

THE EVIDENCE BASED HAIR FELLOWSHIP TRAINING PROGRAM

A Virtual Training & Mentorship Program for
Physicians and Allied Professionals Wishing to
Develop Expertise in the Diagnosis and Treatment
of Hair Loss

2024-2025 GUIDE



Download this document at:

<https://donovanmedical.com/donovan-hair-academy>



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JULY 29, 2023

RE: 2024-2025 Iteration of the Evidence Based Hair Fellowship

Dear Prospective Participant of the EBHF,

Thanks for your interest in the Evidence Based Hair Fellowship! This virtual training program has been several years in the making and I'm excited to launch this program starting Jan 3, 2024. *The program runs Jan 2024 to Aug 2025.*

This program was born out of an expressed need communicated to me by many health care practitioners to have an additional educational resource available to complement many of the currently available learning endeavours like participation in formal academic training programs, textbook and journal reading, attendance at training programs, research training – as well as the great learning that happens seeing patients!

The EBHF program was created to nurture and mentor budding hair specialists at many levels in their development. The needs will be very different for different participants and that's what this program is all about. Through discussions with medical educators, experienced specialists, medical trainees, physicians, hair transplant surgeons as well as non-medical hair professionals, the Donovan Hair Academy has created a training program that will help foster the progressive development of our next generation of hair loss experts around the world.

The EBHF training program is intense - and so I would encourage those interested to reflect on the training program outline found below and ensure that one has at minimum 5 hours available each week to dedicate to the training program. This program involves over 500 hours of training so it's a program for those who want to become our hair loss leaders of tomorrow.

This 500 hours includes attendance at weekly meetings, and completion of assignments. For most participants, I would estimate it will be around 6 hours, although one can dive in extremely deep and easily spend 10 hours or more. But I would like participants to have available 5 hours – 3 hours for meetings, 1 hour for podcast review and a minimum of 1 hour for assignments.

I would like to point out that this training program is certainly not for everyone – but is for those who wish to dive into this field with an intensity and rigour that will surely see them equipped with valuable skills to genuinely help a broad array of patients following completion of training.

It does not take long to become a practitioner who sees hair patients. But it takes time to create an expert – and that's our goal of this training program. It is my goal to help mentor and nurture our next generation of evidence based hair specialists.

Through repetition and constant reinforcement of material, the EBHF will help practitioners to learn new material, incorporate the new material with previously learned material, correct faulty thinking, and ultimately develop new problem solving strategies.

The EBHF training program is organized into 13 blocks. There are assignments each week that are meant to challenge the participant to quickly recall information and think critically. Quizzes are provided throughout the program to help participants self-assess their progress. I'm not focused on scores and performance on these quizzes – but I'd like participants to be focused on their learning!

There is time each week set aside for question and answer sessions with me. The hope is that these Question and Answer sessions provide practitioners with the opportunity to ask questions relating to lecture material and assignments but also specific situations they have seen during the week.

My goal is to support each participant in their own unique ways. Be sure to indicate in your application what exactly are your personal goals so that I might try my best to help you achieve them.

I look forward to receiving your applications!

Thank you for your interest.

Yours truly,

A handwritten signature in blue ink that reads "Jeff Donovan". The signature is written in a cursive, flowing style.

Jeff Donovan MD PhD FRCPC
Dermatologist, specializing in hair loss
Whistler, Canada.

THE EVIDENCE BASED HAIR FELLOWSHIP

Why was the EBH fellowship created?

The Evidence Based Hair Fellowship (EBHF) was created to help broaden and nurture the clinical skills of a cadre of health practitioners who are currently practicing in the field of hair loss or those with the ambition to become part of this ever expanding field of hair loss medicine. We appreciate that advanced training opportunities related to the diagnosis and non-surgical treatment of hair loss are quite limited throughout the world. This training program serves to narrow those gaps. In short, the EBHF was created to foster the development of the next generation of hair loss experts!

What are the objectives of the EBH Fellowship?

The main objectives of the EBHF are to assist practitioners advance their current skills in diagnosing and treating hair loss and to help them develop a foundation for a lifelong evidence based and patient-centered practice.

This program is not designed for those brand new to the field and those with no prior exposure to patients with hair loss. The program is for those individuals with some prior experience – even if it's currently limited. But if you can diagnose a good portion of patients presenting with alopecia areata, female pattern hair loss, telogen effluvium and frontal fibrosing alopecia, and if you can counsel a patient on the proper use and side effects of minoxidil there is a good chance you are equipped with the foundation that the training program will then build upon over 18 months.

The broad objectives of the EBHF are:

1. Describe the key elements of a useful patient history.
2. Describe the components of a scalp examination.
3. Discuss the blood tests that are needed when presented with specific information pertaining to the clinical history and physical examination.
4. Discuss clinical, trichoscopic and histological findings along with evidence based treatment options for patients with alopecia areata, androgenetic alopecia, telogen effluvium, chronic telogen effluvium, traction alopecia, trichotillomania, tinea capitis, lichen planopilaris, frontal fibrosing alopecia, central centrifugal cicatricial alopecia, discoid lupus, dissecting cellulitis, folliculitis decalvans, chemotherapy induced hair loss, hair shaft disorders, and loose anagen syndrome.
5. To discuss the array of hair disorders in children, adults and older patients.
6. To develop skills to formulate a differential diagnosis in a variety of different scenarios.
7. To describe the role for hair transplant surgery in the management of hair loss
8. To outline the indications, contraindications and side effects for medications and treatment use for hair loss including oral minoxidil, topical minoxidil, laser, PRP, finasteride, dutasteride, bicalutamide, spironolactone, topical finasteride, vitamins, antifungals, antibiotics, isotretinoin, hydroxychloroquine, doxycycline, mycophenolate, cyclosporine, methotrexate, apremilast, sulfasalazine, low dose naltrexone, oral and topical JAK inhibitors, excimer laser, low level laser, azathioprine, topical Pimecrolimus, tacrolimus, low dose naltrexone, antifungal shampoos, TNF-inhibitors, micro needling, wigs, hairpieces, scalp micropigmentation.
9. To describe the relationship between diseases or abnormalities of the following organs/organ systems and hair loss: heart, lungs, nervous system, kidneys, rheumatological systems, joints, liver blood, bowel, eyes, hearing, oral cavity, skin and nails.

If you have already helped some patients with hair loss, the EBHF training program will use those skills as the basis to help build the next set of skills.

For example,

- The program is designed for the dermatologist who sees mostly general dermatology or cosmetic dermatology or surgical dermatology patients... but would like to be guided, nurtured and mentored into the bigger world of hair medicine.
- The program is designed for the dermatologist who enjoys seeing hair loss and would like to now establish himself or herself as a local hair loss expert.
- The program is designed for the hair transplant surgeon who mostly does hair transplants but would like to now significantly broaden his or her skills further and immerse himself or herself in the bigger field of hair medicine.
- The program is designed for the hair transplant surgeon who is pursuing certification in various societies and would like to enhance their training in pursuit of those goals
- The program is designed for the family physician who has been seeing dermatology related consultations and would like to develop significant expertise in hair loss
- The program is designed for the dermatology resident/registrar who would like to lay the groundwork at this stage in their training to become an expert in hair loss

The EBHF training program is not meant to be a step by step guide to becoming an expert in the field of hair loss. It is a training program that builds on many of the activities a participant is currently engaged in.

The EBHF is most suited to those who are currently routinely engaged in one or more of the following: routinely seeing several patients with hair loss each month, pursuing formal medical training (residency/fellowship), participating in journal reading of hair loss, participating in textbook reading of hair loss, attending conferences which include hair loss related topics.

Again, this training program assumes some very basic prior knowledge and experience. It does not need be a lot or a high level of experience....but one should have some basic knowledge about the main types of hair loss and already have been involved in the care of patients with hair loss.

Who should consider applying for the EBHF?

The following individuals may wish to strongly consider applying to the EBHF training program:

- Motivated individuals who wish to advance their knowledge and skills in the diagnosis and non-surgical treatment of hair loss, particularly those who plan to devote a portion of their future professional endeavours to helping others with concerns about hair loss.
- Individuals who currently perform hair transplantation and would like to develop expertise in a wider area of this field
- Individuals who are studying for certification examinations in various fields of hair loss who wish to have intense exposure to the non-medical treatment of hair loss.
- Individuals who are currently enrolled in or completing hair related training programs and fellowships and wish to complement their skills with additional skills.
- Non-medical practitioners with long time experience in trichology (more than 5 years) who would like to advance their skills through intense training in the fundamental dermatological principles of hair loss. (this is a trial for the 2024-2025 year and a limited number of spots are available)
- Nurse practitioners, physicians assistants and naturopathic practitioners with significant experience already diagnosing and treating hair loss
- Researchers who currently perform basic or epidemiological research in hair loss who wish to gain exposure to clinical training in hair loss (this is a trial for the 2024-2025 year and a limited number of spots are available).

CERTIFICATE ON COMPLETION

Following successful completion of the course, participants will be mailed a certificate denoting completion of the Evidence Based Hair Fellowship training program. Our office will ask for updated mailing information at that time to ensure safe arrival of these certificates to participants.

How is the EBH Fellowship structured?

There are 13 training “blocks” including 87 weekly sessions. Blocks are not all the same length but designed around certain topics or themes.

