

NEWSLETTER

Message from the IFHRS Chair & Executive Secretary

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Victoria Ceh, MPA, IFHRS Executive Secretary, vceh@americanhairresearchsociety.org



Dr. Wilma Bergfeld



Victoria Ceh

We are pleased to present our second newsletter of the IFHRS. We hope you will find the information from our member societies useful as we aim to better foster scientific collaborations around the world.

The IFHRS is comprised of the leadership of its 8 member societies. The IFHRS met on April 8, 2021, via Zoom (Figure 1) and discussed several initiatives including a geographical rotation based on 4 hubs for the World Congress for Hair Research (WCHR) led by Gil Westgate. The Website Task Force, chaired by Yuliya Ovcharenko, presented preliminary plans for an IFHRS website. The Proceedings Task Force, chaired by Andrey Pan-teleyev,

reviewed a concept for regularly published proceedings from the WCHRs in a journal. Additional work will continue on all of these projects. Rod Sinclair provided an update on the WCHR 2022 in Melbourne—and we are all eager for its arrival.

WORLD CONGRESS FOR HAIR RESEARCH

The World Congress for Hair Research is our largest and most important event. We encourage all hair researchers to submit abstracts and plan to attend. The dates are April 22-25, 2022. Go to the website, hair2022.org, to sign up for the mailing list as well as to obtain the latest



Figure 1. IFHRS Meeting, April 8, 2021, via Zoom

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information on abstract submission and registration. As of the writing of this newsletter, the abstract submission deadline is November 15, 2021.

We hope to see you at the 12th World Congress for Hair Research. In the meantime, please feel free to share with us your ideas and suggestions.



The 12th World Congress for Hair Research will be held at the Melbourne Convention & Exhibition Centre, Australia, from 22-25 April 2022 and will focus on new knowledge and emerging treatments of hair disease. Don't miss your opportunity to connect with industry colleagues and friends at this world class event.

Melbourne is regularly given the title as the world's most livable city and will soon be Australia's largest city. It is vibrant, cosmopolitan, and safe. April, in autumn, is the best time to see Melbourne, with average temperatures of 21 degrees Celsius (63°F), low humidity, and an overnight minimum of 12 degrees (54°F).

I warmly welcome you to Melbourne and hope you join us at the World Congress for Hair Research in 2022.

Yours sincerely,

Prof Rodney Sinclair

Professor of Medicine, University of Melbourne

WCHR 2022 Committee Chair

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MEETINGS

As so many other organizations have done, we pivoted our previously planned in-person meetings to online meetings. The discoveries and sharing of science must continue no matter the format. Of course, we tremendously miss seeing our friends, making connections, and socializing.

We held two successful online scientific meetings this year. In March, we had an excellent session focused on cicatricial alopecia. The proceedings and key messages are included below. In May, our scientific session was held as an ancillary meeting of the Society for Investigative Dermatology Annual Meeting. The proceedings will be included in the next issue of this newsletter. For those who wish to access them immediately, they are posted on the AHRS website.

Scheduled for September 2021 in Madrid, we had plans for an ancillary meeting with CILAD, which is the Colegio Ibero-Latinoamericano de Dermatología, or translated to “Annual Meeting of Ibero-Latin American College of Dermatology.” We recently learned it has been postponed to 2022. CILAD may still have an online event in September, and if so, the AHRS will join with a virtual session. In addition, the AHRS will hold a one-hour session at the 2nd World Congress of Trichoscopy, scheduled for Oct. 9-11, 2021, in Sorrento, Italy; details can be found at <https://www.worldcongresstrichoscopy2021.com>.

MENTORSHIPS

The AHRS has a robust annual mentorship program where junior investigators visit for several weeks at a mentor’s institution and focus on a short-term project or area of interest. Due to travel restrictions, in 2021 we instead offered a virtual mentorship experience program. The purpose was to enable young physicians and scientists to acquire additional academic or research skills that will further their careers as leaders in hair research. The focus of the program is on establishing a mentoring relationship. We are pleased to present the following recipients of the 2021 Virtual Mentorships with their mentors.



1. **Flávia Basilio Silva**, MD, MSc, Dermatologist-Clinical Research Fellow (Brazil), with **mentor Sergio Vaño-Galván**, MD, PhD, Ramon Y Cajal Hospital, Tricology (Spain): *Usefulness of Trichoscopy in Hair Transplantation*
2. **Bruno Florez**, MD, Young Dermatologist (Panamá), with **mentor Marina Barletta**, MD, Sociedade Brasileira De Dermatologia (Brazil): *Guideline to Distinguish Cicatricial Alopecia from Androgenetic Alopecia and Concomitant Seborrheic Dermatitis to Select Good Candidates for Hair Transplantation*
3. **Carrie Forman**, BA, Medical Student (USA), with **mentor Paradi Mirmirani**, MD, Kaiser Permanente (USA): *Treatments for Chemotherapy-Related Hair Loss: Comparing the Use of Medical Therapies and Devices*
4. **Naiem Issa**, MD, PhD, Dermatology Resident (USA), with **mentor Sergio Vaño-Galván**, MD, PhD, Ramon Y Cajal Hospital, Tricology (Spain): *Epidemiology, Clinical, Trichoscopy and Therapeutic Options in Scarring Alopecias*
5. **Betty Nguyen**, BS, Medical Student (USA), with **mentor Antonella Tosti**, MD, University of Miami (USA): *The Types and Prevalence of Alopecia in COVID-19 Patients*
6. **Camille Robinson**, BS, Medical Student (USA), with **mentor Amy McMichael**, MD, Wake Forest Baptist Medical Center Department of Dermatology (USA): *Traction and Central Centrifugal Cicatricial Alopecia: Advancements, Treatment and Review/Update of Literature*
7. **Hadir Shakshouk**, MBBS, Clinical Research Fellow (Egypt), with **mentor Antonella Tosti**, MD, University of Miami (USA)

We hope to get back to in-person mentorships in 2022 with the application process for the 2022 mentorship program set to open in July and close Nov. 30, 2021. Learn more at <https://www.americanhairresearchsociety.org/mentorship-grant-program/>.

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Proceedings & Key Messages from the AHRS Scientific Session

Cicatricial Alopecia: The Experts' Opinions

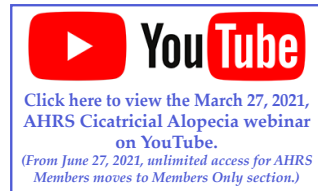
A stimulating debate on the similarities and differences of LPP, FFA, CCCA, and others.

Webinar Program held on Saturday/March 27, 2021

Victoria Ceh, MPA, Executive Director, American Hair Research Society,
with scientific take-home points contributed by the presenters

Introduction

The American Hair Research Society (AHRS) has a long-standing tradition to hold one of its annual scientific meetings each year as a luncheon meeting in conjunction with the American Academy of Dermatology (AAD) Annual Meeting. With the cancellation of the 2021 AAD Annual Meeting due to the COVID pandemic, AHRS held its 2021 Annual Scientific Meeting as a Zoom webinar on March 27, 2021. Although the typical sociable chatter while enjoying a lunch together did not occur, there was a friendly and dynamic interactive session on the topic of cicatricial alopecia. As is always the case, it was wonderful to see old friends and welcome newcomers.



Demographics

Of the 180 attendees, 72% were members of the AHRS. Geographically, the top regions were as follows: 46% from North America, 24% from South and Central America, 17% from Europe, and 7% from Asia. In terms of number of years in the hair field, 36% had 5 or less years, followed by 22% having 6-10 years, and 13% having 11-15 years. Combined, those having 16-35+ years was 29%. As self-identified with selecting all categories that apply, the audience included 75% physicians, 26% researchers/scientists, 3% allied health professionals, 8% in-training, and 4% industry.

