

JUNE 2024 | ISSUE 2

The Institute of Trichologists®
Harley Street
Founded 1902

IOT Newsletter 2024

www.trichologists.org.uk | admin@trichologists.org.uk | 020 4532 6465



A Warm Welcome

FROM EVERYONE AT THE INSTITUTE OF TRICHOLOGISTS

We have had a very exciting few months; which include:

- Our new 'benefits of Trichology' patient survey
- the launch of our new registrant app
- planning and hosting our 2024 CPD webinars, and more.

We would like to say a huge thank you to our registrants, for your dedication to Trichology, your patients and the Institute of Trichologists. It is that time of year when **your IOT registration is due for renewal**. Could we kindly remind registrants to complete the registration renewal process (available on the registrant's portal and on the app), if you have not already done so.

Key points from WCHR Dallas 2024

Written by Chelcey Salinger



FFA:

- Linalool, a common ingredient in cosmetics and household products may promote FFA.
- We may see more connection in the future with ingredients in cosmetics that contain endocrine disruptors (current in vitro evidence).
- Oral dutasteride (0.5mg/day) appears to be more efficacious in FFA than oral finasteride (5mg/day).
- PRP may improve skin atrophy in FFA and help the cosmetic appearance.

AGA:

Ranking of efficacy of oral treatments in male AGA:

1. Dutasteride 0.5mg/day
 2. Finasteride 5mg/day
 3. Minoxidil 5mg/day
 4. Finasteride 1mg/day
 5. Minoxidil 0.25mg/day
- Low level laser therapy used 3 times per week is equally as effective as daily use of LLLT in mild to moderate AGA patients.
 - Remain aware of adverse events in use of oral finasteride. Reduced libido (1.9%), erectile dysfunction (1.4%), depression and post-finasteride syndrome (which is the persistence of these side effects despite drug withdrawal).
 - Topical 0.25% finasteride a good alternative to oral finasteride (1mg/day). Improvement in hair density was similar, but the oral group had lower plasma DHT levels, making them more likely to experience systemic side effects.

- Topical finasteride (0.25%) mixed with topical minoxidil (5%) had greater efficacy than topical minoxidil on its own.
- LLLT and topical minoxidil more effective than topical minoxidil as a monotherapy.

Hair structure:

- There are vast differences in cuticle thickness when comparing east Asian hair, European hair and African hair. East Asian having the greatest number of cuticle layers, and African having the least. This is one reason why the different hairs can behave quite differently to each other.

Microbiome:

- Hair follicle microbiome is different to the skin's microbiome.
- The Hair follicle microbiome can impact hair growth.
- Butyrate delays catagen.

Dandruff and seborrheic dermatitis:

- Reminder to avoid oil on the scalp, particularly olive oil, as it can feed the Malassezia (yeast), resulting in dandruff.
- To aid patient adherence to medicated shampoo use (patients often complain of dry feeling hair), consider using a conditioner with soluble silicone.

AA:

- New natural supplement 'drug' (containing citrus, guarana, onion and cocoa) close to being approved in Europe for use in AA. Particularly in children. In the study that has been undertaken by the developer, the supplement was effective in treating alopecia areata, and once treatment was ceased, remained effective.
- Immune related comorbidities like atopic dermatitis and Hashimoto's thyroiditis related to early age of onset, severity, and duration for AA. Atopy may be the 'trigger' for a certain subset of patients with AA.

Hair greying:

- Mouse studies show that increased noradrenaline direct to the hair bulge depletes the melanocyte stem cells. Resulting in the hair losing pigment permanently. This shows the link with stress and loss of hair pigment.
- Human hair greying can be reversable.
- Rapamycin stimulates melanogenesis in human scalp anagen hair follicles ex vivo.

Insights from the 2024 BAHRS Conference

A note from Neil Harvey MIT

The British Association of Hair Restoration Surgery



A 'packed' day - with 20 presentations (inc sponsors), each with a duration of 15 mins. I have only given a brief 'overview' of the discussions, which just 'expand' on the titles; each designed to raise 'awareness' of emerging new (and 'not so new') topics and techniques being considered amongst dermatologists, surgeons, doctors and trichologists. Events, such as this, really strengthen the bond and opportunity for collaboration between these different professions.

Genetic testing to optimise treatment of genetic male and female pattern hair loss - [Gustavo Torres](#)

A discussion on creating targeted, personalised topical prescriptions, and how SNPs (Single Nucleotide Polymorphism - a genomic variant at a single base position in the DNA) influence drug response.

