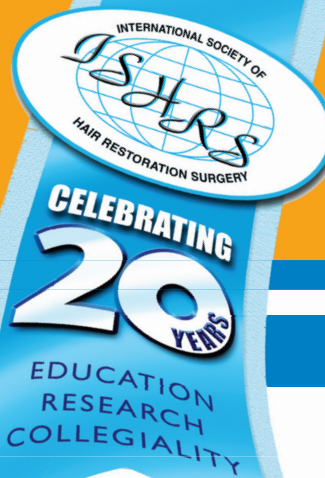




# HAIR TRANSPLANT forum INTERNATIONAL

Volume 22, Number 5 • September/October 2012



CELEBRATING  
20  
YEARS

EDUCATION  
RESEARCH  
COLLEGIALITY

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## 20<sup>th</sup> Anniversary Commemorative Issue



### New Publication Aims at Idea Sharing Among Surgeons

In this age of instant communication and exploding information, it is incongruous that it should take so long to exchange information. The purpose of this informal publication will be the rapid dissemination of ideas, questions, concepts, views and opinions. Its course and content will largely be determined by the comments, questions and reactions of its readers.

void by eliciting ideas, questions and responses from those who are doing hair transplants and getting them into print immediately.

With sufficient reader participation, the newsletter can offer much the same benefits as professional meetings, informal discussions and one-on-one conversation, with the added advantage and convenience of a written record of the dialogue which can be retained for future reference.

A lively debate can be expected, since doctors in the field come from so many different backgrounds and carry out their business in such varied ways.

Good results go unnoticed, but bad results are obvious. One bad result can damage the entire hair transplant community. More rapid communication will reduce bad results and benefit the entire industry—not to mention helping all our patients.

**Timely Information a Must**

Currently it takes up to two years to get an idea into print. Most physicians attend meetings to listen, discuss and learn from one another; but these meetings are infrequent. A doctor who hears of an interesting approach at a conference may be motivated to go back to his or her practice and apply it . . . but may be afraid to try it without more discussion and feedback from other experienced practitioners. This factor is exacerbated by the usual lead-time of 18 months to two years before work on a patient is complete and results can be evaluated.

**Divergent Ideas, Responses Sought**

Hair Transplant Forum will fill the



Hear what your Past-Presidents think about the future of HRS.

Begins on p. 168.

Read what your editors chose as the most influential articles of their tenure.

Reprints begin on p. 180.



## Hair Transplant Forum International Volume 22, Number 5

*Hair Transplant Forum International* is published bi-monthly by the International Society of Hair Restoration Surgery, 303 West State Street, Geneva, IL 60134 USA. 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, 303 West State Street, Geneva, IL 60134 USA. Telephone: 630-262-5399, U.S. Domestic Toll Free: 800-444-2737; Fax: 630-262-1520.

<b>President:</b>	Jennifer H. Martinick, MBBS <a href="mailto:jennifer@martinick.com">jennifer@martinick.com</a>
<b>Executive Director:</b>	Victoria Ceh, MPA <a href="mailto:vceh@shrs.org">vceh@shrs.org</a>
<b>Editors:</b>	Nilofer P. Farjo, MBChB William H. Reed, II, MD <a href="mailto:editors@shrs.org">editors@shrs.org</a>
<b>Managing Editor, Graphic Design, &amp; Advertising Sales:</b>	Cheryl Duckler, 262-643-4212 <a href="mailto:cduckler@shrs.org">cduckler@shrs.org</a>
<b>Cyberspace Chat:</b>	Sharon A. Keene, MD
<b>Controversies:</b>	Russell Knudsen, MBBS
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<b>Hair's the Question:</b>	Sara M. Wasserbauer, MD
<b>Surgical Assistants Corner Editor:</b>	Patrick A. Tafoya <a href="mailto:patrickatafoya@yahoo.com">patrickatafoya@yahoo.com</a>
<b>Basic Science:</b>	Francisco Jimenez, MD Ralf Paus, MD Mike Philpott, PhD Valerie A. Randall, PhD Rodney Sinclair, MBBS Ken Washenik, MD, PhD
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## President's Message

Jennifer H. Martinick, MBBS *Perth, Australia* [jennifer@martinick.com](mailto:jennifer@martinick.com)

### Celebrating and navigating the turning point



Our 20th anniversary celebrations in the Bahamas mark a significant turning point in the history of the International Society of Hair Restoration Surgery. Having established a reputation as the undisputed authority on hair restoration, we have also grown into a stronger, wiser, more progressive, transparent, and accountable Society.

Much work has and will continue to be done to ensure excellence in education and ongoing professional development of members. While this includes a commitment to pushing new frontiers in scientific research, our pledge to remain relevant sees the ISHRS hosting business and practice management courses as well as presentations on public and community relations issues. Delegates at our 20th anniversary meeting will hear of a range of new developments designed to navigate the most optimum pathway forward.

