Welcome, dear readers, to the first issue of Volume 24 of the journal. It is hard to believe that three months have passed since I wrote to you in the last issue of Volume 23 … time really does fly, and here we are at the end of March, 2015, already one-quarter of the way through the UN-designated International Year of Light and Light-Based Devices.

As you are all aware, for the past few years the journal has been offering an annual set of awards together with cash prizes, one for the Best Paper, and two for Good Papers published in any one volume of the journal. Last year (Volume 23) was supposed to be the final year for this initiative as the journal had set aside only a certain amount of funds, but as I wrote in my previous Editorial, I believe that these awards are a powerful incentive for authors to contribute their experience and research to the journal and to you, so I am taking over the role of the award sponsor. Thus, from this year and the current volume, the awards will be known as the Ohshiro-Laser Therapy Awards.

In any event, the results for the 2014 Laser Therapy awards have now been compiled from all the votes lodged by the Laser Therapy International Editorial Board Members who serve as the Award Adjudicators. In addition, since Volume 22, the younger authors contributing to the journal as first author have also enjoyed another set of awards thanks to the generosity of Professor Ming-Chien Kao with his Award for Young Researchers, and these results are also in. I am therefore pleased and honoured to present the results in résumé in the table below: they are given in full elsewhere in the body of the journal. Sincere congratulations to the winners, and if you didn’t win for Volume 23, now is your chance to get a paper in for Volume 24 (please see the announcement elsewhere in the journal for full details)!

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**Lasers Therapy BEST and GOOD Paper Awards: The Results Are In!**

**Toshio Ohshiro MD PhD**

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**Winners of the Laser Therapy and Ming-Chien Kao Awards**

<table>
<thead>
<tr>
<th>Laser Therapy BEST PAPER (JPY ¥1,000,000)</th>
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<tbody>
<tr>
<td><strong>Title:</strong> Reduction of IL-20 Expression in Rheumatoid Arthritis by Linear Polarized Infrared Light Irradiation</td>
</tr>
<tr>
<td><strong>Authors:</strong> A Imaoka, L Zhang, N Kuboyama, Y Abiko (Japan)</td>
</tr>
</tbody>
</table>

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<tr>
<th>Laser Therapy GOOD PAPER AWARD (JPY ¥300,000)</th>
</tr>
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<tbody>
<tr>
<td><strong>Title:</strong> Effect of Stress-free Therapy on Cerebral Blood Flow: Comparisons among patients with metabolic cardiovascular disease, healthy subjects and placebo-treated subjects</td>
</tr>
<tr>
<td><strong>Authors:</strong> K Ryotokuji, K Ishimaru, K Kihara, Y Namiki, T Nakashima, S Otani (Japan)</td>
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<tr>
<th>Laser Therapy GOOD PAPER AWARD (JPY ¥300,000)</th>
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<tr>
<td><strong>Title:</strong> <em>Ex vivo</em> efficacy evaluation of laser vaporization for treatment of benign prostatic hyperplasia using a 300-W high-power laser diode with a wavelength of 980 nm</td>
</tr>
<tr>
<td><strong>Author:</strong> J Takada, N Honda, H Hazama, K Awazu (Japan)</td>
</tr>
</tbody>
</table>

**Ming-Chien Kao Award: Paper 1 (US $1,000)**

| **Title:** Treatment of Vaginal Relaxation Syndrome with an Erbium: YAG Laser Using 90°and 360° Scanning Scopes: A Pilot Study & Short-term Results |
| **Authors:** MS Lee (South Korea) |
EDITORIAL

available at www.jstage.jst.go.jp/browse/islsm

Ming-Chien Kao Award: Paper 2 (US $1,000)

Title: Bactericidal effect of visible light in the presence of erythrosine on Porphyromonas gingivalis and Fusobacterium nucleatum compared with diode laser, an in vitro study

Authors: G Habiboallah, Z Mahdi, NN Mahbobeh, ZJ Mina, F Sina, Z Majid (Iran)

Ming-Chien Kao Award: Paper 3 (US $1,000)

Title: Low Level Laser Therapy for chronic knee joint pain patients

Author: T Nakamura, S Ebihara, I Ohkuni, H Izukura, T Harada, N Ushigome, T Ohshiro, Y Musha, H Takahashi, K Tsuchiya, A Kubota (Japan)

