

ALAN J. BAUMAN, M.D.

MICROSURGICAL HAIR RESTORATION SPECIALIST

BEAUTIFYING SOUTH FLORIDA PROFESSIONALS, ONE HAIRLINE AT A TIME

By Christine Von Kantor

We all would *like* to believe that every potential client, patient, or acquaintance adheres to the moral adage...“beauty is only skin-deep.” However, the U.S. advertising giants would *prefer* us to accept as true, their supposition that the average American consumer’s decision-making process will be more influenced by an individual’s outward appearance than by his or her professional credentials. Adding legitimacy to their arguments is the estimate that 35 million Americans experience some degree of hair loss, and spend \$900 million annually on medication and/or surgical procedures to grow it back, as reported by *Journal of Pharmacology and Therapeutics* in their recent *Medical Sciences Bulletin*.¹

MALE PATTERN BALDNESS

About 95 percent of all cases of hair loss are the result of androgenetic alopecia (also known as male pattern baldness in men). Androgenetic alopecia occurs much more frequently in men than in women. Approximately 25 percent of men begin balding by age 30; two thirds begin balding by age 60.²

The causes of male-pattern baldness are thought to be

complex and are not fully understood. However, whatever the reasons may be for the thinning hair, it is generally considered to be a hereditary trait, influenced by multiple genetic factors. A tendency toward baldness in men on either the mother or father’s side of a man’s family indicates a genetic predisposition to baldness. The speed, pattern, time of onset, and degree of balding are all influenced by heredity. Generally, the earlier the onset of balding, the more extensive the degree of hair loss will eventually be.³ With balding, there is a progressive miniaturization of the follicle resulting in shorter and finer hair. The end result is a miniature follicle with no hair. In male-pattern baldness, hair loss typically results in a receding hairline and baldness on the top of the head. Women can also experience a loss, or thinning, of their hair. In female-pattern baldness, however, the hair becomes thin over the entire scalp.⁴ It typically starts with affected follicles producing progressively finer and shorter hair as one ages. Most women first experience hair thinning and hair loss where they part their hair on the top-central portion of the head.⁵

MICROSURGICAL HAIR RESTORATION

While the thinning of one’s hair can be a devastating blow to one’s self-image or esteem, there are medical therapies available in the marketplace today—from oral prescription drugs to surgery—that can successfully deal with the problem. One of the more popular approaches to coping with hair loss, and one that offers a permanent solution to the problem, is hair transplantation. According to Alan Bauman, M.D., medical director and founder of Bauman Medical Group, PA, “With the great advances in surgical hair replacement procedures, men and women can now have safe, permanent hair replacement and avoid the downside of hair loss. Toupees, hair extensions and wigs can camouflage hair loss, but the only permanent and maintenance-free solution to male-pattern and female-pattern baldness is a surgical procedure called hair transplantation.”

In hair transplantation, productive hair follicles are removed from a “permanent” donor area on the back and sides of the scalp and transplanted to a balding area.



Because the operative area is under local anesthesia, the patient is able to comfortably watch videotapes, listen to music, relax, or even take a nap during the procedure. Photo by Von Kantor & Associates 2000.



Dr. Bauman's highly trained surgical team begins to dissect thousands of micrografts from the donor strip. Photo by Von Kantor & Associates 2000.

The follicles are commonly taken in “follicular-units” of one to three hairs (called micrografts) from the donor strip, and moved to the front and/or top, with the hairline being slowly reconstructed. Donor sites with an adequate quantity of hair make transplants more successful.⁶

“To be a good candidate for a hair transplant, a person should have enough hair at the sides and back of the head to serve as a donor area,” explained Dr. Bauman, who specializes in hair restoration for men and women at the Bauman Medical Group surgical center in Boca Raton.

A graduate of New York Medical College in Valhalla, NY, Alan Bauman, M.D., served his residencies in General Surgery at Beth Israel Medical Center and Mount Sinai School of Medicine. “We were doing everything from appendectomies to amputations,” says Dr. Bauman of his residency training, “but I was truly drawn to the more artistic cosmetic end of surgery. I had the opportunity to go to Long Island to watch a hair transplant procedure. I really didn’t know much about it at the time...but it instantly appealed to me. On one hand, it was a procedure that was very creative—using skin grafts to design a natural looking hairline from scratch, and yet it was also very detailed in terms of the advanced microsurgical techniques and specialized instruments that are used.”

