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**OCTOBER 17-25
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The Life and Legacy of O'Tar T. Norwood: A Founding Father of the Norwood-Hamilton Classification System for Male Pattern Baldness, the *Forum*, and the ISHRS

Aditya K. Gupta, MD, PhD, FISHRS | London, Ontario, Canada; Jeffrey S. Epstein, MD, FISHRS | Miami, Florida, USA

Dr. O'Tar T. Norwood, a globally prominent physician who was founder of our journal, *Hair Transplant Forum International*, and co-founder of the International Society of Hair Restoration Surgery, has left a legacy that will forever impact the hair transplant field.

Dr. Norwood was one of the original pioneers in hair transplant surgery. With the increasing popularity of this technique in the 1970s, he recognized the need to establish a widely accepted, uniform, and accurate method for classifying male pattern baldness in order to successfully screen and identify good candidates for hair transplant surgery. Previous classification scales had been published, but their limitations kept them from being widely adopted.

The first classification system was published by Beek in 1950 where he evaluated 1,000 Caucasian males with patterned hair loss and proposed a two-type classification system: frontal baldness and frontovertex baldness;¹ however, this system was too simple and did not

account for evolutionary stages of hair loss. In 1951, based on an evaluation of 312 normal men and 104 eunuchs and eunuchoid men, Hamilton proposed a more detailed classification system with an elaborate description of the various evolutionary stages of hair loss, but this scale was missing the inclusion of a few rare patterns and was based on a small population. Hamilton also elegantly demonstrated that male pattern baldness was interdependent on androgens, genetic predisposition, and age.²

Dr. Norwood published his revolutionary study in 1975 that founded the currently most accepted male pattern baldness classification system, the Norwood-Hamilton scale (Figure 1).³ Using the previously published Hamilton scale as a guide, Dr. Norwood evaluated 1,000 individuals and made modifications and added considerable detail to the scale to better conform to observed stages of hair loss. Dr. Nor-



O'Tar T. Norwood
Feb. 1, 1931 – Jul. 28, 2020

FIGURE 1. Norwood-Hamilton Male Baldness Classification Scale

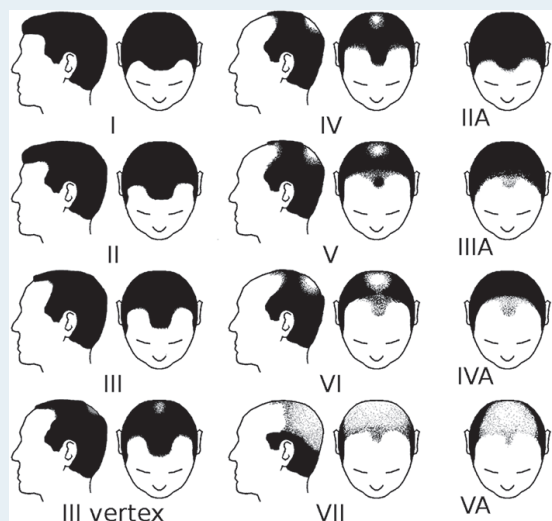


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President's Message

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As my last message as ISHRS president, I would like to reflect a little on the journey that brought me here. When I joined the ISHRS, I never dreamt I would

become the president of the most prestigious international scientific society in hair surgery. It is difficult to express how much this society has meant to me in my professional career and personal life. No other society that I know of embraces the spirit of friendship and collegiality like the ISHRS. This spirit has been handed down from O'Tar Norwood and the founding members who, with generosity and altruism, developed the model of the society that persists today. I remember back then, when I'd just become a hair surgeon, how prestigious doctors such as Bobby Limmer, Dow Stough, and Jim Arnold, among many others, were willing to share their surgical techniques with us, hiding nothing, while at the same time encouraging all new doctors to pass on any knowledge they had to them. In reality, they gained nothing in exchange as we novice doctors had so little to teach them. I also remember how, during the breaks of the meetings, these true luminaries would invite me for a drink or for dinner, and would always treat me as a peer. That is what I call collegiality, and it is something that has been transmitted to all subsequent generations of ISHRS members.

