

CURRICULUM VITAE

Helena Igra, M.D.
Specialist in Dermatology & Cosmetic Surgery
Board-Certified USA / Licensed in Israel

Ra'anana, Israel

helena.igra@gmail.com

050.321.0900

Birthplace: New Haven, CT
Citizenship: USA, Israel
Languages: English, Spanish, French, Polish, Hebrew

EDUCATION

1986-1989 **Residency:**
University of Texas Health Science Center at San Antonio
Division of Dermatology
Darl E. VanderPloeg, M.D., Chairman

1985-86 **Internship:**
Presbyterian-St. Luke's Medical Center
Denver, CO
Transitional-Rotating Program
Alan Shochet, M.D., Chairman

1981-85 **Medical School:**
University of Miami School of Medicine
Miami, FL
Doctor of Medicine - Date awarded May 12, 1985
Bernard Fogel, M.D., Dean

1976-79 **Pre-Medical Undergraduate:**
University of Miami
Coral Gables, FL
Bachelor of Science – Chemistry
Bachelor of Arts – French Language

1971-1976 **High School:**
Mount Royal Sr. High - Montreal, Quebec 1971-75
Miami Beach Sr. High - Miami Beach, FL 1975-76

BOARD STATUS

National Board Diplomate 1986
Board Certified in Dermatology, November 6, 1989
American Board of Dermatology

LICENSURE

Israeli Medical License # 87757
Israeli Dermatology License # 27926
State of Florida: # ME78677
State of California: # G64937

HOSPITAL STAFF

Previous - Mount Sinai Medical Center, Miami Beach, FL

**PROFESSIONAL
MEMBERSHIP**

Active:
American Academy of Cosmetic Surgery

American Society of Liposuction Surgery
American Society of Dermatologic Surgery
American Academy of Dermatology
American Medical Association
American Society for Laser Medicine and Surgery
Florida Medical Association
Florida Society of Dermatology & Dermatologic Surgery
Florida Society of Dermatologic Surgeons
Dade County Medical Association
Miami Society for Dermatology and Cutaneous Surgery
Hadassah Professional Women's Council

California Academy of Cosmetic Surgery
Pacific Dermatologic Association
International Society of Dermatology
California Medical Association
San Diego County Medical Society
North County Women Physicians Group

POSITIONS HELD

American Society for Dermatologic Surgery
Member-Silent Auction Task Force
Annual Meeting – Dallas, TX, Chicago, IL
October 2001 - 2004

American Academy of Cosmetic Surgery
Task Force - CME/Course Design
February 1998 – 2000

American Journal of Cosmetic Surgery
Position-Reviewer and Commentator
January 1999
Dermatologic Surgery Journal
Position-Reviewer
January 1999

PRESENTATIONS

Tzevet – IDF Veteran’s Association
Maccabim Reut – Modi’in Chapter
Lecture – Tumescant Liposuction
Nov 10, 2010

Israeli Society of Osteopaths
Course Director: Simeon Asher
Tel Aviv, Israel
Lecture – From Head to Toe: What Skin Tells You
May 28, 2010

H & H Dermatology Seminar
Skin Disease Education Foundation
South Beach, FL
Lecture – True Tumescant Liposuction
October 16-20, 2002

American Academy of Cosmetic Surgery
15th Annual Scientific Meeting
Los Angeles, CA
Moderator-General Session on Liposuction
Lecture-Beginning Tumescant Liposuction
January 28-31, 1999

World Congress on Liposuction Surgery
Annual Meeting
Pasadena, CA
Lecture - Tumescant Liposuction vs. Internal Ultrasonic-assisted
Tumescant Liposuction. A side-to-side comparison.
October 8-11, 1998

10th Annual Aspen Winter Surgery Seminar
Course Director: James Swinehart, M.D.
Snowmass, CO
Lecture - What’s Hot & What’s Not in Tumescant Liposuction?
April 1-5, 1998

American Academy of Cosmetic Surgery
14th Annual Scientific Meeting
New Orleans, LA
Lecture - Tumescant Liposuction vs. Internal Ultrasonic-assisted
Tumescant Liposuction. A side-to-side comparison.
January 29 - February 1, 1998

The Tumescence Technique Liposuction Workshop
Course Director: Patrick Lillis, M.D.
Loveland, CO
Hands-on Liposuction Workshop
Faculty Instructor and Lecturer
January 9-10, 1998

Society of Plastic Surgeons of South Africa
Capetown, South Africa
Tumescence Liposuction with Internal and External
Ultrasonic Assistance
Lecture and Liposuction Workshop
November 24-27, 1997

Tumescence and Ultrasonic Liposuction Course
Tulane University Medical Center
New Orleans, LA
Introducing Ultrasonic Liposuction into Your Practice
Lecture and Liposuction Workshop
February 22, 1997

Limited Hands-On and Observational Workshop
UCLA Medical Plaza
Los Angeles, CA
Internal Ultrasonic Assisted Tumescence Liposuction
Lecture and Liposuction Workshop
March 19, 1997

Chinese Dermatological Society
Taipei, Taiwan
Tumescence Liposuction
Lecture and Liposuction Workshop
April 1996

National Psoriasis Foundation
San Diego, CA
Lecture - Psoriasis Control: Defining Psoriasis
April 4, 1995

Dialogues in Cosmetic Dermatology
Northwestern University and ASDS
San Diego, CA
Faculty Member of Dialogues in Cosmetic Dermatology
October 27-31, 1993

Binational Emergency Medical Care Committee
California / Baja California

Lecture - Cutaneous Manifestations of HIV
September 6, 1991

Texas Dermatological Society
Houston, TX

Lecture - Cutaneous Manifestations Of Arsenic Exposure
1987

PUBLICATIONS

Book Chapter

Avoiding Complications. Book Chapter in:
Liposuction-Procedures in Cosmetic Dermatology
Igra H, Lanzer D.
C William Hanke & Gerhard Sattler (editors)
Elsevier Saunders Inc. 2005; 131-140.

