

MedProfessionals

2021

Tribute

MEDICAL TOURISM HEALTH AND WELLNESS GUIDE GREECE

Medical Evolution

From Hippocrates to Robotic Surgery

Medical Success Stories

Helen Hovris

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Hippocrates

the OATH

I swear by Apollo Physician, by Asclepius, by Hygieia, by Panacea, and by all the gods and goddesses, making them my witnesses, that I will carry out, according to my ability and judgment, this oath and this indenture.

To hold my teacher in this art equal to my own parents; to make him partner in my livelihood; when he is in need of money to share mine with him; to consider his family as my own brothers, and to teach them this art, if they want to learn it, without fee or indenture; to impart precept, oral instruction, and all other instruction to my own sons, the sons of my teacher, and to indentured pupils who have taken the physician's oath, but to nobody else.

I will use treatment to help the sick according to my ability and judgment, but never with a view to injury and wrong-doing. Neither will I administer a poison to anybody when asked to do so, nor will I suggest such a course. Similarly I will not give to a woman a pessary to cause abortion. But I will keep pure and holy both my life and my art. I will not use the knife, not even, verily, on sufferers from stone, but I will give place to such as are craftsmen therein.

Into whatsoever houses I enter, I will enter to help the sick, and I will abstain from all intentional wrong-doing and harm, especially from abusing the bodies of man or woman, bond or free. And whatsoever I shall see or hear in the course of my profession, as well as outside my profession in my intercourse with men, if it be what should not be published abroad, I will never divulge, holding such things to be holy secrets.

Now if I carry out this oath, and break it not, may I gain for ever reputation among all men for my life and for my art; but if I break it and forswear myself, may the opposite befall me.



identity 2021



Helen Hovris

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Great Greece for Ever

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Greece!*



Great Greece for Ever

**Online
Repatriation
project
for the
Greeks
of Diaspora**

Greece's current low birth rates and subsequent declining population has highlighted, now more than ever, the noteworthy need to change the state of things into positive and focused energy capable of moving the country forward by endeavoring not to be indifferent to the fate of Greece and instead encourage its people to "hold the vision, trust the process' whilst feeling unconditional love and an authentic sense of duty for the homeland from which they originated and grew.

The growing decline of Greece's population, due to low birth rates and emigration, have resulted in the alarming decline in its population. In fact, and unless birth rates are reversed, Greece's population is set to drop to 7 million in the next three decades in comparison to Turkey's population that will stand at 150 million.

It is, therefore, absolutely necessary not to ignore all the issues that Greece will inevitably face if they are not promptly addressed and resolved. Hence, we urgently invite you all to build bridges by having open and informative conversations between Greece and the Greek diaspora in order to generate efficient and effective strategies to preserve the Greek identity, national conscience and more specifically, to maintain the language, history, religion, culture, traditions and descendants. Despite major technological advances, Greece still remains dispersed and no tangible efforts are being made to capture the complexity of this situation and shape patterns of interaction between the homeland and the Greek diaspora to keep alive, in every sense of the word, Greece's "developmental trajectory".

Since the beginning of independent Greece in the 19th century, the vital efforts of diaspora philanthropic giving and economic stakeholders created opportunities in public goods such as health, culture and education. Indeed, that diaspora elites' active involvement was paramount to

Greece's development. Upon reflection, it is hard to imagine that, without their active investments, the creation and endowment of the "Metsovo" Polytechnic University, the Greek Academy, the Benaki Museum, the Megaro Mousikis, the Onassis, the Papageorgiou Hospital, the National Library, and even the 1896 Olympic Games would not have actualised.

Unfortunately, the current situational context is that there are seldom any diaspora investors and key players to reconnect the Greeks' of the 2nd, 3rd and 4th generations and expand relations with them in order to nurture their willingness and ability to be active in the transformation of the new homeland, of the new Greece.

Through the Online Repatriation project, together with the active and willing support of investors, entrepreneurs and other key players, as well as with digital and interactive platforms, Greeks abroad and their interaction with their homeland can be made possible, which in turn, will allow the Greek identity, voice and spirit to resonate even louder across the world, and make the already great Greece even greater.

In conclusion, the historical engagement of investors with Greece has always been rewarded with positive and generous incentives, and moving forward, this is something that we want to continue to honor.

*Greetings,
Helen Hovris
Visionary and Ambassador
Great Greece for Ever.*

editorial 2021



Due to the current circumstances of the pandemic, the Symposium was dedicated to the State, Attica Region, in the Medical Association of Athens and to the contemporary Greek Benefactors - who with their offer contributed decisively to the confrontation of the Covid-19 Pandemic.

During the event we thanked all those who contributed and continue to do so, in dealing with the Pandemic. We honored the public Covid-19 Referral Hospitals, all the scientific - medical - nursing staff including the health authorities, who selflessly stood on the front line of the battle. We thanked from the bottom of our hearts the prominent personalities of the Greek community, with whom we fought mentally side by side to deal with the deadly virus. We thanked the Political and State Leadership of our country, which several times took measures to deal with the Safety and Health of all of us, having social sensitivity and conscience, while assessing the negative effects on the Economy. We are thankful for the generous offer of the Entrepreneurs - Benefactors, who once again supported Greece in a uniquely difficult moment in its history.





Honorary distinctions awarded to all hospitals that were paramount in dealing with the pandemic Covid-19

There are still entrepreneurs today with a deep sense of responsibility for the country of origin!

The unique conditions we live in have triggered acts of solidarity and offering, which are perhaps the most important legacy that the pandemic will leave behind.

More and more are those who play a part in and contribute to the common struggle for the preservation of public health through their restless efforts to limit the spread of Covid-19.

Such an example are all the companies we honored in our symposium:



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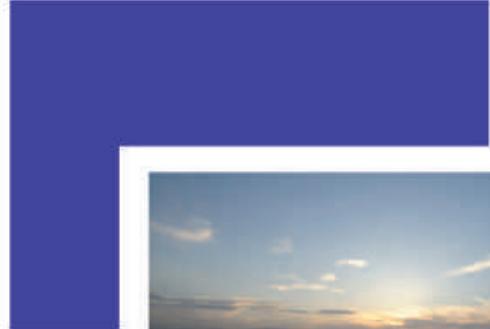
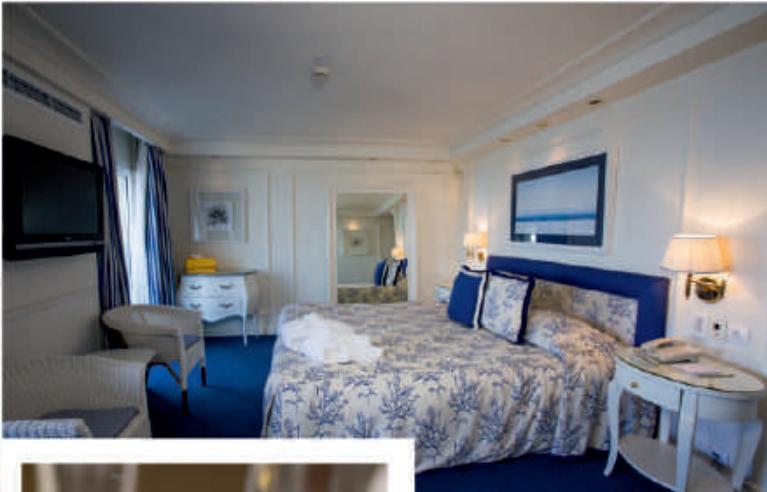


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The development of Greek Health Tourism in 2021

The prospects of Greek tourism before the outbreak of the COVID-19 pandemic were very positive and the Greek economy expected significant contribution from this sector. However, Greek tourism, as well as European and international tourism, suffered great losses, after the extraordinary conditions which came as a result of the ban in cross-border travels, restrictions and the pandemic. Despite the restrictions and bans to travels and tourism activities which affected tourism internationally, Greece retains its position among the most popular Mediterranean destinations. Nevertheless, international travel arrivals have remained low as a direct result of the on-going difficulties in transnational travels because of the pandemic.

According to the official data presented by the Bank of Greece, in 2020 the non-resident travel arrivals amounted to 4.3 billion euros, compared to 18.2 billion euros in 2019 and thus, did not exceed 24% of the corresponding figures of 2019. Arrivals of non-resident tourists in 2020 was reduced by 76.5% compared to 2019. The incoming travel traffic from EU countries decreased less (73.6%) than the incoming travel traffic from non-EU countries (81%). Respectively, the number of tourists from the EU decreased less (71%) than travel receipts from non-EU countries (82%). What we can also observe is that in the second quarter of 2020, the arrivals of non-residents were almost zero, while in the third quarter of 2020, which -in normal conditions- is the peak of the tourist season, the arrivals of non-residents were reduced by 77.4% and 74% respectively compared to the same period of 2019.

According to the final data of January - September 2020 from a Border Survey conducted by the Bank of Greece, in the region of Attica (which collected 27% of receipts and 25% of visits in the period between January - September 2020), there was the smallest loss of visits, 61.9% and 63.3% respectively, while in the insular Regions of Crete - Ionian Islands and South Aegean (including Cyclades and Dodecanese islands), which are popular tourist destinations, the total loss raised up to 82% and 81.8%, respectively.

For the year 2021, Greek tourism is projected to perform better than in 2020, with critical parameters being the vaccination data by country, the epidemiological data and the possible tightening of restrictive measures in the tourist markets of Greece. Hoping not to have any further unpleasant surprises from the epidemiological front, it is estimated that

a continuous vaccination flow, restrictive measures and tests by April 2021, will be crucial parameters and will contribute to the partial recovery of the demand for travel services.

Greece has a unique potential as a health or medical tourism destination being an alternative form of tourism. Health tourism can bring significant growth and economic prosperity and is evolving rapidly and continuously worldwide. Greece has several competitive advantages in this field that are expected to contribute significantly in the development of health tourism. The country has an established health and tourism infrastructure, making the country an attractive destination for medical treatment.

In Greece, health tourism can be developed around the fields of orthopedic treatment and rehabilitation, dialysis, ophthalmology, plastic / cosmetic surgery, dentistry, in vitro and assisted fertilization, transplants and cardiac surgery. Other competitors, which constitute medical tourism destinations are Singapore, India, Brazil, Thailand, Mexico, Costa Rica, Hungary, Turkey and Israel. Target markets for Greece should be Central and Western Europe, Eastern Europe, Russia, as well as countries in the Middle East and North Africa.

According to a recent study, the global health tourism market in 2020 is estimated at \$ 10.1 billion and there are estimates for an expected growth rate of over 12.1% on an annual basis between 2021 and 2027. These figures could lead to a surge in global health tourism market, as more and more people seek new treatments, lower cost or better quality of care in another country. In conclusion, the creation of a strong brand name and reputation for the Greek market, as an attractive medical tourism destination, is crucial for the success of such a strategy. Since health tourism has given the opportunity to countries of completely different profiles to develop into important medical destinations, it is also feasible for Greece to acquire a share in the global market, a share which belongs to Greece and is well deserved.

To sum up, we acquire all the developmental opportunities in order to make Health Tourism the first pillar of recovery of Greek tourism in the post-covid era. For this reason we would like to achieve an important goal:

To place Greece at the top of the world map of health tourism destinations.

George Patoulis

Governor of Attica

President of Athens Medical Association

President of ELITOUR - Greek Health Tourism Council

President of Global Doctors' Hippocratic Institute





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Our Vision

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Our Mission

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Our Projects

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LOCATION

Qatar



PROJECT NAME

Borouge Ethylene Cracker 2

LOCATION

Ruwais, Abu Dhabi, UAE

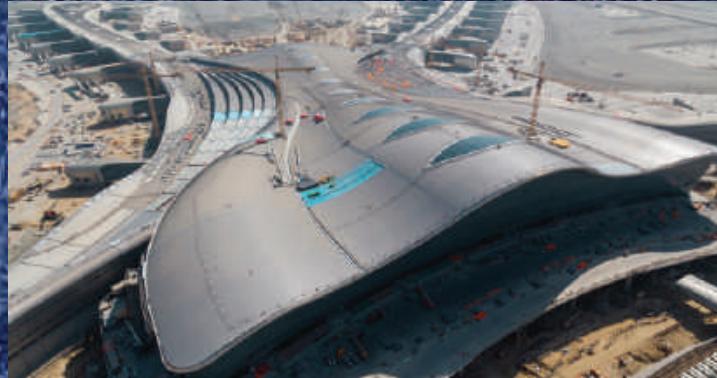


PROJECT NAME

Batinah Expressway, Package 6

LOCATION

Oman



PROJECT NAME

Abu Dhabi International Airport-Midfield Terminal Building

LOCATION

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Vassilis Kiklias

An outstanding Minister of Health with deep human qualities

Vasilis Kiklias serves as Minister for Health in the Cabinet of Kyriakos Mitsotakis. He is a member of the Hellenic Parliament for New Democracy. He is also a retired professional basketball player who played for Panionios B.C., Ionikos Nikaias B.C., AEK B.C., Apollon Patras B.C. and the Greek national team.

In 2006 he was elected municipal councillor of the City of Athens. In 2007 he was appointed by the Mayor of Athens as President of Youth & Sports Organization, a position he held until 2011. In 2007 he was elected as a member of the Political Committee of New Democracy and he has been a member ever since. In local elections of 2010, he was nominated prefect in the Region of Attica, winning second place with a share of 47.50% and was the head of the major opposition of the Attica Region until 2010.

He has been elected to the Hellenic Parliament at every election since May 2012. From 10 June 2014 to 27 January 2015, he served as Minister for Public Order and Citizen Protection in the Cabinet of Antonis Samaras. On 9 July 2019, he was appointed Minister for Health by Prime Minister Kyriakos Mitsotakis. He served as New Democracy spokesman from 18 November 2016 to 9 October 2017.

He became the Minister of Health at the worst health crisis that has ever hit the country, something unprecedented in recent history. His strategic and methodical approach to the crisis contributed to Greece experiencing low case-fatality rate and minimal collateral damage compared to other countries, albeit we have a long way ahead of us before getting back to normality.

His human attitude magnetized not only my own interest, but also that of Greek society.

In fact, time is of an essence, and Mr. Kiklias has started the engine on full throttle. Every day he visits vaccination centers and thanks all those who contributed and continue to do so, in dealing with the pandemic, all the hospitals, all the scientific-medical-nursing staff, including the health authorities who selflessly stood on the front line of the battle.

His grief for all those working in hospital settings runs so deeply that sometimes he gets greatly emotional. I believe that Greek society has given the Minister of Health its trust and loyalty, a direct consequence of Mr. Kiklas' social sensitivity and conscience.

Helen Hovris
Sociologist - Publisher



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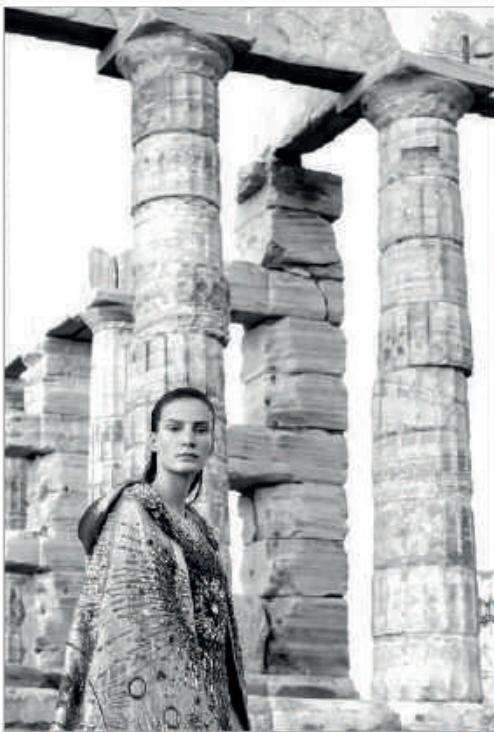
Santé Vital is an outpatient product (primary care), which in collaboration with **Group Affidea**, provides **medical and diagnostic examinations** for illness, accident and / or prevention. Furthermore, it covers an **annual check-up, antenatal exams, physiotherapy** and a **free Covid - 19 test**.



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ROBOTIC SPINE SURGERY



NEUROSURGEON - SPINE SURGEON

Dr DIMOGERONTAS GEORGE, MD, MSc, PhD

Director of Minimal Invasive and Robotic Neurosurgical Department,
Metropolitan Hospital, Athens, Greece.

I was born in Athens in 1973 and studied at the Medical School of National and Kapodistrian University of Athens.

I graduated with honors six years later and specialized in Neurosurgery for six more years.

Neurosurgery made attractive for me particularly due to requirements of special manual skills and abilities in combination with the logical structure and function of the human Nervous System .

As a doctor, I always believed that it is important to offer the patient the maximum possibilities to improve his health, regardless of his financial, educational or social level. For me every patient has the same rights without discriminations.

For the last three years I have been involved in robotic spine surgery in order to improve the accuracy and increase the safety of spine surgeries.

I really believe that medicine owes a lot to technology. However, I also believe that it is wrong for a doctor to deal only with technological development, forgetting the essence of medicine, that is the man. Therefore, in my view, a successful physician and especially a Neurosurgeon is not only the one who knows and successfully applies the full range of Neurosurgical techniques for the treatment of Neurosurgical problems, but much more

the one who really knows how to comfort the soul of the Neurosurgical patient, who often experiences intense depressive feelings of sadness, frustration or even resignation from life.

In the early years of my medical life, I was lucky to read a shocking book, written by surgeon Hans Kiliian, entitled "God Stands Behind Us." The last words of this book have been etched in my soul and mind and follow me throughout my medical career until today.



Info

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www.neuroxeirourgos.gr

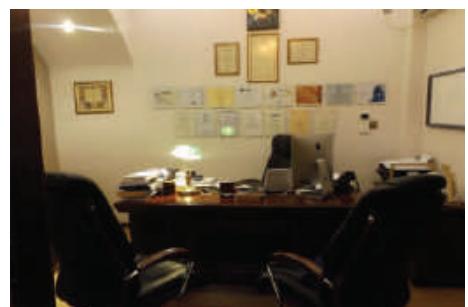


Writes features:

"Complete cure, however, is a fact that the doctor can never achieve on his own, but in this, in their own way, the patient and his environment must work together. And finally, the Great Invisible One stands behind our earthly events and all medical wisdom remains concentrated in the sentence: "Medicus curat Deus sanat". That is: "the doctor hosts, the God heals".

Doctor's Medical Services

- Treating of lumbar disc herniations with percutaneous microdiscectomy
- Treating of spinal stenosis with percutaneous decompressive laminectomy or foraminotomy
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- Dealing with degenerative disc disease with discoplasty (using Discogel or Gel-stix)
- Treating of cervical disc herniations with anterior cervical discectomy and fusion (ACDF or with cervical artificial disc)
- Stabilization of spinal fractures with percutaneous vertebroplasty and kyphoplasty with O-arm and Neuronavigation usage
- Extraction of brain tumors with Neuronavigation and mini craniotomies
- Drainage of cerebral hematomas
- Treating of trapped neuropathies (carpal tunnel syndrome or ulnar neuritis) with surgical decompression or nerve transfer
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- Treating chronic pain with epidural placement of neurostimulator.



MEDICAL TOURISM HEALTH & WELLNESS



Serifos Island

Serifos is an unspoiled Greek island with some of the most beautiful beaches in Greece, an amazing hora and great food.

RHINOPLASTY



OTORHINOLARYNGOLOGIST SURGEON GEORGIOS KARKATZOULIS

ENT director of the Functional and Aesthetic Rhinoplasty Department of Athens Medical Center (Paleo Faliro Clinic)

Nowadays, more and more people want to correct the appearance and function of their nose. However, until recently, the prevailing opinion was that this is an extremely difficult procedure with considerable post-operative discomfort. At last, this should not be the case any longer. In fact, with the new method of closed and scarless Rhinoplasty, the corrections can be permanent, quick, effective and most importantly painless.

This new method involves an incision that is made internally and lasts about 2 hours at most, depending on the degree of difficulty of the problem.

At the end of the operation, a plastic splint is placed outside the nose to maintain the new shape that the bone will take after the operation. An advantage is that no gauze and no plugs (tamponades) get inside

the nose. This means that the patient is able to breathe from the initial stage with their breathing continuing to improve thereafter.

The recovery process is relatively quick. From the second postoperative day, the patient is able to return to non strenuous activities and after one week he or she can enjoy the rest of their holidays or fly back home. Our goal is to achieve both a complete and functional outcome, so that the nose is in absolute harmony with the remaining facial features and at the same time to facilitate maximum breathing. Of course, we focus on aiming for optimal quality care, as well as ensuring that all these operations are completely painless and at a very affordable cost for the patient.



Info

E: geokarkas@hotmail.com
www.karkatzoulisori.gr/en



Mr. Karkatzoulis Georgios is the ENT Director and Head of the Department of Functional and Aesthetic Rhinosurgery (nose surgery) at Paleo Faliro Medical Center. He is a Global Ambassador of the Aesthetic Multispecialty Society, one of the largest aesthetic medicine companies in the world. He has been elaborately and intensely trained in facial plastic surgery, and more specifically in rhinoplasty, microscopic and endoscopic nasal and laser surgery in distinguished international centers (including the university ENT clinics of Cologne, Magdeburg, Düsseldorf, Essen, Tübingen).

A few words about our Doctor

Mr. Karkatzoulis Georgios was born in 1979 in Maroussi, Attica. In 1999, he was admitted to the Medical School of Patras. He graduated in 2006 with a grade of 'Excellent-10' in ENT.

In 2009, he achieved his license to practice medicine in Germany.

In 2010-2011, he worked as an ENT resident at the ENT Clinic in Magdeburg, Germany. In 2011-2015, he was a resident in ENT and facial plastic surgery at the Krupp ENT clinic in Essen, Germany. In 2015, he obtained the German title of ENT specialist. In 2015, he became Consultant (Facharzt) at the ENT clinic in Krupp, Essen, Germany. In 2016-2017, he was senior consultant (Oberarzt) at the ENT clinic of the Siloah-Pforzheim hospital in the state of Baden-Württemberg,

Germany. From May 2018 until present, he is a private otolaryngologist (ENT) surgeon and in January 2021, he became the ENT director of the Functional and Aesthetic Rhinoplasty Department of Athens Medical Center (Paleo Faliro Clinic).

Professional Experience

2015 - Consultant (Facharzt) at the

Krupp ENT Clinic in Essen, Germany.
2016-2017 - Senior Consultant (Oberarzt) at the ENT clinic of the Siloah-Pforzheim hospital in the state of Baden-Württemberg, Germany.

2018 until present - Private surgeon - Otolaryngologist (ENT).

2018 until present - collaboration for surgeries with: ENT Clinic of Athens and Athens Medical Center (Paleo Faliro Clinic)

2021 until present - Director of ENT Department of Functional and Aesthetic Rhinoplasty of Athens Medical Center (Paleo Faliro Clinic).

Languages

Greek, English, German.

Medical Services

- ENT Surgery & Pediatric ENT
- Closed Rhinoplasty Surgery
- Facial plastic surgery.



MEDICAL TOURISM HEALTH & WELLNESS



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43 years of expertise on dentistry and dental laboratory services. We offer all dental treatments with specialized dentists and with our in-house dental laboratory we make ONE DAY DENTISTRY reality. Our in house dental laboratory offer high end prosthodontics.

Innovation & Safety

The latest technologies, the highest standards of safety and innovation, top quality materials and a dedicated specialized team can give you one or more reasons to smile.

Our Vision

Our vision is to offer our patients crystal and healthy smiles, using always minimal invasive protocols and having the latest high-end technology dental equipment.

+ Services We Offer

What we can do for you



Implants

Secure

Replacement of one or more missing teeth
ONE DAY Dentistry if possible



Aesthetics

Porcelain Veneers
Resin Veneers
Bleaching



Prosthodontics

Full mouth restorations
Crowns and bridges
Onlays and Inlays



Conservative Dentistry

Restorative (fillings post and core buildups
Endodontic treatments
Orthodontics

+ Advantages of Crystal Smile Clinic

Meet advantages

+ Laser Dentistry

Zero Traumatic Dentistry, Less Pain, Fast Healing.
Laser dentistry covers all areas of dentistry, including root canal treatments, gum surgery (periodontal surgery), aesthetic treatments and implantology.

+ Computer Guided Implant Surgery

Minimizes the surgery time
Faster recovery
Minimum post-operative complications
Possibility of teeth in ONE DAY

+ Digital Dentistry

Digital Radiography (Panoramic, CBCT, Intraoral)
Intraoral Scanner - Digital Impression
CAD/CAM
3D Printing

+ One Day Dentistry

Aesthetic problems with an indication of crowns & veneers
Crowns or broken bridges on teeth
Extraction with immediate implant and crown
Extensive caries with an indication for inlay / onlay
Split or Chipped teeth

Our philosophy

Health-Aesthetic-Functionality



www.crystalsmilesoultatis.gr
info@crystalsmilesoultatis.gr
facebook.com/soultatisdental



Scan Me



MRCTSCAN in Nafplio is a well-equipped diagnostic center, which performs the full range of required examinations, covering every diagnostic need. Equipped with modern equipment and experienced, specialized staff, it provides high quality services and responsible care to each patient.

The state-of-the-art technology we use, combined with our know-how and our long-term experience in the field, ensure the quality and reliability of all results.





MRCTSCAN performs the full range of diagnostic tests with state-of-the-art equipment that ensures accuracy and reliability. Both the medical staff, as well as the technologists and the rest of the staff of our center, are informed daily about all the new developments in the field and are constantly retrained. At the same time, they have the necessary experience and specialization that guarantees the provision of perfect scientific services.

Thus, we provide our patients with high quality primary health care in the field of diagnosis.

At our diagnostic center there are eight different departments that cover the full range of necessary diagnostic tests. All departments are equipped with modern medical equipment, ensuring the accuracy and correctness of the results. The state-of-the-art technology we use, in combination with the experienced scientific and support staff that staffs our center, are the best guarantee for the high quality of our services.

That is why, during its years of operation, **MRCTSCAN** has gained the trust not only of patients but also of treating physicians.

The departments of our medical center:

- | | |
|--|--|
| <ul style="list-style-type: none">✓ MRI scan✓ CT scan✓ Classic Radiology✓ Panoramic - Cephalometric | <ul style="list-style-type: none">✓ Mammogram✓ Bone Density Dexa✓ Body Ultrasound✓ Vascular Triplex |
|--|--|



Argonafton 1, Nafplio, P.C. 21100

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🌐 www.mediscandiagnostiko-nafplio.gr



PERIODONTIST

PETROS D. DAMOULIS DDS, DMD, DMSc, FICD

Diplomate American Board of Periodontology

Doctor of Medical Science (DMSc) in Oral Biology, Harvard University, Boston, USA

EDUCATION

BSc Pharm, National and Kapodistrian University of Athens, Greece.

DDS, National and Kapodistrian University of Athens, Greece.

Certificate of Achievement in Periodontology, Tufts University, Boston, USA.

DMD, Tufts University, Boston, USA.

Diplomate, American Board of Periodontology.

HONORS AND AWARDS

First in Graduating Class, National and Kapodistrian University of Athens, Faculty of Dentistry (Colgate Palmolive Hellas first prize).

Scholarship, State Scholarship Foundation of Athens, Greece.

Scholarship, Alexander S. Onassis Public Benefit Foundation of Athens, Greece.

Provost's Award for Outstanding Teaching and Service, Tufts University.

Fellow, International College of Dentists.

ACADEMIC APPOINTMENTS

Instructor, Harvard University of Dental Medicine, Boston, USA.

Assistant Professor, New York College of Dentistry, New York, USA.

Associate Professor, Tufts University School of Dental Medicine, Boston, USA.

Professor, Tufts University School of Dental Medicine, Boston, USA.

Director of Advanced and Graduate Education, Tufts University School of Dental Medicine, Boston, USA.

PROFESSIONAL ACTIVITIES

Practice limited to Periodontology and Dental Implants in the USA and Greece.

Member of many scientific and professional societies.

Ad hoc reviewer in several scientific journals

Research funding from academia, industry and government.



Info

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www.damoulisperioimplants.gr

IASPYS

ORAL AND PERIODONTAL HEALTH CARE

Over 80 published articles and abstracts in peer reviewed scientific journals.

Over 100 presentations and invited lectures in scientific conferences internationally.

Extensive didactic and clinical teaching experience in the USA and Greece.

President, Hellenic Society of Periodontology.

Languages

Greek, English

Hospitals-Clinics



Services

Dr. Petros D. Damoulis

- Diagnosis and treatment planning of complex dental cases
 - Treatment of gingival aesthetics including recession
 - Preparation for prosthetic treatment, including ridge augmentation and crown lengthening
 - Preparation for dental implant placement, including ridge augmentation and sinus floor elevation
 - Surgical placement of dental implants
- Our Team of Dental Specialists**
- Complete functional and aesthetic restoration of teeth, including fillings, veneers, crowns and bleaching
 - Replacement of missing teeth with fixed or removable prosthetic devices
 - Dental implants



MEDICAL TOURISM HEALTH & WELLNESS



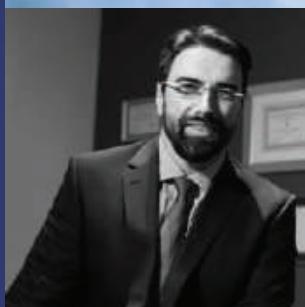
Combine Holidays & Treatment

Ikaria Island

Ikaria is an unexplored, slow-paced, hospitable island in the Aegean Sea. It derives its name from Icarus, the son of Daedalus in Greek mythology, who was believed to have fallen into the sea nearby.



INNOVATIVE ENDOSCOPIC & MINIMALLY INVASIVE SURGICAL TECHNIQUES (MISS)



SPINE SURGEON **GEORGIOS ANT. VASTARDIS MD, PhD**

Chief/Director Endoscopic and Minimally Invasive Spine Surgery (MISS) Clinic

INNOVATIVE ENDOSCOPIC & MINIMALLY INVASIVE SURGICAL TECHNIQUES (MISS) PROVIDE SOLUTIONS FOR SPINAL COLUMN CONDITIONS

The Minimally Invasive Surgery of the Spine, treats the whole spectrum of spinal conditions with modern, advanced techniques. They are implemented with small incisions of the skin (~1cm) and the use of micro-endoscopic techniques under visual magnification. This prevents bleeding and minimizes the destruction of adjoining tissues, achieving a great surgical result.

It includes techniques such as:

- ▶ Epidural, intrathecal infusion (Block), the exclusion of the posterior joints (Facet Joints) and the infusions in the sympathetic nerves. The aforementioned are techniques that can treat chronic or acute spinal or leg pain that the nerve roots are causing, under intraoperative fluoroscopy imaging and under local anaesthesia.
- ▶ The thermal or chemical reduction of the nucleus of the intervertebral disc (discoplasty).
- ▶ Endoscopic, reliefs therapy:

- ▶ Removal of the disc hernia as well as annuloplasty - that means cauterization with radio frequency or laser fibers of the disc annulus, in order to strengthen it or reduce its size - of the fibrous ring, in order to minimise post-operative pain and complications.
- ▶ Rhizotomy, which treats lower back pain which is caused by arthritis or inflammation of the posterior joints of the spine, cauterizing with radio frequencies or laser fibers the medial branch of the sensory nerves, that are responsible for the perception of the low back pain.
- ▶ Relieving the pressure with fenestration or hemilaminectomy of the spine in cases such as the central stenosis of the spine.
- ▶ Foraminoplasty that is the decompression of the nervous structure in a lateral-foraminal stenosis.
- ▶ Endoscopic assisted spinal fusion

The wedge vertebral fracture of the spine, which are caused by some injury or an automatic mechanism due to strain of the spinal column and some related pathology, such as osteoporosis or other conditions, are treated by the kyphoplasty method. Kyphoplasty is a method of internal reduction and stabilisation of the fractures percutaneously. Also when it has to be done the stabilisation/fusion of the spine, in cases that is necessary, we use minimally invasive techniques through percutaneous approaches for pedicle screws and intervertebral cages (Tlif, Xlif, Plif, Axialif ecc.) or artificial discs where is necessary to preserve motion. Many of the above procedures can be performed under local anaesthesia, fluoroscopy with C-arm, O-arm navigation or Robotic assistance. Thus, the patient usually leaves the hospital the same day, a few hours after the surgery, returning to his usual activities as soon as possible.



Info

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www.endospinehellas.gr



About the Doctor

The philosophy of immediate mobilization and the quick recovery of the patients after Endoscopic and Minimally Invasive Spine Surgery, because of the minimal surgical incisions and the minimal tissue destruction during spine surgery was what intrigued me scientifically and it remains my driving force for my continuous expertise in the field of endoscopic and minimally invasive techniques in spine surgery in the U.S.

The newest endoscopic and minimally invasive techniques promise more effective and superior painless treatment for spinal cure injuries (MISS).

Languages

Greek, English

Medical Services

Surgical Procedures

The Endoscopic Procedure of the Spine

Minimally Invasive Spine Surgery (M.I.S.S)

Disorders

Anatomy of the Spine

Disorders of the Intervertebral Disc

Spinal Stenosis

Spinal Deformities (Scoliosis & Kyphosis)

Failed Back Surgery Syndrome (FBSS)

Facet Joint Syndrome

Cervical Disc Herniation

Lumbar Disc Herniation



MEDICAL TOURISM HEALTH & WELLNESS

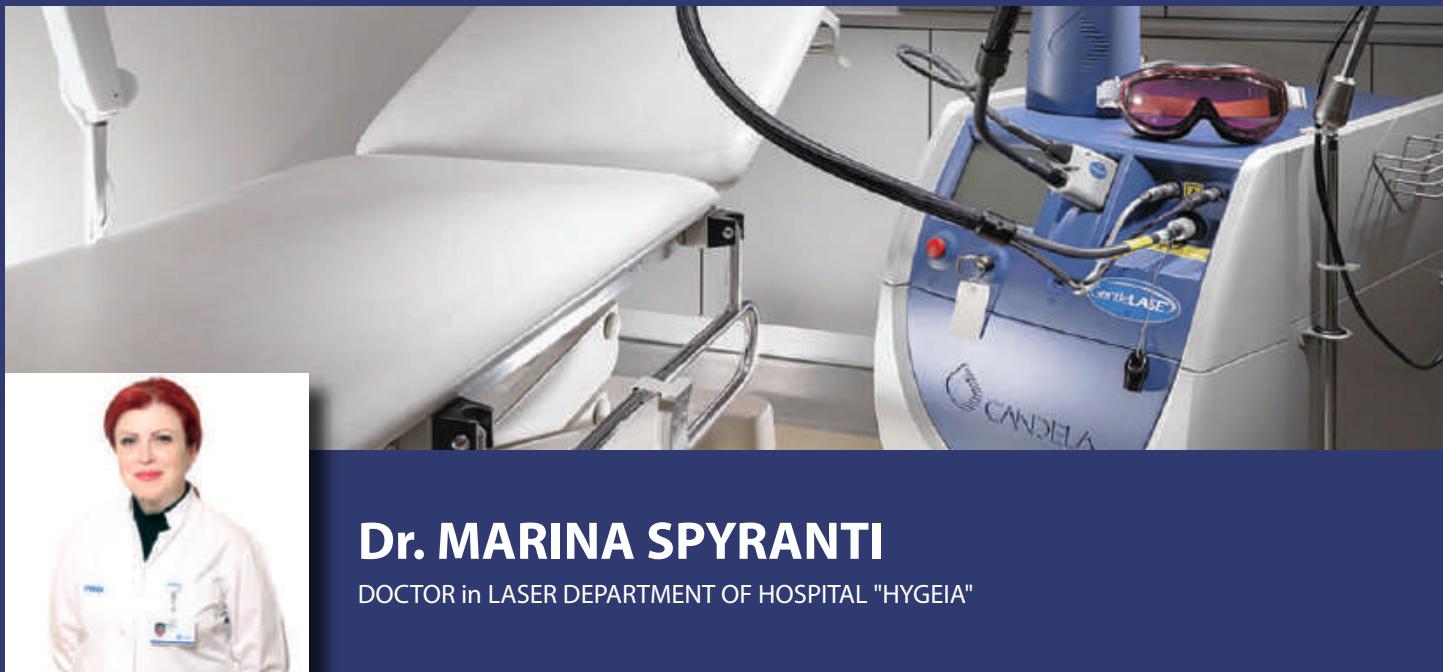


Samothraki Island

A magnificent island of somewhat enigmatic and mystical atmosphere, emerges imposingly from the sea.



