SHAKEN BUT NOT DEFEATED

Toshio Ohshiro MD PhD

SINCERE CONDOLENCES FROM ALL *LASER THERAPY* EDITORIAL STAFF
TO THE VICTIMS OF THE GREAT TOHOKU-KANTO EARTHQUAKE AND
TSUNAMI, MARCH 11th 2011, THEIR FAMILIES AND FRIENDS:
OUR THOUGHTS AND PRAYERS ARE WITH BOTH THOSE WHO WERE
LOST, AND THE SURVIVORS.

Dear Readers,

Volume 20 Issue 1 had already gone to press when the Great Tohoku-Kanto Earthquake-Tsunami struck the north-east of Japan on March 11th of this year, unleashing the most devastating tsunami ever to strike Japan in modern times. Shattered and shocked were we all, but I was so very touched by the emails which started to pour in to the Japan Medical Laser Laboratory and Ohshiro Clinic within hours of the event's occurrence. Many of these expressed concern and sympathy not only for me and my family and my staff, but for all those affected by the quake, and the Japanese people as a whole. Appended to this Editorial is a selection of the mails (in chronological order) received from the four corners of the globe.

As I write, three months will soon have passed since the March 11th megaquake. As of June 9th, according to the Japanese Police, the statistics make very somber reading: 15,401 dead, of whom about 2,000 remain unidentified and as time passes, it is getting harder and harder to identify the bodies or to search for the missing; 8,146 remain missing and there are 91,523 evacuees.

The frequency of discernable quakes in Japan gives pause for thought. The accompanying graph paints an 'interesting' picture, with most of the quakes occurring in the Tohoku and Kanto areas, and reports are coming in regarding increased seismic activities from our active volcanoes, including Mount Fuji. The tragedy of the Fukushima nuclear power station continues to unfold. However, we are a resilient people, and slowly but surely those affected in the north east are slowly dragging themselves back to normalcy, or as near normalcy as one can get when one's home, shop or workplace has totally disappeared. Thank you all again for your heartfelt wishes. It meant a great deal to us in the immediate aftermath of the quake and tsunami.

IPTA 2011

With the continuing logistical problems which have beset Egypt as the country struggles to come to terms with its new democratic conditions, we have with great regret, and in consultation with Professor Sherif Awad, decided to postpone the Egyptian meeting until 2013. In the meantime, the 4th IPTA meeting is now being planned to be held in Vilnius, Lithuania, possibly at the beginning of September 2012, under the leadership of

Professor Aurelija Vaitkuvienė, head of the Division of Biomedical Technologies in the Institute of Applied Research at Vilnius University. Professor Awad will then host the 5th IPTA meeting in Egypt in 2013 (date as yet undecided), bringing us back on track with our every-odd-year meeting schedule. Please watch the journal for information, and also visit the IPTA website (www.jmll.co.jp/ipta/) for up-to-date details as they become available.

LASER TOKYO 2009 VIDEOS AVAILABLE

Video files of the highlights of the very successful Laser Tokyo 2009 meeting are now available on the ISLSM website at <http://islsm.info.com/islsm-meeting-laser-tokyo.asp>. Alternatively, go to <http://www.jmll.co.jp/wfslms/index.htm> and click on [LASER TOKYO 2009 Presentations](#). Please note that the WFSMLS website is currently under extensive renovations, so some pages may not display properly, and other pages are incomplete. Thank you for your patience and your understanding. We hope to have all renovation work finished by August of this year. The same is true of the ISLSM website, so if the page you are looking for is temporarily unavailable, please try back again in a week or so.

WFSMLS AND ISLSM NEWSLETTER

The latest version of the WFSMLS and ISLSM Newsletter can be found elsewhere in the journal. Please be sure to consult this for the latest data on the bylaws for both associations, and where to find them on the Internet

'FOCUS ON KOREA' ISSUE

Just as 20:1 was the 'Focus on Israel' issue, this issue was to have presented the 'Focus on Korea'. However, the response has been far greater than expected and as we are still receiving papers from Korean authors, we have decided to keep them all together for the one issue rather than spread them out over 2 issues. Accordingly, Volume 20:3, due out at the end of September, will now showcase application of the medical and surgical laser and other light sources, from our Korean colleagues. However, there is still plenty multinational 'meat' in this issue, so please read and enjoy it, and look forward to 20:3 in September to see what are the cutting edge applications and systems in Korea.

