

Surgeon of the Month: Ursula Halsner, MD

Edwin S. Epstein, MD *Virginia Beach, Virginia*



Ursula Halsner, MD, on one of her many adventures.

was raised in this wonderful environment in which giving them the best education possible was the goal of her parents.

Ursula's interest in biology and the natural sciences began with a childhood experience when, at the age of 7, she watched her Austrian grandmother gut a chicken. "From this moment on it was clear that I wanted to know and understand everything." Also during these formative years, she developed an interest in music and painting. Her passion was travel and by age 17, she ventured alone on her first trip to Northern Europe.

Although not raised Catholic, Ursula was schooled by the Sisters of the Holy Dominique. School life was not only dominated by learning and preparing for final examinations, but the discipline of meditation and self reflection also played a great role. This stimulated her interest in psychology and psychotherapy. She even attended psychotherapy lectures at one of the local universities.

After having passed the German General University qualification, Ursula immediately started studying medicine at the University of Munich. Her primary areas of interest were in Surgery, Gynaecology, and Internal Medicine, and she received her medical degree in Human Genetics. It was at this time that she met her future husband, Christian.

Ursula's involvement in hair restoration occurred by chance. As a mother with a young son, she was searching for work that would combine medicine with family time.

In 1983, she interviewed with Dr. Manfred Lucas, who offered to teach her his artistry and methods of hair restoration surgery. At that time, "hair restoration surgery was like an ugly child in Germany due to previous bad results." Dr. Lucas was a fascinating surgeon, an innovator in the field who was always searching for improvement and development. Ursula's decision to learn with Dr. Lucas would influence her entire life.

Ursula was born in Munich, a city well-known not only for the Oktoberfest but also for its rich culture, its royal castles, and, of course, the wonderful Bavarian landscape. Along with her younger brother, she

Following the publication of Dr. Lucas's paper about mini and micro grafts, Ursula and Dr. Lucas began publishing and presenting their results at congresses and conferences in Germany. Ursula notes that "one of our major achievements was to elevate Hair Restoration Surgery into a respected place in aesthetic surgery in Germany." Together with other national and international colleagues, they helped to establish the German Society for Hair Restoration Surgery, and created guidelines for treatment and ethics.

Ursula's interests include not only male alopecia, but also female hair loss, scarring alopecia, and the treatment of eyebrows. Inspired by years of dealing with the psychological issues of hair loss, in 1999 she completed a program as a Medical Psychotherapist. Since 1983, she has operated on nearly 8,000 patients, and in 2004 started her own practice. Therefore, she had the opportunity to critically observe many developments in this field and was able to choose which of them she wanted to incorporate into her own private practice.

Ursula performs follicular unit transplants and extraction techniques under magnification, and recently has added trichophytic closure techniques. Her work with transgender patients has been especially rewarding. Writes one patient: "Only now, after your work, could I start to be an entire person. I can now live without fear of always being reminded of my former, unloved life."

Ursula has numerous passions outside of medicine including skiing, windsurfing, climbing, and hiking. Traveling is one of her biggest hobbies with the combination of adventure, experiencing foreign cultures, and wonderful landscapes. "Travelling alone with my husband in our 4x4 through the Sahara or parts of southern Africa belongs to my most wonderful experiences."

"For me, hair surgery is more than transplanting numerous hair roots. Our attitude to life is emotionally and subconsciously influenced by our hair. Therefore, my most important goal is seeing my patients as whole, entire people, helping them with their hair problems and giving them back happiness in their lives."

Ursula learned a lot more than hair surgery from Manfred Lucas. His zest for adventure and the outdoors continues with Ursula. ♦

Letters to the Editors

Tony Ruston, MD Sao Paulo, Brazil

Re: Camaraderie and the ISHRS

By the nature of our profession we are often “solitary” in our day-to-day routine. But, on some special occasions, we have the opportunity to share practical experiences.

For many years I’ve been visiting colleagues all over the world, and I have always added something new to my practice after those visits. This last month I had the honor to receive Ron Shapiro, Jerry Wong, Bob Haber, Jerry Cooley, and Tony Mangubat here in Sao Paulo.

I can’t describe how grateful I was to have them during the procedure...asking and giving their opinions, exchanging knowledge. Similar to when I visited them, I learned a lot hosting them. I would like to thank my “hair friends”—especially Tony, who came to Sao Paulo to help me in a pro bono OPERATION RESTORE case. That day we had Marcelo

Gandelman, Marcelo Pitchon, and Ricardo Lemos with us and, of course, we had a wonderful time here together.

