

## TABLE OF CONTENTS

- 1 Hair Restoration with Non-Ablative Er:YAG Laser
- 3 President's Message
- 4 Co-Editors' Message
- 5 Notes from the Editor Emeritus: Dr. Russell Knudsen
- 9 Call for Co-Editors—2026–2028
- 10 The Notable Articles Project
- 16 Controversies: To Shave or Not to Shave? That Is the Question
- 18 Literature Review
- 20 A Seat at the Table: Notes from the 2024 AMA Interim Meeting
- 22 How I Do It: Clinical Observations on the Use of Adipose-Derived Stem Cells Harvested from FUT Strip Fat
- 25 Hair's the "Half-Day Course—Afro Hair Restoration" Questions
- 29 Message from the ISHRS 2025 World Congress Program Chair
- 30 ABHRS President's Corner
- 33 Calendar of Events

## HAIR TRANSPLANT FORUM INTERNATIONAL

is published bi-monthly by the  
*International Society of Hair Restoration Surgery*

First-class postage paid Milwaukee, WI and  
additional mailing offices.

POSTMASTER Send address changes to:

*Hair Transplant Forum International*  
*International Society of Hair Restoration Surgery*  
1932 S. Halsted St., Suite 413  
Chicago, IL 60608 USA  
Telephone 1-630-262-5399  
Fax 1-630-262-1520

President	Ricardo Mejia, MD, FISHRS president@ishrs.org
Executive Director	Victoria Ceh, MPA vceh@ishrs.org
Co-Editors	Natalie Kash, MD Luis A. Nader, MD, FISHRS forumeditors@ishrs.org
Managing Editor & Advertising Sales	Cheryl Duckler ishrsduckler@gmail.com

## COLUMNISTS

ABHRS President's Corner	Rana Irfan, MBBS, FISHRS
Controversies	Russell G. Knudsen, MBBS, FISHRS
Hair's the Question	Sara M. Wasserbauer, MD, FISHRS
Hear from the Assistants	Marwan Noureldin, MSc
How I Do It	Timothy Carman, MD, FISHRS
Literature Review	Guillermo A. Guerrero, MD
Message from the ISHRS 2025 World Congress Program Chair	Samuel Lam, MD, FISHRS

The views expressed herein are those of the individual author and are not necessarily those of the International Society of Hair Restoration Surgery (ISHRS), its officers, directors, or staff. Information included herein is not medical advice and is not intended to replace the considered judgment of a practitioner with respect to particular patients, procedures, or practices. All authors have been asked to disclose any and all interests they have in an instrument, pharmaceutical, cosmeceutical, or similar device referenced in, or otherwise potentially impacted by, an article. ISHRS makes no attempt to validate the sufficiency of such disclosures and makes no warranty, guarantee, or other representation, express or implied, with respect to the accuracy or sufficiency of any information provided. To the extent permissible under applicable laws, ISHRS specifically disclaims responsibility for any injury and/or damage to persons or property as a result of an author's statements or materials or the use or operation of any ideas, instructions, procedures, products, methods, or dosages contained herein. Moreover, the publication of an advertisement does not constitute on the part of

ISHRS a guaranty or endorsement of the quality or value of the advertised product or service or of any of the representations or claims made by the advertiser.

Hair Transplant Forum International is a privately published newsletter of the International Society of Hair Restoration Surgery. Its contents are solely the opinions of the authors and are not formally "peer reviewed" before publication. To facilitate the free exchange of information, a less stringent standard is employed to evaluate the scientific accuracy of the letters and articles published in the Forum. The standard of proof required for letters and articles is not to be compared with that of formal medical journals. The newsletter was designed to be and continues to be a printed forum where specialists and beginners in hair restoration techniques can exchange thoughts, experiences, opinions, and pilot studies on all matters relating to hair restoration. The contents of this publication are not to be quoted without the above disclaimer.

The material published in the Forum is copyrighted and may not be utilized in any form without the express written consent of the Editor(s).

Copyright © 2025 by the  
*International Society of Hair Restoration Surgery*,

1932 S. Halsted St., Suite 413  
Chicago, IL 60608 USA

Printed in the USA.



Official Publication of the  
*International Society of Hair Restoration Surgery*