Using Platelet Rich Plasma (PRP) to treat genetic male and female pattern hair loss - [Nicole Chiang](#)

Meta- analysis shows that PRP significantly increases hair diameter in men & women, but significant increased hair density in only men. Combination of PRP & topical minoxidil 5% increased hair growth at 5 months and 6 months, with increased patient satisfaction over topical minoxidil only. Improvement in hair was variable from patient to patient, with challenges of patient regime compliance (keeping to a schedule of treatment regularity).

The use of polynucleotides in hair loss - [Xavier Goodarzian](#)

Polynucleotides (a chain of DNA fragments) via intradermal injections into the scalp promote cell regeneration through fibroblast stimulation, reducing hair shedding and increasing hair numbers and diameter.

Tricopat multimodality therapy - [Hubert Lacki](#)

A non- invasive, painless, effective drug delivery class IIB medical device used to deliver multiple selection of pharmaceutical topical solutions, growth factors and light therapy. Results show a reduction in hair shedding, hair regrowth and increase in hair diameter.

A GP's perspective on managing patients with hair loss - Rachael Kay

A really informative insight into a GP's perspective on dealing with patient hair loss, the challenges faced in primary care and the limited appointment time and treatment options available. Also, the incredibly low numbers of patients approaching a GP asking for help with pattern hair loss.

The role of new generation prosthetic hair fibres - Oren Ne'eman

Hair transplants, without hair! A new synthetic fibre implant option that replaces the need for donor hair sites, without the disastrous side effects of previous generations of synthetic hair implants.

Scalp Micropigmentation (SMP) in women - Chloe Howe

The use of SMP for longer hair/woman's hair, as opposed to that of the traditional 'shaved head'. Examples included conditions such as FPHL, AA and loss due to medical treatment.

The psychological impact of hair loss in men - Bandna Rekhi

A discussion on current research into the physical, social and psychological dysfunction experienced by men due to hair loss, and the discrepancy between the patient and clinicians view of hair loss severity and impact.

Managing dry scalp/seborrheic excema and knowing when to refer - Robbie Rushton

An introduction to this form of scalp disorder, an overview of a Trichologists treatment regime and the importance of knowing who and when to refer patients.

Fibrosing Alopecia in a Patterned Distribution - Nicola Clayton

A very interesting presentation on 'Pattern/diffuse Fibrosing Alopecia'. The challenge of correct diagnosis and distinguishing it from classic 'pattern' hair Loss through recognising signs and symptoms, such as: perifollicular erythema/scale, peripilar casts, inflammation, scarring and pruritus.

Formulating topical treatments for hair loss - Sunil Kochhar

The importance of formulating treatments, and the negative effect of certain common ingredients. Such as alcohol based carrying agents that evaporate and crystallise into a powder on the scalp, so reducing the overall absorption.

Managing hair loss in patients with Afrotecture hair from a psychosocial point of view - Iain Sallis

An 15 minute introduction into a complex and multi-layered topic that is ultimately a personal and different journey for each patient. The importance of the 'terminology/out dated terms', cultural/historical/ clinical awareness and the importance of treating everyone with equity (rather than equally).

Popular misconceptions about textured hair - Marta Teixeira

Myth busting (with clinical evidence) by someone who knows, both by clinical and personal experience. Textured hair is NOT stronger than straight hair, or in need of more 'moisture', or particularly in need of 'sulphate free shampoo'. It does need brushing, and it is more likely to be less shiny the curlier it is.... and no-one should assume that textured hair is some how 'less professional' than straighter hair.

How are Central Centrifugal Cicatricial Alopecia and Traction Alopecia in Afrot textured hair treated by trichologists - Stephanie Sey

An introduction to a Trichologist's role in the patient pathway for CCCA and TA, a comparison of NHS and the private options available, and the management of the effect on the patient, both physically and psychologically.

Hairline design expectations in patients with Afrot texture hair - Geoffrey Ibe

Some insightful views on hairline reconstruction with coily/textured hair in transplant surgery, inc: the relevance of the hairline, the art of 'balance' and both male and female hairline principles.

IOT Patient Survey

Designed to measure and record the benefits of Trichology

As in any area of the private health care sector, patient satisfaction and feedback is a crucial to help measure the value of our service, and provide indicators for areas of improvement. This survey will be available for participation for 12 months, and it is important that we have as many participants as possible.



We encourage you all to become actively involved, please copy and paste the email on the following page, and forward to your patients. All participants, patients, trichologists and clinics will be **completely anonymous**.

We look forward to sharing the results with you.

Please note, this is a 'patient opinion based survey' - and is not considered any form of research, clinical or other.

Please copy and paste the email below, and forward to your patients:

The Institute of Trichologists Patient Survey

As a valued patient we would welcome your feedback. Please find below a link to a short survey by The Institute of Trichologists (the body that governs my work).

