

Cross Section Trichometry: An office method for measuring hair loss and its response to treatment

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The office clinician has no way to precisely measure the natural progression of hair loss or its response to treatments like finasteride, minoxidil, laser, iron and thyroid supplements, etc. Trichograms measure density alone with little concern for the hair diameter variations seen in androgenetic alopecia. The Cross Section Trichometer, introduced by Cohen (Derm Surg, July 2008) measures the cross sectional area of a bundle of hair isolated from a premeasured area of scalp. It expresses the measurement as the Hair Mass Index (HMI) or mm^2 of hair per cm^2 of scalp $\times 100$. The measurement reflects both hair density and diameter, takes 5 minutes to perform, and no hair is cut. Its accuracy has been confirmed and validated by comparison to dry hair weight – the industry gold standard – and found to be equivalent. A commercial version of the trichometer called HairCheck has been recently introduced and includes a locating accessory that ensures return to the same scalp site for subsequent measurements without a tattoo. The name Cross Section Trichometry (CST) has been given to the measuring device and its methodology. CST is an office modality that precisely calculates “how much hair” is present within a 4 cm^2 scalp site and displays the HMI value as 1-100 on an LED screen. Any change in the HMI value provides evidence that very small changes in diameter and/or density have occurred. CST is an innovative diagnostic tool for precisely tracking hair loss progression and the quantitative response to all forms of treatment. CST methodology has been recently described in a major textbook and multiple scientific journals.

Biography

Bernard Cohen is a Clinical Professor of Dermatology (Voluntary Faculty) and former director of Surgical Training at the University of Miami Miller School of Medicine. He received his medical degree from Columbia University in 1967, and is board certified in both Dermatology and Hair Restoration Surgery. Dr Cohen has published over 25 articles and textbook chapters, has been listed in “Best Doctors in America” since 1999, and was recently granted the International Society of Hair Restoration Surgery’s Platinum Follicle award for outstanding contributions to hair science. He is semi-retired and practices part-time in Coral Gables, Florida.

COI - The presenter is the inventor of trichometry technology and owns international patent rights.

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