Editors, here we are at the end of September, 2017, and it's my pleasure and honour to welcome you to the third issue of the twenty-sixth volume of the journal. Here in Japan we should now be approaching what the English poet John Keats called the “Season of mists and mellow fruitfulness”, in other words, autumn or fall, whichever term you prefer. However for us in Japan the weather has been a little topsy-turvy this year. In my previous Editorial for issue 26:2 I left you looking forward to our rainy season, to be followed by the stifling and muggy heat of summer which we counter with the cooling breezes wafted by our wonderful folding fans, editorialized in the previous issue. Actually, it hasn’t quite worked out like that. The rainy season was less rainy than was hoped, and summer, which started out briefly very hot and sunny, quickly deteriorated to being very wet and cloudy, but sadly, still hot and humid. In fact, our normal bounty of summer fruit and vegetables this year is very few and far between because there hasn’t been enough sunshine, not enough of my favorite “light and life”, so that quantities and quality have dropped, and of course prices have concomitantly gone up. This was exacerbated by Typhoon Noru in July which dumped more rain in one day over the landmass of southern Japan than is usually seen in a year. Of course Japan is not alone. At the end of August the state of Texas was inundated and lashed by the winds of Hurricane Harvey, recognized as one of the 5 most devastating storms to affect the USA in the past 120 years. I would like to be able to say with US President Donald Trump that global warming doesn’t exist, but I don’t think I can honestly agree: at least in Japan, our usual “mellow fruitfulness” of autumn is likely to be a little fruitless this year.

Five and Ten Years Down Memory Lane

We might all take Laser Therapy’s indexing in PubMed Central for granted. However, for those of you who were faithfully reading the Editorials from the last few years of the first decade of the New Millennium onwards, you will remember it was a real struggle to get Laser Therapy accepted by PMC. However, in 2012, five years ago, the journal achieved this PMC milestone. Coupled with the tremendous task of successfully getting all of the journal’s back issues listed in full and in searchable and downloadable PDF files on J-STAGE, this has resulted in a significantly rapid rise in citations of Laser Therapy articles in the last 5 years which is all helping towards further recognition of the journal. Now, I can safely say that Laser Therapy is making an impact, so we now have to work towards gaining a visible impact factor.

You may wonder why a picture of our most dear late colleague, Professor Isaac Kaplan, is gracing this issue’s Editorial. Quite simply, because 5 years ago in July of 2012, we lost our wonderful contributor to the unique Laser Therapy Kaplan’s Corner, and of course founder of the International Society for Laser Surgery and Medicine (ISLSM), after a brief but valiant fight against illness. I therefore thought it was appropriate to remind ourselves again of everything that Isaac, and his wonderful wife Masha, contributed to their expansive family in the medical laser world, the legacy of which lasts to this day and beyond.

It seems like yesterday that Isaac was addressing us, in rhyme, of course, at the 2009 Laser Tokyo meeting, but let’s go back even further, to 2007, and let’s retrospectively visit the 19th edition of Laser Florence because this year, one decade later, history will repeat itself although, most sadly, without Prof Kaplan’s inimitable presence. Professor Leonardo Longo will once more play host by presiding over the joint congresses of the ISLSM, the World Federation of Societies for Laser in Medicine and Surgery (WFSLMS) and the International Phototherapy Association (IPTA) in addition to hosting the 2017 29th edition of the much anticipated “Window on the Laser World”, Laser Florence, more details of which are seen later in this Editorial. Let me remind you of the poetic skills of Prof Kaplan with part of his rhymed Keynote Speech to Laser Florence, 2007.

