

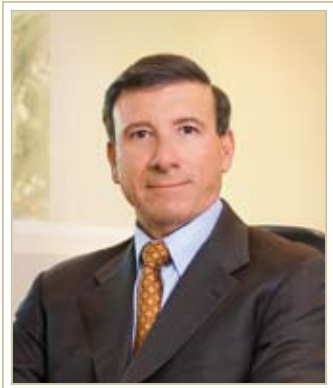


Your Resource for  
Hair Restoration Options

# MIAMI HAIR JOURNAL

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Hair Transplant Institute of Miami

Este boletín está disponible en español en  
nuestro nuevo website en [miamihair.com](http://miamihair.com)



## FROM THE PHYSICIAN'S DESK

Dear Friends,

This year marks the beginning of my 26th year in the exciting field of hair restoration. For nearly three decades I have both witnessed and initiated vast changes in transplant procedures and outcomes. The days of unsightly plugs and less-than-satisfactory results are behind us. With the advent of better technology and refined techniques, our patients achieve fuller, natural looking heads of hair in a relatively short time period with minimal discomfort. And because looking younger and

feeling better can have life-changing implications, men and women are choosing hair transplantation in record numbers.

This past October I served as chairman of the 14th Annual Scientific Meeting of the International Society of Hair Restoration Surgery (ISHRS). Four hundred physicians from around the world convened in San Diego to exchange ideas that ranged from basic hair research to state-of-the-art surgical procedures.

Key topics of this year's conference included phase II clinical trials for cell therapy (commonly known as hair cloning) in the United Kingdom, the development of optimal storage solutions for grafts (as more grafts are transplanted in one session, the follicles are subjected to longer time periods outside the body) and treatments for hair loss in women. The 2006 ISHRS conference, the largest gathering of hair surgeons in the world, was an overwhelming success. I was deeply honored to chair this prestigious and highly informative event and look forward to presenting my contributions to the field at the 2007 conference in Las Vegas.

Until then, my greatest satisfaction continues to be providing quality care and the best possible results for every patient we treat. As always, please call or email me at [drnusbaum@miamihair.com](mailto:drnusbaum@miamihair.com) with your questions or concerns. I enjoy hearing from you.

Sincerely,

Bernard P. Nusbaum, M.D.

## IN THIS ISSUE

- Read firsthand how a hair transplant has impacted the life of one of our patients (page 2).
- For an idea about what to expect, preview a collection of before and after photos from our results portfolio (page 3).
- Learn the difference between FUE and FUT, and educate yourself about eyebrow transplantation, women's hair loss and the latest medical therapies (page 2).
- Find answers to questions often asked by first-time as well as returning patients (page 3).
- Get the scoop on what's new: [miamihair.com](http://miamihair.com), our travel program, and our new look and logo (page 1). While you're at it, check out our staff and office building in Coral Gables (page 4).

*The International Society of Hair Restoration Surgery (ISHRS) appointed Dr. Nusbaum as Program Chairman for their 14th annual meeting held this past October in San Diego, CA. The ISHRS is the largest society in the world dedicated to hair restoration, with approximately 700 physician members worldwide.*

## WHAT'S NEW

### Head to MiamiHair.com.

If you haven't discovered it already, check out our new website at [www.miamihair.com](http://www.miamihair.com). We've redesigned our look, updated the content and added several features of interest to anyone considering hair restoration. Meet actual clients and preview our portfolio of before and after photos. Learn about the unique aspects of female hair loss and the treatments available to women. Find the information you need to make an informed decision about your hair restoration options.



### Take Advantage of Our Travel Program.

For the convenience of our out-of-town patients, we offer a travel program in partnership with select area hotels. Our office has established a corporate rate at the locations listed below. Please mention that you are visiting Dr. Nusbaum at the Hair Transplant Institute of Miami when you make your reservation.