Block	Topic	Duration	Dates
1	Introduction to Hair Loss	7 weeks	Jan 3 to Feb 15, 2024
2	Androgenetic Alopecia	8 weeks	Feb 21 to April 11 , 2024
3	Hirsutism and Hypertrichosis	1 week	April 17 and 18, 2024
4	Telogen Effluvium and Chronic Telogen Effluvium	5 weeks	April 24 to May 23, 2024
5	Alopecia Areata	6 weeks	May 29 to July 4 , 2024
6	SCARRING ALOPECIA	8 weeks	July 10 to Aug 29 , 2024
7	The Red Scalp, Hair Shaft Disorders, Psycho dermatology	6 weeks	Sept 4 to Oct 10 , 2024
8	Traction Alopecia & Pressure Alopecia, Cancers of the Scalp, Endocrinology of the Hair Follicle, Hair Loss and Autoimmunity	6 weeks	Oct 16 to Nov 21, 2024
9	Hair Loss in Key Groups	5 weeks	Nov 27, 2024 to Jan 9, 2025
10	INFECTIOUS DISEASE, ONCOLOGY BLOCK, CONTACT DERMATITIS	5 weeks	Jan 15 to Feb 6, 2025
11	NON-MEDICAL RESTORATION	5 weeks	Feb 12 to March 13, 2025
12	NON-SCALP HAIR LOSS, SCALP DYSESTHESIAS, DISORDERS OF PIGMENTATION, Key Medications	6 week	March 19 to April 24, 2025
13	Refining the Skills of the Hair Expert	18 weeks	April 30 to Aug 28, 2025

When are the weekly meetings for the 2024-2025 EBHF program?

Program participants meet once weekly for three hours. Participants can chose between meetings on Wednesdays or Thursdays. Participants choose one of these dates but NOT both.

Although occasional switching back and forth is acceptable, participants should commit to either a Wednesday option or a Thursday option.

OPTION 1: “WEDNESDAY” MEETING TIMES

Wednesdays at 330 pm PST to 6:30 pm PST

(this corresponds to starting time of 6:30 pm EST, 11:30 pm UK, 12:30 am Europe, 4:30 7:30 am South Korea, 8:30 am Melbourne, Australia)

OPTION 2: “THURSDAY” MEETING TIMES

Thursdays 11:30 am PST to 2:30 pm PST

(this corresponds to starting times of 2:30 pm EST, 730 pm UK, 830 pm Europe, 4:30 am Melbourne, Australia)

Participants should confirm these exact times as they are subject to local and regional daylight saving changes.

A TYPICAL WEEK in the EBHF: What is a typical week like?

A typical week for the EBHF participant proceeds as follows:

Participants are given several short assignments after conclusion of each weekly meeting. The purpose of these assignments is to reinforce key learning concepts as well as to foster the development of new clinical problem solving skills. These assignments have been developed to encourage the development of a well-rounded evidence based practitioner.

Assignments may take 2-5 hours to complete depending on the participant and the depth that he or she wishes to explore a given topic.

These 5 types of weekly assignments include:

- a) several multiple choice questions (5-20) related to material covered during the prior week's lecture
- b) several multiple choice questions (3-5) pertaining to a recent Evidence Based Podcast EBH episode.
- c) several very short answer type questions requiring one or two word answers
- d) several case-based written submissions
- e) one drug counselling submission

Assignments for each week are due on Tuesday by 5 pm PST for all learners. A link to a video explaining the answers is provided to all learners at 5 pm on the Tuesday.

MEETING DAY AGENDA

On the actual meeting day, 3 hours is spent as follows:

First 20 minutes:

- 1-2 Interesting Cases for the Week

Second 20 Minutes:

- Review of Key Learning Points from Assignments from Week Prior

Next 90-120 minutes:

- Weekly Lectures

Final 20-30 minutes:

- Discussion of Assignments for coming week
- Open Question and Answer period

What will my time commitment be for the Fellowship?

Most participants will spend between 4-6 hours per week with assignments, readings, attending lectures. *This will be the minimum investment.* The more you invest in the EBHF, the more you learn!

The total investment is 500 to 800 hours over the 87 weeks.

Who are the teachers in the program?

Dr Donovan leads all weeks of the program. All lectures are given by Dr Donovan.

COURSE EXPECTATIONS

Our expectation is that all participants :

1. Complete all weekly MCQ questions each week.
2. Complete 70 % of written assignments
3. Attend 70% of weekly webinars
4. Complete of all “end of block” MCQ quizzes

NOTE: We do not have “passing scores” that a participant must achieve for any of the assignments. Therefore, successful completion of the EBHF training program is not based on achieving certain scores on MCQ quizzes or certain scores on assignments. However, successful completion of the program is dependent on attending weekly sessions and submitting ALL MCQ questions and at least 70% of written assignments. Attending webinars and submitting assignments will equate to learning the material needed to help you develop as a hair specialist.

Who is invited to apply for the EBHF?

We welcome practitioners with the following backgrounds denoted in these 5 groups to apply:

Group 1 Applicants

- 1) Dermatologists - both recently graduated and highly experienced
- 2) Hair transplant surgeons, both new, experienced and very experienced
- 3) Family physicians with speciality interest in dermatology
- 4) Physicians and surgeons with any background, provided they have some basic experience in treating hair loss.

Group 2 Applicants

Anyone meeting the criteria of a Group 1 applicant (see above) but currently practicing or living in one of the following countries:

Afghanistan, Algeria, Angola, Bangladesh, Benin, Bhutan, Bolivia, Burkina Faso, Burundi, Cambodia, Cameroon, Cape Verde, Central African Republic, Chad, Comoros, Congo – Brazzaville, Congo – Kinshasa, Djibouti, Egypt, El Salvador, Eritrea, Ethiopia, Gambia, Ghana, Guinea, Guinea-Bissau, Haiti, Honduras, India, Ivory-Coast, Kenya, Kiribati, Laos, Lesotho, Liberia, Madagascar, Malawi, Mali, Mauritania, Micronesia, Mongolia, Morocco, Mozambique, Myanmar, Nepal, Nicaragua, Niger, Nigeria, Pakistan, Papua New Guinea, Philippines, Rwanda, Sao Tome and Principe, Senegal, Sierra Leone, Solomon Islands, Somalia, South Sudan, Sri Lanka, Sudan, Syria, Tanzania, Togo, Tunisia, Uganda, Vanuatu, Vietnam, Yemen, Zambia, Zimbabwe

Group 3 Applicants

Medical “trainees” including:

- Clinical fellows currently pursuing fellowships in hair loss, dermatopathology or cosmetic medicine
- dermatology residents/registrars, plastic surgery residents/registrars
- current trainees in hair transplantation

Group 4 Applicants (Limited Positions Available for Highly Qualified Applicants)

During the 2024-2025 *iteration of the EBHF*, a very limited number of EBHF positions will also be made available for highly motivated individuals with the following backgrounds.

- Highly Experienced (non-physician) trichologists ***
 - with a minimum 5 years of experience seeing patients with hair loss
- Nurse Practitioners
 - with a minimum 1 year experience seeing patients with hair loss
- Physician Assistants
 - with a minimum 1 year experience seeing patients with hair loss
- Practitioners of Naturopathic Medicine
 - with a minimum 5 years of experience seeing patients with hair loss

Practitioners who fall in this particular category (Group 4) should have a significant degree of experience treating hair loss before applying for the fellowship. ***Please note that this fellowship may not be appropriate for many applicants who fit into group 4. However, we welcome applications from highly motivated individuals.***

The medical nature of the fellowship including study of anatomy, physiology, pharmacology, pathology, makes the EBHF a big leap for many applicants in group 4. However, for the 2024-2025 Dr Donovan will welcome a small number of highly qualified and highly motivated applicants who have the time to dedicate to advancing their knowledge and skills in hair medicine.

We recommend 5 or more years practicing in hair loss for trichologists, and 1 year practicing in the area of hair loss for nurse practitioners and physician assistants and 5 years for practitioners of naturopathic medicine. Exceptions do apply but we will have only a very limited number of positions for group 4 applicants. Applicants should state clearly their experience when applying for the fellowship.

Group 5 Applicants (Limited Positions Available for Highly Qualified Applicants)

During the 2024-2025 *iteration of the EBHF*, a very limited number of EBHF positions will also be made available for highly motivated non-medical individuals with the following backgrounds.

- Basic science or clinically oriented researchers, with a focus on hair loss

In the 2024-2025 year will welcome a limited number of highly motivated non-physician applicants who are working in the area of research. This will largely be made up of PhD level researchers although other research specialists may be considered as well.

Please note that this fellowship may not be appropriate for many applicants who fit into group 5. However, we welcome applications from highly motivated individuals.

The medical nature of the fellowship including study of anatomy, physiology, pharmacology, pathology, makes the EBHF a big leap for many applicants in group 5. However, for the 2024-2025 Dr Donovan will welcome a small number of highly qualified and highly motivated applicants who have the time to dedicate to advancing their knowledge and skills in hair medicine.

The material of the EBHF training program is presented at a level which assumes a greater degree of background knowledge in pharmacology, pathophysiology, pathology and internal medicine than many of our non-physician colleagues may have been exposed to thus far. Nevertheless, Dr Donovan will welcome application from a limited number of highly motivated individuals willing to devote time and effort to further develop their expertise.

