



forum

VOLUME 9, NUMBER 5

SEPTEMBER/OCTOBER 1999

Rethinking Some Cornerstones of Hair Transplantation

William Reed, MD *La Jolla, California USA*

In May, I had the pleasure of addressing the American Society of Dermatologic Surgery about my study involving the survival of minigrafts harvested by the multibladed knife. The study was supported by a grant from the ISHRS. In the process of modifying the talk from the one presented last year in Washington to the ISHRS, additional developments have appeared that I would like to share with you. I would like to do so in the spirit of continuing the lively discourse currently involving follicular unit vs micro-/minigrafting techniques.

To briefly summarize my study, it looked at intact and intentionally transected 3 and 4 hair minigrafts and determined survival. Additionally, it assessed transection rates of minigrafts from over 50 cases when using the multibladed knife and when the 2mm strips were cut into grafts with 4x loops. Transection rates were 8% for the multibladed harvest and 4% for the conversion of strips to minigrafts. The overall survival rate was 98.4% at eight months with 104% of intact graft hairs present, and an overall 60% growth for transections. These findings are in line with transection rates reported by Limmer¹ and survival rates of transected follicles reported by Kim².

My conclusions were:

1. Excellent growth rates of transplanted hair are obtained with multibladed harvesting (MBH) and that it is unclear that elliptical excision and microscopic dissection (EEMD) is superior to MBH based on the results of this study.
2. With regard to cost/benefit considerations, in view of number 1 above and the increased difficulty of maintaining quality control, as well as the increased effort of producing grafts with EEMD (twice as many person hours and a longer technician learning curve), it would appear that MBH is superior to EEMD.
3. And, therefore, the hair transplant surgeon serves both quality control and efficiency by focusing efforts on his/her MBH technique rather than on training and supervising technicians to perform dissection with the microscope.

In a little over two years after the Nashville ISHRS meeting, where the follicular unit concept surfaced with seven talks titled around "megasessions," "dense packing," and "dissecting microscope," the following reflects the sea change of opinion.

The term *follicular unit* is proposed to imply mandatory use of elliptical excision and microscopic dissection. Even more startling, these statements

continued on page 138

In every issue...

| | |
|--------------------------------------|-----|
| President's Message | 134 |
| Editors' Messages | 135 |
| Notes from the Editors Emeritus | 136 |
| Salute to Surgeons of the Month | 137 |
| Cyberspace Chat | 148 |
| The Dissector | 152 |
| From the Literature | 154 |
| Letters to the Editors | 158 |
| Assistants' Corner | 159 |
| Classified Ads | 163 |

In this issue...

| | |
|--|-----|
| University of Paris VI—Diploma of Scalp Pathology and Surgery Schedule ... | 141 |
| Concerning "Power Point" Presentations and Transplant Photography | 143 |
| Graft Implantation Techniques | 145 |
| Technician Graft Cutting Study | 150 |
| Hemostasis with Minimal Epinephrine | 153 |
| Hairline Placement: Not Getting It Wrong the First Time | 155 |

President's Message

A Few Parting Words

Sheldon S. Kabaker, MD Oakland, California USA



This is my last presidential address for this publication, and in it I would like to summate some of the accomplishments that have been achieved by the

ISHRS in this past year. Hopefully, many of you will be attending the meeting where these facts will be discussed in further detail at the business meeting.

First, we have enhanced the committee structure trying to make the committees functional, continuing and rotating in regard to function and future chairmanship. We wish to get the younger hair transplant surgeons involved in the integral and ongoing aspects of our society. Many of our committees have become very active over this past year and have brought new ideas and member benefits to the Society. It is exciting to see our Society's committee structure grow and mature.

Our Web Site Committee has been extremely successful in producing an up-to-date, informative, user-friendly and easy-to-find Web site for the public and for the members. The Committee enhanced the Find a Doctor feature on the site, which allows prospective patients to search through our membership both geographically and by name. We've also added the option of including a Physician Profile as a benefit of membership. We look forward to further developing the Web site and continuing to monitor and update its functions.