Dr. Bauman is an active member of the International Society of Hair Restoration Surgery—the largest organization of its kind dedicated to the enhancement of the knowledge and skill of Hair Restoration Surgery.⁶ He

sits on the Ethics and Bylaws Committee for the society and travels to several conferences each year where hair transplant surgeons exchange the latest innovative techniques and technology.

NEW STATE-OF-THE-ART TECHNIQUES AVAILABLE

In a recent press release, Dr. Bauman announced the acquisition in his practice of the “Capillicare” hair analysis machine from France. According to the product’s distributor in this country, Harmonix, Inc. in Boca Raton, Dr. Bauman is the first U.S. physician to use the machine for hair loss diagnosis and treatment. He described the unit as a non-invasive, hand-held video microscope attached to a computer with powerful imaging software. The “Capillicare” aids the hair restoration surgeon in the diagnosis and treatment of patients suffering from and/or concerned about hair loss. During a consultation, it magnifies the patient’s scalp and hair (30X) to detect and record evidence of early hair loss. The machine is then able to monitor the effectiveness, and subsequent results, of the medical and/or surgical protocols implemented in the treatment program. Dr. Bauman expects this machine to revolutionize the treatment of hair loss, easily allowing physicians and patients to quantitatively analyze the effectiveness of *all* types of hair loss treatments: non-medical, medical or surgical. He believes that the use of the “Capillicare” might even “eventually stamp-out many of the spurious snake oil ‘cures’ that are aggressively marketed to hair loss sufferers.”



Dr. Bauman and his team take pride in the personalized attention they offer their patients as well as their meticulous attention to detail, constantly striving to achieve the highest quality results possible. Photo by Von Kantor & Associates 2000.

In this same press release, Dr. Bauman also elaborated on the features, advantages, and benefits available to both the surgeon and his or her patient through the use of the “Capillicare” hair and scalp analysis machine:

- **Capilloscopy:** Live visual high-power magnification of the scalp and hair. This feature records and compares the quality of the hair and scalp in different areas of the head.
- **Densitometry:** Measurement of density of hair per cm². This measurement is utilized for the early detection of hair loss and facilitates the planning of appropriate surgical procedures.
- **Trichogram:** A microscopic examination of hair-counts in various stages of life—anagen, catagen, telogen. It determines the percent of hair in the growing or resting stages in the hair cycle.
- **Phototricogram:** The photodynamic examination of the scalp and hair, which facilitates the examination of the hair cycle.
- **Sebum rate:** A measurement of seborrhea of the scalp and hair follicles.

FOLLICULAR-UNIT MICROGRAFTING

“With the ‘Follicular-Unit Micrografting Technique,’ we are able to transplant 1,500-3,000 tiny grafts in a single session, producing a more natural result than the outdated ‘plug’ methods. The transplanted hair will live and continue to grow indefinitely. And it works equally as well for both men and women experiencing hair loss,” says Dr. Bauman. “Under local anesthesia, a long strip-like ellipse of hair-bearing scalp is removed. Under magnification, this donor-strip is then meticulously dissected by technicians into the tiny follicular-unit micrografts. The donor area is sutured closed (usually with absorbable stitches)



The patient's hairline shown above was designed and transplanted by Dr. Bauman using follicular-unit micrografts in a naturally wavy, feathered pattern. A synergistic combination of artistry and technology allows Dr. Bauman to create surgical hairlines that “defy detection.”



1mm x 4mm Follicular-Unit Micrografts contain as little as a single hair-producing follicle and are many times smaller than the old-style “plugs” that could contain up to 30 hairs each.

eventually healing into an undetectable ‘pencil-line thin’ scar and covered by surrounding hair. Using special instruments, I make the recipient sites in the thinning areas of the scalp—determining the angle, orientation and position of each transplanted hair. After I’ve made the sites, the technicians assist me in placing the micrografts into the sites. We can move up to 3,000 micrografts in a single ‘megasection’ if the donor area allows—this is much more than was *ever* thought possible just a few years ago.”