The EBHF does not discriminate based on country of origin, race, ethnicity, religion, disability, gender identity or expression, sexual orientation or age.

Language of the EBHF

All participants are required to be reasonably proficient in English (speaking and writing). MCQ and lecture material is presented in English. Participants may submit longer answers for weekly assignments in their **own language** and the Donovan Hair Academy will translate using various language translation software programs.

FEES for the 2024-2025 year¹

The cost of the program depends on whether an applicant is considered Group 1, Group 2, Group 3, Group 4 or Group 5:

Group 1: \$ 4700 CAD. (i.e. approximately 3550 USD, 3200 EUR)

Group 2: \$ 2100 CAD. (i.e. approximately 1600 USD, 1450 EUR)

Group 3: \$ 2400 CAD. (i.e. approximately 1825 USD, 1650 EUR)

Group 4: \$ 4700 CAD. (i.e. approximately 3550 USD, 3200 EUR)

Group 5: \$ 4700 CAD. (i.e. approximately 3550 USD, 3200 EUR)

Payment is due by Dec 1, 2023 for the EBHF starting January 2024.

¹ These are conversions as of Aug 1, 2023. These may change over time and participants encouraged to review current rates.

METHODS OF PAYMENT :

Payment can be made with credit card online at

<https://donovanmedical.com/payment-ebhf>

Payment can also be made via wire transfer or via PayPal. If you prefer to pay via wire transfer we will provide wire information. Simply let our office know this is your preferred method of payment. If you prefer to pay via PayPal, simply provide us with email account information for your PayPal and we will send you a payment request.

REFUND POLICY

Prior to and up to Dec 1, 2023 there is a 100% refund on fees.

Starting Dec 2 2023, there is a non-refundable fee of \$ 500 CAD but remaining fees are refunded.

For those individuals unable to complete the training program for any reason, the following refund fees will apply. We invite participants to reapply the following iteration of the EBHF training program if interested.

Date of Withdrawal from program	Amount Refunded (CAD)
Any time Dec 2, 2023 to Jan 2, 2024	100% of fees minus \$ 500 CAD
Any time Jan 3 to March 2024	80% of fees minus \$ 500 CAD
Any time prior June 2024	60% of fees minus \$ 500 CAD
Any time prior September 2024	40% of fees minus \$ 500 CAD
Any time prior December 2024	20% of fees minus \$ 500 CAD
Any time prior March 2025	No refund

Also, if Dr Donovan feels the participant is not able to keep up with assignments, we will recommend the participant stop the EBHF training program and the participant be refunded according to the grid below.

Our expectation is that all participants: complete all weekly MCQ questions each week, complete 70 % of written assignments, attend 70% of weekly webinars and complete all “end of block” MCQ quizzes.

Date of Withdrawal from program	Amount Refunded (CAD)
Any time Dec 2, 2023 to Jan 2, 2024	100% of fees minus \$ 500 CAD
Any time Jan 3 to March 2024	80% of fees minus \$ 500 CAD
Any time prior June 2024	60% of fees minus \$ 500 CAD
Any time prior September 2024	40% of fees minus \$ 500 CAD
Any time prior December 2024	20% of fees minus \$ 500 CAD
Any time prior March 2025	No refund

In general, our expectations for all EBHF participants is the following:

1. Complete all weekly MCQ questions
2. Complete 70 % of written assignments (We encourage 100%!)
3. Attend 70% of weekly webinars (We encourage 100%!)
4. Complete all end of block quizzes (for the large blocks)

MISSED LECTURES

In the event that Dr Donovan is not able to hold a lecture due to travel or illness or other commitments, the lecture will either be submitted to participants as a recorded video the same week. It is anticipated that 5 to 8 of the 87 weeks of the EBHF training program (6-9%) will be of this kind (recorded session only by Dr Donovan). Rather than attempt to reschedule lectures or push lectures to subsequent weeks, the course will continue on schedule.

In the event a participant misses a lecture, he or she should review the recording from the week. Assignments for the week should still be submitted by Tuesday of the following week. We encourage participants to attend all lectures, but *70% attendance is a minimum requirement.*

How do I apply to the EBHF?

Please email the following documents to info@donovanhairacademy.com with the subject line of the email stating "Application to the EBHF"

1. A one page letter of interest

This letter should contain a general statement on why applicants wish to apply PLUS answers to ALL of the following questions:

- What do you hope to achieve from this training program?
- What hair loss condition currently fascinates you the most?
- What hair loss condition do you find most frustrating to treat?
- What hair loss treatment do you find most interesting?
- Are you currently seeing patients with hair loss concerns or do you plan to see patients with hair loss concerns?
- Which day of the week would you like to attend the training program (Wednesday or Thursday)?
- Do you have available 2 hours each to dedicate to this EBHF in addition to the meeting times ?

2. An Updated Curriculum Vitae (CV) or Resume

If you are an applicant in group 3 (trainee), please submit a supporting letter from your current (or future) program director or fellowship training director indicating that you are currently considered a trainee and are in good standing with the current program that you are registered in

We will confirm acceptance of Group 1 and 2 and 3 applicants in the order that completed applications are received. Kindly note that in the 2024-2025 training period, we have a limited number of training spots available for Group 4 and 5 applicants.

The final date to submit an application is Dec 1, 2023 and our final acceptance letters will go out no later than Dec 5 2023 by email. We do not anticipate being able to accept applicants after Dec 1, 2023 but applicants may apply for our next session starting January 2026.

IMPORTANT DEADLINES

Aug 1 2023: EBHF begins accepting applications (i.e. letter of interest and CV)

Dec 1, 2023: Final deadline to submit application (i.e. letter of interest and CV)

Dec 5, 2023: Donovan Hair Academy sends out final acceptance letters.

Dec 15, 2023: Final Payment due date

Jan 3 and 4 2024: Our First meetings (Jan 3 for Wednesday group and Jan 4 for Thursday group)

When does the EBHF training program start, and when does it end?

The Fellowship training starts on Jan 3, 2024 and end Aug 28 2025.

Our second iteration of the EBHF starts Jan 7, and Jan 8 2026. Applications received after Nov 1 2023 will be considered for the next training program starting Jan 2026. Applications for the EBHF training program starting Jan 2026 will be accepted up to Dec 1 2025.

INFORMATION SESSIONS With Q&A

We will be accepting applications Aug 1, 2023. Details of how to apply are page 20.

Please feel free to direct any questions to us at info@donovanhairacademy.com

If you would find it helpful, you are welcome to attend an information session hosted by Dr Donovan on these dates. These correspond to the exact starting times that the EBHF training program will operate.

[SEPT 6 2023 - 330 pm PST \(630 PM EST\)](#)

(this corresponds to starting time of 11:30 pm UK, 12:30 am Europe, 4:30 7:30 am South Korea, 8:30 am Melbourne, Australia)

[SEPT 7 2023 - 1130 am PST \(230 PM EST\)](#)

(this corresponds to starting times of 730 pm UK, 830 pm Europe, 4:30 am Melbourne, Australia)

[SEPT 27 2023 - 330 pm PST \(630 PM EST\)](#)

(this corresponds to starting time of 11:30 pm UK, 12:30 am Europe, 4:30 7:30 am South Korea, 8:30 am Melbourne, Australia)

[SEPT 28 2023 - 1130 am PST \(230 PM EST\)](#)

(this corresponds to starting times of 730 pm UK, 830 pm Europe, 4:30 am Melbourne, Australia)

[OCT 18 2023 - 330 pm PST \(630 PM EST\)](#)

(this corresponds to starting time of 11:30 pm UK, 12:30 am Europe, 4:30 7:30 am South Korea, 8:30 am Melbourne, Australia)

[NOV 16 2023 - 11:30 AM PST \(230 PM EST\)](#)

(this corresponds to starting times of 730 pm UK, 830 pm Europe, 4:30 am Melbourne, Australia)

RECOMMENDED TEXTS

A textbook is not mandatory for this training program. However, Dr. Donovan does recommend that all participants interested in developing their skills and expertise to a high level work through one or more excellent textbooks. The following will be all be referenced in the training program. Some texts are older than others, but all listed below are excellent and extremely useful.

*Dr Donovan's general recommendation is for participants to ensure they have **ONE** solid trichoscopy atlas and **ONE** solid general hair disorders treatise. This is for their own general development as hair experts rather than mandatory for the training program!*

Other wonderful texts do exist as well and this list is by no means an exclusion of other wonderful resources.