Isn't it kind of unusual that a doctor working in such a remote place like the Canary Islands—albeit beautiful and blessed with a wonderful climate—ended up as president of the largest scientific society of hair surgeons in the world? Well, it just demonstrates that any ISHRS member can become a Board member and, from that stepping stone, have the chance to become president. All that is needed is to be generous in thought or deed without requesting anything in return, the same type of gesture that was so clearly evident in our founders. I always give the same two pieces of advice to all the ISHRS members who ask me how they can become more involved in the ISHRS. First, you have to show your scientific value by presenting abstracts at the meetings so that people get to know your face and value as a clinician, surgeon, or scientist. It is not easy, and it takes courage to stand in front of hundreds of peers giving a talk, especially if English is not your native language. And second, you should volunteer to serve on the different committees.

The criticisms that I occasionally hear about the “anti-democratic” nature of the ISHRS tend to come from people outside of our society and don't bother me at all. What does bother me is when I hear that same argument coming from ISHRS members (and I am sorry if any reader feels personally alluded to by this comment). In this case, the criticism generally comes from members who feel that they should be on the Board, or at least have greater recognition or a

leadership position in the ISHRS. To me, this type of stance reveals a lack of humbleness and patience. I assure you that if a member works hard and diligently for the ISHRS, his/her merits will be recognized sooner or later, but first you have to bide your time and swallow your pride. Having an extroverted personality or special social skills is of little or no relevance if the goal is to attain a leadership position in the ISHRS. I am a good example of that. In the ISHRS, we value modesty and humility far more than arrogance and showy manners.

My tenure as president has been marked by the outbreak of the COVID pandemic. As soon as we realized the magnitude of the pandemic, I tried, with the excellent assistance of Victoria Ceh and the Executive Committee, to keep our members in as close contact as possible with the ISHRS, setting up webinars and helping our members with guidelines on the preventive measures required to enable our clinics to open again. Faced with such a complicated situation, we had to make some rapid decisions and changes, including budget readjustments and, of course, the cancellation of the World Congress in Panama. But positive experiences can nevertheless emerge from difficult times, and I am excited about the development of the virtual World Congress in October.

As part of this farewell message, I would like to thank all the people who have gone out of their way to help me, but the list is so long that there is enough space to mention just a few. First, Victoria Ceh for always being there when needed, for organizing everything and handling situations with the skills and excellence we have grown accustomed to over the years. I would also like to express my gratitude to our past president, Arthur Tykocinski, for his unconditional support. A special mention, too, for our next president, Paul McAndrews, our gifted treasurer, Kapil Dua, and our diligent secretary, Nilofer Farjo. After working closely with these individuals, I can assure you that the ISHRS will be in good hands for the next few years.

I also wish to thank our co-editors, Aditya Gupta and Jeffrey Epstein; the Board of Governor members for their support and active involvement in what on occasions have been complex and onerous matters; Brad Wolf for his hard and excellent work as Chairman of the Virtual Congress; and all our committee chairs, including the ad hoc chairs formed during the COVID pandemic.

Finally, while I have undoubtedly made mistakes like anyone else, I can assure you that I have always tried my very best as president to make all decisions based solely on the best interest of the ISHRS and its members.

I very much look forward to seeing you online at the 28th World Congress Virtual 2020. ■

Co-Editors' Messages



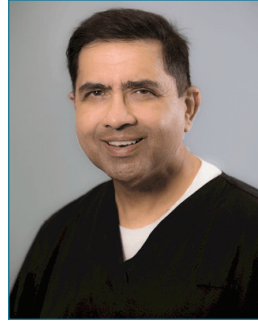
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During the preparation of this special issue, I could not but wonder how humbled, even surprised Dr. Norwood would be by the accolades bestowed upon him. It is my experience that this is one of the more common—and certainly noble—traits possessed by those who do great things, for they seem to do so not for the pursuit of fame or fortune, but merely because it is the commonsense thing to do. Identify a need, in this case needs (for a more accurate MPB classification scheme, for a scientific meeting that led to the formation of a society of like-interested hair restoration surgeons, and, finally, for a publication to facilitate the rapid transmission of these surgeons' ideas), then fill that need. Easy-peasy, simple. Then, have a scotch.