LASER TREATMENTS



Dr. MARINA SPYRANTI

DOCTOR in LASER DEPARTMENT OF HOSPITAL "HYGEIA"

Hypertrichosis Treatment "Laser".

Increased hair growth or hypertrichosis is now one of the most important problems modern women facing. Also, more and more men are bothered by their hair for aesthetic reasons.

The term Hypertrichosis refers to conditions characterized by increased hair growth in various parts of the body, with normal for gender distribution.

Laser hair removal is probably the most reliable solution for the treatment of unwanted hair.

The Laser is harmless light beam which is converted into thermal energy and absorbed by the melanin in the hair follicle, destroying the hair in anagen growth phase.

It can be applied to all parts of the body and face every 40-60 days.

The number of sessions depends on the region, quality of the hair, the skin color and hormonal problems.

Laser & Hair Removal - Hygeia Hospital

Hirsutism Laser Division was established at HYGEIA Hospital in 1997.

Having accumulated great experience on the treatment of hirsutism with laser, it was concluded that results are better:

In areas that are less hormone-dependent (e.g. Legs, bikini line, armpits, hands).

In areas where no other method has ever been used.

In individuals with light complexion and dark piliation.

When high levels of energy are used.

More specifically, in these areas it has been noted that after 5-6 sessions in a period of 1 year, piliation is reduced by 70-80%, while the rest of hair come out thinner and lighter in color.

Treatment is painless; it does not cause complications and is applied in other cases as well.

The Division features state-of-the-art equipment which is handled by a specialized surgeon doctor. At the same time, the Division collaborates with similar British and Russian Departments for the exchange of knowledge and experience.

Services

Therapy excess hair face

Therapy excess hair legs

Therapy excess hair arms

Therapy excess hair bikini

Therapy excess hair axillary

Therapy excess hair abdomen

Therapy renewal face

The HYGEIA Hospital Laser & Hair Removal Department is equipped with the latest laser technology and offers effective treatments for removing excess body hair in men and women.

The laser emits a thin beam of light, which is absorbed by the melanin in the hair and causes



Info

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thermal destruction of the follicle, leaving the surrounding skin unaffected. Depending on the type of skin, the lasers used are:

Alexandrite laser

Nd:YAG laser

In most cases, laser hair removal offers a permanent solution and is practically painless. During treatment, the skin is pro-

tected by a cooling mechanism, which helps cool its upper layers. So, the procedure is even safer. The total number of sessions required to achieve permanent hair reduction depends on the sex, body area, and type of skin and hair.

A new state-of-the-art laser hair removal system that combines hair removal with

the treatment of pigmented and vascular lesions has been recently installed at HYGEIA Hospital. The GentleLase Pro-U is a latest generation Alexandrite laser system that offers fast, painless and effective treatment with permanent results. It can be used on all skin types and offers effective action, causing maximum absorption of energy by the targeted skin pigment.



About the Doctor

2017: Certificate from "Cosmopolitan Permanent Makeup" for taking a course of Permanent Make-Up specialized in Eye-brows, with Hair Stroke & Shading Techniques

2016: Certificate from Innova Medical Ltd for handling GentleLASE Pro laser® machines for depilation treatment

2015: Certificate for the Inpatient CPR Education (BLS) in Hygeia Hospital

2000, 2007, 2010, 2014: Certificate from Innova Medical Ltd for handling Candela Mini GentleLASE® machines for depilation treatment

1992: Specialty Aesthetic Performance Certificate from the International School of Hygiene and Health Insurance "Intertits"

August 1985 – July 1991: Degree in Medicine from the State University of S.A. Asfendiarov, city of Almaty, Kazakhstan

August 1981 – March 1984: Diploma in Midwifery from the Medical School of the city of Almaty, Kazakhstan

Languages

Greek, English and Russian

MEDICAL TOURISM HEALTH & WELLNESS



Delphi

At the foot of Mount Parnassos, within the angle formed by the twin rocks of the Phaeidiades, lies the Pan-Hellenic sanctuary of Delphi, which had the most famous oracle of ancient Greece.





**ENDOVASCULAR NEUROSURGEON
INTERVENTIONAL NEURORADIOLOGIST
Dr. GEORGIOS PAVLIDIS MD**

He was born in Katerini in 1959. He graduated from Medical School of Athens in 1988 and had his neurosurgery training at "Asklipiion Voulas", Athens while obtained the Greek Specialty of Neurosurgery in 1995.

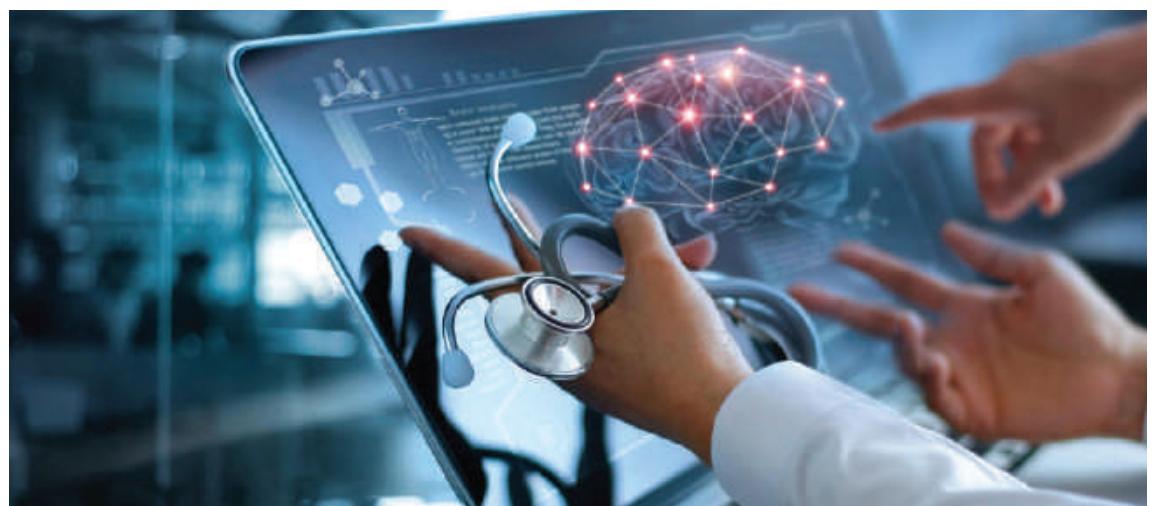
From 1996 until 1998 he worked as an Attending Physician in the Department of Interventional Neuroradiology at the "Hygia Hospital".

He further pursued a Fellowship in Interventional Neuroradiology at the Hospital Petit Salpetriere (Pr. Alfredo Casasco) in Paris, where he worked for a year (1998-1999).

Additionally, from 2000 until 2001 he also worked as Neurosurgeon in the Department of Interventional Neuroradiology at the "Hygia Hospital".

From 2001 until 2003 he was appointed as the Scientific Director in the Interventional Neuroradiology Department at "Medical Center of Athens".

From 2004 until 2008 at "Metropolitan Hospital" and from 2008 until 2015 at "Euroclinic Hospital", he was appointed as the Scientific Director in the Interventional Neuroradiology Departments.



Info
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From 2004 until today he is working as Interventional Neurosurgeon in the Department of Interventional Neuroradiology at the "Medical Center of Athens".

From 2021, he is appointed as the Scientific Director in the Interventional Neuroradiology Department, at "Euroclinic Hospital".

Finally, he was Proctor of Boston Scientific Corporation, training physicians at Belgrade in aneurysm embolization using GD Coils.

MEMBERSHIPS

Hellenic Neurosurgical Society

WFITN (World Federation of Interventional and Therapeutic Neuroradiology)

World Stroke Organization

European Stroke Organization.

Languages

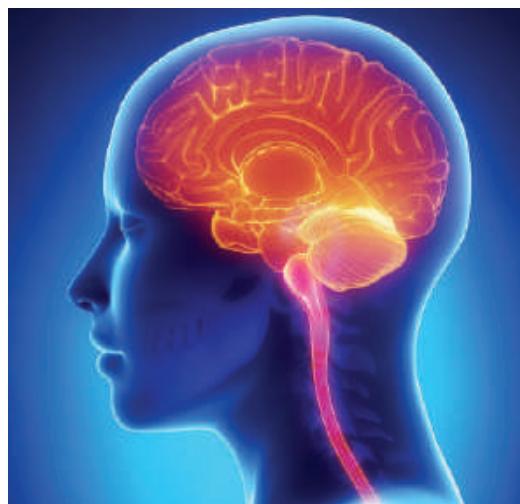
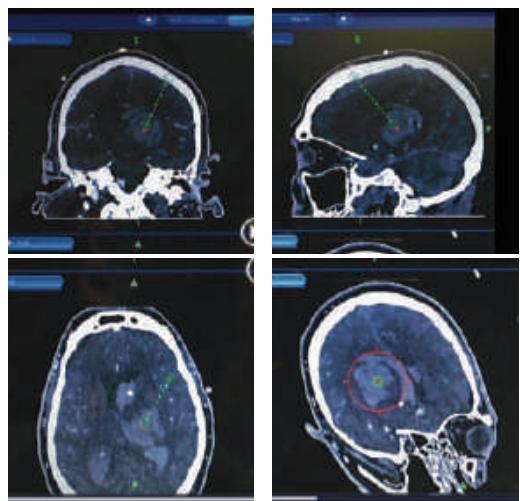
Greek, English, German.

Diagnostic Examination

- WADA Test (Determine the brain language and language controls function)
- Balloon Occlusion Test

Diseases

- Brain aneurysm
- Brain arteriovenous malformations (AVM)
- Dural Arteriovenous Fistula (DAVF)
- Carotid artery disease
- Stroke - Thrombectomy
- Tumours
- Central Neural System tumors
- Treatment of Head and neck diseases
- Treatment of Spinal Cord diseases



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Skopelos Island

The greenest island in Greece, more than half of whose territory is covered with virgin pine forest. Skopelos was chosen for the famous musical "Mamma Mia" establishing the island as a holiday destination for tourists from all over the world.



PHYSICIAN MICROBIOLOGIST - BIOPATHOLOGIST Dr. ALEXANDRA MASTROGIANNAKI - MARINI

fr. Doctor of microbiology Laboratory in Children's Hospital "Aghia Sophia"
fr. Director of Laboratory Hematology - Blood, in General Hospital of Kyparissias

Alexandra Mastrogiannaki - Marini was born in Thymiana of Chios, but now lives and works in Kyparissia, seat of the municipality of Trifylia. She studied medicine at the University of Athens. She served as a rural doctor in Pyrgi of Chios and then worked for 1.5 years in the hospital of Chios. Got specialty in Microbiology - Biopathology (Hematology - Biochemistry - Microbiology - Immunology) in Agia Sophia, Children's Hospital in Athens with the internationally recognized Professor of Microbiology, Antigone Arseni. Since she was an intern she participated in the research work of the Laboratory of the hospital. She was particularly involved with the Haematology (leukemia, Hemoglobin) under the supervision of the late Aris Karaklis, then Director of Laboratory Hematology and Blood in Children's Hospital Agia Sophia. During her specialty she

prepared the following work: "Staining Eyelashes in Pseudomonas" and "Acinetobacter calcoaceticus, as a cause of sepsis in newborns" (A. Mastrogiannaki, E. Malamou, A. Arseni) which was presented at the National Medical Congress in Athens, in 1985. She participated in the research paper "The mycoplasma as cause of sterility in men" carried out under the supervision of Mrs. Giamarellou, Infectious Disease physician, Professor of Pathology, University of Athens.

She has published 11 works and has participated in numerous conferences.

Since 1985, as medical microbiologist - Biopathologist offers her services in the prefecture of Messinia and particularly in the province of Trifylia. Participates actively in conferences and seminars and cooperates with the

headquarters of Microbiology of the University of Athens - Who-net program - on the strength of community antibiotic. At the same time, she is attending the courses organized by the Society for Microbiology.

Today, she has a fully equipped laboratory in Kyparissia with modern machinery and specialized biopathologists, biologist, chemist, paramedical staff, nurses, secretaries and communication manager.

ANALYSIS Laboratory

The ANALYSIS Laboratory provides Primary Care Services, concerning the prognosis, diagnosis and treatment monitoring. Proper organization, scientific training and technological equipment with modern high-tech equipment available, guarantee the quality and reliability of services.



Info



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www.med-professionals.gr/cv/143-marinalexandra
 19 Amvrosiou Frantzi str., Kiparissia
 16 Socratous str., Gargalianoi

The ANALYSIS Laboratory has the following sections:

- MICROBIOLOGY
- BIOCHEMICAL
- Hematology
- Immunology
- Hormonology

It also OFFERS CULTURE SECTION OF ANY KIND, according to the Children's Hospital Agia Sophia standards. Also made:

- MALIGNITY INDICATORS
- ANTENATAL EXAMS SAME DAY.
- BLOOD SAMPLING AT HOME (CHORA, KIPARISSIA, GARGALIANI, FILIATRA).
- It is one of the few private laboratories involved in the National External Evaluation System of results.
- It has developed and implemented a Quality Management System which complies with the requirements of ELOT EN ISO 9001: 2008 (Quality Manage-

ment System) with scope laboratory testing in biological samples

- Serving the province of TRIFYLIA of Messinia and the surrounding area (KIPARISSIA, FILIATRA, KALO NERO, ELAIA, SIDIROKASTRO, AVLONA, KOPANAKI, AETOS, RAFTOPOULO, DORIO, PSARI, FIGALEIA, GIANNITSOHORI, GARGALIANI, CHORA, KORYFASIO etc.)

"Analysis" laboratories group, based in Kyparissia, Ambrosiou Franzi 19, is following the developments and needs of primary health care, using modern technology performs molecular test with real time-pcr of the genetic material (specifically of the n and ORF1ab genes) of the coronavirus (SARS-COV-2). It is considered a REFERENCE METHOD for coronavirus detection.

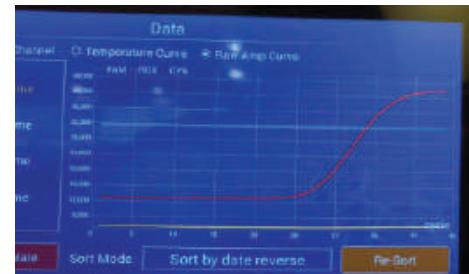
The examination is performed by taking a nasopharyngeal smear under biosafety conditions in the specially designed areas of the "Analysis" laboratories with the medical, paramedical and nursing staff on standby. The results comes out in 45 minutes from the moment the sample enters the device!

Also, in "Analysis" laboratories group we perform QUANTITATIVE MEASUREMENT OF NEUTRALIZING ANTIBODIES (gG SARS-COV-2 antibodies against the S (spike) protein of the virus spike) which also develop in vaccinated individuals.

It is done by the method of chemiluminescence and is ready in 2 hours after the blood sample. This test should be performed 20 days after the 2nd dose of the vaccine.



Image of a coronavirus negative subject, as shown by the device.



MEDICAL TOURISM HEALTH & WELLNESS



Kyparissia

Kyparissia in Greece is a beautiful seaside town on the western coasts of Peloponnese. A relaxing place for family vacations, Kyparissia has many clean beaches and interesting sights to see.





DENTAL SURGEON Dr. MARIOS KROMMYDAS DDS

I have graduate from the Dental School of the University of Athens since 1995. I have participated in many congresses and seminars about aesthetic dentistry, porcelain and composite veneers and immediate implant loading. I have been certified to fit the well-known Lumineers (very thin porcelain veneers), by DEN-MAT USA. I have restore many cases of full mouth reconstructions in a limited time. In my relaxed enviroment, I can take care anxious, or even phobic patients, who are afraid of fixing their teeth.

In my office I can provide:

- In-office tooth whitening (with special tooth-whitening lamp).
- Composite fillings or veneers in the aesthetic area to improve the image of your mouth
- Free - metal restorations (veneers, crowns or bridges) from zirconium, or dissilicate lithium (e-max). Enhance your smile to attract people.

➤ Replace one or more of your missing teeth with immediate loading implants to achieve an aesthetic and fuctional restoration similar to your natural teeth.

Languages

Greek, English

AESTHETIC DENTISTRY

In-office tooth whitening (with special halogen tooth whitening lamp).

In-home tooth bleaching with customized trays.

Aesthetic changes in teeth with resin veneers (bonding).

Aesthetic smile restoration with porcelain veneers.

PROSTHODONTICS

Crowns and bridges with metal substructure or all-ceramic (zirconium - lithium bisilicate).

Resin or ceramic inlays, onlays or overlays.

Full- Partial dentures (implant-retained dentures included).

Full mouth restorations.

Bruxism occlusal guards (for

headaches treatment and tooth wearing protection).

IMPLANTS

Replacement of one or more missing teeth by implants, and fixed restoration of them very soon (immediate loading where possible). Partially or full mouth restoration.

FILLINGS

Restorations of every class, all of them with composite resins ("white" fillings).

ENDODONTICS

Or otherwise, root canal treatment. We use an engine-driven technique in order to achieve the perfect result in less time.

PERIODONTOLOGY

Gingivitis and periodontitis treatment.

PREVENTIVE DENTISTRY

Fluoride therapy and sealants for children in order to reinforce their teeth.

Professional cleaning (ultrasonic



Info

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www.kromar.gr

FB: [Oralhealthcenter Krommydas](#)

equipment, manually-operated scalers, air-polishing).

ORAL SURGERY

We do simple or surgical tooth extractions (wisdom teeth included).

Our Center consists of three fully equipped dental offices, in which we care about the best treatment of our patients.

We use digital technology in diagnosing and treatment (PCs, intraoral camera, digital x-ray etc.), achieving the best results with the least possible risk for the patient.

Regarding hygiene, we apply the strictest disinfection and sterilization regulations on the examination rooms. We use instruments in sterilized packages in order to eliminate cross-infections.



In oral hygiene room we will make you more efficient in cleaning your teeth.

COVID-19 SAFETY PRECAUTION

Dental staff wears surgical masks always and everywhere in the clinic. The patients and their companions must wear masks. When there is a patient in the operation room we additionally wear a full-face shield. Every single day we take our temperature. We also take the temperature of all our patients. Our disinfection routines are totally effective to Sars-Cov2 since we have to deal with microbes much more resistant than Sars. Additionally we use special UVC lamps in the operation rooms after each one patient to disinfect the area. We also have installed UVC lamps into the air circulation system in order to kill Sars and other viruses that are spread into the air.



GBT METHOD

GBT (Guided Biofilm Therapy) is a new method of teeth cleaning that helps us prevent gingivitis, or even periodontitis. The most important cause of oral diseases is biofilm. And now with GBT we have the ability to estimate the danger of a specific patient, and to deal with it. First of all we can calculate the amount and the age of the biofilm (the older is more dangerous) with revealing agents. Then we can remove all of it from the mouth with a very gentle special powder spray using warm water to give a very pleasant experience to our patients. After that we remove the tartar from the teeth with gentle ultrasound tips. And finally, we check for any remnants of tartar with hand instruments in order to be sure the teeth are absolutely clean.



MEDICAL TOURISM HEALTH & WELLNESS



Corfu Island

Corfu, an island off Greece's northwest coast in Ionian sea, is defined by rugged mountains and a resort-studded shoreline. Corfu Town, features winding medieval lanes, a French-style arcade and the grand Palace of St. Michael and St. George.



OBSTETRICIAN GYNECOLOGIST SURGEON **VASILIKI DIMITRELI**

Graduate University of Athens - Specialised in ultrasonic
Associate of "MITERA" Hospital

Date of Birth: 13/10/1963

Marital status: Married with two children.

October 1981- March 1985:

Higher School of Midwives "M. ALEXANDRA" degree "EXCELLENT".

October 1985 - December 1990:

Medical School, University of Athens, degree "Very Good".

1998-2002:

PhD thesis.

2002:

Obtaining an ultrasound execution license.

March 1991- September 1992:

Health Center of Istria as Rural Doctor.

November 1992 - February 1994:

"University Hospital of Livadia", Trainee in Surgery Clinic.

March 1994 - June 1996:

"University Hospital AGIA OLGA" Trainee in Obstetrics Gynecology.

March 1998 - May 2000:

Maternity Hospital "ALEXANDRA" as Trainee in the First Gynecology and Obstetrics University Clinic. 2000-2002:

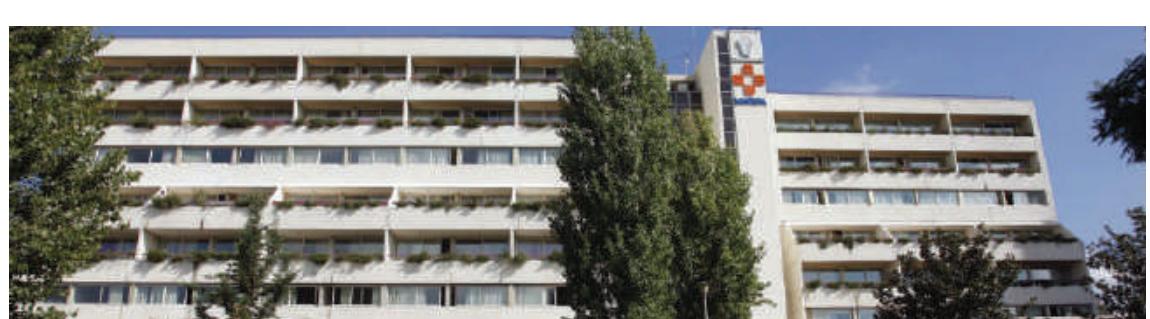
Research Associate of Prenatal Screening section.

2000 to present:

She has a private practice and is cooperating with the private maternity hospital "MITERA".

Languages

Greek, English



Info

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www.dimitreli.gr



Medical Services

- Complete gynaeology check-up
- Colposcopy / Ovarian Ultrasound
- Infertility check examination
- Colposcopy
- Pregnancy Monitoring
- Cervical Test
- Hysteroscopy
- Acuminata Cautery
- Palpation of Breast
- Estimation of Mammographic Checks
- Thin rep
- HPV Test
- Vaccine against Cervical Cancer
- Ovarian Cysts
- Contraception
- Natural Childbirth
- Gynaecological Surgeries - Cesarean section (C-section)



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Monemvasia

Monemvasia means “one entrance” and in fact the only access to this castle is via a causeway. This uniquely preserved mediaeval town is carved into the majestic grey rock like a sculpture.

FREE YOUR PROSTATE FREE YOUR LIFE



SURGEON UROLOGIST - ANDROLOGIST
Dr. PAVLOS GEORGIADIS
WORLD-LEADING EXPERT IN PROSTATITIS

With Dr. Georgiadis' novel protocol the major problem of Chronic Prostatitis and various issues of the prostate can now be solved radically without surgery.

The microbes are almost always the main causing factors for inflammations in the prostate. During a chronic inflammation in the prostate, the following changes occur:

1. Hardening of the prostate gland (the organ starts to malfunction)
2. Erectile dysfunction
3. Urination issues
4. Infertility (or reduced fertility)
5. Enlargement of the prostate (hypertrophy)
6. Potential cancerous tissue generation in the prostate

Until this day, this condition is treated superficially where patients are typically prescribed oral antibiotics for a period ranging up to a month (with limited and temporary improvement) with relapsing symptoms (due to more resistant microbes) ultimately leading to partial or full surgical removal of the prostate gland.

My method approaches this issue of the prostate with a completely different philosophy, where I focus instead on the root cause, before gradually mending the complications.

More specifically, my protocol focuses and succeeds in:

1. Radical cleaning of the microbes.
2. Releasing the veins and nerves of the prostate gland.
3. Reducing the size of the prostate (up to 60%).
4. Returning the tissue to its natural state and thus mending the symptoms described previously.

Protocol

My method consists of:

1. Rigorous and frequent specialized prostatic pressures for a ranging period of time depending on the patient's situation.
2. Tailored oral antibiotics taken in combination with the prostatic pressures after very specialised EPS and semen examinations.
3. Injections of antibiotics directly into the prostate gland.

The success rate of my approach ranges between 96%-98% - for further details and patient testimonies, please visit our website at www.georgiadis-urology.com.



Info

E: georgiadis.urology@gmail.com
www.georgiadis-urology.com

For more than 25 years, I've been successfully treating patients for Chronic Prostatitis (CP) and Chronic Cystitis (CC). Chronic Prostatitis is a condition that, based on my findings, affects almost 70% of the male population, but for which general Urology has not managed to reach a satisfactory consensus.

Problems such as sexual dysfunction, infertility, urinary issues etc. plague the male population but often the average urologist fails to attribute them to prostatic issues. Instead they mislead the patients towards the wrong treatment path (e.g. psychological, neurological, myoskeletal, etc.). From my extensive experience on this issue, in about 90% of patients with the aforementioned issues, the problems stem from the chronic inflammation of the prostate (which later spreads to the surrounding

systems), and the root is almost always microbial.

Through the years of my career, I have investigated, researched and tried multiple methodologies from around the globe, but ultimately I have concluded that the only way to truly and radically treat Chronic Prostatitis, is for one to really understand its physiopathology. Having that knowledge, enables the doctor to apply a therapy that deeply and thoroughly faces the problem at its root. For this purpose, I have developed what I call the "Georgiadis Chronic Prostatitis Protocol" (GCPP), which consists of frequent, thorough and targeted prostatic pressures (not simply massages) in combination with specific antibiotics (which can be taken orally, intravenously or via intraprostatic injections) for a certain amount of time.

The goal of my protocol is complete and radical cure because anything less than that will cause the patient to relapse after a while, which is the reason Chronic Prostatitis is deemed untreatable by many doctors until this day.

Medical Services

Robotic Surgery

Oncology

Prostate - Bladder and Kidney Diseases

Endoscopic Urology

Urinary infections

Erectile dysfunction

Infertility

Urinary Incontinence

Urodynamics

Languages

Greek, English



MEDICAL TOURISM HEALTH & WELLNESS



Zante Island

Zante is blessed with plenty of sunshine, clear turquoise waters, numerous sandy beaches, charming traditional mountain villages and dramatic natural scenery.





OBSTETRICIAN GYNECOLOGIST - ONCOLOGIST, BREAST SURGEON Dr. EIRINI ANGELIDOU - CHERETIS MD, PhD

CHAIRMAN OF THE BREAST UNIT EUROMEDICA General Clinic of Dodecanese, PhD University of Athens Greece

Consultant of IASO Hospital and Athens Medical Cente, Specialized in Germany

Consultant of the academic Clinic of the Dresden University Germany and responsible of the Breast Center and Gyn. Oncology Unit

Birth place: Rhodos Greece

Studies: University of Athens Medical School with excellence, many awards and honors, Mayo Clinic Rochester Minnesota USA, University of Minnesota, Johns Hopkins Hospital in Baltimore, Maryland USA.

Specialization: at the Metaxa Anti-Cancer Hospital in Piraeus Greece in general surgery and in obstetrics and gynecology at the University of Dresden Germany (German title of specialty).

Fellowship: in laparoscopic surgery, gynecological oncology, breast surgery and breast plastic surgery at the University of Dresden, at the Virchow Clinic Charite Berlin, at the Bayreuth Clinic of Erlangen University.

PhD University of Athens on Breast Cancer research with honors

Additional Qualification: gynecological and obstetrical ultrasound (prenatal control, 1st trimester screening, B-level ultrasound) and Doppler, ultrasound and breast diagnosis (guided core biopsy, mammotome) diplomas from Charite Berlin. Colposcopy, diagnosis and treatment of cervical diseases at the University of Leipzig and the diploma of laser applications in gynecology in Berlin.

Publications in Greek and international medical journals and scientific medical studies at Panhellenic, European and World conferences.

Previous work: Consultant at the Obstetrics and Gynecology Aca-

demic Clinic of Dresden University Germany responsible for gynecological oncology and oncoplastic - breast surgery.

MEMBERSHIPS: the Greek surgical society, the Greek anti-cancer society, the Greek obstetrics and gynecology society, the German obstetrics and gynecology society DGGG, the German gynecological oncology organization NOGGO and AGO, the German DEGUM ultrasonography society, the German Breast Group, the ESGE (European society of gynecological endoscopy-laparoscopy), German Society of Senology DGS and ASCO.

Languages

Greek, English, German



Info

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obstetrics-gynecology/breast-center/



Hospitals-Clinics

SERVICES SPECIALTIES

- Delivery - modern methods of painless childbirth
- Full prenatal diagnosis and ultrasound with high definition 3D-4D color ultrasound imaging - amniocentesis
- Laparoscopic-Endoscopic surgery (removal of ovarian cysts, fibroids, laparoscopic hysterectomy), transvaginal operations for uterine prolapse and urinary incontinence surgery
- Gynecological oncology: cervical dysplasia, cervical cancer, uterine body tumors and ovarian cancer (respective surgeries and monitoring)
- Breast: Breast Diagnostic (ultrasound and core biopsy) and Breast Surgery treatment (surgical treatment of breast cancer, lymph node dissection, oncoplastic breast surgery, sentinel lymph node dissection, plastic-aesthetic reconstruction of the operated breast)
- Fertility examination: diagnosis and treatment
- The newest Laser Therapies: for vaginal tightening, Prolaps, Atrophy and Urinary Incontinence
- G-Shot

EQUIPMENT

- Three-dimensional - 3D-4D real time, colour ultrasound VOLUSON E10 GE 2019 for full prenatal, maternal-fetal monitoring and fetal echocardiography
- Cardiotocography for fetal monitoring
- VOLUSON E10 GE 2019 ULTRASOUND for breast - ELASTOGRAPHY, 3D-SCAN for breast and painless sonographic guided

breast core biopsy with BARD MAGNUM CORE BIOPSY SYSTEM

- Transvaginal ultrasound 3D and elastography of high technology
- VOLUSON E8 GE
- Colposcope CARL ZEISS Germany KSK 150 FC for colposcopy, biopsies and cone excisions with LASER for cervical dysplasias
- Hysteroscopy Unit Olympus with ca-mera and downloadable biopsy system.
- Fractional CO₂ Laser system 40W and USA RFmetal tube Gynecological system for vaginal tightening

Diagnostics and monitoring of the patients in the private clinic. Surgeries and deliveries in clinic EUROMEDICA GENERAL CLINIC OF DODECANESE, ATHENS IASO AND ATHENS MEDICAL Group



MEDICAL TOURISM HEALTH & WELLNESS

Combine Holidays & Treatment



Rhodes Island

Rhodes Greece is mostly famous for the romantic Old Town and the amazing beach resorts. With its bright green hills, rich green valleys and uninterrupted line of golden beaches, Rhodes is truly a blessed place.





FALIREAS MICROBIOLOGY, CYTOLOGY AND BIOMEDICAL APPLICATIONS, MEDICAL CENTRE

Falireas Microbiology, Cytology and Biomedical Applications, Medical Centre operates under the supervision of physician Falerea, Ph.D., University of Athens, and founder of the Mediterranean Anemia Prevention Unit and of the Blood Donation Hospital of Kalamata Hospital.

The Diagnostic Center / Microbiology Laboratory is housed in a state-of-the-art building, which was constructed according to the latest medical specifications.

In the ultra-modern medical facilities you can find cutting edge medical devices that are the pinnacle of medical technology in the field of medical microbiology.

The laboratory's highly trained scientific staff is consisting of two physician microbiologists, one biochemist, one biologist, chemist, all of them, fully qualified in their area of responsibility.

The laboratory is certified according to ISO 9001 and operates in collaboration with the largest medical centers in Athens and abroad.

Experience, excellent scientific staff, state-of-the-art facilities and modern medical equipment are a guarantee that the results you receive are equal to or better than the most modern medical institutions currently in place.



Info

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www.mikroviologiko-falireas.gr

9 Chryssanthou Pagoni str. & Mitropetrova,
Kalamata, 24100, Messinia

Tel. +30 27210 25211, Fax +30 27210 89814

Also department in the area of Mani, Stoupa



Medical Services

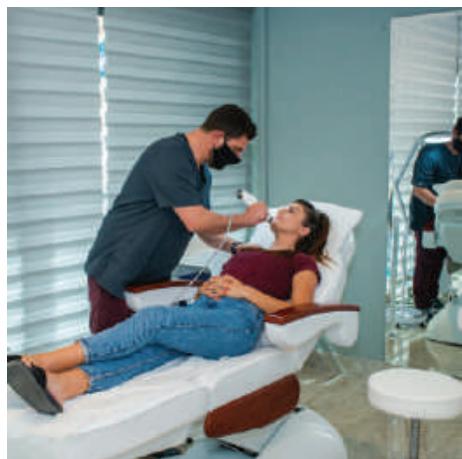
Microbiological, Cytology, Biochemical, Hematology, Hormonal, Immunology, Urological department

Tests for Sars-Cov-2 with RT-PCR, Tests for Prenatal, Molecular Controls, Osteoporosis, Thrombophilia, Cancer Indicators, Chromosomal Anomalies, Alergens, Electrophoresis, PAP Tests, Paracetaments, Thyroid FNT, Urine Cytological Examination, Breast

Palsy are performed, and special discount test packagess are provided.