**The Colonnade Coral Gables**  
1.866.770.9877 or 305.441.2600  
[www.colonnadecoralgables.com](http://www.colonnadecoralgables.com)

**Hyatt Regency Coral Gables**  
1.800.233.1234 or 305.441.1234  
[www.hyatt.com](http://www.hyatt.com)

**Holiday Inn University of Miami**  
1.800.Holiday (465.4329) or 305.667.5611  
[www.hicoralgables.com](http://www.hicoralgables.com)

**Coral Gables Hotel**  
1.800.Holiday (465.4329) or 305.443.2301

### Notice Anything Different?

It's the question you'll be asking a few months after your hair transplant but at the moment, we're the ones wanting your feedback. Like a patient in search of a fresher, more youthful image, we've updated our logo and redesigned our informational materials to reflect our ongoing commitment to excellence and devotion to quality patient care.

New looks aside, we're still the high quality hair restoration clinic we've always been. Expertise and experience are the trademarks of our practice. At the Hair Transplant Institute of Miami, we pledge to give you the best results possible and to provide the utmost in patient care and comfort. We look forward to seeing you soon.

## HOT TOPICS

### One, Two, Three...

The growing preference for hair transplantation is triggering greater interest in transplants among both men and women. Some patients consider a second or third procedure an effective way to create more fullness or greater coverage. Others take a proactive approach and view each transplant as the best way to stay ahead of thinning hair.

Regardless of your motivation, hair transplant procedures can be done as gradually or as frequently as you wish provided favorable medical conditions for prime hair growth are taken into account. Whether you are considering your first or third transplant, we will give you an honest assessment about the results you can expect to achieve.



### Eyebrow Transplantation Gaining in Popularity

Tired of naturally thin eyebrows or unsightly brows due to over plucking, scarring, burns or other trauma? Eyebrow transplantation may be the solution you've wished for. The procedure is performed with hair taken from areas of the scalp where hair is finer in texture than most head hair. Be advised that hair taken from the scalp will grow longer than eyebrow length so regular trimming of the eyebrow is necessary. We use sophisticated instruments to help the hair in the receptor sites grow at a flat angle to the skin, resulting in a more natural appearance.

### FUT vs. FUE

The majority of our work at the Hair Transplant Institute of Miami involves follicular unit transplantation (FUT), a procedure known for producing amazing results. A related technique called follicular unit extraction (FUE) is similar to FUT with a few exceptions. We're happy to discuss both options with you but first, compare the two procedures:

#### Follicular Unit Transplantation (FUT)

- Produces amazing results.
- Hair is taken from a donor strip.
- Longer hair above the donor strip covers the line scar.
- Faster procedure than FUE and therefore less expensive.

#### Follicular Unit Extraction (FUE)

- Produces amazing results.
- Hair is removed from the donor area in a scattered pattern.
- Produces tiny "dot-like" scars in the donor area.
- Time consuming and expensive (3-4 times more costly than FUT).
- Allows for shorter haircuts in the donor area.

## CAN MEDICAL THERAPY RETARD HAIR LOSS?



If you've gone the medication route to slow down hair loss, you already know there are only two FDA-approved medications on the market: 5% minoxidil (Rogaine Extra Strength) and 1 mg finasteride (Propecia). When taken as a single agent, Propecia is the more effective of the two. When taken in combination, however, the drugs produce a synergistic effect: The combination produces results greater than the sum of what you can achieve with either treatment used individually.

### An Overview of Hair Loss Medications

#### Minoxidil (Rogaine Extra Strength)

- Available over the counter.
- Topical application recommended twice daily for optimum benefit.
- Some benefit if applied only once per day.
- May cause scalp irritation.
- Non-irritating foam version is available.

#### Finasteride (Propecia)

- Available by prescription only.
- Tablet taken orally once per day.
- Found to be more beneficial than minoxidil as a single treatment.



## WOMEN AND HAIR LOSS



Recent estimates put the number of women suffering from hair loss at 20 million. That's 20-30 percent of the female population in North America. Whereas hair loss in men is predominantly caused by hereditary factors, hair loss in women is attributed to numerous causes, including Female Pattern Hair Loss and various hormonal conditions. Female Pattern Hair Loss (FPHL), the most common cause, is often hereditary. The condition can also result from hormonal changes associated with aging. A thorough workup from a properly trained physician is recommended to fully understand each situation. Regardless of its cause, researchers claim that hair loss generally has a greater psychological impact on women than on men.

