

CURRICULUM VITAE

Judith Hellman, MD
30 Central Park South
New York, NY 10019
(212) 751-0577

MEDICAL SPECIALTY: Dermatology

SUBSPECIALTY INTERESTS: Laser Surgery and Cosmetic Dermatology

ACADEMIC APPOINTMENTS: Associate Clinical Professor of Dermatology
Department of Dermatology
Mount Sinai Medical Center
New York, NY
01/01/1996-present

Attending Physician
Department of Dermatology
University of Miami Health System
Miami, Florida
05/01/2020-present

Clinical Assistant Instructor of Dermatology
Department of Dermatology
SUNY at Stony Brook
Stony Brook, New York
07/01/1990-08/31/1993

HOSPITAL APPOINTMENTS:

Voluntary Attending Clinical Physician
Department of Dermatology
Mount Sinai Medical Center
01/01/1996-present

Chief Resident in Dermatology
Department of Dermatology
SUNY at Stony Brook
Stony Brook, New York
07/01/1992-06/30/1993

EDUCATION:

Medical: M.D., 1989
Mount Sinai School of Medicine, New York, NY

Undergraduate: Premedical Science, 09/01/1981-06/30/1983
Wellesley College, Wellesley, MA

B.A., 09/01/1977-06/30/1981
Berklee College of Music, Boston MA

Curriculum Vitae
Judith Hellman, MD

EXPERIENCE Long Island Laser Cosmedicenter
Domenico Valente, MD
Plainview, NY 09/15/1993-12/31/1996

CLINICAL STUDIES Participation in Various IRB Studies for Laser and RF Technologies

OTHER EXPERTISE Expert Witness in Legal Proceedings Regarding Laser and Light
Technologies
Israel, 2015

POSTGRADUATE TRAINING:

Residency: Department of Dermatology
SUNY at Stony Brook-08/01/1993
Primary Mentor- Richard Kalish MD

Internship: Department of Medicine
Beth Israel Medical Center
New York, NY 07/01/1989-06/30/1990

CERTIFICATION: Board Certified, Dermatology, 1994
Board Recertification, 2004, 2014
Diplomat, National Board of Medical Examiners, 1990

MEDICAL LICENSURE: NEW YORK, 1990
FLORIDA, 2019

AWARDS AND HONORS:

Post Graduate: AAD Leadership Circle Award- Silver Level, 2007
For volunteerism
AAD Leadership Circle Award- Bronze Level, 2006
For volunteerism

Medical School: Syntex Summer Research Fellowship
• Benin Scholarship, Federation of Jewish Philanthropies, 1985-
1986
• Research in Dermatology
• Clinical Dermatology
• Anesthesia
• Pediatric Ambulatory Care

Undergraduate: *Magna Cum Laude*, Berklee College
• Berklee Scholarship, Berklee College of Music,
1977, 1978
• Deans List, Wellesley College, (GPA 3.8)

PROFESSIONAL APPOINTMENTS: American Academy of Dermatology Fellow, 1994
Diplomat, American Board of Dermatology, 1994

Dermatologic Society of Greater New York Member, 1995
American Society for Laser Medicine and Surgery, 1995

TEACHING ACTIVITIES:

Mount Sinai Department of Dermatology, Attending
Participant in the training of Dermatology residents in Clinical
Dermatology and Lectures.
1996-present

Laser and Cosmetic Dermatology Training of Dermatology Fellows
01/01/1996-present

PUBLICATIONS:

Hellman, J. , Goren, H. and Mulholland, R. (2015) Safety and Efficacy of a Thermally Regulated Radiofrequency Home-Device for Rhytide and Laxity Treatment. *Journal of Cosmetics, Dermatological Sciences and Applications*, **5**, 169-175. doi: [10.4236/jcdsa.2015.53020](https://doi.org/10.4236/jcdsa.2015.53020).

Hellman, J. and Mulholland, R. (2021) Retrospective Analysis of Treatment Results by Non-Invasive Radiofrequency (RF) Device with Standard and High Voltage RF Electrical Pulses Coupled with Suction for Fat Reduction and Cellulite Improvement. *Journal of Cosmetics, Dermatological Sciences and Applications*, **11**, 279-292. doi: [10.4236/jcdsa.2021.114023](https://doi.org/10.4236/jcdsa.2021.114023).

Hellman, J. (2021) Retrospective Analysis of Outcomes with a Unique IPL System. *Journal of Cosmetics, Dermatological Sciences and Applications*, **11**, 110-122. doi:10.4236/jcdsa.2021.112012

Hellman, J., Yao, Jonathan. Novel Histological Evidence of Collagen and Elastin Regeneration in Fractional RF-Treated Acne Scars, *Journal of Cosmetics, Dermatological Sciences and Applications*, June 2019, 155-164.

Gold,M.H., Hellman, J., Dahan, S, & Mullholland,R.S. (2019). Clinical Evaluation of a Novel Blended Mode Diode Laser for Hair Removal, *Journal of Cosmetics, Dermatological Sciences and Applications*, **9**, 19-29.