Quick Exam Answers

Free Blood Donation From Home
Access for disabled
Special prices in Exam Packages
Answers sent by email / fax



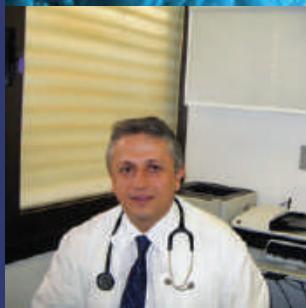
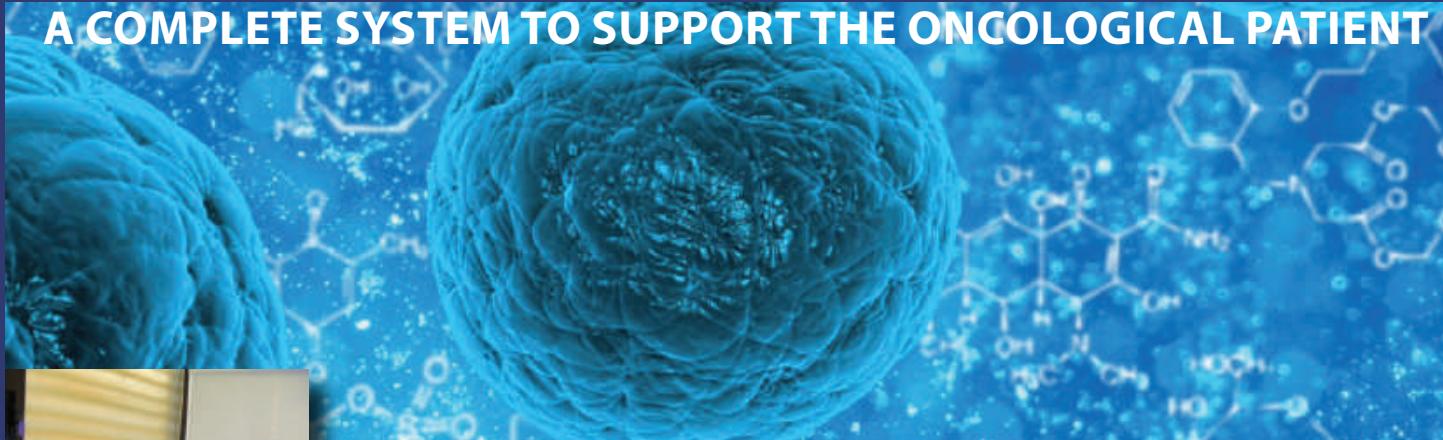
MEDICAL TOURISM HEALTH & WELLNESS



Kalamata boasts modern cafes, beach bars, restaurants, fine hotels, markets, historic buildings, a port, a summer dance festival, a pulsating nightlife and a beach that seems to go on forever.

IASO HOSPITAL & METROPOLITAN GENERAL HOSPITAL PATHOLOGICAL ONCOLOGY UNITS

A COMPLETE SYSTEM TO SUPPORT THE ONCOLOGICAL PATIENT



MEDICAL ONCOLOGIST **Dr. STYLIANOS GIASSAS**

Chief of 3rd Department of Oncology, IASO, Member of HESMO (Hellenic Society of Medical Oncology), Member of ESMO (European Society for Medical Oncology), Member of ASCO (American Society of Clinical Oncology), Member of Hellenic Research Group (HORG)

At Iaso Hospital and Metropolitan General Hospital full and specialized services are offered for the investigation, diagnosis, therapeutic and supportive treatment of neoplasms. The most developed treatments are offered individually, according to the international guidelines, adapted to the genomic and general health profile of each patient mainly and also adapted to the pathological and molecular features of his/her disease, at every stage.

The treatment includes the most modern therapeutic protocols for the administration of chemotherapy regimens, endocrine therapy, immunotherapies, biological treatments, targeted treatments and also local treatments, such as chemoembolization or radiofrequency ablation or microwave ablation or tumour cryoablation or combination of these.

The treatments which do not necessitate long hospital stay, are offered at One-Day-Clinic of the Department, at comfortable and friendly conditions, under the supervision of the attending physicians and of the perfectly trained and specialized to the needs of the oncological patients nursing staff. In some cases of patients, hospitalization for the administration chemotherapy is necessitated and also high-dose chemotherapy with autologous stem cell rescue, in special conditions, at rooms with high-security isolation conditions.

The holistic treatment is realized through the close cooperation of the Medical Oncology Unit with the Oncological Departments, the Departments of Hematological Oncology, Surgical Oncology and the Breast Center of IASO Hospital. In the same time, our Clinic is supported by the Central Laboratories, the Pathology Laboratory (ELOT EN ISO 15189:2012), the Department of Medical Imaging, the Departments of Interventional Radiology and Neuroradiology (IMRT, Cyberknife etc), the Department of Nuclear Medicine (PET SCAN, DOTATOC, etc) and the Pain Clinics of the Department and also by the modern radiotherapy units of the hospitals of Hellenic Healthcare Group.

The medical staff of the Department has an excellent scientific knowledge and long experience, having treated a great number of patients with oncologic diseases, a fact that in combination with continuous medical training, assures the most modern medical treatment. The presence of our medical staff at international oncological events - congresses with posters, presentations, publications and also at the planning of research programs either as participating researchers or as main researchers, strengthen daily the scientific and clinical adequacy for the benefit of the patient.

The management of oncological cases is supervised by the Oncology/Tumour Board of

the Department, where physicians of all the involved specialties cooperate and decide together, targeting to the holistic and most effective treatment of the patient, based always on the last international developments and data.

Also, innovative pilot therapeutic protocols are assured and applied:

- either with the form of early access to international approved treatments, which have not yet been integrated to the Greek daily clinical practice (open access programs, Name Patient Programs)
- or with the form of international clinical studies (Phase I, II, III and IV), of which the organization, the structure and control is harmonized with the related European Directive and Greek Law.

In this way, the possibility for direct access to the most updated-modern therapies is given to the patients together with options in promising and innovative therapeutic approaches.

All the above data make the Medical Oncology Clinic and the Chemotherapy Unit of Iaso Hospital and Metropolitan General Hospital an innovative department in the domain of Oncology in Greece, with international cooperations, combining and introducing daily the scientific progress to the clinical practice.



Info

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Stylianos Giassas, after finishing Medical school with honors, took part in postgraduate education, concerning for urgent pathological and surgical cases. He completed his military service as doctor with the rank of Lieutenant. Subsequently served for two consecutive years in Kimolos in Cyclades as local Practitioner.

He completed his specialization in Internal Medicine - Oncology in the Oncologic Clinic of Heraklion of Crete University and trained at the Beatson Oncology Center in Glasgow of Scotland, having as his Director the Oncology Professor Jim Cassidy.

In January 2006 he began working as a Medical - Oncologist at the A' Oncology clinic of IASO GENERAL Hospital and from 2007 until 2010 at the Oncology Clinic of 6th IKA Oncology Hospital (largest Social Security Organisation).

From 2013 he is the chief of the 3rd Oncology Clinic of Metropolitan General Hospital and from 2016 he also became Chief of the 2nd Oncology Clinic of Iaso Hospital. Today he is the Chief fo both Oncology Clinics(2nd Oncology Clinic of Iaso and 3rd Oncology Clinic of Metropolitan General Hospital).

Languages

Greek, English

Medical Services

- Treat all tumor cases.
- Support and treatment in patients with end-stage neoplastic diseases
- Infections
- Diabetes
- Metabolic syndrome
- Emergencies
- Diagnostic problems.



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Odeon of Herodes Atticus

Built at the base of the Acropolis, the ancient amphitheatre of Herodeion, also known as the Odeon of Herodus Atticus, is today one of the best places to experience a live classical theatre performance.



**Dr. of Manual Medicine - Physiotherapist, Spec. in Osteopathy - Chiropractic
GEORGE EL. GOUDENOS, DN, PT, MT
OSTEO - PHYSOTHERAPY SCIENTIFIC CENTER
MODERN PREVENTION & TREATMENT SOLUTIONS**

Muscle Work & Strength Control

Objective Method of Evaluation & Strengthening of the Muscle Stabilizers of the Spine

WHAT ARE MedX

MedX are special Medical - Therapeutic, Ergometric Machines, high technology that through computers aim at the Evaluation, Strengthening and Restoration of the Strength of the deep Muscle Stabilizers of the Spine.

In this way we control the support mechanism of the Spine at various angles and record their strength, based on the strict use of the International Protocol of the University of Medicine Florida, USA and the University of San Diego, California.

METHOD OF APPLICATION

During the ergometry, the patient undergoes an initial test which records the range of motion of the spine section which must be checked.

Then all the muscles are isolated, except the ones that will be measured.

The patient undergoes measurement of strength and endurance of the support system at various angles and degrees only in the muscles that stabilize the Spine.

EVALUATION, EVALUATION & RECORDING

The measurement is recorded accurately and reliably on the computer giving all the information about the level of strength and endurance of the muscles. This test shows at what angles the muscles are strong or weak and based on this result the therapeutic exercise and rehabilitation program that will be followed by the patient is formed. It can also be assessed whether the patient's muscle fibers are Endurance, Strength or Mixed, thus determining the manner and methodology of exercise.

THE ROLE OF STABILIZING MUSCLES

The stabilizing muscles are located deep in the Spine. Their

role is to create a deep natural zone around the Spine resulting in the support and discharge of the affected area from pressure and loads.

According to well-documented research, these muscles, when there is an injury or pain in the Spine, atrophy faster than any other muscle group in the body.

So when these muscles are atrophic they do not participate in the movement or exercise of the abdominal or dorsal muscles resulting in destabilization of the Spine, regardless of how strong the external muscles are. This fact alone makes the Spine vulnerable even to the most fit athletes or patients.

The importance of muscle stabilizers subverts the theory of abdominal and dorsal muscles as the only shield to support the Spine.



Info

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OSTEO-PHYSIO THERAPY LAB[®]
ΕΠΟΤΥΠΙΟ ΚΕΝΤΡΟ ΟΣΤΕΟ-ΦΥΣΙ ΘΕΡΑΠΕΙΑΣ

ADVANTAGES

Accurate and reliable measurement
Fastest recovery time
Use of international scientific protocol
Ability to continuously monitor the development
Comparison and evaluation of the course with diagrams completely understood by the patient

Exercise economy due to the concretization of the weak points
Avoid interception of exercise by other muscles
Obligation to train lean muscles due to its isolation
Understanding and active cooperation of the patient who is immediately aware - access to the development of his course

Development of positive psychology and shortening of recovery time in a safe and scientific way
Self-sufficiency, self-esteem and lifestyle change
Avoid surgery in many cases where the cause is insufficient support of the spine



The Osteo-Physio Therapy Center operates at 71 Vasilissis Sofias Avenue and includes the Departments of Evaluation and Biomechanics, Spine and Limb Analysis (6th floor), Physiotherapy (7th floor) and Research and Telemedicine Department (8).

Our services are provided by trained partners, utilizing the most modern equipment. Specifically, the scientific team of the Center consists of physiotherapists, osteopaths, chiropractors, kinesiologists, occupational physiologists, specialized therapists, gymnasts as well as specialists in the rehabilitation of diseases and

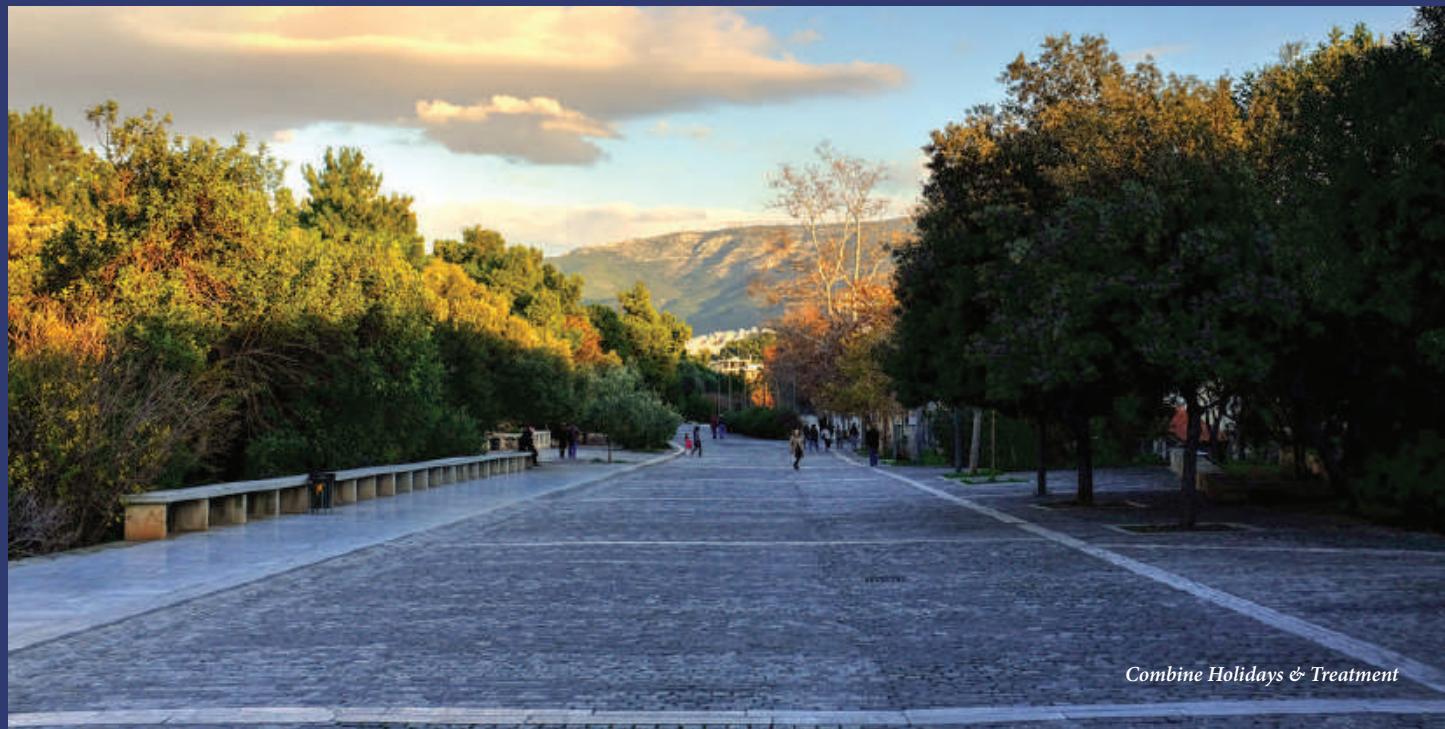
injuries of the spine, joints and workers or sports. We also maintain collaborations with external doctors of various specialties such as orthopedists, traumatologists, neurosurgeons, specialists in the spine and joints, rheumatologists, neurologists and sports doctors.

In 2019 Dr. Goudevenos received the "Best practice in medicine" award

Languages

Greek, English, Swedish, French.

MEDICAL TOURISM HEALTH & WELLNESS



Dionisiou Aeropagitou

The road that connects Vasilissis Amalias with Filopappou is the perfect opportunity to walk, chill and chat, offering a view of Acropolis. Street artists and some ice cream during spring, make the experience even better.



A state-of-the-art Medical Rehabilitation & Treatment Center downtown Athens

THESEUS, a Comprehensive Medical Rehabilitation & Treatment Center, is a state-of-the-art multi-specialty facility, with a total surface area of 7,000 sq.m., downtown Athens, on Syngrou Avenue.

In close partnership with treating physicians, expert medical and nursing staff and specialised therapists we are always there to cater to the needs of orthopedic patients. With the help of rehabilitation protocols, ultramodern equipment and high-quality health robotics, we facilitate the recovery of single or multiple-fracture and arthroplasty patients.

Moreover, at THESEUS, with our post-Covid-19 program, using special medically-supervised rehabilitation and therapy protocols, we assist patients and help restore their strength and endurance for them to eventually resume their normal lifestyle.

We are here for you.

202 Syngrou Ave. & 2-4 Agion Panton, Kallithea
T: (+30) 214 100 6000 | www.theseusrehab.gr



We are here for you





IN LIFE, **WE ARE WINNERS.**

At Henry Dunant Hospital Center
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20 years of devotion to human life.
The prestigious JCI accreditation is the reward
for our efforts and commitment to the security
and quality of our services.

And this is how we go on.
Devoted to the people.

FRANK ZANE



DEVOTED TO THE PEOPLE

HENRY DUNANT
Hospital Center



Organization
Accredited
by Joint
Commission
International



CARDIAC SURGEON **SOTIRIOS PRAPAS, MD, FECTS**

Director of Cardiac Surgery Department, "HENRY DUNANT" Hospital Center, President of the Hellenic Cardiovascular and Thoracic Society of Surgeons (HCTSS), Vice Chancellor of the World Society of Cardiovascular and thoracic Surgeons (W.S.C.T.S), Founder and Chancellor of the "Euro-Asian Bridge Society of Cardiac Surgeons" Society (EAB)

Born in Sykourio, Larissa in 1954, he graduated from the Medical School of the "Aristotle University of Thessaloniki" and had his training in Cardiothoracic Surgery under Professor Panayiotis Spyrou at the "G. PAPANIKOLAOU" Hospital in Thessaloniki. He continued his postgraduate training at the "Royal Brompton" Hospital of London for two years and worked as a Senior Registrar at the "Onassis Cardiac Surgery Centre" for 8 years. He organized in 2001, the Department of Cardiac Surgery at the "HENRY DUNANT" Hospital and is the Director ever since.

He is one of the world's pioneers in Off-Pump surgery (OPCAB). He inspired the globally recognized arterial "Π-graft" technique, supplemental to the OPCAB method, applying Off-Pump, aorta non-touch, and total arterial revascularization. The method proved to be safe and superior to the classic On-Pump Bypass for high risk patients, such as octogenarians, diabetics, patients with renal insufficiency, carotid disease, history of stroke, porcelain aorta and other chronic diseases. On the other hand, the use of mammary arteries in young patients is associated with better long-term results. In 2005, Dr. Prapas, was the first to have implemented in Greece, a combination of an Off-Pump surgical treatment and autologous bone-marrow implantation which appears to improve the patients' functional status.

His academic work consists of numerous full text papers and abstract publications in International Medical Journals, presentations in many International Congresses, many lectures around the world, as well as, a series of visits to over 60 Centers abroad for a live demonstration of the "Π-graft" technique. He is a PhD of the National and Kapodistrian University of Athens. He has taught in the European School of Cardiac Surgery in Bergamo in 2009. Along with Professor M. Tourina were assigned by the "Razavi Hospital" Board of Directors, to establish the "Iranian School for Cardio-Thoracic Surgery", in Mashhad, Iran. He was the Chairman of the 18th W.S.C.T.S. Congress in Kos island, in Greece in 2008.

He is the Chancellor of "THE EURO-ASIAN BRIDGE" Society, a link between Cardiac Surgeons from 28 countries, from Balkans and Middle East, which he personally inspired and created in 2004, promoting the cooperation and friendship among neighbor colleagues. Since 2012, is the Vice Chancellor of the World Society of Cardiothoracic Surgeons (W.S.C.T.S). He is also member in 10 international societies, including the American STS, the ISMICS, the Europeans' E.A.C.T.S. and ESCVS, the Asian Society and others.



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Considered as one of the recognized Cardiac Surgeons of the world, proven by the following:

Professor Denton Cooley, known as "father" of contemporary Cardiac Surgery, congratulated him for the "Π-graft" technique, during the 14th W.S.C.T.S. Congress, in San Diego, California, in 2003, because the technique almost eliminates the possibility of perioperative stroke.

In May 2006, in Saint Petersburg, Russia, during the 55th Annual European Congress of ESCVS, he operated and presented live via broadcasting network the surgery of a Russian patient, using the Π-graft technique.

He was chosen by Medtronic company as one of the 8 distinguished Cardiac Surgeons performing OPCAB, to present their experience at the 20th European Congress of E.A.C.T.S., in Stockholm, Sweden.

He established an international center of OPCAB surgery using the "Π-graft" technique, in the "HENRY DUNANT" hospital in which ten surgeons from abroad were trained on the method.

Dr Federico Benetti, known as the "father" of Off-Pump surgery, wrote to his recommendation letter: "... Sotirios Prapas is undoubtedly one of the most important Cardiac Surgeons of these times".

Medical Services

- Off-pump coronary artery bypass (beating heart) OPCAB surgery using the innovative "Π-graft" technique. A technique inspired by Dr Prapas.
- Effective combined off-pump surgical treatment & autologous bone marrow cell transplantation: a new alternative for patients with end-stage ischemic cardiomyopathy (Prapas' procedure)
- Repair of cardiac valves (mitral, tricuspid).
- Replacement of cardiac valves (AVR, MVR)
- Surgery of aorta aneurysm (Bentall, Tyron-David, ascending aorta and arch).
- Surgical Ablation for Atrial Fibrillation.
- Reoperations of the whole spectrum.



MEDICAL TOURISM HEALTH & WELLNESS



Kos Island-Hippocrates Garden

Philosophical and cultural center, dedicated to the work of the ancient greek doctor and father of medicine, Hippocrates of Kos.



Safety is a first priority and a fundamental value for KLEEMANN

Having been established in 1983 in Kilkis, Greece, KLEEMANN is one of the most important lift manufacturers in the European and global markets, offering any kind of lift for residential and commercial use, for persons or freight, as well as lifting systems, escalators and moving walks, marine lifts, and other lifts of special requirements.

The Group is established in the international market, with its exports corresponding to more than 90% of its total turnover. Its sales network operates in over 100 countries, with local commercial presence in important markets including the UK, France, Germany, Australia, plus, local production facilities in Greece as well as in Serbia and China. Two assembly plants also operate in Turkey and Russia.

At KLEEMANN, we are committed to operating responsibly and with loyalty to our employees, customers, users and all our partners. We prioritise transparency and sustainable growth in order to create added value for both the society and the wider environment in which we operate.

We were called to manage the pandemic crisis almost simultaneously in all countries in which we have a local presence, with China being the first at the beginning of the year.

Undoubtedly, this experience led us to make the most out of every available resource. At the same time, we were fast on decisions and implemented immediate measures to safeguard the health and safety of employees across the Group.

We managed the crisis of the COVID-19 pandemic on four levels. We protected our employees, ensured the smooth operation of the company and the coverage of the needs of our customers, assisted the State's efforts

to address COVID-19 and designed product solutions for protection against the virus.

During the lockdown, we isolated the production lines from each other to ensure a greater level of safety and further equipped them, so that they have greater self-sufficiency of tools and materials. In addition, we extensively implemented remote working for more than 80% of the administrative staff, intensified communications and strengthened the bonds with partners, suppliers and customers.

Throughout the pandemic, we constantly inform our employees, apply health and safety protocols and continue to comply with the prescribed hygiene measures (masks, antiseptics, disinfections, etc.), in order to preserve the health and safety of our employees.

At the same time, realizing the urgency of the situation and in order to contribute to the State's efforts to address the unprecedented health crisis of COVID-19, we proceeded to donate 21 modern electric ICU beds to hospitals across the country, as well as other individual support actions of the social structures of the prefectures of Thessaloniki and Kilkis.

Finally, guided by public safety, we presented an innovative range of solutions to protect the health of elevator occupants. KLEEMANN R&D Department has integrated Elevator Air Purifier in the lift cabin which eliminates bacteria and influenza virus with success rates of up to 99%. In addition, the company has developed antibacterial elevator buttons and touchless activation buttons. Furthermore, the Hellenic Copper Development Institute certified the KLEEMANN cabin that is made of antimicrobial copper alloy (certified by the E.P.A., USA). The cabin was certified for its provision of antimicrobial protection to the public.

TRUE PROTECTION

With safety at the core of its values, KLEEMANN presents an innovative series of solutions that safeguard the hygiene in the cabin and protect the passenger at all times.



1 Uncontaminated air in the cabin interior

KLEEMANN ELEVATOR AIR PURIFIER

The Elevator Air Purifier is a two phase technology that uses molecular materials and UV light to totally disinfect the cabin for clean, uncontaminated air.

2 Touch-safe or touch-free lift operation

KLEEMANN ANTIBACTERIAL BUTTONS

The Blue Line KLH-42R buttons with nano-silver coating, can provide antibacterial and antifungal protection and effectively reduce the risk of infection.

KLEEMANN TOUCHLESS BUTTONS

The Passenger simply reaches to the induction area at a distance of max 1cm from the button and the call is activated without any physical contact needed.



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Your 1st Choice in Lifts



in more than 100 countries worldwide

Nothing in this document shall be construed as a representation made or warranty of any kind, express or implied, given by KLEEMANN as to the reduction of bacteria.



HAPO
HELLENIC AQUACULTURE
PRODUCERS ORGANIZATION



Hellenic Aquaculture Producers Organization (HAPO) A model of collaborative innovation and development

Greek aquaculture had to reach a low point before it became clear that it is not an amateur occupation but an activity that requires strategy, know-how and national consensus to face international competition. It is an economically important sector, ranking second in exports after fruit and vegetables, while creating jobs and prosperity, especially in peripheral and island regions unable to acquire a comparative advantage in other economic activities.

HAPO is giving Greek aquaculture its rightful place, in Greece and internationally.

The initiative of the Organization's 23 members to join forces and, regardless of their healthy, day-to-day competition in the market, respond to the challenges, opportunities and prospects of their sector in a systematic manner with a long-term perspective, has resulted in one of the most successful examples of collective representation and promotion of common entrepreneurial aspirations in the Greek business landscape. At the same time, a special culture of trust and responsibility is being built, thanks in no small part to the adoption of good environmental practices and respect for society at every level, which have become an integral part of the members' collective mindset.

Under the collective trademark 'Fish from Greece' and in order to make the consumer public aware of the benefits of Greek farmed fish and dispel the myths and stereotypes surrounding Greek aquaculture, HAPO is implementing an integrated communication program in Greece and Italy focusing on the transparency of the Greek seas and the transparency of the production processes of all members. Apart from its strong communication dimension, this program is also supported by the 'Fish from Greece' Private Certification Protocol, which reflects HAPO's commitment to safeguard the quality of its members' products with strict standards and investment in material and human resources, with the aim of offering a top-quality product on the Greek and international markets.

In addition, HAPO is building and promoting constructive, sincere cooperation with the Ministry of Rural Development and Food, the Ministry of the Environment and Energy, as well as local government and economic operators at both a national and regional level. With informed views, the Organization expresses the substantiated positions and serves the collective vision of the sector.

Equally strong is the interaction with the country's Academic and Research community, culminating in the preparation of the 'Mediterranean Fish Welfare: Guide to good practices and assessment indicators' in collaboration with the Biology Department of the University of Crete, which has been approved by the Ministry of Rural Development and Food and now serves as the National Guide for the sector. This guide is just part of a wide-ranging program of HAPO aimed at creating national guides on good practices covering each area of operation of Greek aquaculture. Also, in the framework of these efforts, the Technical Committee of HAPO worked with a number of respected scientists to prepare a study entitled 'Modern Fish Feed for High Nutritional Value and Welfare'.

It is worth stressing that HAPO places great emphasis on supporting local communities in areas where its members operate. Actions with a positive social footprint are an integral part of the Organization's philosophy; actions to ensure the wellbeing of employees and sustainable development, which contribute to the decentralization of expertise and specialization.

With passion, dedication and commitment to its strategic vision and tactical objectives, HAPO is pressing ahead with consistency and responsibility. The year 2021 will be one of intensive work, focusing in particular on the exceptional issues that arise in the sector, but also on growth and further progress, with optimism and creativity, as befits an Organization with a leading presence and strong influence in Greece and Europe.

Greek fish farms join forces in a national cause



The Hellenic Aquaculture Producers Organization (HAPO) is the main developer of Greek Aquaculture and creator of the collective trademark 'Fish from Greece'. Its 23 Members, all Greek producers, account for more than 80% of Greek aquaculture production. HAPO's mission is to increase the output and sale of its members' products while consolidating its position as a leading force in the Greek and international European market. HAPO operates on the basis of respect between members and consumers, a collective purpose, trust, pride in the sector and its products, and in accordance with the principles of the Blue Economy. The collective trademark 'Fish from Greece' serves as a seal of trust and reliability for buyers and consumers of fresh Greek aquaculture fish all over the world and is supported by the 'Fish from Greece' Private Certification Protocol.



www.fishfromgreece.com 210 6641520



BOLTON
HELLAS

Bolton Hellas S.A. is member of Bolton Group, which produces and distributes worldwide **Fast Moving Consumer Goods** of high quality. Bolton Hellas is a leading company in Greece with an established and successful presence in the areas of **Food, Homecare, Personal Care and Dermocosmetics**.



We Care Where You Care

HYGEIA and **MITERA** Hospitals are members of Hellenic Healthcare Group (HHG) a leader of healthcare services in South East Europe, offering high quality medical services with a robust infrastructure and a hospital organization of international standards. HYGEIA and MITERA have 685 active beds, 43 operating rooms, 11 delivery rooms and 9 ICUs. There are more than 2,500 employees and 4,200 associate physicians whilst in 2019, we treated 52,445 inpatients, 385,234 outpatients and we performed 8,241 births.

HYGEIA and **MITERA** Hospitals are located in Athens, Greece and are fully equipped with the most advanced medical technology. Both Hospitals have experienced professional staff that consists of highly trained medical professionals and nursing personnel.

HYGEIA Hospital is the first private hospital in Greece accredited since 2010 with the Joint Commission International (JCI) standard, the leading accreditation worldwide for Quality and Safety standards in healthcare services. HYGEIA operates for 50 years and covers 50 different medical specialties. HYGEIA extends to 17 floors and provides private and semi-private rooms, small and large suites as well as a VIP suite.

MITERA Hospital is the largest private maternity hospital in Greece and offers comprehensive healthcare services specifically to women and children, for more than 40 years. All its departments are ISO 9001 certified and in particular its IVF UNIT. IVF MITERA, is accredited by the Global Clinic Rating (GCR), as one of the best IVF Units in Greece and worldwide. IVF MITERA also provides exceptional emotional support to patients at all stages of their journey by taking The Patient Pledge, the latest patient support program offered by National Fertility UK, the leading patient - focused fertility charity in the United Kingdom.

HYGEIA and MITERA are the best choice for a wide range of medical services, including the following:

Robotic Surgery: The da Vinci Xi robotic system is the most advanced technology in medical robotic systems and is safely used for many years now in a wide range of surgeries and treatments. It ensures reduces the smallest possible incision, thus decreasing significantly the hospitalization time and minimizing patient's discomfort.

Orthopedics: All orthopedic clinics are staffed with highly trained orthopedic surgeons, whilst offering specialized orthopedic surgery, focusing on minimally invasive techniques as well as with the use of MAKO robotic arm assisted technology.

Oncology: The HYGEIA Hospital Radiation Oncology Centre is the biggest Cancer Center in a private hospital in Greece and is a Centre of Excellence for Stereotactic Radiotherapy /Radiosurgery according to the International Radiosurgery Association.





IVF: At our newly refurbished Assisted Reproduction Unit of MITERA, our main goal is to provide comprehensive diagnosis and customized infertility solutions to couples. Operating since 1994 under strict guidelines adopted by top IVF units in Europe and the USA, our IVF Unit offers high pregnancy rates of international standards and is extensively trusted by many couples from all around the world.

Pediatrics: Mitera has the biggest private pediatric clinic in Greece, treating more than 5.000 pediatric cases every year. Mitera Children's Hospital has more than 50 sub-specialties of pediatricians and a 24/7 Pediatric ER unit available, offering comprehensive primary and secondary care for children of all ages and addressing any health problem that they might have.

Moreover, other highly reputable hospital departments include:

Neurosurgery, Urology, CT, MRI, Cardiology, Cardiosurgery, Pediatrics, PET/CT, Checkup, Gynaecology, Lithotripsy Center, Cosmetics, Breast Center and Gamma Knife Treatment.

HYGEIA and MITERA Hospitals have established a specialized International Patient Services (IPS) department, in order to meet the needs and expectations of all international patients in a personalized and friendly manner. IPS is committed to make the visit of patients and their relatives, as convenient and stress-free as possible. For that, IPS offers free-of-charge advice and help on the following services, upon request:

- ▶ Schedule appointments with Hospital medical staff
- ▶ Coordinate hospital admission, hospitalization and discharge process
- ▶ Make transportation & accommodation arrangements with hotels in Athens
- ▶ Provide interpretation and language assistance
- ▶ Offer travel & repatriation support
- ▶ Assist in insurance & billing procedures
- ▶ Facilitate the communication between the patient, the Hospital and third party insurance companies, embassies and other businesses
- ▶ Arrange for a second medical opinion
- ▶ Make VISA arrangements
- ▶ Offer post-hospitalization support
- ▶ Cover most hospitality services and intercultural requirements including special dietary and religion needs
- ▶ Arrange air ambulance transportation around the world



Contact information: ips@hygeia.gr
Tel.: +30 210 6867788. www.hygeia.gr



**ATHENS MEDICAL
GROUP**

Always one step ahead!



Destination: Greece

when you're in need, trust the experts for health guidance!



A Legacy of Excellence

Athens Medical Group (AMG), the leading healthcare provider in SE Europe, was founded in 1984 by Dr. G. Apostolopoulos with a vision to stop the outflow of Greek patients, towards established medical destinations in Western Europe and the USA.

Today, AMG runs 8 ultramodern hospitals with a capacity of 1,200 patient beds. It collaborates with more than 2,800 highly qualified physicians of all specialties, with international careers in Europe and in the USA and employs more than 3,000 full time employees.



www.athensmedicalgroup.com

Passion for Better Medicine

- Center of Excellence in Robotic Surgery, Oncology, Orthopedics, Gynecology, Sports Medicine, Hand Trauma, etc.
- Established academic collaborations: Asklepios Kliniken GmbH, MD Anderson Cancer Center, USA, the Fetal Medicine Foundation (FMF), UK, the IRCCAD/EITS of the Medical School of Strasbourg, the Robotic and Laparoscopic Center of the Saint Augustin Clinique in France, etc.

Healing is our competitive advantage

- Robotic Surgery, Heart Surgery, Interventional Cardiology, Oncology, Neurosurgery, Interventional Neuroradiology, General Surgery, Women's Health, Orthopaedics, Microsurgery, Plastic Surgery, IVF, etc.
- Multimillion investments, in state of the art equipment and infrastructure: Da Vinci® Xi HD (vs 2019), Focal One® HIFU (High-Focused Ultrasound) Robotic Surgery system, Hybrid operating theater, Discovery IGS 740, GE, Signa® Architect 3.OT MRI, GE, ROSA® Knee System, ZIMMER BIOMET, PET/CT Positron Emission Tomography (Siemens), Elekta (3D RT Conformal, IMRT, VMAT, IGRT), etc.

Medical Tourism: Providing an Exceptional Experience to more than 8,500 international inpatients and 27,000 outpatients, per year

- AMG's International Patient Centers, are staffed with multilingual, highly trained, experienced personnel, ensuring premium care with a personal touch.

- Certified with the strictest international standards of service, indicatively, ISO 9001:2008 for Organization & Management Health Care Services, by TÜV Nord, TEMOS "Excellence in Medical Tourism", "Quality in International Patient Care", Global Healthcare Accreditation (GHA), etc.
- Enduring Customer Experience, through Personalized VIP support to patients and family, 24/7, with no extra charge, Door to Door concierge services (travel, accommodation, transportation, translation), fast lane pass to all medical services and procedures, complete medical file in English language, etc.
- Emergency Medical Services, through emergency telephone line (11155), 24/7 ambulance service (EMS), air transport and collaboration with major international insurance & assistance companies.

The place where life begins:

FIVI Fertility & IVF Center, the most advanced Assisted Reproduction Unit in Greece

- Established within the premises of European Interbalkan Medical Center, in Thessaloniki.
- Equipped with the latest and up-to-date technology and infrastructure laboratories in Europe.
- Designed to meet ISO CLASS 7 air quality.
- Electronic sample monitoring through "RI Witness" system.
- Certified with the highest quality standards, Swiss Approval with EN 15224 standard.

EUROPEAN INTERBALKAN MEDICAL CENTER - THESSALONIKI



International Certifications



CENTRAL CLINIC OF ATHENS

RESEARCH & TREATMENT MEDICAL CENTER



CENTRAL CLINIC OF SANTORINI

RESEARCH & TREATMENT MEDICAL CENTER



"CARING FOR PEOPLE"

"Central Clinic of Santorini" is an Innovative Diagnostic and Treatment Center, located in Fira, the Capital of Santorini Island. It has been founded by a team of experienced doctors in 2011, providing high quality medical services, with dignity, respect and responsibility. The highly trained and experienced personnel are 24 hours a day, 7 days a week, on duty, for prevention, early diagnosis and treatment of every patient.