Original Articles

Levofloxacin-induced Tendon Rupture:
A case report and review of the literature
Gold L, Igra H.
J Am Board Fam Pract 2003; 16:458-460.

Tumescent Liposuction versus Internal Ultrasonic-Assisted
Tumescent Liposuction. A side-to-side comparison.
Igra H, Satur NM.
Dermatol Surg 1997; 23:1213-1218.

Eccrine Syringofibroadenoma (Mascaro)
An Acrosyringial Hamartoma
Hurt HA, Igra-Serfaty H, Stevens CS.
Arch Dermatol. 1990; 126:945-949

Abstracts

Abstract - Treatment of Congenital and Acquired Pigmented
Nevi with the Q-switched Alexandrite, Ruby, YAG, and Pigment
Lesion Lasers.

Mitchel P. Goldman, M.D., Richard E. Fitzpatrick, M.D., Nancy
M. Satur, M.D., Helena Igra, M.D.
American Society for Laser Medicine and Surgery

Abstract - A Modified Goeckerman Regimen for Scalp Psoriasis
Kimberly J. Butterwick, M.D., Helena Igra, M.D., Deborah
Eakin, R.N., B.S.N., Richard E. Fitzpatrick, M.D.
Pacific Dermatologic Association, 1993

Abstract - Atopic Dermatitis and Aero-Allergen Contact
Sensitivity.

Clark RAF, Adinoff AD, Telez P, Igra H. 1986

COURSES HELD

True Tumescent Liposuction Course
Workshop on Liposuction Surgery
Miami Beach, FL

Course Director: Helena Igra, M.D.
February 13-14, 2000

True Tumescent Liposuction Course
Workshop on Liposuction Surgery
Miami Beach, FL
Course Director: Helena Igra, M.D.
November 7-8, 1999

True Tumescent Liposuction Course
Workshop on Liposuction Surgery
Encinitas, CA
Course Director: Helena Igra, M.D.
February 28 - March 1, 1999

True Tumescent Liposuction Course
Workshop on Liposuction Surgery
Encinitas, CA
Course Director: Helena Igra, M.D.
November 14-15, 1998

The Tumescent Liposuction Course
Workshop on Liposuction Surgery
Encinitas, CA
Course Director: Helena Igra, M.D.
November 8-9, 1997

The Tumescent Liposuction Course with External Ultrasound
Workshop on Liposuction Surgery
Encinitas, CA
Course Director: Helena Igra, M.D.
September 26, 1997

The Tumescent Liposuction Course
Workshop on Liposuction Surgery
Encinitas, CA
Course Directors: Helena Igra, M.D., Nancy M. Satur, M.D.
July 26-28, 1997

The Tumescent Liposuction Course
Workshop on Liposuction Surgery
Placentia, CA and Encinitas, CA
Course Directors: Helena Igra, M.D., Nancy M. Satur, M.D.
September 7-9, 1996

HONORS

Chief Resident
University of Texas Health Science Center at San Antonio
Division of Dermatology
1988-89

Graduated *cum laude* with General Honors
Honors and Privileged Studies Program
Premed and French Honor Societies
University of Miami, Florida
1976-1979

RESEARCH
EXPERIENCE

External Ultrasonic-Assisted Tumescant Liposuction vs.
Tumescant Liposuction. A side-to-side comparison.
A study completed involving 26 patients
Helena Igra, M.D., Nancy Satur, M.D.
Scripps Memorial Hospital, Encinitas, CA 1998

Fibroblast Fibronectin Production On Extracellular Matrices.
Richard A. F. Clark, M.D.
National Jewish Center, Denver, CO 1985

Clinical Externship in Dermatology
Karl Holubar, M.D., Chairman, Dept. of Dermatology
Hadassah Hospital, Jerusalem, Israel 1985

Clinical Rotation in Dermatology
Harvey Blank, M.D., Chairman, Dept. of Dermatology
Jackson Memorial Hospital, Miami, FL 1985

Pulmonary Macrophage Function Inhibition By Airway Mucus.
Mount Sinai Medical Center, Miami Beach, FL 1985

PRIVATE PRACTICE

2011- Present
Optimal Jerusalem
Jerusalem Technology Park
Bldg 1, 3rd Floor
Jerusalem, Israel

2016 - Present
Optimal – Center for Aesthetic Medicine
Shvil HaZahav 4
Ra'anana, Israel

2011 - 2016
Hadassah Optimal
Atidim Medical Center
HaBarzel 24, 4th Floor

Hadassah Optimal
B.S.R 2
Ben Gurion 1, 5th Floor

Ramat HaHayal, Tel Aviv, Israel

Bnei Brak, Israel

2009 - 2011

Hadassah Optimal

Azrieli Center, Triangle Tower, 31st Floor

Tel Aviv, Israel

1999-2010

Helena Igra, M.D., P.A.

777 Arthur Godfrey Road, Suite 300

Miami Beach, FL 33140

1995-1999

Helena Igra, M.D., P.A.

477 N. El Camino Real, Suite C-308

Encinitas, CA 92024

1989-1995

Dermatology Associates of San Diego County, Inc.

477 N. El Camino Real, Suite B-303

Encinitas, CA 92024

Partner with Richard Fitzpatrick, M.D., Mitchel Goldman, M.D.,

Nancy Satur, M.D., Javier Ruiz-Esparza, M.D.,

and Kimberly Butterwick, M.D.