

**SHELENA C. LALJI, M.D., F.A.C.O.G.**

1437 Highway 6 Suite 100  
Sugar Land, Texas 77478  
DrShel@Drshel.com  
www.DrShel.com  
281-313-7435 - 713-444-1865

**TITLE:** Founder & Medical Director  
Dr. Shel Wellness & Medical Spa

**WORK HISTORY:** Private Ob/Gyn practice 10/1/97 – 06/99  
Kelsey Seybold Clinic Ob/Gyn 06/99 – 02/06  
Dr. Shel Wellness & Medical Spa 4/06 - Present

**EDUCATIONAL  
BACKGROUND:**

College: Emory University 1985 - 1989  
Atlanta, Georgia  
Bachelor of Arts, Psychology and Religion

Graduate: Emory University School of Medicine 1989 - 1993  
Atlanta, Georgia  
Doctor of Medicine

**POSTGRADUATE TRAINING:**

Medical College of Georgia 1993 - 1997  
Department of Obstetrics & Gynecology  
Augusta, Georgia

**PROFESSIONAL ORGANIZATIONS:**

American College of Obstetricians-Gynecologists  
American Society: Lasers in Medicine & Surgery  
American Academy for Anti-Aging Medicine  
American Medical Association  
Texas Medical Association  
Houston Gynecological & Obstetrical Society  
Harris County Society -Ob & Gyn  
Int'l Society for Study of Women's Sexual Health

**AUTHORED BOOKS:** "I AM WOMAN: Our Journeys to Health, Happiness, and  
Harmony". Lalji, Shelena, C., M.D. April 2012

**MEDIA TV APPEARANCES:**

KHOU/ Great Day Houston: Fighting Fatigue and Insomnia.  
April 2013

KHOU/ Great Day Houston: Increasing Your Vitality with  
Integrative Approaches to Your Health. Jan 2012

KHOU/ Great Day Houston: Improving Wellness Through  
Hormonal Balance, Allergy Testing and Self-Esteem. May 2011

KHOU/ Great Day Houston: Empowering Yourself by Utilizing  
My 8 Steps to Wellness.  
March 2011

KHOU/ Great Day Houston: New Year, A New You: 8 Secrets to being your best in the New Year. Jan 2011

NBC Evening News: Myths and Facts about Weight Loss Oct 2010

KHOU/ Great Day Houston: Bio-Identical Hormone Replacement

KHOU/ Great Day Houston: Pearl & Pearl Fractional Laser Treatments

KHOU/ Great Day Houston: Wellness For Couples

KHOU/ Great Day Houston: Noninvasive Laser Technology

KHOU/ Great Day Houston: Personalized Medical Weight Loss Program

KTBU/ Wild About Houston: Food Allergy Testing and Healthy Eating program – Sept 2008

KTBU: Sun damage – Prevention and treatment – April 2008

KTBU: Nutrition and Healthy Living – Sept 2007

NBC Morning News Interview: Aga Khan Foundation and Partnership Golf Tournament – June 2007

NBC Morning News Interview: 3-D Laser Skin Rejuvenation – May 2007

NBC Morning News Interview: Bio-identical Hormone Replacement Therapy & Nutrition – May 2007

NBC Morning News Interview: Laser Skin Tightening & Laser Vein Removal -- April 2007

KTBU: Bio-identical Hormones – Sept 2006

#### **VOLUNTARY POSITIONS:**

American Cancer Society: Advisory Board Member 2010-2011

American Cancer Society: Couture for Cure, Honorary Chair 10/09

Sickle Cell Anemia Foundation / Let The Fashions Begin: Honorary Chair 2009

National Health Access Initiative, Board member

Aga Khan Foundation U.S.A., Southwest Regional Vice-Chairperson – 2006-2007

Asians Against Domestic Abuse, Advisory Board

Texas Conf for Women-Host Committee 2008 & 2009

#### **PRESENTATIONS:**

“Take a Time-Out: How to Reduce Stress and Improve Your Health” Prime Living Women’s Symposium, Sugarland, TX. April 20, 2013

“Stress, Adrenal Fatigue, & Effects on Women’s Health”. Memorial Herman, Southwest, Sugarland, TX. March 28, 2013

“The Integrative Approach to Balancing Women’s Hormones”. IHS Symposium, New York City, NY. February 28, 2013

“A Woman’s Journey” APPI Conference. Los Angeles, CA. June 2012

“Transform Your Practice with Prescription Skincare” The Aesthetics Show, Las Vegas, NV. April 2012

“Dames, Distress, and DIM” IHS Symposium, New York, NY. February 2012

“Gluten Intolerance: Fact or Fiction” A4M. Las Vegas, NV. December 2011

“Effective Consulting and Marketing Strategies to Build Your Practice” Cutera Webinar. June 22, 2011

