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President: William M. Parsley, MD

Executive Director: Victoria Ceh, MPA

Editors: Francisco Jimenez, MD
jimenezeditor@clinicadelpelo.com
Bernard P. Nusbaum, MD
dmusbaum@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
betsyshea226@yahoo.com

Basic Science: Satoshi Itami, MD
Andrew Messenger, MBBS, MD
Ralf Paus, MD
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President's Message

William M. Parsley, MD *Louisville, Kentucky*

It is truly an honor to be allowed to serve as President of the ISHRS for the next year. It was my pleasure to be able to observe Dr. Bessam Farjo for the past year. Much of his skill and diplomacy were not seen or appreciated by the general membership, but were certainly appreciated by the Executive Committee and Board of Governors. He was an outstanding President. His abilities will certainly be called upon as Immediate Past President over the next year.

The Brazilian Congress on Hair Restoration was held in Rio de Janeiro October 16-18. Several non-Brazilian ISHRS members attended, coming from Canada, India, and the United States. All of us were impressed with the quality of the meeting thanks to Program Director Dr. Henrique Radwanski, and also by the quality of work being performed in Brazil. Of course, with Brazil's reputation in cosmetics, it should be expected. Dr. Marcelo Gandelman finished his term as President; and with Dr. Marcelo Pitchon taking over, the society will remain in good hands. The hospitality to foreign guests was as exceptional as Rio was spectacular. We strongly recommend attending a future meeting in Brazil whenever the opportunity arises. Aside from seeing impressive work, we appear to have a new inventor in our Society. Dr. Alonso Amore has several devices in development, but the one receiving the most attention was a new foot counter, which should be perfect for surgeons who don't want to use a valuable assistant to count but have too short of an attention span to count accurately themselves. Checking the Internet, I have not been able to find a foot counter since Dr. Blugerman's counter was discontinued. Some members visited the office of Dr. Tony Ruston and were impressed with the quality control of his grafts. He designates a Graft Quality Inspector to gather and microscopically check all the grafts before sending them to the planter. Apparently, it is a good idea as the grafts were consistent and of high quality. Also, several Brazilians have adopted Dr. Pitchon's long hair transplants and are quite pleased with them.

As our field expands, we find ourselves more and more involved in the areas of hair science that at one time seemed a little remote to surgical hair restoration. Founded in 1990, the North American Hair Research Society (NAHRS), for example, has promoted some of the best hair research in the world. With stem cells, signaling molecules, and growth modulators playing a greater role in hair restoration, it is quite obvious that a significant portion of our future is being developed in their labs. Additionally, researchers' work with cicatricial alopecias impacts our medical and surgical decisions on treatment. It would make sense for us to support that research by joining the primary research society in your area of the world. Outside North America, members may consider joining the European Society of Hair Research (ESHRS) or the Australasian Hair and Wool Research Society (AHWRS). Support of these societies not only enhances our credibility, but also keeps us in the loop as to what advances are coming. The current President of NAHRS is Dr. Ken Washenik. Their website, along with application forms, can be found at www.nahrs.org. The ESHRS website is www.ehrs.org with Dr. Trueb of Zurich the President.

It was in February of 1974 that I first decided to visit a hair restoration surgeon and find out if this would be something of interest for me. A fellow dermatology resident and I traveled to Hot Springs, Arkansas, to visit Dr. Bluford Stough. We stayed in a cottage on nearby Lake Hamilton thinking that Hot Springs was pretty far south it might be warm enough to enjoy the lake. It wasn't. However, the reception and the hospitality we received from Dr. Stough were very warm. He was bright, energetic, and had a great sense of humor. It turned out that the first meeting devoted to hair restoration had concluded just 5 days before we arrived. Dr. Stough had 3 more meetings in Hot Springs (1975, 1976, 1977). At-



Co-editors' Messages

Paco Jimenez, MD Las Palmas, Spain



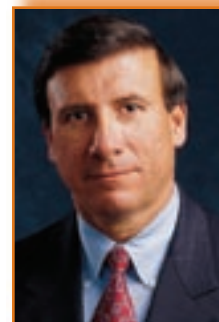
I recently came across a paper proposing an alternative model for the mechanism of androgenetic alopecia. It is a kind of wild, radical hypothesis, with the following reasoning: "Skull expansion of the frontal and parietal bones will progressively stretch and pull tight the scalp tissue that overlies it. As a consequence, a constriction of blood vessels within the capillary network that serves the Male Pattern Baldness region will develop. The resultant decrease in blood flow that follows will then reduce the supply of nutrients required by follicles to grow hair." Doesn't this hypothesis sound rather like one of those advocated by scientists of the XIX century, when all they had as scientific tools were their imagination, curiosity, and persistent observation? In fact, what you have just read is a fragment of a paper that is going to be published in the peer-review scientific journal *Medical Hypotheses* (Big head? Bald head! Skull expansion: alternative model for the primary mechanism of AGA. Taylor, P.J. Available online as of September 2008). This hypothesis, probably wrong given the overwhelming amount of data relating male pattern baldness with androgen stimulation, reminds me how necessary it is in science to challenge established "dogmas" with new, thought-provoking ideas.

