

Bangalore



Place of birth: India

Gender: Female

Nationality: British

GMC no: 5205409

Telangana:

KMC: 0000802

MBBS, DFFP, DPD (U.K)**Aesthetic Doctor, PD Diploma Dermatology (UK), General Practitioner (UK), Hair Transplant Surgeon****CEO/ Consultant** - LeJeune Group of Medspas, Bangalore, Hyderabad, Visakhapatnam**Visiting Consultant** Heler Skin and hair clinic, Bangalore

Key Opinion Leader (KOL) and Trainer for Galderma, Allergan and Merz Aesthetics in India.

Associate Member ISHRS (International Society of Hair Restoration Surgeons)

Associate member AHRS (Association of Hair Restoration Surgeons)

Organising Committee member, Cosmetology conferences, Omics group

Interests:

Aesthetic Medicine, Non Surgical facial Treatments, Non-surgical rejuvenation, Botox, Fillers, PRP/micro needling for face and hair, Non surgical facelift with Ultherapy, Non surgical facelift with Thermage, Fractional energy based systems for scar remodelling, pigment and vascular lasers, tattoo removal lasers, hair removal lasers, fat and cellulite reduction therapies, Injection lipolysis, FUE Hair Transplantation, Scalp Micropigmentation, Medifacials, Hydrafacial and Peels

Relocated to India in August 2011 after having worked and trained in the United Kingdom for over 11 years working and training there as a General practitioner and later as an **Aesthetic Doctor**.

I believe the biggest asset to my practice is my passion and my artistic understanding of the aesthetics of the face.

I am very keen to keep myself up to date with the current best practice and will endeavor to continue attending courses and educational meetings.

I am currently working on publishing a paper – 'a novel way lifting a face with fillers - Liquid V 3 Lift'

PERSONAL PROFILE

I am a hard-working, dedicated and enthusiastic individual who is able to work accurately and efficiently both as an individual and as part of a team. I am highly motivated, well-organized with good communication, problem-solving, analytical and practical skills. I pride myself in taking a holistic approach to an aging face and body.

ACADEMIC ACHIEVEMENTS- (Aesthetic Medicine)

- Mar 2009 Basic Dermal Fillers Course with Ascot Cosmetic skin clinic, Ascot
- May 2009 Basic Botulinum Toxin Course with Ascot Cosmetic skin clinic, Ascot
- June 2009 Chemical Peels Course with DDassist, Weybridge, London
- Nov 2009 Advanced Fillers Course with Q-Med, London
- Jan 2010 Basic Botulinum Toxin Course with Allergan, Hyderabad, India
- Feb 2010 Dermaroller Course with Aestheticare, London
- Feb 2010 Mesotherapy Training Course with KT-training, London Mar 2010
Restylane Sub-Q Course with Q-Med, London
- Apr 2010 Anti-Aging Medicine World Congress, Monte Carlo

- July 2010 Allergen Masterclass(Latest Advances in Injection techniques),London
- Aug 2010 Dermamelan Depigmentation Treatment with Mesoesthetic, Shropshire Aug 2010
Mycells Training Course, London
- Oct 2010 Radiesse hand and facial rejuvenation, NSC Northampton
- Aug 2010-Jun 2011 Diploma in Practical Dermatology, Cardiff University
- June 2011 Laser hair removal, leg vein and rejuvenation, Surrey
- June 2011 Laser Liposuction, Epsom Skin Clinic, Surrey
- June 2011 Core of Knowledge Laser Training , Surrey
- July 2011 Hair Transplantation Surgical Training under Dr Saifi, Poland
- Oct 2011 Advanced lower face contouring with Botox from Neuronox, India
- Oct 2011 Pumpkin Peel Masterclass and demo by Coherent, India
- Dec2011 Esthelis Filler and Mesotherapy workshop by Coherent, India
- July 2012 Hair Loss Update workshop by Cosmoken, Bangalore, India
- Sep 2012 Hair India 2012 Conference, Mahabalipuram, India
- Dec 2012 PPC training workshop, Hyderabad, India
- June 2015 Cosmetology conference, Philadelphia, USA
- July 2015 Hair Transplant techniques workshop, Anagen, Mumbai
- Aug 2016 SMP web module - online
- April 2017 ISHRS Live workshop on Hair Transplant techniques, Orlando, USA
- May 2017 Minkys Eyelash Extension Training, Cancun, Mexico
- June 2017 Z Lipo and Z wave Seminar by Dr.Pablo Naranjo, Chennai
- July 2017 Z wave webinar
- July 2017 8 Point Lift webinar by Dr.Sotirios
- Aug 2017 Advanced Injecting Techniques, Dr.AbhayTalathi, Bangalore