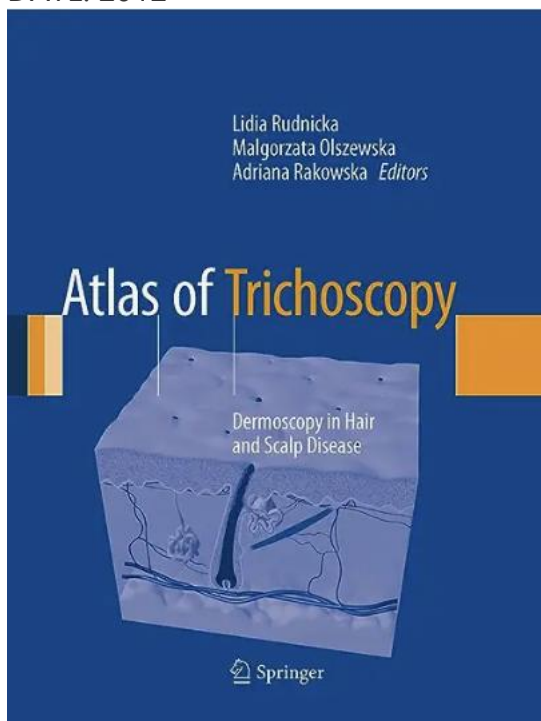
TRICHOSCOPY TEXTS (CONSIDER 1 or 2)

Atlas of Trichoscopy: Dermoscopy in Hair and Scalp Disease

AUTHORS: Lidia Rudnicka, Malgorzata Olszewska and Adriana Rakowska

PUBLISHER: SPRINGER

DATE: 2012

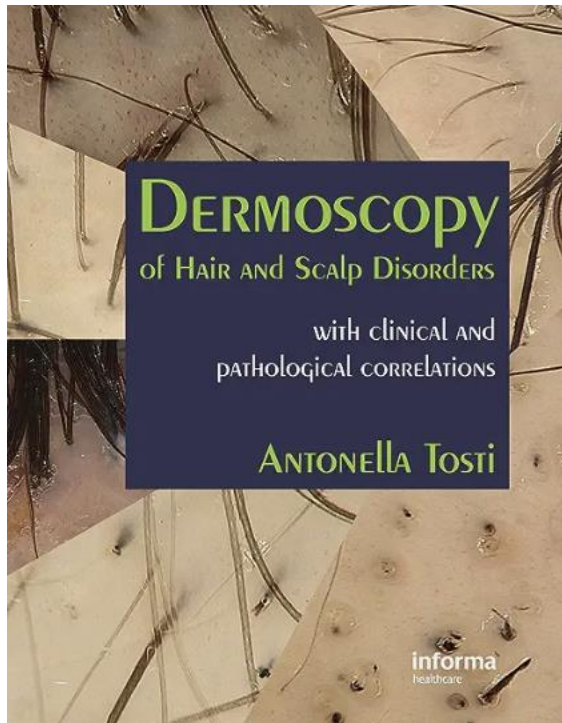


Dermoscopy of Hair and Scalp Disorders

AUTHOR: Antonella Tosti

PUBLISHER: Informa Healthcare

DATE: 2007



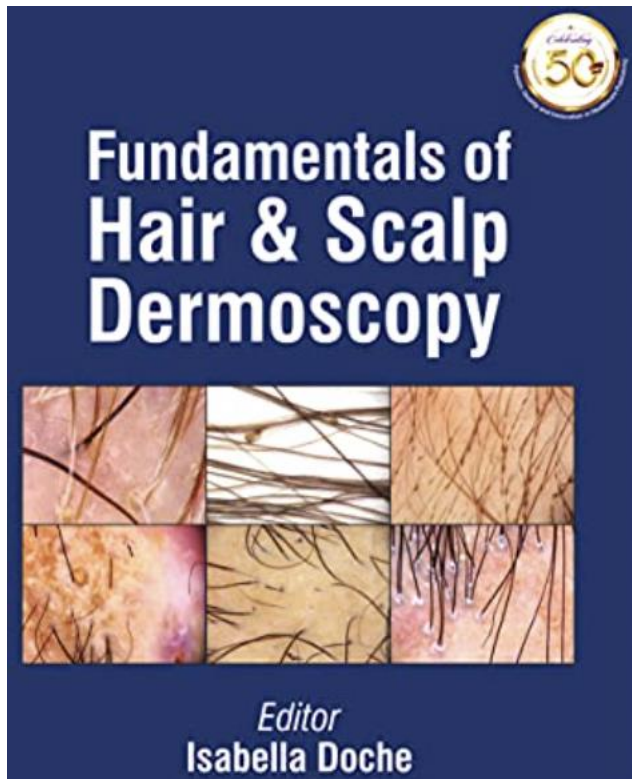
Fundamentals of Hair & Scalp Dermoscopy

EDITOR: Isabella Doche

CO-EDITORS: Patricia Damasco and Giselle Martins

PUBLISHER: JAYPEE

DATE: 2019



GENERAL HAIR TEXTS (CONSIDER 1 or 2)

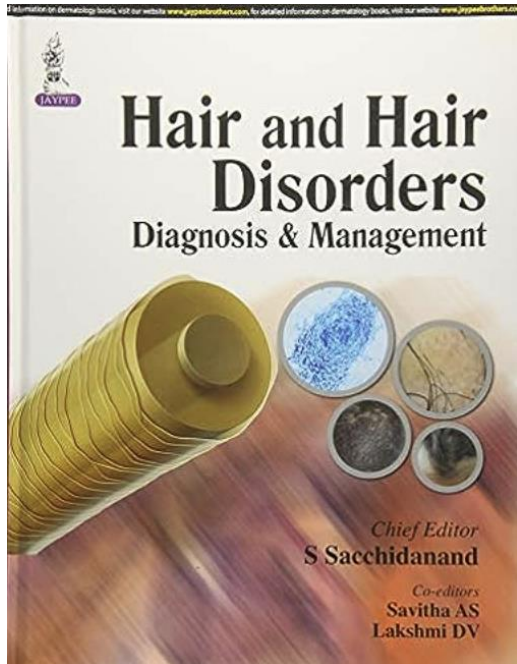
Hair and Hair Disorders: Diagnosis & Management