Welcome and Sponsor Acknowledgments

The meeting kicked off with a warm welcome from AHRS President, Dr. Antonella Tosti. She thanked the corporate sponsors—[Canfield Scientific, Inc.](#), [Concert Pharmaceuticals, Inc.](#), [Pfizer](#), [Samumed](#), and [TrichoLAB](#)—for their generous contributions and continuous support of the AHRS and its mission. The sponsors are greatly appreciated, especially during this rough economic time globally. The audience was reminded of a wonderful “Did You Know?” handout with easy-to-read information about the sponsors including what clinical trials and products they are involved in. Dr. Tosti went on to thank Bosley, Nutrafol, P&G, Pfizer, and Viviscal, plus the many AHRS members who made voluntary individual donations to the AHRS Grant Fund, which supports research, mentorships, and educational initiatives. The audience was alerted to the AHRS 2021 Virtual Mentorship Program, noting that applications would open the following week.

The AHRS Seal of Recognition program was mentioned. It was noted that the Seal of Recognition Program was created to inform physicians and consumers about products whose quality and effectiveness are beneficial in some aspect for promoting healthy hair or scalp, diagnosing or treating hair or scalp disease, diagnosing or treating hair loss, or for stimulating or inhibiting hair growth. The program is strictly voluntary. There are certain requirements that must be met, and every product is evaluated for specific attributes selected by the company by an independent third-party testing lab and/or by the Seal Scientific Review Panel. The current two products that have earned and maintained the Seal include Lexington's [HairMax LaserComb](#) and Atlantic Coast Brands's [Keranique Lift & Repair Treatment Spray](#).

Dr. Tosti thanked the corporate supporters of the AHRS website including Canfield, Cassiopea, Concert, Nutrafol, Pfizer, and Samumed. She welcomed non-members to consider joining the AHRS, and she encouraged all of the audience to continue to be involved.

2020 David A. Whiting, MD Leadership & Research Award

Presented to Elise Olsen, MD

A personal and touching presentation was made by Dr. Wilma Bergfeld honoring colleague Dr. Elise Olsen, who was presented with the 2020 David A. Whiting, MD Leadership and Research Award. Witnessing the accolades were not only her colleagues, but also several of Dr. Olsen's dear friends and family, including her children, and Mrs. Harriett Whiting.

Cicatricial Alopecia Overview

Jerry Shapiro, MD

The scientific session launched with an overview of the treatment approaches to cicatricial alopecia given by Dr. Jerry Shapiro. Take-home points included the following:

- Scarring alopecias are trichologic emergencies that must be treated promptly.
- Frontal fibrosing alopecia (FFA) is an epidemic that involves systemic, topical, and intralesional therapy.
- FFA is a form of lichen planopilaris (LPP).
- Hair transplants can be problematic and can worsen scarring alopecias.
- Antibiotics are the best treatment for folliculitis decalvans and oral retinoids for dissecting cellulitis.

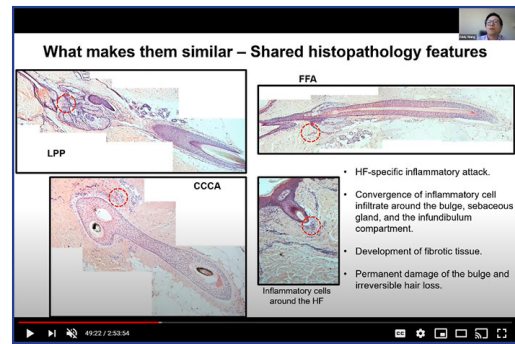
Dermpath Debate

Lynne J. Goldberg, MD; Wilma Bergfeld, MD; Len Sperling, MD; John Seykora, MD, PhD

Dr. Lynne Goldberg moderated a discussion session on the dermatopathology of the cicatricial alopecias that included four esteemed dermatopathologists: Drs. Wilma Bergfeld, Len Sperling, John Seykora, and herself. The following discussions and take-home points resulted:

1. Can you answer the question "LPP vs. CCCA" in a scalp biopsy without clinical information?
 - You can favor one over the other, but ultimately the correct diagnosis relies on clinicopathologic correlation.

- Premature desquamation of the inner root sheath in non-inflamed hair follicles favors central centrifugal cicatricial alopecia (CCCA).
 - Active LPP tends to have more perifollicular inflammation with increased numbers of CD8+ lymphocytes.
2. Do you think you can reliably distinguish discoid lupus from LPP? LPP from FFA?
- Discoid lupus can often be distinguished from LPP, but some cases can be problematic.
 - In discoid lupus there is typically a more robust interface dermatitis, thickening of the basement membrane zone, deep perivascular inflammation, and interstitial rather than perifollicular mucin.
 - LPP and FFA can be indistinguishable histologically, although prominent lichenoid inflammation in the outer root sheath is more common in LPP.
3. Can you distinguish folliculitis decalvans from dissecting cellulitis?
- Most of the time, these can be distinguished in a deep punch biopsy.
 - Folliculitis decalvans is typically more superficial, with neutrophilic or mixed neutrophilic, plasmacytic and lymphocytic interfollicular and perifollicular inflammation and fibrosis.
 - In dissecting cellulitis, the inflammation is deep and diffuse, at times mixed with granulation tissue.
4. Do you feel you get adequate clinical information from clinicians? Adequate biopsies?
- In dissecting cellulitis, the inflammation is deep and diffuse, at times mixed with granulation tissue.
 - All pathologists unanimously agreed that a deep, 4mm punch biopsy is optimal.



Science Snapshot and New Treatments, Cellular Targets

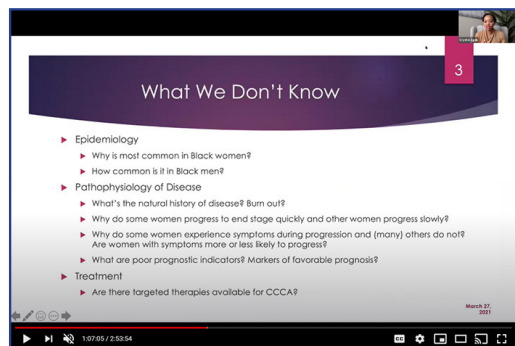
Eddy Hsi Chun Wang, PhD; Crystal Aguh, MD; Lindsey Bordone, MD

Dr. Eddy Hsi Chun Wang provided a snapshot on gene expression pathways in cicatricial alopecia, including the following main take-home points:

- Computational analysis of gene expression pathways in PCAs revealed indistinguishable molecular signature between subtypes but highly different compared to other inflammatory hair loss disease such as alopecia areata.
- LPP, FFA, and CCCA share a core set of dysregulated gene expression pathways including downregulation of cholesterologenic pathways, PPARγ pathway, and upregulation of fibrosis pathways.
- LPP, FFA, and CCCA showed a prominent mast cell gene signature and was validated with histology.

Following Dr. Wang's thorough overview, Drs. Lindsey Bordone and Crystal Aguh reviewed new treatments and cellular targets. Take-home points included the following:

- Dr. Aguh discussed the overexpression of fibroproliferative genes in patients with CCCA.
- She noted that if CCCA is approached similarly to other fibroproliferative disorders, future therapies should be aimed at minimizing even mild inflammation (such as those seen in seborrheic dermatitis), folliculitis, and other sources of scalp irritation as these can spur additional fibrosis.
- In addition, it was noted that medical therapies aimed at reversing fibrosis, rather than just inflammation, should play a larger role in future therapeutic approaches.



Environmental Factors

Isabella Doche, MD, PhD; Maryanne Makredes Senna, MD

Drs. Maryanne Senna and Isabella Doche presented about possible environmental factors that may be related to certain cicatricial alopecias. Take-home points included the following:

- Dr. Doche showed some preliminary findings on increased expression of AhR (aryl hydrocarbon receptor) in the epidermis of nonaffected scalp skin from patients with LPP and FFA compared to affected and healthy scalp areas, using immunohistochemistry techniques. This may suggest a possible role of this receptor, dioxins and dioxin-like substances in the pathogenesis of these diseases.
- Dr. Senna discussed the recent worldwide epidemic in scarring alopecia cases and reviewed the increase in hair product consumer complaints to the U.S. Food and Drug Administration (FDA) in recent years. She also discussed studies including one done at Massachusetts General Hospital that showed an increased rate of allergic contact dermatitis to personal care products used on the head and neck in patients with LPP and FFA. Allergen avoidance led to an improvement in scalp itch and redness in patients. This may suggest a role for environmental allergens in this patient population and more research is needed to better elucidate this relationship.

