

NEWSLETTER

Volume 1, No. 1

Message from the IFHRS Chair & Executive Secretary

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Dr. Wilma Bergfeld



Victoria Ceh

Welcome to the first newsletter of the IFHRS. We are pleased to assemble the enclosed information from our member societies in an effort to better keep abreast of each other's activities and endeavors with the goal of fostering scientific collaborations. Moving forward, it is our intention to publish this newsletter 1–2 times per year for all member societies to distribute to their memberships.

The IFHRS began around 2010 as an informal international board, a.k.a, “the IB,” of the representatives of the societies attending the World Congress for Hair Research. The group would meet once every 2–3 years at the time of the World Congress. (Figure 1) Over the years, it grew more formal, and new regional societies expressed interest to join. The IFHRS now meets regularly with plans to establish quarterly meetings. The main activity of the IFHRS is to rotate hosting the prestigious World Congress for Hair Research (WCHR). A schedule of the WCHRs is shown



FIGURE 1. IFHRS Meeting, April 25, 2019, at 11th WCHR Barcelona

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World Congress for Hair Research Rotation Schedule (as of Dec. 17, 2020)

	Year		City	URL	Hosting Society	Dates	Congress President	Meeting Name
1.	1995	1st	Belgium		EHRS		Dominique van Neste	Intercontinental Meeting of Hair Research Societies (IMHRS)
2.	1998	2nd	Washington DC		NAHRS		Ulrike Lichti, Jerry Shapiro, David Whiting	IMHRS
3.	2001	3rd	Tokyo		SHSR	June 13-15	Hideoki Ogawa	IMHRS
4.	2004	4th	Berlin		EHRS	June 17-19	Ulrike Blume-Peytavi	IMHRS
5.	2007	5th	Vancouver		NAHRS	June 13-16	Jerry Shapiro	International Congress of Hair Research (ICHR)
6.	2010	6th	Cairns	http://www.hair2010.org/	AHWRS	June 16-19	Rod Sinclair	World Congress for Hair Research (WCHR)
7.	2013	7th	Edinburgh	http://www.hair2013.org/	EHRS	May 4-6	Andrew Messenger	WCHR
8.	2014	8th	Jeju	http://www.hair2014.org/	KHRS	May 14-17	Won-Soo Lee	WCHR
9.	2015	9th	Miami	http://www.hair2015.org	NAHRS	Nov. 18-21	Wilma Bergfeld, Angela Christiano, Maria Hordinsky	WCHR
10.	2017	10th	Kyoto	http://www.congre.co.jp/wchr2017/	SHSR & JSCHR	Oct. 31- Nov. 3	Ryoji Tsuboi, Satoshi Itami	WCHR
11.	2019	11th	Barcelona	http://www.barcelonahair2019.org/	EHRS	April 24-27	Juan Ferrando, Ramon Grimalt	WCHR
12.	2022	12th	Melbourne	https://hair2022.org/	AHWRS	April 23-26	Rod Sinclair	WCHR
13.	2024	13th	Americas	http://www.hair2024.org/	AHRS	April		WCHR
14.	2026	14th	Korea		KHRS			WCHR

FIGURE 2. WCHR Rotation

in Figure 2. The IFHRS has discussed such ideas as possibly establishing research grants and travel grants in the future and creating a website.

More recently, the IFHRS presidents co-authored a short article, “30 Years (and More) of Hair Research Societies” (*JAAD*, 2019; 81:2:652-653), with a lengthier companion piece of the same name soon to publish in *Skin Appendage Disorders* journal. We encourage you to read this article as it provides an excellent background of the five founding societies and key researchers.

Our last time together in person was at the April 2019 Barcelona WCHR, though our December 3, 2020, Zoom meeting provided some much needed facetime as well. (Figure 3) We look forward to the April 22–25, 2022, WCHR to be held in Melbourne, Australia. (Figure 4) Please mark your calendars. We encourage you to submit your research for presentation and to plan to attend.



FIGURE 3. IFHRS Meeting via Zoom, Dec. 3, 2020

Until we can be together again, we wish you and your families a very happy holiday and best wishes for 2021!



FIGURE 4. Save the Date for WCHR2022 Melbourne

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As with many of our sister societies, the COVID-19 pandemic resulted in pivoting our in-person meetings planned for 2020 to virtual meetings. Our usual March scientific luncheon meeting that is held at the American Academy of Dermatology (AAD) Annual Meeting was moved to a webinar on April 25, 2020, using the Zoom platform. We were pleased to host 140 persons from 27 countries during the 1.5-hour webinar on the topic of Alopecia Areata. AHRS President Dr. Antonella Tosti presided over the session and moderated the Q&A. Scientific presentations included the following: Dr. Tiffany Mayo, “Treatments for Alopecia Areata in Pre-JAK Inhibitor Era”; Dr. Angela Christiano, “Breakthroughs in Alopecia Areata: Finding New Drug Targets”; Dr. Maria Hordinsky, “Clinical Research and Alopecia Areata: Evolving Role of JAK Inhibitors”; and Dr. Maryanne Senna, “Challenges We Are Experiencing in the Pandemic Relating to Treating AA Patients and in Conducting Clinical Research.” An engaging discussion took place parallel to a dynamic chat. The evaluation survey resulted in extremely high marks with people asking for more programs. A 4-minute teaser video is available on the AHRS website homepage at <https://www.americanhairresearchsociety.org/>. (Figure 1) In addition, AHRS Members may enjoy watching the full recorded webinar that is available in the Members Only section.

