

THE *LASER THERAPY* 'MAKE-OVER' CONTINUES: *AVE ATQUE VALE* (HAIL AND FAREWELL)

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Welcome, dear readers, to the second issue of the journal for 2019 and Volume 28! As you know the journal is issued quarterly, and as the years go by for me, these 'quarters' seem to become shorter and shorter (like fifths, sixths ... and so on!)... my very own 'time machine'. My first Editorial in the Pilot Issue of the journal was in 1988 ... that's 31 years ago, and from that you can see we have been in continued production for almost all of that time, with only a short hiatus around the turn of the New Millennium. However, I can safely say that we got back on track quickly, and have remained there up to and including Volume 28, thanks to all of you who have supported us by contributing articles to the journal: no articles, no journal ... please, keep on writing!!

Japan is a very seasonal country, not only for weather, but also for food, especially species of fish and fruits. As you read this, it's the end of June and in Tokyo, in the Kanto region in the middle of Japan, we are into our annual rainy season, called *tsuyu* (梅雨, also pronounced *baiu* and literally meaning "plum rain", as I have mentioned before). The season gets its name from the fact that it coincides with the season when the Japanese plums (梅, *ume*) ripen. In fact, the fruit from the tree *prunum mume* is more akin to the apricot than the true plum, but 'plums' they are commonly called and they need the rains for them to ripen, hence the name "plum rain" for the rainy season. The rain is also essential for the growth phase of rice, our staple diet, so there we have two examples of the fact that someone always benefits from something which not everyone really likes (*i.e.*, rain)! In fact the same is true for the plums themselves. In their unripe green stage they are totally bitterly inedible, but this is the stage when they are harvested, carefully cleaned and dried, then placed layered together with rock sugar in large containers, and covered with distilled white alcohol (焼酎, *shōchū*). The containers are left undisturbed for at least 6 months (the longer the better), and plum wine (梅酒, *umesu*) is the result, a magic metamorpho-

sis whereby the plums give up some of their good characteristics to the rather harsh white spirit, leaving the liquor deliciously flavoured, sweet/dry, and a golden-yellow colour. The bitter green plums become soft, brown-green and plump, and are delicious to eat, but beware, they are more than slightly alcoholic!

Ave Atque Vale (Hail and Farewell)

I am very happy to announce that we have more new members for our International Editorial Board as we continue to keep *Laser Therapy* moving forward. At the same time, I bid a fond farewell, and sincerely thank those who are now leaving the Board, for their service over the years. You will remember that we welcomed Professor Dana Jianu MD PhD, a plastic surgeon from Romania, and Dr Laurence Imhof, a laser dermatologist from Switzerland, last autumn. In this issue I'd like to welcome some more 'new blood', with more to come in subsequent issues.

To start off, from the UK I'd like to introduce Dr Godfrey Town. I am sure many of you will know Dr Town by his many appearances talking on laser regulatory affairs, including the international regulatory and standards environment for laser and intense light source therapy in human applications. He is also an expert in all aspects of intense pulsed light and its various indications, and he sits on a number of advisory panels on the burgeoning use of home use devices (HUDs).

From China, we have Dr Gina Jun Fu, a board-certified dermatologist specializing in laser and cosmetic dermatology, who has studied overseas in the USA at the Baumann Cosmetic & Research Institute in Miami, and the Wellman Center for Photomedicine at Harvard Medical School in Boston. She is also the editor of the Chinese Journal of Aesthetic Medicine, and has published extensively in both Chinese and English.

Next please welcome Dr David Vasiliy, a Sports Medicine Dermatologist for Lehigh University practicing in Bethlehem, USA. Dr Vasily is Medical

Director at Aesthetica Cosmetic and Laser Surgery Center and President, Lehigh Valley Dermatology Associates, Ltd, and the Sports Medicine Practitioner for Lehigh University in Bethlehem, USA. He has more than four decades of experience in dermatological practice with lasers and other energy-based sources, and is additionally passionate about low level light therapy and photobiomodulation. Dr Vasily's special interests also include clinical applications of lasers and energy sources for skin rejuvenation, ongoing clinical research into the treatment of melasma and application of high resolution ultrasound imaging to cosmetic dermatology.

To balance Dr Vasily on the Easy Coast of the USA, I am delighted to welcome Dr Glynis Ablon on the West Coast, practicing in Manhattan Beach, California. Dr Ablon is a Board Certified Dermatologist, with a fellowship in oculoplastic surgery. An associate Clinical Professor at the University of California in Los Angeles (UCLA), Dr Ablon runs the Ablon Skin Institute and Research Center, where she specializes in laser treatment for a large variety of indications, but is also very interested in hair loss treatment, mesotherapy and fillers and neuromodulators. Dr Ablon is a committed believer in the efficacy of LED-LLLT, and was the first to publish on LED-LLLT for recalcitrant chronic psoriasis.