All departments of Central Clinic (orthopedic trauma, cardiology, laboratory & radiology (CT & MRI)), are highly technologically equipped, in order to provide health services, responding to the patients' needs in the most effective way.

Especially, the laboratory and the radiology departments are equipped with the unique in Greece, system PACS, which can transmit the results of every medical test – even the pictures, videos themselves everywhere in the world so that your family Doctor can get involved in the Diagnostic and Therapeutic procedure in real time, wherever he/she might be.

"Central Clinic of Athens" is a recently founded sophisticated private sector clinic located at the center of Athens which operates since June 2000, as a Research, Diagnostic and Treatment Center. The Clinic is accommodated in modern building facilities with mechanical and electrical installations of a surface area totaling 7.500 m². With more than 200 employees, this progressive, Central Hospital provides capable, compassionate care for its patients, as well as for its outpatients and annual emergency room visitors. The goal of our mission is our commitment to excellence in serving patients, from providing an aesthetically pleasing environment, to ensuring quality in medical care.

Central Clinic allocates 140 specially designed and fully equipped beds of various categories, in exquisite hotel-like areas. It has 11 modern operating theatres, which have been constructed with the strictest of standards to minimize in-hospital infections and Intensive Care Unit with 8 beds which are equipped with state – of – the – art technology in order to safely cover all patients. The outpatient department of Clinic covers all the specialties, providing high quality medical services in hundreds of patients every day. The capacity to cover these services and particularly as far as acute cases are concerned, is continuous, daily and on a 24 – hour basis. The Clinic also operates 3 ambulances, fully equipped mobile units, which handle the transportation needs.

The total force, the staff and technological equipment, have been organized and operate according to high standards. Every employee receives excellent training under the spirit of satisfying our patients' needs first, providing a safe and secure environment for care and healing.



CENTRAL CLINIC OF ATHENS
RESEARCH & TREATMENT MEDICAL CENTER

31, Asklipiou Str., 106 80 Athens , T. +30 210 36.74.000 - F. +30 210 36.05.110, E. ccaa@centralclinic.gr

www.centralclinic.gr



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- Results within 6 hours** 
- Carefree Holidays** 

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24h Ambulance – Mobile Cardiological Unit

Maritime Department

In-Home Medical Services

Medical Departments

- Surgical
- Cardiology
- Pathology
- Urology
- Orthopaedic
- Gastroenterology
- Pulmonology
- ICU (12 beds)

Medical Labs

- CT scan
- U/S
- X-ray
- Gastroscopy
- Colonoscopy
- Spirometry
- Bronchoscopy
- Heart Triplex
- ECG Holter
- ABP Holter
- Hematology
- Blood Chemistry
- Microbiology
- Immunology

 **Etolikou 55, Piraeus, 18545**

 **+30 210 46 11 204, +30 697 46 11 204**

 **info@cosmoclinic.gr**



Rhodes Medical Care

(at Krito Builing)!

The **Rhodes Medical Care**, based on the island Rhodes in Greece, has been providing consistently high quality health care outpatient services for over 12 years. We are the leading and only Medical Center on the island of Rhodes, offering **12 doctors** with various fields of expertise. All patients treated at **Rhodes Medical Care** receive prompt, efficient and professional medical attention through our friendly and multi lingual staff. **Rhodes Medical Care** is offering residents and visitors alike the highest standard of health care and is operational **24 hours a day, 7 days a week and 365 days a year**. Patients may be examined at our medical center as well as at their hotel or accommodation. We accept all recognized travel and medical insurance policies, so each of our visitors will feel familiar and safe in a foreign country.

Services

On-site Laboratory

Microbiological, Hematological, Biochemical

Off-site Radiology Department

In cooperation with Aegean Imaging MRI Scanner, CT Scanner, Ultrasound, Full X-RAY equipment

Medical short stay

Out patients, IV Treatment

Surgical Services

Orthopedic surgery and Traumatology Department, Gynecologic surgery

Pulmonary

Inhalation treatment (respiratory), Medical oxygen, Spirometry, Blood gas analysis

Pediatric

Pediatric respiratory disorders: Inhalation Treatment, Medical Oxygen, One Day Care treatment - IV infusion

Gynecology

Cardiology

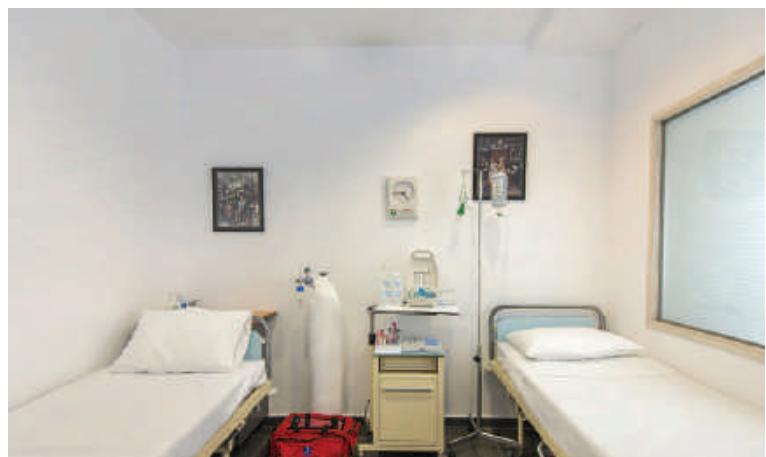
Echocardiography, Treadmill stress test, 24hrs/7days ambulatory ECG (Rhythm holter monitor), 24hrs ambulatory blood pressure measurement (Pressure holter monitor)

Orthopedic

All orthopedic acute and chronic disorders: Plantar foot pressure assessment and gait analysis, Extracorporeal shock wave therapy (ESWT for tendinopathies and musculoskeletal disorders), Osteoporosis diagnosis and treatment, Back and Sciatic disorder treatment, Mesotherapy, We provide wheelchairs, crutches, braces, Stem Cell Therapy to repair damaged knee cartilage, PRP (Platelet-Rich Plasma Therapy).

Dental

Medical Escort for repatriation



Rhodes Medical Care

(KRITO Building)

Ioannou Metaxa 3 Str

Rhodes, 85100 Greece

Phone: +30 22410 38008

Phone: +30 22410 30020

Fax: +30 22410 31323

<http://rmc.gr>

e-mail: info@krito.gr

RHODES
MEDICAL
KRITO BUILDING CARE

The highest standard of medical care

SEA Medical Health Clinic

SEA Medical Health Clinic is the first fully equipped private polyclinic in Cyclades, covering 18 medical specialties.

It is housed in 1600m² facilities, at Aggelika, Mykonos, on Ornos ring road, providing premium services to meet the healthcare needs of the island through complete medical care to the standards of large private medical institutions. Our aim is to ensure high quality healthcare services to the residents of Mykonos as well as those of neighboring islands (Tinos, Syros, Naxos, Paros, etc.) and to the visitors of our island, that tend to be over 2 million.

The Clinic provides services 24 hours a day, 365 days a year, with fully equipped ambulances and walk-in and outpatient clinics, an emergency department and a well-equipped diagnostic sector to treat any emergency. SEA Medical Health Clinic also provides the possibility of direct air transportation, and cooperates with all private insurance companies in Greece and abroad.

Clinical Therapeutic Sector

- Outpatient Clinics & Scheduling Appointments
- Outpatient Clinics & Emergency Department

Diagnostic Sector

- Central Laboratories
- Imaging Department

Ambulances

Immediate air transport
Nursing Sector

MEDICAL TOURISM

- PCR Tests
- Aesthetic Dermatology
- Cosmetic Dentistry
- Renal Dialysis Unit



Aggelika, 84 600 Mykonos, Greece
T+30 22890 27350, F+30 22890 28580
E: info@seamedical.gr
www.seamedical.gr

SEA
SOUTH EAST AIGAION
MEDICAL HEALTH CLINIC

SEA Dialysis



SEA Dialysis was created with the goal to enable dialysis patients from all over the world to visit and enjoy their holidays in one of Greece's most famous destinations, the beautiful island of Mykonos!

Our state-of-the-art dialysis facilities comply with European health and safety directives and are designed to the high standards of a luxury hotel, aimed at offering a seamless transition between your holiday activities on Mykonos and your dialysis treatments.

Our spacious dialysis stations will offer amazing views of Mykonos while our experienced medical and nursing staff take care of your every need. Your utmost comfort and safety is our top priority and commitment.

SEA Dialysis is a new state-of-the-art dialysis center that complies with European standards of health and safety while providing quality dialysis services in a luxuriously designed modern setting offering stunning views of the Aegean Sea



**SEA
DIALYSIS**

Aggelika, 84 600 Mykonos, Greece

T: +30 22890 27350 F: +30 22890 28580

E info@seadialysis.com

www.seadialysis.com

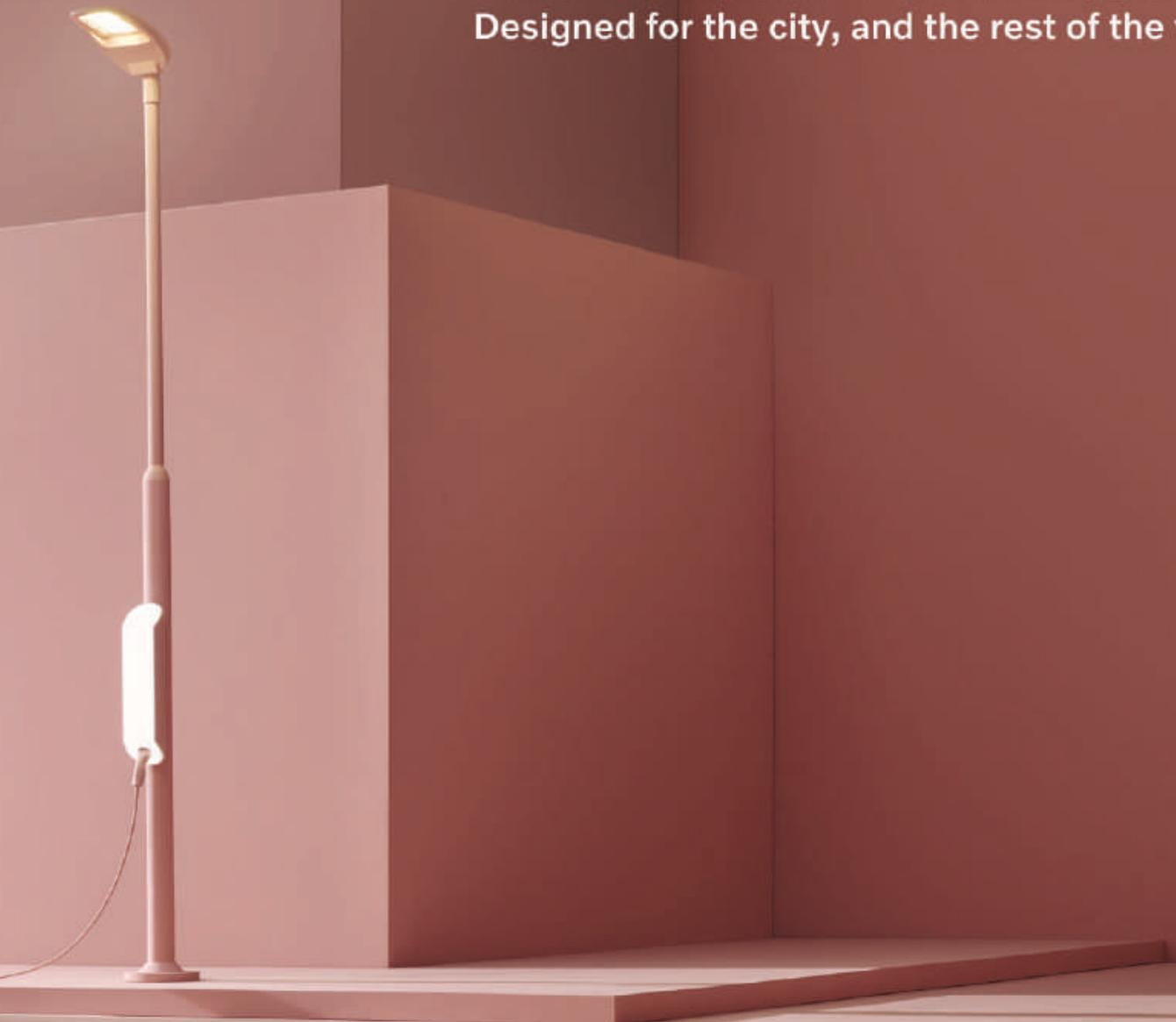




Volvo XC40 Recharge Pure Electric P8 AWD: CO₂ emissions 0 g/km; consumption 23,8 - 25,0 kWh/100km; Range up to 418km (combined cycle), range up to 539km (city cycle). All technical data are measured according to WLTP (Worldwide Harmonized Light Vehicles Test Procedure). Volvo Line: 210-6241833

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Flowers

"We welcome you to our flower shop. An environment full of flowers! For the most important moments of your life, trust Vagenas flower shop.

With great specialization and many years of experience in the field, love, imagination and passion we make every bouquet, every flower composition, every wedding, every baptism, unique and special, exclusively for you. The signature of our imaginatively unique and innovative creations will give shine in every important moment of yours!

Yours sincerely Socratis Vagenas

Since 1984, Efifil Travel and Congress provides high quality touristic services and has been recognized by our customers and business partners for our professional integrity, reliability and experience.

Our services portfolio spans from ticket booking to group travel and events organization. We acquire a long heritage of successfully implemented activities.

We would love to welcome you in Mythical Greece and prepare your holidays or event.

Our aim is to ensure for your pleasant stay in Greece and to offer you unforgettable memories from our country!



Our services
Holiday planning for individuals or groups
Honeymoon packages
Hotel accommodation
Cruises on Greek islands
Yachting
Gastronomy and wine tasting
Religion, health and alternative tourism
Transfer of any type
Event organization
Customize according to your needs



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May 31, 2021



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Fax:+30241-0-530864
e-mail:larissa@aktinatravel.gr
Facebook: EFIFIL TRAVEL



Lili Pachidou

Successful businesswoman active since 1984 and is president of the company The 1:1 Diet by Cambridge Weight Plan Greece and vice president of the company Mayfair Club.

Our company focuses and pays great attention to combating obesity, since it is a disease which increases morbidity and mortality of people but is also a burden for Greek Health System! Through the integrated program of The 1:1 Diet we offer a quick weight loss, which might be necessary and salutary in some cases of patients, but also weight stabilization and maintenance, which help us to solve the obesity problem once and for all! Our effort could not be safe and successful without the participation of the medical community, as each of the cases we face is unique and has its own needs as a different medical history.

The roots of The 1:1 Diet by Cambridge Weight Plan are starting from Dr. Alan Howard, who was a Professor of Cambridge University. He dedicated his research work in creating the "perfect diet" with basic motivation to fight obesity in a safe and painless way.

His goal was to help obese patients to lose weight without jeopardizing their health. Thus, the research team has achieved a golden balance in formulas created, which is 42% carbohydrates, 41% proteins, 3% fibers and 14% fat. These formulas are developed and researched extensively for 25 years (application in clinical obese people under the supervision of physicians) and eventually massively released in the 80s in the US and later in UK. At this time, studies were made on various cases of diseases shown to be affected by obesity e.g. (osteoarthritis, sleep apnea, diabetes), which showed that the use of formula diets in obese individuals suffering from these diseases, improves their total health status up to pre-disease level.

In Greece the Type 2 diabetes occurs as an epidemic due to obesity and lack of physical activity, with significant economic impact on society and health system.

An Asian research from Malaysia in 2010 with

obese, type 2 diabetes subjects studied the effect of a very low calorie diet as The 1:1 Diet by Cambridge Weight Plan. It is already known that significant energy intake reduction can decrease body weight, fat, insulin resistance, and cardiovascular risk factors in very short time. Immediate weight loss (15kg) and maintenance with the use of a balanced The 1:1 Diet by Cambridge Weight Plan program and the simultaneous supervision of the patient's family doctor and the company's physician can dramatically alter the course of disease. In many cases, patients were able to reduce anti-diabetic treatment and many of them returned to normal blood sugar levels! The conclusion of the research was that weight loss programs by The 1:1 Diet allow a quick but healthy body fat loss, thus directly improve the metabolism and the psychological state of the patient and therefore reduce drugs and social costs of healthcare diabetics. After that we had the three big researches DIRECT, PREVIEW and DROPLET that gave us a lot of evidence on how a meal replacement programs can help doctors fight diabetes with a cost effective way.

The 1:1 Diet by Cambridge Weight Plan also provides a set of stabilization and maintenance programs, so diabetic patients manage to maintain their new weight and learn a balanced diet based on the food pyramid. Specialized programs of The 1:1 Diet by Cambridge Weight Plan offer a quick loss of body fat in a healthy way, as the body gets the daily 100% of the nutrients that needs for its functions, so there is no feeling of hunger, fatigue or exhaustion! At the same time, we focus on the process of stabilization and maintenance, in which the customer learns to eat healthily and from all food groups, with continuous guidance and support from the consultants. This way we manage to preserve the results for a lifetime and contribute to the Greek Health System's improvement!

THE 1:1 DIET

by Cambridge Weight Plan®

Νόστιμα και διατροφικά ισοζυγισμένα γεύματα αντικατάστασης

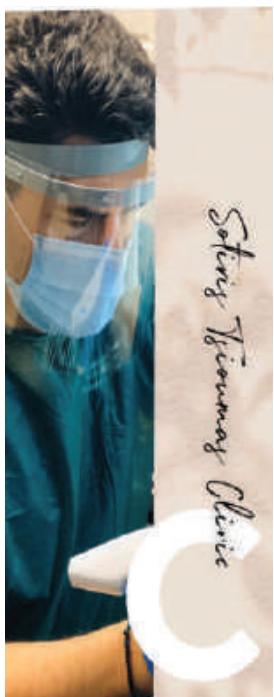


Προϊόντα θερμιδικά ελεγμένα,
εμπλουτισμένα με όλα τα θρεπτικά συστατικά
που χρειάζεσαι και γεύματα γεύση.

AESTHETIC MEDICINE TREATMENTS



**Eye Surgeon-Oculoplastic-Aesthetic Medicine-Acupuncturist
Prof. SOTIRIOS G. TSIOMAS, MD**



Plexr, that is used for Blepharoplasty, is an international innovative technique. It is about sublimation (gas ionize), that transforms the excess skin into vapour. This device was created through the need of intervention when the use of Laser or radio-frequencies is difficult.

Applications:

- Blepharoplasty without incisions or stiches
- Xanthelasmata
- Active Acne Therapy
- Hyperceratosis Treatment
- Scar removal
- Face Lifting
- Wrinkle Removal
- Face lumps in difficult areas (like eyelids, eyes, grey Line)
- Discoloration
- Trichiasis
- Scars

- Hemangiomas
- Syringomas
- Hyperpigmentation
- Papilomas
- Freckles
- Spots
- Dark Circles
- Ectropion-Entropion
- Chalazion

The Vibrance with the Needle Shaping technique is applied by acupuncture needles. With this technique we can painlessly achieve the natural feeling of wrinkles, lip augmentation, face lift without stuffing and syringes, face contour correction etc. They are autologous threads from our own body.

Applications:

- Reformation of lips, chin, cheekbones and wrinkles

- without stuffing and drugs
- Improvement of facial tone
- Breast and hip lift
- Face & neck regeneration
- Face contour lift
- Creation of autologous thread
- Bloodless mini lifting
- Double chin
- Skin smoothing of face and body

The fractional waves O.F.F. are indicated for local lipolysis. The doctor intervenes in problematic areas with acupuncture needles, such as eye bags, double chin, face contour and in areas with local fat.

Applications:

- Lipolysis
- Varicose veins
- Spider Veins



Info

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www.ofthalmoplastiki.gr, www.softsurgery.gr, www.surgerynonablative.gr,
www.tsioumas.com, www.elixirioneotitas.gr, www.tsioumasclinic.gr

About the Doctor

Professor of Aesthetic Medicine at the Universities of Camerino-Torino, Italy, Tor Vergata Rome, Italy & Guglielmo Marconi Rome, Italy

President of S.A.M.N.A.S.-Greek Society Aesthetic Medicine Non-Ablative Surgery

Vice President of the World Academy of Chinese and Complementary Medicine Representative of European Medical Association (E.M.A.) in Greece

Vice President of Master in Aesthetic Medicine of University of Camerino-Italy in Athens

President and Member of the organizing Committee of the 1st and the 2nd International aesthetic Medicine & Soft Surgery Conferences & Workshops, Athens Greece.

Lecturer of Training Courses and Workshops in Aesthetic Medicine i.e. Non-Invasive Surgery, Soft Surgery & Combination with liquid lift

Specialized in non-surgical, eyelid surgery, the needle shaping for the filling wrinkles and reshaping the face and body without materials, humane lipolysis, spider veins treatment and generally in aesthetic medicine without surgery using innovative technologies and sophisticated medical equipment.

The aesthetic medicine treatments include:

► PLEXR (Plasma Exeresis) for non-invasive surgery, face Lifting, blepharoplasty without incisions or stiches, wrinkles removal, Xanthelasmas, Ac-

tive Acne Therapy, Scars, etc.

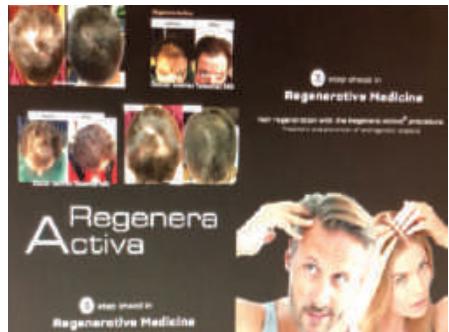
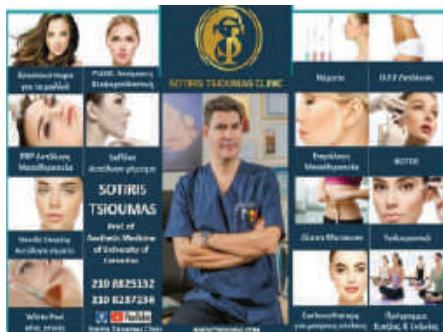
► VIBRANCE with the Needle Shaping technique is applied by acupuncture needles. Painlessly technique for natural filling of wrinkles, lip augmentation, face lift without stuffing and syringes, face contour correction, etc.

► O.F.F. with fractional waves and the needle shaping technique, indicated for local lipolysis, telangiectasia, spider veins, eye bags, face contour and generally in areas with local fat.

► REGENERA Activa - Stems Cells technique for hair loss in one treatment

► Botulinum Toxin, Fillers, implants skin with hyaluronic acid, Autologous Mesotherapy (PRP), Heterologous Mesotherapy, Autologous / Heterologous Threads, Peelings etc.

LANGUAGES: Greek, English, Italian



MEDICAL TOURISM HEALTH & WELLNESS



Lefkada Island

Lefkada is a Greek island in the Ionian Sea. Beaches like Porto Katsiki and Egremni feature sheer cliffs and turquoise waters.



Med - Professionals

Vascular Surgeon	Moustardas Marios	84-85
Hematologist	Anagnostou Georgios	86-87
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ENDOVASCULAR TREATMENT OF VASCULAR DISEASES (EVAR - TEVAR)



VASCULAR - THORACIC SURGEON
Dr. MARIOS MOUSTARDAS, MD, MSc, PhD, FICA

Chief of Vascular Surgery department, "IASIS" Hospital
Scientific Associate of Vascular Surgery, Athens Medical Group
Doctor of Medical School of the University of Athens
f. Deputy Head of the University Vascular Surgery Department, "LAIKO" Hospital, Athens
f. Coordinating Director of Thoracic-Vascular Surgery Department, General Hospital of Chania "O AGIOS GEORGIOS"
Research Fellow Frank E. Fitzsimmons Experimental Surgery Complex, Pontiac, MI. USA

Minimally invasive endovascular repair of aneurysms of the Abdominal Aorta, iliac arteries (EVAR) and the Thoracic Aorta (TEVAR)

Aneurysms of the arteries are local bulges of the vessel walls. They are life threatening conditions, as they are often asymptomatic, and thus remain undiagnosed, while their sudden rupture leads to internal bleeding with great mortality.

In order to treat the large artery aneurysms, we place special grafts (stent grafts) which prevent further dilatation of the vessel wall. In this way, when needed, we can exclude the

aneurysms of the abdominal and iliac arteries (EVAR) and the thoracic, mainly the descending, aorta (TEVAR). This procedure is realized with the initial placement of specialized wires and catheters, under local or regional anesthesia, with small incisions in the thighs (groin) or even percutaneously. By help of these wires and catheters we introduce and place the endografts, either in the Operating Room with a C-ARM machine, or ideally in a special operating room (vascular surgery suite).

With this minimally invasive technique, we can now treat patients with aneurysms, who would, otherwise, need a more

severe procedure, under general anesthesia and possibly need admission in an intensive care unit.

With endovascular methods, we can also provide solutions in most cases of vascular conditions, such as artery stenoses or occlusions (balloon angioplasty with or without stent placement), or even limb varicose veins with laser (laser ablation) or other intravenous procedures. Patients receive a much easier treatment, without major burden in the body, and usually can return to their daily activities immediately or in a few days after the operation.



Info

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About the Doctor

Dr. Moustardas studied Medicine in the Medical School of the Aristotle University of Thessaloniki, Greece and conducted his PhD thesis in the Surgical Department of the Medical School of the University of Athens, Greece. Master in Endovascular Techniques.

He has specialized in General Surgery ("LAIKO" Hospital, Athens 1982), in Thoracic Surgery ("EVAGGELISMOS" Hospital, Athens 1992) and in Vascular Surgery ("LAIKO" Hospital, Athens 1993).

He has been educated in Endovascular Surgery in the European Vascular Masterclass (Amsterdam, NL) and in the use of LASER for the treatment of varices (Avelana Vein Center, SI). Master degree in Athens and Bicocca Milano Universities.

Having served in the Greek National Healthcare System from 1982 to 2011, he has worked as Consultant Surgeon and Deputy Head of the Surgical Department at the General Hospital of Chania, as Consultant Surgeon of the Thoracic-Vascular Surgery Department at "EVAGGELISMOS" Hospital in Athens, as Consultant Surgeon and Deputy Head of the

Thoracic Surgery Department at the General Hospital "AGIOS PANTELEIMON" in Nikaia-Pireaus, as Deputy Head of the University Vascular Surgery Department at "LAIKO" Hospital in Athens and as Coordinating Director of the Thoracic-Vascular Surgery Department at the General Hospital of Chania "O AGIOS GEORGIOS".

He is a full member in a number of Greek and International Surgical Societies. He has published in several surgical journals and is regularly attending Greek and International vascular surgery conferences.

Today, he works as Chief of the Vascular Surgery department of Gavrilakis Clinic "IASIS", Chania, and as Vascular Surgery associate in Iatriko Medical Center, Athens

Languages

Greek, English, French, German

Medical Services

Treatment of the full spectrum of chronic and acute vascular diseases

Venous System

► Varicose veins (saphenectomy or LASER ablation)

► Telangiectasia (sclerotherapy-thermocoagulation TC3000, Laser)

► Venous thrombosis post-thrombotic syndrome, venous ulcers

Arterial System

► Aneurysms of Thoracic and Abdominal Aorta, Iliac and peripheral vessels (open treatment or endovascular stent graft, EVAR-TEVAR)

► Carotid Stenosis - (endarterectomy or endovascular CEA-CAS)

► Treatment of stenosis, occlusion - peripheral occlusive disease (by-pass or angioplasty with balloon/stenting)

► Treatment of arterial embolism (embolectomy)

► Diabetic foot etc.

Lymphatic System

► Lymphedema treatment

Clinical check-up

► Ultrasound examination of arteries and veins (color duplex-triplex)

► Angiography (DSA, CT-angio, MRA)

Treatment of acute thoracic disease - trauma

► Pneumothorax - Haemopneumothorax

► Pleural Effusion

► Empyema

► Cardiac tamponade (pericardiocentesis, pericardectomy)

MEDICAL TOURISM HEALTH & WELLNESS

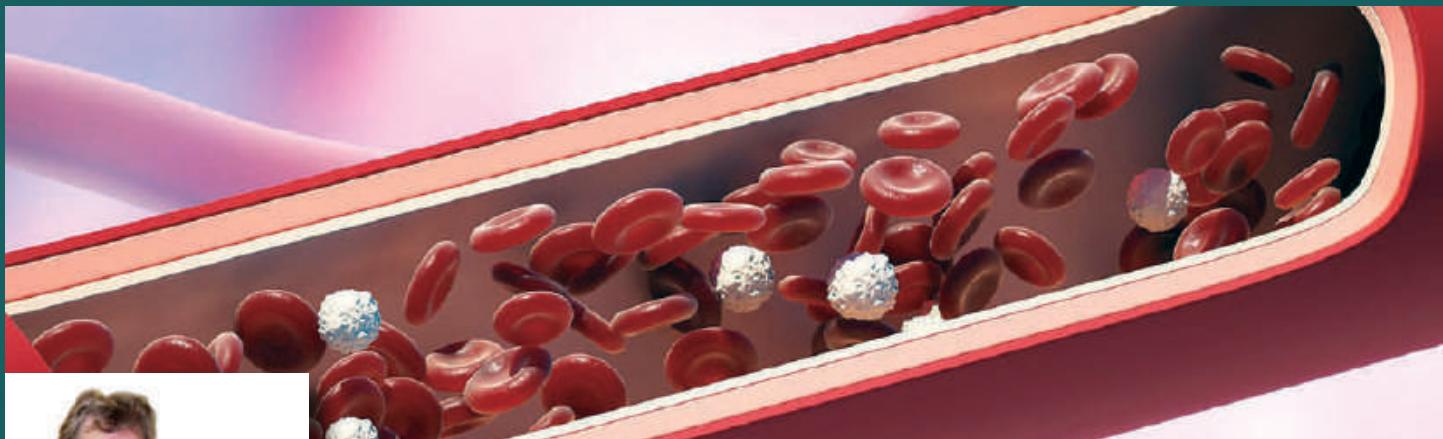


Chania-Crete Island

From the old town, to exotic Balos beach and the famous Samaria Gorge, Chania will treat you to raki and unforgettable adventures.



HEMATOLOGY DEPARTMENT - HENRY DUNANT



HAEMATOLOGIST Dr. GEORGIOS ANAGNOSTOU

Specialist in Thrombosis and Haemostasis
Director of the Blood Bank Depaqrtment-Henry Dunant Hospital
Head of the Thrombophilia and Haemostasis Outpatient Department

The Hematology Department is actively involved in all areas of clinical and laboratory hematology providing investigation, diagnosis and treatment as well as monitoring of all blood diseases, particularly hematological malignancies. The aim of the department is to provide world-class services in cooperation with other departments. In this context, it is constantly evolving in order to be able to meet the high medical needs of hematology patients anytime they arise, as well as to apply the innovative therapies that are utilized in the field of hematology.

Activities

► Treatment of hematology patients: either as inpatients hospitalized in the various departments or in the specialized one day clinic (ODC)

- Cooperation with other specialties in order to provide comprehensive treatment of hematology patients on a multidisciplinary basis. The department participates at the Oncology Council meetings where it presents its hematology cases. The meetings take place twice a month, in the presence of physicians of all related specialties (radiologists, internal medicine physicians, radiotherapists, oncologists, etc.).
- The department performs autologous bone marrow stem cell transplantation/peripheral blood stem cell transplantation for the treatment of hematology diseases, whenever required and in accordance with international guidelines. It features a Hematology Apheresis Unit and cooperates with the Blood Bank Department for collection and storage of PBSCs.
- Therapeutic plasmapheresis for the treatment of both hematologic diseases and diseases of other specialties (e.g., neurologic diseases etc.) for which the use of plasmapheresis is indicated.
- Provides counseling regarding hematology issues to patients from other departments of all specialties
- On call on a daily 24 hour basis for covering the needs of the emergency department (ED)
- Outpatient division, which operates on a daily basis and includes:

General unit

It offers counseling services and diagnostic approach, monitoring of patients on a regular and emergency outpatient basis, collection of data regarding the needs and specificities of hematology patients.



Info

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www.aimatologos-anagnostou.gr

Anti-Coagulation

It treat hemostasis, investigates blood clotting disorders, conducts testing for thrombophilia and anticoagulation treatment control.

Invasive procedures unit

With experience and expertise in conducting bone marrow biopsy/sternal puncture, therapeutic apheresis, intra-

venous and subcutaneous drug administration, such as Fe, bisphosphonates, etc., (medical procedures for which no admission to the one day clinic is needed; these procedures are carried out in the presence of the department's physician with the assistance of specialized nursing staff)

- Archiving of cases: The Department's Secretariat stores the Hematology pa-

tient's medical files that include records and monitoring data. A separate record is kept for outpatients visiting the Outpatient Clinic.

- Research activity: a) Clinical studies in cooperation with the working groups of the Hellenic Society of Hematology, b) in International Therapeutic Protocols under the approval of the National Organization for Medicines (EOF).



About the Doctor

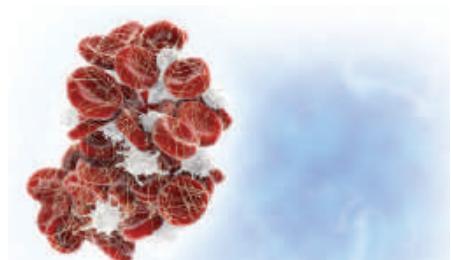
Anagnostou Georgios is a hematologist, specialist in Thrombosis, Haemostasis and thrombophilia and other haematological problems during pregnancy and postpartum. He is the director of the Blood Bank Department of Henry Dunant Hospital and also the

head of the Thrombophilia and Haemostasis Outpatient Clinic.

Languages

Greek, English

Hospitals-Clinics



MEDICAL TOURISM HEALTH & WELLNESS



Spetses Island

Significant attractions, beautiful beaches, and a vibrant nightlife reveal the secrets of this island in the Argosaronic.





SPECIALIST ALLERGIST PEDIATRIC AND ADULT **SPIRIDON CHRYSOULAKIS**

Deputy Director of Allergology Department of Athens Naval Hospital
Chief of Department of Periodic Health Examination and Immunization Naval Hospital in Piraeus
Member of the European Academy of Allergology and Clinical Immunology

PRESENTATIONS AND PUBLICATIONS IN CONFERENCES

Several publications in journals, most with allergy interest, presentations at Global, Pan European and National conferences. Speaker at several conferences, seminars and educational activities of medical societies.