FINANCIAL CONSIDERATIONS TO THE PATIENT

The decision to seek treatment for hair loss is a personal one. And since it presents no physical risk

to the individual, it is considered to be elective, or cosmetic, surgery. As such, these surgical procedures are not covered by most medical insurance plans. According to Bauman, “...hair restoration was once considered financially out of reach for the average patient, but new techniques have efficiently streamlined the procedure, making it more affordable than ever. What used to take a dozen or so treatments can now be accomplished in four treatments or less.” To accommodate those individuals desiring hair restoration surgery without the financial burdens, the Bauman Medical Group offers convenient financing plans to their patients, and accepts several major credit cards.

**BAUMAN MEDICAL GROUP—
A UNIQUE SURGICAL CENTER**

What makes Bauman Medical Group so unique? Perhaps it is the man behind the machine, and how he utilizes high-technology equipment, such as the “Capillicare,” during surgical consultations that produce such handsome results in his patients. According to Dr. Bauman: “...even though single-follicle micrografting has been possible for several years, some surgeons still cannot create a hairline that looks natural. A large portion of my practice is corrective work—patients who have had previous procedures elsewhere first, and now need a ‘touch-up’ to make their previous transplant look natural. It is the *artistry*, the design and the execution of the design that goes into hairline reconstruction, that now makes a hair transplant literally undetectable. This is what I do best.” His patients seem to agree with Dr. Bauman, since most of his workload is a direct result of referrals from satisfied patients. “...even though the majority of patients that I see come from South Florida, word of mouth and the Internet has rapidly expanded my practice to international status in a short period of time. Because there are so few hair transplant surgeons in the world (between 600-800), and even fewer who perform artistic transplants, good news travels fast and far. We routinely have patients traveling long distances (nationally and internationally) for treatment. Just this year, we’ve operated on a number of patients from South America, the Caribbean, several countries in Europe. We have even received recent inquiries from the Far East. I guess South Florida is not such a bad place to travel to—patients can spend some time healing while being pampered at some of the most luxurious hotels, spas and golf resorts in the world, *right here in Palm Beach.*”

The average American devotes a great deal of time every day to the care and styling of his or her hair. The average American also spends large sums of money on various types of hair products, in an attempt to improve his or her physical appearance. For many of these people, watching a hairline recede can be a traumatic experience. And since the emotional health of the patient is a vital factor in maintaining the equilibrium of his or her overall well-being, shouldn’t hair restoration be considered to be a viable alternative to baldness? Dr. Bauman and the professionals at the Bauman Medical Group believe it should. And, as such, they will continue to perform their state-of-the-art follicular unit micrografting hair restoration surgical techniques...beautifying South Florida professionals, one hairline at a time.

Resources:

¹ *Journal of Pharmacology and Therapeutics*. Medical Sciences Bulletin. www.pharminfo.com/pubs/mxb/bald245.html.

^{2,3,7} American Medical Association. *Health Insight* Newsletter. www.ama-assn.org/insight/spec_con/baldness/baldnes2.htm

⁴ Information From Your Family Doctor. Hair Loss and Its Causes. www.familydoctor.org/handouts/081.html.

⁵ Mayo Health Clinic. Female-pattern Baldness. www.mayohealth.org/mayo/9702/htm/ww5rl65.htm

⁶ International Society of Hair Restoration Surgery. Doctors specializing in the treatment of hair loss. www.ishrs.org.



Hair Without the Hut

By Alan J. Bauman, M.D.



Dr. Bauman demonstrates The Wand® for a TV news crew covering a story on advances in anesthesia.

Since its original inception and use over 150 years ago, the hypodermic syringe has remained essentially unchanged as the instrument of choice for the subcutaneous administration of medication. However, the use of The WAND®, the first micro-processor-controlled local anesthetic delivery system, is revolutionizing the administration of local anesthesia. Its benefits are no illusion—providing profound anesthesia while minimizing the discomfort associated with standard injections.

Because elective surgical hair restoration is performed completely under local anesthesia, the use



Dr. Bauman was the first M.D. in Florida to use The WAND® for comfortable, computer-controlled local anesthesia.

of The WAND® lends itself nicely to the procedure. (What man or woman experiencing hair loss wouldn’t be excited about the prospect of a virtually painless hair transplant?)