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TheInstituteofTrichologists®
Harley Street
Founded 1902

IOT Newsletter 2024

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A Warm Welcome

FROM EVERYONE AT THE INSTITUTE OF TRICHOLOGISTS

As the year draws to a close and the festive season approaches, we wanted to take a moment to reflect upon this past year. 2024 has been a year of progress and growth. From our successful CPD events, advancement within the PSA, collaborations with other healthcare organisations, improvements in education and the continued elevation of professional standards. However, it is thanks to each of you that we are able to make these strides in advancing our profession.

During this season of joy and gratitude, we wanted to acknowledge the dedication, passion, and expertise that Trichologists bring the health care community. Your contributions make a real difference to the lives of those suffering from hair and scalp conditions, and together, we are building a more professional and recognised profession.

As we look ahead to 2025, we are filled with excitement and optimism for what lies ahead. We have ambitious plans to further enhance our training programs, increase public awareness, and strengthen the presence of Trichology in the healthcare landscape. With your continued support, we can achieve even greater things.

Wishing you and your loved ones a joyous Christmas, a healthy and prosperous New Year, and moments of well-deserved rest.

World Trichology Conference, Dubai, UAE, November 3rd & 4th 2024

BY LISA GILBEY MIT

I was fortunate to attend the two-day conference organised by Chelcey Sallinger and Megan Yabsley of The International Association of Trichologists, with delegates attending from over 24 countries.

From writing the IOT newsletters for many years whilst on the Board for the Institute, I felt I wanted to share again some trichological experiences with other registrants.

Our lecturers of 9 different countries shared many interesting case studies and treatment pathways, it was invaluable for us to share our thought processes for a diagnosis from all over the world. Our Eva Proudman F.I.T also sat on the Q & A panel to share thoughts.

KC Technology were the Gold Sponsors of the conference and presented some fantastic microscope demonstrations.

Taking a holistic approach, particularly in autoimmune conditions was spoken about widely when successfully treating patients.

I could write pages on this conference, but I will share just a few lectures that particularly interested me.

Dr Lucas Fustinoni, (Brazil)- “Top vitamins and nutraceuticals for androgenetic alopecia.”

Dr Lucas lectured on many blood test ranges for optimum hair growth levels. He discussed many endocrine factors such as insulin resistance, PCOS, HRT, TSH bloods and Testosterone. Exacerbating the condition with factors

such as Creatine, HCG, Anabolics, Tribulus and Fenugreek were shown to be throwing fuel to a fire in androgenetic alopecia.



Photo: Dr Lucas and his fabulous personally signed book.

I felt this was beneficial as we interpret bloods in the trichology clinic daily and commonly look into endocrine factors.

Dr Maria Laura Bovcon, (Argentina)- “Biochemistry in touch hair therapy.”

Dr Maria is always such an encapsulating lecturer with her knowledge. She spoke exclusively on the nerves for the hair follicles. This is such an important subject as I find many patients suffer with painful and itchy ongoing scalp concerns when experiencing hair and scalp complaints.

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She mentioned that “touch” mechanically stimulated hairy skin activates a cascade of interaction between different kind of molecules,” e.g. Ions (Ca^{2+}), proteins (cytoskeleton, membrane proteins, integrins), cytokines, neurotransmitters (histamine, serotonin) and energy (ATP).

Simple scratching widens the capillaries in the scalp, allowing white cells into the follicle, transforming to mast cells.



Photo: from left- Mark Blake, Lisa Gilbey, Emma Smith, Eva Proudman, Mike Ryan, Burcu Cayozu, Dr Maria Laura Bovcon (bottom left), Evrim Bayraktar.

Charlotte Lucas (UK) “The Gut Microbiome- what we know, what we don’t know and why it matters when it comes to hair health.”

Charlotte is the founder of Remedy and You which specialises in nutrition for

hair. She has a pharmaceutical and registered nutrition background, holistically treating the gut microbiome when it comes to treating the health of hair.