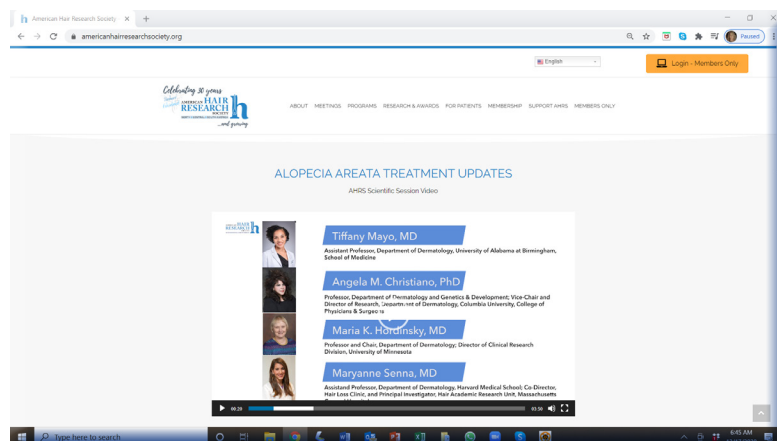


FIGURE 1. Screen shot of AHRS Alopecia Areata webinar teaser video, April 25, 2020, which resides on homepage at <https://www.americanhairresearchsociety.org/>

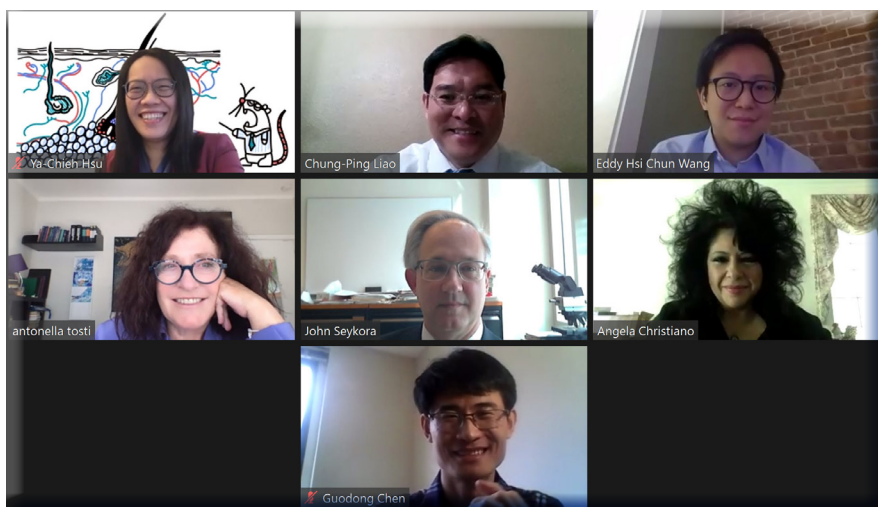


FIGURE 2. Faculty and moderators of AHRS scientific webinar held on May 16, 2020

On May 16, 2020, the AHRS hosted its Scientific Session and Annual General Meeting that is typically held in conjunction with the Society for Investigative Dermatology (SID) Annual Meeting. (Figure 2) This year, it was held virtually on the Zoom platform and attracted 345 registrants (with 165 persons at the meeting at its peak) from 36 countries. Dr. John Seykora, Scientific Program Chair, along with the program committee assembled an excellent program that included the keynote presentation by Dr. Ya-Chieh Hsu entitled, “Myth or Truth: Stress and Hair Graying.” (Figure 3) In addition, three oral abstract presentations were given followed by the AHRS Annual General Business Meeting. During the AHRS Annual General Business Meeting, Dr. Tosti reported on the AHRS membership with over 300 members. She thanked those members who made additional donations to the AHRS. She thanked outgoing board member Dr. Dirk Elston for his service, and welcomed newly elected board member, Dr. Neil Sadick (Figure 4). Finally, she thanked the annual meeting program committee including Drs. John Seykora, Isaac Brownell, Angela Christiano, Luis Garza, and Sunny Wong.

The final webinar of the year, “COVID Hair,” took place on September 12, 2020, with 224 registered, and included several speakers on topics related to treating hair disease during the COVID pandemic including Dr. Antonella Tosti presenting “Tele

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Trichology and Tele Trichoscopy,” and Dr. Ronda Farah presenting “Treatment of Hair Disorders in COVID Time.” Discussion took place of a possible new entity—“COVID hair”—with talks by Dr. Neil Sadick and “Androgens and COVID-19” by Dr. Andy Goren. Data was presented from the “Secure Alopecia-COVID Registry” by Dr. Rodney Sinclair and “Data from the Trichodinia Survey” by Dr. Michela Starace. Several panel discussions occurred with notable panelists Drs. Dirk Elston, Maria Fernanda Gavazzoni Dias, Sergio Vano Galvan, Wilma Bergfeld, and Lynne Goldberg.

The AHRS Mentorship Program continued in 2020. While some were able to complete their mentorships earlier in the year, most mentors and mentees had to postpone their plans. As such, the AHRS provided a one-year extension to the mentees to complete their planned visits. We hope 2021 will open borders so our popular mentorship program may continue.

For 2021, the AHRS is planning two Zoom webinar meetings to replace its usual scientific meetings at the AAD and SID meetings. On Saturday, March 27, 2021, at 10:00 AM Central Daylight Time (Chicago Time), the AHRS will present a two-hour interactive program on Cicatricial Alopecias, debating the similarities and differences among LPP, FFA, CCCA, and others. Registration will open in January. On Friday, May 7, 2021, the AHRS will present its program that is hooked to the SID virtual meeting, with several invited speakers and oral abstract presentations. The topics will include Fibroblast Heterogeneity and Molecular Metabolism. The time has not yet been set. Information will be published on the AHRS website as it becomes available.

The AHRS is also planning to participate in RADLA 2021, which was previously planned to take place in Asuncion, Paraguay, but will now be virtual, and CILAD 2021 Madrid in September. The AHRS will also host a one-hour session at the 2nd World Congress of Trichoscopy scheduled for Oct. 9–11, 2021, in Sorrento, Italy, and hosted by our very own AHRS President, Dr. Antonella Tosti.

Finally, the AHRS is planning its “Alopecia Areata Summit” for Saturday–Sunday, November 6–7, 2021, in New York City, NY, which are the days immediately following the Inflammatory Skin Disease Summit. We are hopeful the world will be widely vaccinated by this time and that the Summit will occur as an in-person meeting. While we are grateful for the technologies that allow virtual meetings, we are craving to be back in person to see our friends and colleagues.