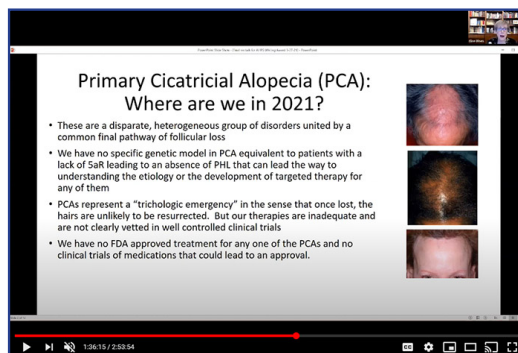


The Path Forward

Elise Olsen, MD; Maria Hordinsky, MD

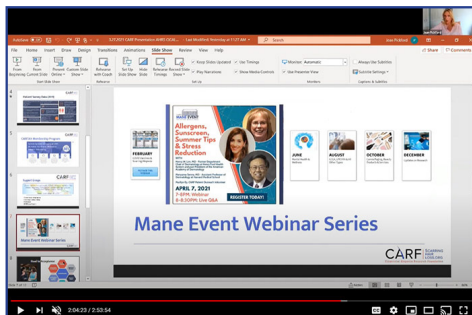
Dr. Elise Olsen reviewed the future of clinical trials in cicatricial alopecias, making the following key points:

- In order to move forward with developing new and effective therapies for the various types of cicatricial alopecias, we need to:
 1. Create standardized methodology for clinical trials and registries
 2. Collect and analyze aggregate data in clinical trials and registries
 3. Integrate biobank and clinical data on individual patients



Dr. Maria Hordinsky provided evolving technology snapshots and reviewed two imaging technologies that can aid with the diagnosis and assessment of treatment efficacy. The two devices discussed were HairMetrix (Canfield Scientific Inc., www.canfieldsci.com) and TrichoLAB Studio (<https://tricholab.com>). Key takeaways included the following:

- The use of these devices offers location-specific hair fiber quantitative data that does not require hair clipping or tattooing.
- Both devices provide data on terminal to vellus ratios and other quantitative measures.
- The HairMetrix technology offers patients and physicians immediate objective information to assess treatment efficacy and scalp health.
- This technology is the future of alopecia clinical management.



Patient Support and Advocacy

Jean Pickford

Ms. Jean Pickford, Executive Director of the Cicatricial Alopecia Research Foundation (CARF), a patient support and advocacy organization, reviewed the new initiatives and growth of the organization. She invited participants to take part in a webinar series entitled, “CARF’s Mane Event.” Clinicians were encouraged to provide their patients with CARF as a resource. Both clinicians and researchers were also encouraged to join CARF and to get involved at <http://carfintl.org/>.

Discussion and Questions & Answers Sessions

Angela Christiano, PhD; Maria Hordinsky, MD; John Seykora, MD, PhD

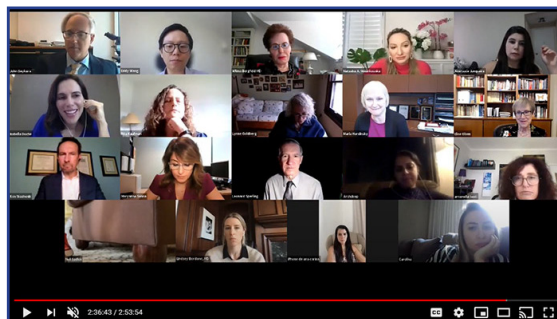
Dr. Angela Christiano, AHRs Secretary-Treasurer and Program Chair, led the discussion session with a late-breaking announcement about the [2021 AAD Hair Loss and Alopecia Initiative in Research \(HAIR\) Grant Program](#). The HAIR research grants will be offered to dermatologists, researchers, and trainees in the United States for the completion of basic, translational, and/or clinical research projects that address gaps in hair disorders research, with a particular emphasis on hair disorders in diverse populations. The one-time grant program will offer the following:

- One \$200,000 USD grant for research on CCCA
- Multiple grants ranging from \$10,000 to \$100,000 USD on CCCA, hair disorders in skin of color, racial differences or disparities in care, androgenetic alopecia in women, FFA, LPP, the role of nutrition in hair loss, and environmental/genetic factors in hair loss

Applications may be submitted to the AAD from May 14 through August 31, 2021, at the link above.

Drs. Maria Hordinsky and John Seykora next moderated a lively Q&A session. Some highlights include the following:

- For treatment of LPP/FFA, it was noted that some physicians are adding oral minoxidil with good results. Dr. Shapiro noted he uses topical minoxidil and says that he is unsure of whether oral administration adds any extra benefit. Participants discussing this thought that it was a great idea to try it orally. Studies comparing oral to topical have been done showing no difference but were based on 1mg dose only.
- Dr. Shapiro uses finasteride as his androgen blocker but feels for fibrosing alopecia of a pattern distribution, he’d like to use two anti-androgens and would consider the addition of spironolactone. Dr. Bergfeld noted that she uses spironolactone as a first-line therapy with good results.
- Dr. Shapiro noted that other than spironolactone, all of the treatment modalities noted in his presentation could be used on men with FFA.
- Next, a question was asked as to the best location for taking a diagnostic biopsy. Dr. Bergfeld noted, and Dr. Sperling concurred, it should be where there is hair, or at the edge of hair, and where it is acceptable to leave a scar. Dr. Bergfeld noted that often more than one biopsy is necessary because of the many possible causes of hair loss. The preferred punch size is 4mm. Dr. Bergfeld also suggested there is value in biopsy of normal area as well for “unobserved” inflammation. Dr. Doche noted that in a LPP study they found 60% of “normal” appearing areas of scalp were actually affected, thereby affirming the need for biopsy of normal areas as well.



- Regarding the description of the lichenoid inflammatory infiltrate in LPP vs CCCA, Dr. Seykora noted the infiltrate tends to be more lichenoid/cytotoxic in LPP than CCCA. LPP has been shown to have a higher percentage of CD8+ T cells, which are typically cytotoxic, than CCCA, which has a higher percentage of CD4+ T cells, which are typically not cytotoxic.
- Dr. Senna noted that patch testing should be done properly and comprehensively to be helpful in the management of patients with LPP.
- In the discussion on photography, an interesting note by Dr. Natasha Mesinkovska was that a data model is only as good as the person inputting the data.
- Dr. Olsen then went back to the discussion on anti-androgens and stressed the importance of taking a medical history of post-menopausal women to determine if they have any kind of breast cancer history themselves or in their family because elevated, unopposed estrogen increase can raise the risk of breast and uterine cancers. Dr. Bergfeld concurred that using anti-androgens in post-menopausal women needs to be done judiciously.

Closing Remarks

Victoria Ceh, MPA

Ms. Victoria Ceh, AHRS Executive Director, wrapped up the 3-hour meeting by thanking the presenters, the audience, and the supportive corporate sponsors. The recorded session is available to all registrants and members of AHRS. She reminded the group of the next two meetings of the AHRS including virtual scientific sessions at the 2021 RADLA (Reunión Anual de Dermatólogos Latinoamericanos, or Annual Meeting of Latin American Dermatologists) and 2021 SID Virtual Meeting (Society for Investigative Dermatology).



Australasian Hair and Wool Research Society

Rod Sinclair, MBBS, MD, AHWRS President

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It is autumn in Melbourne. The leaves in my garden are turning colour and falling to the ground (Figure 1). More importantly, football is back on! Last night, I went to the MCG along with 70,000 other Melbournians to watch a grand final rematch between Richmond and Geelong. The MCG is now able to operate at 85% capacity (Figure 2). It was a warm night—no jacket required.