Next I am delighted to introduce Dr Sonia Bordin-Aykroyd who has worked with orofacial aesthetics and lasers for almost 3 decades, and is a visiting researcher at the University of Sao Paulo, Brazil and the University of Nevada, USA. Dr Bordin-Aykroyd's passion for esthetics led her to work with bucco-maxillo-facial prosthetics reconstruction of oral-facial deformities at the University of Sao Paulo, with the prime aim of restoring self-esteem to patients who have undergone major surgical resection for orofacial cancer.

Also in the oral-maxillofacial field, we are delighted to have on board Professor Edward Lynch. Dr Lynch is Professor and Principal Director of Biomedical and Clinical Research in the School of Dental Medicine in the University of Nevada Las Vegas, USA, formerly for many years Professor of Restorative Dentistry and Gerodontology of the Queen's University Belfast and Former Head of Dentistry in the University of Warwick in the UK. In addition, Dr Lynch is currently the Chairman of the European Experts group on Tooth Whitening, is extremely active in the International Association for Dental Research (IADR) and has held multiple executive posts in the IADR over the years. He is a specialist in Endodontics, Prosthodontics, Periodontology and Oral Surgery. With Drs Lynch and Bordin-Aykroyd on our Board, we have a strong addition to our la-

ser dentistry contingent.

Last, but certainly by no means least, it is a very special honour to announce we have a new Regional Editor for the Americas, Professor Keyvan Nouri from the University of Miami, Florida, USA, where he is also Director of Mohs Micrographic Surgery, Dermatologic and Laser Surgery. With more than 2 decades of experience, Dr Nouri is a prolific writer and researcher, and the author of multiple books on the use of the laser in dermatology. He is currently the Editor-in-Chief of the prestigious journal, *Lasers in Medical Science*, so he will bring a superb portion of expertise to our journal. I am sure that our new Board Members will further the advance of the journal, and I thank them for agreeing to become part of the *Laser Therapy* family.

History Was Made In April

As a historic and literally era-changing footnote to this "Hail and Farewell" theme, I would like to remind everyone about the historic abdication of our Japanese Emperor Akihito after 30 years on the Chrysanthemum Throne. In recent history, this had not happened in more than 200 years. Emperor Akihito has been replaced by his son, the new Emperor Naruhito, whose formal enthronement will be in October of this year. With that change, one era came to an end on April 30th, the *Heisei* era, and a new era, *Reiwa* (令: *rei*, order, and 和: *wa*, harmony) began: the official translation from the Ministry of Foreign Affairs is "beautiful harmony". My personal belief is that, if we all follow Divine Inspiration, like my belief in the one-ness of Light and Life, then surely harmony will occur.

For those of you who know Japan and things Japanese, you will know that we use two methods of counting the passing of time: one is the same as the Western style, so that will not change. 2019 will remain 2019. However the other traditional method counts the passing of time by the era in which the current Emperor is reigning. This has ramifications in that many official documents and calendars were dated under the *Heisei* era. With the coming of the *Reiwa* era all these documents and calendars have had to be scrapped and replaced with new ones, bearing the name and date of the new era, starting with *Reiwa* 1. Only in Japan

End Of Yet Another Era

There is a final, very personal chapter to my "Hail and Farewell" Editorial. I have been an Executive Committee member for the World Federation of Societies for Lasers in Surgery and Medicine since its inception in 2005 as the WFSLMS Secretary-General, in addition to my role in the NPO WFSLMS, We are

none of us getting any younger, and as the years pile up I began to feel it was appropriate to hand over the reins to someone younger than I. This was not a decision that I have taken lightly, because a lot of blood, sweat and tears have gone into keeping the WFSLMS going over these 14 years with the strong backing of NPO WFSLMS.

Accordingly, I contacted Professor Leonardo Longo, Florence, Italy, in March of this year, and I told him that, in light of my advancing years, I would like to hand over the mantle of the WFSLMS Secretary-General, including the requirement to move the Secretariat of the Federation from Tokyo where it has been since 2005. I sounded Prof Longo out about the possibility that he might be an appropriate person to take over the post, and to my delight he agreed, provided the WFSLMS Executive Committee went along with the idea and no other candidate stepped forward. I then wrote the Executive Committee members with the proposal, and the decision was unanimous to approve the move of the Secretariat to Florence, with Prof Longo taking

over as Secretary-General.

By the time you read this, the World Laser Medicine Congress (WLMC) will have taken place in Taipei, Taiwan, and it was at that meeting that this decision was to be announced and ratified. To make sure that this would happen correctly and democratically, I contacted Professor Ming-Chien Kao, the Honorary Congress President of the WMLC, in early May. He swiftly replied that both he and Professor Cheng-Jen Chang, the WLMC Congress President, were very sad that I had made the decision, but that they accepted my decision and moreover fully agreed with the proposal, about which they would make the formal announcement during the WLMC meeting. Well, that will already have happened when you read this, and another chapter in my own life has come to a close. It means that I will have more time to devote to *Laser Therapy*, and other matters, so one door may close, but another will always open.

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