We have produced a patient brochure on hair loss for members to use with their prospective patients and to display

in their offices. Dr. Paul Cotterill chaired the task force to produce the brochure, which we hope many of you will find useful. It is an excellent piece that was written by several physician members of the Society. Obviously, it will need periodic updates. We are providing 50 free brochures to each physician member of the Society and more copies can be purchased for a nominal charge. This is yet another benefit of membership.

We have completed two member surveys that provided us with valuable data on assessing the background and needs of our members so we can provide the best service and the most appropriate subjects to be presented at our annual meetings. We have been initiating measures to increase the assistant membership and participation at our Annual Meeting, and we hope that enrollment at the Annual Meeting will reflect this work. Dr. Jim Vogel, with the Scientific and Education Committee, has worked hard to publicize and formalize the ISHRS Research Grant process and application. Last year we were unable to award all of

the grant monies because only a few applications were received. However, this year interest has increased immensely, as we have received 14 complete applications. The Scientific and Education Committee will have a difficult time rating and choosing only 5 to receive the grants.

We have entered into final negotiations with the founders of the World Hair Society for the ISHRS to sponsor the Spring Workshop, which will be totally an ISHRS function. The Spring Live Surgery Workshop will function as it always has under the highly competent direction of Dr. Matt Levitt to provide a hands-on or over-the-shoulder learning experience that cannot be achieved in a large meeting emphasizing didactic presentations. We plan for the scientific results of the Spring Workshop to be presented annually at the ISHRS fall Annual Meeting, therefore tying the two meetings closely together.

This past year we went through the vigorous process and applied for ACCME accreditation so that the ISHRS could grant ACCME Continuing Medical

continued on page 140

Hair Transplant Forum International ■ Volume 9, Number 5

Hair Transplant Forum International is published bi-monthly by the International Society of Hair Restoration Surgery, 930 North Meacham Road, Schaumburg, IL 60173-4965. First class postage paid at Schaumburg, IL and additional mailing offices. POSTMASTER: Send address changes to Hair Transplant Forum International, International Society of Hair Restoration Surgery, Box 4014, Schaumburg, IL 60168-4014. Telephone: 847/330-9830; Fax: 847/330-1135.

President: Sheldon Kabaker, MD
Executive Director: Victoria Ceh
Editors: Dow Stough, MD, and Russell Knudsen, MB, BS
Assistant's Editor: Cheryl Pomerantz, RN
Graphic Design: Cheryl Duckler
Advertising Sales: Gordon L. Deal, 843/681-7825; Gordondl@aol.com



Copyright © 1999 by the International Society of Hair Restoration Surgery, 930 North Meacham Road, Schaumburg, IL 60173-4965. Printed in the USA.

The International Society of Hair Restoration Surgery does not guarantee, warrant, or endorse any product or service advertised in this publication, nor does it guarantee any claim made by the manufacturer of such product or service. All opinions expressed are those of the authors, and are made available for educational purposes only. The material is not intended to represent the only, or necessarily the best, method of procedure appropriate for the medical situations discussed, but rather is intended to present an approach, view, statement, or opinion of the author that may be helpful to others who face similar situations. The ISHRS disclaims any and all liability for all claims that may arise out of the use of the techniques discussed.

The ISHRS Golden Follicle Award sculpture, as seen on the cover of this issue, was designed by Francisco Abril, MD. Dr. Abril offers for sale, copies of a small bronze hair follicle sculpture (10" high). For more information, please contact: Clinica Dr. Francisco Abril, PO dela Habana, 137, 28036 Madrid, Spain. Phone: 34-1-359-1961; Fax: 34-1-359-4731.