Unlike previous years where you could walk up to the gate, this year we have to pre-book our seat. Masks are no longer worn except in taxis and public transport. While we still have capacity restraints in the bars (and consequential queue out the front), restaurants are now back to full capacity and all community sports and recreational activities have resumed.

Domestic travel is unrestricted, and last month I managed to get away for 7 days to Hayman Island on the barrier reef (Figure 3)—a must-do for anyone visiting Australia.

Employment in Australia is back to pre-pandemic levels. The share market is back to pre-pandemic levels, house prices are booming, government support has been wound back or removed, and there is great optimism that Australia will emerge from the pandemic stronger than we were pre-pandemic.



Figure 1. Autumn in Melbourne



Figure 3. The beautiful Hayman Island

As part of the government's economic stimulus package, there is a commitment to increasing investment in health and medical research.

Our vaccine rollout has been slow in Australia, in part due to lack of urgency (the last COVID death in Australia was November 2020), momentum is building, and we are manufacturing a million doses per week in Melbourne.

All of this augurs well for April 2022. By then, most Australians will have been vaccinated. Herd immunity is a stated goal. Hopefully, all the doctors and scientists around the world wanting to attend a face-to-face meeting will have been vaccinated and will be welcomed into Australia

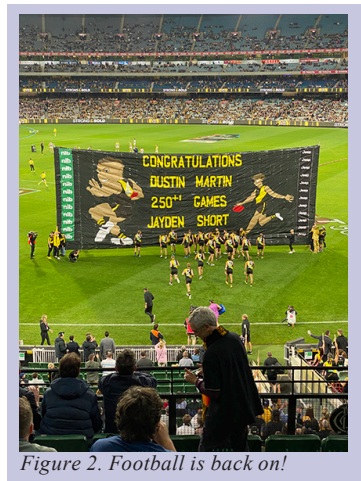


Figure 2. Football is back on!

without any quarantine requirements. The Australian government has yet to publish their quarantine strategy, but I know they are working on it.

From here in Australia, we hope the world can return to normal as soon as possible. We certainly want to travel again, and we look forward to seeing you in Melbourne at the 12th World Congress for Hair Research, which will be held at the Melbourne Convention & Exhibition Centre from 22-25 April 2022. For details, go to www.Hair2022.org.

As wonderful as Zoom has been, it is not the same as meeting in person with our friends and colleagues.

WORLD CONGRESS FOR HAIR RESEARCH

Although we were disappointed that this year's Congress was rescheduled to April 2022, new developments in sponsorship and speakers have made the upcoming Congress even more exciting.

(Continued next page)



Australasian Hair and Wool Research Society

We currently have interested contributors including Nobel Laureates and others close to receiving these distinguished awards. In addition, two notable pioneers to our current knowledge of immune mechanisms have agreed to contribute to our Congress. Professor Jacques Miller is famous for demonstrating the role of the thymus in creating T cell lymphocytes. He and his student Dr. Graham Mitchell also showed the interaction of T cells with B lymphocytes in order that the latter produce antibodies. These researchers have made many subsequent contributions to immunology including understanding autoimmune mechanisms. Furthermore, they are also involved in developing Australian pharmaceutical companies and the commercialisation of basic research.

Other distinguished Australian researchers taking part in the Congress include Michael Archer, a paleontologist, and Drew Berry, a unique scientist who has created the most exciting animations of molecular mechanisms.

Despite the delay, our conference in Melbourne will mark a new milestone in the history of hair research.

HAIR FELLOWSHIPS

Over the past four years, the AHWRS has provided scholarships for 8 hair fellows to train in Melbourne (see photos below). Each fellow treats approximately 75 hair patients per week. Over the course of one year, fellows see a comprehensive range of scarring, non-scarring, and developmental alopecias, and they have the opportunity to become genuine experts. Fellows also participate in clinical research projects and many have been associate investigators in the industry-sponsored alopecia areata JAKi clinical trials. Where possible, fellows are also provided with an opportunity to observe and participate in hair restoration surgery.

Our goal is to train dermatologists who can return home and become leaders in the diagnosis and treatment of hair and scalp disorders, and who also can participate in clinical research. Some, however, have liked Australia so much, they have stayed. Drs. Bhoynul and Trindade are now specialist dermatologists working at Sinclair Dermatology.



Dr. Nekma Meah | England
2018–20



Dr. Dmitri Wall | Ireland
2018–19



Dr. Katherine York | South Africa
2018–19



Dr. Ameshin Moodley | South Africa
2019–20



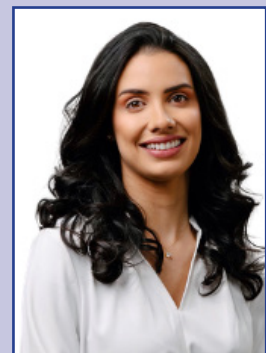
Dr. Kevin Koh | Singapore
2019–20



Dr. Bevin Bhoynul | England
2019–21



Dr. Janina Poa | Philippines
2020–21



Dr. Lara Trindade | Brazil
2019–21

Chinese Hair Research Society

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 rmzjz@126.com | <http://app.incongress.cn/chrs2019/>

Cheng Zhou, MD, CHRS Secretary
 rmpkzcc@163.com

COVID IN CHINA

At present, the epidemic of COVID in China has been well controlled. Our daily lives are basically back to normal, including our clinical work and academic activities. However, we all remain on high alert and under strict anti-epidemic measures. China is now accelerating the vaccination project with an average of about 19 million shots per day, and over 750 million doses have been administered.

OUR 2021 ACTIVITIES

The 5th Annual Meeting of the Chinese Hair Research Society was held on May 28-29, 2021, in Hangzhou city, Zhejiang province (Figure 1). The organizing committee included meeting president Prof. Jianzhong Zhang from Peking University, and executive co-chairmen Prof. Zhongfa Lv and Prof. Hong Fang from Zhejiang University. This is the first gathering since the outbreak of the COVID pandemic in 2020. More than 350 participants from all over the country attended including dermatologists, trichologists, hair researchers, hair transplant surgeons, and medical students. Speakers shared with participants the advances on etiology, pathogenesis, and the diagnosis and treatments of hair disease and hair loss disorders.

The president of CHRS, Prof. Jianzhong Zhang, reported the progress of basic and clinical research in China over the past year (Figure 2). There are more than 140 million androgenetic alopecia (AGA) patients and more than 4 million patients with alopecia areata (AA) in China. We have established hair clinics in about 500 public hospitals during the past 5 years. More and more dermatologists in China are interested in hair disorders. Many clinical trials are going on, and basic research is underway in China.

Prof. Ralf Paus, from University of Miami Miller School of Medicine, gave an online keynote lecture, "Frontiers in Alopecia Areata (AA) Pathobiology." Prof. Jerry Shapiro, from New York University Grossman School of Medicine, gave an online presentation entitled, "Management of Hair Loss Disorder in 2021."

More than 30 hair specialists from China gave lectures and presentations in 7 concurrent sessions: "Clinicopathological Conference for Difficult and Rare Cases," "Pearls from Hair Practitioners," "Forum for Young Trichologists," "Frontiers in Hair Research," "Diagnosis and Evaluation of Hair Loss," "Updates and Emerging Treatments of Hair Loss," and "Highlight Researches on Hair Biology and Regeneration." The speakers and the participants discussed recent advances on hair follicle biology, pathogenesis of hair loss, histopathology, trichoscopy, diagnosis and differentiation diagnosis of hair loss, non-surgical treatment, hair transplantation, and other topics. (See Figures 3 and 4.)

The CHRS organized several forums and training programs in the first half of this year, such as the 5th Annual Congress of Chinese Association of Hair Restoration Surgeons in Hang Zhou, The 4th West Lake Hair Forum in Hang Zhou, and Hair Care Week (May 18) in Beijing. In addition, several symposiums for management of hair loss were held in Guangzhou, Nanjing, and other cities.