LASER THERAPY SUBMISSION FOR THE THOMSON-REUTERS WEB OF SCIENCE

As I have reported previously, following our successful inclusion in the listings by PubMed Central (PMC), we applied for inclusion into the Thomson-Reuters Web of Science (WoS). The WoS, and I think correctly, claims to provide “… a single destination to access the most reliable, integrated, multidisciplinary research.” Inclusion in the WoS is a good step for any journal to garner a reliable impact factor, the measure by which the number of papers cited from that journal in other publications, and hence the medicscientific merit of that journal, can be assessed. I regret to have to say that, after a several-month assessment, the WoS declined at this stage to include Laser Therapy in their list of journals. However, they have left the door open for a future reapplication, and the Editorial Team and I will be striving more than ever to push the scientific merit of the journal even higher. After all, we only achieved inclusion in PMC two years ago, so Laser Therapy is still a comparative newcomer to the PubMed citation index. In her message to us, and the Senior Editor in Life Sciences for WoS wrote; “Thomson Reuters strives to provide comprehensive but not all inclusive coverage of the world’s best journals. The ever-increasing volume of titles requiring evaluation and the extremely competitive environment for coverage make each decision more complicated.”

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The underlined and italicised text is my formatting; so, the WoS Senior Editor for Life Sciences wrote; “Thomson Reuters strives to provide comprehensive but not all inclusive coverage of the world’s best journals. The ever-increasing volume of titles requiring evaluation and the extremely competitive environment for coverage make each decision more complicated.” The underlined and italicised text is my formatting; so, the WoS Senior Editor for Life Sciences has told us that the door is open for resubmission of Laser Therapy for WoS inclusion after another two full volumes have been successfully published in a timely fashion, and the standard of the journal has risen appropriately. May I just say in passing that I am extremely proud of the hard work of the Editorial Team, as every issue for the journal for the past 3 years and more has gone out exactly on time, preceded by the electronic availability, so on behalf of our readers, and myself, I would like to say a heartfelt thank you to all team members for their diligence and tough labours.

The impact of our being included in PubMed has made a staggering difference to the number of hits registered on the J-Stage Laser Therapy website comparing the number of full PDF requests in December 2013 with that of December 2014. There were 492 PDF requests in December 2013, compared with 2,206 in December 2014, and almost 5-fold increase! In addition, hits on the website redirected from Google searches were zero in the last quarter of 2013, and 369 for the same period in 2014. This will ultimately be reflected in more citations of Laser Therapy papers in other journals, and that is one of the major criteria that the Thomson-Reuter WoS panels was looking for.

To ensure that the quality of our papers is as high as possible, we are planning to add a full-time Copy Editor to our Editorial Team. Let me make it clear that his task will not be to offer a full native speaker revision service: that is the responsibility of the authors of papers, and we do have such a paid-for service which authors can apply for. Our Copy Editor, a native English speaker with many years of experience in the photosurgery and phototherapy field and a well-published author himself, will correct minor syntactical and spelling errors, and will make certain that all papers meet the style criteria posted in our Notes for Contributors: a hint to aspiring authors … please READ THESE NOTES! It will help prevent your paper being returned to you without any review because you have not followed the style recommendations. Our Copy Editor will also act as a final checkpoint regarding the medicscientific validity of papers, so that nothing is published which could be deemed as poor science. I am confident our next submission to the WoS will be successful, just as resubmission was required to

Toshio Ohshiro
PubMed Central before *Laser Therapy* was finally included in the PMC indexing list.

**EDITORIAL POLICY: LETTER TO THE EDITOR – AN UNDERUSED APPROACH?**

I would like to say a brief word here about *Laser Therapy*'s Editorial Policy. First of all, may I make it doubly clear that, because an article is successfully published in *Laser Therapy*, it does in no way imply that the arguments and conclusions in that article reflect the beliefs and policies of the journal’s Editorial Team, or myself as Editor-in-Chief. Each paper is selected based on its scientific merit, and even if the result is not one that we all might agree with, as long as the methods are transparent and are clearly presented so that they can be easily replicated by other clinicians or researchers, then the paper will be published. The beliefs and conclusions in all papers are those of only the authors, and if papers come across my desk which do not match my personal ideas, but on the other are argued well with solid data and sound reasoning and have been approved for publication by our independent peer reviewers, these papers will be published. Papers which seek to show that an approach does not work can be as useful as those which show that an approach is effective, always provided that the study design is correct and that the data have been responsibly collected and statistically evaluated. One such paper in the current issue which I sent back to the authors to have their data checked, because I thought the results were possibly too good(!), is the one by Ryotokuji and colleagues on the effect on near-IR LLLT on various circulation-related parameters. However, their data gathering and recording checked out as did their statistical analysis, so I agreed that the paper should be accepted for publication and it appears elsewhere in this issue. Check it out!

We all have our own beliefs, but they must be set aside when reading a paper which goes against them when the paper has been well-written and based on sound data and reasoning. If readers have a problem with the way a paper has been written, they can always write to me if they disagree with any author’s findings, explaining why they disagree and backing up their argument with suitable referenced material. We will publish any and all well-argued Letters to the Editor in the spirit of scientific freedom of expression. In addition, please bear in mind that the Letters to the Editor form part of the published and indexed journal and can be in turn cited by other authors. As such they form part of the body of published literature available on PubMed searches: they do go through a screening process, but it tends to be less rigorous than the full peer-review process. The Letter to the Editor is an approach to remember.