- Jan 2018 Medical Workshop on Fatx Injections with Dr.Tak, Delhi
- Mar 2018 Merz Masterclass- Advanced facial aesthetics, Bangkok
- May 2018 Alma Lasers, APAC Convention, Mumbai
- May2018 Galderma Aesthetic Injectors Meet (GAIN 2), Dubai
- May 2018 Allergan Advanced Injector's workshop with Dr. Sanjeev, Bangalore

ACADEMIC ACHIEVEMENTS- (General practice)

- May 1999 MBBS, Andhra Medical College, India
- May 2001 Diploma in Computer Programming & Applications, India
- Jun 2002 PLAB examination, UK
- Sep 2002 Breakaway Techniques in Psychiatry, Runwell Hospital, Thurrock
- Mar 2003 Advanced Life Support, Basildon Hospital, Basildon
- May 2004 Minor Surgery Skills Course, Luton & Dunstable Hospital, Luton
- Oct 2004 DFFP (Theoretical), Whipps Cross Hospital, London
- Jan 2005 Advanced Paediatric Life Support, Wexham Park Hospital, Slough
- Mar 2006 Child Health Surveillance, Imperial College London, London
- Sep 2006 DFFP (Practical), Bedford Hospital, Bedford
- May 2006 Communication Skills Course, Luton & Dunstable Hospital, Luton
- Jun 2006 Minor Surgery skills, Luton & Dunstable Hospital, Luton
- Oct 2006 NB medical Hot Topics Course, London
- Dec 2006 completed MCQ Module and Written Module of MRCCGP
- Mar 2008 Consulting Skills Course, Birmingham
- Aug 2010-Jun 2011 **Diploma in Practical Dermatology, Cardiff University - UK**

AUDITS AND CASE REPORTS

Aug 2003 - *Ureteric necrosis following the use of a harmonic scalpel in laparoscopic surgery* - Case Report

Nov 2006 - *Use of β -blockers in heart failure*. Submitted as a partial fulfillment of summative assessment for MRCP.

June 2015 - *Review Of Topical Lightening Agents - published - Journal of pigmentary Disorders, Oct 24, 2014, 1:145*

May 2017- working on publishing my current paper - *V3 lift with facial fillers- My technique*

EMPLOYMENT HISTORY AND WORK EXPERIENCE (Cosmetic Medicine)

CEO, LeJeune Skin Clinic & Hair Transplant Centre Visakhapatnam, India (Oct 2016- present)

Helped conceptualize and set up the clinic which launched in Oct 2016 and offers new age anti-aging and skin rejuvenating treatments such as Botox, Fillers, Peels, Laser therapies, Mesotherapy and Advanced FUE Hair Transplantation.

In the capacity as a Visiting consultant completed at least 50 Hair Transplants all of the FUE method and 20-30 procedures of botox and fillers.

Trained doctors and dermatologists at procedures and help set up parameters and protocols for standardized treatments.