PAPER TEMPLATE FOR LASER THERAPY

The editorial team understand very well the problems of getting a paper together in the correct format for *Laser Therapy*, and indeed the simple (actually not so

simple) mechanics of how to write a medicoscientific paper. As a service to our readers, and to help in particular non-native speakers of English to get a paper together in the correct format, we have put together a Guidelines package which consists of the blank paper template, a set of instructions and suggestions on putting the data from your clinical study or basic research together and turning it into a paper, and then working through the preparation of a sample paper, all sections of which are covered in practical detail in the Guidelines.

The template is in Microsoft Word 2003 compatible format (of course it can also be opened in Word 2007 and Word 2010), so you just download the template, open the document on your computer, and type in the required data in the spaces indicated. Because the file is an actual Word document, you will have access to all the word processing functions, such as the spelling checker, and when you have finished you save the document with your chosen name, write a covering letter to me, or whichever regional editor is appropriate for you, save it as a separate file and send everything off by email, including your illustrations in separate files.

This process is gone through step by step. If you download the Guidelines to your computer, and then print them out, you will have a handy reference guide to preparing and writing a medicoscientific paper. Although the template and instructions are specifically for *Laser Therapy*, the basics are the same for almost every journal, and any differences are covered in the instructions published in every journal for prospective authors.

The Guidelines cover every aspect of the paper:

- How to collate data in such a way that it can form the backbone of your paper
- How to turn these basic data into an abstract, and how to put the abstract together, trying to keep within the word limit imposed by the journal
- How to put together tables in Word format
- How each subsequent Section can be approached (Introduction, Materials [Subjects] and Methods, Results, Discussion and Conclusions)
- How to format and indicate references in the text correctly
- How to approach illustrations and clinical photography

By the same token, the Guidelines are specifically intended for authors whose native tongue is not English. Never-the-less, these Guidelines had major relevance for all authors, so even native English speakers

may find some nuggets of good information which will help them produce and even better paper.

You can locate and download the 'Notes for Contributors' for Laser Therapy, the paper template and the Guidelines and sample paper as follows: go to this page first, <http://www.jstage.jst.go.jp/browse/islsm>. Locate and click on the Notes for Contributors in the <<information>> box on the page, and you will find the Notes for Contributors, Guidelines and Article Template as separate downloadable documents. You can also find them at <http://www.jmll.co.jp/lasertherapy/notes/notes.html>.

We hope you find these Guidelines and template of some use, and please don't hesitate to use them. At

the very least they will help you put your paper together in the right style, including the references, required by Laser Therapy. Just as the pilot on a plane will get you to listen to the safety briefing by saying that "... not all aircraft are the same", not all journals are the same: if you fail to follow the correct format for the references, for example, most journals will send the paper straight back to you for revision. Prevention is better than the cure. I urge all readers at least to have a read through the Guidelines: you may even find them interesting as well as instructive! Happy writing!!

Tokyo, June 2011

From: Isaac Kaplan (Israel)

Sent: March 11, 2011

Subject: Is everyone OK?

Dear Toshio,

I have just heard about the earthquake and tsunami in Japan and hasten to express my and Masha's concern. Please let us know if everything is alright with you and our other Japanese friends.

Best wishes,

Isaac

From: R Glen Calderhead (UK)

Sent: March 12, 2011

Subject: Are you OK?

My Dear Colleagues,

Just a quick mail to make sure you are OK. What a terrible series of events. Please drop me a line and let me know that all is well. I tried phoning yesterday but neither the land lines nor the mobile lines seemed to be working. I hope you and your families are OK.

Warm regards,

Glen

From: Penny Smalley (USA)

Sent: March 12, 2011

Subject: Your safety

Dear Friends,

As I watched in horror, the devastation today, my heart went out to all of you, with hopes that you, your families and colleagues, are personally safe - but also that all of those who have been affected will receive help and comfort very quickly. I wish I could be there to offer help - but for now, all I can do is

send my prayers and positive thoughts.

Please let me know how you are, when you are able.