So, I hope to receive you and others again in the near future.



Jerry Wong, Jerry Cooley, Tony Ruston, Ron Shapiro, and Bob Haber

SAVE THE DATE!

FACULTY INCLUDE:

Bessam K. Farjo MBChB
Tommy Hwang, MD, PhD
Jerzy R. Kolasinski, MD, PhD
Matt L. Leavitt, DO
Ronald L. Shapiro, MD
Alex Ginzburg, MD

**TO BE PLACED
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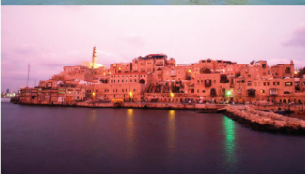
STAY TUNED!

Details will be forthcoming to ISHRS members and posted on the ISHRS website at www.ISHRS.org



ISHRS 1st Mediterranean Workshop for Hair Restoration Surgery

Hosted by Alex Ginzburg, MD * November 8-9, 2009 * Tel Aviv, Israel



Photos Courtesy of State of Israel, Ministry of Tourism

We are proud to announce the 1st Mediterranean Workshop for Hair Restoration Surgery Sponsored by the ISHRS to be held in Tel Aviv, Israel.

During this **live surgery workshop** you will have the opportunity to watch the surgery performed directly in the operating room or in the auditorium along with live video transmission.

The objective of this workshop is to provide a broad base of the most advanced techniques and technology in hair restoration, including all aspects of hair restoration, such as Follicular Unit Extraction, Trichophytic Donor Closure, Follicular Unit Transplantation, dissecting microscope and other new instruments and equipment. During the session, 5 of the best international hair transplant surgeons will moderate the cases.

The year 2009 will mark the 100th anniversary of the city of Tel Aviv. The Centennial is intended both to secure Tel Aviv's status as an international city and to highlight its vitality and accomplishments. Situated along a beautiful beach strip by the Mediterranean Sea, Tel-Aviv is Israel's largest city and biggest commercial center. The beautiful white beaches are the city's most popular attraction and a must for any visitor. Many restaurants, clubs and entertainment centers line the renewed promenade and during (most of the year) warm evenings locals stroll along its decks. Next to Tel Aviv, you can find another tourist attraction – The Old City of Jaffa, which in itself is a quaint, picturesque city, with romantic paths and gardens.

I look forward at seeing you!

Warmest regards,

Dr. Alex Ginzburg, Workshop Director & Host

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WWW.ISHRS.ORG

Find A Doctor allows patients to search by a variety of variables including geographic region, doctor's last name, and technique/procedure. Now physician members can easily edit their Physician Profile too.

Media Center includes the latest statistics and trends in HRS, information about the ISHRS, and press releases.

MEMBERS ONLY

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Promotional Resources

include expertly written content, the ISHRS Members Only logo and Inclusion in the **Find a Doctor** list.

Information Resource

includes the Online *Forum* Archive Search and the Ask the Experts.

COMING SOON

- Member Blogs
- Translated Cicatricial Alopecias Database

The Leading, Unbiased, Peer-Reviewed Site on Hair Loss and Restoration

The ISHRS website is a tremendous resource for patients and physicians. There is a large bank of educational articles for patients on many aspects of hair loss and hair restoration.

Promote Your Practice and ISHRS In order to better promote our profession, it is important to increase our visibility on the Web and with the search engines. One easy way of increasing our visibility on the Web is by placing a search-relevant text link on your website. Adding a link on your website to the ISHRS website or making it more search-relevant (using words in the clickable part of the link that are relevant to our industry) increases the visibility of both your website and www.ishrs.org.

Linking is Easy and Effective Go to <http://www.ishrs.org/ishrs-links.htm#link-to-us>, select the link you want to place on your site, and then ask your webmaster to copy-and-paste the applicable link code to your web page. The link will take visitors to the home page of the ISHRS website.



Patient Stories

is one of the most popular sections. Talk with your patients about submitting their hair loss and restoration stories and before and after photos. You will be listed as their surgeon with a link to your Physician Profile page.