Hellman J. Long Term Follow-Up Results of a Fractional Radio Frequency Ablative Treatment of Acne Vulgaris and Related Acne Scars. *Journal of Cosmetics, Dermatological Sciences and Application*, 2016, **6**, 100-104

Hellman J. Retrospective Study of the Use of a Fractional Radio Frequency Ablative Device in the Treatment of Acne Vulgaris and Related Acne Scars. *Journal of Cosmetics, Dermatological Sciences and Application*, 2015, **5**, 311-316.

Hellman J, Ramirez CA. Evaluation of Self-Treatment of Acne Using Silk'n Blue Phototherapy System. *Journal of Cosmetics, Dermatological Sciences and Applications*, 2014, **4**:179-184. <http://dx.doi.org/10.4236/jcdsa.2014.43025>

Hellman J and Lago CP. Dermatologic complications in colostomy and ileostomy patients. *International Journal of Dermatology* 29(2), March 1990.

Hellman J, Phelps RG, Baral J, Fasy T, and Strauchen J. Lymphomatoid papulosis in a 4 year-old with antigen deletion and clonal rearrangement. *Pediatric Dermatology Journal* (1), March 7, 1990.

Abstracts:

Hellman (Helmeczi) J, Gayden A, Perlish JS, Fleischmajer R, and Olsen B. The carboxylpropeptide of type I procollagen binds to a cell surface receptor. *Journal of Investigative Dermatology* 90: 569, 1988.

Gayden A, Hellman (Helmeczi) J, Perlish JS, Fleishmajer R, and Olsen B. Evidence for the presence of cell surface receptors for the amino- and carboxylpropeptides of type I procollagen. *FASEB Journal* 2: A1755, 1988

Hellman (Helmeczi) J, Gayden A, Perlish JS, Fleischmajer R, and Olsen B. The carboxylpropeptide of type I procollagen binds to a cell surface receptor. *Clinical Research* 36(3): 655A, April- May 1988

PRESENTATIONS:

Invited Lectures and Presentations

Fractional Radio Frequency Microneedling Treatment for Facial and Body Scars and Surface Irregularities
COSDERM India, September 2020

Evolve -Hands Free Non-Invasive Body Contouring Using EM Energy and Continuous as well as Vacuum Assisted Radio Frequency
COSDERM India, September 2020

Fractional Radio Frequency Treatment of Active Acne and Acne Scars
Lecture and Physician Training, August 2019
Tel Aviv, Israel

Long Term Results of Fractional Radio Frequency Treatment for Active Acne and Acne Scars
Dermatological Society of Thailand 44th Annual Meeting, March 2019
Bangkok, Thailand

Use of Fractional Radio Frequency for Facial Treatment of Wrinkles, Laxity and Superficial Pigmented and Vascular Lesions
Cosmedicon Aesthetic Medical Conference, March 2019
Sydney, Australia,

Combination Treatment of Acne and Acne Scars by Different Modalities

ASCD, Australian Society of Cosmetic Dermatologists Conference,
March 2019
Melbourne, Australia

Comprehensive Aesthetic Treatments in Different Skin Layers by
Various Length Microneedles for Fractional Radio Frequency Ablation
and Coagulation
Aesthetics Experts Symposium, August 2018
Vancouver, Canada

The Ideal Aesthetic Platform for Non-Invasive Anti-Aging Treatments
October 2018
Calgary, Canada

Treatment of Axillary Hyperhidrosis, Stretch Marks and Scars Using
Radio Frequency Microneedling
November 2018
Montreal, Canada

Combination Treatments for Facial Anti-Aging with IPL, Non-Ablative
and Ablative Fractional Radio Frequency
Derma 2016. September 2016
Seoul, South Korea

Fractional Radio Frequency Treatment of Active Acne and Acne Scars.
Presentation, Annual meeting of the American Academy of Dermatology,
February 2015, San Francisco, CA

Laser Treatment of Inflammatory Acne Using a Pulse Dye Laser.
Department of Dermatology, Mount Sinai Medical Center.
February 2007
New York, NY.

54th Annual Meeting, American Academy of Dermatology, February 10-
15, 1996, Washington DC. Cryosurgery and the pediatric patient.

53rd Annual Meeting, American Academy of Dermatology, February 4-9,
1995, New Orleans, LA: Zosterform Ideopathic Atrophoderma of Pasini
and Pierini. Hellman J, Lynfield Y. (Case Presentation)

68th Atlantic Dermatological Conference, May 10-12, 1991, New York,
NY: Lamellar Ichthyosis. Hellman J, Ling M. (Case Presentation)

72nd Annual Meeting, Federation of American Societies for Experimental
Biology, May 1-5, 1988, Las Vegas, NV: Evidence for the presence of
cell surface receptors for the amino- and carboxylpropeptides of type I
procollagen. Hellman (Helmeczi) J, Gayden A, Perlish JS, Fleischmajer
R, and Olsen B. (Poster)

50th Anniversary Meeting of the Society of Investigative Dermatology,
April 27-30, 1988, Washington, DC: The carboxylpropeptide of type I
procollagen binds to a cell surface receptor. Hellman (Helmeczi) J,
Gayden A, Perlish JS, Fleischmajer R, and Olsen B. (Poster)