Your feedback is essential in helping to shape, inform and improve the services we offer. Participation in the survey is voluntary and completely anonymous. At the end of each section click 'Next' to progress and please ensure you click 'Submit' at the end of the survey.

Thank you in advance for taking the time to participate and share your insights. If you have any questions please don't hesitate to contact me.

Please find the form here: <https://forms.gle/fp7NGH3x7BTnW7Gy8>

Upcoming Webinars

Continual Professional Development 2024



My approach to managing scalp psoriasis and seborrheic dermatitis in Primary Care

Dr George Moncrieff

FRCP FRCGP DCH DRCOG DPD

To book your place please visit

<https://trichologists.org.uk/event/webinar-scalp-psoriasis/>
or book on the app!



DATE
24/06/2024



TIME
11:30AM

Patient Selection in Hair Transplant Surgery - When To Refer

Dr Bessam Farjo

MB, ChB, BAO, LRCPSI, ABHRS, FISHRs, FIT

To book your place please visit

<https://trichologists.org.uk/event/hair-transplant-patient-selection/>
or book on the app!



DATE
05/07/2024



TIME
4:30PM



Just Launched!

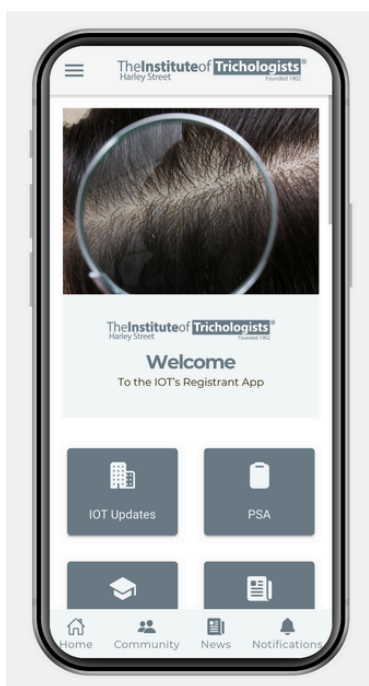
The IOT's New Registrant App

We are proud to unveil your brand-new IOT Registrant App!

Designed to work seamlessly with the IOT portal; notifications, updates, interactions and the latest news will now be easier to access and instantly available.

The app is an 'easy access route' to registrant resources, such as information about renewals, a new community area to post questions, IOT updates, the ability to ask for advice from fellow Trichologists, and more. All general notifications, profile information and resources will be synced between the App and the website portal automatically.

The IOT registrant app is available for iPhone and Android on the Apple and Google App stores.



The app is called 'The IOT'. To download, click the following links, or scan the QR code:

Apple App Store:

<https://apps.apple.com/us/app/the-iot/id6479173451>

Google Play Store:

https://play.google.com/store/apps/details?id=com.theinstituteoftrichologists.app&pcampaignid=web_share



Your login credentials for the app will be the same as what you use for the registrant's portal, which have been provided by the IOT previously. If you are having problems accessing either the portal or the app, or need your credentials resetting, please contact us on admin@trichologists.org.uk.

We have also created a guide to help IOT registrants access and use our registrant portal area, and the IOT's new registrant app. For more information, please contact us on admin@trichologists.org.uk.

IOT Registration Renewals

1st July 2024 - 30th June 2025

It is that time of year, when your IOT registration is due for renewal. Please fill in and submit the registration renewal form which can be accessed on the registrant portal, or the registrant app (you will also need to submit your current insurance details).

Secure payments can be made using credit or debit card, via the IOT's Stripe Checkout on the renewal form. Once you have submitted your registration renewal and payment, you will receive a copy of your form and payment receipt via email.

Please ensure that your clinic information on our listings area of the website is up to date, and that you have read and understood our Articles of Association and Code of Professional Practice and Ethics.



If you have any problems accessing the registrant's portal on the IOT website or if you have any questions or queries, please contact us on admin@trichologists.org.uk.

Registration renewal:

<https://trichologists.org.uk/annual-membership-renewal-24-25/>

IAT Trichology Conference 2024

Dubai, Dusit Thani, November 3rd and 4th

This year the IAT's conference will be hosted in Dubai in the United Arab Emirates. The conference is at the 5 star Dusit Thani Dubai. The first day will be lectures and the second day lectures and workshops.

IAT or IOT member: US \$435

Non-member: US \$485

Special conference hotel accommodation rates for the Dusit Thani are available. More details available on the conference webpage:

<https://www.iattrichology.com/conference/>

Trichologist Open Day 27th June

An Invitation For Trichologists

🌟 You're Invited! 🌟

Attention all Trichologists!

Discover the Future of Hair Enhancement at Banbury Postiche.

We are thrilled to extend a special invitation to you for our exclusive Open Day on June 27th, from 12pm to 3pm. Join us at Banbury Postiche Wroxton to witness firsthand the groundbreaking Comblin Hair Enhancement System that is revolutionising the industry.