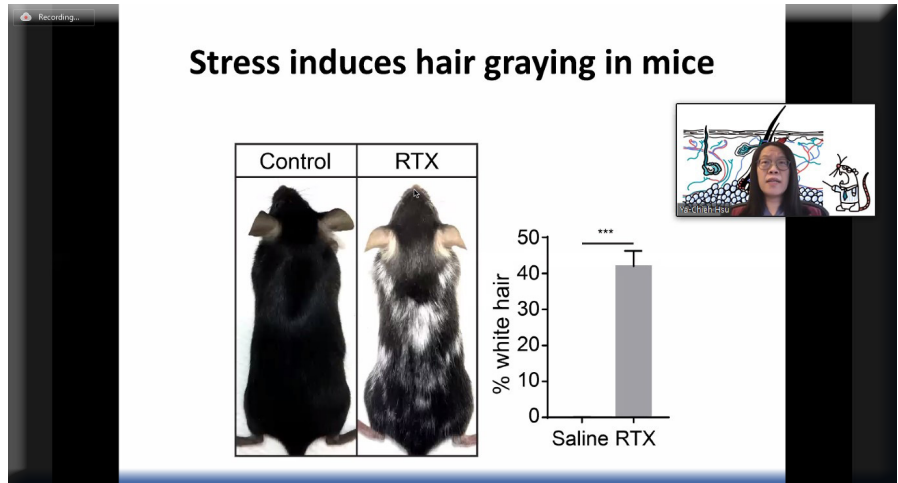


FIGURE 3. Ya-Chieh Hsu, PhD, Keynote Speaker, May 16, 2020

ELECTION RESULT

AHRS 2020-2021 Board of Directors

Antonella Tosti, MD – President
 Angela Christiano, PhD – Secretary-Treasurer
 Maria Hordinsky, MD – Imm. Past President
 Wilma Bergfeld, MD – Honorary
 Neil Sadick, MD
 Maria Fernanda R. Gavazzoni Dias, MD, PhD
 Lynne J. Goldberg, MD
 John Seykora, MD, PhD



Welcome

FIGURE 4. AHRS 2020-21 Board of Directors, with newly elected board member, Dr. Neil Sadick, May 16, 2020



Australasian Hair and Wool Research Society

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Les Jones, MSc, PhD; Secretary, AHWRS

After nearly escaping the worst of COVID after Australia locked down its borders in March, Melbourne had a second wave of infection in June after the virus escaped from hotel quarantine. The rumour was that the hotel security guards were overly accommodating.

Fortunately, the second wave was quelled and Melbourne has now been totally COVID free for almost 2 months and life is pretty much back to normal. While we would be ready to host the World Congress of Hair Research in Melbourne in April 2021, our international guests would all be locked in hotel quarantine for 14 days and all the overly accommodating security guards have now been replaced by the police and military. Hence, the meeting has been postponed until April 2022. By then, all the doctors and frontline medical researchers and pharmaceutical industry representatives should be vaccinated and ready to travel. Not only ready to travel, but desperate to travel having been confined for so long.

Melbourne for many will be their first post-COVID international trip, and what a wonderful place to come to. Open space, wonderful restaurants, spectacular cultural activities, parks, beaches, and sport. Of course, all of these activities will be secondary to the excellent scientific program we are preparing to tantalize your curiosity and explain the wondrous biology of the hair fibre and follicle and how to apply that knowledge to the benefit of your patients.

So everyone has an extra 12 months to get vaccinated, to renew their passports, to get a visa, to prepare their abstract, and come to Melbourne—the home of Australian Hair Research.



WELCOME

In 2022, the World Congress for Hair Research returns to Australia and there has never been a more exciting time to be a hair researcher.

Discoveries in genetics, molecular biology and immunology have translated into new treatments of alopecia areata, androgenetic alopecia, cicatricial alopecia and hirsutism. Held every two years, the World Congress for Hair Research remains the premier event on the international hair research calendar. It is the place to come to hear about new knowledge and emerging treatments.

Sessions will be devoted to:

- Male and Female Pattern Hair Loss
- Alopecia Areata
- Cicatricial Alopecia
- Hair Structure, Function and Shine
- Genodermatosis
- Lasers: Hair Removal and Hair Growth
- Emerging Therapies
- Complex Clinical Cases
- Hair Follicle Immunology
- Gene Discovery and Gene Therapy
- Morphogenesis, Neogenesis and Tissue Engineering
- Stem Cells and Stem Cell Niches
- Comparative Biology and Wool Science

Melbourne is regularly given the title as the world's most liveable city and will soon be Australia's largest city. It is vibrant, cosmopolitan and safe.

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



Professor Rod Sinclair
WCHR 2022 Chair



KEYNOTE SPEAKERS ANNOUNCED

The Local Organising Committee for the World Congress for Hair Research 2022 are pleased to announce the following keynote speakers:



Professor Michael Archer



Dr Drew Berry



Professor Emeritus Jacques Miller

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WCHR 2022 CONGRESS MANAGERS



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Chinese Hair Research Society

Jianzhong Zhang, MD; Chairman, CHRS

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<http://app.incongress.cn/chrs2019/>

MANAGING DURING THE COVID PANDEMIC

In China, the COVID-19 pandemic was serious in the first four months of 2020. However, it was then successfully controlled. The COVID-19 pandemic had a big impact on our life and the way we work. The number of outpatients decreased significantly in most hospitals this year. Unsurprisingly, online medical care has become more and more popular. For management of hair diseases, patients could send their medical history with photos and consult dermatologists online. This has proven to work, especially during the pandemic.

From the research on COVID and skin, Chinese scientists reported that the androgen receptor regulated transcription of the transmembrane protease, serine 2 (TMPRSS2), which is required for SARS-CoV-2 infectivity. Diminishing viral recognition and activating SARS-CoV-2 for virus-cell fusion in patients with androgen sensitivity may explain why AGA patients are more sensitive to COVID-19. This research also warrants the initiation of trials of anti-androgen drugs.¹

ACTIVITIES AND ACCOMPLISHMENTS IN 2020

In 2020, our society joined the International Federation of Hair Research Societies. We are really excited to be a member of the IFHRS family, and we will do our best to play an active role and contribute to the IFHRS.

In 2020, we had several online meetings/forums, including following:

- The 4th Annual Meeting of the Chinese Hair Research Society, July 31 to August 1st, online (Figure 1)
- Hair Disease Rehabilitation Forum, October 11, Guangzhou city (Figure 2)
- Hair Forum at the 26th Annual Meeting of Chinese Society of Dermatology, November 26–27, Hangzhou city with live webcast
- Forum for updates of hair disorders and cosmetic dermatology, November 6–8, online



FIGURE 1. 4th Annual Meeting of the Chinese Hair Research



FIGURE 2. Hair Disease Rehabilitation Forum

Meanwhile, several Hair Health Forums were held in cities throughout China such as Beijing (May 28, online), Shanghai (July 30, online), Chongqing (September 25, online), and Zhengzhou (November 13, online). More than 3,000 dermatologists attended these forums.

In 2020, we published “The Chinese Guideline for Diagnosis and Treatment of Alopecia Areata,” and also translated the book “Alopecia,” by Mariya Miteva, which had been published in December 2020.