With fond regards,

Penny

From: Leonardo Longo (Italy)

Sent: March 12, 2011

Subject: Courage and go ahead!

I and my family are near you in this moment and always! Please tell me if we could do something for you and your country.

Lovely,

Leonardo Longo

From: Hayk Arakelyan (Armenia)

Sent: March 12, 2011

Dear Prof. Toshio Ohshiro,

My deep condolences concerning terrible earthquake. If you need anything I am ready to help you. If you decided departure from Japan in these days I will invite you and your family to Armenia.

With warm regards,

Prof. Hayk S. Arakelyan

From: Penny Smalley (USA)

Sent: March 12, 2011

Dear Professor,

I am so relieved to hear that you are OK and have had no damage or suffering as a result of the disaster. I pray for all those who have been so terribly affected - and hope that things will recover quickly and quietly!

Best Regards,

Penny

From: Liu Yi Cheng (PRO China)

Sent: March 12, 2011

Subject: Concern about the quake and tsunami

Dear Prof. Toshio Ohshiro,

I learned about the news of the quake and tsunami, and Tokyo right after the quake on TV and the Internet yesterday afternoon. Are you and your family OK? I am anxious about your safety. Please pay careful attention to aftershocks, and you will be in my thoughts.

Liu Yi Cheng, Beijing Tong Ren Hospital - Affiliate of Capital University of Medical Sciences

From: Abe Baruchin (Israel)

Sent: March 12, 2011

Subject: Courage (*Yuuki*)

We express our deepest sympathy and solidarity for the peoples of Japan who are currently suffering from the devastation unleashed by the earthquake and tsunami. We cannot overemphasize how profoundly saddened we are by the climbing death toll, and the many others missing or injured, the destruction of property, the loss of livelihoods and the widespread dislocation of communities.

Kaplan, Baruchin, Lubart, Rochkind, Oron, Gabay, Lichtenstein, Shapira, Lapidot, Nahlieli, Elman, Harth, Sela, Tadir, Zarfati, Walfisch, Friedmann, and all other members of the Israeli Association for Laser Surgery and Medicine

From: Dan Georgel Siposan (Romania)

Sent: March 12, 2011

Subject: The catastrophe in Japan

Dear Dr. Toshio Ohshiro,

I was simply overwhelmed by what I heard and saw about the catastrophe that hit your beautiful country. I hope you and your loved ones did not suffer from the earthquake. I'm sure life will soon return to normal in your country and I am with you in these difficult times. I send my compassion for the loss of lives.

Best Regards,

Dan Siposan

From: Tavalida Vejjavanit (Thailand)

Sent: March 12, 2011

Subject: How are you? Hope you are still safety

Dear Ohshiro-*sensei*,

I heard from news have big earthquake and tsunami in Japan. It so dangerous!! How are you and your family? Hope you and your family everybody still Ok and Take care well, and also hope Japan will quickly recovery again. Today I pray for donation to help Japan too.

Take care well,

Tavalida

From: Shimon Rochkind

Sent: March 13, 2011

Subject: Thinking of you

Dear Prof. Ohshiro,

Hope that you and all members of your family are well. Our thoughts are with you at this difficult moments. We are confident that your country will cope with this disaster and hope that you shall return to everyday routine soon.

Ruth & Shimon Rochkind

From: Kendric C. Smith (USA)

Sent: March 13, 2011

Subject: I hope that you are OK

Toshio:

Japan has suffered a terrible catastrophe. I hope that your family and your institute are OK. We were lucky in California when the tsunami hit, it was low tide. However, harbors and boats all up and down the west coast were destroyed, and a few people are missing. It is nothing compared to Japan, however.

Wishing you the best,

Kendric

From: Moetaz El-Domyati (Egypt)

Sent: March 14, 2011

Dear Prof. Ohshiro,

Hello, I hope you and all the family are well & safe.

Best Regards,

Moetaz

From: Le Anh Tuan (Vietnam)

Sent: March 14, 2011

Subject: My deepest condolence!

Dear Sensei,

I was so deeply saddened to hear that Japan is being devastated by earthquake and tsunami. I watched TV everyday and feel deep grief seeing loss you are affected. From bottom of my heart I pray all of Japanese people safe and sound. Please accept my deepest condolences. I believe that your country will pass this difficult time soon. May God bless you.

