

## Helen R. Ross, M.D., FAAD

**Office: Casa Grande, AZ: 520-876-0099**

**Fax: 520-876-0980**

**Office: Scottsdale, AZ: 480-947-2873**

**Phone: cell: 646-678-2511**

**Email: [hrossmd@hotmail.com](mailto:hrossmd@hotmail.com)/[hross7@asu.edu](mailto:hross7@asu.edu)**

**[www.helenrossmd.com](http://www.helenrossmd.com)**

### EDUCATION/TRAINING:

- 08/2024 ASU / 2<sup>nd</sup> year- PhD Doctoral student: Herberger Institute for Design and the Arts. PhD Environment, Design and the Arts.
- 6/2023 Summer architecture internship: Studio Ma, Phoenix, AZ.
- 05/2023 Arizona State University – Graduated. MArchitecture. GPA 3.83/4.00
- 08/2020 Arizona State University—3+ MA Architecture; will graduate 05/2023. **Best Group Video Project. DSC 598 Principles of Collaboration in Design, Fall 2021 Best Design Table Section/Final Exhibition ADE 521 Adv Architectural Studio I Fall 2021. Urban Land Institute (ULI) Scholarship 2022. Design Excellence Award ADE 522 Adv Architecture Studio II for Overseas Bureau of Operations U. S. State Department Embassy Resilience Project--Group 4—April 2022. Received 4.03 GPA Spring 2022 and 4.13 GPA Fall 2022 and 4.09 GPA Spring 2023. ASU Studio References/Instructors: Scott Murff, Claudia Hapenciuc ADE 621; Fall, 2022 Ian Dickenson ADE 621. Spring 2023, ADE 622 Professor Max Underwood. Final cumulative GPA 3.83/4.00.**
- 10/2025 Fall Clinical Dermatology Meetings: Annually since 2007.
- 02/11-02/11 Dermatology Clinical Review Course. San Diego, CA. **Board Re-Certified, 01/12. Board Re-Certified 12/2022 for ten (10) years.**
- 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.
- 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-3**  
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 **dba: Dr. Helen Ross, M.D.**  
Dermatologist, Board Certified, Private Practice.  
Antiaging Medicine, Board Certified  
Nutrition Expert
- 1968 N. Peart Rd. Suite 15  
Casa Grande, AZ 85122
- 4141 N. Goldwater Blvd. Suite 102  
Scottsdale, AZ 85251
- 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

10/05-12/08 The Tree of Life Rejuvenation Center / Dr. Gabriel Cousens, M.D.  
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  
underserved 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

8/01-12/03 Pariser Dermatology Specialists, Ltd.  
Dermatologist, Board Certified. Offices in Williamsburg, Norfolk, Newport News,  
Virginia Beach and Chesapeake.  
601 Medical Tower  
Norfolk, VA 23507

09/98-8/01 Barnes-Jewish Hospital  
Certified Registered Nurse Anesthetist (CRNA), per diem while in dermatology  
residency  
660 South Euclid Ave.  
St. Louis, MO 63110

8/92-3/00 Health South  
CRNA, Full-time  
Per diem while in medical school/internship/dermatology residency  
St. Louis, MO

3/91-8/92 Scott Air Force Base  
CRNA, Independent contractor

Belleville, IL

- 10/86-2/91 **Washington University--Barnes-Jewish Hospital**  
**CRNA/full-time. Team Leader Cardiothoracic Anesthesia** 1989-1991  
660 South Euclid Avenue  
St. Louis, MO 63110
- 6/81-5/91 U.S. Air Force Reserves  
Captain/Registered Nurse  
Enlisted/Medical Technician  
Honorable Discharge
- 8/75-8/79 U.S. Air Force---- Active Duty  
U.S.AF Security Service/Intelligence  
Honorable Discharge

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**EXTRACURRICULAR ACTIVITIES:**

**Past Senior Vice-Commander Disabled American Veterans #36**

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