Figure 1. Plenary session of the 5th Annual Meeting of CHRS



Figure 2. President of CHRS, Prof. Jianzhong Zhang

(Continued next page)

Chinese Hair Research Society

THE REMAINDER OF 2021

We will have hair forums at the 27th Annual Meeting of Chinese Society of Dermatology, which will be held June 17-20, 2021, in Xi'an city. Additionally, there will be more than 40 forums in different cities with live webcast this year.

Several clinical trials for hair loss, including international multicenter trials, will be performed this year. Many experts and dermatologists will be involved in these clinical trials.

We are planning to write a book, "Diseases of the Hair and Scalp," to be used for patient education, which is expected to be published this year.

NOTABLE RESEARCH FROM CHINA

- Chen X et al found that parietal and occipital area can be also affected in female pattern hair loss (FPHL), though not as severe as in vertex area. And FPHL in male basically has the same characteristic as those in female patients.¹
- Lu J et al compared the characteristics in the gut microbial composition of patients with alopecia areata (AA) and healthy controls. They found that the overall gut microbial composition in patients with AA was distinct from that of healthy controls. The gut microbial markers they identified may potentially be used for earlier diagnosis and might be the treatment targets.²
- Zhou L found in a mouse model of depilation-induced hair cycling that PD-1/PD-L1 signaling might act as a negative regulator of hair cycle transition. Anti-PD-1/PD-L1 therapy might thus be a promising strategy for treating anagen-reduced hair loss.³
- Zhou LB et al showed that SFRP1 was highly expressed in dermal papilla cells (DPCs) of androgenetic alopecia (AGA). The core promoter region of SFRP1 was from 100 to +50 bp, and it was found to be positively regulated by forkhead box C1 (FOXC1), a transcription factor related to hair growth, both at the mRNA and protein level in DPCs, suggesting that FOXC1 plays an important role in regulating SFRP1 transcription, which may provide new insights into the development of therapeutic strategies for AGA.⁴
- Tong Xia et al found that a ring cup could be used in hair transplantation. The use of ring cups can reduce time of transplant process and increase the survival rate.⁵

Figure 3. Presentations were given by Prof. Hong Fang (a), Prof. Zhongfa Lv (b), Prof. Weixin Fan (c), Prof. Qinqing Yang (d), Prof. Xingqi Zhang (e), and Prof. Cheng Zhou (f)



Figure 4. Concurrent session "Clinicopathological Conference for Difficult and Rare Cases"



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Chinese Hair Research Society

- Song ZY et al engineered an Olmsted syndrome mouse model by introducing the point mutation G568V to the corresponding *Trpv3* locus in the mice. The hair loss was associated with premature differentiation of follicular keratinocytes characterized by precocious degeneration of trichohyalin and keratins, increased production of deiminated proteins, elevated apoptosis, and attenuation of transcription regulators (*Foxn1*, *Msx2*, *Dlx3*, and *Gata3*) known to regulate hair follicle differentiation.⁶
- Liu Q et al found that *Zyxin* (*ZYX*) expression was elevated in the affected frontal HF of individuals with AGA compared to unaffected occipital HF. The result suggests that *ZYX* plays important roles in the pathogenesis of AGA and stem cell properties of DPCs, and thus *ZYX* may be potentially used as a therapeutic target in AGA.⁷
- Zhou Y et al found that platelet-rich plasma (PRP) significantly promoted the proliferation of human follicle dermal papilla cells. PRP is a safe and effective treatment for AGA.⁸
- Cheng T et al reported that the serum ferritin level in patients with telogen effluvium were significantly lower than that in healthy controls or in patients with female androgenetic alopecia. Serum ferritin could be a potential biomarker for diagnosis of telogen effluvium.⁹

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4. Zhou LB, Cao Q, Ding Q, et al. Transcription factor *FOXC1* positively regulates *SFRP1* expression in androgenetic alopecia. *Exp Cell Res*. 2021; 404(1):112618.
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7. Liu Q, Shi X, Zhang Y, et al. Increased expression of *zyxin* and its potential function in androgenetic alopecia. *Front Cell Dev Biol*. 2020; 8:582282.
8. Zhou Y, Liu Q, Bai Y, et al. Autologous activated platelet-rich plasma in hair growth: a pilot study in male androgenetic alopecia with *in vitro* bioactivity investigation. *J Cosmet Dermatol*. 2021; 20(4):1221-1230.
9. Cheng T, Fang H, Wang Y, et al. The Diagnostic value of serum ferritin for telogen effluvium: a cross-sectional comparative study. *Clin Cosmet Investig Dermatol*. 2021; 14:137-141.



European Hair Research Society

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Do not miss the next EHRS virtual mini symposiums!

In January, the EHRS began organizing monthly mini symposiums that provide EHRS members with important clinical and scientific updates on selected hair topics. So far, we had symposiums on hair follicle cycling, alopecia areata, the use of oral minoxidil for hair disorders, and neutrophilic alopecias. Talks in the meetings were given by top experts in the field, who were from all around the globe (North and South America, Australia, and Europe). The symposiums, which have been extremely popular, are attended by many scientists and physicians, and there is always time for discussion and a Q&A session. There is also 1 CPD point available for attending a meeting, so do not miss the next EHRS symposium. Upcoming symposiums include the following:

1. “Scarring Alopecia and Its Variants” | May 21, 2021, 1:00PM European Time
2. “Diagnostic Techniques for Hair and Scalp Disorders” | June 26, 2021, 11:00AM European Time
3. “Omics or Stem Cell Niches?” | July 16, 2021, 1:00PM European Time

MARK YOUR CALENDARS: EHRS 2022 | JUNE 16-18

In anticipation of finally having a face-to-face meeting, our next EHRS meeting is scheduled to be held in St. Petersburg, Russia, June 16-18, 2022. More details will be available soon, but mark your calendars now so as not to miss this exciting event, which will be held in the beautiful city of St. Petersburg during the white nights period. Please visit the meeting website for more details on the scientific program, abstract submission, and registration and accommodation.

IMPORTANT PUBLICATIONS BY EHRS MEMBERS

Safety of Oral Minoxidil for AGA

The use of oral minoxidil is gaining popularity for different indications but is mainly used for the treatment of male and female androgenetic alopecia. Nevertheless, there are concerns about its potential side effects, even when used in low dose. In a paper published recently in the *Journal of the American Academy of Dermatology*, an international group of clinicians, with EHRS board member Dr. Vañó-Galván as first author, described the side effects observed in 1,404 patients treated with low-dose minoxidil. This is the largest series of patients described so far in the literature. The treatment was generally well-tolerated, with hypertrichosis being the most common adverse effect, observed in 15.1% of patients. However, only 1.7% stopped treatment due to side effects. The authors also provide a treatment protocol for low-dose minoxidil for both men and women with androgenetic alopecia.

Trichodynia and Telogen Effluvium in COVID-19 Patients

Cutaneous signs and symptoms are recognized as major manifestations of COVID-19 infection, and hair disorders, such as telogen effluvium and trichodynia, have also been reported. Nevertheless, the exact characteristics of these conditions are

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still obscure. To provide information on these two post-COVID infection disorders, a group of international hair experts, from 26 different centers, led by EHRS board member Michela Starace, has provided clinical data from their hair clinics. A total of 128 patients were evaluated, with two-thirds of patients manifesting telogen effluvium and almost 60% having trichodynia. Thus, telogen effluvium seems to be a common manifestation of post-COVID infection, and its severity correlates with the COVID-19 infection severity. Both early (< 4 weeks) and late (> 12 weeks) telogen effluvium were identified. Additional details and information will be provided in a paper that is now in preparation.

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CONTINUING IMPACT OF COVID-19

Last year, we had to cancel our annual meeting due to COVID-19. Since the pandemic still continues in our country and across the world, we are preparing a hybrid meeting combining live broadcasts of overseas guest lecturers and on-site presentations. Vaccination is in process in Korea, so we hope to be able to hold an offline meeting around the end of the year.