From: Pham Cao Kiem (Vietnam)

Sent: March 14, 2011

Dear Prof. Toshio Ohshiro,

I am very sad to hear that Japan was damaged by earthquake and Tsunami. I hope that you and your family are OK.

Best regards,

Dr. Pham Cao Kiem

From: Penny Smalley (USA)

Sent: March 14, 2011

Dear Professor,

I am so sorry to hear the news, but I am glad you are physically OK. It must be very stressful, not knowing what the next minute will bring, and hoping for the best. I have heard from a number of my friends there in Japan, so far! Please stay safe and I shall continue to keep Japan and all the suffering people in my thoughts and prayers every day until all is recovered. Please keep in touch.

With Fond Regards,

Penny

From: Tran Hau Khang (Vietnam)

Sent: March 14, 2011

Subject: Hope you are all safe

Dear Prof. Toshio Ohshiro & our Friends,

The recent catastrophe that hit Japan was really heartbreaking. We pray for your continued protection and safety. Prof. Toshio, hope you all are safe. I have been thinking of all my friends in Japan and I continue to pray for all of you. The same goes to all, our friends in Japan. Stay safe everyone.

With best regards,

TH Khang

From: Jiri Vokurka (Czech Republic)

Sent: March 15th, 2011

Subject: Thoughts from Brno

Dear Prof. Ohshiro,

We would like to express our deepest sorrow for the tragedy in your country. We hope you and your family are doing well. We wish you fast recovery. If there is anything we can do for you please do not hesitate to contact us any time.

With kind regards,

Jilka and Jiri Vokurka

From: Nelson Marquina (USA)

Sent: March 15, 2011

Subject: Prayers and well-wishes

Dear friends & colleagues,

Our prayers and well-wishes are with you as your country recovers from the devastating tsunami. Many people across the USA and in other countries are actively helping in many ways. See comments on the attached webpage. I have no doubt that Nippon will fully recover from the current catastrophe and will raise to the very high levels that the Japanese people are known for. My best wishes are with you.

Sincerely,

Nelson

From: Michael Stark (Berlin)

Sent: March 15, 2011

Subject: Sympathetic feelings from Berlin

To our dear Japanese members & friends:

With great concern we are constantly following the news on the situation in Japan. No words can express our feelings and sorrow about so many victims. From Berlin, we would like to send you our sympathy with the hope that yourself and your families are safe. We think about you and wish the best for you and your country.

Best regards,

Michael Stark

From: Vladimir Mikhailov (Russia)

Sent: March 16, 2011

Dear Toshio!

If I can help, write. I will make everything, if it is possible.

Vladimir

From: Krishna Rau (India)

Sent: March 16, 2011

Dear Prof. Ohshiro,

We are all worried after the reports in the TV about your and your family's safety. I tried calling you but could not get connection. Previous e mails have bounced. I am sending mails daily with the hope one of these will go through. Please reply.

Yours truly,

B K Rau

From: Farouk Al-Watban (Saudi Arabia)

Sent: March 16, 2011

Subject: OUR HEART WITH YOU, FAROUK ALWATBAN,WALA

DEAR COLLOGUES AND FRIEND, WITH SORROW AND PAIN WE HEART THE NEWS OF THE JAPAN EARTHQUAKE. WE HOPE YOU AND YOUR FAMILY AND FRIENDS IN A GOOD HEALTH. OUR HEART WITH YOU AND WISH YOU A QUICK RECOVERY. BEST REGARDS,

Prof. Farouk A.H. Al-Watban, BSc, MSc, PhD

From: Kira Samoilova (Russia)

Sent: March 17, 2011

Dear Dr. Toshio Ohshiro,

We are very nervous about you and your family in these tragic days in Japan. Could you inform us about your conditions and state of your apartment, clinic and laboratory? If you are able to inform us about the situation we will be very thankful. Here in Saint-Petersburg we do hope that everything is fine with you and your relatives. Please, take our virtual support. We share your sufferings. If you want to leave Japan please come with your family and stay with family of prof. Samoilova who has 6 room house 90 km from Saint-Petersburg.