### Treatment Options and Risks for Women

Currently the only FDA approved treatment for FPHL is 2% minoxidil, a topical application marketed as Rogaine For Women. Some physicians are recommending that women use the stronger 5% minoxidil (which is FDA approved for men) although it can cause excess facial hair in a small percentage (5-10 percent) of female patients. This side effect is reversible once the treatment is stopped.

Oral finasteride in a 1 mg dose (under the trade name Propecia) was studied several years ago in postmenopausal women with FPHL and was shown to have no effect. A recent study of 37 women with FPHL (pre and post menopausal) showed improvement in approximately 60 percent of the patients taking a stronger dose (2.5 mg per day) in combination with an oral contraceptive. It was not clear whether the lessening of hair loss was due to the higher dosage of finasteride or its combined use with an oral contraceptive.

Be advised that finasteride is not FDA approved for women and may cause birth anomalies in women who are pregnant with a male fetus. Further studies are needed to accurately assess the drug's effectiveness and safety for women. Another treatment option, low-level laser therapy, is available as a cosmetic device in the form of a comb designed for home use or as a "hood" which resembles a salon hair dryer and is administered at a facility. The FDA is currently evaluating a study of more than 100 patents to determine the effectiveness of laser therapy.

## FIND ANSWERS HERE

### What exactly is a hair transplant?

Simply stated, a hair transplant involves the removal of hair follicles from one area on the scalp and transplanting them onto another area. We remove follicles from the back of the head and transplant these healthy hairs in the areas where baldness or thinning has occurred. These transplanted hairs take root and grow continuously throughout the patient's lifetime.

### At what stage of hair loss is a transplant feasible?

The trend in hair restoration is to do a transplant in the early stages of hair loss. This proactive approach has several benefits: there's no drastic change for others to notice; hair is replaced by permanent hair as it is lost; the remaining hair provides natural coverage for the temporary crusting that occurs after the procedure; your own naturally existing hair serves as a guide in the shaping and positioning of the transplanted hairs; the procedures are smaller and therefore less costly.

### What is follicular unit transplantation?

Follicular units are small bundles of hair spaced approximately 1 millimeter apart, viewable under the microscope. Each unit contains 1, 2, 3 or sometimes 4 hairs. Follicular unit transplantation involves separating 1,000 to 4,000 follicular units from the donor strip at the back of the scalp and inserting these units into the recipient site where hair loss is occurring. Using a microscope, we carefully dissect the donor strip into slivers 1-3 follicular units wide, carefully remove each graft and implant it into the recipient area, one at a time. Tiny openings no larger than a pinprick are made in the recipient area to receive each unit.

### Why do you prefer follicular unit transplantation to other procedures?

Follicular unit transplantation achieves astonishing results. For that reason, FUT is our method of choice with most patients. The results create a fuller, natural-looking head of hair and a more youthful appearance.

### Can the transplant be done with hair from another person?

The body's immune system recognizes another person's hair as foreign and destroys it. For that reason, a transplant done with donated hair is ineffective. Be assured, however, that even the most advanced cases of baldness have some fringe hair usable for transplantation. Dr. Nusbaum advises each patient on the degree of coverage to expect from hair restoration surgery.

*If you have a question we haven't covered, please call (305.448.9100 or toll-free at 800.309.2449) or send an email to [drnusbaum@miamihair.com](mailto:drnusbaum@miamihair.com). We'll respond within 48 hours.*

## PATIENT PROFILE: A CLOSER LOOK



*"I got back the guy I had always been."*

I started asking some well-connected friends about hair transplants. Over and over, the word on the street was Nusbaum. I went for a consultation and knew he was the one for me. I liked his humble, caring attitude, and his honesty. He's reassuring and professional, with the credibility of Cronkite."