Several clinical trials for hair loss have been initiated in China this year, including on JAK inhibitors, topical minoxidil foam, and topical androgen receptor antagonist. Several experts in our society were involved in these clinical trials.

Drs. Jianzhong Zhang and Cheng Zhou had a TV lecture entitled “How to Deal with Hair Loss,” which was broadcast on China Central Television (CCTV) in November. It attracted broad attention and nearly a billion people watched this lecture. (Figure 3)



FIGURE 3. Dr. Jianzhong Zhang on TV lecture for hair health by China Central Television

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Chinese Hair Research Society

PLANS FOR 2021

- We will hold our CHRS annual meeting and several forums.
- Several hair research centers will be set up in some provinces.
- More clinical trials for hair loss will be performed.
- More public education will be carried out through various media.
- We will play an active part in the IFHRS.

NOTABLE RESEARCH FROM CHINA

Zhang X *et al.* found that diffuse alopecia areata (DAA) was initially an anagen effluvium disease involving an intense inflammatory insult, later progressing to a brief catagen effluvium, and then to telogen effluvium with premature exogen in later stages of DAA.²

Yinghui Zhou *et al.* found that platelet-rich plasma (PRP) can promote hair growth. PRP injection was safe and effective for the treatment of AGA.³

Long-Quan P *et al.* found that Chrysanthemum zawadskii extract had an effect of promoting hair growth and may therefore be a useful a therapeutic remedy for preventing hair loss.⁴

Xufeng Du *et al.* reported a case of focal and diffuse fibrosing alopecia that they named “fibrosing alopecia.”⁵

Leng X *et al.* found that the “Punch Assay” was relatively simple and generates normal hair follicles within a smaller wound, suggesting punch assay as a better *in vivo* assay of cell trichogenicity.⁶

Suen WJ *et al.* revealed a critical function of Hes1 in potentiating Shh signaling in anagen initiation, which allowed sufficient signaling strength to expand the hair germ (HG) and replenish hair follicle stem cells (HFSCs) to maintain the hair cycle homeostasis.⁷

Zhu M *et al.* found that sonicated PRP can promote HFSC activation and *de novo* hair follicle regeneration by inducing platelets in PRP to release factors by calcium chloride or by sonication where platelet lysates or the supernatants of platelet lysate.⁸

Li G *et al.* found that Sirt7 activated HFSCs by destabilizing Nfatc1 to ensure hair follicle cycle initiation.⁹

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2. Zhang X, Ye Y, Zhu Z, Yang Y, Cao H, McElwee KJ, Ling Y. Sequential cyclic changes of hair roots revealed by dermoscopy demonstrate a progressive mechanism of diffuse alopecia areata over time. *Exp Dermatol.* 2020 Mar; 29(3):223–230.
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5. Du X, Li Y, Zhu Q, et al. Focal and diffuse fibrosing alopecias: classical lichen planopilaris, frontal fibrosing alopecia, fibrosing alopecia with a pattern distribution, cicatricial pattern hair loss, and lichen planopilaris diffuse pattern[J]. *JAAD Case Reports.* 2020; 6(5).
6. Leng X, Wang P, Chen Z, Li D, Wen J, Zhang X, Qian H, Guo J, Wu X. Dissociated skin cells regenerate hair follicles in a microwound, “The Punch Assay.” *Exp Dermatol.* 2020 Mar; 29(3):349–356.
7. Suen WJ, Li ST, Yang LT. Hes1 regulates anagen initiation and hair follicle regeneration through modulation of hedgehog signaling. *Stem Cells.* 2020 Feb; 38(2):301–314.
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9. Li G, Tang X, Zhang S, Jin M, Wang M, Deng Z, Liu Z, Qian M, Shi W, Wang Z, Xie H, Li J, Liu B. SIRT7 activates quiescent hair follicle stem cells to ensure hair growth in mice. *EMBO J.* 2020 Sep 15; 39(18):e104365.



European Hair Research Society

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2020 CANCELLATIONS DUE TO COVID-19

As a result of the COVID-19 pandemic, we had to postpone the 19th EHRS meeting that was planned for June 2020 in Sheffield. It is currently scheduled to take place between 15–17 of June 2023. In the hope that by 2022 we will be able to finally meet face-to-face, we intend to have our next EHRS meeting in St. Petersburg, Russia. More information about this meeting will be available soon, but please mark your calendars now as we expect to have the meeting between 16–18 June 2022, which is when the White Nights are prominent in St. Petersburg.

WAYS TO KEEP IN TOUCH AND UP TO DATE ON HAIR RESEARCH NEWS

To keep up to date on the newest information in hair research, we encourage you to access the “What’s new in hair” section on the EHRS website. Here, you can read summaries of the most interesting articles published recently on hair research (both clinical and basic science–related articles). An email is sent to all members when a new summary is available. We remind you that you can also use the website to connect to other EHRS members with similar interests to initiate research collaborations.

Although not a true replacement for scientific meetings, we have decided to start a new initiative: the EHRS Virtual Mini Symposiums. Each month, we will hold a short virtual meeting, intended to provide EHRS members with important clinical and scientific updates on selected hair topics. The meeting will be held by Zoom and will be available free of charge to EHRS members. EHRS members are welcome to share the login details with their lab/group members.



White Nights in St. Petersburg

Please mark your calendar and save the following dates of the coming EHRS Virtual Mini Symposiums:

- “Hair Follicle Cycling,” January 15, 2021, 1:00 PM European Time
- “Alopecia Areata,” February 19, 2021, 1:00 PM European Time
- “Oral Minoxidil Treatment for Hair Disorders,” March 13th, 2021, 12 NOON European Time
- “Omics or Stem Cell Niches?” April 23, 2021, 1:00 PM European Time
- “Scarring Alopecia and Its Variants,” May 21, 2021, 1:00 PM European Time
- “Diagnostic Techniques for Hair and Scalp Disorders,” June 26, 2021, 11:00 AM European Time
- “Neutrophilic Alopecias,” July 16, 2021, 1:00 PM European Time

COVID-19 AND HAIR

COVID-19 is a condition that affects almost every organ in the body. Therefore, it is not surprising that links between COVID-19 and hair have been found over the past several months. These links have been described in several interesting studies, many of them authored by members of the EHRS. We have asked Dr. Sergio Vañó-Galván, an EHRS board member and a dermatologist in Ramon y Cajal Hospital, TricoHRC, in Madrid, Spain, to summarize one especially intriguing connection, which is the association between androgenetic alopecia (AGA) and the more severe forms of COVID-19.

