

DR. SARAH JOSEPH

Consultant Dermatologist & Cutaneous Surgeon | MBBS, MD

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PROFESSIONAL SUMMARY

Consultant Dermatologist with 8+ years of clinical experience in medical, aesthetic, and preventive dermatology. Experience includes complex acne management, hair and scalp disorders, pediatric dermatology, skin allergy care, laser therapies, mole mapping, anti-aging procedures, clinical research, and supervision of junior residents. Portfolio states 5,000+ patients treated and 25+ publications and papers.

CORE CLINICAL SKILLS

Medical Dermatology; Acne Treatment; Hair & Scalp Disorders; Pediatric Dermatology; Skin Allergies; Eczema; Psoriasis; Contact Dermatitis; Cosmetic Dermatology; Preventive Skin Care; Mole Mapping; Melanoma Screening; Laser Skin Resurfacing; Fractional CO2 Laser; Er:YAG Laser; PRP Therapy; Phototherapy; Anti-Aging Treatments; Hyaluronic Volumization; Collagen Induction; Clinical Research; Patient Consultation

PROFESSIONAL EXPERIENCE

Consultant Dermatologist | St. John's Dermatology Institute, London | 2021 - Present

- Lead outpatient aesthetic and complex medical dermatology clinics.
- Supervise junior residents and conduct laser therapies.

Senior Registrar in Cutaneous Medicine | Harley Street Skin Clinic, London | 2018 - 2021

- Managed advanced acne protocol trials and phototherapy suites.
- Performed minimally invasive aesthetic rejuvenation procedures.

Clinical Research Fellow | Imperial College Healthcare NHS Trust | 2016 - 2018

- Conducted peer-reviewed clinical research on cutaneous barrier repair.
- Worked on targeted biological therapies for severe psoriasis.

EDUCATION & QUALIFICATIONS

MD in Clinical Dermatology | King's College London |

- Graduated with Distinction; thesis focused on targeted laser delivery and skin barrier biomechanics.

MBBS (Bachelor of Medicine, Bachelor of Surgery) | Imperial College London |

- First Class Honors; portfolio states Gold Medal in General Medicine and Dermatology Excellence Award.

Advanced Fellowship in Aesthetic Dermatology | Harvard Medical School (Brigham and Women's Hospital) |

- Postdoctoral fellowship in non-surgical facial sculpting and laser resurfacing.

CLINICAL EXPERTISE

- Acne: customized clinical regimens using topical protocols, laser clearance, and hormonal balancing.
- Hair & scalp care: trichological diagnosis, PRP therapy, and targeted care for alopecia and thinning.
- Skin allergies: patch testing and immunotherapy for dermatitis, eczema, psoriasis, and hypersensitivity.
- Cosmetic dermatology: anti-wrinkle micro-injections, hyaluronic volumization, skin tightening, and collagen induction.
- Preventive care: full-body mole mapping, early melanoma screening, and photo-aging prevention.
- Pediatric dermatology: care for infants, children, and teenagers with chronic skin conditions.

SELECTED SERVICES & PROCEDURES

- Full dermatological consultation and individualized prescription protocol planning.
- Laser skin resurfacing using Fractional CO2 and Er:YAG approaches for scars, hyperpigmentation, and texture refinement.
- Aesthetic wrinkle and volumization procedures designed to preserve natural facial expression.

CERTIFICATIONS & MEMBERSHIPS

- BAD Fellow Certification - British Association of Dermatologists.
- MRCP Board Diploma - Royal College of Physicians, UK.
- International Fellow (FAAD) - American Academy of Dermatology.
- Portfolio also states: Board Certified Specialist and 14+ board certifications.

SELECTED PUBLICATIONS

- 2024 - "Efficacy of Targeted Micro-Laser Delivery in Refractory Papulopustular Rosacea," Journal of Investigative Dermatology. DOI: 10.1016/j.jid.2024.03.011
- 2023 - "Epidermal Barrier Modulation and Bio-identical Lipid Replacement in Atopic Dermatitis," British Journal of Dermatology. DOI: 10.1111/bjd.2023.19042
- 2022 - "Long-term Outcomes of Hyaluronic Acid Biomarkers in Non-Surgical Midface Contouring," Dermatologic Surgery. DOI: 10.1097/DSS.0000000000003410

ADDITIONAL INFORMATION

- Languages listed in portfolio: English, French, Spanish.
- Availability listed: Monday-Friday, by appointment.
- Current clinic information in website: Kozhikode, Kerala, India.