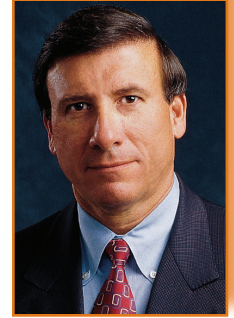
My first reaction was to analyze all the drawbacks: a new task that would reduce my spare time, the difficulties of writing in a language other than my native Spanish, etc. At the same time, however, I felt very honoured to be one of the candidates chosen by Jerry and Bob, and I felt in their debt because of the trust they had placed in me. When I asked them who the other co-editor would be, and they suggested the name of Bernie Nusbaum, my mind was made up and I accepted the post, because I could not have chosen a better colleague to work with.

Editing a journal such as the *Hair Transplant Forum* is not easy. In contrast to most peer-reviewed journals in which the editor spontaneously receives numerous articles begging for publication, our journal as a non-peer-reviewed journal with no impact factor has a limited diffusion and original articles are sparse. For this reason, I take this opportunity to ask you to keep on sending us your contributions, because without your support editing this journal would not be possible.

Our basic aim is to continue the excellent line of work carried out by Jerry and Bob over the past three years but, as with any new adventure that begins, we would like to make a few editorial changes. Hair is a structure that is very attractive to basic researchers due to its accessibility and the uniqueness of its self-renewal nature. There is an enormous amount of information that we are not aware of because we spend so much of our time in clinical and surgical care. Marc Avram, Alfonso Barrera, and Shelly Kabaker will be in charge of presenting hair articles from different specialty journals. We have also tried to make new advances in hair biology understandable to all our readers, and with this in mind we are proud to have the services of Nilofer Farjo, who will be responsible for a column devoted to basic science. We are also delighted to have as collaborators a group of true first-line researchers in hair biology who have shown interest in our work as hair transplant surgeons and have been guest speakers at previous ISHRS meetings. The following will contribute periodically to our journal in relation to specific defined topics: Ralf Paus, Rodney Sinclair, Satoshi Itami, Valerie Randall, Michael Philpott, and Andrew Messenger.

Given the great diversity of countries represented in our Society, we felt that there was a need to create an international column. Marcelo Pichon, Fabio Rinaldi, Tommy Hwang, and Jennifer Martinick will inform us about those

Bernard Nusbaum, MD *Coral Gables, Florida*



Since its inception, the *Forum* has been the principal vehicle for rapid dissemination of ideas in our field. In this first issue of my term as co-editor, I am honored to follow in the footsteps of my illustrious colleagues who have served in this role. I could not be more pleased to know that I will be working with Paco Jimenez as co-editors, and I am humbled that Bob Haber and Jerry Cooley have put

the *Forum* in our hands. I know I can speak on Paco's behalf and say that we will make every effort to bring you the latest developments—from basic science, to state-of-the-art surgical techniques, to updates on emerging technologies—that may significantly impact our practices in the days to come. When you look at the major improvements in hair restoration during the past 20 years, they have generally had their debut in this publication and have been developed by individual practitioners like yourselves. I encourage you to be recognized for your ideas and submit them for publication. We especially want to encourage international members to participate as authors and, in this spirit, have engaged esteemed colleagues from countries outside of North America in the role of International Columnists.

Sungjoo (Tommy) Hwang, MD, PhD (Asia), Jennifer H. Martinick, MBBS (Australia), Fabio Rinaldi, MD (Europe), and Marcelo Pitchon, MD (South America) will keep us apprised of events, research, surgical developments and any unique features from their particular geographic areas. They will also act as conduits of information from those of you around the world who would like to share your ideas in the *Forum*. As co-editors, Paco and I will also assist you in any way that we can to facilitate your submissions.

In addition to the International Columnists, we are proud to have prominent hair scientists from around the world join us and participate in the *Forum* as Basic Science Contributors. Along with the Science Column authored by Nilofer Farjo, MD, we hope to not only familiarize our members with the concepts of hair basic science but also to foster more collaboration between the hair restoration community and hair researchers.

While contributions from individual practitioners are the "heart and soul" of the *Forum*, we also recognize the need for our field to move forward and foster much-needed multi-center trials with appropriate controls and statistical analysis so that we can utilize the principles of evidence-based medicine to consistently improve patient results and, hopefully, increase the popularity of hair restoration.

Please know that we are interested in your ideas, suggestions of topics, or any comments you may have on relevant topics or articles you read in the *Forum*. Your input is always welcome. Please write to us at: [drnusbaum@yahoo.com](mailto:drnusbaum@yahoo.com) or [jimenezeditor@clinicadelpelo.com](mailto:jimenezeditor@clinicadelpelo.com)

Sincerely,

*Bernard Nusbaum, MD*

## Jimenez co-editor's message

☞ from page 43

events, articles, or hair issues that may be relevant in their communities and that we may be unaware of.