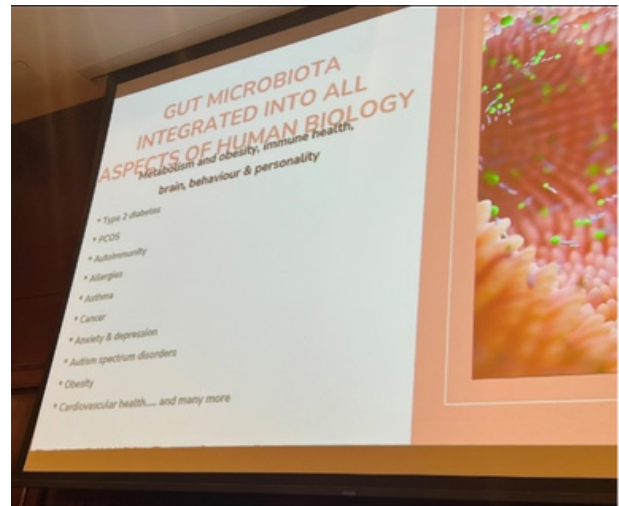


Photo: Charlotte's slide of various factors affected by the gut

Our gut microbiome is a host of many organisms that is unique to us all. Scientists have studied the bacteria, but they are only just starting on the fungus side apparently!

The gut controls many factors such as the brain (gut-brain axis), the skin (gut-skin axis) and other areas such as allergies, autism, obesity, endocrine disorders (type 2 diabetes, PCOS). All the microbiota we have starts from the moment we are born (e.g. a normal vaginal delivery or caesarean!).

Interestingly she showed us correlation and studies that scalp conditions like psoriasis, seborrheic eczema and folliculitis spots all have connections in the gut!

We all understand 70% of our immune system derives in the gut and we knew there was an outward link when the gut is not right, it then manifests in the scalp!

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BY LISA GILBEY MIT

Leaky gut-movement of microbes! This drives systemic inflammatory responses in the body and can heighten flare ups in diseases. This was spoken about by many other lecturers in their talks, not just the gut microbiome expert!

All diseases begin in the gut! Diet is really feed a disease or fight a disease in what foods we chose to put in our bodies. There was a study to show that after the 1960's, we are four times more likely to suffer with bowel cancer now than back in the day- that is really food for thought!

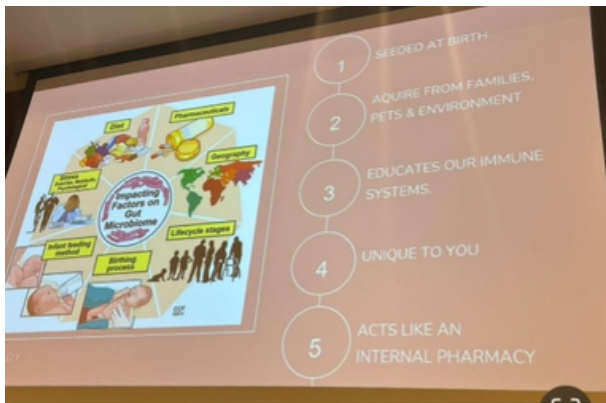


Photo: Charlotte's slide of the personalised microbiome

Charlotte says the varied qualities of foods as opposed to quantity is key for a good diet and enhance a rich ecosystem.

The gut feeds off colours of foods, not just quality, hence hearing we all need to have a diverse diet rich of many varied antioxidant bright colours- your gut can really distinguish the chemical differences of foods to help vary the hosts of the microbiome that live there!

Reducing chemicals in foods, eat as close to natural and ensuring you have plenty of fibre in the diet to feed the internal health of the intestines is key.

We have discovered a new organ she quoted!

Dr Mike Ryan (UAE)- "Hypnotherapy in Trichology."

Dr Mike lectured at our RSM IOT event last year, talking through using hypnotherapy with his team to calm patients who were suffering with hair anxieties.

This year, he worked with all of us in a workshop lecture! This was definitely a way to meet new trichologists and break the ice! We had to see who was most hypnotisable out of us all!

One of the main things to take away from Mike's lecture was breathing techniques when we are in a state of stress (or hair anxiety for some). It can really help to break the stress cycle and reset the body.

Dr Archano Rao (UK)- "Deconstructing hair in menopause."

We recited over many hair loss conditions we commonly see in the clinic with the menopause and her approach to treatments from a dermatologists' perspective.