“Implementing Advanced Diagnostic Testing in a Concierge Practice” SpectraCell National Sales Meeting. Houston, TX June 21, 2011

“Aesthetic Success- Work Smarter, Not Harder” The Aesthetics Show. Las Vegas, NV June 5, 2011

“Adding Skincare Products to Your Practice” The Aesthetics Show. Las Vegas, NV June 4, 2011

“Insight into Wellness Spas and Opportunities for Compounding Pharmacists” PCCA Anti-Aging Symposium. Houston, TX April 2011

“Implementing Advanced Diagnostic Testing in a Concierge Practice” SpectraCell Webinar. April 2011

“Achieving Optimal Health Through Integrative Medical Approaches”. PCCA Webinar. February 2011

"Tips for a Successful Practice" Primed East Conference. Boston, MA November 2010

"Medical Grade Skin Care and your practice" The Aesthetic Medicine Conference. Dallas, TX October 2010

"Skin Health and Digestive Enzymes" Transformation Webinar. November 2010

"Increasing Your Revenue with Skin Care and Injectables" Cutera Clinical Forum. New York, NY August 2010

"The Art of A Skin Consult" Cutera Clinical Forum. New York, NY August 2010

Anti-Aging Presentation. Las Vegas, NV: A4M Workshop; Dec 2009.

"Adding Aesthetics to your Practice" San Francisco, CA: Cutera Clinical Forum; Aug 2009

"Titan Skin Tightening & Pearl Fusion" Cutera Nat'l Conference. San Francisco, CA Aug 2009

"Aesthetic Treatments in 2009" Pri-Med National Conference. San Diego, CA May 2009

"Lasers for Darker Skin Types" Cutera National Conference. Newport Beach, CA. March 2008

"The Magic of Combination Treatments" Cutera National Conference. Newport Beach, CA. March 2008

"How to open a Successful Medical Spa" Cutera National Conference. Newport Beach, CA. March 2008

"Cervical Cancer & Breast Cancer Prevention" Texas Conference for Women hosted by Governor & First Lady Perry. Austin, TX. October 2006

Sonographic Estimates of Birth Weight Among Preterm Infants: A Multicenter Study". SP Chauhan. Miami, Florida. February 1998.

"Risk Factors for Cesarean Delivery of Twin B after Vaginal Delivery of Twin A: A case - control study"

ACOG District IV Meeting. Lake Buena Vista, FL October 1996 -- Award winning presentation

"Peritoneal Multicystic Mesothelioma mimicking Ovarian Carcinoma". ACOG District IV Meeting. Lake Buena Vista, Florida, October 1996

“Masking of Ovarian Carcinoma By Paraneoplastic Cerebellar Degeneration Syndrome”, ACOG District IV Meeting. Hamilton, Bermuda, October 1995

“Ovarian Carcinoma Complicated By Paraneoplastic Cerebellar Degeneration”. ACOG District IV Junior Fellow Meeting. Charleston, South Carolina, Sept. 1995

**PUBLICATIONS:**

Lalji, S.C., M.D. “I am Woman: Our Journeys to Health, Happiness, and Harmony, April 2012.

Chauhan SP, Charania SF, McLaren R, Devoe LD. Sonographic Estimates of Birth Weight Among Preterm Infants: A Multicenter Study. AJOG, Oct 98.

“Fetal Growth and Development”. Expectant Mothers: Guide to Houston. 1998-1999.

**PUBLIC SPEAKING:**

**SpectraCell Laboratories**– Integrative Medical Expert  
**PCCA** – Integrative Medical and Skin Health Expert

**Transformation Enzymes** – Integrative Medical Expert

**OBAGI Medical** – Skin Health Expert

**KPRC** – Women’s Health Expert

**KTBU** – Women’s Health Expert

**Cutera Lasers** – National Trainer & Speaker

**Eli Lilly Pharmaceuticals** – Medical Speaker

**Ortho Pharmaceuticals** – Medical Speaker

**Novo Nordisk Pharmaceuticals**– Medical Speaker

**Novartis Pharmaceuticals** – Medical Speaker

**COMMUNICATION SKILLS:**

Fluent in five languages: English, Spanish, Urdu, Hindi, and Gujrati

**AWARDS:**

Steed Society: Top 25 Women of Houston Award Nomination, 2012

NAWBO: Stars Award Finalist, 2011

2010 “Power Couple Award” at the International Financial and Leadership Summit by the Texas Women Empowerment Foundation

“Outstanding Professional” awarded by the Houston Asian Chamber of Commerce 2011