With these new additions, along with the traditional sections of Cyberspace Chat (Sharon Keene), Scalp Dermatology

(Ricardo Mejía), Surgeon of the Month (Vance Elliot and Ed Epstein), Pearls of Wisdom (Robert Leonard), and Surgical Assistants Corner (Laurie Gorham and Betsy Shea), and with the excellent editing work of Cheryl Duckler and Victoria Ceh, we hope that the *Forum* continues to be a valuable tool to share new techniques and ideas.

*Paco Jimenez*

## ABHRS Recertification Exam\*

Wednesday, September 3, 2008, 3:00PM

Saint-Laurant Room

Fairmont The Queen Elizabeth • Montréal, Quebec, Canada

For those ABHRS Diplomates who were board certified in 1997 or 1998, in order to maintain certification, you must register/apply for this Recertification Exam. For those interested in first-time certification, the next primary exam will take place in January 2009 (specific date yet to be scheduled) in Houston, Texas.

For further information and to register, contact:

**Peter B. Canalia, JD, Executive Director**  
**American Board of Hair Restoration Surgery (ABHRS)**  
 18525 South Torrence Avenue  
 Lansing, IL 60438 USA  
 Tel: 708-474-2600 • Fax: 708-474-6260  
 E-mail: [abhrr@sbcbglobal.net](mailto:abhrr@sbcbglobal.net)  
 Website: [www.abhrr.org](http://www.abhrr.org)



\*Note: The exam will be held during the 16th Annual Scientific Meeting of the ISHRS.

### Guidelines for Submitting an Article to the Forum

- ✓ Send submission AND Author Consent Release Form electronically via e-mail to Bernie Nusbaum, MD, at [drnusbaum@yahoo.com](mailto:drnusbaum@yahoo.com).
- ✓ Include all photos and figures referred to in your article as separate *attachments* in JPEG or TIFF 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](http://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:*

April 5, May/June 2008

June 5, July/August 2008

August 5, September/October 2008

### 2007–08 Chairs of Committees

*2008 Annual Scientific Meeting Committee:*  
 Arthur Tykocinski, MD  
*American Medical Association (AMA) Specialty & Service Society (SSS) Representative:*  
 Paul T. Rose, MD, JD  
*Audit Committee:* Robert S. Haber, MD  
*Bylaws and Ethics Committee:* Robert T. Leonard, Jr., DO  
*CME Committee:* Paul C. Cotterill, MD  
*Core Curriculum Committee:* Edwin S. Epstein, MD  
*Fellowship Training Committee:* Vance W. Elliott, MD  
*Finance Committee:* Jerry E. Cooley, MD  
*Hair Foundation Liaison:* E. Antonio Mangubat, MD  
*Live Surgery Workshop Committee:* Matt L. Leavitt, DO  
*Media Relations Committee:* Robert T. Leonard, Jr., DO  
*Membership Committee:* Marc A. Pomerantz, MD  
*Nominating Committee:* Edwin S. Epstein, MD  
*Past-Presidents Committee:* Paul T. Rose, MD, JD  
*Pro Bono Committee:* David Perez-Meza MD  
*Scientific Research, Grants, & Awards Committee:*  
 Marcelo Gandelman, MD  
*Surgical Assistants Executive Committee:* Kathryn M. Lawson  
*Task Force on Hair Transplant CPT Codes:*  
 Robert S. Haber, MD  
*Website Committee:* Ivan S. Cohen, MD  
*Evidence Based Medicine (EBM) Task Force:*  
 Sharon A. Keene, MD  
*Joint Task Force on ABHRS/ISHRS:* William M. Parsley, MD

### 2007–08 Board of Governors

*President:* Bessam K. Farjo, MD\*  
*Vice President:* William M. Parsley, MD\*  
*Secretary:* Edwin S. Epstein, MD\*  
*Treasurer:* Jerry E. Cooley, MD\*  
*Immediate Past-President:* Paul C. Cotterill, MD\*  
 Michael L. Bechner, MD  
 John D. N. Gillespie, MD  
 Jerzy R. Kolasinski, MD, PhD  
 Matt L. Leavitt, DO  
 Robert T. Leonard, Jr., DO  
 E. Antonio Mangubat, MD  
 Jennifer H. Martinick, MBBS  
 Bernard P. Nusbaum, MD  
 Damkerng Pathomvanich, MD  
 Carlos J. Puig, DO  
*Surgical Assistants Representative:*  
 MaryAnn W. Parsley, RN

\*Executive Committee