Although it is still a hypothesis and needs more studies to be confirmed, Drs. Andy Goren and Carlos Wambier (USA) are leading an interesting line of research linking androgens to COVID-19 infection. The rationale for this hypothesis is based on several intriguing observations:

1. The pandemic has disproportionately affected men, suggesting a possible role for androgens in COVID-19 severity.
2. In men, increased androgen sensitivity often leads to the development of AGA, and 79% of men hospitalized due to COVID-19 were diagnosed with some degree of AGA in 3 Madrid Hospitals (doi: 10.1016/j.jaad.2020.05.079).

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3. The virus cell-entry mechanism depends on an androgen-receptor promoted protease (TMPRSS2) (10.1016/j.jaad.2020.04.032). The authors hypothesized that the priming of the spikes of the virus might be suppressed by using anti-androgen medications such as 5-alpha-reductase inhibitors (5ARIs), among others.
4. A recent cohort study (<https://onlinelibrary.wiley.com/doi/10.1111/jdv.16953>) of men taking 5ARIs for six months prior to hospitalization due to COVID-19 represents the first preliminary study showing the potential usefulness of antiandrogenic drugs in reducing individual vulnerability to COVID-19. Among men taking 5ARIs, 8% were admitted to the ICU compared to 58% of men not taking 5ARIs ($P = 0.0015$). 5ARIs were associated with reduced risk for ICU admissions with an RR of 0.14 (95% CI: 0.02–0.94). A double-blinded randomized prospective interventional study for dutasteride as a treatment for COVID-19 has recently started (NCT04446429). Additional support for the COVID-19 androgen theory is a significant association of androgen receptor (AR) genetic variants with COVID-19 disease severity. Two independent studies confirmed that the CAG repeat length in the AR gene is inversely associated with COVID-19 disease severity (<https://www.medrxiv.org/content/medrxiv/early/2020/11/05/2020.11.04.20225680.full.pdf> and <https://pubmed.ncbi.nlm.nih.gov/32977355/>).

Finally, it is interesting to note that TMPRSS2 is highly expressed in prostate cancer; thus, several prostate oncologists have made the association with reduced disease burden among men undergoing androgen deprivation therapy (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7202813/>). Several ongoing trials are being conducted for androgen deprivation for COVID-19 (NCT04397718, NCT04509999). These results are exciting, although the exact role of androgens and the potential usefulness of antiandrogenic drugs for the SARS-CoV-2 infection need further research.



The Korean Hair Research Society

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The Korean Hair Research Society was founded in 1999 as a hair research subcommittee of the Korean Dermatological Association (KDA). The KHRS was officially inaugurated in 2004, and has continued active research to this day. The KHRS executive board and the chairman hold a two-year term of office.

The 9th executive board was newly appointed in June 2020 and will continue the efforts to make advances in the following areas:

- We will expand support on research to help strengthen the clinical and basic research capabilities of KHRS members.
- We will make it more accessible for dermatologists and basic researchers to participate in the activities of the KHRS.
- We will keep working with alopecia patients by supporting patients' association and improving governmental policies.

COVID AND OUR SOCIETY

The KHRS holds an annual meeting every May. However, due to COVID, the meeting had to be postponed and the 16th Annual Meeting was held on August 30th at the Dragon City Hotel, Seoul. To follow the government preventive guidelines, a limited number of personnel participated in person and the rest engaged online. With strict adherence to social distancing measures and wearing masks, we were able to prevent the spread of the disease. This experience leads us to believe that the KHRS will be able to successfully conduct on/offline meetings in the future. (Figure 1)

All of our important academic activities were held, except the Hair Forum seminars, which had to be canceled as they overlapped with the annual meeting.



FIGURE 1. Photos from the KHRS annual meeting

2020 ACTIVITIES AND ACCOMPLISHMENTS

The theme of the KSHRS's 16th annual meeting was "Back to Basic." Various academic researchers and practitioners presented new directions and paradigm shifts in hair research and exchanged opinions on the new developments in hair loss treatments. Recent research regarding the relationship between COVID-19 and its impact on male hair loss was also shared during the meeting. The guest speakers presented the spatial transcriptomic approach to hair research using gene analysis and micro needle technology for hair loss treatment.

The KHRS also held the Hair Symposium at the autumn meeting of the Korean Dermatological Association. Additionally, the KHRS had conducted the Hair Education Program in November to provide the latest information on hair loss and scalp diseases for resident doctors and clinical doctors. (Figure 2)



FIGURE 2.

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The KHRS supported camps for pediatric patients with alopecia areata last January and will also hold an online session this upcoming winter. The KHRS will keep on working closely with the patients' association and the authorities to produce tangible results that will be of practical help to the patients.



FIGURE 3.

PLANS FOR 2021

The KHRS plans to hold annual meetings, the Hair Forum seminars, and the Hair Symposium, which will be held at the autumn meeting of the Korean Dermatological Association. There are also plans to form an organizing committee to start preparing for the 14th WCHR meeting that will take place in Korea in 2026. Additionally, we are finalizing the textbook of hair disorder in Korean, which is expected to publish in February 2021.

NOTABLE RESEARCH

Following are important studies by KHRS members in 2020:

- Lee YB, Lee WS. (2020). Efficacy of antihistamines in combination with topical corticosteroid and superficial cryotherapy for treatment of alopecia areata: a retrospective cohort study. *J Am Acad Dermatol*. S0190-9622(20)32198-8.
Summary: Authors investigated the role of adjuvant antihistamines in combination with a topical corticosteroid and superficial cryotherapy for alopecia areata. In the retrospective observation, a cumulative incidence analysis for major hair regrowth showed a significant improvement in the antihistamines treated group.
- Lee S, Lee JW, Choe SJ, Yang S, Koh SB, Ahn YS, Lee WS. (2020). Clinically applicable deep learning framework for measurement of the extent of hair loss in patients with alopecia areata. *JAMA Dermatol*. 156(9):1018–1020.
Summary: Authors developed a deep learning framework to determine the Severity of Alopecia Tool score and validated it. The model is advantageous because it does not require cumbersome image preparation. In the challenge study, the dermatologists achieved significantly improved accuracy and interrater reliability with the computer-assisted approach.
- Kim JW, Kwon YS, Chang YY, Hong SH, Shin JW, Na JI, Huh CH. (2020). Low-level laser therapy with novel array of light source and individualized program for treatment of androgenetic alopecia: a 16-week, randomized, double-blind, sham device-controlled study. *Medical Lasers: Engineering, Basic Research, and Clinical Application*. October 28, 2020.
Summary: This study examined the clinical efficacy and safety of a home-use low-level laser therapy device with a newly designed array of light sources and software optimized for individual types of androgenetic alopecia. In the randomized, double-blind, and sham device-controlled trial, the test group showed a significant increase in hair density and hair thickness compared to the control after 16 weeks.
- Kang MJ, Choi JY, Sim WY, Lew BL. (2021). 5 α -reductase inhibitors in men aged 50 years or older with androgenetic alopecia: a retrospective study. *J Am Acad Dermatol*. 84(1):172–173.
Summary: The US Food and Drug Administration (FDA) has only approved finasteride in men aged 18 to 50 years. Dutasteride is not approved in the United States. In the retrospective analysis, the efficacy and adverse effects of 5 α -reductase inhibitors in men aged ≥ 50 years were similar to relatively younger patients, as previously reported.