Sincerely yours,

Prof. Kira Samoilova & Dr. Alex Zimin

From: Dan Georgel Siposan (Romania)

Sent: March 18, 2011

Subject: News from Bucharest

Dear Dr. Toshio Ohshiro,

It is hard for me to express my thoughts in writing, about the tragedy that struck your country. Every night I talk to my wife about this, and we eagerly follow the news coming from Japan. Finally we had agreed to write you about how we

thought we'd help, so much as we can, a person in your country to easier pass over these difficult times. We offer hosting for a child or an adult from Japan for a while, until the situation there will stabilize and present dangers no longer exist. My wife is a teacher of physics, now retired, and the person who comes could live with us in the apartment, since we have a free room. We'll deal with whatever is needed for our guest to have everything he needs, as long as he stays with us. If you accept our offer, we please you decide who might benefit of our hospitality. We will keep in touch for the period when the invited person will live here. Please excuse me if I have not found the right words to express our offer, which starts in our soul and is honest. I hope you and your loved ones are well and look forward your response.

With my best regards,

Dan Siposan

From: Georgi Graschew (Germany)

Sent: March 18, 2011

Subject: our visit to Tokyo

Dear friends,

We will cancel now our trip between 25 and 31 of March 2011. If we can help with some thing please tell us this.

Regards from Berlin,

Gg

From: Frédéric Laffitte (France)

Sent: March 18, 2011

Subject: Sincere Sympathy

Dear Toshio,

Since a week, I think of you and all Japanese citizens after this terrible earthquake and indescribable tsunami!

It is difficult to realize how your situation is dramatic but I admire the reaction of each one of you. I don't think I can do much from Toulouse and I don't even know if this message will reach you. But, anyhow and at least, let my thoughts come to you. I didn't dare to contact you before as I am sure it was useless: you must have had so much to do and to think of during those terrible days! Now, let me send you my encouragements and receive all my best and strong wishes for tomorrow and near future.

Sincerely and friendly yours,

Frédéric

From: Michael Stark (Germany)

Sent: March 18, 2011

Dear Dr. Ohshiro,

We are all happy to hear you are safe. Our hearts are for your people. Our prayers for the dead and the missing.

Best regards,

Michael Stark

From: Chen-Jen Chang (Taiwan)

Sent: March 19, 2011

Subject: Prayers for you all

Dear Prof. Toshio Ohshiro,

I would like to just send my most heartfelt sympathy and hopeful prayers to you, and all of those I met from your team, for the devastation Japan has been faced with in the aftermath of the earthquake and tsunami. I hope if there is anything I can do that could be of any help, you will not hesitate to let me know.

With warm regards,

Cheng-Jen Chang, MD, PhD,FACS

From: Dan Georgel Siposan (Romania)

Sent: March 19, 2011

Dear Dr. Toshio Ohshiro,

Thanks for the reply. It seems that the worst has passed, yet I think it will take some time before life there will be held within acceptable limits. Yesterday when I told my closer colleagues about my initiative, all present were offered to accommodate people that are suffering in Japan. Some of my colleagues have even a better financial situation than me, as well as largest space for housing. My assistant told me that he has an unoccupied house at 17km from Bucharest, where he is able to receive a family with many children. At night when I got home phones began to ring from other colleagues, who also offered to receive affected people guests from Japan. Some have even called the Foreign Ministry here to find out what steps must be taken in this regard. Others were interested in racing schedule of TAROM (the Romanian flying company) that will fly to Tokyo in this period (one of them will leave at 15.30 today Tokyo to Bucharest). I write all this in order to know that the mood here is about the suffering in your country. Please count on us when needed.

Best Regards from Dan Siposan

From: Vladimir Mikhailov (Russia)

Sent: March 19, 2011

Dear Toshio,

On my opinion, one of the best method of the treatment and protection nuclear complication- combination transdermal (local antiinflammation, immunostimulation effect and selective protection different innere organs) and intravenous laser blood irradiation (general detoxication, influence on the blood, improving function of innere organs). That combination very effective and cheaper method of the treatment. I can arrive with my laser apparatus and help organizer the treatment with that method of the treatment.