CHIEF EDITOR: S Sachidanand

CO-EDITORS: AS Savitha and DV Lakshmi

PUBLISHER: JAYPEE

DATE: 2014

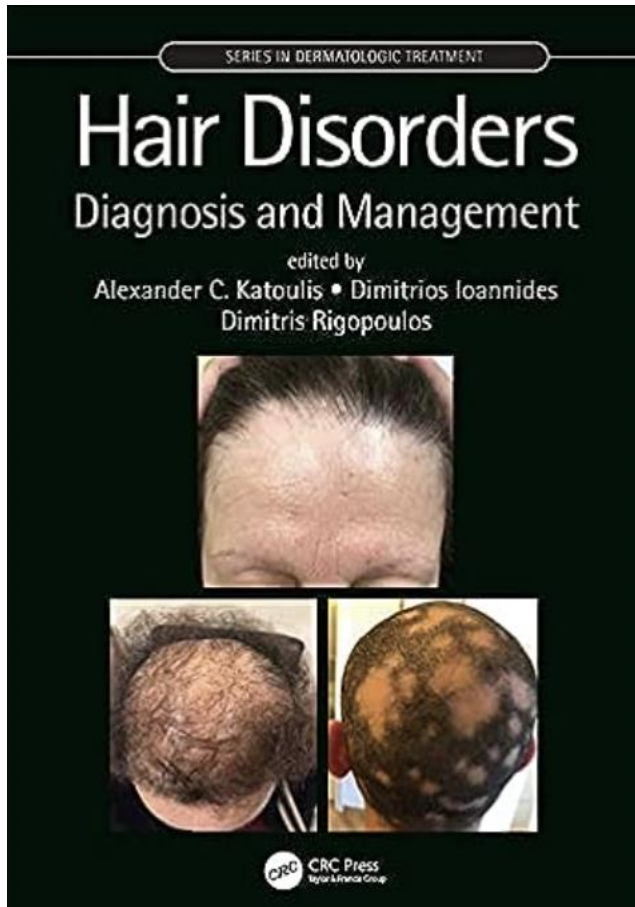


Hair Disorders: Diagnosis and Management

CHIEF EDITORS: A Katoulis, D Ioannides and D Rigopoulos

PUBLISHER: CRC PRESS

DATE: 2021

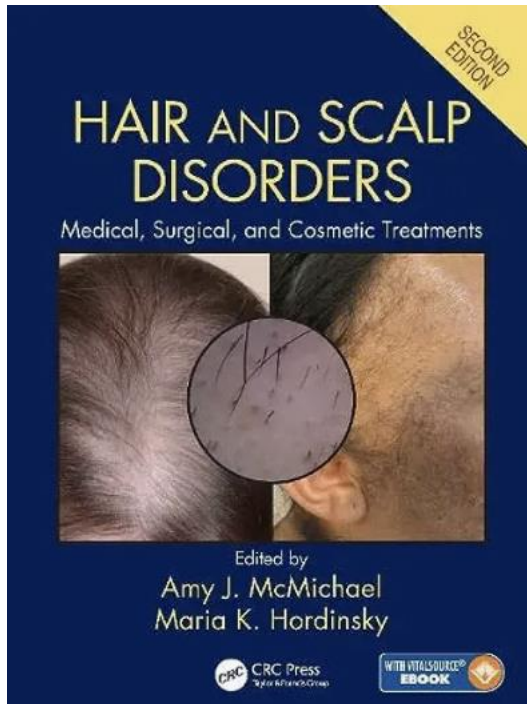


Hair and Scalp Disorders 2nd Edition

CHIEF EDITORS: A McMichael and M Hordinsky

PUBLISHER: CRC PRESS

DATE: 2018

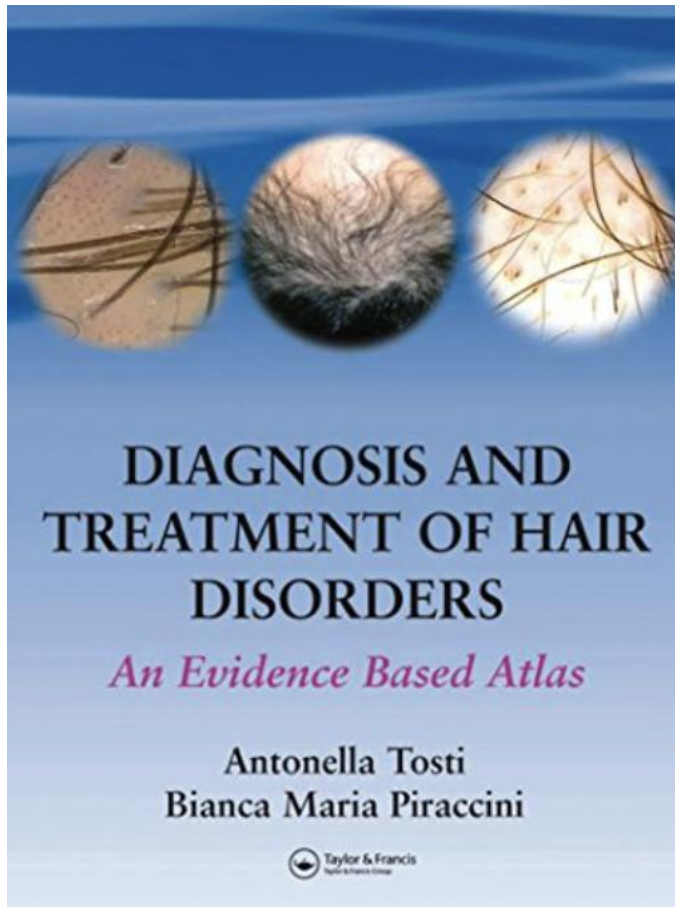


Diagnosis and Treatment of Hair Disorders: Evidence Based Atlas

AUTHORS: Antonella Tosti and Bianca Maria Piraccini

PUBLISHER: Taylor and Francis

DATE: 2005

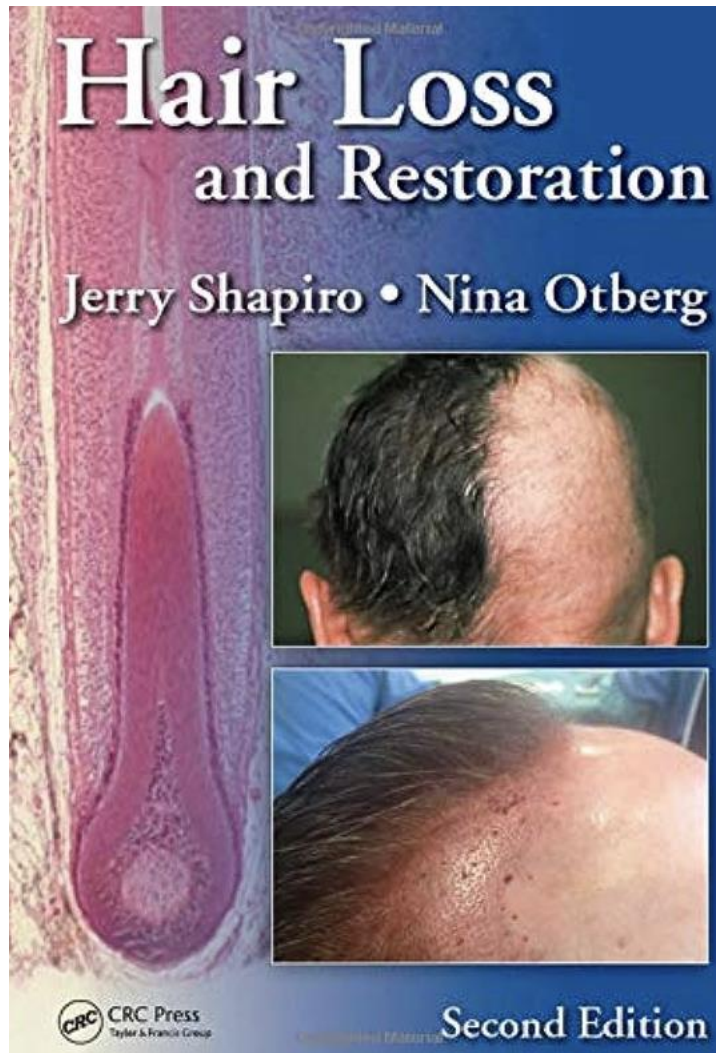


Hair Loss & Restoration, 2nd edition

AUTHORS: JERRY SHAPIRO AND NINA OTBERG

PUBLISHER: CRC PRESS

DATE: 2015



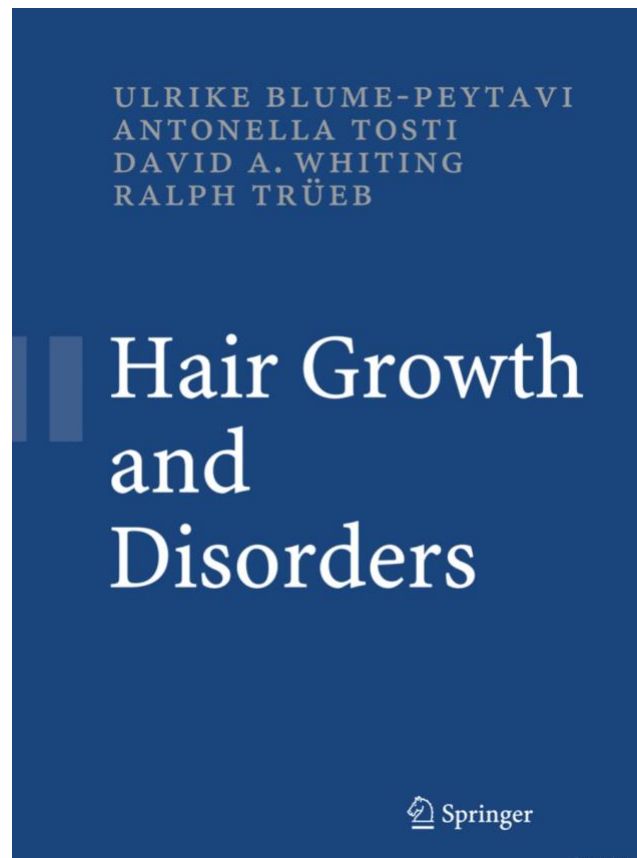
Hair Growth and Disorders

CHIEF EDITORS: Blume Peytavi, Antonella Tosti, David Whiting and Ralph Trueb

PUBLISHER: Springer

DATE: 2008

((**** older text but absolutely wonderful in so many sections of the book)



OVERVIEW OF THE 13 BLOCKS of the EBHF

Block	Topic	Duration	Dates
1	Introduction to Hair Loss	7 weeks	Jan 3 to Feb 15
2	Androgenetic Alopecia	8 weeks	Feb 21 to April 11
3	Hirsutism and Hypertrichosis	1 week	April 17 and 18
4	Telogen Effluvium and Chronic Telogen Effluvium	5 weeks	April 24 to May 23
5	Alopecia Areata	6 weeks	May 29 to July 4
6	SCARRING ALOPECIA	8 weeks	July 10 to Aug 29
7	The Red Scalp, Hair Shaft Disorders, Psycho dermatology	6 weeks	Sept 4 to Oct 10
8	Traction Alopecia & Pressure Alopecia, Cancers of the Scalp, Endocrinology of the Hair Follicle, Hair Loss and Autoimmunity	6 weeks	Oct 16 to Nov 21, 2024
9	Hair Loss in Key Groups	5 weeks	Nov 27, 2024 to Jan 9, 2025)
10	INFECTIOUS DISEASE, ONCOLOGY BLOCK, CONTACT DERMATITIS	5 weeks	Jan 15 to Feb 6, 2025
11	NON-MEDICAL RESTORATION	5 weeks	Feb 12 to March 13, 2025
12	NON-SCALP HAIR LOSS, SCALP DYSESTHESIAS, DISORDERS OF PIGMENTATION, Key Medications	6 week	March 19 to April 24, 2025
13	Refining the Skills of the Hair Expert	18 weeks	April 30 to Aug 28, 2025

**BLOCK 1: Introduction to Hair Loss (“INTRO BLOCK”)
DURATION 7 weeks – Jan 3 to Feb 15**

WEEK 1 (Jan 3 and 4 2024)

- The Non-Scarring and Scarring Hair Disorders
- Introduction to Taking a History
- The Examination of the Patient with Concerns about Hair Growth

EXAMPLE OF Assignments for Week 1:

The following are mandatory to complete:

- 10-25 Multiple Choice Questions from previous meeting
- 3-5 Multiple Choice Questions from Recent EBH podcast Episode
- 3-5 Patient Generated Questions (Requires Submission of Written Answer)
- Short Patient Communication Assignment: What would you say in this situation ?
- Very Short Answer Questions (1-5 words needed)
 - Most Likely Diagnosis
 - Most Likely Side Effect
 - Key Test to Order

Recommended readings and/or papers will also be given for participants following completion of week 1’s lecture. This includes readings for relevant to the current week’s lecture and readings for next week!