Surgical Assistants Corner Editor's Message

Laurie Gorham, RN *Boston, Massachusetts*



Hallo Assistenten,
It won't be long before we meet in Amsterdam for our meeting. I'm looking forward to getting reacquainted and looking forward to a great meeting! See you in Amsterdam!
Gejuich, (cheers)

Laurie

laurieg@bosley.com



Message from the Surgical Assistants Chair of the 2009 Annual Scientific Meeting

Tina Lardner Greenwood Village, Colorado

It's getting down to the wire! We are just a few months away from the ISHRS Annual Scientific Meeting in Amsterdam. As it gets closer, I am very excited about this year's Surgical Assistants Program. We are going to have experienced doctors and assistants representing various countries sharing their expertise. It's truly going to be an "International" meeting. After an informative series of lectures and business meeting in the morning, the afternoon turns into an interactive session covering various topics. This is where we will get a chance to cover surgical and administrative issues, ask questions, and share personal experiences.

For those who are new to the ISHRS, if you sign up for the Newcomers Program, you will be paired with a volunteer member "host." This program is designed to help new members get acquainted with the Society and its members. There will be several opportunities get in contact with each other before and during the meeting.

While in Amsterdam, be sure to see the sights, enjoy a tour, or visit one of the many museums this city has to offer. The Society has organized some exciting tours, like the Amsterdam Home and Garden Tour and the Zaanse Schans, Marken, Edam and Volendam Tour. For a minimal cost, these sights are worth the visit.

For those who haven't registered yet, there's still time. Do what you need to do to come. It's worth the investment!

See you soon,

Tina Lardner Chair, ISHRS Surgical Assistants Executive Committee

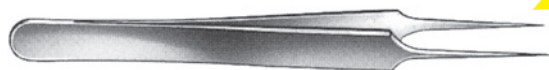
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Single-use placing forceps

Julie Edwards, Farjo Medical Centre, Manchester, United Kingdom

**Disclaimer:* Dr. Farjo has no financial interest in the sale of these forceps.

Since July 2007 new regulations in the UK mean that clinics can no longer re-sterilize their own instruments. These regulations came about following a study that showed that hospital sterilization was inadequate with 40% of hospitals in the study group failing to sterilize to an appropriate standard. Also there is the issue of bench top sterilizers possibly not being effective against BSE (Bovine Spongiform Encephalopathy) and other prion diseases. In order to deal with any supply issues, we took action 18 months before the new regulations came into force. We were able to source single-use instruments to replace most of the instruments we were using at that time. The sticking point came when we had to find placing forceps cheap enough to use and then throw away.

Initially we used one of our existing suppliers of disposable instruments to see if they could manufacture placing forceps that were cheap but of sufficient standard for our use. For many years previously we had been using Ellis stainless steel angled smooth jewelers forceps. Numerous meetings took place between the doctors and our supplier to discuss the specifications required for single-use placing forceps. Several prototypes were created for us but we experienced problems with the angulation, variation of the size and alignment of the tips, poor quality metal, and the lack of consistency of the forceps.

Since looking at the concept of single-use forceps there have been various manufacturing and supplying difficulties in getting the specification and quality acceptable, so several companies had to be used to try to get the right instrument. Personal preference by surgical assistants and quality have played the major part. Early prototypes were found to have tips that were too bulky, which was a problem in terms of placing grafts quickly.

After liaising with Robbins Instruments at the present time, the standard of the jewelers forceps is acceptable, although they are not as fine as the Ellis stainless steel forceps (Figure 1). This has led us to modify the size of incisions of our single-haired grafts. Normally we would use a 22g needle in-



Figure 1. The Farjo single-use placing forceps

cision for the single hairs; we now use a 21g needle. We have found that this makes placing of these hairs much easier.

On the initial set-up of moving to single-use instrumentation, a number of forms were created to monitor stock and trace-

ability of used items. This is logged in the patient's chart on an instrument log sheet consisting of the product, the company, batch number, expiry date, and number of instruments used. All completed instrument logs are checked and tallied at the time of disposal. This is always checked and signed by two members of staff.

We also carry out annual audits (or when action is required) to evaluate the quality and standard of surgical instruments used. A chart has also been compiled to note any issue that may arise with regards to quality.

The advantages of using the new forceps are that they are

- sterile,
- traceable,
- cost effective,
- good for training purposes because they are cheap (so it doesn't matter if they get damaged), and
- disposable (no risk of stick injury when cleaning).

