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The Institute of Trichologists®
Harley Street
Founded 1902

IOT Newsletter 2023

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A Warm Welcome

FROM EVERYONE AT THE INSTITUTE OF TRICHOLOGISTS

The IOT and IAT World Trichology Conference 2023 very much lived up to its promise to be 'The most exciting Trichology Event the UK For 2023'. An enormous amount of organisation and planning was rewarded with a hugely successful and fascinating 2 days; packed with exciting presentations, speakers, delegates and sponsors from 22 different countries. Due to the unprecedented circumstances of the last few years - this was our first 'face-to-face' event for 4 years, and it was fantastic to see so many IOT registrants and fellow Trichologists in attendance, resulting in the largest and most diverse Trichology event in the UK.

If you missed the conference, we are very happy to announce that you will be able to view almost all of the lectures from home. IOT registrants and students who attended the conference will be able to view these lectures at no extra charge. For those who were not at the conference, the total cost for the recording is £100. For more information and to get a copy of the conference recording, please email us on admin@trichologists.org.uk.

WORLD TRICHOLOGY CONFERENCE
Some Photos From The Conference...



IOT Chair Neil Harvey MIT welcoming our 220+ delegates to the World Trichology Conference 2023



The IOT Board of Directors and Lucy (the IOT's Registrar and Communications Manager)



Mark Blake MIT WTS IAT introducing Professor D. Hugh Rushton FIT



Richard Spencer MIT, Dariusz Urtnowska, Samantha Stewart MIT, Neil Harvey MIT, Lucy Johns and Dawn Hilton MIT



Michal Kranc, Alicja Gondek-Urtnowska, Shirley McDonald FIT IAT and Dariusz Urtnowska



Samantha Stewart MIT (IOT Director and Tutor) and Dawn Hilton MIT (IOT Tutor)



A snippet of our 220+ delegates listening to a fascinating talk from the IAT's Chelcey Salinger IAT on "Some interesting cases seen in my clinic"

Thank you for posting your photos and videos from the conference. Please keep tagging us in your photos, commenting, sharing and sending your photos to us, we will share (with your permission) as many as we can!

Click on the link to our short video of some of the fantastic speakers, presenters, sponsors, delegates involved in the World Trichology Conference 2023

https://youtu.be/qr_M7ERrbFw

A massive thank you to all those who came along and made the conference the huge success that it was!

THE INTERNATIONAL ASSOCIATION OF TRICHOLOGISTS'
IAT Trichology Conference 2024

The IAT's 2024 conference is being held in Nairobi, Kenya -16th/17th June. The tour of the National Park will take place on the 16th June. IOT registrants will pay the same fee as the IAT members. We will keep you updated with more information.

Thinking of also being an IAT Member?

IOT registrants can automatically join the International Association of Trichologists via a simple application form (available from the IAT). The annual fee is US\$250 - contact trichology@iattrichology.com for more information.

Insights from Day 2 of the European Hair Research Society Conference

IAIN SALLIS MIT



I must first apologise to my fellow IOT members, for not taking note on all the talks, my excuse is they are incredibly quick, heavily biased towards Scientists (and so non-Scientists may struggle to keep up) and by the 5th talk my head hurt from dividing time from note taking to watching and attempting to absorb the talks!

However, the EHRS proved an incredible opportunity to (attempt) to understand the depth of hair science.

Day 2 of the European Hair Research Societies Conference in Sheffield showcased several informative talks that provided valuable insights into various aspects of hair science and transplantation. From the genetic basis of male pattern hair loss to advancements in wound healing through hair follicle transplantation, and the role of microbiome in hair health, the presentations covered a wide range of topics. This blog summarises the key points from each talk and draws important conclusions for hair surgeons and researchers.

Talk 1: Male-pattern hair loss: Comprehensive identification of the associated genes as a basis for understanding pathophysiology

Stefanie Heilmann-Heimbach discussed the genetic basis of male pattern hair loss (MPHL) and its connection to other health factors. The talk emphasised the identification of associated genes and their potential as targets for improved treatments. The speaker also highlighted the role of genetics in hair loss prediction and the need to investigate non-European ancestries.

Conclusion: By conducting comprehensive gene analysis and understanding the pathobiology of MPHL, it is possible to improve risk prediction and therapy options for patients. Future research should focus on identifying causal genes, regulatory mechanisms, and gene-environment interactions.

Talk 2: Hair follicle transplantation, scarring, and wound healing

Francisco Jimenez presented evidence that hair transplantation promotes wound healing and scar remodelling. The talk highlighted the positive effects of hair follicle transplantation in chronic leg ulcers and scar tissue, leading to improvements in vascularization, epidermal thickening, and cell density.

Conclusion: Hair follicle transplantation holds promise as a therapeutic approach for wound healing and scar remodelling. The procedure not only provides coverage but also induces positive changes in the skin. Further studies should explore the potential benefits of single hair grafts in other chronic skin conditions.

Talk 3: Psychiatric side effects of finasteride: what do we need to know?

Anna Lyakhovitsky discussed the potential psychiatric side effects of finasteride, a medication commonly used for benign prostatic hyperplasia and androgenetic alopecia. The talk presented evidence from different studies, highlighting the low probability of mental health issues in finasteride users. It emphasised the need for further research to differentiate between pathophysiological and psychological differences in patients with benign prostatic hyperplasia and androgenetic alopecia.

Conclusion: There is currently no justification to avoid finasteride due to mental health concerns. However, more research is needed to understand the differences in effects between benign prostatic hyperplasia and androgenetic alopecia and their impact on patients' psychological well-being.

