

CURRICULUM VITAE



Dr. SMRITI SHRESTHA

Assistant Professor of Dermatology

MBBS, MD Dermatology

NMC No 8132

Hair Transplant, Antiaging & Fat Graft Surgeon

Treasurer at Hair Transplant Society of Nepal (NSHSR)

Kathmandu Nepal.

Distinction in MD Dermatology, KU (75%).

Fellowship in Aesthetic Plastic Surgery 2017 (Nanjing)

Fellowship in Lasers and Cutaneous Surgery 2018 (Bangkok)

Scholarship at Principles of STI/HIV in University of Washington, Seattle July 2015.

Award paper winner in “Lasers in warts” in Aesthetica Asia 2016 in Kolkata, India.

Author of Research Articles in PUBMED indexed National and International Journals including Skinmed and JCAD Journals.

INTERNATIONAL INVITATIONS:

International Chairperson and Speaker at SAARCUM (2018)

International Speaker at Face Aesthetic Society of Dermatologists (FADS) India (2018, 2019)

International Speaker at Stem Cell Xpress, Noida, India (2018, 2019, 2021)

Invited Speaker at Trichology Meet India (2020)

International Speaker at Hair Transplant Workshop by IADL India (August 2021)

MEMBERSHIPS:

Member of International Society of Dermatology (ISD)

Member of DASIL (Dermatologic and Aesthetic Surgery International League)

Member of SODVELON (Society of Dermatologists, Venereologists and Leprologists of Nepal)

Member of International Trichoscopy Society (ITS)

Executive member of Stem Cell Society of India (Delhi)

RESEARCH ACTIVITIES:

Editor at Trichology and Cosmetology Journal (India)

Reviewer at Journal of Nepal Health Research Council (JNHRC)

Reviewer at Clinical Case Reports (USA)

Reviewer at NJDVL (Dermatology Journal Nepal)

SOCIAL MEDIA CONTRIBUTION

TV INTERVIEWS:

1. Nepal Television
2. NTV PLUS HD
3. Janata TV
4. Prime TV
5. APHD 1 Television
6. DC Nepal (Youtube Channel)
7. The Good Health (Youtube Channel)

YOUTUBE CHANNEL: Dr Smriti Shrestha

INSTAGRAM: drsmritishrestha

TWITTER: Dr Smriti Shrestha, MD

Website: www.anovaskin.com.np

NEWSPAPER ARTICLES:

1. International: DASIL (Europe), Stem Cell Magazine of India.
2. Regular write-Ups: Nepali and English Newspapers of Nepal: The Kathmandu Post, The Medicos, Hamro Doctor, Naari, Naya Patrika, Swasthya Patrika, Ekagaj, DC Nepal, Sampurna weekly, Online khabar, etc

ACADEMIC QUALIFICATIONS:

Degree	Institution	University	Percentage	Year
MD (Masters Degree in Dermatology)	College of Medical Sciences, Bharatpur, Chitwan.	Kathmandu University	75% (Distinction)	2014
MBBS	Kathmandu University, Dhulikhel.	KU	71%	2009
Intermediate Level (I. SC)	St Xavier College, Kathmandu	Tribhuvan University	72%	2001

CLINICAL SKILLS:

1. Excellent knowledge and skills in general dermatology. Updated on Latest International guidelines.
2. Cosmetology
 - Expertise on Botox (worked with Allergan Botox and Dysport)
 - Fillers (Juvederm, Restylane, Perfect HA)
 - PRP therapy on skin and hair (Remi 8C and Arthrex)
 - Chemical peels like GA, TCA, Black peel, Yellow peel, etc by mesoesthetics, Sesderma, cosmelan etc.
 - Microneedling with Dermapen4 device
 - Hydrafacial

- Eyelid surgery for Blepharochalasis
- 3. Hair Transplant : Doing Hair transplant since 2016. Able to perform slits, extraction and implant. Can conduct upto 4000 grafts in a day. Both FUE and DHT techniques. Also nanofat assisted hair transplant.
- 4. Fat Graft – Only doctor performing fat grafting in Nepal. Fat grafting done for structural volume replacement, skin rejuvenation and Hair loss. (Dr Gois kit)
- 5. Lasers : Have worked with Long pulsed Nd:YAG (won award), IPL, Diode, PDL lases, Ablative and Fractional CO2 and Picosec QS Nd:YaG lasers.