O'Tar, without your efforts and foresight that resulted in my attending that first hair meeting in Dallas in 1993, that resulted in my recognizing that this was to become an incredibly exciting innovative field, that drove me to focus on hair restoration surgery during my fellowship with my mentor, Shelly Kabaker, that led me to write articles for the *Forum* that allowed me to feel relevant, I would not have so much of what are so important to me today: professional fulfillment, appreciation of 25 years' worth of patients, a worldwide collection of HRS colleagues who are meaningful friends, the respect of (and referrals from!) my plastic surgery colleagues for my expertise, and of course my wife, Gorana, with whom 10 years after meeting in the Boston convention center hall we share son Alex and a daughter on-the-way.

Deep and sincere gratitude, O'Tar. I can't help but wonder how amazed you would be over how admirably your society is conducting its first virtual annual meeting. And to keep true to your commonsense approach, Aditya and I made sure to include in your dedication issue some outstanding columns and original articles, maintaining the mission of the *Forum*—the rapid dissemination of ideas amongst colleagues... and friends.

Of special interest in this issue is Dr. Ralf Paus's contribution by invitation, which presents some of the many fascinating traits of the hair follicle, making it one of the most versatile and valuable areas of study for researchers in many different fields ranging from dermatology to neurology to endocrinology. Dr. Paus wanted to package this as a binge-worthy read, but he agreed to divide it into four sections, section one which is presented here. So, give your online streaming service a break and spend some time reading about the hair follicle. ■



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Dr. O'Tar Norwood has been an inspiration to us all. He will forever be remembered by the hair restoration community, and his memory will live on in the *Forum*. We have dedicated much of this issue to tributes from his closest colleagues and friends to commemorate his legacy.

When we hear of an icon passing, it can be shocking. Even if you don't know the icon personally, you feel a kinship with them. Their work was influential or perhaps shaped your life or livelihood. I feel it is safe to say a substantial portion of ISHRS members felt this kinship with Dr. Norwood. We started, or continued, our practices with his guidance through the *Forum*, listened intently to his presentations at ISHRS congresses, and, of course, still continue to use his scale on a daily basis when evaluating candidates for hair restoration therapy. His influence has shaped not only our specialty but our own practices. There is no doubt Dr. Norwood was an icon to all in the hair restoration field. And it can be hard when our icons depart this world. We grieve as we feel our world just got smaller, less interesting.

If you haven't noticed, we seem to be living in a *weird* moment in history with bad news around every corner. But, in the spirit of Dr. Norwood's "glass half full" attitude, let's celebrate that we were all lucky to be alive during his time here and that we have the *Forum* and the ISHRS from him to hold on to. We also have multiple generations of hair transplant surgeons who have been inspired by his work!

I implore you to take some time to read all of the heartfelt tributes to Dr. Norwood. Take a moment to grieve. Then, as a lasting tribute to Dr. Norwood, channel your creativity and keep advancing the field of hair restoration with your inspiring ideas, novel approaches, lively debate, and perseverance.

Keeping with the theme of advancing the hair restoration field, we have a few original contributions as well as columns in this issue that are tantalizing reads. Paul Rose enlightens us about how natural hairlines are actually asymmetrical, and he encourages us to incorporate an element of asymmetry into the surgical planning and hairline design. Pradip Atodaria introduces an innovative instrument that creates brick-pattern slits, and Ralf Paus debuts the first installment of a series of four articles about the neuroendocrinology of the human hair follicle. Our columnists, as always, present provocative and engaging topics such as the relationship between AGA and COVID-19 (Hair Sciences), the ethics of framing and nudging regarding informed consent (Medical and Professional Ethics), adipose-derived stem cells and hair restoration (Regenerative Medicine and Hair Loss), and development of the implanters (Hear from the Assistants). ■