Are you ready to unlock the potential for an extraordinary extra service or benefit from our referral system? The Comblin Hair Enhancement System offers a game-changing solution that could transform outcomes for your practice. Don't miss this opportunity to explore how this innovative system can elevate your services and set you apart in the field of trichology.

Meet our dedicated team, including experts behind the Comblin System, and gain valuable insights into its seamless integration into your practice. Engage in enlightening discussions, explore the technology up close, and envision the possibilities for your clients.

Visit www.comblin.co.uk for more details.

Date: June 27th 2024

Time: 12pm - 3pm

Location: Banbury Postiche, Apollo Park, Ironstone Lane, Wroxton, Oxfordshire, OX15 6FE.

Take the first step towards changing outcomes in your practice. RSVP to info@comblin.co.uk today to secure your spot at this transformative event. We can't wait to welcome you and embark on this journey together!

Best regards,
Nick Allen
CEO Comblin UK

ORIGINAL
Comblin

The IOT Team

BOARD OF DIRECTORS

Neil Harvey MIT; Chairman
Liam Byrne MIT; Vice-Chairman
Shirley McDonald FIT IAT; Director
Lorraine Turvey MIT IAT; Director
Samantha Stewart MIT; Director
Steven Goldsworthy MIT; Director
Mark Blake MIT WTS IAT; Director

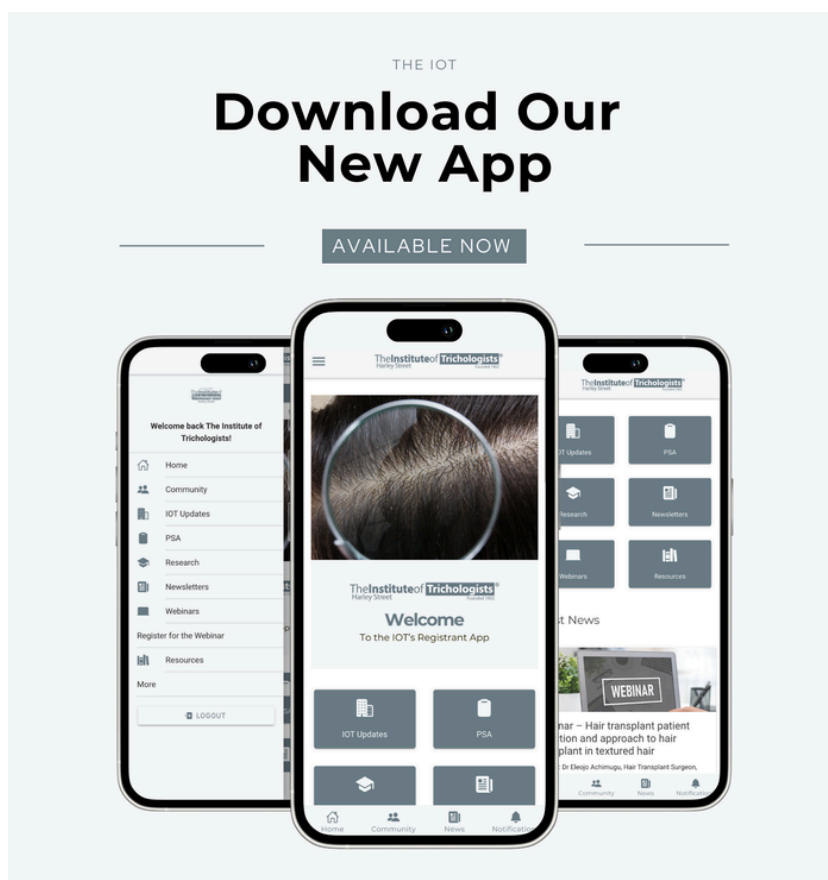
EDUCATION TEAM

Sara Alkazraji MIT; Education Manager
Dawn Hilton MIT; Tutor
Kate Holden MIT; Tutor
Ralitsa Bozhinova MIT; Tutor
Caroline Puttock MIT; Tutor
Shirley McDonald FIT IAT; Tutor & Director
Samantha Stewart MIT; Tutor & Director
Shirley Rodrigues AIT; Tutor

ADMINISTRATION TEAM

Lucy Johns; Registrar and Communications Manager

We welcome all suggestions and queries. Any Board member can be contacted here admin@trichologists.org.uk, or for the education team educationmanager@trichologists.org.uk



©2024 The contents of this newsletter are the copyright of The Institute of Trichologists and not to be shared with any third party. The Newsletter may not be reproduced in any format whatsoever, either in its entirety or in any part thereof, without the written permission of the Board of Directors.