



GENTRY HEALTH & BEAUTY ADVISOR

RICK NOODLEMAN, M.D.

How Can I Look & Live Well At Any Age?

Aging gracefully is really all about healthy aging. At Age Defy Dermatology and Wellness™, the key to everything we do is the philosophy that while aging cannot be *denied*, its effects can be *delayed* – both internally and externally. More than a clinic or medi-spa, Age Defy promotes incremental, age-appropriate change. Our multi-specialty team includes experts in medical and cosmetic dermatology; minimally-invasive dermatologic surgery; facial plastic and reconstructive surgery; and integrative medicine. In addition, we have a full-service medi-spa offering clinical aesthetician services, laser nursing, massage therapy, acupuncture, and Mindfulness Based Stress Reduction (MBSR) classes. Working with a Patient Care Coordinator, patients seamlessly move between and among these caregivers to achieve their goals.

Dr. Rick Noodleman offers services that promote quality skin, repair sun damage and re-contour the face and body. New, more powerful lasers help clear psoriasis, remove vascular lesions, diminish vitiligo, remove tattoos, and erase wrinkles. Other high-tech devices freeze and permanently remove fat, “spot weld” the skin to lift and tighten, “volumize” the skin to replace lost collagen, and even seek out and destroy pre-cancerous skin cells. All treatments are accomplished with, at most, a local anesthetic for quick recovery, low downtime, and a rapid return to normal activities.

Joe Gorelick, our Nurse Practitioner, works closely with Dr. Rick Noodleman to diagnose and treat acne, moles, rosacea, rashes, eczema . . . virtu-

ally any skin condition. These and other skin disorders, many of which used to require extensive and invasive surgery or were simply resistant to treatment, are successfully addressed with Age Defy’s advanced approaches and technologies. Dr. Sachin Parikh is a board-certified/fellowship-trained facial Plastic and reconstructive surgeon. He performs an innovative, minimally-invasive “hybrid” facelift under local anesthesia with hidden incisions and less bruising compared to a traditional facelift. Recovery time is reduced to 7 to 10 days. The results are natural and last for years.

Dr. Arlene Noodleman is our CEO and director of integrative medicine, a healing-oriented discipline that considers the whole person—body, mind, spirit, lifestyle and community—with health promotion strategies and preventive care. Both conventional and complementary therapies are utilized to facilitate the body’s innate healing response. Evidence-based integrative services not only reduce stress and inflammation, they also promote faster recovery time and healing of skin and body.

We are committed to providing you the most advanced care in the most caring way with an expert Staff dedicated to service excellence. We partner with you to find the best solutions and anticipate your needs at every visit. Part medical center, part sanctuary, our integrative approach helps you make the changes you want to make now and maintain and enhance the benefits for a lifetime, helping turn back the clock inside and out.

1 MY EXERCISE REGIMEN

Cardio, cross-training with weights, yoga, and walking our Coton de Tulear

2 MY PHILOSOPHY

The daily opportunity to do what I do as a physician is a privilege.

3 MY HOBBIES

Driving both classic and race cars

4 MY HERO

Nelson Mandela



SPECIALTY
Medical & Cosmetic Dermatology and Surgery

HOW I WORK WITH PATIENTS
I listen to their concerns and goals and work with them to create a comprehensive program for skin health and rejuvenation.

SERVICES PROVIDED
Medical Dermatology
Cosmetic Dermatology
MOHS Skin Cancer Surgery
Vein Therapy
Minimally Invasive Cosmetic Surgery

EXPERIENCE
25 years

About Age Defy Dermatology and Wellness™

At Age Defy Dermatology and Wellness™, rejuvenation of the skin, body, and spirit is our highest priority. We are a full-service cosmetic surgery, dermatology, and integrative medicine center offering graceful aging services that promote healthy skin and lifestyle, re-contour face and body, and reduce stress. Our treatments are medically supervised and scientifically based, utilizing state-of-the-art equipment and an experienced clinical staff. Every procedure is minimally invasive and performed onsite under local anesthesia for greater safety, faster recovery, and more convenience. At Age Defy, we are service excellence professionals dedicated to helping our patients *Look and Live Well*.



AGE DEFY DERMATOLOGY AND WELLNESS™
F. RICHARD NOODLEMAN, M.D.

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