Editors' Messages



Russell Knudsen, MB, BS
Sydney, Australia

Credentialing of the rapidly growing cosmetic surgery industry is a "hot" topic in many countries. The formation of the American Board of Hair Restoration Surgery has its

share of critics but seems a sincere attempt by many respected figures in the field to provide a believable credential that requires a considerable degree of knowledge to achieve. The recently formed Australian College of Cosmetic Surgery is developing exams in both laser

and hair surgery to credential members for placement on "procedure specific" registers. I have recently received notification from Dr. Pierre Bouhanna (Paris, France) of a one-year Diploma of Scalp Pathology and Surgery under the auspices of the University of Paris VI School of Medicine. This comprehensive course begins in November this year and concludes in May 2000. It has an excellent speaker faculty and looks highly impressive. Interested parties should contact Dr. Bouhanna before September 21. It will run again in 2001. Further details are in Upcoming Events. We can only hope it is a prototype for other programs in other parts of the world.

This is the last *Forum* before the 7th Annual Scientific Meeting of the

ISHRS in San Francisco. By now you should have the Meeting Program and be impressed, like me, with the outstanding array of lectures and speakers. Prudence dictates that CME points in hair restoration surgery are going to be of greater importance in the increasingly scrutinized area of cosmetic surgery. If you haven't attended one before, take the opportunity now. Those who have attended previous meetings usually come back. The team approach required by modern techniques suggests that your assistants should also attend.

Dow and I look forward to seeing and speaking with you at the meeting.

Russell Knudsen, MB, BS



Dow B. Stough, MD
Hot Springs, Arkansas
USA

A picture is worth a thousand words.... Well, forget the picture, we want your words. When this issue comes to press, we will be just weeks away from the San Francisco meet-

ing. This meeting represents our big "coup de grace," in which all the innovations from the past year are discussed and debated. Implementing any new idea or technique into practice is never easy,

but always necessary. Along this same line, Russell and I have tried to infuse new articles and columns into the *Forum*. Most readers have been pleased with the new look and tone. For further improvements to the *Hair Transplant Forum*, it will require an entire Society effort.

I propose that all of those in attendance at the upcoming meeting in San Francisco consider writing down your thoughts on the specific presentations—the good ones, the bad ones, the repeats, and especially your favorite talk. I will then put together a special article that reflects the views as to what was learned and the valuable

knowledge that was taken home. It is only with a great deal of effort and expense that we leave our practices and attend scientific sessions, so it seems we can benefit the most by a concerted effort that details your thoughts on the presentations. Criticisms are just as valuable as new ideas. I therefore invite each of you to consider writing a paragraph, a page, or even a more detailed report on what you gleaned in San Francisco. Rest assured that whatever you give, you will have gained far more in return.

Dow Stough, MD

Retraction

Mr. William Lenihan wrote the lead article for the last *Forum*. We regrettably did not list his Web site address: www.thebaldman.com/soyoure.htm. Out of courtesy, we did list his e-mail address—lenihan3we@earthlink.net—and we will list it again so that if you would like to correspond with him you may.

To Submit an Article or Letter to the *Forum* Editors

Please send submissions via a 3½" disk or hard copy original (faxed copies do not scan easily into the computer), double-space, and use type size 12—or you can submit articles via e-mail. **We would prefer e-mail submissions.**

Submit all North American entries (Canada, USA, Mexico) to:
Dow Stough, MD
One Mercy Lane, Suite 304
Hot Springs, AR 71913
e-mail: ssough@cswnet.com

All other entries to:
Russell Knudsen, MB, BS
152 Ocean Street
Edgecliff 2027
AUSTRALIA
e-mail: russell@hair-surgeon.com

Submission deadline for the November/December *Forum* is October 10; the January/February *Forum* deadline is December 10.

Editor Emeritus

continued from page 136

these cases more hair grows than one expects and the patient may be very upset with the result. In such cases, the carefully tailored, microscopically prepared individual follicular units are ideal.

San Francisco Meeting

By the time this edition of the *Forum* reaches the reader, about 40% of you will have made bookings to attend the 7th Annual ISHRS Meeting in San Francisco. To the remaining 60%, let me say it is still not too late, particularly if you live somewhere in North America—only a few hours flight from the Golden Gate.