RESEARCH ACTIVITIES

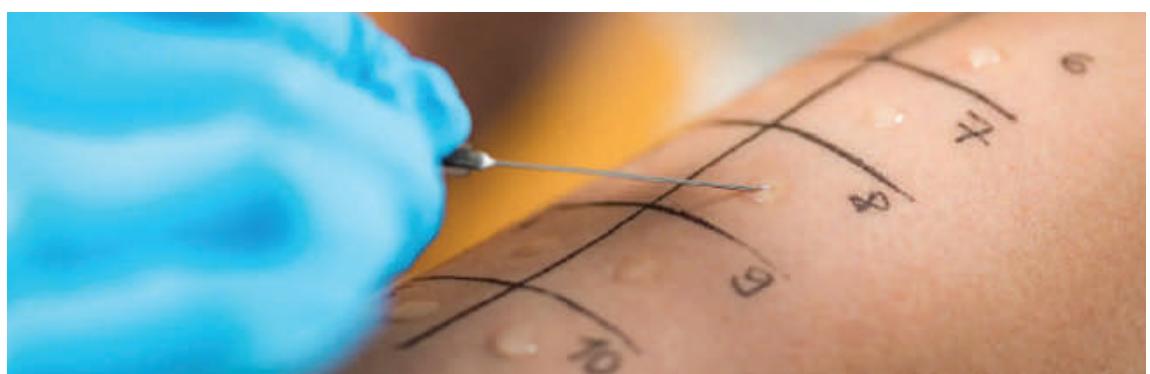
The Prevalence, Cost and Basis of Food Allergy Across Europe (Europreval) Integrated Project (IP).

1986: Introduction after Pan-Hellenic examinations in the Medical Department of the Military Corps Officers School (SSAS), in Thessaloniki.

1992: Faculty of Medicine Degree from the Aristotle University of Thessaloniki in June with an overall grade of "very good" (7). At the same time, I swore to the rank of Ensign as a permanent officer of the Navy (September 1992).

January 1998 to March 2001 with intermediate courses in the following departments: Education as an intern in the Allergology department of LAIKON hospital.

June 2000 to October 2000: Education in Allergy department of Children's Hospital "Aglaia Kyriakou".



Info

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www.med-professionals.gr/cv/84-chrysoulakisspiridon



November 2000 to January 2001: Education in Dermatology Department of Hospital "Evangelismos".

February 2001 to March 2001: Education in Breath Operation Laboratory of the University Clinic of "SISMANOGLIO" Hospital.

April 2001: Acquisition of Allergology Specialty title after exams.

May 2001 to present: Deputy Director of Allergology Department of Athens Naval Hospital.

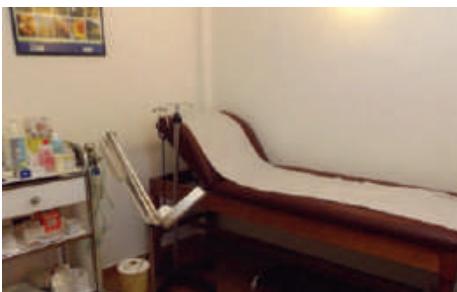
Chief of Periodic Health Examination Department and Immunization in Piraeus Naval Hospital from May 2009

Medical Services

Allergy skin tests to aeroallergens and food allergens.

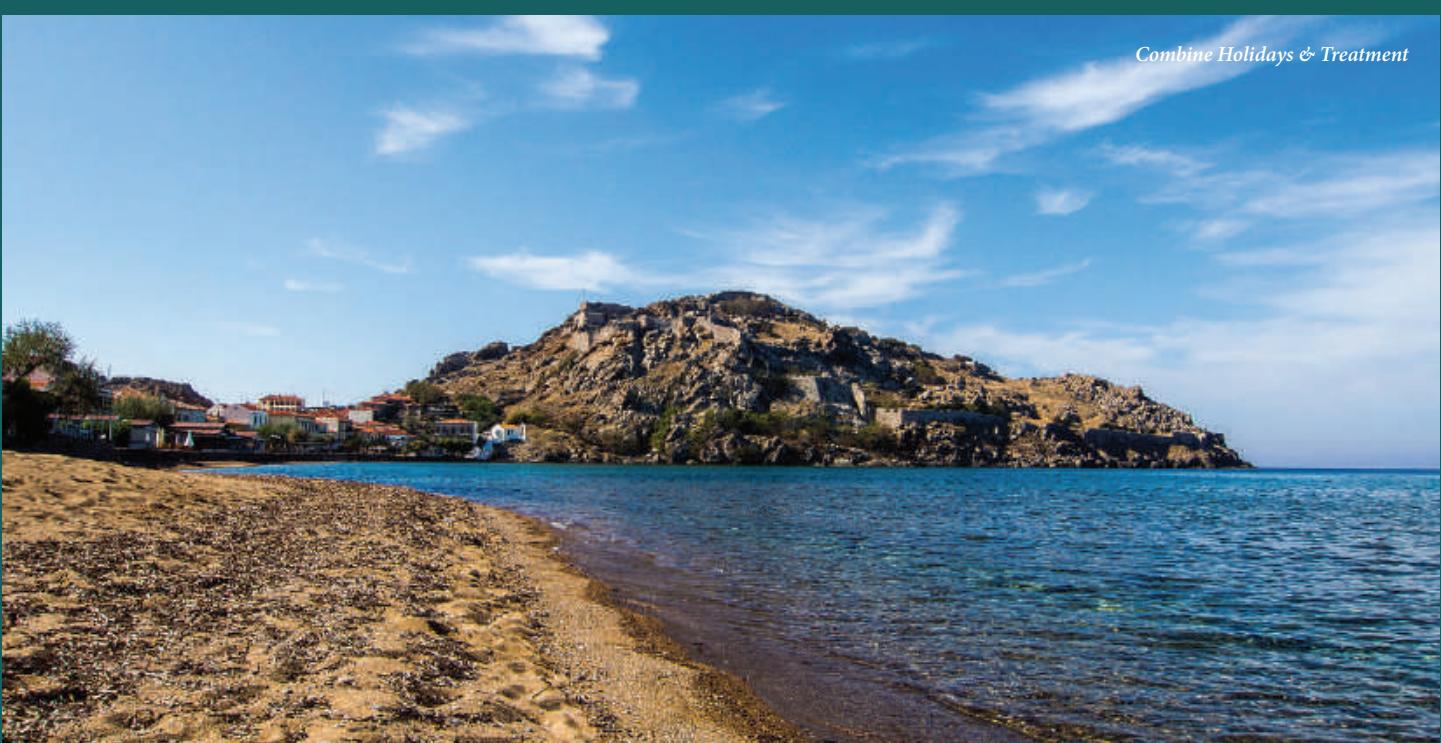
Allergy skin tests to drugs.
Allergy skin tests in Hymenoptera.
Treatment of bronchial asthma, allergic rhinitis, pharmaceutical, skin allergy, allergic shock.

Injectable immunotherapy-specific desensitization.
Injecting immunomodulatory therapy with biological agents.



MEDICAL TOURISM HEALTH & WELLNESS

Combine Holidays & Treatment



Limnos Island

The island of Hephaestus. Serenely floating in the north of the Aegean Sea, Limnos is a destination for a peaceful holiday in close contact with nature.



Medical Tourism in Greece

Your Travel Partner



35 Years | 70 Professionals | Awarded services



Greece's Leading Destination
Management Company

2014 • 2015 • 2016 • 2017





Our diagnostic centers of the **MediOne Group** operate:

- 1 Hyperbaric Chamber in Glyfada's center
- 2 Magnetic Resonance Imaging (MRI), 1.5 Tesla, in Glyfada's & Salamina's centers,
- 2 Computed Tomography (CT) (16 & 64 section scanner) in Glyfada's & Salamina's centers, as well as various fully equipped medical departments with all imaging media (mammograms, ultrasounds, radiographs, etc.) but also endoscopic, cardiological, microbiological and osteoporosis department plus at home blood sampling and hospitalization.

The Group operates according to international quality standards for the best service of the examinees and is certified with ISO 9001:2008.

The medical staff with education and continuous training in Greece and abroad, as well as the administrative staff, provide the best possible services and medical care of the examiners, to all those who visit us daily. Our centers cooperate with National Organization for health care services (EOPYY), along with private health insurance companies.

The **MediOne Group** respects and focus on each and every patient considering,

"Our value is the human being"



• **Glyfada**
Sofias Vembo 35
& Andrea Papandreou 115
Glyfada - Attiki
Phone: **210 96 32 396**
info@medione.gr

• **Salamina**
Ippokratous Avenue 196
& Chiou 2
Salamina
Phone: **210 46 40 040**
salamina@medione.gr

MediOne Health Care group, has high standards diagnostic and therapeutic Medical Centers, not only for domestic but also for international data.

Using latest technology and following scientific developments, **Group MediOne** applies new generation technology in medical field along with latest digital equipment providing guaranteed result quality.

The first Medical Diagnostic Center (**MediOne Glyfada**) was founded in 2013 in Glyfada, Attica. In 2019 the second Medical Diagnostic Center was established (**MediOne Perama**) and in 2020 the third one was added (**MediOne Salamina**), while in August 2020 the operation of our fourth center (**MediOne Drapetsona**) started.

• **Perama**
Irini Avenue 169
& Solomou 1
Perama - Attiki
Phone: **214 40 22 622**
perama@medione.gr

• **Drapetsona**
N. Hatzopoulou 4-6
& Touloumtzi 30
Drapetsona - Attiki
Phone: **210 46 35 300**
drapetsona@medione.gr



Microbiological Laboratory VIODAGNOSIS MEDICAL SA - THALEIA PANDI

The laboratory was founded in 1945 by the microbiologist Ioannis Pandis and soon gained the trust of the medical world for the high quality of the services provided.

The laboratory is today an important provider of medical services in the wider area of Chalkida. The aim of our laboratory is credible results in the shortest possible time to become an excellent tool in the hands of every physician. For this reason, we have invested in the most up-to-date available laboratory equipment and the most skilled personnel.

The development of the company was mainly based on the reliability of laboratory results. The high quality of medical services was made possible through:

- application of internal and clinical quality control,
- participation in external quality evaluation programs covering most laboratory examinations in each department.

The role of Microbiology becomes more important and essential in Preventive Medicine. Most diseases today are possible to be diagnosed prematurely and treated successfully. Preventive control is now an obligation of modern man to himself and to society.

The laboratory carries out all sorts of tests on biological material. Samples may be taken throughout the operation of the clinic. Emergency blood tests can be performed after a phone call.

Languages

Greek, English, German, French

Viodiagnosis Medical has the following departments:

- Hematology
- Biochemical
- Hormonology
- Microbiology
- Immunology
- Culture department of any kind



Info

E: info@viodiagnosis.eu
www.viodiagnosis.eu

19 Trapezountiou str. & Filinos, Aghia Varvara sq., Chalkida
 Tel. +30 22210 22586 - Fax +30 22210 85770

In the laboratory departments, the following tests are performed:

- Haematological tests
- Biochemical tests
- Hormonal - Endocrinological examinations
- Serological examinations
- Cultures of any kind
- Immunological examinations
- Coagulation tests
- Immunoglobulins tests - Special Proteins
- Fertility Test
- Sperm Examinations
- Neoplastic - Cancer markers
- Prenatal control of chromosomal abnormalities
- Diabetes
- Osteoporosis
- Allergens (RAST)

- Levels of medicines
- Toxic substances
- Molecular Biology
- Check up
- Electrophoresis tests.

Services

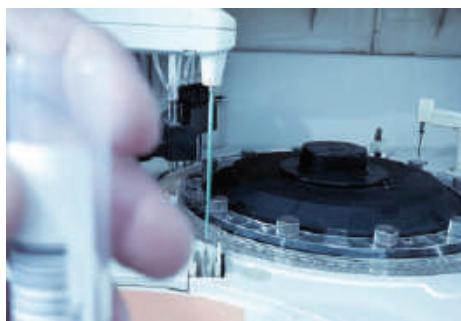
- Blood Sampling at your personal space
- Immediate results
- Modern equipment
- Ability to send results by post, fax and email
- Experienced personnel of our lab are taking blood samples at your personal space. The appointment is arranged by phone from the previous day.
- The laboratory performs with absolute reliability and with the most modern methods, specialized medical tests.

Technological equipment

Biodiagnosis is equipped with a state-of-the-art equipment. Modern equipment, on the one hand, provides reliable results and, on the other, accelerates to a maximum extent the whole process of tests to be carried out.

Laboratory departments (biochemical, hormonal, immunological, haematological and microbiological) are equipped with automated analyzers to perform diagnostic tests.

Automating the blood test procedure minimizes the likelihood of error, allows complete traceability and identification of each patient sample, ensuring high quality and reliable results.



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Chalkida

A city by the sea, a unique tidal phenomenon, fabulous seafood and the gateway to Evia, Greece's second largest island!





ΣΥΓΧΡΟΝΑ ΔΙΑΓΝΩΣΤΙΚΑ ΕΡΓΑΣΤΗΡΙΑ
BIOMED

Biomed is a model Diagnostic Medical Center, which is located in Samos island. It was founded in 2016 starting with one laboratory in the capital city of Samos, Vathi. At this moment, there are four laboratories in Samos located in Vathi, Karlovasi, Chora and Marathokampos.

The founders of **Biomed** are Dr. Emmanouil Logothetis and Dr George Arvanitis, who are successful and accomplished doctors in their respective fields. Patients of **Biomed** have the opportunity to visit them and receive medical advice at any moment.

We have made sure also that our facilities provide a friendly and comfortable environment towards our patients. It is very important to us to make sure that our patients get the best treatment they can, while they are examined but also while they're waiting.

Biomed is certified with ISO 9001:2008. This certification is about handling and treatment of biological human samples. All **Biomed**'s personnel are qualified and experienced in their fields with great expertise.

There are many tests, which are provided by our service. Those include: microbiological, biochemical, immunological, hormonal, cancer antigens and prenatal testing. We also provide as well, due to the pandemic crisis, Covid tests, both Rapid antigen and PCR. Our patients can use both public (National Organisation Of Health Services) and private insurance.

Biomed is also working with other certified laboratories in Athens, such as "Labnet", and other doctors as well, to widen the services that we can provide to our patients and clients. This way they're going to have easier access to all the tests and examinations they need.

We also give our patients the opportunity of house calls. If someone can't reach our facilities for any reason, after contacting us a member of our personnel will go to their house and take the sample. The convenience of our patients is always our first priority.

From the beginning of **Biomed**'s operation we have received acceptance and trust from our patients, which gives us the power and motivation to continue our work, and provide locals and visitors with the best service they can receive.

Our labs:

Vathi,
Kanari 23, Tel: 22730-21170

Monday - Friday: 07:30-15:30
Monday, Tuesday, Thursday, Friday: 17:30-20:00
Saturday: 08:00-12:00

For covid test (PCR and Rapid Antigen)
only after appointment

Tel: 6985662099

Monday - Friday: 08:00-15:00
Monday, Tuesday, Thursday, Friday: 18:00-19:30
Saturday: 08:00-11:00



Karlovasi,

Gorgyras 15, Tel: 22730-78400
Monday - Friday: 07:30-14:30
Monday - Thursday: 18:00-20:00
Saturday: 08:30-12:00

For covid test (PCR and Rapid Antigen)
only after appointment

Tel: 6985662099

Monday - Friday: 08:00-14:30
Saturday: 08:00-13:00



Chora,
Tel: 22730-91947

Monday - Friday: 07:30-13:00
Saturday: 08:30-12:00

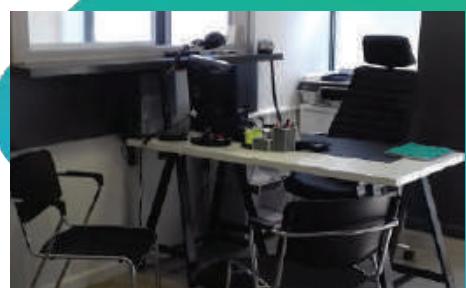
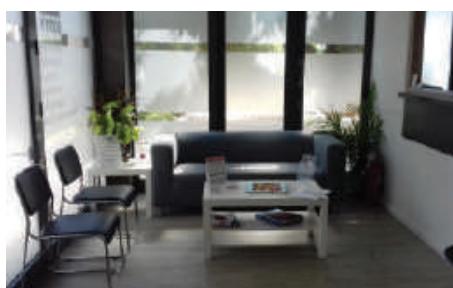
For covid test (PCR and Rapid Antigen)
only after appointment

Tel: 6985662099

Monday, Tuesday, Thursday, Friday: 13:00-15:00



Marathokampos,
Tel: 22730-81481, 6972080097
Monday, Wednesday, Friday: 8:00-12:00



Iatriko Toumpas Medical Diagnostic Center

(CT) CORONARY ANGIOGRAM

Axial coronary angiogram is a modern imaging method for the study of the coronary vessels of the heart. It is a modern application of CT scan that allows us to image and study in detail and accuracy the coronary vessels. This is a simple, patient-friendly examination.

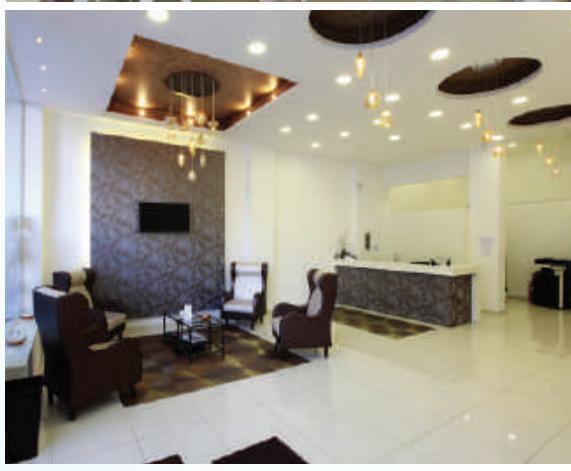
Coronary heart disease is a leading cause of death in the civilized world. It is due to the buildup of atherosomatous plaque on the wall of the heart vessels, the coronary vessels. To date, the only method of studying coronary arteries was classical invasive angiography, the well-known classical coronary angiography.

Axial coronary angiography is an alternative method of studying the coronary arteries. It is a simple, painless bloodless method, and catheterization is not required.

Axial coronary angiography has additional prognostic value since measuring the Calcium Score of the coronary arteries, divides patients into high or low risk of future heart attacks. This part of the test is done at the beginning and it is without administration of contrast agent and with minimal radiation. The administration of the contrast agent is performed through a peripheral vein and the test is completed within a few minutes. Hospitalization is not required and, as a non-invasive method, does not expose the patient to the small but still existing risks of complications that accompany the selective coronary angiography.

Its main advantage is the highest negative prognostic value (NPV), which is close to 100%, ie **exclusion of obstructive coronary heart disease on normal examination**.

In addition, by the axial coronary angiography, we can assess not only the lumen of the coronary arteries - such as by classical coronary angiography - but also study their wall, where soft or calcified atherosomatous plaques may



develop, in early stages, the development of which may be inhibited by the suitable treatment.

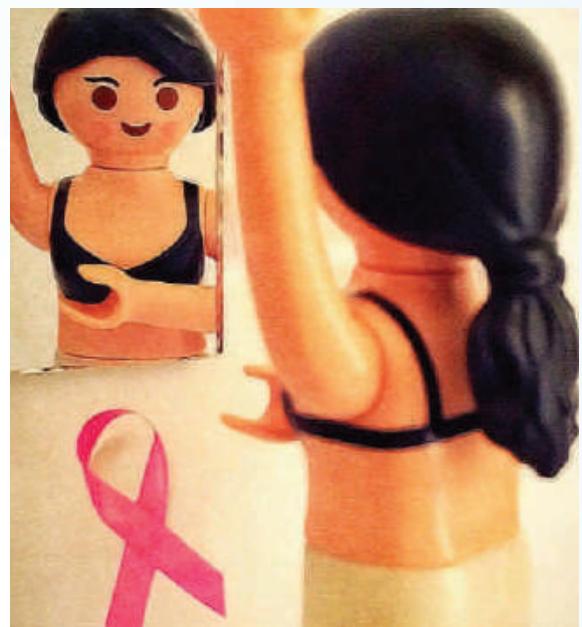
Due to its important advantages, CT scan is constantly gaining ground in the preventive control of heart diseases, while the continuous development of CT scans constantly increases the diagnostic reliability of the method.

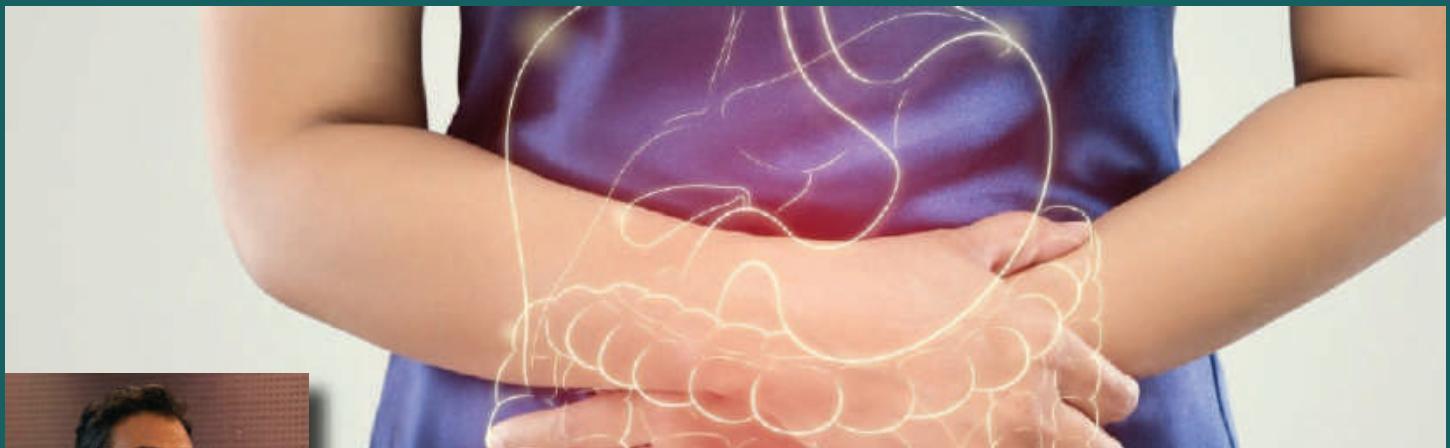
However, the examination should always be performed according to the instructions of the cardiologist, who will determine if the patient can really benefit from this method. **Another important advantage is the examination of the pulmonary parenchyma at the same time and with the same dose of radiation.**

Generally, axial coronary angiography can benefit patients at low or moderate risk for coronary heart disease, asymptomatic patients at increased risk factors (smoking, high cholesterol, diabetes, obesity, hereditary history), or patients with questionable results in their heart examination. Axial coronary angiography has also been used with very good results to study the patency of stents after placement, as well as for the patency of implants after cardiac surgery (by pass).

Axial coronary angiography, therefore, is not only addressed to patients with heart diseases. It does not replace the classical coronary angiography but is a very important arrow in the quiver of Clinical Cardiologists and Radiologists for the treatment of Coronary Heart Disease. It is addressed to a large part of the healthy population and can be performed as part of a preventive examination at the suggestion of a Clinical Cardiologist.

In our laboratory, the examination is performed with one of the most advanced systems, the **Aquilion ONE 640-slice CT scanner (320x2)** by highly specialized and trained staff.





GASTRETEROLOGIST
Dr. KONSTANTINOS KONSTANTINIDIS MD, FEBGH

Scientific head of endoscopic department of the Therapeutic Centre of Chania PhD candidate,
School of Medicine University of Thrace



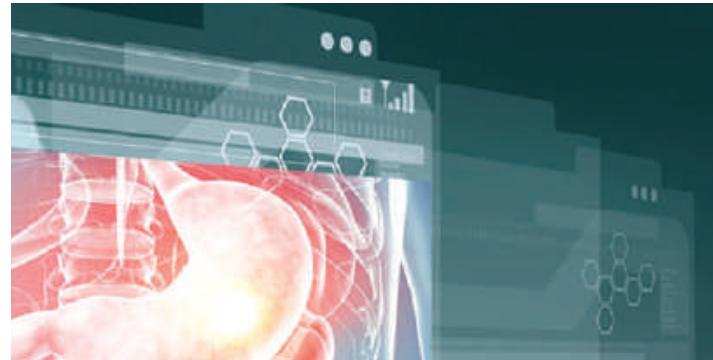
He was born in Thessaloniki and graduated from the Medical School of the University of Thessaloniki.
He specialized in Gastroenterology in "Venizelio" Hospital of Heraklion, Crete.
He is a PhD student at the Democritus University of Thrace, preparing a research on the inflammatory
and ischemic bowel. I worked as a specialist in "Venizelio" Hospital of Heraklion.
He has also worked as the director of the Gastroenterology Department of the General Hospital of Li-
massol in Cyprus for two years.



Info

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Medical Services

Video endoscopy of the upper and lower digestive system

Gastroscopy

Colonoscopy

Gastroesophageal reflux

Chromoendoscopy

Removing polyps

Obesity balloon placement

Endoscopic gastroplication

ERCP

Treatment of esophageal Barrett

Inflammatory bowel disease (Crohn D., ulcerative colitis)



MEDICAL TOURISM HEALTH & WELLNESS



Chania-Crete Island

Chania is a romantic place to stroll around, with Medieval architecture, elegant mansions and a wonderful Venetian port, the most famous spot of the town. In close distance to Chania Town, there are many tourist beaches and hotels.





DENTIST, ORAL & MAXILLOFACIAL SURGEON **GEORGIA A. MAROUDA**

PRIVATE PRAXIS ATHENS

DENTIST, ORAL & MAXILLOFACIAL SURGEON

Dental Implants Surgery
Construction and placement of prosthetics total part
Augmentation techniques
Bone Grafts
Hard and Soft tissues Management
Preprosthetic Surgery
Periodontology
Dentoalveolar Surgery (Impacted teeth, difficult extractions ect)
Lesions removal (cysts, small tumors, ect)
Treatment of Facial Infections, Biopsies
Treatment of TMJ disorders
Treatment of Trigeminal Neuralgia.

"ATHENS MEDICAL CENTER" HOSPITAL GROUP

ORAL & MAXILLOFACIAL SURGEON

Oral and Maxillofacial Trauma
Dentoalveolar Surgery (Impacted teeth, difficult extractions ect)
Lesions removal (cysts, small tumors, ect)
Treatment of Facial Infections, Biopsies
Treatment of TMJ disorders,
Treatment of Trigeminal Neuralgia.

OSPEDALE ITALIANO, SWITZERLAND, LUGANO

ORAL & MAXILLOFACIAL SURGEON

Orthognathic Surgery



Info
E: g.a.marouda@gmail.com



PRIVATE PRAXIS, SWITZERLAND
PD DR. DR. F. PETER CARLS
ORAL MAXILLOFACIAL SURGEON

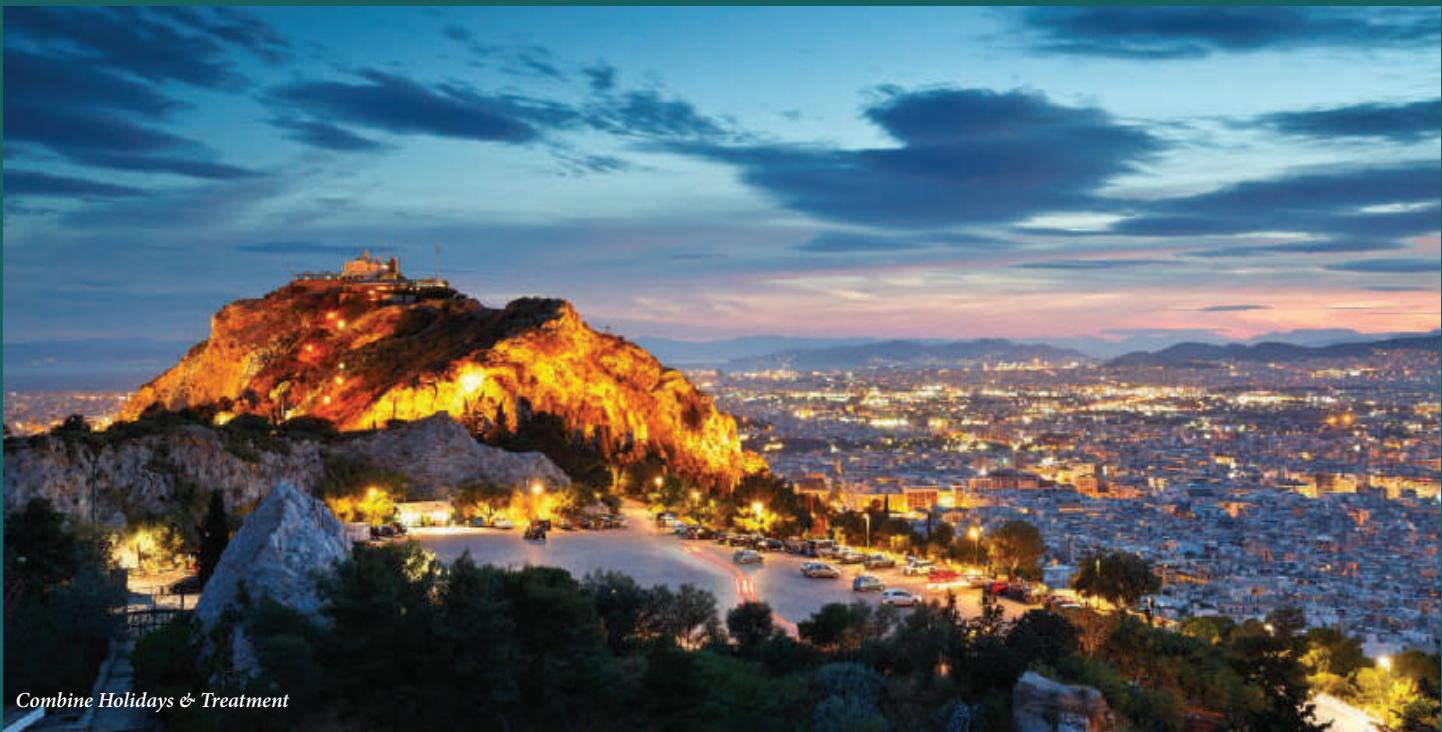
Oral and Maxillofacial Pathology
Oral Surgery, Impacted teeth, difficult extractions
Lesions removal, Biopsies
Treatment of TMJ disorders
Treatment Osteonecrosis of bisphosphonates

1. Fellow in ROBOTIC SURGERY, ATHENS, GREECE
K.KOSTANTINIDIS, Scientific Director of "IATRIKO ATHINON"
Hospital Athens, Greece Chief, Depart., Surgical Clinic, Associate Prof. of Ohio State University, USA
2. LIVE - LAB IN ANIMALS
Reconstructive microsurgery in arteries, veins & nerves University of Athens
A' Orthopaedic clinic & microsurgery hand clinic PROF. DR. P. SOUKAKOS "K.A.T" HOSPITAL
3. Monitoring of the department of Homeopathy, Pasteur Institute, Athens

Languages
Greek, English, Italian



MEDICAL TOURISM HEALTH & WELLNESS



Lycabettus Hill

Standing 277 meters above sea level, Lycabettus Hill is the highest point of Athens.
The view from Lycabettus Hill is best enjoyed at sunset.



ΓΕΝΕΣΙΣ ΔΕΡΜΑΤΑ

WE MAKE
YOUR DREAM
OF CREATING
A NEW LIFE
COME TRUE

We create
a better world

ΓΥΝΑΙΚΟΛΟΓΙΚΗ ΧΕΙΡΟΥΡΓΙΚΗ ΚΛΙΝΙΚΗ

14-16 Papanikoli Str.
156 32 CHALANDRI
Tel: 210 689 4326
Fax: 210 689 0897

www.genesisathens.gr



**GENESIS
ATHENS
CLINIC**

General Surgical Clinic "GENESIS ATHENS", which, although operating just since late 2004, has already made a difference in the sensitive industry of health. It is a modern Clinic, equipped with state-of-the-art equipment, staffed with Greece's top medical scientists, and is acknowledged in Greece and worldwide for its scientific projects, collaborations and research protocols with Clinics in Europe and Australia.

The driving force of this overall effort was simply our intention to satisfy the needs for highly specialized services and "one-day clinic" surgical techniques in Greece. Our Clinic has surgical, gynecological, and plastic surgery departments. Our ultramodern operation rooms, equipped with state-of-the-art technology, ensure complete safety in the provision of medical services. Our aim is to provide medical assistance not only to women, but also to men and couples with fertility problems. Therefore, we have developed a leading unit for medically assisted reproduction in Greece, fully accredited according to ISO 9001:2008 CERTIFIED & ELOT EN 15224: 2012 (this standard refers to the activities which are offered by IVF and Cryopreservation Unit), whose embryology-fertilization laboratory achieves the best results per attempt. This is why our unit receives individuals and couples from all over the world. Infertility is no longer a taboo; it should be treated dynamically, with the best treatment, requiring flexible, customized technologies to optimize the results for each individual. With a view to provide a full range of services to our patients, we have medical imaging laboratories with state-of-the-art instrumentation. We perform X-ray

radioscopy and radiographs, we use an advanced mammograph, and a 3D ultrasound scanner for general and gynecological ultrasound scans. The scientific and technological advances in this field have now made it possible to obtain a 3D image of the embryo in the uterus and we are very pleased to offer this unique experience to all couples.

The Clinic "GENESIS ATHENS" incorporates an endoscopy department and a microbiological-biochemical laboratory, with state-of-the-art equipment capable of delivering almost all test results on the same day, within only a few hours. Our microbiological laboratory stands out for delivering reliable and fast results.

As part of our direct, sensitized, appropriate and customized approach to treatments for our patients, we provide integrated one-day clinic healthcare services with 35 modern infirmary beds, highly specialized scientific staff, fully functional, comfortable and safe facilities in combination with the most advanced information technology systems for medical file management.

This potential can be reached only in a perfectly organized, friendly environment. This is why our Clinic is housed in a recently-constructed building, simply and plainly decorated, with one- to five-bed rooms equipped with modern communication systems, TVs and computers. Our premises are protected and covered by CCTV and a security service. Finally, our Clinic has a protected, privately-owned underground car parking area. The "GENESIS ATHENS" Clinic is unique, and we are here to solve any health problem within the scope of our services.



KOSTAS I. PANTOS
GYNAECOLOGIST
DR.M.D. OF UNIVERSITY OF ATHENS



KONSTANTINOS SFAKIANOUDIS
IVF SPECIALIST/OBSTETRICIAN
GYNECOLOGIST AT GENESIS ATHENS CLINIC

World firsts and big successes "GENESIS ATHENS" Clinic

- Our scientific work is included in the global history of IVF. (www.IVF-Worldwide.com)
- Birth of the first healthy baby worldwide, following the application of blastocyst biopsy PGD of beta thalassemia in 2004.
- Birth of the first healthy baby worldwide following the application of blastocyst biopsy for PGD coupled with HLA typing for chronic granulomatous disease in 2005.
- Application of PGD for rare genetic diseases such as Alzheimer syndrome (2006), Cadasil syndrome (2006), congenital adrenal hyperplasia (2006), facioscapulohumeral muscular dystrophy (2007).
- In 2011 GENESIS ATHENS attracted international news network CNN concerning the story of the birth of a healthy child from a couple carrying the gene for LEBER syndrome after the application of PGD. This couple had already had two blind children affected from this syndrome.
- First birth in Greece following preimplantation genetic diagnosis applying Array-CGH for chromosome screening in 2010.