In keeping with a core value of accountability, we will be reviewing our 15-year-old guidelines and by-laws. And, in consolidating developments for improved transparency, I have proposed a Fellowship Members Category—a higher level of quality assurance to which all members should aspire to. The vast majority of members have indicated they are in favour of introducing a Fellowship Category. It will be based on a system of accumulating 50 points through regular attendance at scientific meetings, presenting at meetings, publishing papers, and ongoing professional development.

In accommodating growing interest in FUE harvesting, our next meeting features presentations such as "How I do it" on FUE and body hair transplant, FUE versus strip harvesting graft survival, robotics in FUE, and direct FUE implantation. While there is acknowledgement that FUE has merits in certain circumstances, there is awareness that further research is needed to improve its outcomes and investigate new instrumentations.

All surgical techniques face a learning curve in regards to their evolution and should not be commercialised too early. There is understandable caution among some physicians about embracing new technologies. Physicians are right to seek assurances the technology is sufficiently evolved and to ask themselves if they can be confident the transplant they produce—which won't be completely evident for at least 6-12 months—will reflect well on their professionalism.

It is valuable to remind ourselves that a hair transplant is a walking testimony of our surgical skills, and every doctor should be working to create the highest possible quality transplant. New skills, tools, and technologies are a part of our future and must not be embraced without appropriate research and due diligence. Amongst the skills needed at this turning point in the ISHRS history are expertise in modern communication, particularly social media. Hence, our appointment of integrated social media communications and public relations manager Matt Batt will enable us to establish a recognizable brand for our Society.

I look forward to seeing you all in the Bahamas to celebrate our 20th anniversary and a significant turning point for the ISHRS. ♦

#### Congratulations to a wonderful Society on celebrating its 20th anniversary!

I am so proud to be associated with the ISHRS—a medical society offering an exceptional spirit of international collegiality and friendship. Our Society, which represents some of the most passionate and dedicated physicians from across the globe, has gone from strength to strength.

Having worked hard over 20 years to build a reputation as the undisputed authority on hair restoration, we have progressively grown into a stronger, wiser, more progressive, transparent and accountable society. While it's been a joy to have worked with you all since 1995, I also wish to offer my deepest appreciation for the privilege of serving as your President this past year. Let's celebrate our past and the positive turning point in our future that these anniversary celebrations represent.

*Jennifer*

## Co-editors' Messages

Nilofer P. Farjo, MBChB *Manchester, United Kingdom* [editors@ISHRS.org](mailto:editors@ISHRS.org)



Twenty years on and the ISHRS is a vibrant society with a great track record of bringing hair restoration surgeons together. And it is an exciting time to be a hair restoration surgeon. Many interesting new ideas are coming of age from the development of new surgical techniques to research into cell therapy, growth factors, holding solutions, and the development of new drugs to name a few. There is certainly something to interest everyone. But how have we got where we are today? In my opinion, there are two key elements that have spearheaded the strides forward: great leadership and communication. In this special edition we look back and reflect on the development of the ISHRS and, undoubtedly, the leadership of the founding members set the precedent for those who have subsequently taken on the reigns.

We have asked each of our past presidents for their words of wisdom and the past editors to nominate a few of the articles that they thought were particularly noteworthy. But what has made these individuals good leaders? Dedication, hard work, and volunteering their free time. Look at this issue. I am humbled by the efforts of Richard Shiell who in retirement still consistently contributes. He is a busy retiree but he still gave up his free time taking on the heroic task of reviewing the early years of the Forum before it appeared online. Of course, we mustn't forget the efforts of the Board of Governors, program chairs, workshop directors, committee members, Forum columnists, etc., guided by the great admin team at ISHRS headquarters.

This commemorative issue is about reflecting on where the ISHRS has come from and where it's heading. From a personal point of view, looking back on my first meeting in Toronto was certainly a memorable occasion. I felt out of my depth having only been doing transplants for about a year. There were so many interesting talks and I never imagined that I could emulate the people on the podium. It was quite a few years later that I felt the confidence to even submit an abstract. But what I did learn along the way was that if you work hard and give your free time to the ISHRS, then you are not only welcomed but encouraged to contribute.

If we go down memory lane in this issue, you can see what tremendous strides have been made because of great innovators such as Bobby Limmer, who has to be the ultimate example of a visionary who was well ahead of the field. Just think of how we have developed the ultimate in natural grafting because he dared to suggest that planting hairs one at a time was the way to go. In the future we will probably look back on those ideas we are skeptical of today that in a few years' time will be state of the art. And we will then be laughing at those dinosaurs of today's world.