I have very much enjoyed the articles/interviews submitted by some of the scientists that collaborate with the *Forum* (Paus, Randall, Philpott). One thing they all emphasize is the difficulty in obtaining tissue for their investigations. For us, to save 10 or 20 follicular units in a typical 1,500-2,000 case does not seem excessive, and we could easily start a productive collaboration by sending them that most precious cargo: human hair follicles. Moreover, we have the opportunity not only to serve as "tissue providers," but also to take a further step and become active participants in their research projects. As a matter of fact, there are not many people who know more about macroscopic anatomy and microscopic dissection of hair follicles than we do as hair surgeons. I am convinced that collaboration with research teams can only have positive consequences. From personal experience, I can tell you that my long-time collaboration with my pathologist colleague and friend Dr. Poblet provides me with continuous intellectual stimulus, which is also highly productive, because we have both benefited from a number of publications that would not have been possible working on our own.

In short, let us try to do what our scientist colleague Dr. Philpott proposes in this issue of the *Forum*: contact a research team interested in hair biology and offer the possibility of mutual collaboration, starting by providing them with tissue (hair follicles). Simply by making the effort of initiating something like this you will be miles ahead of almost everyone else.

Paco Jimenez, MD

Bernard Nusbaum, MD Coral Gables, Florida



The central theme of this issue is the Montréal Annual Meeting and, as always, you will find a detailed report of the lectures, panel discussions, and poster presentations. The meeting was full of new ideas for presenting the most controversial topics in our field, and I would like to extend congratulations to Arthur Tykocinski, Victoria Ceh, and the entire Annual Meeting Committee. They created an extraordinary educational experience, and, as is the case every year, the bar is raised for future meeting organizers. I know that everyone is excited and looking forward to what Ken Washenik will have in store for us next year in Amsterdam.

It is fitting that this issue should also commemorate the life of one of the giants and foremost educators in the history of hair restoration, D. Bluford (Blu) Stough, III. Dr. Stough was one of the founders of the American Society of Dermatologic Surgery and organized the first-ever hair restoration symposium in the 1970s, which took place in Hot Springs, Arkansas. The "Hot Springs Symposium" was an event that has now attained great historic significance and that sparked the careers of many renowned hair surgeons. I was fortunate to have known Blu Stough and to have benefited from his teaching as well as his friendship. I recall when I was starting out in hair restoration, he was a person who made you feel that you were an important part of this medical field and that you had something to offer. It is no coincidence that these qualities are embodied by the camaraderie of the ISHRS, which Blu's son, Dow, co-founded and served as its first President. We are all fortunate to have Dow in our midst as he continues to provide friendship, guidance, and education to the Society.

In this issue, we focus on graft preservation. Jerry Cooley begins with a clinical viewpoint on holding solutions. Nilofer Farjo, in her interview of one of the foremost hair researchers, Mike Philpott, probes into the basic science principles underlying this key component of graft survival. Interestingly, Dr. Philpott's research involves the susceptibility of balding follicles to oxidative stress, a novel concept that is studied epidemiologically by Fabio Rinaldi in his excellent article and addressed from a therapeutic standpoint by Rajesh Rajput in his study using vitamins, minerals, and antioxidants to treat hair loss patients.

We are honored to have Dr. Zoe Diana Draelos, who was one of our Featured Speakers in Montréal, contribute a guide for advising our patients regarding general hair health and grooming practices. We also continue to present novel devices to facilitate our procedures as Tamara Tamzashvili, et al. present a Container Protective Graft Preservation device while Carlos Puig and Dae-young Kim present their instruments to facilitate the trichophytic closure.

All this, along with Cyberspace Chat, the Surgical Assistants Corner, and our other regular features, hopefully make up a *Forum* issue that you will find informative and enjoyable.