The disadvantages of using the new forceps are that

- the quality is not as good, therefore making placing slower,
- the lack of consistency of the forceps, and
- the tips lose their sharpness over a large operation.

Conclusion

We have found that it is possible to use only single-use instruments for transplantation now that we have liaised with instrument suppliers in developing placing forceps that are of a sufficient standard and are cost effective.

**Note:* Farjo single-use placing forceps are available from Robbins Instruments. ♦

Surgical Assistants: Get Involved in the ISHRS...

We would love to hear from you. There are many ways you can contribute:

- Write an article or present an idea to the Forum
- Serve on the Surgical Assistants Executive Committee
- Help in the planning of our educational events
- Teach at our meetings and workshops

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Upcoming Events

Date(s)	Event/Venue	Sponsoring Organization(s)	Contact Information
Academic Year 2008–2009	Diploma of Scalp Pathology & Surgery U.F.R de Stomatologie et de Chirurgie Maxillo-faciale; <i>Paris, France</i>	Coordinators: P. Bouhanna, MD, and M. Divaris, MD Director: Pr. J. Ch. Bertrand	Tel: 33 + (0)1 + 42 16 12 83 Fax: 33 + (0) 1 45 86 20 44 marie-elise.neker@upmc.fr
January 2009	International European Diploma for Hair Restoration Surgery	Coordinator : Y. CRASSAS, MD, University Claude Bernard of Lyon, Paris, Dijon (France), Torino (Italy), Barcelona (Spain). Department of Plastic Surgery www.univ-lyon1.fr	For instructions to make an inscription or for questions: Yves Crassas MD yves.crassas@wanadoo.fr
July 17–19, 2009	ISHRS Regional Workshop Chopin: Art & Perfection: Female Hair Loss <i>Poznan, Poland</i>	International Society of Hair Restoration Surgery www.ishrs-chopin.pl Hosted by Jerzy R. Kolasinski, MD, PhD	Tel: 630-262-5399; Fax: 630-262-1520
July 22–26, 2009	17th Annual Scientific Meeting <i>Amsterdam, The Netherlands</i>	International Society of Hair Restoration Surgery www.ISHRS.org/17thAnnualMeeting.html	Tel: 630-262-5399; Fax: 630-262-1520
September 17–18, 2009	BAAPS Annual Meeting Incorporating the 2nd Congress of EASAPS <i>City Hall, Cardiff, United Kingdom</i>	British Association for Aesthetic Plastic Surgery (BAAPS) www.baaps-easaps.meeting.org.uk	Tel: + 44 207 430 1840; Fax: + 44 207 242 922
October 2–3, 2009	ISHRS Regional Workshop Follicular Unit Extraction <i>Denver, Colorado, USA</i>	International Society of Hair Restoration Surgery www.ISHRS.org/FUERegWrkshp.htm Hosted by James A. Harris, MD	Tel: 630-262-5399; Fax: 630-262-1520
November 8–9, 2009	ISHRS Regional Workshop 1st Mediterranean Workshop for Hair Restoration Surgery <i>Tel Aviv, Israel</i>	International Society of Hair Restoration Surgery www.ISHRS.org/Tel-AvivRegWrkshp.htm Hosted by Alex Ginzburg, MD	Tel: + 972-9-7603406 Fax: + 972-9-7408240 alexgin2000@gmail.com
December 12–13, 2009	15th Annual Scientific Meeting and Live Surgery Workshop <i>Kobe, Japan</i>	Japan Society of Clinical Hair Restoration www.jschr.org Hosted by Hiroto Terashi, MD	Tel: + 81-78-382-6251 Fax: + 81-78-382-6269 terashi@med.kobe-uac.jp
December 19–20, 2009	1st Annual Meeting of the Indian Association of Hair Restoration Surgeons <i>Ahmedabad, India</i>	Indian Association of Hair Restoration Surgeons www.ahrsindia.com	Dr. Tejinder Bhatti Secretary, Indian Association of Hair Restoration Surgeons Phone: + 91-9923215042 dearbhatti@gmail.com

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Dates and locations for future ISHRS Annual Scientific Meetings (ASMs)

2009: 17th ASM, July 22–26, 2009
Amsterdam, The Netherlands

2010: 18th ASM, October 20–24, 2010
Boston, Massachusetts, USA

2011: 19th ASM, September 14–18, 2011
Anchorage, Alaska, USA

2012: 20th ASM, October 17–21, 2012
Paradise Island, Bahamas