OBSTETRICS - GYNECOLOGY
PRIMATE CLINIC IN RHODES



The
Obstetrics - Gynecology
Private Clinic in Rhodes
was founded in 2006
by the 3 obstetricians-surgeons,
Efthymiou Theodoros,
Dr. Manolikakis Georgios and
Fotinos Georgios,
with the aim of upgrading
health services in the field of
obstetrics - gynecology in the
Dodecanese.



The Clinic is equipped with the latest equipment in machinery and software. The doctors of the center are characterized by excellent training and a high level of specialization in antenatal care, as they are accredited by the international organization FMF, offering high quality services.



The mission of the clinic is:

- 1. the prevention and effective treatment of any kind of gynecological incident in the adolescent, reproductive and mature age of the woman but also**
- 2. the care and scientific monitoring of the expectant mother from conception and pregnancy to childbirth with the ultimate goal of a healthy baby.**

The obstetricians-gynecological surgeons Mr. Efthymiou and Mr. Fotinos have received appropriate training for the ability to perform ultrasounds from the Fetal Medicine Foundation of Great Britain (FMF). All the doctors of the clinic have certification from the FMF.

The high level of training is ensured by their compulsory lifelong training and evaluation in order to maintain the FMF ultrasound license.



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www.gynaikologikokentrorodou.gr

The joy of parenthood... is everyone's right!



In Vitro fertilization IVF

In vitro fertilization is now the absolute choice for all cases of infertility, in which other simpler methods of assisted reproduction did not give a result.

With 30+ years of experience and IVF centers in Thessaloniki and Athens, IAKENTRO is a pole of attraction for couples from Greece and abroad

IAKENTRO is a worldwide known and reliable fertility center, ISO 9001:2008 certified, with a state-of-the-art technical equipment, experienced scientists, and world-known associates.

The centre was founded in Thessaloniki in 1998 and since then it provides its services, offering appropriate solutions to every infertility issue.

IAKENTRO's modern settings devoted to serving women and men, providing innovative, specialised services in the fields of in vitro fertilisation (IVF), maternal-fetal medicine, and genetic and molecular biology.

With a humane approach and psychological support for the couple, we aim for the best possible outcome relating to prevention and treatment.



Info

E: info@iakentro.gr,
athens@iakentro.gr
www.iakentro.com



A place to go for foreign couples

The high quality of our centre's services, the constant training of our employees, combined with our high success rates and affordable treatment have led our centre to be a worldwide place to go for couples.

For over 10 years we have been welcoming couples from Greece and many European countries offering them the best options for accommodation and high quality services during their stay in our country.

Our medical staff, interpreters, and program coordinators are always by their side, to help resolve any issue that may arise.

High-quality services

In our effort to meet clients' expectations, we developed innovative and specialised units with care, respect and love for the couple. Our medical services are offered under excellent conditions, responsibility and professionalism.



30+
YEARS



The very high success rates of IAKENTRO internationally have been a special achievement for us and one of the main reasons why people from all over the world appreciate and trust us.



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Find us online: www.lakentro.com



MEDITERRANEAN

FERTILITY INSTITUTE

Start a new life

Start a new life

At Mediterranean Fertility Institute, we have been there to make your dream come true for over 20 years. Our recognized infertility specialists, closely with you, develop a personalized fertility treatment plan. Our city of Chania, in Crete/Greece, is a leading destination for tourists around the world and our fertility center offers the chance to be a destination to happiness!!!

Why Us

Mediterranean Fertility Institute operating since 1994, is now classified as one of the most successful centers in Europe and known globally, have helped to complete their family more than 5000 couples with a over all success rate of 67.6%.

Always with continuous quality checks and training of our medical team and with supervision of Dr Ioannis Giakoumakis, Gynecologist/Obsterctriicians and IVF Specialist, we constantly improve our success rates!

We provide egg donation program with

- No waiting list
- From a group of selected donors
- Having gone through strict criteria
- Always maintaining their anonymity (as required by the Greek law).

We deal with male infertility finding a solution to any problem in cooperation with specialized andrologists.

We assist prospective parents into their surrogacy program for a successful completion of the process, with advice and suggestions from experienced professionals.



Services

Preimplantation Genetic Diagnosis
IMSI & PICSI
Cryopreservation
Blastocyst Culture
Prenatal Diagnosis
Sperm Fragmentation

IVF Treatments
In vitro Fertilization (IVF)
Microfertilization (ICSI)
Sperm Donation (SD)
Egg Donation(OD)
Embryos Donation (ED)
Surrogacy



Dr. John Giakoumakis
Clinical Director, Obstetrician - Gynecologist

Having over 35 years of experience as a gynecologist, Dr Giakoumakis studied in the Medical department of the University of Athens, specializing in Obstetrics - Gynecology. He completed his internship at the hospital "Krankenhaus Holweid" in Koln, Germany, and his specialty in the University Hospital Alexandra in Athens. He took the position of head of the gynecological department in the General Hospital of Chania and continued his career as Director of the Gynecological department at a private hospital in his hometown, Chania. Just in 1992 he made his dream come true! by founding the Mediterranean Institute of Fertility and since then he helped hundreds of couples and singles, to achieve their own dream of holding their baby! His personal pursuit does not stop here. Some years after, he pushed his limits and help the patients with the surrogacy program from 2005 that the law in Greece permit it. Wanting to constantly develop his knowledge in the field of assisted reproduction, actively participates in conferences around the world every year. Also he is a active member of several organizations, and as a high light, founder member of: European Society of Human Reproduction and Embryology (ESHRE), member of: American Society of Reproductive Medicine (ASRM), Mediterranean Society of Reproductive Medicine (MSRM , Middle East Fertility Society (MEFS) and he was Honorary president of the Medical Society of Crete.



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OBSTETRICIAN - GYNECOLOGIST AND SURGEON **Dr. CHRISTOS A. GERENTES MD, MNCOG**

He studied at the Medical School of the University of Bucharest 'Carol Davila', and holds a long course of specialization, starting in 1995 in the gynecological and obstetric hospitals Sf. Pantilimon and Albertinen - Krantenhans Hamburg. He then specialized in G.N.N. Chalkidas where he remained for 7 years, while he occupied the title of specialty from the Maternity Hospital "Elena Venizelos". In the same maternity hospital he worked as an expert for one year.

He was very interested in colposcopy and cervical pathology, dealing with a sufficient number of cases, as well as with the rehabilitation of pelvic floor problems.

Specializing since 2011 in IVF and with training in laparoscopic techniques deals with great zeal with the infertility of modern couples giving them hope and joy for a better tomorrow.

Finally, he has experience in diagnosing and treating high-risk pregnancies, giving weight to informing patients justifiably and comprehensible.

He has presented papers at international conferences, published articles and has taken part in a very large number of conferences and post-training seminars.

He is a primary member of the National College of Obstetricians and Gynecologists of Greece with an offer of scientific work.

Scientific Associate of "IAKENTRO" standard IVF center under the guidance of two university professors.



Info
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www.femcare.gr

Regular member of:

- Hellenic Society on Ultrasound.
- European Society for Human Reproduction (ESHRE).
- Hellenic Society for Colposcopy and Cervical Pathology.

Partner of the Obstetricians:

- IASO and partner of IASO Groups, YGEIA, MEDICAL CENTRE OF ATHENS, BIOIATRIKI, EURODIET.
- 09/2011: Maternity partner LETO
- 10/2011: Scientific associate of the "IACENTRO" standard IVF centre
- 12/2011: Member of the "National College of Obstetricians of Gynecologists of Greece" (MNCOG)
- 01/2013: REA maternity partner
- 01/2013: IASO Group maternity partner.

MEDICAL SERVICES

- Infertility.
- Sterility.
- Disruptive cycle.
- Small surgeries - ultrasound.
- Laparoscopy-Hysteroscopy.
- Fully monitoring of obstetric cases.
- High-risk Pregnancy.
- Colposcopy and cervical pathology.
- Remedial interventions-Gynecological surgeries.
- Contraception.
- IVF



MEDICAL TOURISM HEALTH & WELLNESS



Syros Island

Once Greece's most important port, Syros still has the air of a classy capital

PREIMPLANTATION GENETIC TESTING (PGT)



GYNECOLOGY - OBSTETRICS - INFERTILITY DR EMMANOUIL CHEIRAKIS

HEAD OF LAPAROSCOPIC AND HYSTEROSCOPIC SURGERY OF REA MATERNITY HOSPITAL

The PGT requires a couple to undergo (IVF) in order to genetically test the embryos for a specific genetic disease or to screen for aneuploidy

This term PGT is subdivided into PGT for aneuploidies (PGT-A), PGT for monogenic disease (PGT-M) and PGT for structural rearrangements (PGT-SR)

The PGT-A is a screening test for de novo aneuploidy in embryos from parents who have no known chromosomal abnormality.

Preimplantation genetic screening (PGS) can screen for all 23 chromosomes and can help identify optimal (euploid) embryos for transfer before IVF. Given that 40%-60% of naturally and artificially conceived embryos are aneuploid, PGS with transfer of only genetically normal embryos can be expected to decrease the rate of miscarriage.

Indications for PGT-A include advanced maternal age, repeated miscarriage, history of an aneuploid pregnancy, and repeated otherwise unexplained IVF failure.

The PGT-M allows couples with various single-gene disorders and X-linked genetic diseases to avoid transmission of the disorder to their offspring

Indications for PGT-M include the followings

- Single-gene disorders eg cystic fibrosis, muscular dystrophy, hemophilia, or Huntington disease
- Sibling human leukocyte antigen matching



Info
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www.chirakismanolis.gr



About the Doctor

Born in Piraeus. Dr Cheirakis graduated from the medical school of the University of Athens. He completed his residency at the 2nd department of obstetrics and gynecology of the University of Athens (Aretaieion Hospital). Dr. Cheirakis is an obstetrician - gynecologist trained in laparoscopy and hysteroscopy at the worldwide known (Clermont-Ferrand) France. He is a founding member of Rea Maternity Hospital.

LANGUAGES
GREEK , ENGLISH

GYNECOLOGY

Laparoscopic surgery
Hysteroscopic surgery,
Gynecology ultrasound
Gynecological endocrinology
Gynecology oncology
Cervical cancer screening (THIN PREP,
PAP TEST , HPV TEST)
Colposcopy
Contraception

OBSTETRICS

High risk pregnancy
Obstetrics ultrasound
Multiple pregnancy
IVF
Ovulation induction
Intrauterine insemination (IUI)
In vitro fertilization
Conservation of fertility
Oocyte donation
Sperm donation



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Kasos Island

Kasos is an extraordinary island located in the Carpathian sea next to Karpathos and Crete and forms with these 2 islands probably the most authentic corner of the Aegean sea.



WE LOVE YOURSELF



The image shows the exterior of the Skin + Hair Medical Care clinic. The building is a light-colored stone structure with two blue-framed doors. A small sign above the doors reads "Skin + Hair MEDICAL CARE DR. THEOCHARIS". To the left of the main entrance is a smaller entrance with a glass door. In the foreground, there is a portrait of Dr. Sotiris Theocharis, a man with a beard, wearing a white medical coat.

SKIN AND HAIR MEDICAL CARE



Skin and Hair Medical Care, a top tier dermatology clinic in Glyfada (Greece), was founded by Dr. Sotiris Theocharis, top Dermatologist and Dermatologic Surgeon, with the aim of establishing the clinic, as a leading medical service provider in the field of private dermatology in Greece.

Dr. Sotiris Theocharis, through his 25 years+ of medical experience and specialization in Greece and abroad is a pioneer dermatologist and dermatologic surgeon, who provides the highest quality care for both acute and chronic dermatological conditions, by giving prompt diagnosis and expert treatment,

from conservative treatments to surgical rehabilitation.

The main goal of the clinic is to provide medical services of high quality, in the fields of Dermatology, Venereology, Dermatologic surgery, Hair Transplantation, Aesthetic Dermatology and Laser applications.

During the past two decades, in the field of hair restoration, Skin and Hair has been recognized as a leader in hair transplantation using the most up-to-date methods. Moreover, we treat hair loss problems by applying specialized treatments for every individual case.

We offer solutions to dermatological problems, performing

Dermoscopy and moze mapping examinations, treating chronic skin diseases and performing removals of benign and malignant tumors with the highest standard of medical care for all skin conditions, including skin cancer.

Innovative anti-aging therapies are applied for the resolution of aesthetic problems. Laser machines of the latest state-of-the-art technology are used along with specialized body treatments against cellulite and localized fat.



Info

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www.skinandhair.gr &
www.skinandhairtransplant.gr



skin + hair
MEDICAL CARE
DR. THEOCHARIS

Skin and Hair Dermatology clinic is certified by Swiss Approval with the **Quality Management System ISO 9001:2015**, for all our medical services. In addition, we have been awarded for our practices with the "**Best Practices in Medical Tourism**" certificate by New Times and the "**Best Dermatology Clinic in Attiki**" for 2020, awarded in **Medical Beauty Awards**.

Our clinic and day surgery, with our exceptionally well-trained medical staff and strict adherence to the rules of medical ethics provide a safe and caring environment. We understand how important it is for you to feel comfortable with your skin

especially, if you are dealing with skin diseases. Just know that you are being treated with medical experience, responsibility, scientific knowledge and trust. **We love yourself.**

Skin and Hair Medical Care provides a wide range of dermatologic and aesthetic treatments and procedures, such as:

- Skin Surgery for benign and malignant tumors
- Automated Total Digital Body Mapping (3 advanced devices for Dermoscopy and mole mapping)
- Aesthetic Dermatology and Anti-Aging

aesthetic procedures (Botox, Fillers, Mesotherapy, Threads)

- Hair Transplantation with FUE (Follicular Unit Excision), FUT (strip) and Combo (combination method)
- Fractional Lasers and Co2 surgical devices
- Laser Treatment of HPV
- Laser Tattoo removal
- Vaginal Rejuvenation and Tightening procedures
- RF treatments for skin tightening
- Cryolipolysis with non-surgical fat reduction
- Laser hair removal with the latest state-of-the-art Alexandrite Lasers



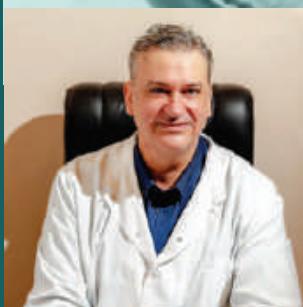
MEDICAL TOURISM HEALTH & WELLNESS



Fournoi Island

The Island of Pirates! This place is considered an alternative destination, perfect for hikers, free campers and naturists. Away from mass tourism and modern way of life, you can find great beaches and a real hospitable environment.

LASER ALEXANDRITE FOR HAIR REMOVAL



AESTHETIC DERMATOLOGY & DERMATOSURGERY DERMA LASER & YGEIA CHRISTOS REBELOS

What is the Alexandrite Laser?

An Alexandrite Laser is a type of LASER (light amplification by stimulated emission of radiation) that emits high energy light through an alexandrite crystal. As the light passes through the alexandrite crystal, a beam of light 755 nm long is produced.

Note: The length of the beam of light determines how far into the skin the laser penetrates.

The color of the laser light is red.

Alexandrite Lasers can be set on Q-switching mode, which causes the laser to produce a high-energy beam of light in short pulses. This is what makes it effective for hair removal.

In addition to hair removal, Alexandrite Lasers are used for:

Treating age spots
Treating spider veins
Treating vascular birthmarks
Tattoo removal

The wavelength of light emitted from the Alexandrite Laser is easily absorbed by the melanin (pigment cells) in your hair, which causes those cells to be heated and ultimately destroyed.



Info

E: christosrebelos@yahoo.com
www.rempelos.gr



About the Doctor

The clinic is equipped with the latest equipment (LASER ALEXANDRITE for hair removal, LASER CO₂, and FRACTIONAL, LASER NDYAG, cryotherapy unit, etc.). Doctor Rebelos graduated the Medical School of the University of Athens. He got specialized in the University Hospital of Rio in Patras and he is a member of the Hellenic Dermatosurgical Society. He has participated in a large number of conferences of Dermatology and Cosmetic Medicine, both in Greece and abroad. He writes in newspapers and magazines on a variety of dermatological topics.

Languages
Greek, English

Medical Services

- Dermatological surgical removal of tumors and skin carcinomas (surgical or laser CO₂), biopsy
- Permanent face and body hair removal with LASER ALEXANDRITE (CANDELA USA)
- Skin regeneration - Anti-aging - Scar and stretch marks restoration with FRACTIONAL LASER CO₂
- Skin rejuvenation with autologous growth factors(PRP)
- PLEXR (PLASMA EXERESIS) blepharoplasty without incisions or staples
- Hyaluronic acid implants for wrinkle treatment
- BOTOX for facial wrinkles and hyperhidrosis (armpits, palms, etc.)
- Mesotherapy - BIOPLEXR: NO NEEDLE MESOTHERAPY
- Permanent Acne Treatment
- Permanent treatment of pigmentation (facial and hand stains) with LASER
- Cryosurgical treatment of skin lesions with liquid nitrogen
- Treatment of Condilomas with LASER or Cryocoagulation
- Holistic treatment of cellulite and obesity in collaboration with diabetic expert - nutritionist with the method of EURODIET (ketogenic diet)
- Treatment of spider veins with LASER NDYAG and sclerotherapy injections
- Treatment of onychomycosis with medicines or NYYAG laser
- Lipolysis (Vacuum - cavitation Aqualix - desobody injections)
- Threads
- Peelings



MEDICAL TOURISM HEALTH & WELLNESS

Combine Holidays & Treatment



Paros Island

If you or your loved ones need rest and relaxation, then Paros is the island for you. Experience rejuvenating days in its peaceful little villages, beaches with crystal clear waters and breathtaking landscapes.





GASTROENTEROLOGIST - HEPATOLOGIST **Dr. VASILEIOS SAZANIDIS**

Dr Sazanidis graduated from the Medical School of the Aristotle University of Thessaloniki, Greece. He has specialized in Gastroenterology in 424 Military Hospital, Thessaloniki and in "LAIKO" Hospital, Athens. He received Scholarship from the Hellenic Foundation of Gastroenterology and Nutrition (ELI-GAST). He was trained for 2 years at the Victoria Hospital of Blackpool, UK in interventional endoscopy. He gained significant experience in all modern techniques performing a great number of diagnostic and interventional endoscopic procedures.

Dr Sazanidis is an active member of GMC (General Medical Council, UK) and since 2010 he is accredited member of the British Endoscopy Association, JAC (Joint Advisory Group on GI Endoscopy).

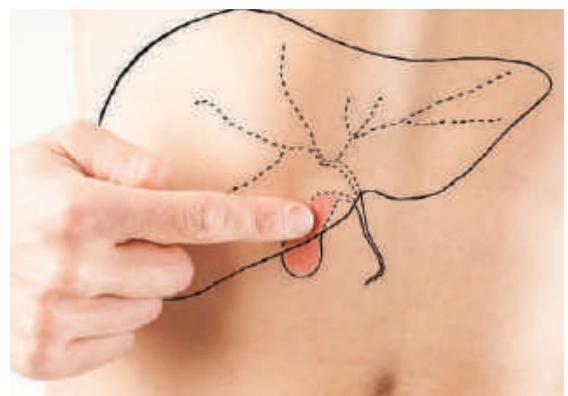
From 2014 until today Dr Sazanidis is working regularly in various hospitals in UK as a Consultant Gastroenterologist carrying out endoscopy lists and outpatient clinics.

He has worked in:

Royal Bournemouth Hospital, Bournemouth
Darlington Memorial Hospital, Darlington
St Helier Hospital, London
James Paget Hospital, Great Yarmouth
Bristol Royal Infirmary, Bristol

Dr Sazanidis is running his own private clinic, fully equipped, that offers high quality services to his patients.

In addition, Dr Sazanidis collaborates with various private hospitals in Athens.



Info

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www.sazanidisb.gr

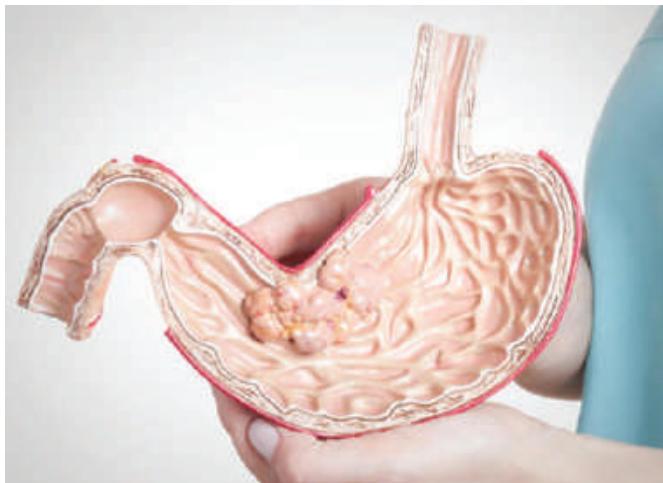


LANGUAGES

Greek, English, Italian

SERVICES

1. Diagnostic and interventional endoscopy:
 - Gastroscopy
 - Colonoscopy
 - Flexible Sigmoidoscopy
 - Polypectomies
2. Diagnosis, investigation and treatment of gastrointestinal diseases such as Dyspepsia, Gastroesophageal Reflux Disease, Peptic Ulcer Disease, Functional GI disorders like IBS, IBD, Liver Diseases etc.



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Cape Sounio

Perched on the craggy rocks of Cape Sounio, the temple of Poseidon, the ancient Greek god of the sea, dominates the southernmost tip of Attica, where the horizon meets the Aegean Sea.



The main objective of **Pan Health Group** is to provide excellent health services to dialysis patients and complete coverage of needs with specifications that meet all their requirements and expectations.

It already counts a series of model health organizations for kidney patients offering them safe and quality dialysis. Together with the excellent medical care the group provides, it also offers its patients a great hospitality in its dialysis units, in luxurious spaces and aesthetically pleasing and comfortable environments. Thanks to the geographically network which is progressively expanding, all

services are easily accessible and ideal vacation can be guaranteed due to **Pan Health Group's** vision, that is creating a model inpatient unit, with homocentric characteristics.



"IKAN" Dialysis Center

5th km Nat. Road Nafplion - Epidaurus
Area Nafplio, 21100, Argolida
Phone: +30 2752181800 Fax: +30 2752181801
Email: info@ikan.gr



The creation of a network of high quality Chronic Dialysis Units was based on all these specific particularities in order to become key holiday destinations offering the foremost commitment of the total relaxation and psychological wellbeing. Therefore, starting from the picturesque Nafplio in Argolid (**"IKAN" Dialysis Center**) **Pan Health Group's** network is constantly expanding, with units in Athens (**kidney Center of "Athens"** and **"NEKAD" Dialysis Center**) and lately also in Sparta of Laconia (**"NEKAS" Dialysis Center**).



Lastly, the health organization is truly proud of its important member from which the whole group is being fully supported, that is **"IASYS"**, a modern, innovative Medical Diagnostic Center whose main goal is to provide solutions to any health needs and maintain reliable results among the numerous specialties it holds.

"IASYS" Medical Diagnostic Center

38, Spyrou Merkouri Str. & Ergotimou, Pagkrati, Athens
Phone: +30 2107220080 Email: info@iosys.gr

Summarizing, the principal axis of **Pan Health Group's** policy is abstracted to the following services:

- Luxurious facility infrastructure to provide hospitality and comfort to both patients and attendants
- High-quality dialysis treatments
- Highly trained scientific and nursing personnel
- Continuous monitoring by experienced medical and scientific partners (cardiologists, nutritionists, etc.)
- Multilateral support and respect to possible individual needs of each patient.

Last but not least, **Pan Health Group** is the first organization, which has installed on the website of all its Dialysis Units the "Together" a unique software program that visiting dialysis patients can use to book their dialysis treatments. "Together" connects the dialysis patient with the Renal Dialysis Unit immediately, directly and with no intermediate procedures.



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Email: info@nekad.gr



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Phone: +30 2731131131
Phone: +30 2731131111
Email: info@nefrasparta.com



Some of "**Together's**" features-benefits are:

- It enables the dialysis patients to choose immediately, autonomously and independently the dialysis unit that will perform their dialysis treatment without any intermediate procedures!
- Through the program "Together" the patient is immediately informed of the days and hours (shifts) that are available in order to carry out the treatments he wishes.
- At the time of booking the patient is given the choice of dialysis modality (classic or on line) as well as the type of coverage (insurance carrier or self-pay).
- The system is available in a multilingual environment supporting 24 different languages.



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CONSULTANT NEPHROLOGIST IOANNIS GRIVEAS, M.D., PhD

July 2020 - present: Member of the Board "Hellenic Society of Nephrology"

May 2020 - present: Medical Director of Private Dialysis Unit "Polyxenia-Renal", Athens, Greece.

August 2018 - present: Medical Director Nephrology Department 417 Army Share Fund Hospital of Athens (NIMTS), Greece προσθέτουμε and Colonel of Greek Army. 2017 - present: Professor - Advisor Hellenic Open University. Main topic of interest Geriatric and Diabetic patients.

2017 - 2018: Head, Department of Education, Hellenic Army General Staff, Medical Directorate.

2017: Consultant Nephrologist Ioannis Griveas since October 1, 2017 is a Professor- Advisor at the Hellenic Open University.

2011 - 2020: Medical Director of Private Dialysis Unit "Nefroiatriki", Athens, Greece. Consultant Nephrologist and Lt. Colonel of the Greek Army.

2011 - present: Owner of Private Renal Clinic "Athens-Nephrology"

2014 - 2017: Consultant Nephrologist 417 Veterans Army Administration Hospital of Athens (NIMTS), Greece. Consultant Nephrologist and Lt. Colonel of the Greek Army. 2011 - 2014: Lead Physician Nephrology Department and then Renal Unit 401 Army Hospital of Athens, Greece.

2009 - 2011: Fellowship to Nephrology Department / Renal Transplant Unit of Queen Elizabeth University Hospital, Birmingham,

UK.

2008 - 2009: Consultant of Nephrology and Major of Greek Army, Department of Nephrology, 401 Military Hospital, Athens, Greece.

2007 - 2009: Consultant Nephrologist Satellite Renal Unit "Nefroiatriki", Athens, Greece. 2007: Seminar in Management of Health Units (Institute of Public Administration).

2006 - 2008: Consultant of Nephrology and Major of Greek Army, Department of Nephrology, 417 Veterans Army Administration Hospital, Athens, Greece. My major topics of interest is clinical research in systemic diseases with renal involvement, plasmapheresis, immunoabsorption, several methods of renal replacement therapies, biocompatibility of haemodialysis dialyzers.

2005 - 2006: Served in Greek Special Forces (Center of Education in Unorthodox War, Rendina, Thessaloniki), as Director of Medical Services (rank: Captain). Chief instructor of Medical Courses in Greek and International schools of Special Forces.

2005: Consultant of Nephrology, Department of Nephrology, 424 Army Hospital, Thessaloniki, Greece

2001 - 2005: Registrar in Nephrology at the Department of Nephrology, Papageorgiou General Hospital, Thessaloniki, Greece. During my educational program, I participated in the following activities:

➤ 2 years I was appointed to the Nephrology Department (30 beds), where I had the opportunity to come together with all the spectrum of clinical nephrology (glomerulonephrities, acute kidney injury, systemic diseases, metabolic disorders, hypertension diabetes mellitus, etc).

➤ I was trained in kidney ultrasound and I performed over 50 kidney biopsies by myself. At the same time I participated in pathological meetings concerning the clinical and pathological follow up of patients.

➤ For one year I worked in the Renal unit of the hospital (220 patients). During this period I was trained in all methods of haemodialysis and in all renal replacement therapies in patients with acute kidney injury. In total, I attended in over 40,000 haemodialysis sessions and I placed over 600 catheters for haemodialysis.

➤ For 6 months I worked in the CAPD unit (60 patients) of the Nephrology Department. I also placed over 60 peritoneal catheters.

➤ For 6 months, I was member of the Transplant Unit of the department (50 patients).

➤ I was also trained in all techniques of Apheresis (plasmapheresis, LDL-apheresis, immunoabsorption). The Papageorgiou Nephrology Department is pioneer in the field of Apheresis.

2002 - 2004: During the period 2002-2004, I was elected as a member of the Scientific Council of Papageorgiou General Hospital.



Info

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www.polyxenia-renal.gr



15/7/2004 - 30/9/2004: I volunteered in Olympic and Paraolympic Games of Athens as Doctor in the Department of Medical Services.

1998 - 2001: Registrar in Internal Medicine at the Department of Internal Medicine of 401 Army Hospital of Athens. During the above period I served for 12 months in the intensive care unit doing 10 days of duty a month. I have been officially honored from Medical Army Administration for organizing Medical Courses regarding First Aid in the battlefield. 1999: I graduated successfully the seminar "Advanced Trauma Life Support (ATLS)", which took place in the Medical School of University of Patra, Greece.

1996 - 1998: Served in Greek Special Forces (2nd Battalion of Parachutists, Aspropirgos, Athens), as a doctor, and graduated successfully all the academies of Special Forces.

1996: Rotation at the following clinics of 401 Army Hospital of Athens: Internal Medicine, Surgery, Intensive care, Psychiatry, Neurology, Urology, Cardiology, Dermatology, Orthopedics, Ophthalmology etc.

1995: Diploma of Military Medical School, Ar-

istotle University of Thessaloniki.

Medical Services

- Proteinuria-Hematuria
- Glomerulonephritis
- Hypertension
- Diabetic nephropathy
- Electrolyte disorders
- Acute Kidney injury
- Chronic Kidney Disease
- Renal Transplantation
- Kidney stones
- Polycystic kidney diseases
- Renal angiomyolipoma in patients with tuberous sclerosis complex
- Fabry disease
- Other rare genetic diseases such as von Hippel-Landau
- Metabolic diseases

The "**Polyxenia-Renal**" Dialysis Unit welcomes and cares for patients with end-stage Chronic Renal Disease undergoing dialysis. Its privileged position on the main road of Koropi, at a distance of less than one kilometer from the City Hall of the Municipality of Kropia, very close to the largest airport in the

country "Eleftherios Venizelos" and the sea, enables it to support the population in need of nephrological care in the wider area of Eastern Attica.

In a welcoming, "bright" space, functional, original, innovative, and "familiar", the experienced and at the same time "fresh" medical and nursing staff does not just offer dialysis services but helps patients "live normally" with kidney disease.

All the staff, medical, nursing and administrative are active in the field of dialysis for a number of years and with their gained specialized knowledge they offer comprehensive and quality services to patients with Chronic Kidney Disease. In a modern environment with state-of-the-art equipment, original materials and high quality media, with innovative methods of operation, patient assistance 24 hours a day and active participation in the treatment process, concepts such as safety, constant information, useful tools, integrated treatment and quality of life have essential content. The center of attention of the entire professional care team is the renal PATIENT



MEDICAL TOURISM HEALTH & WELLNESS



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If you are looking for that perfect Greek island with a balance of beautiful beaches, low-key nightlife, white Cycladic villages, low-impact tourism and maybe the best food in the Cyclades, then look no further than Sifnos



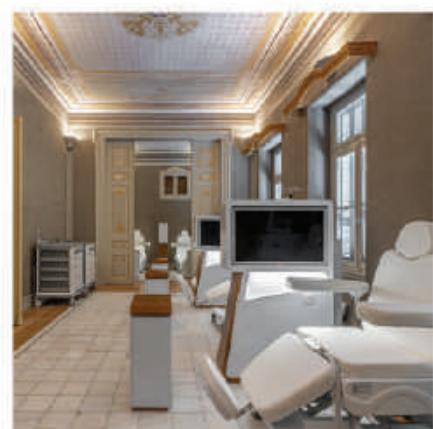
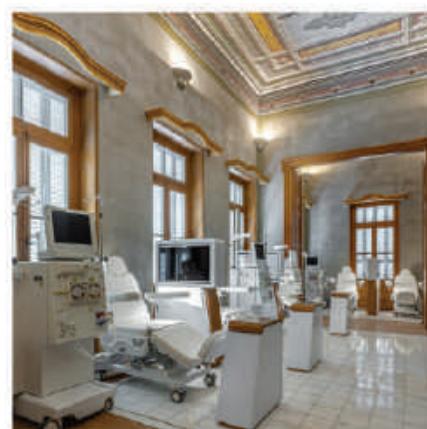
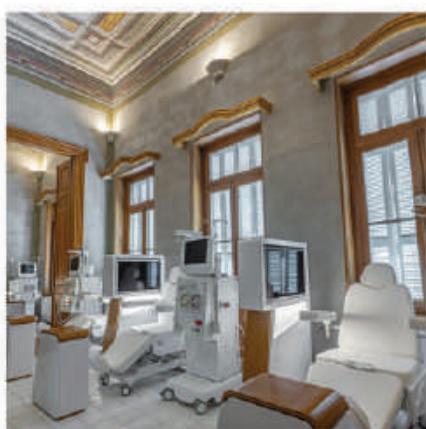
RENAL CARE CENTER



THE PHILOSOPHY

Fighting an illness, among others, can take place in hospital wards, too. The last, could be modern buildings or facilities worn out by time. In common, they were all created to be practical for the patients, the hospital staff, the doctors and serve their necessities. No space was specifically dedicated to their soul, to their psyche, although it is a fact that psychological support of patients improves their general wellbeing and promotes a better response to their treatment.

For us, the people of IONIO GROUP, it is crucial that every single patient should stay in a warm and welcoming environment throughout their therapies. We dreamt of a place that promotes empathy and joy. A place that will give its tenant the will to live and create. A place that will inspire the healthy way of life through a holistic approach. We created it and now we offer it to you.

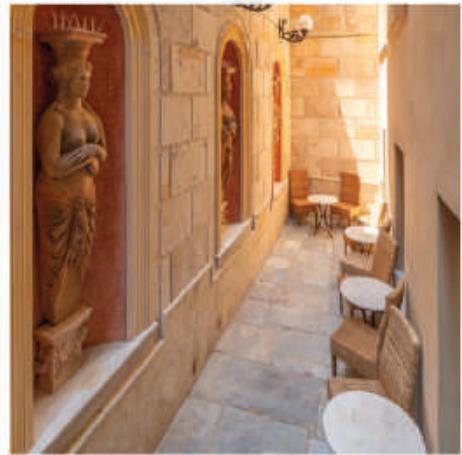


Piraeus

146, Alkibiadou str., 18535 Piraeus

T 210 4114004

ioniomxpiraeus@gmail.com, www.ionio-group.gr



THE HISTORY – AN ARCHITECTURE MUSEUM FOR YOU

A fully dedicated doctor and a passionate architect. The same man. The museum-building, dating back to 1878, standing tall in the center of Piraeus, could only trigger the creativity of Ioannis Kleinakis - the director and visionary of IONIO GROUP. Four years were needed to be transformed into a unique hemodialysis center according to the most technologically advanced world standards. A neoclassical building where every detail brings back to life the genius of its architect, Ernst Ziller. The walls were carefully peeled off, layer by layer of successive paints, revealing characteristic architectural lines and rare mural paintings of the famous architect.

The Ziller building was set free to fresh air and pure Athenian light. It looked wonderful. A masterpiece which proves strength of mind and will for creation. As part of cultural heritage, this building welcomes people on dialysis. It offers a dynamic environment

that empowers them while beauty, serenity and optimism are widely emanating.

A building of 19th century won the battle of time and is now standing proud and tall in the 21st century waiting to accommodate its guests.