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2020 AND COVID

As for the entire world, 2020 was certainly not an easy year for our society as a whole or for our members (we are 245 active members now). Some of us found ourselves in the “red zone,” working closely with COVID patients, while others were forced to interrupt their clinical activity due to lockdown and self-isolation. So, none of us escaped physical and emotional stress, and some were directly hit by infection.

As everyone around, we were not prepared for the pandemic outbreak and did not have any ready-made “off-the-shelf” solutions for arising problems. So, we just focused on supporting our members on both professional and personal grounds. And it turned out to be a correct strategy. The RHRS headquarters in St. Petersburg did not stop working, and our employees continued to be available for RHRS members all of the time.

Both social networking platforms used by our society—the RHRS group on Facebook (1,400 members with international participation) and the Dialogues on Trichology group at WhatsApp (247 members)—continued to work actively discussing challenging clinical cases and news and developments in the field of hair research and trichology. The number of messages in the Dialogues on Trichology group was reaching over 130 per day with people sharing their problems and often getting useful solutions and advice. Due to pandemic stress, the subjects of discussion in this group sometimes went beyond professional grounds and acquired the form of “social help line.”

ONLINE MEETINGS AND COMMUNICATION

During the time of obligatory isolation, we actively used online platforms to conduct six educational webinars (18 hours total) on cicatricial alopecia, seborrheic dermatitis, psoriasis, and practical skills in trichology. These webinars were available not only to RHRS members, but to Russian-speaking professionals in other countries as well. As a result, the webinars were attended by 698 people from 87 cities and 15 countries.

Nevertheless, we fully understood that the online communication could never surpass the efficiency and social meaning of face-to-face meeting. Therefore, we made every possible effort to make our live annual congress come true. And it worked! The RHRS held its offline annual congress in Moscow on September 10–12, right between two waves of COVID outbreak (but still with all necessary precautions). This congress brought together over 150 physicians and researchers from all over Russia and Russian-speaking professionals from other countries including Ukraine, Belarus, and Kazakhstan. (Figure 1)

The congress was focused on androgenetic alopecia with many live talks from Russia and online with renown foreign experts Drs. A. Tosti, B. Piraccini, M. Starace, J. Shapiro, R. Pirmez, D. Asz-Sigall, R. Soares, and D. Melo among others. A four-hour long session was devoted to the analysis of the existing problems and technical approaches in trichoscopy with special focus on phototrichogram. (Figure 2)

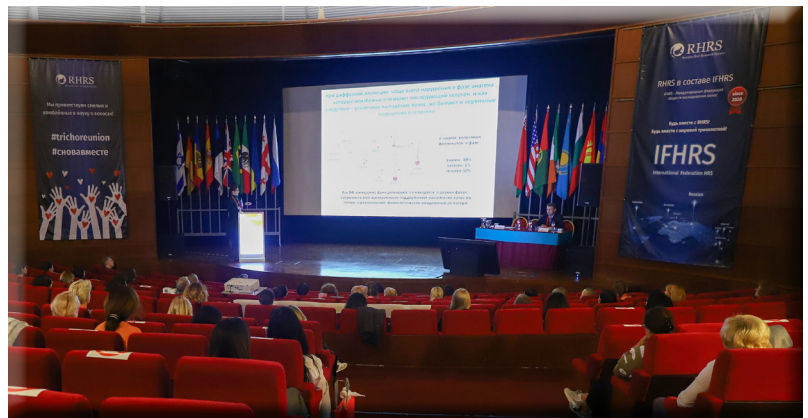


FIGURE 1



FIGURE 2

(Continued next page)

This technique, while laborious and skill-demanding, is quite informative and of great interest for hair specialists. The congress also had a separate scientific hair biology session comprising talks from leading Russian researchers and two talks from abroad by Prof. E. Vsevolodov, Kazakhstan, and V. Botchkarev, USA. As a follow-up, we received a great number of warm responses and thanks from the participants for whom this meeting was the only opportunity for live professional communication over the entire 2020. (Figure 3)

After completion of our offline congress, we continued to use the online platform, and on October 23, 2020, we held a two-hour-long RHRS meeting dedicated to cicatricial alopecia with several talks from our special guests, A. Rakowska and M. Lima. This online meeting was attended by 580 professionals from Russia and other countries widely using Russian language.

2020 CONTRIBUTIONS

Despite pandemic restrictions in 2020, the hair research activity of RHRS members also continued with major contributions made by the groups of Drs. A. Panteleyev (the mechanisms driving hair matrix cell kinetics and telogen-anagen transition, hair follicle *ex vivo* models) and E. Vorotelyak (hair follicle bioengineering and stem cell activity), both groups from Moscow.

One of the major goals of the RHRS is to support young specialists just starting their career in trichology or hair research. To encourage the interest of young people in their professional growth and to help them in their everyday practice, five young members of the RHRS from Russia and Kyrgyzstan were awarded modern dermatoscopes for their active participation in RHRS activities.

Given the importance of professional information exchange and, on the other hand, existing language barriers, the RHRS sponsored the translation into Russian of a new book by Dr. Sergio Vano that provides useful and practical data on the diagnosis and treatment of hair diseases. This translation will be available in Russian-speaking countries in early 2021.