**A TALE OF TRUE LOVE**

In these days with gloomy news of disasters and wars, here is a much-needed breath of fresh air. Faithful readers will know of the true-life love affair between the late Professor Isaac Kaplan and his lovely wife, Masha. Well, we have another heart-warming tale to share with you. Sitting on our International Editorial Board, and a contributor to the journal both as an author and a reviewer, is Professor Kendric C Smith, one of America’s and the world’s most respected photobiologists, and an awardee of the coveted Finsen Award. Prof Smith and his wife Marion have been very happily married since just before Valentine’s Day, 1955, so they recently celebrated their 60th wedding anniversary.

Keen twitchers both (that’s bird watchers to the uninitiated), they would often hike out to parts rural in pursuit of their hobby, regardless of the weather. Now in their late eighties, they have recently moved to a retirement community, Terraces of Los Gatos, in sunny California near Stanford University where both Prof Kendric and Prof Marion worked until comparatively recently. Sadly, Marion started exhibiting symptoms of Alzheimer’s disease some 5 years ago, and is now in the Memory Unit of their community. However, that has not quenched the love between them. So, for a story about goodness and love go to http://www.ifoldsflip.com/i/462712 and move your cursor to the top of the page where you’ll see a drop-down menu with a page range window. Type in 15 and the website will take you to “For Better, For Worse”, a tale of romance and true love which will warm your heart (type in 16 or click on the “next page” arrow to continue the story). I am sure that all of you will join with me in sending thoughts and prayers for Marion’s well-being, and thanks for Prof Kendric’s devotion. Although retired, Prof Smith keeps us all in touch with good photobiological science as the Webmaster and Editor-in-Chief of *Photobiological Science Online (PSO)* – www.photobiology.info/. This is very much worth taking a good look at, and I recommend readers to follow that link.

**MEETINGS OF INTEREST**

The following three meeting are included in the journal meeting calendar, but as they are all being organ-
ised by societies who have adopted Laser Therapy as their official journal, I mention them specifically here to draw your attention to them, and ask you give them special consideration for your attendance this year, the UN-accredited International Year of Light (IYL).

**Laser Europe: Laser and Aesthetic Europe 2015:** The 2015 Laser Europe meeting will take place in Athens, Greece, in the Royal Olympic Hotel, from June 25th – 27th, under the presidency of Dr Paraskevas “Vakis” Kontoes and with the subtitle “Light of Beauty Over The Parthenon”. The UN IYL website has agreed to list this meeting as one of their official events. The congress is convened by the European Laser Association (ELA), and is hosted by the European Society for Laser Aesthetic Surgery (ESLAS) who will hold their 14th annual conference during the meeting. Please visit www.lasereurope2015.com for full details, and to read the First Announcement and Call for Abstracts.

**6th IPTA, 2015:** Professor Jean-Paul Rocca will preside over the 6th Congress of the International Phototherapy Association (IPTA), ably assisted by Professors Carlo Fornaini and Leonardo Longo. The 6th IPTA will be held on July 9th and 10th, 2015, in Nice, France. Please visit www.ipta6congress.international which is now up and running for full details, and to submit your abstracts.

**21st ISLSM, 2015:** The 21st Congress of the International Society for Laser Medicine and Surgery (ISLSM), will take place from the 20th to the 22nd of August, 2016, in the Hotel Fortune Landmark, Indore, in the very heart of central India. The Congress President and ISLSM President-Elect is Dr Sharon Rau. Please visit www.islsm2015.com.

**ENDNOTES**

As you can see, we are moving the journal forwards and upwards, but as always we need help to do that in the form of good papers. I can promise you that selection criteria will be even higher now, to satisfy the desires of the Web of Science Selection Committee. This means that the ratio of the number of papers accepted to the number of papers rejected will inevitably fall, so we will need a much larger paper pool. So, calling all medical doctors, dentists, veterinarians and all paramedical professionals! Please send us your basic research, controlled clinical studies and well-documented case reports … however, please be sure to follow the Notes to Contributors. If you are non-native speakers of English, let me remind you that we have available a native revision program which is on a paid basis. On receipt of your paper and your request for revision, our reviser will send an estimate for the job. Although revision does not guarantee acceptance, the reviser will also make suggestions regarding the science and methodology behind the paper if required, based on his considerable experience in the field, and I can tell you now that to date all of his revised papers have been accepted by the peer review process and published.

Tokyo, Japan, March 2015