Photo: Emma Smith (left), Dr Archano Rao, Lisa Gilbey

World Trichology Conference, Dubai, UAE, November 3rd & 4th 2024

BY LISA GILBEY MIT

Dr Archano lectured on why the menopause is more talked about now than it was in our Grandparents era. Combining factors such as changing lifestyles, surrounding other hormones (e.g. insulin, thyroid), the environment, social media impact, early menarche and subsequent early menopause really has an impact on the menopause.

Diet is essential for healthy hair in the perimenopause and menopause! It really can make such a huge difference positively or negatively in driving hormones to increase symptoms.

Dr Rajesh Raiput (India)- "Hair loss due to pollution- the mechanism and the role of nutrition in these cases."

There can be many metabolic dysfunctions caused by pollution. The effects of hard water on the hair fibres, air quality/humidity, UV rays, electromagnetic radiation from cell phones/screens and irregular work pattern shifts creating a disturbance of the circadian rhythm can all comprise to the ill health of the hair as we all know.

Frequent flyers, airline crew, night club and passive smoke exposure can all contribute to the above.

Dr Rajput talked of many epigenetics and presented many trichoscopy slides of improvements with four months of cyclical nutrition.

We did also have speakers from Australia, Canada, and Singapore, we were grateful to hear them share their special interests and knowledge.



Photo: Members of the IoT at the Dusit Thani Dubai Hotel

Apart from two days learning, we also explored the architectural sites of Dubai and experienced the wonderful world cuisines-particularly the Asian food was amazing, and not to forget the Cheesecake Factory which was very naughty but nice for a treat- we actually went twice (and then walked miles!!).

We also particularly enjoyed the Souks, the smell of Oud fragrances everywhere, Downtown Dubai shopping and the light projections on the Burj Khalifa.



World Trichology Conference, Dubai, UAE, November 3rd & 4th 2024

BY LISA GILBEY MIT

Our last day we enjoyed chilled-out time to talk over our two days of learning at the Aura Sky Pool which is a 50-floor high 360 infinity pool where the panoramic views were breathtaking of the city.

You really also have to experience Sheikh Zayed Road in a taxi- it is not for the faint hearted!

Dubai really was an amazingly clean, safe, and wonderful city and cannot wait to return!



Photo: Aura Sky 360 infinity pool overlooking the Palm view



Photo: Lisa Gilbey (left), Emma Smith & Penny James



Photo: Souk of Madinat Jumeirah

IOT Patient Survey



We have an exciting opportunity to be involved in the first patient survey designed to measure and record the benefits of Trichology.

As a patient led area of the private health care sector, patient satisfaction and feedback is a crucial tool to help measure the value of our service, and provide indicators for areas of improvement. It is important that we have as many participants as possible.

Please note - all participants, patients, trichologists and clinics will be completely anonymous. Please show your support for Trichology by becoming actively involved. 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>

IOT EDI Survey

In order for the IOT to effectively monitor and ensure that we are open to all sections of the community, we have designed a Diversity Questionnaire with the intention of having a separate, confidential record of information about the protected characteristics within the Equality Act 2010 listed below:



- Age
- Disability
- Gender
- Race – this includes ethnic or national origins, colour or nationality
- Religion or belief – this includes non-belief
- Sex
- Sexual orientation

To assist us in this, it would be helpful if you would take the time to complete this questionnaire in full. Please ensure that you include your name and position within your work environment. This should only take 2 minutes to complete.

The information contained in this questionnaire will be treated as confidential and will be used for monitoring purposes only. This information will not be seen by any person not involved in our EDI data collection.

The Data Protection Act 1998 gives rights to individuals in respect of personal data held about them by others and as directed by the Act, you should know the following: *The IOT is the Data Controller and is registered with the Information Commissioner for the purposes of the Data Protection Act 1998 (DPA).*

The diversity information you provide will enable the IOT to monitor the effectiveness of our EDI Policy and meet our legal obligations under the Equality Act 2010. Effective monitoring is an important tool for measuring performance and progress towards equality, diversity and inclusion goals and in ensuring a truly inclusive environment.

This information is only used for research and statistical analysis.

EDI information is defined as “sensitive”. It is not mandatory to supply “sensitive” information, but should you do so it will not affect you in any way.

