



Dr. Areej Hilles

Longevity Physician, OB/GYN, and CEO of Molodost Clinic

Palestinian - United Arab Emirates

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Who is Dr. Areej Hilles

Dr. Areej Essam Muhammad Hilles is a Palestinian Obstetrician and Gynecologist who serves as the CEO of Molodost Clinic in Dubai. She is a prominent figure in the field of Longevity Medicine, championing a proactive and preventative approach to health rather than reactive, symptom-based treatment. Her work centers on leveraging advanced diagnostics and personalized protocols to help patients understand their biological age and optimize their health trajectory. At Molodost Clinic, Dr. Hilles leads a concept that transcends traditional healthcare by integrating women's health, hormonal balance, and integrative care. She advocates for a philosophy where health is viewed as an interconnected system requiring continuous design and refinement. Alongside her clinical practice, Dr. Hilles has built an influential digital platform across social media channels like Instagram and YouTube. Through this platform, she simplifies complex medical topics, making them accessible to a broad audience and focusing on empowering women through health education.

Achievements of Dr. Areej Hilles

Dr. Areej Hilles holds the position of CEO at Molodost Clinic in Dubai, a leading institution in the region for longevity medicine and preventative health. She leads a specialized team in delivering integrated health solutions that combine advanced diagnostics with personalized treatment protocols. She has established a strong digital presence as an expert in women's health and longevity medicine. Through her social media platforms, she provides simplified educational content on complex medical topics, significantly raising health awareness among thousands of followers in the Arab world. Dr. Hilles is a trusted media voice in her field, regularly featured and quoted as an expert by news publications and websites. She provides professional advice on diverse topics such as the importance of folic acid before pregnancy, nutrition related to the menstrual cycle, and general preventative health.

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