

## Summary Curriculum Vitae of Dr. Rômulo Mêne Updated 1/4/2014

Dr. Rômulo Mêne is a Doctor of Medicine, graduated from the Federal University of Rio de Janeiro (UFRJ), Brazil in 1976 and did his post graduation as a General Surgeon at UFRJ in 1978. Dr Mêne also did post graduation studies in Reconstructive and Aesthetic Plastic Surgery at the Barata Ribeiro Hospital, Rio de Janeiro (coordinated by Professor Cláudio Rebello) in 1980.

### Positions:

1. CEO for the Advanced Center for Skin Therapy – Ipanema - Rio de Janeiro - Brazil
2. President of the Brazilian Society of Laser in Medicine and Surgery (SBLMC). Biennium 2012/2013 – 2013/2014
3. 2<sup>o</sup> Vice-President of the Brazilian Association of the Tissue Engineering and Stem Cell Studies (ABRATRON), Biennium 2012/2013.
4. Regent of the Chapter on Non Surgical Aesthetic Procedures and Laser Surgery of the Brazilian Plastic Surgery Society, Biennium 2008/2009, 2010/2011, 2012/2013
5. Rio de Janeiro Honorary Consul for the Philippines
6. Knight of the *Sovereign Order of Malta*, Rio de Janeiro - Brazil

Founder, and full member of the Brazilian Society of Medical and Laser Surgery (SBLMC)

Full member of the Brazilian Society of Plastic Surgery (SBCP).

Full member of the Brazilian Society for Aesthetic Medicine

Full member of the ESLAS, European Society for Laser Surgery.

Full member of the ASLMS, American Society for Lasers in Medicine and Surgery.

Member of (ASPS) American Society of Plastic Surgeons

Member of (ISPRES) International Society for Plastic Regenerative Surgery

Member of (IPRAS) International Confederation for Plastic Reconstructive and Aesthetic Surgery

Dr. Mêne has dedicated the past 29 years to the study of the elasticity system of human skin, he developed a nutritional system that uses nutritional supplements (protein in powder form administered orally); to recover the elasticity of human skin. In 1990, Dr Mêne started to use Glycolic Acid in high concentration for superficial chemical peelings, complemented with the home use of low concentration Glycolic Acid, he introduced this method in Brazil, Italy, Switzerland and Spain.

Dr. Mêne is a World-leading expert in the field of chemical peeling, specialists in the use of combined techniques for facial rejuvenation. and the author of innumerable scientific studies on this subject, as well as modern Blepharoplasty techniques. At his private clinic in Ipanema, Rio de Janeiro, Brazil he has performed more that 30,000 chemical peels, and he constantly receives visiting doctors from all over the World, who are interested in learning more about the revitalization of the skin by these nutritional and chemical peeling methods.

He is also one of the pioneers in the use of CO2 lasers and Erbium-YAG (Derma K®) lasers, having developed histological studies to explain the operation of this modern

laser system.

Dr. Mêne is one of the World--leading expert to use combined techniques for facial rejuvenation with nutritional programs, chemical peeling of different depths (depending on each patient's needs) and maintenance treatments to revitalize the skin. Laser surgery is only used for the treatment of severely aged skin, (laser skin re-surfacing) or for eye contour treatment (Blepharoplasty and periorbital wrinkles).

Dr Mêne has actively participated in over 400 important plastic surgery and dermatological congresses all over the world. In all of these countries hundreds of medical professionals adhere to Dr. Mêne's techniques on the rejuvenation of the human skin using Glycolic Acid, TCA peels, laser skin rejuvenation and other skin nutrition techniques.

In 2009, Dr. Mene began using the new technology of fractional laser resurfacing, also known as fractional photothermolysis. Dr. Mene has devoted part of his time producing several works on the application of this surgical equipment. Specific protocols have been developed for use in the treatment of lesions produced by acne, epidermal melasma, the treatment of post inflammatory hyper-pigmented lesions and the treatment of various skin lesions that are caused by the excessive exposure to sunlight.

For the past 30 years Dr. Mêne has actively participated in the most important plastic surgery and dermatological congresses in Brazil, Italy, France, Belgium, Germany, Austria, Australia, China, Singapore, Malaysia, Thailand, Spain, Switzerland, Netherlands, England, Portugal, USA, Argentina, Venezuela, Chile, Peru, Columbia, Morocco, Russia, Poland, Ukraine and the Middle Eastern countries. In all of these countries, hundreds of medical professionals adhere to Dr. Mêne's techniques about the rejuvenation of the human skin.

Dr. Mêne introduced, on a worldwide basis, the most recent investigations relating to the possibility of stimulating, and renewing, the skin by the topical application of Natural Active Lipids, which act on the fibroblast and a specific group of cytokines. Probably this is the most advanced type of treatment to recover the structure of human skin without the use of exfoliating substances and other aggressive methods of treatment commonly used today.

Together with this combination of natural active lipids, it is possible to associate different active molecules that are capable of relaxing the orbicular muscles, and provoke a reduction in the number of periorbicular wrinkles by provoking an excessive contraction of the orbicular muscle around the eyes, (the peptide called ESUP-A is synthesized in a laboratory which acts on the neuromuscular plate mechanisms similar to the action of Botulinum toxin, but has the added advantage of being a topical product) Another possibility of the association of a group of topically applied substances, is the reduction of baggy eyes, (topically and orally)

Dr. Mêne also developed a professional method called YELLOW PEEL, which can reduce the depth of medium and small wrinkles, this product causes a deep stimulation of the skin, and a dramatic renewal within 72 hours, without causing necrosis of the skin, and having a minimal amount of trauma on the skin. This method is successfully used in over 30 countries around the world, using patients with different skin phototypes for the treatment of different types of lesions.

Resveratrol and Omega 3 are now Dr Mêne's new focus of investigation at the Advanced Center for Skin Treatment (Rômulo Mêne Clinic, Ipanema – Rio de Janeiro – Brazil), Resveratrol a (phytochemicals extracted from fruits and plants) which offers action against cardiovascular diseases, prolonging life and the prevention of some types of cancer, Alzheimer's disease, Parkinson's disease and other degenerative diseases, (see Resvera-vitis Nutritional Program at [www.romulomene.med.br](http://www.romulomene.med.br)) The other molecule is **Omega 3** essential fatty acids that contain EPA & DHA that keeps healthy blood triglyceride levels, normally found in young skin.