WEEK 2 (Jan 10 and 11)

- Basics of Trichoscopy
- Ordering Blood Tests for Patients with Hair Loss

WEEK 3 (Jan 17 and 18)

- Basic Principles of Scalp Biopsies and Scalp Pathology

WEEK 4 (Jan 24 and 25)

- Choosing Evidence Based, Patient-Centered Treatments for our Patients.

WEEK 5: (Jan 31 and Feb 1)

- The Basic Science of Hair and Hair Loss

WEEK 6: (Feb 7 and Feb 8)

Please complete END OF INTRO BLOCK QUIZ (to be completed at one's own time):

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **"Teach Us Something about Hair!" (EBHF participants present short 10 minute sessions)**

WEEK 7: (Feb 14 and Feb 15)

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **"Teach Us Something about Hair!" (EBHF participants present short 10 minute sessions)**

BLOCK 2: Androgenetic Alopecia ("AGA Block")

DURATION: 8 weeks - Feb 21 to April 11

WEEK 8 (Feb 21 and 22)

- The Basic Science of Androgenetic Alopecia
- Androgenetic Alopecia in Males
 - DDX Important Mimickers
 - Treatment

WEEK 9 (Feb 28 and 29)

- Androgenetic Alopecia in Females
 - DDx & Important AGA Mimickers
 - Treatment

WEEK 10 (March 6 and March 7)

- Early Onset Androgenetic Alopecia in Children and Adolescents

WEEK 11 (March 13 and 14)

- Polycystic Ovarian Syndrome
 - PCOS in Adolescents
 - Adults onset PCOS
 - Drug Induced PCOS
- Congenital Adrenal Hyperplasia
- Androgenetic Alopecia associated with Malignancy.
- Drug Induced Acceleration or Precipitation of AGA

Week 12 (March 20 and 21)

- Evidence Based Treatments for Androgenetic Alopecia
- Androgenetic Alopecia in Transgender Patients
- Primary Ovarian Failure (POF)
- Androgenetic Excess States

WEEK 13: (March 27 and 28)

BLOCK WRAP UP

- Key Questions FUTURE RESEARCH

WEEK 14: (April 3 and 4)

Please complete END OF AGA BLOCK QUIZ (to be completed at one's own time):

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

WEEK 15: (April 10 and 11)

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

BLOCK 3: Hirsutism and Hypertrichosis Block

DURATION: 1 week

WEEK 16: (April 17 and 18)

Hirsutism and Hypertrichosis

- Key Definitions
- Epidemiology
- Differential Diagnosis
- Drug induced Hypertrichosis.
- Paraneoplastic syndromes

BLOCK 4: Telogen Effluvium and Chronic Telogen Effluvium (“TE BLOCK”)

DURATION: 5 weeks - April 24 to May 23

WEEK 17: (April 24 and 25)

Telogen Effluvium and Chronic Telogen Effluvium (Part 1)

- Pathophysiology
- Types of Telogen Effluvium (Headington Classification)
- Acute Telogen Effluvium
- Chronic Telogen effluvium
- DDX
 - Great Mimickers of Telogen Effluvium

WEEK 18: (May 1 and May 2)

Telogen Effluvium and Chronic Telogen Effluvium (Part 2)

- Drug induced Telogen Effluvium
- Understanding the Naranjo Scales
- Treatment of Telogen effluvium

WEEK 19: (May 8 and 9)

Telogen Effluvium and Chronic Telogen Effluvium (Part 3)

- Nutrition and Hair
- Iron deficiency and hair loss
- Vitamin Deficiencies
- Eating Disorders
- Common Errors in the Diagnosis of TE and CTE

WEEK 20: (May 15 and 16)

END OF TE BLOCK QUIZ (to be completed at one’s own time):

Part 1: Question and Answer Period with Dr Donovan

Part 2: “Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)

WEEK 21: (May 22 and 23)

Part 1: Review of Quiz

Part 2: Question and Answer Period with Dr Donovan

Part 3: “Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)

BLOCK 5: Alopecia Areata Block (“AA BLOCK”)

DURATION: 6 weeks - May 29 to July 4

Week 22: (May 29 and 30)

Alopecia Areata (Part 1)

- AA Pathophysiology
- AA Epidemiology
- Diagnosis of AA, AT, and AU

- DDX
 - Atrichia with Papular Lesions
 - Vitamin D Receptor Mutations
 - Tinea
 - DLE
 - CTLE

- Approach to the Patient with Patchy Hair Loss
- Pathology of AA in Different Phases
- SALT score
- Treatment of Mild AA

WEEK 23: (June 5 and 6)

Alopecia Areata (Part 2)

- AA in Children
 - Specific genetic associations: APECED
- AA in the Elderly
- Drug induced Alopecia areata.
- Beard Alopecia Areata
- Eyebrow Alopecia Areata
- Disease Associations

WEEK 24: (June 12 and 13)

The Management of Moderate to Severe Alopecia Areata (Part 3)

- Treatment Approaches for Advanced AA
- Using Corticosteroids: What does one need to know?
- The Use and Side Effects of JAK Inhibitors
- Methotrexate for AA

WEEK 25: (June 19 and 20)

AA BLOCK Wrap Up

- New Directions in AA

WEEK 26: (June 26 and 27)

Please complete END OF AA BLOCK QUIZ (to be completed at one's own time):

WEEK 26 Structure

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **"Teach Us Something about Hair!" (EBHF participants present short 10 minute sessions)**

WEEK 27: (July 3 and 4)

WEEK 27 Meeting Structure

Part 1: Review of Quiz

Part 2: **Question and Answer Period with Dr Donovan**

Part 3: **"Teach Us Something about Hair!" (EBHF participants present short 10 minute sessions)**

BLOCK 6: SCARRING ALOPECIA Block ("SA BLOCK")

DURATION: 8 weeks – July 10 to Aug 29

WEEK 28: (July 10 and 11)

Scarring Alopecia (Part 1)

- Basic Science of Scarring Alopecia
- Lichen Planopilaris
 - Basic Science and Epidemiology
 - Triggers for LPP (radiation, trauma, drugs, etc)
 - Types of LPP (Classic, FFA, FAPD)
 - Important Examples of Drug Induced LPP
 - Diagnosis
 - DDX
 - AGA, FAPD, FD,
 - Treatment of LPP
 - Hair transplantation for LPP
 - Disease Associations in LPP

WEEK 29: (July 17 and 18)

Scarring Alopecia (Part 2) - Frontal Fibrosing Alopecia

- FFA
 - Pathogenesis of FFA
 - The Sunscreen Association: Real or Really Not?
 - Genes in FFA
 - Triggers for FFA: Surgery, Sunscreen,
 - FFA Diagnosis
 - FFA Definitions
 - DDx of FFA
 - AGA, DLE, CTCL, morphea
 - Work up in FFA
 - Role of Patch Testing
 - What Associations are relevant?
 - FFA Treatment
 - FFA Disease Associations
 - Early Menopause, Rosacea
- FFA - Advanced topics
 - How many more subtypes are there?
 - FFA: What don't we know?

WEEK 30: (July 24 and 25)

Scarring Alopecia (Part 3) – Discoid lupus and Central Centrifugal Cicatricial Alopecia

- Discoid Lupus Erythematosus (DLE)
 - Basic Pathogenesis
 - DLE and Relationship to SLE
 - DLE and cancer
 - Diagnosis
 - DDx
 - LPP, FD
 - Disease Associations with DLE
 - Treatment of DLE
 - What Don't We Understand yet about DLE?

- Central Centrifugal Cicatricial Alopecia
 - What's really the cause or causes?
 - Diagnosis of CCCA
 - CCCA in Males
 - DDx
 - Traction, AGA LPP
 - Disease Associations in CCCA
 - Evidence Based Treatments
 - What Don't We Understand yet about CCCA?

WEEK 31: (July 31 and Aug 1)

Scarring Alopecia (Part 4) – Neutrophilic Scarring Alopecia

- Folliculitis Decalvans
 - What causes FD?
 - A Closer Look at the Skin Microbiome
 - Epidemiology
 - Diagnosis
 - The FD-LPP Phenotypic Spectrum
 - Beard and body FD
 - What is in the DDx of FD?
 - Keratosis follicularis spinulosa decalvans
 - AKN
 - DSC
 - Tinea capitis
 - Demodex folliculorum
 - Evidence Based Treatment Approaches to FD
 - What don't we understand yet about FD?

- Dissecting Cellulitis
 - What's causes DSC?
 - The follicular occlusion tetrad
 - Diagnosis
 - Treatments for DSC
 - Relationship to Hidradenitis Suppurativa
 - Alopecic and Aseptic Nodules of the Scalp
 - Disease Associations in DS
 - What don't we understand yet about FD?
 - Spondylarthritis
 - What don't we understand yet about DSC?