Talk 4: Composition, distribution, abundance, viability, and functional effects of the human hair follicle microbiome

Marta Lousada presented on the human hair follicle microbiome and its association with various hair and skin conditions. The talk discussed the diversity of the hair follicle microbiota and its role in maintaining hair health. Disruptions in the microbiome were linked to conditions such as acne and hidradenitis suppurativa.

Conclusion: The human hair follicle microbiome exhibits regional variations and plays a role in hair growth and development. Understanding the microbial composition and interactions within the hair follicle can potentially lead to new therapeutic approaches for hair and skin disorders.

The European Hair Research Societies Conference provided a platform for sharing the latest advancements in hair science. The talks on male pattern hair loss genetics, hair follicle transplantation, finasteride's psychiatric effects, and the hair follicle microbiome shed light on important aspects of hair health, transplantation, and potential treatments. These insights pave the way for further research and advancements in the field of hair science and transplantation. I would highly recommend becoming a member you can visit the website and gain more information at <https://www.ehrs2023.com/information>

Finally, a huge congratulations to fellow members Zoe Passam MIT on presenting a poster on "Minoxidil-induced trichostasis spinulosa of vellus hair?" and Shirley McDonald FIT for presenting a poster on "Lichen planopilaris in women with Afro-textured hair".

John Firmage FIT

Recollections by Keith Hobbs FIT



I first met John Firmage in 1986 when starting my clinical experience at the Scalp and Hair Hospital in Brixton. My first sight of him was crossing Stockwell Road at 9 in the morning with his dog Charlie Brown. He didn't say much to me at first but sat down at his desk, opened his mail, studied the patient list and then asked me for a cup of coffee - my first job of the day!

John could seem quite reserved but, once behind the consultation desk attending to a patient, he became attentive, informative and a man who was definitely an expert in his field. What came over clearly was his honest and ethical approach of putting the patient's needs first.

John had, and still has, an unrivalled knowledge of all subjects concerning clinical trichology. He devoted much time to establishing connections with the media, writing articles and generally publicising the IOT and its members.

Students of the Institute of Trichologists were, in those days, expected to do at least 200 hours of clinical observation at the IOT clinic then at 208 Stockwell Road, Brixton. The IOT clinic was in a Victorian terraced house consisting of four floors, the top floor was the boardroom and the basement was largely unused except for stock.

I soon found that John had a brilliant sense of humour. He is a great fan of Spike Milligan and the Goons and well remembers many of the radio broadcasts of the 50s. Peter Cook and Dudley Moore (1960s) were also favourites of his and even students who had never heard of them were entertained by his hilarious impersonations of the Goons or Pete and Dud.

John had a large Ford Zodiac car, with seats thickly covered with dog hairs. Charlie Brown used to sit in front with his paws on the dashboard. Once the bonnet of the Zodiac was carefully unbolted and stolen, but the thief thoughtfully left the nuts and bolts behind! At lunch times John would often look round second hand stalls in the market, coming back with interesting finds.

Battersea Scalp & Hair Clinic

In 1996 the Brixton clinic was closed, the building sold and we were both made redundant. John and I, in partnership, then opened the Battersea Scalp and Hair Clinic in St John's Hill, not far from Clapham Junction Station with the help of Barbara Kemp.

Without a doubt I think these years were the happiest in John's working life – mine also!



We continued to offer clinical observation and training to students at Battersea for many years until the training was moved to Horsham. John continued working at the Battersea clinic until he retired in 2007.

Over the 20 years working with John I learnt so much invaluable information from him, which I have incorporated into the IOT training manual on hair and scalp disorders known as Module 14, which is dedicated to him.

Keith Hobbs FIT

The following is a transcript of a speech given by Marilyn Sherlock MIT MAE (Chairman) - 6th November 2000, supplied by Keith Hobbs FIT

John Firmage FIT

Citation of Fellowship Award

Being an informal citation by the chairman on the occasion of the award of Fellowship to: John Frederick George Firmage, Former consultant in charge of the Institute's scalp and hair hospital and clinical teacher of distinction

"It gives me tremendous pleasure to announce that the board of governors has elected to award a Fellowship of this institute to a member for his outstanding service to the Institute of Trichologists. This is a man who has given his time so freely to all, from students to members, to the media and also to other parties. His ethical standards are unquestionable, and the future of this institute is of primary concern to him. He is always willing to help whenever asked.

There will be few people in this room who have not benefited from his generosity, in both the giving of time and information, without hesitation. He has remained loyal to this institute during many stressful times, and in particular, when the hospital was closed in 1996.

I am, of course, talking about Mr John Firmage.

John Firmage qualified in 1967 gaining the award for top student of the year. He immediately started work as assistant to the consultant in charge, Mr Robert Olding MIT at the Stockwell Road hospital. Eleven years later in 1978, he took the position of Consultant in Charge, where he remained for twenty one years until the hospital was closed. In this position he ran the clinic and also taught all the students training in those years, whilst at the same time dealing with other queries mentioned earlier.

John was instrumental in developing connections with the Citizens Advice Bureau, the Law Society, the British Medical Council, and other health help lines.

He is a founder member of the Expert Witness Institute. He is now in practice at the Battersea Scalp and Hair Clinic working with Keith Hobbs MIT and Barbara Kemp MIT."

A FINAL NOTE

Raising awareness of Trichology - Social Media

The IOT is regularly posting on social media (Instagram, Facebook, LinkedIn, Twitter, YouTube). We would encourage you to do the same, and ask you to like, comment or share as many of our social media posts as you can. This will boost our 'engagement' and 'digital presence', providing Trichology access to a much wider audience - which will benefit everybody!

Special thanks to our contributors Iain Sallis MIT and Keith Hobbs FIT

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