Participated in several branding activities judging beauty events, speaking at various women membership groups and club activities to increase awareness and acceptance of cosmetic procedures

CEO, LeJeune Skin Clinic & Hair Transplant Centre Bangalore, India

July 2013- Present

Set up clinic single-handedly in July 2013 in the center of Bangalore and brought in cutting edge technology in laser solutions for acne scar treatments, skin tightening, cellulite, hydrafacial and inch loss treatments along with laser hair removal. Now the clinic has expanded and scaled up to new laser modalities such as Nonsurgical facelift with Ultherapy, pigment and vascular laser, Alma Q (Q Switched ND YAG), cryolipolysis treatment by Z lipo and skin tightening with Z wave and Thermage. As the base clinic, I perform the maximum number of treatments here completing almost 300 FUE transplants over 5 years and more than 200 in Botox and Fillers treatments.

Trained several aesthetic doctors and dermatologists who had worked for the clinic at all procedures performed routinely

Actively participated in in-house and outdoor marketing activities and branding exercises to increase awareness and increase revenue generation.

Planned and developed a center of excellence by constantly updating and upgrading skills and putting in place protocols, feedback forms, testimonials, audits and a system of hierarchy for management issues

Helped design all marketing templates, designs, hoardings, brochures, standees, pamphlets, coupons, invites and online activities

CEO, Dr.Shuba Skin & Laser Clinic Hyderabad, India

March 2012- Present

This Clinic was established in a space of just 2 weeks in March 2012. It gathered an exponential rise in clientele since its launch and the clinic has now gathered an esteemed clientele of 3000. The clinic is quite upscale in decor and finish and attracts celebrity clients. This celebrity clientele consists of several top socialites and famous personalities from the Tollywood and fashion industry. The clinic offers revolutionary standardized treatments and protocols with the latest state-of-the-art machinery, lasers and the treatment programmes here are supplemented with international grade skincare products and nutraceuticals. Patient safety and confidentiality are given highest priority and the success of the clinic is attributed to the unique combination of good communication skills along with aesthetic expertise. I perform 10-12 treatment procedures every day as a visiting consultant and these procedures range from a wide variety of treatments like Botox, Peels, Fillers, Laser Hair Removal, Laser Facials, Hydrafacial, Fat dissolving Injections, Body Contouring, Ultherapy, RF Firming, Fractional RF, Microdermabrasion, Electroporation, Mesotherapy, Dermaroller, Stem Cell Therapy, Hair Transplantation, Mole/Warts removal, Skin Biopsies, Skin Rehydration etc. I have performed more than 200 FUE hair transplants in this clinic and administered more than 300 Botox and Fillers.

Visiting Cosmetologist- August 2017-current Heler Clinic, Indiranagar

This clinic in Indiranagar in Bangalore is a Centre of excellence with high end, cutting edge technology from Lumenis systems. Their lasers systems include the lumenis light Sheer, Resurfx fractional, Accupulse for fractional CO2, CO2 and Femtouch for vaginal rejuvenation and M 22 system with IPL and Q switched handpieces. My expertise here is sought for Fillers, Botox, and cool sculpting procedures

Visiting Dermatologist- Jan 2017-current Gleneagles Global Hospital, Bangalore

Working as a Visiting Consultant Dermatologist to provide Hair Transplant and Cosmetic skin and hair solutions to develop Cosmetic Dermatology division

Visiting Dermatologist- Jan 2012-Dec 2012 Apollo Hospital, Hyderabad

Worked as a Visiting Consultant Dermatologist at Apollo Outpatient Clinic at Jubilee Hills for 12 months where I was exposed to a lot of clinical dermatology and procedures.

Hair Transplant Surgeon- Jan 2012-Dec 2012 Anupama Hospital, Hyderabad

Assisted and performed several FUE hair Transplantation surgeries, besides being their visiting Cosmetic Dermatologist

Cosmetic Doctor -July 2011- March 2012 Livlife Hospitals, India

Headed Cosmetic Dermatology Department, helped establish guidelines, introduced new treatment procedures and participated in promotional marketing by giving presentations and helping organize skin camps. Played a very important part in building a client base for the hospital.