WEEK 32: (Aug 7 and Aug 8)

Scarring Alopecia (Part 5) – The Mixed Primary Scarring Alopecias

- Erosive Pustular Dermatitis
 - What's causes EPDS?
 - Risk Factor
 - Diagnosis
 - DDX
 - Skin cancers
 - Infections
 - Blistering Disease
 - FD
 - DSC
 - SPD
 - PG
 - Tinea capitis
 - Pustular drug reactions
 - Evidence Based Treatments
 - What don't we know about EPDS Quite Yet?
- Acne Keloidalis
 - What causes AKN?
 - What are the risk factors?
 - Diagnosis
 - Evidence Based Treatments
 - Key Questions FUTURE RESEARCH
- Secondary scarring alopecias
 - Zoster, morphea, cancer, blistering diseases

WEEK 33: (Aug 14 and 15)

SCARRING ALOPECIA BLOCK WRAP UP

- Key Myths in Scarring Alopecia
- Key Research Questions in Scarring Alopecia
- Hair Transplantation in Scarring Alopecia

WEEK 34: (Aug 21 and 22)

Please complete END OF SCARRING ALOPECIA BLOCK QUIZ:

WEEK 34 Meeting Structure

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **“Teach Us Something about Hair!”** (EBHF participants present short 10 minute sessions)

WEEK 35: (Aug 28 and 29)

WEEK 35 Meeting Structure

Part 1: Review of Quiz

Part 2: **Question and Answer Period with Dr Donovan**

Part 3: **“Teach Us Something about Hair!”** (EBHF participants present short 10 minute sessions)

BLOCK 7: SPECIAL BLOCK 1: THE RED SCALP, HAIR SHAFT DISORDERS AND PSYCHODERMATOLOGY

DURATION: 6 weeks – Sept 4 to Oct 10

WEEK 36: (Sept 4 and 5)

Seborrheic Dermatitis (SD), Psoriasis, Dermatomyositis, Rosacea, Red Scalp Syndrome, Contact Dermatitis,

General Approach to the Patient with a Red Scalp

Seborrheic dermatitis (SD)

- What causes SD?
- What are the risk factors?
- Skin vs scalp SD
- Diagnosis
- Trichoscopy of SD
- DDx of SD
 - PsO
 - ACD
 - Sebopsoriasis
 - LPP
 - Dermatitis
 - FD
 - DMS
- Evidence Based Treatments
 - Topical
 - Oral
- Key associations
 - Parkinson's, depression, others
- Key Questions FUTURE RESEARCH

Psoriasis (PsO)

- What causes PsO?
- What are the risk factors?
- Diagnosis
- Trichoscopy of PsO
- DDx of PsO
- Evidence Based Scalp Psoriasis Treatments
- Key associations
- Key Questions FUTURE RESEARCH

Scalp Rosacea

- What are the risk factors?
- Diagnosis
- Evidence Based Treatments

Dermatomyositis

- What are the risk factors for scalp DMS
- Diagnosis
- Evidence Based Treatments
- The Neuropathy of DMS
- DMS and Malignancy

Red Scalp Syndrome

- What is RSS?

Introduction to Contact Dermatitis

- Irritant vs Allergic Contact Dermatitis
- Risk Factors
- Key scalp Allergens
- Patch testing
- Limitations to Patch Testing

WEEK 37: (Sept 11 and 12)

Hair Shaft Disorders

DURATION: 1 week

WEEK 37: Key Hair Shaft Disorders

- Approach to Patients with Hair Shaft Disorders
- Hair Shaft Disorders with Increased Fragility
- Hair Shaft Disorders without Increased Fragility

Psychodermatology

DURATION: 2 weeks

WEEK 38: (Sept 18 and 19)

Important Concepts in Psychodermatology (part 1)

- Psychophysiologic disorders, Primary psychiatric disorders and Secondary psychiatric disorders
- Caring for the Patient with a Personality Disorders
- Relationship between Stress and Hair Loss
- PTSD and Autoimmunity
- Trichotillomania
- Delusions of Parasitosis
- Caring for Patients with Anxiety, Depression and OCD

WEEK 39: (Sept 25 and 26)

Important Concepts in Psychodermatology (part 2)

- Antidepressant and anti-anxiety medications
- Anorexia nervosa and eating disorders
- Psychology of Hair Loss
- Suicide, Suicide ideation: Key Concepts for Practitioners
 - Agoraphobia, Trichotillomania, finasteride
- Key psychiatric medications
 - Serotonin syndrome
- Key Questions for Future Research in Psychodermatology
- Key Myths

WEEK 40 (Oct 2 and 3)

Please complete END OF BLOCK QUIZ (on your own time)

WEEK 40 MEETING STRUCTURE

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

WEEK 41: (Oct 9 and 10)

WEEK 41 Meeting Structure

Part 1: Review of Quiz

Part 2: **Question and Answer Period with Dr Donovan**

Part 3: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

BLOCK 8: SPECIAL BLOCK 2: Traction Alopecia and Pressure Alopecia, Cancers, Autoimmunity and Endocrinology

DURATION: 6 weeks - **Oct 16 to Nov 21, 2024**

Traction Alopecia and Pressure Alopecia

DURATION: 1 week

WEEK 42: (Oct 16 and 17)

Traction Alopecia

- Traction Alopecia in Adults
- Traction Alopecia in Children
- Diagnosis of TA
 - TA vs Cicatricial Marginal Alopecia vs FFA
- Pathology of TA
- TA vs CCCA
- Treatments for TA
 - Can we do better?

Pressure Alopecia

- Pressure Alopecia
- Risk Factors for Pressure alopecia

Cancers of the Scalp

WEEK 43: (Oct 23 and 24)

- Primary malignancies
- Metastases

Endocrinology of the Hair Follicle

DURATION: 1 week

WEEK 44: (Oct 30 and 31)

- Endocrinology of the Hair
- Thyroid Disease
- Cushing Disease
- Post-partum Sheehan syndrome
- Hypopituitarism
- Adrenal disorders
- Cushing Syndrome
- Ovarian insufficiency and POF
- Ovarian tumors
- Paraneoplastic disorders
- Athlete's Triad
- Endocrinopathy of Anorexia Nervosa

Low Evidence Concepts About Endocrinology in Medicine

Hair Loss and Autoimmunity

WEEK 45: (Nov 6 and 7)

Hair Loss & Autoimmune disease

- Connective Tissues Diseases (SLE, SS, DMS)
- Celiac Disease
- Autoimmune thyroid disease
- Inflammatory Bowel Disease
- Pernicious Anemia
- Rheumatoid Arthritis
- Vitiligo
- Atopic Dermatitis
- Multiple Sclerosis
- Psoriasis
- Unknowns and FUTURE RESEARCH

Approach to the Patient with Suspected Autoimmune Related Disease

- Taking a Good History
- Reasonable Screening Blood Tests
- Referral

WEEK 46 (NOV 13 and 14)

Please completed END OF SPECIAL BLOCK 2 BLOCK QUIZ:

WEEK 46 Meeting Structure

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

WEEK 47: (Nov 20 and 21)

WEEK 47 Meeting Structure

Part 1: Review of Quiz Questions

Part 2: **Question and Answer Period with Dr Donovan**

Part 3: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

BLOCK 9: SPECIAL BLOCK 3: Hair Loss in Key Groups: Children, Older Individuals, Pregnancy, Menopausal Transition
DURATION: 5 weeks - Nov 27, 2024 to Jan 9, 2025

WEEK 48: (Nov 27 and 28)

Pediatric Hair Loss

- Approach to Evaluating Children with Hair Loss
- Age Related Hair Loss Psychology

- Alopecia Areata
- Early onset Androgenetic Alopecia
- Uncombable Hair Syndrome
- Short Anagen Syndrome
- Loose Anagen Syndrome
- Traction Alopecia
- Congenital Triangular Alopecia
- Trichotillomania
- Telogen effluvium
- Tinea capitis
- Hair shaft Disorders
- Hypotrichosis and Congenital Atrichia
- Scarring Alopecia in Children
- Key Genetic Disorders to Know
- Adrenarche, Pubarche
 - Precocious puberty: What the hair specialist needs to know

WEEK 49: (Dec 4 and 5)

Hair Loss in Older Adults

- Approach to Hair Loss in Older Individuals
- Androgenetic Alopecia
 - What is senescent alopecia?
- Telogen Effluvium and CTE
 - Polypharmacy in Older Individuals
 - Nutritional Issues in Older Individuals
- Scarring Alopecias
- Scalp Malignancy

- Recognizing Elder Abuse

WEEK 50: (Dec 11 and 12)

Menopausal Transition

- Effects of Menopausal Transition on Hair
- Surgical Menopause
- HRT
- Premature ovarian failure/POI
- Recognizing Elder Abuse

WEEK 51: (Dec 18 and 19)

Management of Hair Issues in Pregnancy and Post-Partum

- Care of the Pregnant Patient with Hair Loss
- Medications Contraindicated in Pregnancy
- Safety of Medications During Breast Feeding

WEEK 52: (Dec 25 and 26 and Jan 1 and 2 - no lecture)

Please complete END OF SPECIAL GROUPS BLOCK QUIZ (on your own time)

WEEK 53: (Jan 8 and 9, 2025)

WEEK 53 Meeting Structure

Part 1: Review of Quiz

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

BLOCK 10: SPECIAL BLOCK 4: INFECTIOUS DISEASE, ONCOLOGY AND CONTACT DERMATITIS
DURATION: 5 weeks - Jan 15 to Feb 6, 2025

WEEK 54: (Jan 15 and 16)