Best regards,
Dr. Vladimir Mikhaylov

From: Mario Trelles (Spain)

Sent: March 20, 2011
Subject: Greetings and support
Dear Tochan-Sensei,
In these days of worry and suffer in your country, our thoughts and feelings are with you. We sincerely hope that you and your family are directly not too heavily affected. Please, count on our support. Best regards to you and your wife, and family.
Mario & Anna-Kirsti

From: Hayk Arakelyan (Armenia)

Sent: March 20, 2011
Dear Ohshiro-Sensei,
I hope you and your family are well and healthy. If you need anti-radiation or other drugs, please inform me and I will send you.
With kind wishes,
Hayk

From: Sharon Krishna (India)

Sent: March 22, 2011
Subject: Prayers
Dear Dr. Ohshiro,
How are you and your family? Hope all are safe and well. We tried to call when we heard about the tsunami but obviously no calls went through and our emails bounced back. All our prayers are with you and your family in this difficult time.
Regards,
Sharon

From: Norman Salansky (Canada)

Sent: March 22, 2011
Dear Dr. Ohshiro,
Please accept my deep condolences related to last events in Japan. It is a real human tragedy. I was planning to come to Japan and see if I can help

injured people. I contacted the Japanese embassy in Canada and there are a lot of red tapes and bureaucracy. I wonder if you can advise me if I can help. Our latest accomplishment is low energy photonic therapy which is reflected on our website low-levellaser.com. I remember with great pleasure our last meeting in Japan during the international congress where I had the honor to be an invited speaker.

Best regards,
Dr. Norman Salansky

From: Mary Ann Liebert, Inc., publishers

Sent: March 23, 2011
Subject: Concern for Japan
To Our Editorial Board Members in Japan:
Our prayers and thoughts are with you, your family, your colleagues, and the entire nation of Japan during this difficult time. If there is anything we can do for you, please let us know. We pray that you are safe!
Sincerely,
Mary Ann Liebert

From: Parin Tatsanavivat (Thailand)

Sent: March 25, 2011
Subject: My Condolences
Dear Dr. Ohshiro,
I am Dr. Parin Tatsanavivat. I met you in APALMS last year in Japan. I was there with Dr. Narong Nimsakul. Dr. Takafumi gave me a tour at your clinic and it was wonderful. Thank you again. I heard about what happened in Japan and I was so shocked and sad to hear about the earthquake and tsunami. How are you and your family? I hope everything is getting better over there. Please let me know whether there is anything I can do to help.
My deepest condolences,
Parin Tatsanavivat, Thammasat University

From: Penny Smalley (USA)

Sent: April 01, 2011
Dear Dr. Ohshiro,
I am very happy to hear from you and though there is a long way to go for recovery, it seems from what you say, that you and your family and staff are safe and doing OK. Every day I listen for news and it only seems to get worse – please stay safe and know that I will continue to send hope and prayers to all of you until the danger passes.

All the Best,
Penny

From: Tran Hau Khang (Vietnam)

Sent: April 01, 2011
Dear Prof. Toshio Ohshiro,
I am very pleased to received your email informing all you are now OK and the life of people in the affected regions is returning normal. I read several stories on Japanese in the difficult situation caused by the chaos, I am too moved and I cried, admired them. I hope everything going well with them and the GOD helps them to pass all disadvantages causing by the nuclear accident. We are beside all you.
Very best regards,
TH Khang

From: Fong Poh Him (Singapore)

Sent: April 01, 2011
Dear Prof. Toshio Ohshiro,
It is indeed a very unfortunate event to strike Japan. All of us in Singapore send our condolence and sympathy to you and your people. I am sure you will pull through this stronger and more resilient.
Regards,
Dr. Fong Poh Him

From: Nic Nicolopoulos (Greece)

Sent: April 07, 2011
Dear Toshio,
I hope everything is fine with you and your family and you recovered after the quake and the tsunami disaster. If you need any help I would be at your disposal to help you in any possible way. I look forward to seeing you soon and if you have any problem do not hesitate to contact me.
Best regards,
Nic

From: Harry Friedmann (Israel)

Sent: April 12, 2011
Dear Professor Ohshiro,
My granddaughter (4 years old) asked: why did God allow this to happen to Japan? This made me realize that there are more questions than answers. Thank you for having the courage of publishing the latest issue of Laser Therapy. It occupies a special place in my library.
Sincerely,
Harry Friedmann