Faithfull Laser Therapy readers, here we are at the end of September, 2017, and it's my pleasure and honour to welcome you to the third issue of the twenty-sixth volume of the journal. Here in Japan we should now be approaching what the English poet John Keats called the “Season of mists and mellow fruitfulness”, in other words, autumn or fall, whichever term you prefer. However for us in Japan the weather has been a little topsy-turvy this year. In my previous Editorial for issue 26:2 I left you looking forward to our rainy season, to be followed by the stifling and muggy heat of summer which we counter with the cooling breezes wafted by our wonderful folding fans, editorialized in the previous issue. Actually, it hasn’t quite worked out like that. The rainy season was less rainy than was hoped, and summer, which started out briefly very hot and sunny, quickly deteriorated to being very wet and cloudy, but sadly, still hot and humid. In fact, our normal bounty of summer fruit and vegetables this year is very few and far between because there hasn’t been enough sunshine, not enough of my favorite “light and life”, so that quantities and quality have dropped, and of course prices have concomitantly gone up. This was exacerbated by Typhoon Noru in July which dumped more rain in one day over the landmass of southern Japan than is usually seen in a year. Of course Japan is not alone. At the end of August the state of Texas was inundated and lashed by the winds of Hurricane Harvey, recognized as one of the 5 most devastating storms to affect the USA in the past 120 years. I would like to be able to say with US President Donald Trump that global warming doesn’t exist, but I don’t think I can honestly agree: at least in Japan, our usual “mellow fruitfulness” of autumn is likely to be a little fruitless this year.

Five and Ten Years Down Memory Lane

We might all take Laser Therapy’s indexing in PubMed
EDITORIAL
available at www.jstage.jst.go.jp/browse/isism

Keynote speech
I know just how difficult it is
To organize a meeting such as this,
To try to please all those who attend
And cater to tastes that have no end.
And to satisfy participants’ every need
Is a great accomplishment indeed.
All this, the organizers managed to achieve
And made us all sorry we have to leave.
And so to Leonardo and his staff,
Thanks on Masha’s and my behalf
For organizing this wonderful show,
Which we’ll remember wherever we go.
I also feel that I’d be failing in my duty
If I didn’t say to Patrizia “grazie per tutti”:
When asked to speak without warning,
One can think of what to say until morning.
So I beg of you to let it suffice.
If I say to be here tonight is nice,
But it’s nice to be anywhere at my age,
Even without appearing on a stage.
So, on behalf of my wife Masha and me.
Where ’er in the future we may be.
We will always think kindly of this event,
And not begrudge the energy that we spent.
So to Leonard and Patricia and their team,
We know it’s not as simple as it may seem
To organize a function such as this,
So we congratulate you.
And wish you health and bliss.
Isaac Kaplan, November, 2007

12th Congress, Japan Society for Laser Reproduction
On March 26th of this year, the 12th Congress of the Japan Society for Laser Reproduction (JaSLaR) was successfully held in the RIHGA group’s luxurious Toshi Center Hotel, Chiyoda-ku, Tokyo, under the able presidency of Atsumi Yoshida MD PhD of the Kiba Park Clinic. Dr Yoshida’s clinic is the first fully bilingual reproductive center in Tokyo, offering a one-stop center for all reproductive and infertility needs, both male and female, in English and Japanese. JaSLaR is one of the 11 laser-related societies which has chosen Laser Therapy as its official organ, and the Editorial Team and I are proud to support this ground-breaking organisation. As part of our support, I am happy to have the abstracts from this meeting published elsewhere in the journal, so please take a moment to read through them and see what great work is being done to combat female infertility, including a number of laser-based approaches. The full-day meeting was extremely well-attended, and in addition to the lectures, special lectures and luncheon lecture, a much-appreciated and well-attended hands-on seminar on LLLT for laser reproduction was held which was standing room only. As you probably are aware, I was one of the pioneers of the use of LLLT for the totally noninvasive treatment of female infertility, but for how I came to be interested in this, please see the next section!