Infections and Infestations and Hair

- The Scalp Microbiome
- The Gut Microbiome

- Tinea capitis, Malassezia, Demodex
- Syphilis, HIV, COVID, Zoster
- Folliculitis
- Other important infections to know

- Telogen Effluvium and Fever

ONCOLOGY

DURATION: 1 week

WEEK 55: (Jan 15 and 16)

Hair Loss and the Cancer

- CHEMOTHERAPY and cancer
 - Hair loss from chemotherapy
 - PCIA, acute hair loss
 - Endocrine therapy induced hair loss
 - Nutritional Issues in Cancer Patients
- Scalp Cooling to Prevent CIA
- Treatment of EIA, PCIA
- Cancers Arising in the Setting of Scarring Alopecia
 - Discoid lupus, Dissecting Cellulitis
- Malignancies of the Scalp
 - NMSC, MM, angiosarcoma, others
 - Metastatic cancers to the scalp

- Paraneoplastic Effects

- Hair Loss in Patients Receiving Radiation Therapy
- Important Considerations When treating Patients with Prior Cancer

CONTACT DERMATITIS BLOCK

DURATION: 1 week

WEEK 56: (Jan 22 and 23)

Concepts in Contact Dermatitis

- Irritant Contact Dermatitis
- Allergic contact Dermatitis
- Patch testing
 - Use and Limitations
- Contact Dermatitis from Minoxidil
- Contact Dermatitis from Shampoos

- Hypoallergenic Shampoos

WEEK 57 (Jan 29 and 30)

Please complete END OF SPECIAL BLOCK 4 BLOCK QUIZ (on your own time):

WEEK 57 Meeting Structure

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

WEEK 58: (Feb 5 and 6)

WEEK 58 Meeting Structure

Part 1: Review of Special Block 4 Quiz

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

BLOCK 11: NON MEDICAL HAIR RESTORATION
DURATION: 5 weeks - Feb 12 to March 13, 2025

WEEK 59: (Feb 12 and 13)

Nonmedical Restoration (PART 1): Surgical Hair Restoration

- The Basics of Modern Hair Transplantation
- Discussing Hair Transplants with your Patients
- Eyebrow, Eyelash and Body Hair Transplants
- Who is a Candidate for Surgery?
- Who is not a Candidate for Surgery?
- Who is not going to be happy with this procedure?

- Special Considerations
 - Hair Transplantation in Scarring Alopecia
 - Hair Transplants in Young Males
 - Hair Transplants with Unrealistic Expectations

WEEK 60: (Feb 19 and 20)

Nonmedical Restoration (PART 2): WIGS, HAIR PIECES, TOPPERS AND EXTENSIONS

- The Basics of Wigs
- What are the Different Types of Scalp Camouflaging Methods
- How are Wigs Used?
- How are Wigs Cleaned?
- What are the Side Effects of Scalp Camouflage?
- Hair Extensions
 - How are they used?
 - What are the side effects?

WEEK 61: (Feb 26 and Feb 27)

Nonmedical Restoration (PART 3): SCALP CAMOUFLAGING, SCALP MICROPIGMENTATION and MICROBLADING

- Scalp Camouflaging Agents
 - Hair Fibers, Powdercakes, and Others
- Scalp Micropigmentation (SMP)
 - Risks and Benefits
- Eyebrow Microblading
 - Risks and Benefits

WEEK 62: (March 5 and 6)

Please complete END OF NON MEDICAL RESTORATION BLOCK QUIZ (on your own time):

WEEK 62 Meeting Structure

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

WEEK 63: (March 12 and 13)

WEEK 63 Meeting Structure

Part 1: Review of Block 11 Quiz

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

BLOCK 12: SPECIAL BLOCK 5: NON-SCALP HAIR LOSS, SCALP DYSESTHESIAS, PIGMENTATION AND MEDICATIONS

DURATION : 6 weeks – March 19 to April 24, 2025

WEEK 64: (March 19 and 20)

Hair Loss in Other Areas Besides the Scalp

- Eyebrow Hair Loss
- Eyelash Hair Loss
- Pubic Hair Loss
- Axillary Hair loss
- Hair loss from the Arms and Legs

SCALP DYSESTHESIAS and Nerve Issues

WEEK 65: (March 26 and 27)

Scalp Nerve Issues

- Approach to Managing the Patient with Scalp dysesthesias
- Nerve Pain in Dermatomyositis
- Zoster nerve pain
- Considerations in the Patient with Small Fiber Neuropathy
 - Hair loss presentations
 - Treatment options

WEEK 66: DISORDERS OF PIGMENTATION

DURATION 1 week

WEEK 66: (April 2 and 3)

Approach to Pigmentation Disorders

- Hair Greying (Canities)
- Reversal of Canities
- Evaluation of the Patient with Early onset Greying
- Hair Dyes
 - Types of Dyes
 - Current Safety of Hair Dyes

WEEK 67: MEDICATIONS USED IN HAIR LOSS: REVIEW
DURATION: 1 week

WEEK 67: (April 9 and 10)

MEDICATIONS AND TREATMENTS

- Basic principles of pharmacology
- How to use various medications
- Drug interactions
- Side effects to know about
- Counselling Patients
 - How to improve adherence
- Key Medications to know About

WEEK 68 (April 16 and 17)

Please complete END OF SPECIAL BLOCK 5 BLOCK QUIZ:

WEEK 68

Meeting Structure

Part 1: **Question and Answer Period with Dr Donovan**

Part 2: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

WEEK 69 (April 23 and 24)

Meeting Structure

Part 1: **Review of Block 12 (Special Block 5) Quiz**

Part 2: **Question and Answer Period with Dr Donovan**

Part 3: **“Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)**

BLOCK 13: FINAL BLOCK: REFINING SKILLS AS A HAIR LOSS EXPERT

DURATION: 18 weeks - April 30, 2025 to Aug 28, 2025

Week 70 (April 30 and May 1)

- Vaccination in Patients on Immunosuppressants
- Obesity and Hair loss

Week 71 (May 7 and May 8)

- Caring for Patients with Side Effects
- What to do when you don't really know what to do to: Dealing with tough cases
- Strategies to Improve Patient Adherence

Week 72 (May 14 and 15)

- Reading Research Studies
- Research Design
 - Types of Studies
 - Levels of evidence
 - Limitations in Research
 - P-fishing

Week 73 (May 21 and 22)

- Breast implant illness
- Post Finasteride syndrome
- Providing Care for LGBTQ+ Patients

Week 74 (May 28 and 29)

- Alopecia Areata Incognita: What is this anyway?
- Demodex: What role does it have: When to treat?
- Mind Body Axis: What does a hair specialist need to know?

Week 75 (June 4 and 5)

- The Menstrual cycle and Use of Contraception
- Alcohol Use, Smoking and the Hair Loss Patient

Week 76 (June 11 and 12)

- What the hair loss practitioner needs to know about
 - Eye diseases
 - Hearing loss

Week 77 (June 18 and 19)

- What the hair loss practitioner needs to know about
 - Bowel diseases
 - Celiac disease, IBD, GERD
 - Heart disease
 - AA, AGA, PCOS, Statins, QT intervals

Week 78 (June 25 and 26)

- What the hair loss practitioner needs to know about
 - Gynecology
 - Irregular periods, infertility, PCOS, LSA, endometrial cancer

Week 79 (July 2 and 3)

- What the hair loss practitioner needs to know about
 - Neurology
 - MS, PD, neuropathies
 - Headaches in the Hair loss patient

Week 80 (July 9 and 10)

- What the hair loss practitioner needs to know about
 - Rheumatology
 - Fm, RA, SS, SLE, DMS, OA,

Week 81 (July 16 and 17)

- What the hair loss practitioner needs to know about:
 - Kidney disease
 - Oral Medicine
 - Liver Disease

Week 82 (July 23 and 24)

- What the hair loss practitioner needs to know about
 - Osteoporosis
 - Sleep Medicine

Week 83 (July 30 and 31)

- What the hair loss practitioner needs to know
 - Sexual function
- What the hair loss practitioner needs to know about
 - Hematology
 - Anemias
 - Side Effects of medications
 - DVT, PE
 - Care for the patient with PRIOR BLOOD CLOTS

Week 84: (Aug 6 and 7)

Telemedicine

- Telemedicine consultations
- Phone consults
- Taking photos
- Documentation

Week 85: (Aug 13 and 14)

Lab Results

- Advanced Skills in Interpreting Lab Results
 - ANA
 - Low Plt, High Plt
 - Low Ferritin, High Ferritin
 - High AST, ALT
 - Anemias
 - CK
 - Sodium and electrolyte issues
 - Calcium disorders
 - Elevated creatinine
 - Elevated ESR and CRP
 - Elevated Cholesterol

WEEK 86: (Aug 20 and 21)

END OF BLOCK 13 “REFINING SKILLS” BLOCK QUIZ: (please complete on your own time)

Part 1: Question and Answer Period with Dr Donovan

Part 2: “Teach Us Something about Hair!” (EBHF participants present short 10 minute sessions)

WEEK 87: (Aug 27 and 28)

WEEK 87 Meeting Structure

Part 1: Review of Block 13 **Quiz**

Part 2: **FINAL SUMMARY OF TRAINING PROGRAM, EVALUATIONS AND THE FUTURE**