Bernard Nusbaum, MD

President's message

from page 202

tendees were the leaders in our field and came from all over the world, including Dr. Shiell from Australia. I attended the 1976 meeting and remember chatting with a young transplant surgeon early in his career—Dr. Walter Unger. Walter was one of the many educators stimulated by these meetings. Over the years, I enjoyed seeing Blu at all the meetings. He continued to be my friend and advisor. Few could argue that Dr. Bluford Stough was the founder of formal education in

hair restoration. Earlier this month, Dr. Stough quietly passed away in Hot Springs. Alzheimer's had robbed him of his mind and memory; but it hasn't taken ours. Always modest, never self-promoting, always the student as well as the teacher; Dr. Stough will forever be remembered as one of the giants in our field for his passion and what he gave, not the least of which was his talented son Dow, the co-founder of the ISHRS. All who knew him were "the better for it."

Bill Parsley, MD

Location:

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ABHRS 2009 Examination

Saturday, January 24, 2009

Deadline for Examination Application: December 1, 2008

Deadline for Hotel Reservations: December 31, 2008

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- ✓ 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.
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- ✓ 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 5, January/February 2009
February 5, March/April 2009
April 5, May/June 2009

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Notes from the Editor Emeritus

Richard C. Shiell, MBBS *Melbourne, Australia*



It is always a delight to hear of the success of our Annual ISHRS Scientific Meeting and to learn of the continual developments within our field. In particular I am delighted that the advances come from so many parts of the globe and from doctors with a wide variety of backgrounds within the field of medicine. As one who, in 1993, was involved in the initial discussions that led to the foundation of our Society, I can say that this was

certainly what we hoped would happen.

While Dermatologists have formed the backbone of our Society and still comprise some 20% of our membership, another 80% of members have come from General or Plastic Surgery, Otolaryngology, Emergency Care, and General Practice. Some have even come from Psychiatry, Cardiology, Urology, and Gynecology. All bring with them alternate ways of looking at problems, and this "cross-fertilization" has always proved to be productive.

Our top scientific achievers are ultimately presented with the prestigious Platinum Follicle Award. A study of the list of the past 15 awardees reveals that they came from a variety of medical backgrounds and 10 different countries (3 who were foreign-born had U.S. citizenship at the time of receiving the award).

The Golden Follicle Award is given to those who have contributed in other ways to the progress of our Society. This award, too, has been spread amongst recipients from several countries—9 from the United States, 3 from Australia, 2 from Canada, and 1 from France.

In the sciences, with a handful of exceptions, one's reputation can survive by dint of personality and reputation for only a few years and perhaps for a decade more in print. Eventually most of us are forgotten, and rightly so, because talented people continually arise from the ranks to replace us. Ideas and concepts, so important in their time, are replaced by those more advanced or more fitting to the new era.

There are very few Newtons, Faradays, and Einsteins in the field of medicine; men who have discovered universal truths that last throughout time. There are thousands of other scientists and medicos who have a few years in the limelight and then have faded almost to oblivion as new concepts arise and the worth of these discoveries is gradually appreciated.

It is right that the great innovators should be remembered,

however, and time will decide who these will be of our present time. Jenner, Harvey, Moreton, and Pasteur stand out in past centuries. In the 20th century, a century noted for scientific achievement, certain figures again stand out. Ronald Ross for his discoveries of the causative mechanism of malaria and Walter Reed for those in yellow fever, Banting for his isolation of insulin, Flory, Chain, and Heatley for their production of Penicillin during World War II. All have started medical revolutions that have saved the lives of millions. Future great achievements in the field of science and medicine will mostly come from members of large universities and private research institutes as the cost and difficulty of modern research far exceed that possible by most private individuals.

Interestingly the greatest good to humanity has probably come from the countless unremarkable and mostly unremembered Public Health officials. These individuals supervise the drainage and garbage collection that removes the breeding grounds for cholera bacilli, mosquitoes, and rats. At the same time the greatest number of deaths have been caused by a few individual despots such as Hitler, Stalin, Mao, and Pol Pot, whose political policies are estimated to have caused the deaths of over 100 million people during the 20th century.

In a speech to the graduating class at McGill University in the late 19th century, Sir William Osler lamented that most of the great discoveries in medicine had already been made and there would not be such exciting challenges awaiting the new graduates sitting in serried ranks before him. It was to be one of the greatest misjudgments in his long and illustrious life. One hundred and ten years later, infectious diseases are still a major problem in many parts of the world and malaria is still estimated to kill and incapacitate millions of people per year. HIV/AIDS is a threat around the world but still small in magnitude compared with some of the other diseases that have arisen with our affluent lifestyle—obesity, hypertension, diabetes, asthma, and depression—which were all relatively rare in Osler's day. There is still much more to be done. ♦

Editors' Note: Dr. Shiell was recognized as one of 12 pioneers of Hair Transplantation at a ceremony during our 2003 Annual Scientific Meeting in New York City. He started performing Hair Transplantation in Australia in 1967 and was a Founding Member of the ISHRS and the ABHRS. He served 3 years as the Editor of the *Forum* (1996-1998) and has been presented with both the Golden Follicle and Manfred Lucas Awards for his contributions to our profession.