17TH ANNUAL MEETING OF THE KHRS

We held the 17th Annual Meeting of the Korean Hair Research Society on May 30, 2021. This meeting was organized to provide participants with an exceptional scientific program, aiming at communicating clinical update and cutting-edge research in hair physiology and hair diseases. We invited four distinguished plenary speakers who spoke on the topics of alopecia areata, hair follicle stem cells, and pattern hair loss. We were especially excited to have had Dr. Wilma F. Bergfeld, who offered her insight regarding IFHRS.

In addition, the KHRS encourages academic-industrial collaboration through sponsored symposium on such topics as Scalp Microbiome (AmorePacific Symposium). Free communications (Poster presentations) are made through the online platform. (Figure 1)



UPCOMING ACTIVITIES

Hair Forum | August 21, 2021

The Hair Forum aims to be an informal meeting where researchers interested in hair research have the opportunity to freely share their research contents through in-depth discussions.

KHRS Continuing Hair Education | November 27, 2021

Each year, we educate our members and dermatologists on new treatments and new clinical information to provide better medical services to patients with hair loss and scalp diseases.

NOTABLE RESEARCH

- Choi JW, Huh CH, Choi GS. Association of hair Loss with suicidality and psychological adverse events vs finasteride use. *JAMA Dermatol.* 2021 May 5; 157(1):35-42.
Summary: The authors proposed that suicidality and psychological adverse events were associated with finasteride use among young patients with alopecia. The authors noted several unmentioned factors that the study should have considered before establishing the relevance. Although the pharmacovigilance study is inspiring, the adverse events seem highly relevant to hair loss, which is a significant confounder in this study.
- Cho SI, Lee H, Yu DA, Kim DY, Kwon O. Adenotonsillectomy may increase the risk of alopecia areata in childhood: a nationwide population-based cohort study. *J Am Acad Dermatol.* 2021 Apr 17; S0190-9622(21)00826-4.
Summary: A nationwide population-based retrospective cohort study was performed to determine whether the adenotonsillectomy is associated with alopecia areata (AA), psoriasis, and vitiligo. The results showed a statistically meaningful association between adenotonsillectomy and AA, but not with psoriasis or vitiligo.

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The Korean Hair Research Society

- Shin JM, Jung KE, Yim SH, Rao B, Hong D, Seo YJ, Kim CD, Lee Y. Putative therapeutic mechanisms of simvastatin in the treatment of alopecia areata. *J Am Acad Dermatol.* 2021 Mar; 84(3):782-784.
Summary: The authors investigated the putative therapeutic effect and mechanism of Simvastatin (hydroxy-methylglutaryl-coenzyme A (HMG-CoA) reductase inhibitors) in the treatment of AA *in vitro* studies. They suggested that simvastatin improves AA through pleiotropic anti-inflammatory properties; inhibition of NF- κ B, the JAK/STAT pathway, and ROS production; and activation of the Wnt/ β -catenin signaling pathway.
- Jang S, Ohn J, Kang BM, Park M, Kim KH, Kwon O. “Two-cell assemblage” assay: a simple *in vitro* method for screening hair growth-promoting compounds. *Front Cell Dev Biol.* 2020 Nov 24; 8:581528.
Summary: The authors introduced a simple and reliable *in vitro* assay for the simultaneous screening of the hair growth-promoting effects of candidate compounds on a large scale. They established a 3D co-culture system of human dermal papilla cells and human outer root sheath cells in a 96-well plate, where the two cell types constituted a polar elongated structure, named “two-cell assemblage (TCA).” They observed that the long axis length of the TCA gradually increased, maintaining biological functional integrity after treatment with hair growth-promoting molecules.
- Shon U, Kim MH, Lee DY, Kim SH, Park BC. The effect of intradermal botulinum toxin on androgenetic alopecia and its possible mechanism. *J Am Acad Dermatol.* 2020 Dec; 83(6):1838-1839.
Summary: The authors enrolled 18 androgenetic alopecia (AGA) patients and showed significant improvement at week 24. In the RT-PCR analysis of cultured dermal papilla cells (DPCs), BTX downregulated the TGF- β 1 expression.

ADDITIONAL NEWS KHRS Research Fund

Our society launched new research grants to support promising young investigators and strengthen the basic and clinical research capabilities in the hair research field regarding the underlying mechanism and treatment of hair diseases. This year's awardees are the following:

- **Young Investigator Award:** Yonghyun Jang (Kyungpook National University)
- **Basic Research Award:** Hyun-Tae Shin (Inha University)
- **Clinical Research Award:** JeongEun Kim (Catholic University of Korea)

Compilation of Hair Science Textbook

We finalized our official Korean hair science textbook of our society: Hair Disorder (I): Androgenetic Alopecia. (Figure 2)

Co-Planning of a Daily Newspaper Article

We have co-planned an article, “Medical Discussion with the World’s Great Scholars,” with the daily newspaper *Kyunghyang Daily*. The panels for this discussion included the presidents of KHRS, AHRS, EHRS, SHSR, and AHWRS. (Figure 3)

Please see <https://k-health.com/news/articleView.html?idxno=52817>.

Figure 2

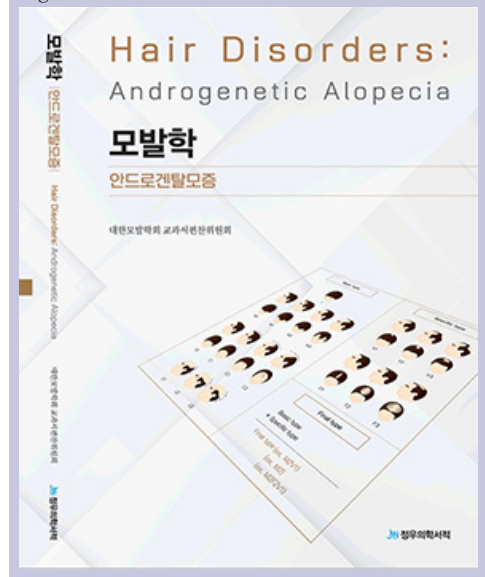


Figure 3



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COVID UPDATE

Despite the problem still exists (about 8,000-9,000 infected persons per day in our country at the time of this writing), the COVID situation in Russia is steadily improving and most of the restrictions have been already lifted. The rates of vaccination in Russia are high (especially in big cities). Domestic vaccines of three different types are available to all citizens free of charge and without waiting and queues at medical centers, at airports, and even at big shopping malls throughout the country.

Near absence of social restrictions provides a chance to have our upcoming RHRS Congress in July 2021 in a face-to-face format. Of note, last year we managed to organize our annual Congress in the same format between two waves of COVID in Moscow (September 2020). Therefore, the practice of yearly face-to-face meetings of the RHRS has not been interrupted by the COVID disaster. We consider it to be an important achievement that helps the RHRS to sustain its integrity and maintain active personal communication even during these difficult times.

RHRS ACTIVITY

From January to May 2021, 87 new members joined the RHRS and currently we have 301 active members.

Post-COVID hair loss remains an urgent problem and on February 14, 2021, the RHRS held a two-hour webinar (115 attendees) to familiarize physicians with syndrome features, different variants of COVID-associated alopecia, and possible connections with androgens. The potential use of antiandrogens as therapeutic means has been discussed.

The favorable epidemiological situation in Russia allowed the RHRS to keep its off-line educational activity practically uninterrupted not only in 2020, but so far in 2021 as well. On March 19-20, 2021, the RHRS held its traditional educational course, “Hair Diseases Therapy” (45 attendees from Russia, Moldova, Ukraine, and Belarus), and on April 9-10 held the course, “Cicatricial Alopecias” (28 attendees). Both courses took place in Moscow in a warm and encouraging atmosphere of personal communication. (Figure 1)

For the second part of 2021, we are planning a two-hour hybrid RHRS meeting entitled, “Iatrogenic and Autodestructive Hair Pathologies” (October 2021) and an in-person, two-day course, “Trichoscopy” (November 2021).

Figure 1. Educational courses met in person.