The information you give will be held on electronic systems by the IOT.

Thank you for your co-operation.

Please find the survey here: <https://forms.gle/vpPEKBEoGcK9e9tU7>

Manta Hair Brushes: 50% Discount for IOT Registrants



Manta Hair have offered a 50% discount specifically for IOT registrants on their website: <https://www.mantahair.com/>. To apply the discount, use code **TRICHOLOGIST50**

Manta have also kindly offered IOT Trichologists an affiliate status. This entitles you to offer your patients a 20% discount and receive a 20% commission yourselves.

To sign up as an affiliate, please contact sales@mantahair.com.

IOT Call for Hair Samples



Please find an invitation below from one of our registrants, Tony Maleedy MIT.

Some of you may know that I conduct research into hair using Scanning Electron Microscopes (SEM) at the University of Bath in which the hairs are magnified several hundreds or thousands of times. This interesting and revealing research can improve our knowledge of both the hair structure and disorders.

I will be doing more SEM work in January and should you come across any interesting hair conditions in your Trichology practice, I would like to invite you to send samples of the hair to me for SEM Examination.

Samples should be of hair only, not the scalp.

If your samples are used, I will send you the resulting micrographs which can be printed or used in any way you wish.

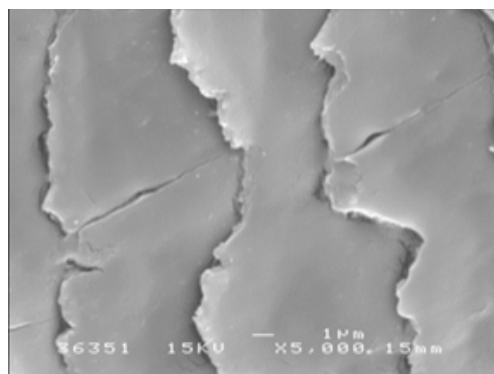
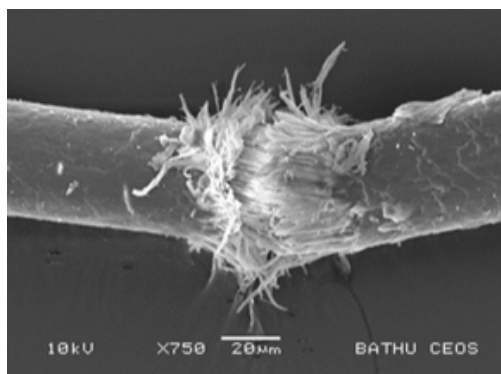
When sending the samples please place them in a small plastic bag or cling film before putting them into an envelope with the following information:

- *The age and gender of the person the sample is from.*
- *What you think the hair condition/disorder of the sample to be.*
- *Any unusual or interesting aspect of the patient, their hair, or any causative factors that may have resulted in hair damage.*
- *Any other information you think is relevant to the hair sample.*

Please address the envelope to:

Hair Sampling, Tony Maleedy, Upper Field Barn, Cockers Hill, Compton Dando , Somerset, BS39 4JX.

Thank you for your help. If you have any questions please contact me at tonymaleedy@live.com or call me on: 07771771121.



Upcoming Events

Skin of Colour Pre-Meeting 2025

Please find information below on the Skin of Colour Pre-Meeting 2025, which has been sent to us by the British Association of Dermatologists' to share with our registrants.



The event is being held by Skin of Colour Training UK and it is their annual conference, it is the only UK based educational event that teaches the essentials of skin of colour dermatology, delivered by world renowned educators in the field.

SOCTUK's whole aim is to ensure that no one's dermatological care is unnecessarily delayed due to a lack of experience with managing black and brown skin. Thus, since 2021, we have had yearly conferences with guest speakers from all over the world teaching Dermatologists, GPs, nurses, trainees and medical students how best to recognise and treat skin conditions that might look slightly different depending on the colour of one's skin.

However, for the 2025 meeting we are delighted to announce the addition of educational sessions which are accessible to non-health care professionals keen to expand their knowledge in SOC dermatology. This part of the event will be called the pre-meeting, which will be relevant for trichologists to attend.

The ½ day pre-meeting will be held on Wednesday, January 22 2025, at the Royal College of Physicians in London.

