

FORUM

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HAIR TRANSPLANT FORUM INTERNATIONAL

IN THIS ISSUE

Exploring Safe Donor Follicle Harvesting in Follicular Unit Excision: A Comprehensive Review

Three Simple Steps for a Refined Strip Harvesting (Follicular Unit Strip Excision)

How I Do It: Innovative Storage Device

Celebrating the Life and Legacy of ISHRS Founding Member, Sheldon Kabaker—A Mentor, A Friend, A Talented Surgeon—In the Words of Those Who Knew Him Best



Shelly and his beloved wife of over 30 years, Marcia.



Danny Rousso, who was ISHRS president at the time, presented the Manfred Lucas Award to Shelly at the 2000 Annual Scientific Meeting in Hawaii.

SAVE THE DATE

DENVER2024
32ND WORLD CONGRESS
OCT 17-19
WITH
LIVE SURGERY WORKSHOP
OCT 15

INTERNATIONAL SOCIETY OF
ISHRS
HAIR RESTORATION SURGERY

32NDANNUAL.ORG

Sheldon S. Kabaker, MD, FISHRs June 29, 1939 – December 8, 2023

In this issue we celebrate the life and work of Sheldon Kabaker who was one of the Founding members of the ISHRS. As one of the ten original Board Members, he helped to shape the society into what it stands for today. A leader, a teacher, and a man of great surgical talent from whom many of us learnt about the hairline lowering technique with trichophytic closure. With his wife, Marcia, he traveled the world to join in our many meetings and social events. Here we have a look back over his life through the words and pictures of his friends and colleagues.

—Nilofer Farjo, Chair, Past Presidents Committee



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Message from 2024 ISHRS World Congress Program Chair	Henrique N. Radwanski, MD

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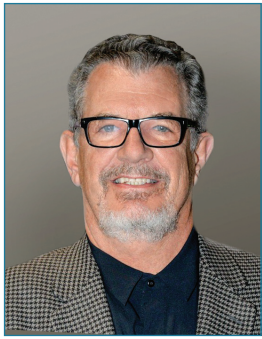
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President's Message

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Education and Excitement Await: Details for the 32nd Annual ISHRS Congress

The ISHRS is synonymous with excellence in the field of hair restoration surgery and stands on three pillars: research, education, and collegiality. Our most active pillar is education. An important key to success in life is taking advantage of educational opportunities at all levels to further one's knowledge. The ISHRS offers numerous educational opportunities including webinars (for CME credit), live surgery workshops, meetings in association with Global Council societies, an annual cadaver workshop, and the "Big One," our annual Congress. This year is the 32nd, scheduled for October 16-19 in Denver, Colorado.

For Denver, the Scientific Committee has been chosen, and Program Chair Henrique Radwanski, from Brazil, is fully engaged in finding featured speakers to accent the Scientific Program, which will be built on your submitted abstracts. Please see the Program Chair's message on page 29 to become acquainted with Henrique. His career is impressive and has certainly qualified him to lead us on the road to Denver. You should receive the call for abstracts by the time you read this message. It will last about three months. The more abstracts we have, the richer and more diverse our program will become.

There would be no annual meeting without the participation of our dedicated ISHRS members. Seasoned veterans who have proven to be hard workers and good communicators occupy prominent positions at our annual meetings. Some attendees complain that they always see the same members over and over. It's difficult to argue with success, but we are always looking for eager volunteers to fill entry-level positions. In the future, if you want to volunteer to help with the meeting, approach any member of the Board of Governors, ISHRS administration staff, and/or members involved with the meeting to let them know you would like to get involved. Submit an abstract, present a lecture, attend the Newcomer's breakfast and Welcome Reception to meet established members. We are always looking for and will recognize those who are dedicated to the values of the ISHRS and are interested in getting started on the path to leadership.

The average temperature in Denver in mid-October ranges from 37°-68°F (3°-20°C). Colorado has unique weather patterns due to the mountains, which can result in unseasonably warm or cold conditions just about any time during the year. It can snow as early as September 1, but temperatures in the 60s or higher can occur from October through March. Typically, however, the best weather can be found between May and October. In other words, the weather is unpredictable at this time of year near the Rocky Mountains. In addition to the usual city attractions (museums, parks, the zoo, capital building, restaurants, breweries), the mountains offer an array of unique opportunities including day trips by

bus or car to national parks, hiking, biking, spectacular golf courses, the Coors Brewery in Golden, and The Red Rocks Park and Amphitheater. So, check out the weather and all the activities in advance and plan your travel and activities accordingly.