As to other RHRS plans for upcoming 2021, we would mention the next live RHRS annual meeting, which is going to be held July 1–3 in St. Petersburg—the city of White Nights. Everyone who is in love with hair science is welcome to visit this wonderful city at the apex of tourist season and to attend our annual RHRS congress. (Figure 4)

In the year 2021, we start the preparation for the EHRS 2022 meeting to be held in St. Petersburg on July 16–18, 2022. It is a great honor for the RHRS to organize the EHRS meeting, but at the same time it is a great responsibility.

Therefore, our annual domestic congress in 2021 is planned as a pretest for the EHRS event since it is going to be held in the same venue and at the same time of the year. We will do our best to ensure that the participants of EHRS 2022 will admire not only the meeting itself, but also the beauty of the White Nights, St. Petersburg's drawbridges, and the fantastic fountains of Peterhof!

We take this opportunity to wish you a merry Christmas and happy New Year!



FIGURE 3



FIGURE 4



The Society for Hair Science Research

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UPDATES ON THE SHSR

The SHSR has its office in Tokyo where the spread of COVID is more serious than that in other cities in Japan. The office was closed between this past April and June, however, the influence was minimal as most administrative work could be done remotely. Indeed, there was little increase in our membership during this term. The SHSR yearly holds a general assembly and a major academic meeting in a non-WCHR year. For 2020, the 28th meeting was planned in Tokyo as usual under the presidency of Dr. Jiro Kishimoto (Shiseido Co., Ltd.). The platform was changed from being conventional (venue-based) to hybrid (both real and virtual). The conversion was laborious but, to our relief, successfully made at the last moment.

The 28th academic meeting was held on December 5, 2020, at Hotel Mielparque Tokyo, located near Tokyo Tower. (Figure 1) Around 10 members joined on-site, however, the number of attendees via the web was more than expected, and the total number of participants was almost equivalent to those of past SHSR meetings. A nice mixture of researchers and clinicians enjoyed presentations in four concurrent sessions (one clinical, two basic research, and one clinical research) and actively took part in discussion.

What made this SHSR meeting special was the invited lecture and the Korean Hair Research Society (KHRS)-SHSR friendship symposium. For the invited lecture, Prof. Sung-Jan (Jerry) Lin from National Taiwan University presented the data of their recent work on the interaction between hair follicle stem cells and the external environment, especially focusing on the pilosympathetic niche. (Figure 2) The KHRS and the SHSR have been developing a friendship for a long time. To establish closer partnership, SHSR researchers were invited to give lectures at the KHRS meeting in Seoul last year, and this was our turn to host KHRS representatives at our meeting. (Figure 3) Unfortunately, the lectures needed to be presented virtually via Zoom, but despite that, Prof. ChangHun Huh (Seoul National University Bundang Hospital) and Prof. Bark-Lynn Lew (Kyunghee University Hospital at Gangdong, Kyunghee University) kindly gave lectures on their recent research projects on behalf of the KHRS. Prof. Huh talked about his successful clinical research using low-level laser treatment on pattern hair loss, while Prof. Lew presented the data obtained in her elegant studies, dissecting the pathogenesis and hunting for biomarkers of alopecia areata. The annual board of directors meeting and the general assembly were also held jointly with the academic meeting, where the donation to the International Federation of Hair Research Societies (IFHRS) from SHSR, the change of the date for WCHR 2021 (now WCHR 2022), and the updates of the IFHRS, introducing new



FIGURE 1. The 28th SHSR meeting was held on December 5, 2020 as a hybrid conference.



FIGURE 2. Prof. Sung-Jan (Jerry) Lin from National Taiwan University was invited as a special lecture

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The Society for Hair Science Research



FIGURE 3. SHSR members and congress staff

member societies, were officially announced. Along with their retirement from academic institutions and in recognition of their contribution in the field, Prof. Emeritus Ryoji Tsuboi (the former president of the SHSR; Tokyo Medical University) and Prof. Emeritus Yutaka Narisawa (Saga University) were selected as honorary advisors. Prof. Teruki Dainichi (Kagawa University) and Dr. Yukiteru Ouji (Nara Medical University) were appointed as new directors, filling the vacancy. Thanks to those all involved, this SHSR meeting was quite successful.

The SHSR would like to build a harmonious relationship with hair loss patient groups and has been endeavoring to meet their needs. As an example, the SHSR members attended patient gatherings to give lectures on recent progress in the understanding of disease pathophysiology and the development of therapeutic approaches as volunteers. Usually, the SHSR representatives interact with patients and give possible medical advice. As part of that tradition, Dr. Misaki Kinoshita-Ise (Kyorin University) will develop a presentation on the diagnostic approaches for hair loss diseases for a major alopecia areata patient group. The SHSR's most important event for 2021 will be an academic/meeting and general assembly, which will take place on December 11 under the presidency of Prof. Rie Ueki (Juntendo University) in Tokyo. The SHSR truly hopes to have this meeting as a "real" on-site one, facilitating face-to-face interactions with the COVID threat being settled.

In collaboration with the Japanese Dermatological Association (JDA), the SHSR has been contributing to the establishment of guidelines for alopecia areata and male/female pattern hair loss, which were first published in 2010 and updated in 2017, respectively. Considering two clinical trials of JAK inhibitors are ongoing, the SHSR may start discussing the preparations to update guidelines. Another topic worthy of attention is the launch of clinical research probing the efficacy of autologous dermal sheath cup cell (DSCC) transplantation as a treatment for male/female pattern hair loss (Tokyo Medical University, Toho University, and Kyorin University, in collaboration with Shiseido Co., Ltd.). This exploratory project is based on the results obtained in the preceding pilot study in which both safety and efficacy of DSCC transplantation to a small area of affected scalp was successfully demonstrated (Tsuboi et al. *JAAD*. 2020; 83(1):109–116). This approach holds promise especially as a remedy for female pattern hair loss for which therapeutic approaches are quite limited.

With other sister societies of the IFHRS, the SHSR would like to better manage/conquer the COVID threat and continue to contribute to advances in hair science research.

UHRS Ukrainian Hair Research Society

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CURRENT ACHIEVEMENTS AND ACTIVITIES

Traditionally, the UHRS works in the following main areas: consolidation of specialists interested in the development of trichology; conduction of scientific research in hair biology and pathology; implementation of educational programs; informational and financial support of young researchers interested in hair; creation of professional connections between the leading scientific associations in order to integrate national specialists into the world trichology community; and facilitation of the process for effective interaction with patients.