Let me remind you of some of the benefits of attendance at a well-organized meeting. Jim Arnold, MD, is the coordinator of this one, so you may rest assured that it will be exceptional.

The speakers are all surgeons and teachers with a proven track record at previous meetings. Over the following

four days, there is also the exciting possibility of making contact with experienced hair surgeons and many of the “gurus” of this field. This is a very friendly specialty, and past attendees frequently comment on how cooperative and helpful faculty members were to raw beginners.

For the experienced transplant, there is the anticipation of hearing about new theories, new instruments, and new techniques. The meeting organizers try to keep the program fresh and weed out repetitive material and self-aggrandizement by speakers. Moderators are very strict at the big ISHRS meetings, so you should never be bored by talks that drag on well past their allotted time.

There will be the usual large collection of trade exhibits, so you will be able to examine and get the feel of an array of surgical and optical instruments, computer programs, practice

aids, and operating room furniture.

For regular attendees, there is also the joy of seeing old friends again and perhaps an after-conference visit to an office. No matter how good the speakers, videos, or posters at the meeting, there is nothing more instructive than seeing a guru in action at his office and observing how he manages the hour-to-hour situations that arise during the day.

For your staff, there is the renowned Assistant's Program with a full two days of informative lectures, videos, and demonstrations to refresh and revitalize “old hands,” while educating and stimulating new surgical team members.

For wives and partners, there is a busy social and sightseeing program and the uniqueness of San Francisco as a conference venue.

I hope to see you there.

Richard Shiell, MB, BS

President's Message

continued from page 134

Education (CME) credits for our annual meetings. Our initial efforts have led us to change the format of our meeting so that the ACCME surveyors hopefully will allow us next year to grant our own CME credits. Presently, we will still be giving CME credits through the American Academy of Dermatology. The upcoming Annual Meeting in San Francisco has been approved for 30 hours of CME.

Last, but not least, we have enhanced the Annual Meeting program under the apt directorship of Dr. James Arnold. Dr. Arnold has analyzed our current planning and organizational process and has made several changes so we meet the high scientific standards of the ACCME. The meeting will include some unique aspects, such as original video workshop presentations and enhanced participation by assistants in the general sessions as well as an enhanced program consisting of multiple morning breakout sessions for the assistants.

Most of all, I would like to give my

thanks and congratulations to the members and staff who were so greatly responsible for making my presidency for the past year a pleasure and for what I hope will be termed a success. Plaudits go first to Victoria Ceh, our Executive Director, whose broad knowledge of medical organizations, administration, accounting, and meeting planning, has been instrumental in making this organization functional and efficient. Her staff, particularly Leah McCrackin (administrative assistant), Joanne Reichert (director of meetings), and Robin Downey (meetings and exhibit coordinator) should be acknowledged for their roles in running this organization and its meeting.

The Web Site Committee chaired by Dr. Tony Mangubat and including Drs. Jerry Cooley, Brad Wolf, and Richard Shiell, the Ad Hoc Committee on Patient Information chaired by Dr. Paul Cotterill, including members Drs. Jerry Cooley, Russell Knudsen, Dow Stough, Paul Rose, and myself, the Scientific Program

Committee chaired by Dr. James Arnold and assisted by Drs. Paul Rose, Paul Cotterill, and Carol Rosanelli, and the Editors of the *Forum*, including Drs. Dow Stough and Russell Knudsen, and Cheryl Pomerantz, all should be commended for exceptional and outstanding work. The cooperation and work of all the committee chairmen and committee members is not without recognition. Also, I would like to personally thank our immediate Past President, Dr. Russell Knudsen, and our incoming President, Dr. Daniel Rouso, for their continuing support and advice throughout the year. I hope I can be of help to Dr. Rouso in the way Dr. Knudsen continues to be of help to the President and the entire organization. So I bid you farewell as the first and perhaps last bald President of the ISHRS. It's been my greatest pleasure to serve in this position with this wonderful organization.

Sheldon Kabaker, MD