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The ISHRS is working with Amerinet, a national group purchasing organization, to provide ISHRS members in the U.S. discounts on countless office and surgical products and services. For a membership fee of \$375 per quarter per location, ISHRS members can take advantage of the complete product and service agreements in each area.

Interested in learning more? Contact Emily Hughes, Regional Manager, Amerinet/HRS at 206-583-6516, toll-free at 800-842-6663, or e-mail Emily.Hughes@amerinet-gpo.com. Or visit the ISHRS website, Members Only section.



Blu...a man remembered

from front page



ISHRS Pioneer Education Award being presented to D. Bluford Stough III, MD, by his son, Dow Stough, MD, in New York City, 2003.

Blu Stough was a born teacher and one of the most memorable characters one would meet in any lifetime. He was always bright and happy and extremely forceful in his opinions. I caught up with him many times at later meetings over subsequent years in Hot Springs, Birmingham, Alabama, New York, and Los Angeles.

At a ceremony during the New York meeting of 2003, twelve physicians including Norman Orentreich and Blu Stough were honored for their pioneering contributions to Hair Restoration. Walter Unger and I were proud to be recipients along with several others who I had met at that memorable meeting at Hot Springs back in the winter of 1975.

I did not see Blu again but he lives on with great affection in my memory.

Richard Shiell, MBBS

"You know how special he was to me and many others. We loved seeing him at our New York meeting where we were able to thank him for his generous teaching and encouragement. It is no exaggeration to say that this is the man who inspired us most to share all we know unselfishly and make our ISHRS as good as it is today. Our condolences to Dow and his family."

Mario Marzola, MD

"My deepest and heartfelt sympathies to all the Stough family. Blu Stough was *the* true pioneer of hair restoration education. I have such fond memories of the Hot Springs meetings in the 1970s. It was always such a great adventure just traveling there, then be academically stimulated and entertained with the greatest of southern hospitality.

Blu was always open to new ideas and to try them out in an open forum. There would have been no advancement of this field and no ISHRS would have been formed had it not been for his precedent and his political and educational zeal. We all owe so much to D. Bluford Stough III and I cherish the times shared with him."

Shelly Kabaker, MD

"My heart goes out to the Stough family. Dow, I loved your Dad. Without him, I wouldn't even know any of you. My positive experience and warm reception during my visit to Hot Springs in February of 1974 greatly influenced me to pursue hair restoration as a career. Many don't realize what profound effects a little encouragement from a leader in the field can have on a young person trying to make life decisions. I have always been grateful. May he receive the peace deserved by a life well lived."

Bill Parsley, MD

"I read this sad news with so many fond memories of Blu Stough. His live surgery workshops were legendary and it is there that I got my start in HRS. It was Blu Stough that introduced me to my mentor, Dr. Richard Webster, in Hot Springs. They were the closest of friends.

Blu and I used to talk about once a month back in the 1990s, the old days of the AACS and ASHRS. He was so full of energy, ideas, and plans, and he recruited us young docs to carry them out. He was and will be always revered as a gentleman and scholar. We learned so much from him and he did so much for our little specialty."

Tony Mangubat, MD

"I'm so sorry to hear about Blu Stough's passing. He was so gracious and encouraging as a teacher and welcomed me as he would a friend at both his office and his home. I spent a wonderful week learning from him in Hot Springs in 1983, and it was his passion and encouragement that propelled me along in this field. I was fortunate to meet him many times after this, and always respected and admired him.

My thoughts are with Dow and his family."

Eric Eisenberg, MD



Blu Stough with Walter Unger, New York, 1984

"In the pantheon of teachers of hair restoration surgery, Blu Stough is second only to Norman Orentreich. There is nobody who shared his knowledge with more people and with more enthusiasm than Blu did. He accomplished this by not only inviting people to watch him work but by organizing a series of remarkable hair restoration symposia in Hot Springs, Arkansas, that attracted physicians from around the world. Many of the attendees later became the teachers of what became a myriad of other practitioners. One can only imagine the number of patients who benefited from his extraordinary organization skills and generosity.

No amount of space would be sufficient for me to satisfactorily express my admiration for this man and my sense of loss—personally and for our field."

Walter Unger, MD