

Helen R. Ross, M.D., FAAD

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EDUCATION/TRAINING:

- 10/13-10/12 Fall Clinical Dermatology Meetings. 10/2011, 10/2010, 10/2009 and 10/2007.
Registered for fall, 2014.
- 02/11-02/11 Dermatology Clinical Review Course. San Diego, CA. **Board Re-Certified, 01/12.**
- 04/08-04/08 **Advanced** Training Program, Center for Mind-Body Medicine. New Orleans, LA.
CME credits/University of Minnesota. Advanced training in helping local and
global community deal with post-traumatic stress (PTSD) with emphasis on mind-body
techniques, post Hurricane Katrina and veterans with PTSD.
- 2/08-2/08 American Academy of Dermatology Annual Meeting in San Antonio, TX,
CME credits obtained.
- 9/07-10-07 Center for Mind-Body Medicine. Professional Training Program. New Orleans, LA
CME/University of Minnesota. Training in helping the local and global community
deal with post-traumatic stress (PTSD) with emphasis on mind-body modalities.
Post Hurricane Katrina.
- 10/07-10/07 **Comprehensive** Physician Training for Level 4 Classification in the
Cosmetic Use of **Botulinum Toxin A**, Use of **Facial Fillers** for Aesthetic
Enhancement And Use of **Lasers** in Aesthetic Medicine. **Certification** and CME.
- 08/2006 American Academy of Anti-Aging Medicine. Board Certified, 03/11.
- 06/04-6/05 Institute for Integrative Nutrition
Certified in Nutrition and Holistic Health Counseling
120 W. 41 St.
Floor 2
New York, NY 10036
- 7/98-6/01 Washington University School of Medicine
Barnes-Jewish Hospital
Dermatology Residency-PGY-4
660 South Euclid Avenue
St. Louis, MO 63110

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- 7/97-6/98 Barnes-Jewish Hospital
Washington University School of Medicine
Internal Medicine PGY-1
660 South Euclid Avenue St. Louis, MO 63110
- 8/93-5/97 University of Missouri-Columbia School of Medicine
MA 202 Medical Sciences Building
Columbia, MO 85212
M.D. May 1997
- 8/84-8/86 Washington University School of Medicine
Washington University Nurse Anesthesia Program
660 South Euclid Avenue
St. Louis, MO 63110
- 6/81-5/83 St. Louis University
1400 South Grand Blvd.
St. Louis, MO 63108
B.A. Psychology—Magna Cum Laude
B.S. Nursing—Magna Cum Laude

CERTIFICATION, LICENSURE, AND MEMBERSHIPS

- The American Board of Dermatology, Diplomate. **Board Re-Certified 01/2012**
- The American Board of Anti-Aging and Regenerative Medicine. Board Certified 03/2011
- Phoenix Dermatology Society
- Arizona State Medical License #34602 10/2005
- Member, Melanoma/Skin Cancer Committee, AAD 2004-2008
- New York State Medical License #231974
- American Academy of Dermatology, Fellow (FAAD)
- Commonwealth of Virginia, Department of Health Professions, License # 0101230439
- American Medical Association
- Medical Society of Virginia
- Tidewater Dermatology Society
- State of Missouri, Missouri Board of Healing Arts
- American Association of Nurse Anesthetists
- State of Missouri Professional Nursing License
- American Heart Association Cardiopulmonary Resuscitation 12/13
- American Heart Association Advanced Cardiac Life Support. Pending.
- United States Medical Licensing Examination
Step I—9/95—Passed
- United States Medical Licensing Examination
Step II—8/96—Passed
- United States Medical Licensing Examination

Step III—12/98—Passed

- Missouri Association of Nurse Anesthetists (Past)

EMPLOYMENT HISTORY:

Helen R. Ross, M.D.