But the messages from these innovators could not have spread so quickly without communication: and this is where the Forum has become such a valuable asset. Some would argue that it is not a "peer-reviewed" journal so it's of limited benefit. I strongly disagree. Just think of how much you learn from those corridor discussions with colleagues. Learning tips from other surgeons is never a waste of time for those who are willing to try and advance the specialty. One great invention in communication

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William H. Reed, MD *La Jolla, California, USA* [editors@ISHRS.org](mailto:editors@ISHRS.org)

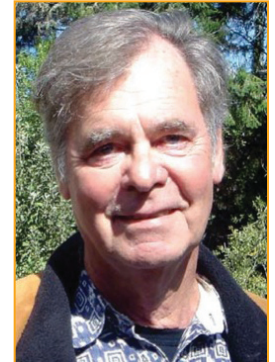


"Why don't you talk about something at these meetings?" Jim Arnold asked in his gentle voice in 1997 only a few years after I began hair transplantation. Jim, who was loved by all in the ISHRS, was generous with his time and encouragement of many young surgeons of that time. He was as attentive to us and took us as seriously as he did his peers, the other Fathers of Hair Transplantation. Jim, because of these traits and an expansive, inquiring mind, went on to win the Golden Follicle and Manfred Lucas Awards. He died in a motorcycle accident five years ago this fall as he was cruising the Gold Country in the foothills of the Sierra Madre Mountains in California. Unique and embodying the best of human nature, Jim was only one of a surprisingly large group of like-minded people whose words you will read or whom you will read about in this Commemorative Issue of the 20th Anniversary of the ISHRS.

Twenty years is a generation for humans but with the spirit personified by Jim, it could be argued that the ISHRS has had four: large grafts and scalp reductions to micro, minigrafting to follicular unit transplantation to ever more mechanized FUE. But perhaps the "generations" I described are not that but trends whose limitations will become apparent by some future revelation in our field. We are deeply indebted to the huge effort by Richard Shiell who summarized the progression of ideas in the early days and those leading up to

the founding of the ISHRS and through the nineties. He makes you aware that ideas come and go... and perhaps come again in a modified version. Will improvements such as HairCheck reveal previously unappreciated advantages or limitations to one technique or another? Is hair mass superior with the small minigraft vs. the skinny follicular unit graft from a strip vs. the even skinnier graft of some FUE techniques? Aren't there some indications for scalp reduction or hairline advancement techniques? Does FUE, which leaves the non-hair bearing skin in the donor and takes only the follicular unit, deplete the donor of hair mass prematurely compared to the strip harvest? What a subtle equivalent of a "follicular holocaust" that would be. Salt water is unexcelled as our storage solution. Seriously?

These and other questions that you will think of that I haven't compel me to want to ask each of you, "Why don't you talk about something?" so that when we look behind us in another twenty years we will again be as pleased (and even slightly amazed!) at the progress accomplished by the spirit central to the ISHRS: the collegial, energetic sharing of ideas. "Why don't you talk about something?" ♦



Dr. Jim Arnold, one of the founding fathers of HT, encouraged us to "talk about something." Jim personified the values and spirit of the ISHRS.

## 2011–12 Chairs of Committees

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## Editorial Guidelines for Submission and Acceptance of Articles for the Forum Publication

- Articles should be written with the intent of sharing scientific information with the purpose of progressing the art and science of hair restoration and benefiting patient outcomes.
- If results are presented, the medical regimen or surgical techniques that were used to obtain the results should be disclosed in detail.
- Articles submitted with the sole purpose of promotion or marketing will not be accepted.
- Authors should acknowledge all funding sources that supported their work as well as any relevant corporate affiliation.
- Trademarked names should not be used to refer to devices or techniques, when possible.
- Although we encourage submission of articles that may only contain the author's opinion for the purpose of stimulating thought, the editors may present such articles to colleagues who are experts in the particular area in question, for the purpose of obtaining rebuttal opinions to be published alongside the original article. Occasionally, a manuscript might be sent to an external reviewer, who will judge the manuscript in a blinded fashion to make recommendations about its acceptance, further revision, or rejection.
- Once the manuscript is accepted, it will be published as soon as possible, depending on space availability.
- All manuscripts should be submitted to [editors@ishrs.org](mailto:editors@ishrs.org).
- A completed Author Authorization and Release form—sent as a Word document (not a fax)—must accompany your submission. The form can be obtained in the Members Only section of the Society website at [www.ishrs.org](http://www.ishrs.org).
- All photos and figures referred to in your article should be sent as separate attachments in JPEG or TIFF format. Be sure to attach your files to the email. Do NOT embed your files in the email or in the document itself (other than to show placement within the article).
- We CANNOT accept photos taken on cell phones.
- Please include a contact email address to be published with your article.

*Submission deadlines:*

October 5 for November/December 2012 issue

December 5 for January/February 2013 issue

## Farjo Message

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that has made it possible for us all to educate ourselves and the public is the World Wide Web. At the recent opening ceremony of the Olympics, Sir Tim Berners-Lee, its inventor, was present. A news broadcaster made the comment, "Sir Tim Berners-Lee, who's he?" The other replied, "Google him." This invention only happened just before the ISHRS was founded when even cell phones weren't in common use. And look at how it has impacted our way of transferring knowledge. These days we can't seem to run our lives without the internet and to think that this invention was given away free! A true inspiration for us all. ♦

## INTERNATIONAL SOCIETY OF HAIR RESTORATION SURGERY

**Vision:** To establish the ISHRS as the leading unbiased authority in hair restoration surgery.

**Mission:** To achieve excellence in patient outcomes by promoting member education, international collegiality, research, ethics, and public awareness.