RHRS 2021 ANNUAL CONGRESS

The main 2021 event for the RHRS is the upcoming annual Congress, which will be held in person July 1-3 in St. Petersburg (<https://2021.rhrs.pro/>). We are expecting about 250 participants from Russia and neighboring Russian-speaking countries. Unfortunately, there are still problems with foreign visits, so the talks from Antonella Tosti, Andrei Mardaryev, Abraham Zlotogorski, Bianca Maria Piraccini, Claire Higgins, Gill Westgate, Isabella Doshe, Lidia Rudnicka, Michela Starace, Natalia Botchkareva, Ralf Paus, Ramon Grimalt, Sergio Vano Galvan, Vladimir Botchkarev, and

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Figure 2



Yuval Ramot will be given online or prerecorded. The main topics of the Congress are Nutrients and Hair, Hormones and Hair, and Pediatric Trichology. (Figure 2)

It is worthy to mention that this Congress will be held in the same venue (downtown St. Petersburg, on the banks of the Neva River) and at the same time of the year as the planned EHRS meeting for 2022 (June 16-18, 2022). So this is a good chance for us to test the venue, facilities, and service a year in advance of this great event. We are preparing for the 2022 EHRS Congress very carefully and thoroughly, since for the first time in the EHRS history its meeting will be held in this part of Europe, in Russia. Furthermore, it is going to be the first EHRS

annual meeting after a two-year hiatus due to the pandemic. The possibility to organize this meeting is an honor and privilege for the RHRS, but also a responsibility. We will do our best to make this event special and memorable. The website of this event—ehrs2022.org/—will be ready and available shortly, where all questions about visiting Russia and St. Petersburg or about the venue, accommodations, and scientific program will be addressed. St. Petersburg can rightfully be called one of the most beautiful cities in the world, where natural beauty, such as the Neva river and White Nights, is combined with unique human creations, such as drawbridges, glittering fountains, and palaces.

Please mark the date in your diary (Figure 3)! We cordially invite you to the EHRS meeting in St. Petersburg!

RESEARCH

Despite the COVID problems, the RHRS has continued active research in the field of hair follicle biology as well. It can be reflected in the work of Prof. Ekaterina Vorotelyak (RHRS board member and research lead) and Dr. Andrey Panteleyev (RHRS vice president) groups. The team of Prof. Vorotelyak is working primarily on skin stem cells and on mechanisms driving morphogenesis of the hair follicle. Recently, the hair phenotype in mutant *we/we:wal/wal* mice (embryonic and postnatal stages of development) with specific postnatal alopecia has been characterized. It was also shown that dermal papilla cells have prominent effects not only upon hair follicle morphogenesis but also upon epidermis and skin angiogenesis. In addition, a method for obtaining cells with dermal papilla properties from human embryonic stem cells has been developed. It was demonstrated that these cells are able to form apparently normal hair follicles after transplantation onto immunodeficient animals. Currently, a research project focused on reconstruction of hair follicle primordia *in vitro* using postnatal human skin cells is underway in Prof. Vorotelyak's group. Attention is being paid to folliculogenic signaling pathways activated in this model and to the role of the hyaluronic scaffold in the regulation and maintenance of hair follicle development (Kalabusheva & Vorotelyak 2020). Most recently, a “humanized” mouse model has been developed (human skin transplanted onto athymic animals) providing a possibility to assess the human hair follicle cycling and regeneration dynamics (Kalabusheva et al. 2021).

Figure 3



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Russian Hair Research Society

The work of Dr. Panteleyev's laboratory is focused on the mechanisms of hair cycle progression (telogen-anagen transition), cell kinetics in secondary hair germ during early anagen, and on cell fate determination in the hair matrix during stationary anagen phase of the cycle in normal context and in pathology. Another direction of research in this group is the development of *in vitro* models for skin and hair studies using a wide range of natural polymeric scaffolds as well as different bioengineering approaches. Dr. Panteleyev's laboratory also continues to study the role of hairless gene in skin physiology using hairless mice as a model for further endeavor into normal hair follicle function.

JOIN US

In conclusion, we would like to emphasize once again that a key current task of the RHRS is to prepare the EHRS Congress in 2022. This event is very important to us, and we will make every effort to hold it at the highest level and in the atmosphere of a long-awaited in-person meeting of friends and colleagues!

June 16-18, 2022—we welcome you to St. Petersburg!



The Society for Hair Science Research (Japan)

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UPDATES FROM THE SHSR

The SHSR usually holds its annual meeting in December and so the term this newsletter covers does not include the major events of the society itself. However, quite a few academic meetings take place in this season of the year, to which SHSR members are anxious to contribute.

SHSR members highly regard international conferences, such as the 29th virtual Congress of the European Academy of Dermatology and Venereology where Prof. Taisuke Ito (Professor, Hamamatsu University) gave a talk on the pathophysiology of alopecia areata and the promise of JAK inhibitors last October. During this term of the newsletter, Dr. Masahiro Fukuyama (Figure 1; Lecturer, Kyorin University), a youngster of SHSR membership, won the Korean Society for Investigative Dermatology (KSID)/Japanese Society for Investigative Dermatology Collegiality Award. He gave a talk about his recent attempts to adopt human-induced pluripotent stem cell-derived dermal papilla substituting cells for *in vitro* reproduction of hair follicle epithelial-mesenchymal interactions at the KSID 29th annual meeting. Thanks to the courtesy of the Korean Hair Research Society (KHRS), this author served as a co-chair for the session on hair research at this meeting, together with Prof. Gwang Seong Choi (Inha University), the president of the KHRS. As described in the last IFHRS newsletter, SHSR and KHRS have been establishing a long-term friendship and intimately interacting with each other, and this collaboration further tightened the bond between two IFHRS sister societies. The SHSR would like to expand this wave of exchange among other IFHRS sister societies and groups committed to hair research.



Figure 1. Dr. Masaharu Fukuyama (right) holds the certificate of KSID-JSID collegiality award with this author (left).



Figure 2. Dr. Misaki Kinoshita-Ise gave a virtual talk at the 37th Annual Meeting of Japan Organization of Clinical Dermatologists.

4). Dr. Misaki Kinoshita-Ise explained how better trichoscopy can be adopted in daily dermatology practice. Dr. Masaki Uchiyama (lecturer, Tokyo Medical University) provided elaborate instruction for scalp biopsy adopting transverse sectioning technique. Prof. Yutaka Shimomura (Professor and Chair, Yamaguchi University) comprehensively delineated recent advances in the understanding of pathophysiology of alopecia areata and therapeutic approaches based on novel attainments. Prof. Taisuke Ito illustrated the current JDA guideline for the management of androgenetic alopecia.

Dissemination of the knowledge of hair experts to physicians for better management of hair diseases represents one of the major missions of the SHSR. At the 37th Annual Meeting of the Japan Organization of Clinical Dermatologists, held on April 24 and 25 in Tokyo as a hybrid conference, Dr. Misaki Kinoshita-Ise (Figure 2; Assistant professor, Kyorin University), the SHSR manager, and Prof. Rie Ueki (Figure 3; Professor, Juntendo University), the chairperson-elect for the next annual SHSR meeting, gave lectures on their approaches to manage “difficult to handle” or female hair loss patients. In the latest issue of the journal of the Japanese Dermatological Association (JDA), the key members of SHSR published review articles in the journal’s section of lifelong education seminar series, which has been attracting the JDA global readership (Figure



Figure 3. Prof. Rie Ueki will preside at the 29th Annual Meeting of the SHSR, which will be held at Ogawa Hall, Juntendo University main campus, located in the city center of Tokyo.

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The Society for Hair Science Research (Japan)



Figure 4. The latest issue of the journal of the Japanese Dermatological Association includes the series of review articles contributed by SHSR members.

Supporting alopecia patients' groups, such as the Japan Alopecia Areata Foundation and Japan Alopecia Areata Communications, represents other important missions of the SHSR. Members are actively interacting with alopecia areata patients via contributing articles to their newsletters or attending interactive lectures.

