



DR. SHIFA MEMON

General Practitioner | Certified Aesthetic Physician | DHA LICENSE: 40632340-001

I am a General Practitioner and Certified Aesthetic Physician with over six years of clinical experience, including four years dedicated to high-acuity Emergency Medicine across leading UAE hospitals. My practice is driven by a profound commitment to merging acute clinical excellence with the forward-thinking principles of longevity and preventive care. I believe in treating the whole person, not just the presenting symptoms. This philosophy guides my approach to managing complex emergencies and my passion for utilizing advanced biomarker analysis, peptide therapies, and personalized IV treatments to optimize health and support healthy aging. I am dedicated to empowering patients to achieve their peak well-being through a unique combination of evidence-based medicine and innovative, patient-centered care.

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📍 Dubai, UAE

PROFESSIONAL SKILLS

Leadership & Team Collaboration

Strong Clinical Judgment & Decision-Making

Excellent Patient Communication

Mentorship & Medical Education

Clinical Audit & Quality Improvement

Adaptability & Performance Under Pressure

Fluent in English & Hindi

Time Management and Multitasking

WORK EXPERIENCE

Longevity & Preventive Medicine

Cryo Health

Oct 2025 – Present

Dubai

- Conduct comprehensive health assessments utilizing advanced biomarker analysis to identify early risk factors and develop personalized, data-driven longevity and wellness plans.
- Design and administer customized IV therapy protocols and peptide-based treatment regimens to address specific deficiencies and optimize overall physiological function.
- Collaborate with a multidisciplinary team of health professionals to deliver integrated care that combines lifestyle, nutritional, and medical interventions for disease prevention.
- Educate patients on the principles of anti-aging medicine and empower them to make informed decisions about their long-term health.
- Continually evaluate patient progress through follow-up assessments, adjusting treatment protocols to maximize efficacy and ensure optimal outcomes.
- Stay current with the latest research in longevity science, integrating cutting-edge findings into daily clinical practice to provide the most effective, evidence-based care.

General Practitioner – Emergency Medicine

Amina Hospital

Aug 2022 – Aug 2025

Ajman

- Independently managed a high-volume, diverse caseload of acute emergencies, including acute coronary syndromes, cerebrovascular accidents, severe sepsis, and complex poly-trauma.
- Performed rapid and accurate triage, prioritized critical cases, and delivered advanced cardiac life support and other life-saving interventions.
- Coordinated seamless patient care with ICU physicians, specialists, and surgical teams to ensure comprehensive and timely treatment plans.
- Mentored and supervised junior doctors and medical interns, providing on-the-job training in emergency procedures and clinical decision-making.
- Actively participated in clinical audits and quality improvement initiatives, contributing to enhanced patient safety protocols and departmental efficiency.
- Led Code Blue teams during cardiac and respiratory arrests, ensuring adherence to ACLS algorithms and optimizing patient outcomes in critical situations.

General Practitioner – Emergency Medicine

Thumbay University Hospital

Jun 2021 – May 2022

Ajman

- Provided high-quality emergency medical care to a broad spectrum of patients in a fast-paced, acute care environment.
- Served as an integral member of the trauma response team, delivering immediate and effective care to critically injured patients.
- Managed a steady flow of walk-in patients in the outpatient emergency department, addressing a wide range of acute and urgent health concerns.
- Demonstrated strong clinical judgment in the assessment, diagnosis, and management of various medical conditions under pressure.
- Collaborated effectively with nursing staff, paramedics, and other healthcare professionals to ensure efficient patient flow and high standards of care.
- Maintained meticulous and accurate medical records, ensuring clear communication and continuity of patient care.

General Practitioner – Emergency Medicine

Jaslok Hospital

2018 – 2020

Mumbai, India

- Delivered comprehensive general and emergency medical care to a diverse patient population in a busy tertiary care hospital.
- Gained extensive experience in the management of both outpatient and acute care cases, honing diagnostic and treatment skills.
- Worked collaboratively within a multidisciplinary team to develop and implement effective patient management plans.
- Efficiently handled a high volume of emergency cases, ensuring patients received prompt and appropriate medical attention.
- Developed strong communication skills while interacting with patients, their families, and the wider medical team.
- Contributed to the smooth operation of the emergency department by supporting senior physicians and managing routine and urgent cases.

EDUCATION

MBBS

Maharashtra University of Health Sciences | Nashik, India | Graduated: 2016

LICENSURE & CERTIFICATIONS

- DHA License: 40632340-001
- MOH License: D62550
- HAAD License
- Certified Aesthetic Physician, American Academy of Anti-Aging Medicine (A4M)
- BLS & ACLS Certified
- Stem Cell Medicine: From Scientific Research to Patient Care, Harvard Medical School
- Student Member, American Society of Regenerative Medicine

CORE COMPETENCIES

- Emergency & Acute Care: Advanced Cardiac Life Support (ACLS), Rapid Triage, Critical Care Interventions, Trauma Management, Code Blue Leadership, Stroke & MI Management.
- Longevity & Preventive Medicine: Biomarker Analysis, Peptide Therapies, Personalized IV Treatments, Health Optimization, Disease Prevention, Healthy Aging Strategies.
- Aesthetic Medicine: Non-Surgical Facial Aesthetics, Anti-Aging Protocols, Regenerative Medicine Principles.
- Clinical Skills: Patient Assessment & Diagnosis, Treatment Planning, Medical Record Keeping, Patient Education & Counseling.