

Shahnoos Mahdavi, MD, an Internist with Novel U Wellness and Rejuvenation Center

Get to know Internist Dr. Shahnoos Mahdavi, who serves patients in Long Beach, California.



New York City, New York Apr 2, 2024 ([Issuewire.com](https://www.issuewire.com)) - Fluent in English and Persian, Dr. Mahdavi is a board-certified internist who serves as the Founder and President of Novel U Wellness and Rejuvenation Center in Long Beach, California. Distinguished by its distinctive approach, the clinic prioritizes not only outer beauty but also hormonal balance and weight management.

Driven by a commitment to optimizing her patients' lives, Dr. Mahdavi offers comprehensive support, including weight-loss support, bioidentical menopausal hormone therapy, and aesthetic medicine to simultaneously improve internal and external nonsurgical full-body rejuvenation. Through meticulous medical guidance and a focus on hormonal, physical, and emotional well-being, she endeavors to promote longevity while enhancing natural beauty using non-invasive or minimally invasive procedures.

Educated in Iran, Dr. Mahdavi embarked on a series of internships to broaden her clinical experience. In 1998, she completed an internship in the Department of Surgery at Ershad Hospital and another in the Department of Obstetrics and Gynecology at Javaheri Hospital, both located in Tehran, Iran.

From 1999 to 2000, Dr. Mahdavi undertook an internship in the Department of Internal Medicine and Pediatrics at Amirmomenin Hospital, also in Tehran. Subsequently, she obtained her Medical Degree from the Islamic Azad University, Tehran Medical Sciences Branch in 2000.

Transitioning into further specialization, Dr. Mahdavi served as an attending physician in the Department of Emergency Medicine at Javaheri Hospital from October 2000 to December 2001. She then embarked on a series of postdoctoral fellowships, including one within the Department of Radiation Oncology at the University of Alabama at Birmingham from January 2002 to June 2004, and a research fellowship at Englewood Hospital from June 2004 to June 2005. This was followed by a residency in internal medicine at Atlanticare Regional Medical Center from July 2005 to 2008.

From 2008 onwards, Dr. Mahdavi has primarily immersed herself in acute care settings, fostering a deep understanding of patient needs. Her exceptional patient reviews in hospital settings attest to her proficiency and dedication.

Before establishing Novel U Wellness and Rejuvenation Center in October 2021, Dr. Mahdavi held the position of internal medicine hospitalist at Monarch Healthcare, a division of Optum Care, from October 2012 to December 2023. Prior to this, she fulfilled the same role at Christiana Care Health System in Newark, Delaware, from November 2008 to May 2012.

As a testament to her unwavering dedication to the principles of excellence and patient-centered care, Dr. Mahdavi is a Diplomate of the American Board of Internal Medicine (ABIM). The ABIM is a physician-led, non-profit, independent evaluation organization driven by doctors who want to achieve higher standards for better care in a rapidly changing world.

Among her professional affiliations, Dr. Mahdavi is an active member of the American Medical Association, the American College of Physicians, the American Academy of Anti-Aging Medicine, the North American Menopause Society, and the Long Beach Area Chamber of Commerce.

Internal medicine is the medical specialty dealing with the prevention, diagnosis, and treatment of adult diseases. Physicians specializing in internal medicine are called internists. They manage and prevent common and complex diseases by providing comprehensive care and promoting overall well-being.

Dr. Mahdavi has been involved in various research endeavors, including serving as a study coordinator for several projects such as the EPO-ICU-002 study at the Department of Anesthesiology, Englewood

Hospital and Medical Center, from June 2004 to June 2005. She also coordinated the Eisai project, a study on E5564, a lipid A antagonist, administered to patients with severe sepsis.

Furthermore, Dr. Mahdavi contributed to the Genetic Radioisotope Targeting Strategy at the Department of Radiation Oncology, Comprehensive Cancer Center, University of Alabama at Birmingham, from January 2002 to June 2004. Her involvement extended to researching L-Dopa's effect on children with growth retardation at Aliasghar Pediatric Hospital in Tehran, Iran, from 1998 to 1999, as well as collaborating in the INTERHEART global study of risk factors in acute myocardial infarction at Javaheri Hospital in Tehran, Iran, from October 2000 to November 2001.

Her publications include works such as "Beyond Strep Throat: Virulence of Group A Streptococci" in JAMDA (March 2009) and "Retargeting the AdEGFR binding to CEA expressed on the cell surface of tumor cell lines" in Cancer Gene Therapy (January 2003), crediting her success to her passion for her work and her relationships.

In addition to her medical pursuits, Dr. Mahdavi enjoys expressing her artistic side through activities like painting, decorating, and photography. She also finds pleasure in playing tennis, dancing, and swimming. Spain and Europe are her preferred travel destinations, and she particularly enjoys reading professional publications like JAMA.

Learn More about Dr. Shahnoos Mahdavi:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2950260-Shahnoos-Mahdavi-Internist>, or through Novel U Wellness and Rejuvenation Center, <https://noveluwellness.com/bio>

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