06/12-Present Antiaging and Wellness Institute, PLLC/self-employed
Dermatologist, Board Certified, Private Practice.
Antiaging & Nutrition Expert

1968 N. Peart Rd. Suite 15
Casa Grande, AZ 85122

4141 N. Goldwater Blvd. Suite 102
Scottsdale, AZ 85251

12/13-04/14 Veterans Administration Hospital Southern Arizona—Tucson
Comp Health-Locum: Tuesdays, Thursdays and Fridays.
Dermatologist, Board Certified.

06/12-12/13 Dermatology Specialists/Independent contractor/self-employed
Dermatologist, Board Certified.
1890 E. Florence Blvd. Suite 4
Casa Grande, AZ 85122

12/08-05/12 West Dermatology of Arizona
Dermatologist, Board Certified
560 W. Brown Rd. Suite 4001
Mesa, AZ 85201

05/08-Present Antiaging and Wellness, Institute, PLLC 06/12 (Previously Amerissis Dermatology)
Dermatologist/Antiaging Specialist/Nutrition Specialist/Holistic Health Counseling
1990 N. Yucca Dr.
Nogales, AZ 85621
By Special Appointment Only

10/05-12/08 The Tree of Life Rejuvenation Center
Dermatologist, Board Certified. Anti-aging Specialist/Holistic Health Counseling
686 Harshaw Road
Patagonia, AZ 85624

07/04-09/05 William F. Ryan Community Health Centers
Dermatologist, Board Certified. Commuted to: Lower East Side, mid-town Manhattan
and uptown in under-served communities: serving seniors, private practice, immigrants
the homeless, underinsured and the uninsured.
10 W. 97th Street. New York, NY 10025

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- 04/04-09/05 Premier Healthcare
Dermatologist, Board Certified
Commuted: worked with adults and kids with disabilities in mid-town Manhattan,
Brooklyn, the Bronx and Queens
460 West 34th Street
New York, NY 10001
- 08/01-12/03 Pariser Dermatology Specialists, Ltd.
Dermatologist, Board Certified. Offices in Williamsburg, Norfolk, Newport News,
Virginia Beach and Chesapeake.
601 Medical Tower
Norfolk, VA 23507
- 09/98-08/01 Barnes-Jewish Hospital
Certified Registered Nurse Anesthetist (CRNA), per diem (~20 hours/week) while in
dermatology residency
660 South Euclid Ave.
St. Louis, MO 63110
- 08/92-03/00 Health South Outpatient Surgery Center
CRNA, Full-time
Per diem while in medical school/internship/dermatology residency
St. Louis, MO
- 03/91-08/92 Scott Air Force Base
CRNA, Independent contractor
Belleville, IL
- 10/86-02/91 Washington University--Barnes-Jewish Hospital
CRNA/full-time. Team Leader Cardiothoracic Anesthesia 1989-1991
660 South Euclid Avenue
St. Louis, MO 63110
- 06/83-07/84 Registered Nurse, Coronary Care Unit/ICU St. Mary's Hospital Clayton, Missouri.
Then left to begin Washington University's Nurse Anesthesia program.
- 06/81-05/91 U.S. Air Force Reserves Scott Air Force Base Belleville, Illinois.
Captain/Registered Nurse: commissioned as 2nd Lieutenant 1983 after BSN obtained.
Enlisted/Medical Technician: 6/1981; (also worked part-time as student nurse in the
CCU/ICU at St. Mary's Hospital in Clayton, Missouri while in nursing school).
Honorable Discharge
- 08/75-08/79 U.S. Air Force---- Active Duty
U.S.AF Security Service/Intelligence

Honorable discharge.

Helen R. Ross, M.D.

EXTRACURRICULAR ACTIVITIES

Family; missionary/volunteer work; the study of French and Spanish culture and language; weightlifting/exercise; yoga (certified yoga instructor, pending practicum: **Southwest Institute of the Healing Arts**); travel; eclectic reading; dance; spiritual studies; collecting Japanese netsuke.