MODERN EQUIPMENT GREAT AESTHETICS, STANDING TOGETHER FOR LIFE

The images depict, one by one, our vision. Over four years, every detail was carefully preserved, giving emphasis to the great beauty of each room. We equipped the facility with the latest and most efficient amenities that we have been trusting for decades. The equipment that guarantees health, feeling of security and quality of life in this particular treatment. We included in our team the best qualified doctors and experienced hospital staff. Open 7 days per week, the building is waiting to accommodate its guests.





Dental Surgeon Dr. Angeliki Margariti-Andrews

About the Doctor

Dr. Margariti Andrews is a specialized Dental Surgeon in the field of Dentistry with a focus on implantology and cosmetic dentistry. She speaking the following languages: English, French, Italian and Romanian. She has maintained a private practice since 1991.



Established in 1962 by Dr. Fani Roumelioti Margariti, the MARGARITI DENTAL CLINIC has had a long history of being a Family practice. In 1993, her Daughters, Dr. Angeliki Maragriti-Andrews and Dr. Eleni Margariti continued their Mother's legacy along with her professional ethos, integrity and quality consistently.

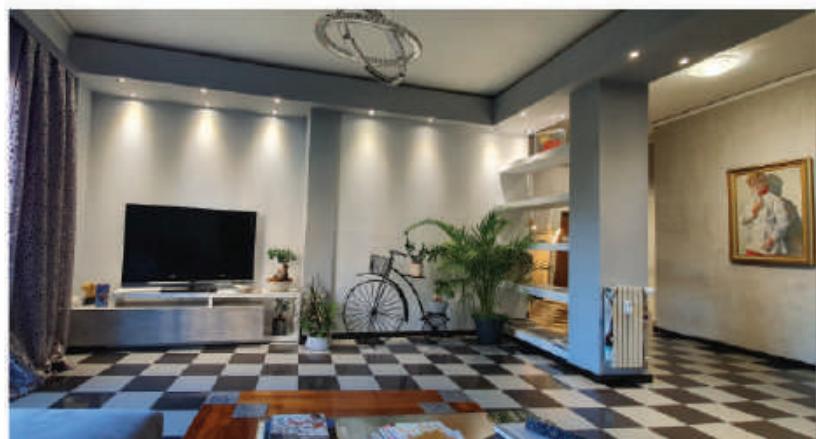


Info

Central Dental Clinic
Imittos Dental Clinic



e-mail: margariti.dental@gmail.com



Margariti Dental Clinic, offers high quality dental services in two office locations with advanced technological dental equipment to treat their patients.



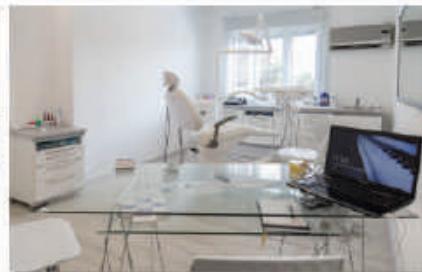
Services

- Dental Surgery
- Implantology
- Periodontology
- Prosthodontics
- Cosmetic Dentistry
- General Dentistry
- Laser Application
- Preventive Dentistry
- Tooth Bleaching
- PRP



Dr. Margariti - Andrews is Vice President of the Hellenic Red Cross, Member of the Greek Association of Monaco (TRADITIONAL ARCHITECTURAL HERITAGE CONSERVATION COMPANY), Member of the Association PASG " Kallipateira ", Member of the Board of the International Association of Friends of the Archdiocese of Thyatia and Great Britain, which is under the auspices of His Eminence Archbishop Nikitas, Member of ICC WOMEN HELLAS and Founding Member of the Climate Abroad Hellenism.

She was Vice President of the Hellenic Dental Research Society, former President of the International Council for Oral Implant Research (IRCOI - GREECE), where she was voted by the presidents of 12 member countries of the Council, such as: USA, England, France, Spain, Italy, Brazil, Italy , Australia, Germany, Israel, Kuwait, and Japan, former Member of the American Academy of Oral Implants (AAID), as well as organized 5 international dental conferences in Athens while Vice President and Member of the Board of the Greek Society of Oral Implants. Former Member of Hellenism and Orthodoxy (An association with activities in the field of Greek-American friendship and Greek-American relations with a special emphasis on the Greek American family with which it cooperates closely on our national issues), former Elector of the Hellenic Dental Federation (1993-1996), former Councilor A of the Athenian Municipal Department (1990-1994), former President of the Athenian Municipal Department (1998-2002), former candidate for Member of Parliament for Athens (June 2012), former member of the Democratic Academic Academy, former Head of B3 prefecture of New Democracy (2000), former Head of the Balkans-Italian secretary of expatriate Hellenism of New Democracy, former Head of B1 prefecture of New Democracy (2003), former advisor to the secretariat of equality of the Ministry of Interior (2005-2010).



She has been honored for her work by the mayor of Piraeus (1994), ONED (1995), LIONS club, Athenian landmark (2002), as well as received various honorary distinctions from organizing committees for her participation in scientific conferences. Finally, she is active through the charity Life Line Hellas under the auspices of HRH Crown Princess Katherine.



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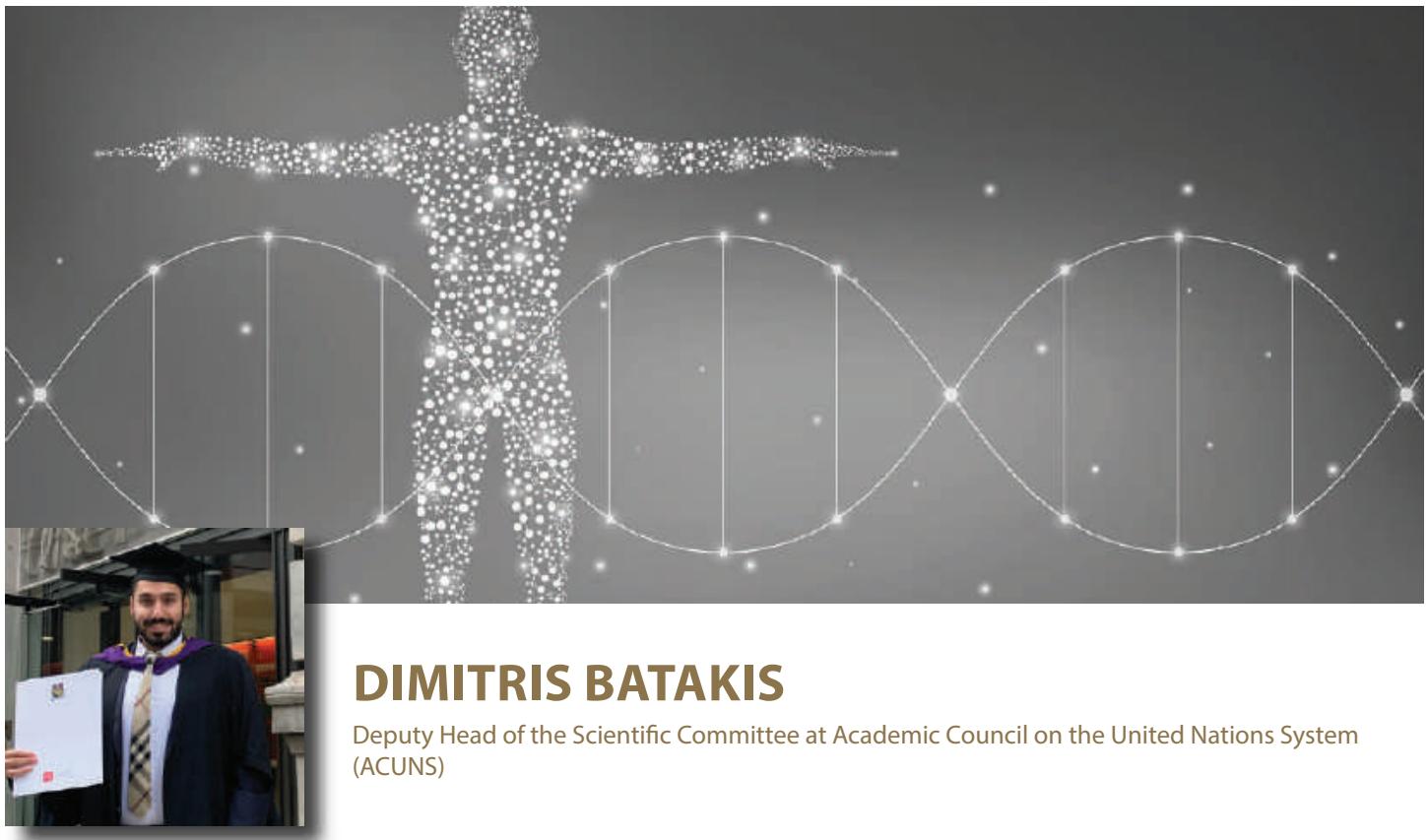
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www.athensassistance.gr



DIMITRIS BATAKIS

Deputy Head of the Scientific Committee at Academic Council on the United Nations System (ACUNS)



Dimitris H. Batakis is a PhD holder in the Department of Production Engineering and Management of the Technical University of Crete, his Doctoral Thesis is entitled "Medical tourism as a lever of economic growth. In addition, he holds a B.A. from the Department of Business Administration of the University of Western Attica. Furthermore, he continued his studies in the field of Health Economics and holds Master in the Health Economics and Management of the Department of Economics, Business and International Studies of the University of Piraeus. Also, he has been graduated with postgraduate diploma on the master program in International Health Policy, from the Department of Health Policy at the London School of Economics.

I currently work as an communicate manager at a Genesis Crete-IVF centre which has given me the valuable experience of working with foreign patients. Therefore, I can communicate in fluency with other health care colleagues and medical facilitators in order to achieve the most efficacy result. Summarizing, the main purpose is to improve patients' outcomes and advertise the service of our centre around the world. Furthermore, I am scientific associate of the Laboratory of Health Economics and Management and strategic advisor of diagnostic canter of Eleftho. I am also administrative assistant - web administrator to the company Cretan Medical Journal (Trimester Publication). This company is a non-profit organization. It's main role is to conduct research in the health and social sector.



Also, the company has a newspaper "Medical Year Of Crete", which has a website too. I have been participating in many conferences and panels which were relevant about medical tourism. While I have taken part in many academics' researches regarding in medical tourism in Greece. For the last year, I have been member of Hellenic Association of Political Scientists (ΕΟΠΕ - HAPSc). This Organization has a Special Consultative Status with Economic and Social Council of the United Nations.

I would like to make special reference about HONORARY AWARDS to the First collective prize in the 21st Contest Economia on issue Health:

Entrepreneurship and Innovation, " Partnership Greek Universities and Private service provision Genetics medicine".

All in all, I am willing and strongly passionate to give it my very best, through my expertise so as to make my country identical medical tourism destination. I'm certain that my knowledge and skills learnt in medical tourism market will be useful me to work best with the community and subsequently create a sustainable link between the community and the health policy.



MEDICAL TOURISM HEALTH & WELLNESS



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At the westernmost side of Crete,

Chania is a wonderful place for vacations. It offers a beautiful medieval town, some of the most beautiful beaches in Greece and some sights of high interest.

THE SPECIALTY OF ORTHOPEDIC SURGERY



Orthopedic surgery is an Art



ORTHOPEDIC SURGEON Dr KONSTANTINOS INTZOGLOU

WHY DID YOU CHOOSE THE SPECIALTY OF ORTHOPEDIC SURGERY?

For me, things were clear from the beginning, from High School I can say. I loved sports and especially soccer from a young age; that's why I also played soccer at a relatively high level. My role model has always been the Orthopedic Surgeon and former AEK soccer player, Dr. Nikolaou, and of course it was an one way choice: Orthopedic Surgery Surgeon specialised in Sports Injuries. As the years passed, of course, and after I became involved in the specialty of Arthroplasty, I realized that this part of Orthopedic Surgery also has a charm as it needs a good knowledge of biomechanics. Today I deal with athletes, supporting them medically, and my specialization is in sports injuries, also Arthroscopy of all the joints, and in Knee and Hip Arthroplasty as well.

SUPERPATH IS THE MOST MODERN APPROACH FOR HIP ARTHRITIS. YOU ARE THE FIRST IN THE WORLD TO COMBINE IT WITH A PORTABLE NAVIGATION, A METHOD THAT INCREASES PRECISION AND THUS THE PATIENT'S SATISFACTION AND QUALITY OF LIFE. TELL US ABOUT THAT

SuperPath Hip Arthroplasty was first introduced in the USA in 2007. It revolutionized Hip Arthroplasty and helped Hip Arthritis patients to overcome their problem. In February 2020, we - the world's first - were able to combine SuperPath Hip Arthroplasty with a portable navigation system. This is how NAVI-SuperPath was discovered, which retains all the po-

sitives of minimally invasive SuperPath and exploits the digital technology and power of computers to achieve the most accurate placement of SuperPath Arthroplasty implants. This increases the longevity of the operation and of course practically eliminates the chances of dislocation of the Arthroplasty, the most serious complication; in the other, traditional methods it reaches even 10%.

ORTHOBIOLICAL TREATMENTS. WHAT EXACTLY THEY ARE AND WHERE DO YOU BELIEVE THEY CAN BE APPLIED?

Orthobiological treatments are called all those treatments that we, orthopedic surgeons use to accelerate the healing of various injuries (tendon diseases, fractures, sprains, etc.) faster, with better results and safer. The various substances (fat cells, stem cells, BMC, PRP, etc.) used for these treatments come from the patient's own body. They can be used either independently or in combination with surgery, always personalizing the treatment we apply per patient. The good thing about these treatments - when they are applied independently - is that they do not require hospitalization and are completed at the level of outpatient clinic.

BIOLOGICAL KNEE. AS IMPRESSIVE AS IT SOUNDS SO DIFFICULT IT IS TO UNDERSTAND. TELL US WHAT EXACTLY IT IS.

Modern technology and its applications in orthopedic surgery now give us a solution to problems that



Info

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www.minisco.gr



in the past simply did not exist. One such area of orthopedics is the knee and specifically patients who have suffered serious injuries to it. Multiligament injuries to young people, accompanied by major cartilage deficits, in the past could not be addressed. Nowadays, modern orthopedic technology and our orthopedic center MINISCO™ provide a solution to these people, offering them the opportunity to return to their daily lives. These complex operations refer to the simultaneous rupture of the anterior and posterior cruciate ligament, the rupture of the lateral cruciate ligament with the simultaneous rupture of the posterior cruciate ligament, the destruction of the posterior posterolateral or posteromedial corner and of course some large cartilage deficits, or even absence of meniscus (consequence of large rupture left untreated or more often preceded by cerebral meniscectomy).

At the MINISCO™ orthopedic center, we apply modern, well-documented techniques for these difficult cases. Specifically, we apply a personalized protocol to deal with the rupture of the anterior, posterior cruciate, or external lateral collateral. In case of large cartilage deficits, -always depending on their

size- we proceed to cartilage regeneration with various techniques (one or two-stage techniques). Finally, in the absence of a large portion of the meniscus, and if this absence creates problems to the patient, then we proceed with a meniscus transplantation. All of the above can of course be combined with the injection of auto-logous stem cells, which in a corresponding environment can develop into the cells (eg chondrocytes) that the doctor desires.

In conclusion, it was understood that the "biological" knee is the most modern method, orthopedic science can offer, in an effort to restore the function of a knee with many injuries to young -mostly- patients, avoiding the need of a total knee arthroplasty.

DO YOU BELIEVE IN MEDICAL TOURISM? ... AND IF YOU DO EXPLAIN US WHY

Medical Tourism is a very special part of tourism, the "heavy industry" of Greece. Apart from the part of Conference Tourism, there is also Medical Tourism, which concerns patients. Healthcare professionals have a duty to provide high level of health

care. The provision of high level orthopedic surgery services - I am referring to my specialty now - in combination with the excellent tourist product offered by the Greek culture and history is an excellent combination that can only bring profits to Greece itself and of course help people from abroad that will choose us, to find their health and their lost quality of life.

There are patients abroad who need to wait for scheduled orthopedic surgeries for 2-3 years. There are also patients who cannot afford the exorbitant costs of orthopedic surgery in their home countries. There is a provision for these people so that they can seek treatment elsewhere, specifically here. Greece is now at the forefront of developments in Orthopedic Surgery. We no longer lack the material and technical infrastructure, nor the know-how or the leading scientists. If this is combined with some short days staying for vacation in the beautiful destinations of our country, I consider it an excellent "product" that can find a "buying public" for. And of course every happy patient who returns to his Homeland will potentially be an "advertisement" for the next patient to come!



MEDICAL TOURISM HEALTH & WELLNESS



Olympia

Olympia, ruined ancient sanctuary, home of the ancient Olympic Games, and former site of the massive Statue of Zeus, which had been ranked as one of the Seven Wonders of the World.

HIP ARTHROSCOPY



ORTHOPAEDIC SURGEON **Dr. DIMITRIOS K. KOSTOPOULOS**

Military Doctor Member of the Hellenic Society of Arthroscopy and sports medicine
Member of the International Cartilage Repair Society (ICRS)

Hip Arthroscopy: A new minimally invasive approach to hip disorders.

The structure of the hip, is a very well protected joint, with the femoral head contained within the acetabulum, providing a large range of motion and stability to the joint. This protection is enhanced by strong ligaments and the synovial bursa. In addition, solid muscle mass and tendon adhesions, by further increasing the hip's protection.

The technique of arthroscopy, has been improved and has allowed the increase of treatment possibilities, focusing on the labral lesions; the impact of the femur on the acetabulum; the synovitis of the hip; the damages of the cartilage; aseptic necrosis of the femoral head and osteoarthritis or free bodies in the joint; the septic arthritis; the total hip replacement; unspecified hip pain and disorders of childhood and adolescent hip; with the aim of solving the problems, primarily among the young patients, that were intractable up to today, by postponing in the distant future or eliminating the possibility of occurrence of osteoarthritis, requiring total hip arthroplasty.

The hip arthroscopy is a therapeutic and very rarely a diagnostic method, performed by localised or general anesthesia. It is conducted under fluoroscopic control and traction in the affected area, in which we are achieving the restoration of existing lesions by making holes of 3 to 4 cm in diameter.

The postoperative course of treatment allows the patient to get up immediately and make use of crutches for a short period. The patient is hospitalised for one day and no blood transfusion is required as in most cases of open hip surgery. A rehabilitation programme is following.

As with the arthroscopic knee surgery in the 80s and the shoulder surgery in the 90s, the hip arthroscopy opens up new treatment pathways for Orthopaedic surgeons, who make progress in our country in this new demanding arthroscopic field, providing solutions to patients with a minimal invasive method and a far more rapid recovery when compared to the open hip surgery.



Info
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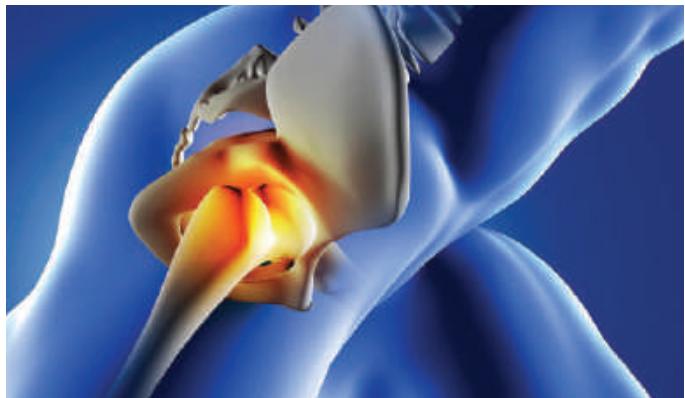
Languages

Greek, English

Medical Services

- Diagnosis and treatment of orthopedic disorders of adults and children
- Microsurgical Hand Procedures
- General Orthopedics
- Hip arthroplasty
- Knee Arthroplasty
- Shoulder Arthroplasty
- Arthroplasty with Digital Assist
- Reconstructive Surgery for Adults
- Arthroscopic Surgery
- Shoulder, elbow, hip, knee, wrist and ankle joint arthroscopy
- Restoration of rib cervical syndrome, rupture of hip cartilage, collapsed ligament rupture, cartilaginous hip lesions

- Rupture of anterior cruciate ligament, posterior cruciate ligament, cartilaginous knee lesions
- Revision of anterior cruciate rupture
- Knee osteotomy
- Surgical repair of fractures
- Meniscus tear
- M.I.S. Robotic Surgery
- Shoulder Dislocation
- Athletic injuries
- Musculoskeletal injuries
- Spinal cord diseases
- Diseases of the bones and joints
- Chronic bone and joint disorders, arthritis, intradermal injections, discopathies, back pain - sciatica, cervical syndrome, carpal tunnel syndrome
- Diagnosis and treatment of osteoporosis



MEDICAL TOURISM HEALTH & WELLNESS



Skiathos Island

Skiathos is blessed with some of the Aegean's most beautiful beaches. It is truly a paradise on earth, with lush pine forests and crystal-clear azure waters.

INDIVIDUALIZED KNEE ARTHROPLASTY

Polyethylene
Insert



ORTHOPAEDIC SURGEON
Dr. SOTIRIOS S. LELES

The most modern method of total arthroplasty is the individualized knee arthroplasty. It is used to permanently cure osteoarthritis of the knee and its results are much more successful than the methods used so far.

The term "osteoarthritis" refers to the degeneration and destruction of the articular cartilage of the knee and causes pain and stiffness in the knee as the friction between the femur, tibia and patella increases.

When the disease is at an advanced stage or when treatments such as hyaluronic acid injections, physiotherapy, painkillers, etc. fail, surgical treatment should be followed. This treatment includes total arthroplasty, which consists of replacing parts of the joint with metal implants.

Personalized knee arthroplasty is innovative because it is applied to each patient individually. Each knee has unique anatomical features that vary from person to person and depends on gender and age.

This difference becomes even more noticeable in cases of arthritis, as the damage to the articular cartilage varies depending on the depth, location, and

extent of the damage. Therefore, personalized arthroplasty is the only treatment for every knee that has this condition. This is because the design and application of each surgery is tailored to each knee individually.

- Patient imaging is used to generate a 3D virtual model for an unobstructed view of critical anatomic landmarks.
- Interactive, 3D virtual surgeon planning enhances visualization of patient anatomy and implant position.
- Virtual planning attributes are embodied in patient specific, 3D printed guides.
- The use of interactive planning and patient specific guides streamline the surgical workflow.
- Technology is a significant driver for patients to undergo total joint replacement surgery.
- Studies have demonstrated better accuracy and clinical outcomes through the use of Patient Specific Guides

An important advantage of this method is that it ensures the ideal function and movement of the joint, as it significantly increases the survival and durability of the implant over time.



Info

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www.lelesortho.gr



ATHENS MEDICAL
GROUP

About the Doctor

Sotiris St. Leles studied at the Medical School of Varese Universita "degli studi D' Insubria (1997-2003). He received the specialty of Orthopedics at the University Clinic of ATTICA Hospital.

His excellent training in Orthopedic Surgery both in Greece and abroad, his frequent participation in conferences and seminars as well as his daily involvement with surgery, enable him to perform surgeries throughout the range of ORTHOPEDICS with particular interest in knee and hip arthroplasty, providing patients with effective medical care and safety with painless and quick recovery.

Languages

Greek, English, Italian.

Work experience

Universita degli Studi di Pavia

Universita degli Studi Insubria Varese Italy

Surgery Clinic, General Hospital of Filiates Director Nikolaos Katsamakis

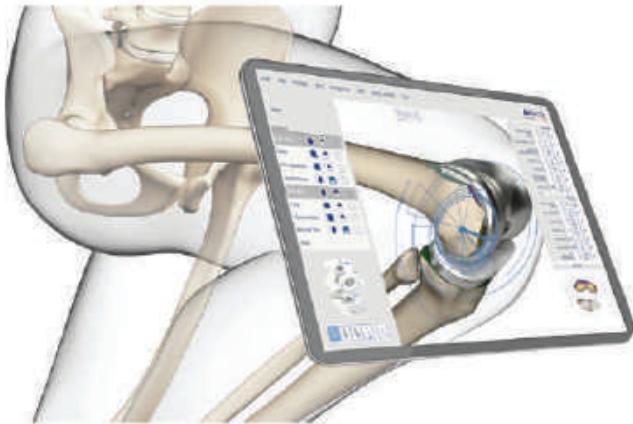
Orthopedic Clinic, General Hospital of Filiates Director Athanasios Borodimos

ATTICON Hospital Professor Professor Panagiotis Papagelopoulos

Γ.N.A. KAT BMXX director Dimitrios Efstatopoulos

Γ.N.A. KAT Children's Orthopedic Clinic Director Eugenios Vlachos

St. Anna Clinic Professor Professor George Godolias.



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Ioannina

Ioannina the town of legend, tradition and silver art makers! Ioannina is a beautiful traditional town that combines in a unique way the historical memories with the reality of a contemporary town. Let yourself be captivated by the legends surrounding this beautiful city in Epirus.

TOTAL KNEE ARTHROPLASTY



**ORTHOPAEDIC SURGEON
NIKOLAOS D. BARMPOUNAKIS MD, MSc**



The Total Knee Arthroplasty with the system of digitally - driven - passive robotic navigation is a minimally invasive technique.

With this minimally invasive procedure not only we increase the accuracy of the necessary osteotomies, but it also strengthens the implants reliability.

The knee joint's flexion movement shows better balance both through a precision osteotomy and through the possibility of adapting the ligamen-

tous tension of soft tissue in postoperative kinematics. This particular technique presents a reduced risk for infection, inflammation or pulmonary embolism. On one hand, it reduces significantly the time of hospitalisation while, on the other, it maximises the possibility for early mobilisation.

The significant reduction of blood-loss makes the need for intraoperative or postoperative transfusion "rare" if non existent.



Info

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www.orthopedikos-barmpounakis.gr



Orthopaedic surgeon, Mr. Nikolaos Barmpounakis, based in Salamina and in Athens (MITERA Hospital), is the ideal choice and top priority if you suffer from orthopedic problems.

Having sports injuries as his main specialty, he undertakes conservative treatment or surgical rehabilitation. Nikolaos Barmpounakis has both the knowledge and the experience to give a final and immediate solution to any relevant problem you or your relatives face.

He is a graduate of the University of Medicine and Pharmacology "IULIU HATIEGANU" of Romania, while he also has a master's degree in "Metabolic Bone Diseases" from the National and University of Athens. At the same time, he has done his specialty at the Asclepieion of Voula (4th Orthopedic Clinic, Department of Sports Injuries). He has specialized in the Microsurgery Clinic of KAT General Hospital, while he has been trained at the Shoulder Diseases Clinic of the "Istituto Clinico Humanitas" in Milan.



Today he is a Consultant of the Orthopedic Department for Sport Injuries and Regenerative Medicine at MITERA Hospital, Scientific Associate at Bioclinic and at Evgenidion Clinic Agia Trias.

Languages: Greek, English

Medical Services

In addition to sports injuries, orthopedic surgeon Nikolaos Barbounakis undertakes:

- Arthroscopic repair of meniscus and cruciate ligament ruptures
- Arthroscopies of Knee, Hip, Shoulder, Ankle
- Arthroplasties of Knee, Hip, Shoulder
- Treatment of chronic diseases (Arthritis, Osteoporosis) with the most modern treatment methods
- Treatment of fractures and muscle injuries
- Foot's diseases
- Spine diseases



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Salamina Island

An island once ruled by King Ajax of Telamon (of Trojan War fame) and immortalized by Euripides. It is a place of warriors and poets, steeped in incredible history, the crowning chapter of which was a great naval battle between the Greeks and the Persians 2,500 years ago.





ORTHOPAEDIC SURGEON, ARTHROSCOPE **Dr. DIMITRIOS NIKOLOPOULOS MD, PhD**

Consultant of Central Clinic of Athens, Greece

Member of Hellenic Association of Orthopaedic Surgery and Traumatology, Hellenic Arthroscopic Association, ESSKA, ESSKA-AFAS, AO Trauma, OTA, ICRS

Dr. Dimitrios D. Nikolopoulos is a graduate of Athens University Medical School. He specialized in Orthopaedic Surgery and Traumatology in one of the best clinics in Greece, Orthopaedic Clinic of the General Hospital "ASKLEPEION" Voula, where he focused in sports injuries and foot pathology. He continued with a specialization in pathology of hand in the Microsurgery Clinic of "KAT" Hospital.

He proceeded to train alongside Dr. Alexis Nogier at the Clinic Maussins-Nolle in Paris with Arthroscopic Restoration of Hip Pathology and has continued his training in arthroscopic rehabilitation of Sports Injuries of Knee, Shoulder and Ankle, as well as the treatment and surgical correction of foot disorders.

He has published 37 original scientific articles in prestigious scientific journals in the USA, Europe and Greece referring to knee surgery (valgus knee) and shoulder (arthroscopic and minimally invasive new techniques), osteoporotic spine and hip fractures, research in vitro environment on bone and cartilage metabolism. He counts over 180 citations in research projects. He has also presented over 150 oral and poster presentations internationally within the last decade namely on sports injury of knee, shoulder, ankle joints and arthritis of the knee and hip. He is a Doctor of the University of Athens and a member of Greek Traumatology and Orthopaedic Society, the Greek Arthroscopy Society, the European Arthroscopy Association ESSKA and ESSKA-AFAS, as well as other internationally accredited associations.



Info

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www.medicaltourismgreece.com
www.nikolopoulosdimitrios.com



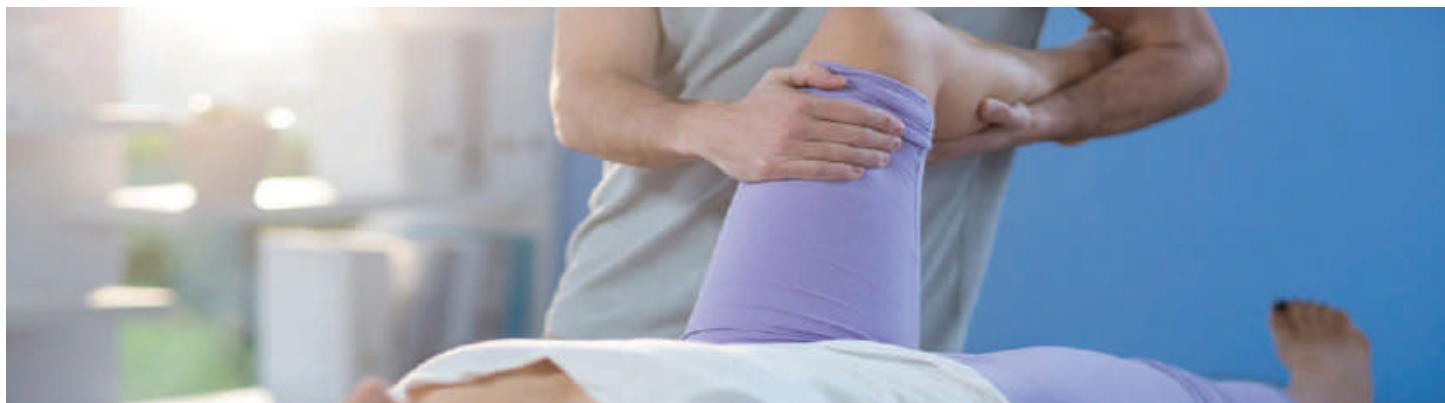
CENTRAL CLINIC OF ATHENS
RESEARCH & TREATMENT MEDICAL 00468



Medical Services

- Arthroscopic treatment of Sports Medicine, Knee, Shoulder, Ankle
- Arthroscopic Hip pathology (labral tear, impingement syndrome)
- Surgical Repair of diseases Extremity Foot
- Surgical Rehabilitation of disorders of the Hand
- Osteoporosis and metabolic bone diseases

- Treatment of fractures of the spine Vertebroplasty or kyphoplasty
- Spinal Injections for conservative treatment Spine pathology (such as disc herniations)
- Surgical repair of fractures of upper and lower limb
- New Techniques in minimally invasive joint replacement of the knee and hip.



MEDICAL TOURISM HEALTH & WELLNESS

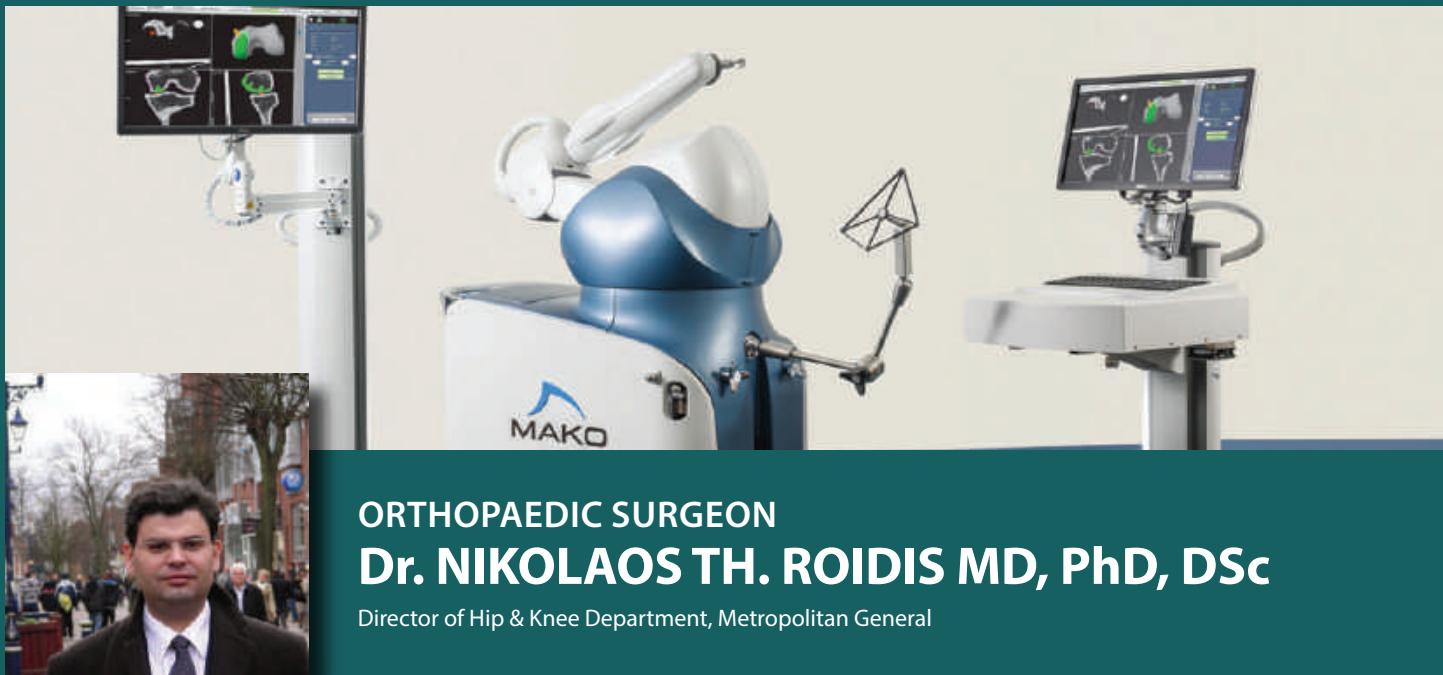


Thasos Island

Thasos, island of the Sirens, offers you as many options as there are colours in the blues of the sea and sky, the greens of the trees and the golden hues of the sandy beaches.