Cosmetic Doctor -Feb 2011- July 2011 Navolondon, Berkhamstead

Helped in the setting up of the business with regular involvement in promotional and organizational events for the clinic. Regularly performed procedures such as Botox, Dermal fillers, and chemical peels.

Slimming & Cosmetic Doctor- Jan 2010-July 2011 NSC, Coventry

It is one of the major leading slimming and cosmetic centers in the UK. I regularly did procedures such as Botox, Dermal Fillers & Chemical Peels apart from slimming consultations

Slimming & Cosmetic Doctor- Aug 2009-July 2011 NSC, Northampton

14 months of work experience with one of the major leading slimming and cosmetic centers in UK- National Slimming Centre. I regularly did procedures such as Botox, Dermal Fillers & Chemical Peels apart from slimming consultations.

Aesthetic Doctor- July 2009-July 2011 Cosmesthetic, Temple Fortune

This clinic was established in July 2009 as The Ultimate Beauty in Luton and then changed to Cosmesthetic in June 2010. The services I offered here included wrinkle softening treatments with Botox, Wrinkle filling treatments and lip augmentation with Juvederm & Restylane, Chemical Peels including Glycolic acid peels and TCA peels, Derma roller therapy, Mesotherapy, Depigmentation treatments, Mycells therapy, Radiesse facial & hand rejuvenation and Slimming consultations for Protein diet.

EMPLOYMENT HISTORY AND WORK EXPERIENCE (General Practice)

Aug 2008 - Present Salaried GP Post, Kingsway Surgery, Dunstable (Bute House Medical Centre under the new management by SSAFA- charitable organization)

Jun 2008 – Jul 2008 GP Locum Post, Bute House, Luton

Worked as a locum until July 2008 and since August 2008 been working as a Salaried GP in this same surgery under different management with a list size of 3700 that serves mostly ethnic local Pakistani community. I found this a very challenging job indeed learning to deal with needs of ethnic minority groups. Being an Asian myself I am aware of the religious and cultural attitudes, their health beliefs and my training in India certainly helped me understand their medical and ethnic needs better.

Jun 2007 – Dec 2007 GP Locum Post, Willow House Surgery, Enfield

Worked to cover a maternity leave as a locum GP in a 2 partner surgery in Enfield.

Feb 2006 - Feb 2007 GP Registrar, Davenport House Surgery, Harpenden

GP Registrar (Feb 2006 – Feb 2007)

Davenport House is a 7-partner surgery with a list size of 12000. This job has enabled me to become a confident and skilled clinician. I have enjoyed pursuing an evidence-based approach to clinical conditions, sharing diagnosis and management with my patients. I am confident in diagnosing and treating most acute and chronic medical problems.

I am competent and comfortable with gynecological procedures and on advising contraception having completed DFFP successfully.

The **MRCGP** exam and the practice meetings have helped me understand the business management and the medico-politics that could affect my clinical practice as well as that of my practice.

In addition to the surgery sessions, the job entailed doing home visits on a daily basis and Out Of Hours sessions at Stardoc.

I am confident in most minor surgical procedures like cryotherapy, shave biopsy, excision biopsy and suturing after doing sessions at Davenport House and attending courses.

I have also completed my Child Health Surveillance course and baby clinics and am now confident in doing baby checks.

Feb 2004-Feb 2006 SHD - GP VTS Rotation, Luton & Dunstable Hospital, Luton



SHO – Accident & Emergency (Feb 2004 – Aug 2004)

SHO – Obstetrics & Gynaecology (Aug 2004 – Feb 2005)

SHO – Medicine for the Elderly (Feb 2005 – Aug 2005)

SHO – Psychiatry (Aug 2005 – Feb 2006)

Aug 2003 - Feb 2004 Locum SHO in Accident & Emergency, Basildon General Hospital, Essex

Aug 2002-Aug 2003 Pre-Registration House Officer in Psychiatry,

Medicine and General Surgery, Basildon General Hospital, Essex

Jun 1999 – May 2001 Rotating Internship, King George Hospital, India

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