



DR. RICHARD A. BLIGH

MOST IMPORTANT THING YOU'VE LEARNED FROM YOUR PATIENTS

People don't want drastic changes, just some improvement in their looks

WHAT FASCINATES YOU MOST ABOUT

THE HUMAN BODY The aging process

ALTERNATIVE OCCUPATION

An exercise physiologist

HOBBIES

Skiing, weight lifting and Pilates

PLACE YOU GO TO

ESCAPE THE OFFICE To Utah for skiing

FRAMED PHOTO ON YOUR DESK

My wife, who is my partner, best friend

and soul mate

RESTORING NATURAL RADIANCE

Dr. Bligh is an advocate of cutting-edge cosmetic treatments that don't cut away skin. Artistically adept in what he dubs the "liquid facelift," Dr. Bligh uses a variety of injectables to **MINIMIZE MARIONETTE LINES, RESTORE LOST VOLUME,** lift sagging brows, and **SMOOTH FINE LINES AND WRINKLES.** "The effect can take years off your appearance without surgery," says Dr. Bligh. His arsenal of anti-aging injectable treatments include Botox®, as well as Radiesse™ and Juvéderm™. Other services offered at his practice include body contouring via liposuction procedures. Dr. Bligh rounds out his treatment menu with the newest generation of laser treatments, including Sciton's **PROFRACTIONAL™** technology, which uses a single-pass process to treat wrinkles, acne scars, skin tone, pigment and texture. "It's fast and yields desired results in just a treatment or two," says Dr. Bligh. "The effects of this treatment have continued to impress me. Having a plethora of services to choose among, I can address everything from acne, sun damage and redness to rosacea, hair removal and skin tightening, in addition to other cosmetic concerns related to anti-aging and aesthetics."

INSIDE INFORMATION

beauty from within

Many people want to look as young as they feel. Dr. Richard A. Bligh helps patients accomplish this goal. A trailblazer in anti-aging medicine, Dr. Bligh spends his days helping baby boomers regain the youthful glow they desire, from the inside out.

Dr. Bligh's St. Louis Center for Preventive & Longevity Medicine provides concierge-style service to focus on helping people look and feel younger. "A great deal of my patients say that they feel very young mentally but don't understand why their bodies aren't in sync with their emotions. We concentrate on facilitating balance and harmony, as we believe beauty is all-embracing when it comes to the human form. We offer a cornucopia of services to help slow and reduce the visible signs of aging, which not only influence the way people look, but how they feel about their self-image, as well."

Dr. Bligh's practice comprehensively addresses the aging process, considering everything from prevention to health, lifestyle and nutrition, as well as the interrelationship between how one feels and how one looks. Moreover, the combination of preventive and longevity medicine encompasses a thorough consultation that emphasizes the mind-body connection to help rejuvenate youth. "Aging is inevitable," says Dr. Bligh. "The prescription for looking and feeling your best is to control the quality of the aging process by focusing on both aesthetic treatments and prevention." While Dr. Bligh offers a host of age-defying treatments, including fillers, chemical peels and lasers, those wanting to address the underlying issues of aging can enjoy a complete hormone level evaluation, too. "As we age, our hormone levels tend to decline and our skin gets thinner and loses some of its fat," he says. "You can get the skin to age better by boosting hormonal levels."

BOARD CERTIFICATION

American Board of Internal Medicine

MEDICAL DEGREE

Ross University

INTERNAL MEDICINE RESIDENCY

St. Luke's Hospital

AFFILIATIONS

American Academy of Anti-Aging Medicine

American College of Physicians

American Medical Association

International Society of Meso-Lipotherapy

AREAS OF EXPERTISE

Age-Management Therapy

Liquid Facelift (Injectables)

Sciton ProFractional Skin Rejuvenation

Hormone Replacement Therapy

LOCATION

St. Louis, Missouri

314.994.1536

WEB SITE

www.drblighmd.com

"A large part of looking youthful on the outside is dependent upon what you do on the inside."

—RICHARD A. BLIGH, MD, MBA