Lang claims that a full head of hair has changed everything about him. "How I walk, talk, how I am at the beach and the pool. (With my hair transplant) I got back the guy I had always been. My confidence is back, along with my energetic spirit."

"People make judgments," says Lang. "Looks are important. Nobody can tell I've had a transplant, not even my hairdresser. He knows, but he can't tell. Dr. Nusbaum duplicated my natural hairline and adapted it for a 50-year-old. I wanted to go lower but he wouldn't hear of it. His expertise and ethics come into play. He makes no false promises. The man's a genius, a real artist. And he's made me feel like the king of the world."

## RESULTS ARE EVERYTHING

For most clients considering hair restoration, the bottom line is results. Of course you want an experienced physician and a staff committed to excellent patient care, but mostly you want results. These before and after images speak volumes about our ability to give you the results you're looking for. To view our complete portfolio, please visit [www.miamihair.com](http://www.miamihair.com).

### A Picture is Worth a Thousand Words.



Meet Michael Lang, a man who loves to drive with the car windows open and his hair blowing in the breeze. He loves skiing and boating, staying active and engaged. A financial consultant and native Miamian, Lang is a whirlwind of boundless energy, passionate about music, movies and, it turns out, his hair. He talks candidly about hair loss and how he handled it.

"I've had long hair my whole life. My hair was the spirit of me. I always identified with long hair and when it started to fall out, I felt self-conscious and insecure about how I looked and how others perceived me. A visor became a permanent fixture. I didn't go anywhere without it, and I mean anywhere. It got to be ridiculous.

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### Follicular Unit Transplantation (FUT)

- Hair grows in small bundles called follicular units, spaced 1 millimeter apart.
- Each follicle contains one, two, three or sometimes four hairs.
- During FUT, 1,000 to 4,000 follicular units are separated from a donor strip on the back of the head and inserted into the recipient areas.

### Facts About Male Pattern Baldness

- Male pattern baldness affects more than two-thirds of all males.
- 85% of men have significantly thinning hair by age 50.
- Hair loss results from hormonal changes that affect the hair follicle.
- Balding develops in a predictable pattern for most males.
- Hair on the back of the head is not subject to male pattern baldness and will grow when transferred to other parts of the scalp.

*"I'm a high profile person. I've always been conscious of my appearance and my hair. The baldness progressed to the point that I couldn't have the hairstyle I wanted. Dr. Nusbaum is unbelievable, his work amazing. I wanted results I would love, and that's exactly what I got."*

– Scott Comora  
Real Estate/Developer Sales Agent

## STATE-OF-THE-ART CLINIC AND PROFESSIONAL STAFF



If you've been to our offices recently, you know that we practice in a medically sophisticated setting designed for your comfort. Our clinic specializes in advanced technology and utilizes up-to-date hair restoration procedures. In addition to Dr. Nusbaum, our professional staff includes microscopists, surgical technicians and registered nurses.

Our surgical team has been working together for more than a decade, transplanting thousands of grafts on hundreds of patients with various types of hair and degrees of hair loss. Hair transplant expertise, extensive professional experience and a caring, understanding rapport with patients are our trademarks.

*"It's rare for an experience to live up to your expectations, no matter what it is. This one far exceeded my hopes for what it would accomplish. Dr. Nusbaum is terrific. He took his time. His work is accurate, his technical expertise exceptional. The staff is courteous, professional and efficient. They all share Dr. Nusbaum's commitment to excellence."*

– Dr. Steven Fishberger  
Pediatric Cardiologist

## IN THE NEWS

Dr. Nusbaum has appeared recently in print and on television:

- Miami Herald health section, discussing hair loss following gastric bypass surgery.
- Channel 10, Miami's ABC affiliate, demonstrating body-to-scalp hair transplants.
- Hispanic Network-America TV, discussing hair restoration for advanced baldness.

## PROFESSIONAL APPOINTMENT

- Dr. Nusbaum was appointed to the Task Force on Practice Guidelines and the Continuing Medical Education Committee of the International Society of Hair Restoration Surgery.

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