Unfortunately, the COVID outbreak has not been completely controlled in Japan. Still, via the aforementioned strategies, the SHSR will endeavor to promote hair science education/research and increase efficacy of therapeutic approaches for hair loss diseases. SHSR members are looking forward to our annual meeting next December under the presidency of Prof. Rie Ueki, which will be held at the Juntendo University main campus located in the very center of Tokyo. The fruits of current SHSR research activities will be presented in that meeting and summarized in the next issue of IFHRS newsletter.

UHRS Ukrainian Hair Research Society

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Traditionally, the activities of the Ukrainian Hair Research Society (UHRS) <https://uhrs.org.ua/en/> have been aimed at consolidating specialists interested in the development of trichology in order to create professional ties between leading scientific associations, conduct scientific hair research, and implement educational programs, including regular thematic cycles of improving the knowledge of dermatologists in fundamental trichology, trichoscopy, hair transplantation, and trichopathies in children in Kharkiv Karazin National University clinical-based “Trichology Institute” and through participation in the preparation of trichological sessions at the main dermatological platform of the country, “Kiev Dermatological Days.”

The major educational event held by the UHRS team during the current period was the Congress, which brought together the efforts of societies and experts in the hair research field from Eastern Europe and Asia (EEAHR2021) (Figure 1) (eeahrs.org/congress21/). Due to its geographic location and historical traditions, Ukraine is a bridge between the East and the West. From our side, the UHRS continues this centuries-old tradition and plays the consolidating role of the professional trichology communities. The large geographical region of Eastern Europe and Asia offers unlimited intellectual, professional, and personal potential to study the hair follicle, conduct original research, and participate in international multicenter scientific projects. Therefore, our mission today is to consolidate the efforts of Eastern European and Asian specialists and to popularize the regional clinical school. The definitive advantage of such cooperation is the possibility of expanding the geography of fundamental and clinical hair research.

Forty-six speakers and more than 1,500 delegates from Ukraine, Poland, Georgia, Russia, Belarus, Serbia, Kazakhstan, Lithuania, Latvia, Estonia, Uzbekistan, Bosnia and Herzegovina, Kyrgyzstan, Bulgaria, Azerbaijan, Armenia, Tunisia, Egypt, Greece, Turkey, Italy, Britain, Switzerland, the United States, Romania, India, Spain, Qatar, and Israel were brainstorming in lockstep.

The unique scientific program dedicated to hair aging was led by Lidia Rudnicka, Antonella Tosti, Ralph Trueb, Mohammad Jafferany, Bessam Farjo, and Michela Starace (Figure 2). Along with the basics of hair aging, diagnostic criteria for age-associated trichopathies and modern strategies for reversing hair and pigment loss, including the possibilities of regenerative trichology, were discussed.

Together with experts, new faces in trichology participated in our event, presenting the most interesting clinical cases using the interactive quiz “Trichology Consilium,” which we hope will become a good tradition of our Congresses. The voting system determined 10 winners who were awarded prizes such as educational grants, an internship at the University Clinic



Figure 1. Opening ceremony of the Congress brought together the efforts of hair research societies and experts from Eastern Europe and Asia. (Left to right): President of the UHRS, Prof. Yuliya Ovcharenko, General Secretary of the UHRS, Dr. Kuzma Khobzei, and President of the GHRS, Prof. Nino Lortkipanidze.



Figure 2. Discussion on live broadcast with Prof. Lidia Rudnicka. (Left to right): Prof. Yuliya Ovcharenko, Asst. Prof. Inessa Serbina, Dr. Kuzma Khobzei, Prof. Nino Lortkipanidze, and Prof. Lidia Rudnicka.

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UHRS Ukrainian Hair Research Society

of the Warsaw Medical University under the guidance of Professor Lidia Rudnicka, an internship at the University Clinic of the Kharkov National University under the guidance of Professor Yuliya Ovcharenko, travel grants for participation in the 2nd World Congress on Trichoscopy in Sorrento (2WCT2021) and the 3rd UHRS Congress in Kyiv (3UHRS2021), professional literature, and HandyScope/FotoFinder. Support of young professionals and attraction of talented researchers to hair science is one of the main tasks of the UHRS today.

For the first time, a unique format for holding a professional international meeting was created and implemented—a bilingual, interactive educational congress with an integrated voting system based on clinical cases, in real time, followed by an instant determination of the winners. We managed to combine in a single place a live video demonstration with simultaneous translation, an interactive chat for questions and comments, and a voting system for quiz cases. In fact, two congresses were held concurrently, in Russian and in English.

A new creative project of the UHRS, “Personality in Trichology,” was presented (Figure 3). This idea was born out of the understanding that the great success and pleasure that our profession gives us is people. Each individual becomes your teacher and a part of your life. Our sincere interest and desire is to highlight the personalities who have contributed to a revolution in the history of modern medicine, the founders of the science of hair. The first interview was with a legend in the world of trichology, Professor Antonella Tosti, and it is available on the UHRS YouTube channel at <https://www.youtube.com/watch?v=PSZpEd3eC3U>. This is where we will publish additional dialogues with other personalities in trichology.



Figure 3. Presentation of the UHRS project, “Personality in Trichology”; interview with Prof. Antonella Tosti.

RESEARCH ACTIVITIES OF THE UHRS

Today, the Ukrainian team is actively working on the creation of the book, “Psychotrichology” (Figure 4). The original works that form the basis of the monograph are from a large international team of authors. The book includes original research being carried out in the Ukraine that is devoted to the study of adaptive and regulatory mechanisms in patients with alopecia areata (AA). The aim of the work is to assess the state of adaptive hormones—cortisol, insulin, and the coefficient of stress of the adaptive potential “C”—as well as the Dermatological Life Quality Index (DLQI) in patients with AA. There were 156 patients with various forms of AA, aged 18 to 58, examined. Two types of reactions were identified in AA: 1) an increase or decrease in the content of cortisol and insulin in the blood, depending on the activity, severity, and duration of AA; and 2) changes in the coefficient “C” ($p < 0.05$), which indicated the presence of disregulatory processes, from stress to exhaustion with a possible disruption of the adaptive capabilities of the organism. There was a significant relationship between DLQI and age of patient ($p < 0.001$), duration of AA ($p < 0.001$), and acute stress during the last 6 months ($p = 0.02$). Identified disorders in patients with AA may be considered as potential therapeutic targets. These data will be published in the monograph “Psychotrichology,” along with chapters on the stress effects on the hair follicle and the occurrence and course of trichopathy, and diagnosis and treatment of psychocomorbidity.

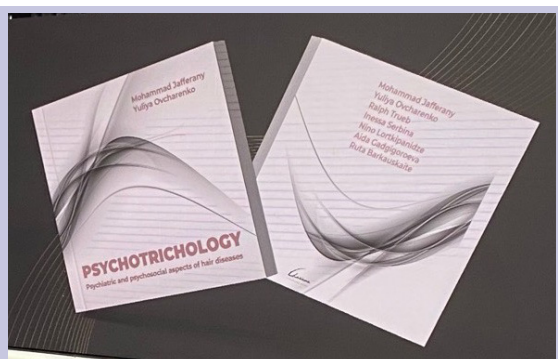


Figure 4. The announcement of the book, “Psychotrichology.”

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UHRS Ukrainian Hair Research Society

For the first time in world science and medical practice, the authors will present collected, analyzed, and systematized unique data on the psychiatric and psychosocial aspects of hair diseases in a unified monograph. The book is prepared for publication in two languages, Russian and English, and will be presented at the 3rd UHRS Congress, which will be held on November 20-21, 2021, in Kyiv (see <https://uhrs.org.ua/en/calendars/4034>).

We would like to invite you, dear colleagues and friends, to the hospitable capital of Ukraine to a trichological meeting made with love.



Staff and Member Societies

Chair: Wilma F. Bergfeld, MD

Executive Secretary: Victoria Ceh, MPA

Immediate Past Chair: Gillian Westgate, PhD

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The Korean Hair Research Society – founding member

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Ukrainian Hair Research Society

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