



Dr Riekie Smit

MBChB (UOFS). MSc Sports Medicine(Pret)

Dr Smit is an Aesthetic and Sports Physician in Pretoria, South Africa.

After studying medicine at the University of the Free State, Dr Riekie Smit specialized in Sports Medicine at the University of Pretoria. She has been running a private practice ever since. Dr Riekie has done numerous aesthetic courses, certifications and trainings mostly in Europe.

Currently she is an Aesthetic and Sports Physician with a private practice and a medical spa in two cities in South Africa. Her focus of her practice is aesthetic and anti-aging treatments. Dr Smit is the president of the Aesthetic and Anti-aging Medicine Society of South Africa and she is also president member of the International Union of Aesthetic Medicine for the past 3 years. Dr Smit is the chair organizer of the Aesthetic Medicine Congress of South Africa. She is the author of many articles and scientific publications. Dr Smit has a passion for research and she is currently busy with a number of studies. She does numerous trainings and consultancies for various companies. She is also a regular invited speaker at international and local congresses or meetings locally as well as internationally. Her field of expertise is facial shaping and rejuvenation with Botulinum toxin and Fillers, Chemical peels, Mesotherapy and especially peri-orbital rejuvenation. Dr Smit is the course developer for the first formal post-graduate training in aesthetic medicine in South Africa, which will commence from February 2010.

CURRICULUM VITAE

Dr Riekie M Smit

Contact details:

Plot 36, Dr van der Merwe Road, Montana, Pretoria, 0186

PO Box 1190, Montana Park, 0159

Tel: +2712 548 6374

Fax: +27866 183 682

drsmit@ackmain.com

Education:

MBChB 2000 University of the Orange Free State

MSc Sports Medicine 2003 University of Pretoria

Residency and internship: Pretoria Academic Hospital and Kalafong Hospital, Pretoria

Post graduate training in Aesthetic Medicine procedures, France and Italy, 2004 - 2009

Societies/ Memberships:

Chairperson: South African Sports Medicine Association, Gauteng North

President: Aesthetic and Anti-aging Medicine Society of South Africa.

Membership: SAMA, SASMA, HPCSA, AAMSSA, General Medical Council (UK),

UIME (Union International de Medecine Esthetique)

Current position:

Group medical practice, Pretoria

Lecturer, Department of Sports Medicine, University of Pretoria

Course Developer and Lecturer at the Foundation for Professional development for postgraduate diploma in Aesthetic Medicine

Chairperson of the Scientific and Organizing Committee of the Aesthetic Medicine Congress of South Africa

Medical Consultant and advanced training for aesthetic medical procedures

Physician training seminars for various pharmaceutical companies.

Publications:

Scientific papers - 4

Congress Presentations – 5

International presentation at Anti-aging World Congress 2007

Editorial board of medical/ scientific journals - 5

Scientific publications – 13

Currently busy with 3 new studies

Awards:

Golden Key International Honour Society

Diplomas and courses:

BLS, ACLS, PALS, ATLS

Sports Nutrition, part time course, UK, 2001

Sports Homotoxicology 2001

SFME – aesthetic and anti-aging medicine – Paris, 2005

Advanced Aesthetic Medical course – Face- EMEA, Paris, France, 2006

Advanced Body course 2006, Paris, France.

European Masters in Aesthetic and Anti-Aging Medicine, 2006

Botulinum Toxin practical course 1(beginners - 2001) and 2 (international advanced), March 2007, France

Advanced chemical peeling training, Nice, France, November 2007.

Expert2Expert course, Paris, France, April 2008.

IMCAS 2006 – 2009 –attendance and presentations

Aesthetic medicine Congress South Africa 2006 – 2009, presenter
Other International congresses in Aesthetic and Anti-aging Medicine attendance and as presenter from 2006 to 2009

Research interest:

Facial volumetric parameters

Fibroblast stimulation to improve cutaneous parameters

Collagen supplementation effect on cutaneous aging

Fat cell emulsifying substances injected by mesotherapy technique

Cellulite reduction with combinations mesotherapy products

Obesity managements

Sports injuries in children and chronic tendinopathies – alternative treatments

Supplementation in cyclists that may influence endurance parameters

Benefits of Omega 3 supplementation in endurance athletes

2005 SFME (French Society of Esthetic Medicine)– Aesthetic and Anti-aging medicine Scientific Course– Paris, France as well as the French National congress attendance.

2006 Advanced Aesthetic Medical course – Face- EMAA, Paris, France

Advanced Chemical peel training course: Dr Sohail Mansoor, Dermatologist, London, UK

Advanced Botulinum Toxin and Filler Training and Basic Thread Training.

Advanced Body Course 2006, Paris, France on injection lipolysis and mesotherapy.

2006 European Masters in Aesthetic and Anti-Aging Medicine Paris, France

2006 Anti-Aging World Conference, Paris, France congress attendance.

2006 President and founder of the Aesthetic and Anti-Aging Medicine Society of South Africa (AAMSSA).

2006 Speaker at the Aesthetic Medicine Congress of South Africa, Pretoria, SA.

2007 Elected as President Member of the International Union of Esthetic Medicine (UIIME) during the congress and international meeting in Buenos Aires, Argentina. AAMSSA was given affiliation then to the UIIME

2007 Advanced chemical peeling training, Nice, France. Theoretical, practical and hands-on training with Dr Jean-Luc Vigneron, Dermatologist France on superficial, medium and deep peels.

2007 Participated as a lecturer/ presenter at the Anti-aging medicine World Congress in Monaco, Monte Carlo

2007 International Masters Course on Aging Skin, Paris, France

2007 Speaker at the Aesthetic Medicine Congress of South Africa, Johannesburg, SA.

2007 Issue editor of South African Aesthetic Review – a peer reviewed and CPD accredited scientific journal.

2008 International Masters Course on Aging Skin, Paris, France

Expert2Expert course, Paris, France, April 2008. Expert training on facial and body aesthetic procedures.

Anti-aging Medicine World Congress, Paris, France, 2008. Congress attendance.

2008 Advanced Thread training, Naples, Italy. Dr. Ciro Accardo, plastic surgeon, Italy.

2008 European Obesity Forum, Lisbon, Portugal.

2008 Invited as Speaker/ Lecturer with 2 presentations and chairmen at the EADV (European Academy of Dermatology and Venereology), Paris, France

2008 Speaker at the Aesthetic Medicine Congress of South Africa, Pretoria, SA.

2008 Issue editor of South African Aesthetic Review – a peer reviewed and CPD accredited scientific journal.

2008 Editor of MedEsthetics magazine by MedSpec publishing.

2009 International Masters Course on Aging Skin, Paris, France

Anti-aging Medicine World Congress, Monaco, 2009. Presenter.

2009 Speaker at the Aesthetic Medicine Congress of South Africa, Pretoria, SA.

2009 Issue editor of South African Aesthetic Review – a peer reviewed and CPD accredited scientific journal.

2009 Editor of MedEsthetics magazine by MedSpec publishing.