The event is aimed specifically at allied professionals within the skin space such as hairdressers, barbers, trichologists, and aestheticians (non-healthcare practitioners) who often come in contact with patients with hair, pigmentation and aesthetic concerns.

The talks are provided to help them identify specific concerns and signpost them to their GP's for onward referral.

The theme of the event is 'Getting it right the first time'. This exciting meeting, which focuses on hair and aesthetic concerns, is one of the few of its kind worldwide. We have been fortunate to have local experts with an international reputation who are keen to share their knowledge and experience on the faculty.

The SOCTUK 2025 pre-meeting is sponsored by Eucerin's Social Mission programme aimed at reducing health inequalities in the UK and beyond. We are also partnering with the British Skin Foundation to ensure that we reach the right audience.

Please find the Skin of Colour Training website here: <https://www.soctuk.org/>

Please find the Skin of Colour Pre-Meeting event website here:

<https://www.eventsforce.net/bad/483/home>

Menopause in Aesthetics

MiA 2025 is a must-attend event for clinics looking to attract new revenue streams and provide 360-degree patient care.


Both In-person and Livestream tickets are on sale now and includes access to all presentations, exhibitors, stationary, refreshments and a networking champagne reception. They will go quick.



Please find the Menopause in Aesthetics website here:
<https://tickets.pauselive.com/events/sourcedassociates/1145005>

World Congress of Trichology 2025



An important date for your diary! 

The most exciting Trichology event for 2025 is being held on Sunday 28th / Monday 29th September 2025, in London, UK.

More information on the World Congress of Trichology 2025 coming very soon!

The IOT Team

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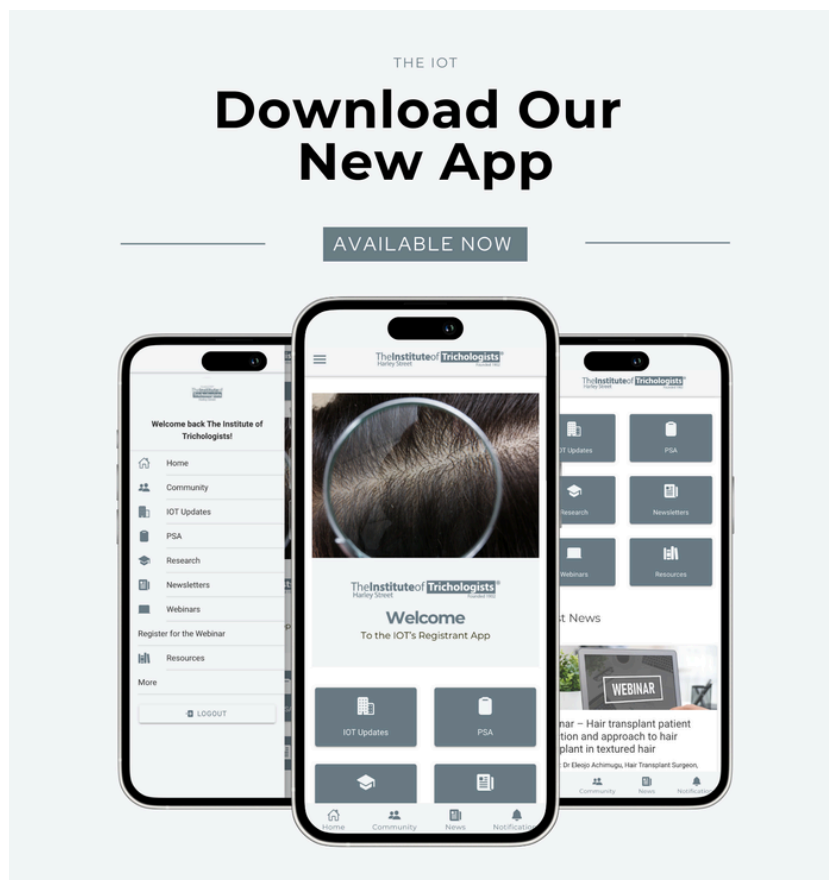
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We welcome all suggestions and queries. Any Board member can be contacted here admin@trichologists.org.uk, or for the education team educationmanager@trichologists.org.uk



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