

Helen R. Ross, M.D., FAAD

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EDUCATION/TRAINING:

- 08/2025 Arizona State University (ASU) Second year- PhD Doctoral student: Herberger Institute of Design and the Arts (HIDA). PhD: Design, Environment, and the Arts.
- 6/2023 Summer internship: Studio Ma, Phoenix, AZ.
- 05/2023 Arizona State University – Graduated. STEM 3+ Masters Architecture (March). GPA 3.63/4.0.
- 08/2020 Arizona State University—3+ (3-years) STEM Masters Architecture; will graduate 5/2023.
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 3.63/4.00.
- 10/2024 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 12/2022**
- 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

- 05/06-12/08 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 / Outpatient Surgery Center
 CRNA, Full-time
 Per diem while in medical school/internal medicine/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/**BSN**
 Enlisted/Medical Technician
 Honorable Discharge

8/75-8/79 U.S. Air Force---- Active Duty
 U.S.AF Security Service / Intelligence-- **Top Secret Clearance**
 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.