RESEARCH ACTIVITIES

Research activities take place in cooperation with leading medical universities of the country—V.N. Karazin Kharkiv National University, Kiev National Medical Academy of Postgraduate Education, Kharkiv Medical Academy of Postgraduate Education—and they are also implemented in participation in international research projects (Global Registry of Alopecia areata disease Severity and treatment Safety (GRASS); FFA Severity Tool (FFAST); The SECURE-Alopecia data of alopecia patients, who have been diagnosed with COVID-19; Survey of Trichodynia in COVID-19 affected patients; Global initiative to achieve consensus on the pathogenesis and management of FFA). Original hair research conducted in Ukraine is devoted to the study of the clinical, morphological, and pathogenetic aspects of alopecia areata (AA). As a result of these studies, immunomorphological changes in AA depending on the stage of the pathological process with impaired expression of cytokines (IL-1, IL-6, TNF- α) were found. Disorders of systemic cytokine homeostasis (IL-1 β , IL-17, IL-4, IL-10) and HBS-70, markers of angiogenesis (sVEGFR1, VEGF, EGF, NO, NOS) depending on the degree of activity, severity, and duration of AA have been identified. The changes in the level of adaptive hormones (cortisol and insulin), the decreased quality of life evidenced the breakdown of regulatory mechanisms in patients with AA. The algorithm of treatment with consideration of detected problems, staging of course and severity of dermatosis has been developed. The results of the study provided the basis for the National Clinical Guidelines for the Management of Patients with AA by the UHRS.

As in the rest of the world, the COVID-19 pandemic in Ukraine has resulted in adjustments being made to the educational activity of the UHRS. The vast majority of local and international scientific meetings were postponed due to the pandemic, including the 3rd UHRS Congress. However, these circumstances have become a background for the creation of successful online educational projects, which have received positive responses from colleagues from Ukraine and other countries. On the TRICHOLOGY CONSILIUUM educational web platform created by the UHRS, which has united more than 1,500 clinicians to create a tradition of clinical analysis in trichology, several meetings have been held in the format of a virtual round table TRICHOLOGY CONSENSUS, where project participants could ask the experts a question on a given topic of the meeting live. The traditional Trichological Session under the auspices of the UHRS at the main dermatological site of the country, Kyiv Dermatological Days, was dedicated to androgenetic alopecia and was held online. However, the main scientific and practical event in the field of hair research in 2020 in Ukraine was the holding of the UHRS Virtual National Trichology Symposium on November 21, 2020, which was devoted to the presentation of National Clinical Guidelines for Management of Patients with Alopecia Areata (2020) developed by the UHRS <https://uhrs.org.ua/symposium/index-en.html>. (Figure 1) It is important



FIGURE 1. Board of the Ukrainian Hair Research Society and main speakers at the Virtual National Trichology Symposium UHRS2020. (Left to right): Prof. Yuliya Ovcharenko, Dr. Kuzma Khobzei, Ass. Prof. Inessa Serbina.

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UHRS Ukrainian Hair Research Society

ant that Ukrainian clinical guidelines are based not only on the analysis of protocols of international and national levels, the results of the Alopecia Areata Consensus of Experts Study (2020), adapted to the domestic pharmaceutical market, but are also the result of scientific research conducted in Ukraine, which has justified the need to expand the criteria for selection and control of the therapy efficacy, which was not previously taken into account in the presented treatment protocols. The main work on the systematization, unification, and adaptation of modern knowledge about AA in the Ukrainian recommendations resulted in the creation of two algorithms—diagnostic and therapeutic, which logically build a differentiated approach to the management of such patients depending on prognostic factors with randomization by age, severity, and stage of process activity, taking into account the clinical phenotype, comorbidity, and the impact on the patient's quality of life.

To relay the experience, we are planning to publish in English the National Clinical Guidelines for the Management of Patients with AA (2020), which was developed by the UHRS. The presented protocols are the result of many years of work by the UHRS team, and we hope that they will become another step towards uniting domestic dermatologists in the study of this disease. The presence of a standardized examination protocol for patients with AA will allow us to optimize the monitoring of the disease. This monitoring of AA patients will form the basis for the creation of the Ukrainian Alopecia Areata Patients Registry (UAAPR).

The formation of the UAAPR is a responsibility assumed by the UHRS collegium in the work of the global project GRASS. Its creation is a priority scientific area of 2021 for the UHRS. The implementation of the project was planned in collaboration with the created in 2017, under the auspices of UHRS, the Alopecia School in Ukraine and a Foundation to helping patients with AA. The Internet portal of the Alopecia School—alopecia.org.ua—provides a new form of interaction between patients, clinicians, and researchers. The resource publishes the most relevant information about AA, patients can find specialists in different regions of the country, and doctors have the opportunity to add patient information to the UAAPR. We plan to present the results of the work at the 3rd UHRS Congress, November 20–21, 2021, which we hope will take place in the format of a long-awaited live meeting. The scientific program of the meeting will be focused on one of the most intriguing enigmas of modern dermatology: alopecia areata. In 2021, an interactive session of clinical case analysis in trichology, the TRICHOLOGY CONSILIUM, will appear in the Congress structure, which will bring together a selection of cases from 20 countries supported by live trichoscopy. Also, we are planning to open a new edge of hair science in a Session of Psychotrichology, confirming its interdisciplinary and fundamental status.

BUILDING BRIDGES, the slogan of the 3rd UHRS 2021 Congress, was born by no mere chance. For many years, we have been building bridges between science and practice, doctors and patients, experts and young specialists, and industry and clinicians, between leading scientific associations in order to create friendly, professional contacts, and to integrate and forward world trichological knowledge. The invitation of the UHRS in 2019 to the family of the International Federation of Hair Research Societies (IFHRS) is the best reason to invite colleagues from sister societies to the UHRS for a professional and friendly visit.

We invite you, dear friends, colleagues, and partners, on November 20–21, 2021, to Kiev, to attend the 3rd Congress of the Ukrainian Hair Research Society 2021, a trichological scientific meeting made with love!

Staff and Member Societies

Chair: Wilma F. Bergfeld, MD
Executive Secretary: Victoria Ceh, MPA
Immediate Past Chair: Gillian Westgate, PhD
Managing Editor, IFHRS Newsletter: Cheryl Duckler

IFHRS Member Societies:

American Hair Research Society – founding member
Australasian Hair and Wool Research Society – founding member
China Hair Research Society
European Hair Research Society – founding member
The Korean Hair Research Society – founding member
Russian Hair Research Society
The Society for Hair Science Research – founding member
Ukrainian Hair Research Society

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