

→ GENERAL PRACTITIONER · LONGEVITY MEDICINE · PEDIATRICS

ROMAN PLAKHOV.

Licensed General Practitioner in Dubai with 8 years of clinical experience. Evidence-based primary care and pediatrics, longevity medicine, IV-drip and peptide therapy, and diagnostic ultrasound.



<div>8</div> <div>YEARS CLINICAL EXPERIENCE</div>	<div>21.4K</div> <div>INSTAGRAM BLOG @INNER_DOCTOR</div>	<div>DHA</div> <div>LICENSED GP · DUBAI, UAE</div>	<div>MD</div> <div>DIPLOMA WITH HONOURS</div>
---	--	--	---

01 WORK EXPERIENCE

General Practitioner MSM Pro Derma Polyclinic · Dubai, United Arab Emirates <ul style="list-style-type: none">Pediatric and general medical consultationsWell-child check-ups, growth and developmental milestone assessmentDiagnosis, treatment planning and follow-up; medical documentation in English	AUG 2026 – PRESENT
General Practitioner Detki DMCC Clinic · Dubai, United Arab Emirates <ul style="list-style-type: none">General medical consultations and primary careIV-drip therapy and peptide therapyDiagnostic ultrasound — abdominal cavity and thyroidLongevity-oriented preventive consultationsWorked personally with Dr. Oliver Zolman's longevity methodologyLife-extension protocols, longevity supplement selection and longevity devices	MAR 2025 – APR 2026

02 PROFESSIONAL SKILLS

- Adult & general medical care
 - IV-drip therapy
 - Longevity & preventive medicine
 - Ultrasound — abdominal & thyroid
 - Patient examination & diagnosis
 - Lab & instrumental analysis
 - UI/UX & application development
- Evidence-Based Medicine (EBM)
 - Peptide therapy
 - Otoscopy
 - Nasopharyngeal endoscopy
 - Treatment planning & monitoring
 - Strong interpersonal skills
 - Social media promotion

03 POSTGRADUATE COURSES

2024 Diagnostic Endoscopy & Otolaryngology — Center for Additional Professional Education · Moscow <ul style="list-style-type: none">Young Pediatrician Course — MedicumNasopharyngeal Endoscopy Course — Practical courseAllergology Course — Dr. ZhogolevaUltrasound Diagnostics Course — Practical course	2025 Longevity Medicine (Longevity Therapy programme) — Volna · online certification programme <ul style="list-style-type: none">Otolaryngology (ENT) Course — Fomin ClinicOphthalmology Course — Chaika ClinicGastroenterology & Pulmonology Course — Volna
--	--

CONTACT

EMAIL	i_tooz@mail.ru
PHONE	+971 555 211 295
BASE	Dubai, UAE
BLOG	@inner_doctor

DHA REGISTRATION

TITLE	General Practitioner
ID	37677508
ISSUED	08 Mar 2026
EXPIRY	08 Mar 2027
VISA	valid to 18 Mar 2028

EDUCATION

Pirogov RNRMU
Moscow, Russia · 2012–2018
MD — General Medicine
Graduated with Honours

LANGUAGES

Russian	Native
English	Advanced

IT SKILLS

- MS Office (Word, Excel)
- AI tools — medical & text
- AI graphic models
- Health-app development (founder)

ALSO WORTHY

- Gold Medal graduate — university diploma with Honours.
- TV health expert — TNT «New Morning»; press quotes in Gazeta.ru.
- Instagram blog @inner_doctor — 21,400 active subscribers.
- Developed a proprietary app for monitoring and controlling acute respiratory infections (ARVI).
- Content production expertise and marketing background.
- Personal experience with peptide therapy protocols.

EXPECTATIONS

AED 10,000 · part-time