Serendipity: Two Personal Beneficial Incidental Discoveries
The American inventor and scientist, Thomas Alva Edison, once said that successful invention or discovery was 1% inspiration and 99% perspiration. Of that 1% inspiration, serendipity can play an important role, and in two personal instances, this has been true for me. In the late 1970s my Ohshiro Clinic was mainly specializing in the laser-based removal of cutaneous lesions comprising pigmented nevi and vascular lesions. On one occasion I was consulted by a lady with a large hemangioma simplex or port wine stain on her sternum. As it was not in an area which could be easily seen I was interested as to why the patient wanted it removed. She confided that she was suffering from an excruciatingly painful case of postherpetic neuralgia (PHN) following a severe outbreak of herpes zoster, which was totally interfering with her quality of life. She needed weekly injections to block the nerve-related pain which was even affecting her breathing. She put up with these injections, but when these passed the 300 mark without any real remission of the pain, she had had enough and so she had planned to commit suicide. She told me she had already bought a one-way ticket to a remote destination which was where she was planning to commit suicide, but she knew that everyone would see her hemangioma when she was dead, and even though she would be totally unaware of this because she would already be dead, she could not bear the thought of this potential embarrassment. Therefore, she wanted the lesion removed, and I agreed to treat it. Half way through the treatment she was surprised and delighted to note that the excruciating pain from the PHN had lessened, and then completely evolved. At that time the work of the late Endre Mester, the father of phototherapy, was exciting the medicoscientific world, including myself, coupled with reports that surgery performed with the CO2 laser had much lower rates of postoperative pain compared with the same surgery performed with the conventional scalpel. I was using the argon laser to remove the lady’s lesion. I surmised that a small portion of the

Toshio Ohshiro
incident argon beam was not being absorbed completely by the erythrocytes in the ectatic blood vessels making up the lesion, and was reaching, and being absorbed by, the hyperexcited intercostal nerves which were inflamed by the residual herpes zoster virus which had caused the shingles in the first place. I postulated that this low intensity of light energy was having a photobiomodulatory effect on these hyperactive nerves, and calming them down and hence ameliorating the pain and hypersensitivity associated with the PHN. That simple example of serendipity launched me into further dedicated research into what I eventually classed as low level laser therapy, LLLT, published by myself and Calderhead in the first book on the subject in 1988, and led to my establishing my LLLT pain clinic which is well-attended until today.

The second example of a chance discovery which led me on to develop LLLT for infertility follows on from the previous section on the JaSLaR meeting. A few years ago I was using my LLL proximal priority technique with an 830 nm GaAlAs diode laser, 60 mW, continuous wave, to treat lumbar pain in a postmenopausal woman. Normally, the treatment regimen calls for two or so LLLT sessions per week over a few weeks. After the first two weeks’ treatment, the lumbar pain was receding, but the patient told me that her period had recommenced with vaginal bleeding, stomach cramps and so on. I followed her up, and this phenomenon persisted over several months. After I found that exactly the same phenomenon occurred in one more menopausal woman being treated for chronic pain of some description, I happened to mention my findings to a colleague who was a professor of gynecology. He suggested that this phenomenon could be of use in the treatment of female infertility, if it could reawaken menstrual activity in the menopausal womb, and that was the foundation for my pushing to start LLLT for female infertility, and led to the founding of JaSLaR. It simply shows that we should always be aware that an accidental benefit can be transformed into a solid treatment technique.

ILLiS Initiative

Another part of the Laser Florence Multi-Meeting not to miss will be the next in the ILLiS (International Laser Licence System) Initiatives. You will remember that the ILLiS initiative introduced a standardized international certification for qualified medical and paramedical personnel working in the medical and surgical laser field, which was jointly launched by the World Federation of Societies for Laser Medicine and Surgery (WFSLMS) and the International Society for Laser Surgery and Medicine (ISLSM) in Tokyo in November 2009. The course comprises a series of didactic lectures on laser basics and laser safety, followed by a written examination. Prof Longo has already contacted me about holding another ILLiS certification course, which he is willing to host under the auspices of the International Academy of Laser Medicine and Surgery. Please put this in your diaries as well, as this will be another opportunity to take the ILLiS course and examination to achieve ILLiS certification. For details of the ILLiS Initiative, please visit https://www.jstage.jst.go.jp/article/islsm/23/4/23_14-AM-09/_article. To register your interest in participating, please contact Prof Longo directly at longo.leonardo@gmail.com.

End Notes

That brings us to the end of this issue’s Editorial. I simply want to remind you that you have only one more issue in this 26th volume to get your paper automatically entered for one of our prestigious awards and cash prizes, but “you’ve got to be in it to win it”, so get writing. Please see the Toshio Ohshiro-Laser Therapy and Ming-Chien Kao Awards announcement elsewhere in this issue to check on the details. Someone has to win, and it might be you!

Tokyo, September 2017