Red Rocks Amphitheater, designated a National Historic Landmark by the National Park Service and Department of the Interior, offers an acoustically flawless experience amidst the breathtaking beauty of ochre sandstone.



Just a short drive from Denver, outdoor lovers can check the Rocky Mountains off their bucket list.



A Victory for Science

In 1983, the United States Federal Drug Administration (U.S. FDA) banned prosthetic hair fibers, but they remain legal and used in some countries. In 2020, ISHRS member Konstantinos Anastassakis (FISHRS) had a lawsuit filed against him by a fiber manufacturer due to an opinion article he published. This article raised awareness by analyzing the serious effects of these fibers on the patient's scalp and health. He recently notified the ISHRS that he successfully defended himself against this lawsuit. Dr. Anastassakis was supported by many ISHRS members. Congratulations to him for his persistence and scientifically substantiated claims which led to his success. As he commented, this is "a great victory for science and the free spirit of expression of scientific opinion." It is indeed a victory for all of us. ■



Co-Editors' Message

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We wish you all a happy New Year and hope that the year ahead brings you all health, success, and happiness. We are excited for all that 2024 will bring for the ISHRS and the *Forum*.

This first issue of 2024 is a great reminder of the importance of upholding the pillars of the ISHRS in the past, present, and future.

The messages from many members honoring and celebrating the life of Dr. Sheldon Kabaker, founding member of the ISHRS, highlight the great legacy and impact he will leave through his advancements in the field of hair restoration, willingness to teach and mentor, and many connections he made within our community and beyond. He truly embodied the three pillars of the ISHRS: research, education, and collegiality. In his President's Message, Dr. Bradley Wolf discusses these pillars and focuses on the upcoming educational efforts of the society through the 32nd Annual World Congress, which will be held October 17-19, in Denver, Colorado. Dr. Henrique Radwanski provides his background and excitement on being the ISHRS 2024 World Congress Program Chair. As you plan conferences and workshops to attend this year, don't forget to consider the updates to the ISHRS Point System and Membership Requirements, which can be found on page 19.

This issue includes original articles on optimizing donor harvesting in follicular unit excision (FUE) and follicular unit strip excision (FUSE). Drs. Anil and Seema Garg review key concepts to consider for safe donor follicle harvesting in FUE. Drs. Blythe Ke and Damkerng Pathomvanich describe three steps for refined FUSE in those with high donor density, curly hair, or thick/firm skin, which is an update to the open/skin hook technique previously described by Dr. Pathomvanich. Additionally, Dr. Timothy Carman's How I Do It column provides details on an innovative graft storage device developed by Drs. Pradip and Kuldeepsinh Atodaria and colleagues.

Our regular features round out this issue. The Notable Articles Project provides valuable commentary on the 1995 article by Dr. Kabaker, "The Hair Transplant Surgeon Dealing with His Own Baldness." Dr. Luis Nader provides commentary on the often-overlooked practical consideration of the impact of a surgeon's appearance on some patients and how to appropriately address and discuss this. Dr. Guillermo Guerrero's Literature Review summarizes recent studies on hair transplant in primary scarring alopecias. Dr. Sara Wasserbauer's Hair's the Question reviews JAK-STAT inhib-



Looking for inspiration? Check out past issues of the *Forum* dating back to its inception; these can be found on ePUB at <https://www.ishrs-htforum.org/>.

itors. Dr. Steven Gabel's ABHRS President's Corner summarizes the important work of the organization and provides important information on upcoming examination dates.

As you plan for the year ahead, we encourage you to think about any new research, techniques, observations, or difficult cases that you have developed and encountered over the last year. We

invite you to share them with your hair surgery colleagues through the upcoming World Congress and by submitting an article to the *Forum*. There are multiple ways to contribute to this journal. In addition to sending in an original scientific article, you can also submit to any of our various columns: How I Do It, Complications and Difficult Cases, Letter to the Editor, and The Notable Articles Project (you pick the article and write the commentary). Looking for inspiration? Check out past issues of the *Forum* dating back to its inception; these can be found on ePUB at <https://www.ishrs-htforum.org/>. Search by keyword, author, or date of publication.

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