TRAINING AND ACADEMIC PARTICIPATION

1. Fellowship Training in Aesthetic Plastic Surgery for liposuction and lipotransfer (fat graft) in Nanjing Medical University, China.
2. “Botox Hands On Training” organized by Allergan in April and August 2016.
3. Organizing Secretary of the “First Hair Restoration Workshop in Nepal” on 21st and 22nd April 2016.
4. Organizing Secretary of “Advanced CME on Hair Restoration and Trichoscopy Practice Management” on 21st April 2017.
5. Scholarship at University of Washington, Seattle, USA to attend the “23rd annual Principals of STI and HIV research training” in July 2015 with Dr King K Holmes.
6. Training at Leprosy Mission Hospital, Anandaban from 5th Dec 2014 to 20th Dec 2014.
7. Hands ON Workshop on Fillers in India (2017, 2018, 2019)

PRESENTATIONS:

1. International Invited Faculty and Speaker at South Asian Alliance of Resistant Cutaneous Mycosis (SAARCUM) on “Whats in the Name: Antifungal resistance vs failure” in Delhi.

메모 포함[L1]:

2. Chairperson in Lip Augmentation session at Face Aesthetic Society of Dermatologists of India (FADS).
3. International Invited Speaker at “Stem Cell Express” by Stem Cell Society of India on “Fat Graft”.
4. Award paper won at Aesthetica Asia Kolkata in Sept 2016, on "Long pulsed Nd:YAG Lasers in the management of Verruca."
5. Speaker at 2nd International Dermatology Conference (ICD) in Kathmandu, Nepal.
6. Oral presentation on “Hirsutism: an approach” at XIIIth National Conference of SODVELONCON-2015.
7. Oral presentation on “Efficacy of high dose short course oral steroids in the management of Toxic epidermal necrolysis” at SODVELONCON-2014.
8. Poster Presentation on “Necrobiosis lipoidica in a non-diabetic patient” at SODVELONCON-2013.
9. Poster Presentation on “Progressive Nodular Histiocytosis” at SODVELONCON-2012.
10. Webinars: IMCAS, Galderma, Threadlift, etc

PUBLICATIONS:

1. Shrestha S. Lipectomy for symptomatic relief of Lymphangioma Circumscriptum. Journal of Cutaneous and Aesthetic Dermatology 2020;13:08
2. Shrestha S, Karn D, KC S, Mishra A. An unusual presentation of lepromatous leprosy as verrucous growth in the oral cavity. Lepr Rev (2017) 88, 285– 289.
3. Shrestha S. Correlation of Hormonal Profile and Lipid Levels with Female Adult Acne in a Tertiary Care Center of Nepal. Journal of Nepal Health Res Counc 2018 July; 16(2):222-227.
4. Shrestha S, Karn D. Long Pulsed Nd:YAG Lasers in the Management of Cutaneous Warts. Kathmandu Univ Medical J. 2018;61(1):60-4.
5. Shrestha, S., Karn, D., Tamrakar, D., Madhup, S., & Karmacharya, B. (2019). Profile of Clients of HIV Testing and Counseling in a Tertiary Care Center and Need of Testing in Tuberculosis. Nepal Journal of Dermatology, Venereology & Leprology, 17(1), 22-26.
6. Shrestha S, Mishra A. Actinic lichen nitidus with dermoscopic features, and response to hydroxychloroquine. Trichol Cosmetol Open J. 2019; 1(2): 11-14.

7. Shrestha A, Shrestha S. Variations of Dermatological findings in New-borns of a community hospital in Nepal. Journal of Nepal Paediatric Society. 2018;37(3):261-66.
8. Shrestha S, Aryal A. Pyoderma Gangrenosum with Positive Antinuclear Antibody, in the Absence of Systemic Association. NJDVL 2017;16(1):66-69.
9. KC S, Karn D, Shrestha S. Photo-onycholysis Following Two Weeks Of Doxycycline. J Nepal Health Res Counc 2016 Jan - Apr;14(32):66-8.
10. Skinmed Journal. Accepted Article: Lockdown dermatoses' during COVID-19 – A series of 127 patients from the Indian subcontinent"
11. Thesis entitled: Lichen planus and its clinico-histopathological correlation.

MAGAZINES:

1. Stem cell magazine of India “Who wants to look older? No One.”
2. DASIL Newsletter of Italy, “Nepal member reports on role of radiodiagnosis in dermatology”
3. Swasthyapatrika : articles on antiaging, thyroid and skin, pollution, cosmeceuticals, etc.
4. Sampurna weekly of Annapurna Post : Fat Graft.

LANGUAGES

1. Fluent in English
2. Nepali
3. Hindi

REFERENCES:

- 1) Prof Mahesh Chandra Mathur, MD(AIIMS), DCP (UK)
Head of Department, Dermatology Department
College of Medical Sciences, Bharatpur, Chitwan, Nepal
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- 2) Professor Dr Gan Shen, (MD)
Head of Department & Stem Cell Expert,

Plastic Surgery Department,
Nanjing Medical University, Nanjing, China.
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Phone: 0086-18905180338

3) Dr Roy Kim,
Plastic Surgeon,
San Francisco, CA, USA.
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4) Dr Prabhu Mishra, (Member ISCT & ISSCR)
CEO & Founder of StemGenn Therapeutics,
Greater Kailash, Delhi.
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