KNEE & HIP DEPARTMENT



ORTHOPAEDIC SURGEON **Dr. NIKOLAOS TH. ROIDIS MD, PhD, DSc**

Director of Hip & Knee Department, Metropolitan General

The knee and Hip Department at Metropolitan General has been set up to provide the most innovative and modern therapeutic approaches for knee and hip problems. Our goal is to provide high-quality medical care to all our patients, in line with the most modern international protocols.

The Department is headed by Dr. Roidis Th. Nikolaos, MD, PhD, DSc, who has received long-term postgraduate training and holds experience in high responsibility positions in Centers of Excellence both in Greece and abroad (USA & England).

The Department specializes in performing minimal invasive (MIS) knee and hip arthroplasty using modern technology or computer systems (computer navigation), as well as hip and knee revision surgery. We are among the first in Greece to have introduced and established new technologies and approaches in the field of Adult Reconstructive Surgery such as:

minimally invasive (MIS) knee arthroplasty, computer-assisted kinematic alignment for knee arthroplasty, Patient Specific Instrumentation (PSI) for knee arthroplasty, use of short stems in anterolateral minimally invasive hip surgery (ALMIS), anterolateral minimally invasive hip surgery in supine position (ALMIS supine), fast track minimally invasive (MIS) knee arthroplasty with short length of stay (1-2 days), and use of all inside (minimally invasive) techniques in the arthroscopic treatment of the anterior cruciate ligament rupture.

The modern KneeAlign2 system (OrthAlign navigator) has been developed in the famous Hospital for Special Surgery in New York (HSS, New York, USA). Combined with the latest fast track protocols, it offers our patients the safest approach in rapid knee arthroplasty mobilization and one-day hospital stay!

MODERN TECHNIQUES

➤ Robotic hip and knee arthro-

plasty with the famous MAKO system (certified)

- Computer-assisted orthopedic surgery using navigation (KneeAlign2) - Fast track knee arthroplasty with one-day hospital stay - Training and cooperation with Edward J. McPherson, MD, University of Southern California, USA & Los Angeles Orthopaedic Institute
- Unicompartmental knee arthroplasty
- Anterolateral minimally invasive total hip arthroplasty in supine position (ALMIS supine) (training and cooperation with Prof. Dr. med. Joachim Pfeil - St. Josefs-Hospital Wiesbaden, Germany)
- Revision knee arthroplasty (training and cooperation with Kelly Vince, MD, University of Southern California, USA & Department of Orthopaedic Surgery, Whangarei, New Zealand)
- Revision hip arthroplasty (training and cooperation with Edward J. McPherson, MD, University of Southern



Info

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About the Doctor

California, USA& Los Angeles Orthopaedic Institute).

➤ Shoulder-elbow arthroplasty (training and cooperation with Itamura John, MD, Director, Kerlan-Jobe Adult Shoulder and Elbow Reconstruction Fellow-

ship, Team Physician, Los Angeles Dodgers)

➤ All inside (minimally invasive) techniques in the arthroscopic treatment of the anterior cruciate ligament rupture
➤ Advanced arthroscopic surgery for

knee sports injuries

➤ Advanced arthroscopic surgery for hip sports injuries

➤ Stem cell treatment for knee, hip and shoulder early osteoarthritis

Orthopaedic Surgeon, Dr. Roidis Th. Nikolaos, graduated in 1991 from the Medical School of the Aristotle University of Thessaloniki.

He is a Doctor of the Medical School of the University of Athens, and holds a Master's Degree in University of Athens, in bone diseases - metabolic bone diseases.

He was trained for 2.5 years at the University of Southern California, Los Angeles USA. He was trained to deal with complex problems of orthopedic trauma, musculoskeletal infections, and in shoulder & elbow surgery (LA County Hospital). He continued his postgraduate training at the internationally renowned Arthritis & Joint Implant Surgery Center, USC University Hospital, Los Angeles, California.

He gained significant experience in all modern surgical techniques such as total knee, shoulder and hip replacement, treatment of periprosthetic infections as well as complex problems of total arthroplasty revisions.

In 2008 he continues his postgraduate training in hip and knee surgery at the Heart of England, NHS Foundation Trust, Heartlands and Solihull Hospitals, Birmingham, UK, as a Consultant Orthopaedic Surgeon.

Until today, he has presented outstanding research and writing activity, demonstrated by the large number of scientific papers and lectures in Greek as well as international conferences, research programs and complete scientific publications in the most prestigious international magazines.

He works as Director of Hip and Knee Department at the Metropolitan General Hospital, specializing in robotic total hip (ALMIS Supine), total knee and unicompartmental knee arthroplasty with the famous MAKO active robotic system (Stryker), minimally invasive knee arthroplasty with immediate and rapid rehabilitation (Fast Track protocols), Knee arthroplasty with the passive robotic KneeAlign2 system, minimally invasive hip arthroplasty (ALMIS Supine), modern hip and knee revision techniques and complex hip and knee surgery.

Other areas of expertise include: Knee and hip arthroplasty with navigation assistance, outpatient arthroplasty - one-day hospitalization, sports injuries - sports medicine, arthroscopic knee and shoulder surgery and orthopedic traumatology.

Languages

Greek, English

MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Mani

A land of tower houses, castles, ancient sites, Byzantine chapels, beautiful beaches and spectacular caves in the Peloponnese.





ORTHOPAEDIC SURGEON **Dr. VASILEIOS I. SAKELLARIOU MD, MSc, PhD**

Chief of Minimally Invasive Surgery (MIS) Hip-Knee & Musculoskeletal Oncology, Athens Medical Center, PhD - Medical School, University of Athens, Scientific Associate - University of Athens
Specialized in Hip & Knee Surgery at Mayo Clinic, MN and at Hospital for Special Surgery, NY, USA

He was born in Athens. He graduated from the Medical School of the University of Athens in 2002. Began his basic training in General Surgery at the General Hospitals of Livadia and Arta.

He then specialized in the following order: in Pediatric Orthopedics (from 30/10/2006 to 29/10/2007) at the University General Hospital ATTIKON, 1st Orthopedic Clinic of the University of Athens in Microsurgery (from 10/04/2009 to 09/10/2009) at the Clinic of Microsurgery and Extremity of the General Hospital KAT in Sports Injuries (from 15/10/2009 to 14/04/2010) at the University General Hospital ATTIKON, First Orthopedic Clinic of the University of Athens in General Orthopedics (from 10/10/2006 to 09/10/2011 at the University General Hospital ATTIKON, 1st Orthopedic Clinic of the University of Athens. He was awarded as a specialist in Orthopedics and Traumatology.

In 2010 he obtained the Postgraduate Degree in Master of Science (MSc) from the National and

Kapodistrian University of Athens in Metabolic Bone Diseases, with a grade of Excellent. He was awarded a Doctorate from the Medical School of the University of Athens with a Doctoral Thesis (04/07/2007 to 29/06/2011) on the subject: "Comparative Biomechanical Stability Study Using Titanium Metal Prostheses Against Allografts". Trained abroad as: Visiting Physician (29/07/2011 - 12/08/2011), Mayo Clinic, Rochester MN, USA Post-doctoral Research Fellow (10/01/2012 10/07/2012), Biomechanics Lab, Orthopedic Department, Mayo Clinic, Rochester, MN, USA Research Collaborator, (08/2012-08/2013), Biomechanics Lab, Orthopedic Department, Mayo Clinic, Rochester, MN, USA Clinical Fellow (01/08/2012-31/07/2013), Stavros Niarchos. Thomas Sculco International Fellow, Department of Orthopedic Surgery, Adult Reconstruction & Joint Replacement Unit, Hospital for Special Surgery, New York NY, USA.



Info
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From September 2013 ongoing, following an election process by the Medical School of Athens, he holds a position as a University Fellow specializing in Hip & Knee Surgery at the 1st Orthopedic Clinic of the University of Athens, ATTIKON, with a full clinical and teaching background. He was Director of Orthopedics in the Hip-Knee department at Mediterraneo Clinic. Following that, he was the Director of Orthopedics in Hip - Knee department at Euroclinic (Evrokliniki).

At the moment he is the Department Head of Reconstructive and Minimally Invasive Hip-Knee Surgery at "OSTEON" Orthopedic Clinic while at the same time, he is the Director of the Orthopedic Clinic in

Athens Medical Group specialized in Minimally Invasive Robotic Surgery and Musculoskeletal Oncology.

He is a member of many Greek and foreign scientific committees and organizations, he is academically active with dozens of articles and pioneering surgical techniques in scientific journals abroad. He is a frequent participant in scientific conferences (international and domestic ones) and in round tables as well.

MEDICAL SERVICES

Hip Surgery

- Hip joint arthroplasty
- Minimally invasive approaches (MIS, AMIS, ASI, ALMIS, PATH)

- Hip Micro-arthroplasty without dislocation (Super-PATH)

- Robotic Surgery

- Revision Surgery (Revision Arthroplasty)

Knee Surgery

- Knee arthroplasty
- Minimally Invasive Approaches (MIS)
- Robotic Surgery
- Revision Surgery (Revision Arthroplasty)

Sports Injuries

- Arthroscopy
- Torn meniscus
- Torn Anterior Cruciate Ligament (ACL)
- Shoulder dislocation
- Shoulder impingement syndrome



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Poros Island

Poros, one of the popular Saronic Islands of Greece, is not only an alternative to staying in Athens, less than an hour away, but a wonderful place to spend your Greek island holiday.





ORTHOPAEDIC SURGEON MICHAEL TILIAKOS

30/7/1999: Medical School Degree - University Ioannina.

22/11/1999 - 22/5/2001: Military service as a doctor in the military special operation forces

21/6/2001 - 20/9/2002: Field Service at the Agricultural Clinic Koskinou which belongs to the General Hospital of Rhodes.

29/10/2002 - 30/7/2003: Appointment to his General Surgery Clinic Rhodes Hospital as intern.

19/1/2003: Successful participation in Advanced Trauma Life Support

Course (A.T.L.S. Student Course) "American College of Surgeons" Committee on Trauma, Patras' University Hospital.

31/7/2003 - 31/1/2004: Service as registrar in Orthopedic Clinic of Rhodes Hospital.

04/2004: Registrar doctor in Orthopedics Clinic of Rhodes Hospital.

16/10/2006 - 31/1/2007: Registrar doctor in the Scoliosis and Spine Department of KAT General Hospital

1/2/2007 - 15/04/2009: Orthopedic intern in the 6th Orthopedic Clinic of the KAT General Hospital.

01/02/2007 - 28/02/2007: Continuation of the specialty in Pediatric Orthopedics Clinic of KAT General Hospital

01/03/2007 - 16/05/2007: Continuation of the specialty in the Scoliosis and Spine Department of KAT General Hospital

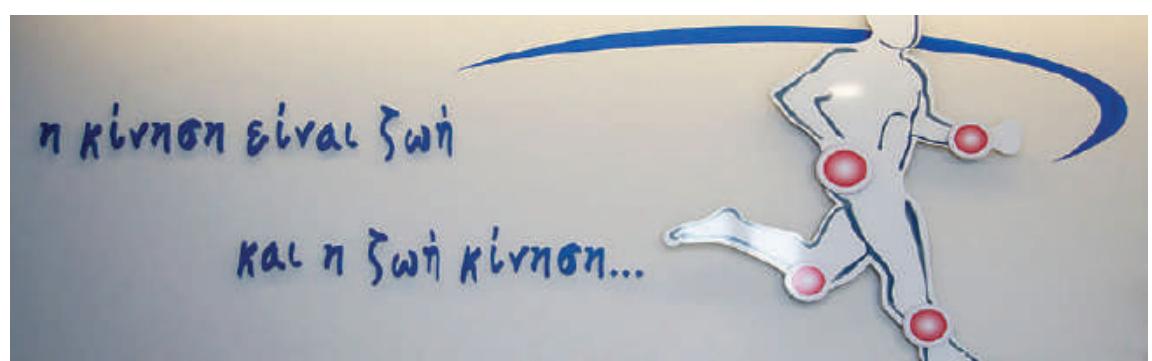
17/05/2007 - 16/11/2007: Continuation of the specialty at Clinic of Upper Extremity - Hand Surgery.

06/05/2008 - 06/04/2009: Continuation of the specialty in the A' Orthopedic Clinic of the Athens Children's Hospital "P. & A. KYRIAKOU".

16/7/2009: Medical Degree in Orthopedics.

18/8/2009 - 18/8/2010: Appointment as Consultant at the Orthopedic Clinic of Rhodes Hospital.

From 09/2009: Attendance of a postgraduate program of the Hellenic Open University entitled: Administration of Health Services of the National Health System.



Info
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24/11/2009: Scholarship from the Hellenic Society of Orthopedic Surgery and Traumatology after successful written examinations for one year training abroad

18/12/2009: Registration as a member of the College of Greek Orthopedic Surgeons after successful written and oral examinations.

24/9/2010 - 24/9/2011: Postgraduate training as a Scholar of Hellenic Orthopaedic Society in the Centre Hospitalier Universitaire LYON-SUD of the city of Lyon in France at the Service de Chirurgie Orthopédique et Traumatologique et de Médecine du Sport with Director Dr. Bernard Moyen.

Active participation in clinics and research activities of this department.

29/11/2011 - 29/11/2012: Appointment as Consultant 'at the Orthopedic Clinic of Kalymnos Hospital.

28/2/2013 - 28/2/2014: Appointment as Consultant at the Orthopedic Clinic of Kalymnos Hospital.

17/03/2014 - 11/07/2014: Consultant at the Private Clinic Francois 1er, at Saint Dizier France.

January 2015 - today: Private practice

Languages: English, French, Italian

Other activities

Active Member of the Medical Association of Rhodes.

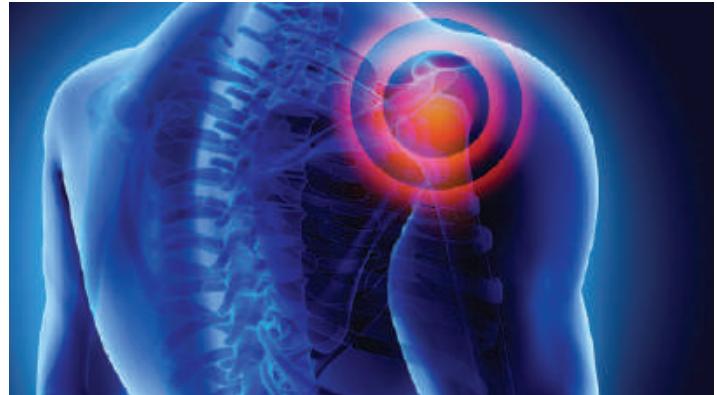
Active member of the French Medical Association

Active member of the Athens Medical Association

General Secretary of Rhodes Hospital Doctors for the year 2004 - 2005.

Active Member of the ROTARY Group of Rhodes since 2002.

Athlete of the Nautical Club of Rhodes (N.O.R.) since 1981. Participation in Panhellenic Games in the Department of Swimming, Sailing, Rowing and Water polo. Active Member of the Offshore Sailing Sports Association Rhodes with participation in Panhellenic games.



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Rhodes Island

The largest of the twelve Dodecanese islands on the Aegean's eastern edge, Rhodes is also its most popular. Whether your interests are beaches, bars or ancient sites, Rhodes offers an abundance of all three. Authentic Greece can be found in the hilly interior of the 50-mile-long island

AESTHETIC MEDICINE AND NON ABLATIVE SURGERY

INTERNAL MEDICINE, DIABETOLOGY, AESTHETIC MEDICINE
Dr. ELISAVET ILIADOU, MD, MSc

SPECIALIZED IN DIABETES AND OBESITY
Master of Science in Aesthetic Medicine and Therapeutics, University of Camerino and Torino, Italy
Research Associate of the Metropolitan Hospital, Mediterraneo and Bioclinic of Athens
Member of SAMNAS (Society Aesthetic Medicine Non Ablative Surgery)

Our services on the field on Aesthetic Medicine and Non Ablative Surgery (Soft Surgery)

MEDICAL WHITE PEEL

Composed and combined, innovative chemical peeling that consists of two phases. The first phase consists of 3 acids, glycolic, salicylic and lactic acid and the second of 6 different ingredients. It does not cause exfoliation by removing the dead cells. Biostimulation of the epidermic cells causing them to renew themselves and stimulate the fibroblast to produce new collagen. It is safe and effective. It offers a shiny, smooth, vigorous, pure and youthful skin. It is indicated for shaggy skin, fine wrinkles, hyperpigmentation, freckles and blemishes, photoaging, acne and acne scars.

CARBOMAX CARBOXYTHERAPY

Carboxytherapy refers to the subcutaneous administration through small injections with a fine needle of medical CO₂ for therapeutic purposes, to combat some health problems and imperfections. CarboMax is the medical device uses carbon dioxide for therapeutic and cosmetic treatments.

Main actions :

Carboxytherapy acts mainly on microcirculation causing vasodilatation and increasing local tissue blood flow. So is indicated in all pathological situations characterized by microcirculatory alterations. Carboxytherapy is

a rehabilitation treatment to rebalance microcirculation (vasodilation and neoangiogenesis) and better oxygenate the tissues. Carboxytherapy enhances local oxygen concentration in the tissues leading to increase of cellular metabolism. When administered in the skin causes biostimulation, proliferation and activation of fibroblasts (the cells responsible for the production of collagen) leading to neocollagenesis and toning of the skin face/neck. Its insufflation in adipose tissue leads to lipolysis, through activation of intracellular cAMP and production of glycerol and fatty acids that become oxidized in mitochondria producing energy.

Carboxytherapy also improves the lymphatic circulation.

CLINICAL INDICATIONS

- Localized adiposity
- So-called "cellulite"
- Psoriasis
- Alopecia or hair loss
- Striae Distensae (stretch marks)
- Skin laxity of the face, neck, arms and abdomen
- Skin aging
- Venous insufficiency
- "Restless Leg" syndrome
- Acrocyanosis

- Buerger disease
- Peripheral arteriopathies
- Reynaud phenomenon
- Dystrophic skin ulcers
- Diabetic ulcers
- Lymphedema
- Arthropathies
- Sexual impotence on a vascular basis
- Rejuvenation of the female external genital tissues

BIOSTIMULATION SKIN LINE

The innovative Skin Line (Skin B, Skin OX, Skin Colin, Skin R) based on a choice of ingredients that are already present in the skin (hyaluronic acid and amino acids), achieves real biostimulation by activating CD44 receptors on the surface of fibroblasts, resulting in the preservation of the young skin through the production of reticular collagen type III, it improves the firmness, elasticity and color tone of the skin. Skin Line is based on mesotherapy. The results are deep hydration, improvement of wrinkles, firmness of the skin, facial lifting and scar regeneration. Stimulating and firming action, bleaching action to treat skin discoloration.

PLEXR

The revolutionary PLEXR (PLASMA EXERESIS) method promises a lot in the field of Aes-



Info

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www.iliadou-elisavet-diabetes-obesity-metabolism.business.site



thetic Medicine. PLEXR produces energy from ionisation of gases, called plasma. It is a non-surgical treatment which offers an effective alternative to surgical procedures such as blepharoplasty (eyelid correction), face/neck lift and scar. Plexr creates a plasma arc to stimulate instant contraction of elastic fibers and tightening of the skin. There is no scalpel or laser used and therefore no stitches.

The applications are many, such as:

- Wrinkles and stretch marks
- Non-surgical Blepharoplasty
- Eyelid ptosis
- Under eyelid bags
- Brow lift
- Face lifting without surgery
- Acne
- Acne scars, postoperative and post-traumatic scars

- Hyperpigmentation, Freckles, skin blemishes
- Hemangiomas
- Papillomas, Skin lumps
- Hyperkeratosis
- Warts, Condilomas
- Xanthelasmas on the eyelids
- Saggy skin and tightening of facial, neck, décolletage and body skin.
- Removing tattoo

BioPLEXR

Combined treatment. No needle Mesotherapy

We are waiting for you for a first diagnostic assessment and counseling, depending on the needs of your face and body.

And do not forget that beauty is part of the overall health of the body and the soul and brings balance to everyone's mental and social well-being.



About the Doctor

She graduated from the Medical School of the University of Padova, Italy, where she trained in the Department of Metabolic Diseases and Diabetes Clinic of the University, with particular clinical and research work in diabetes and obesity. Master in Aesthetic Medicine and Therapeutics - University of Camerino & Torino Italy.

Languages

Greek, English, Italian.

MEDICAL CENTRE OF METABOLIC DISEASES

In our centre we treat all types of metabolic diseases such as Diabetes, abdominal Obesity, NAFLD (Non Alcoholic Fatty Liver Disease), Dyslipidemia. Also we treat hypertension and patients at high cardiovascular risk.

Medical Services

Treatment of type 1 and type 2 Diabetes

Prevention of Diabetes complications

Education, information and support for diabetic patients

Treatment of Gestational Diabetes

Prevention of Gestational Diabetes in women at high risk for Diabetes

Metabolic Syndrome and Prediabetes

Diabetes Remission Program in appropriate patients

Treatment of Obesity

Treatment of Non Alcoholic Fatty Liver Disease (NAFLD)

Nutrition Therapy

Preventive Medicine - Life and Health Coaching

MEDICAL TOURISM HEALTH & WELLNESS



Folegandros Island

Folegandros is still untouched by the crowds of visitors and, thanks to its mild tourism development, has retained the grandeur of its natural wealth and the human dimension of its tiny, yet lively and vibrant communities.



SPECIALIZED IN INTERNAL MEDICINE AND FAMILY PRACTICE KONSTANTINOS CHALKIAS

Konstantinos S. Chalkias MD, Physician, specialized in Internal Medicine, was born in 1968 in Athens. He studied Medicine at the Medicine School/Faculty of Health Sciences of the Aristotle University in Salonica, Greece, whence he graduated in 1994. He received his initial specialty training, at the Naval and Veterans Hospital of Athens, for 1.5 years. After successfully completing an additional 4.5 years' period of training and education at the Therapeutical Clinic of the University of Athens, housed at "Alexandra" General Hospital in Athens, in 2003, he obtained the title of a Specialized Internist.

Since 2003, he has been working in the Private Sector, attending both outpatients, as a General Practitioner and Family Doctor (Medical Establishments "En Ygeia" at 22, Panga str, Zip Code 11524, Panormou Metro Station, Athens), and inpatients, in the field of Internal medicine, in "Euroclinic of Athens" and "Athinaiki-Mediclinic", in the latter also serving as Scientific Director, Head of the Medical Department and Chairman of the Committee for Infectious Diseases.

As part of his continuous medical education and training, he has attended various Greek and international conferences, and various post-graduate courses. In addition, he has participated as a guest speaker at many medical conferences and seminars, while a lot of his articles on medical issues have been hosted in various magazines and newspapers.

Languages

Greek, English

Services Provided

Primary-Outpatient Medical Care:

Medical visits for consultation and monitoring issues concerning primary prevention, family medicine, vaccinations, diagnosis and treatment of feverish conditions and infections, hypertension, diabetes, lipid and cholesterol disorders, chronic fatigue.



Info

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www.enygeia.gr



Secondary-Inpatient Medical Care:

Provision of health services concerning procedures of diagnosis and treatment, of all diseases and conditions pertaining to the field of Internal Medicine, in two eminent private hospitals of Athens, empowered by all potential options offered by up-to date medical technology.

VIP CHECK-UP AT YOUR PLACE/HOTEL

Blood tests: complete blood count, platelets, erythrocyte sedimentation rate

Biochemical tests: blood sugar, uric acid, total protein, iron, ferritin, CRP

Lipid control tests: cholesterol, HDL, LDL, triglycerides, total lipids

Renal function tests: urea, creatinine, potassium, sodium, calcium

Liver function tests: SGOT, SGPT, γ-GT, alkaline phosphatase

Hepatitis B tests: (surface antigen), Hepatitis C test (antibody)

Thyroid function tests: T3, T4, TSH

Urinalysis

Additionally for Men: PSA (depending on age)

Chest X-ray

Lung function test (Spirometry)

Pneumonological examination

Electrocardiogram

Heart color triplex examination

Cardiological examination

Ultrasound examination of upper - lower abdomen

Physical examination - Blood pressure - Summary of results - Instructions



MEDICAL TOURISM HEALTH & WELLNESS



Mykonos Island

Mykonos is a paradise in the heart of the Cyclades. Satisfy your appetite for luxury and adventure in this cosmopolitan island that provides whatever you desire!



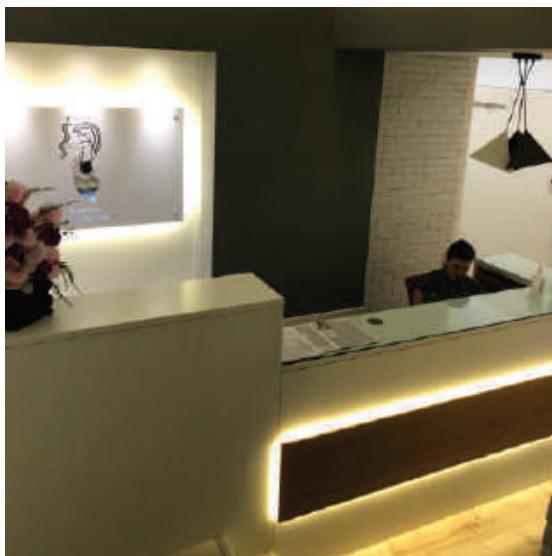
INTRODUCING J-PLASMA RENUVION



PLASTIC RECONSTRUCTIVE SURGEON **Dr ELEFTHERIOS DIMITRAIOU**

Our Revolutionary New Skin Tightening Technology

Eleftherios Dimitradiou is a plastic surgeon practicing in Athens & Rhodes. Having founded Luxurious Medical Aesthetics & Plastic Surgery in 2006, Dr. Dimitradiou enjoys providing state of the art techniques in plastic surgery to create natural, beautiful results. He has extensive experience in breast augmentation, High-definition liposculpture and minimally invasive facial rejuvenation. He is always offering the most innovative and effective procedures. In addition to upper and lower eyelid lifts, facelift and resurfacing treatments, Dr. Dimitradiou specializes in using Renuvion J-Plasma .Renuvion is an intraoperative skin tightening procedure which adds the ultimate skin tightening dimension (to all liposuction procedures concomitant with skin loosening) it addresses loose skin in those hard to treat areas such as the neck, arms and upper thighs without the need for a surgical incision.



Info

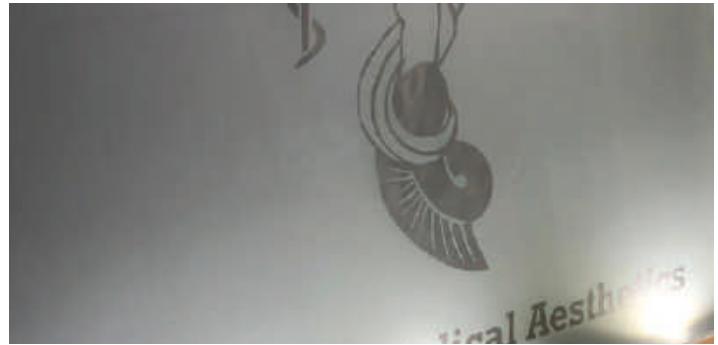
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www.eleftheriosdimitradiou.gr

EID
ELEFTHERIOS DIMITRAIOU

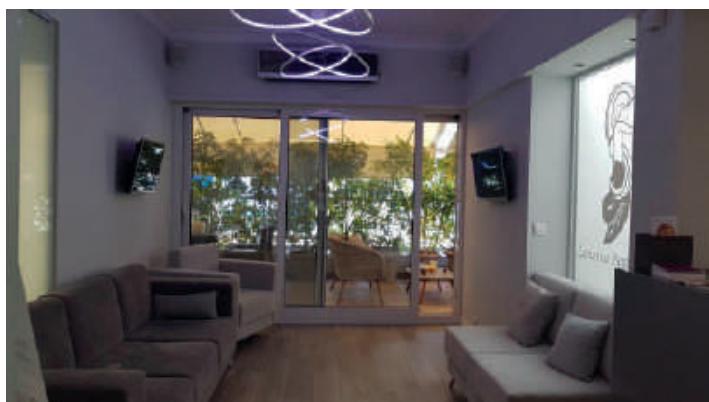


Renuvion® is ideal for procedures where precision and control are key to an effective treatment.

Doctor Dimitradiou employs this innovative technology to apply plasma energy to the soft tissue, inducing a contraction effect that is gentle on tissue and continues for 6 months after the pro-



cedure. This includes an application combined with vaser Lipo® technique for arms, abdomen, and thighs. It also provides a completely painless surgical option for patients interested in neck lift. This unique technology has received multiple International approvals



MEDICAL TOURISM HEALTH & WELLNESS



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Nafpaktos

Travel to the picturesque port of Nafpaktos and start a road trip to Mountainous Nafpaktia one of the most exciting mountain destinations in Greece.





PLASTIC & RECONSTRUCTIVE SURGEON Dr. DIMITRIS KERASTARIS MD

Deputy Director of Plastic Surgery Hospital "METROPOLITAN"
"KALLISTI MEDICAL PRIVATE PRACTICE"

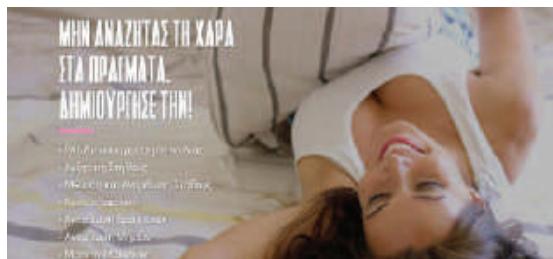
Born in Athens in 1968 and graduated from Athens College. He completed his studies with honors at the Department of Public Health of the TEI of Athens, in 1990. He graduated from the Medical School of the University of Athens in 1995. He was trained in plastic surgery at 401 GSNA and Oncology Hospital "GEORGIOS GENNIMATAS". He was a partner in the centers of plastic surgery "ANAGENNISI" (2001-2017). He has specialized in aesthetic plastic surgery and the use of medical laser of all types.

He worked in the plastic surgery clinic of the Hospital "HENRY DUNANT" from 2007-2009. Since 2009 he works as a plastic surgeon at the Metropolitan Hospital where he is deputy director.

He has attended numerous Greek and international conferences in plastic surgery and laser in which he has presented dozens of academic papers.

He is a member of the Hellenic Society of Plastic Surgery (HESPRAS), of the European society (ESPRAS) and international society (IPRAS).

Languages
Greek, English



Info

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www.dkerastaris.gr



Services

- Liposuction PAL (power assisted liposuction) technique of thighs, buttocks, abdomen, arms, neck. Transplantation of fat in the face or body.
- Vaser Liposuction-high definition
- Breast Augmentation with silicone implants (subfascial technique) or fat.
- Breast uplift and reduction.
- Gynecomastia correction with PAL liposuction and removal of breast tissue and skin where needed
- Brachioplasty with short scars
- Thigh lift with short scars
- Abdominoplasty with simultaneous liposuction.
- Blepharoplasty.
- Otoplasty.
- Face and Neck Lift (MACS, lateral smasectomy and other)
- Endoscopic forehead lifting.
- Rhinoplasty.
- Labiaplasty.
- Breast reconstruction after mastectomy.
- Diagnosis and treatment (surgical removal or laser) of benign and malignant skin lesions. - Botox and fillers.
- PRP (autologous treatment with growth factors).
- Thread lifting.
- Mesotherapy facial and body treatments.
- Laser Applications for hair removal, tightening, tattoo removal.
- Fractional Lasers.
- Medical aesthetics.



MEDICAL TOURISM HEALTH & WELLNESS

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Kea Island

The Greek island of Kea is known for many things. It has exceptional beaches and one of the best systems of walking paths and trails of any Greek island.



AESTHETIC - PLASTIC - RECONSTRUCTIVE SURGERY

There is
no beauty
without health.

The way to beauty definitely goes through
the physical, mental and psychological health.



PLASTIC SURGERY Dr. IOANNA FRANGOU

PLASTIC SURGERY CONSULTANT

Dr. Ioanna Frangou was born, raised and studied in Thessaloniki.

She graduated from Aristotle Medical School in November 1985 and received the title of Specialist of Plastic Surgeon in June 1995, after completing her education, 2 years in General Surgery at Theagenio Anti-Cancer Institute and 4 years specialization in Plastic Surgery, Department of Plastic Surgery-Hand Surgery and Burn Center in Paparikolaou. After 5 years of execution and analysis of a prototype experimental study on Wister mice in the optic and electronic microscope (where she had successfully proved that: significantly decreased capsule formation around silicone implants in the breast, just with one single application of Mitomycin-C) gained FRANGOU the title of "doctor of Philosophy" -Ph.D.- from Aristotle University of Thessaloniki with the excellent degree from all members of the scientific committee on December of 1999.

For over 25 years she has worked in public -4y in Kilkis General hospital, 14 y in Hippocration General Hospital of Thessaloniki, (the last 10y as chief consultant) where from she has resin on September 2014- and in privet sector. For

the following 4 years she was working in the biggest Privet Hospital Group (Dr. Suleiman al Habib-HMG) of Riyadh in KSA until September 2018. In the beggning of 2019 she started private practice in Thessaloniki Athens and Sandorini Island until now.

During all these 25 years, working as a plastic surgeon, continued education in her specialty on three fellowships: In North Caroline-USA in 1997 and in Rome-Italy in 2004 (on aesthetic plastic surgery) and Milan-Italy in 2005 (on aesthetic and reconstructive breast surgery) - INSITUTO PER LO STUDIO AND CURA DEI TUMORI DI MILANO.

At the same time she followed 80 hours seminars by the European Anti-Ageing Committee from 2002-2007 (and member since then) in Paris-France.

For over 35 years she participated in the most important Plastic Surgery Congresses in Greece and abroad (more than 150) half of them with a paper or in round tables presentations, and she has also publications in Plastic Surgery Magazines.

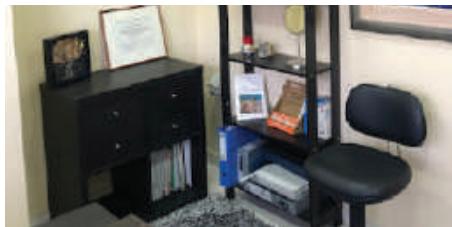
As member of multiple Plastic Surgery Committees Greek and International she continues lifetime education and scientific updating.

Finally participate in organizing a prospective double blind clinical study in collaboration with the biggest Anti-Cancer Hospital of Italy INSITUTO PER LO STUDIO E CURA DEI TUMORI Di MILANO.

This study -based on her Ph.D. study- was planned to prove prevention of capsule around breast silicone implants in women that undergo breast reconstruction after mastectomy for breast cancer. It started in 2005 to last 15 years for long-term results.

During her work in public hospitals, besides her clinical work, had educational practice for nurses and lessons of plastic surgery in university students of Aristotle University of Thessaloniki and also H.O. of different specialties, that choose 6 months education in plastic surgery issues, from 2005-2014 as chief consultant in Plastic Surgery at Hippocration General Hospital of Thessaloniki.

Languages: Greek, English, Italian



Info

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BARIATRIC SURGERY MASTOPEXI BRACHIONOPLASTY

This is a series of operations - except from abdominoplasty and mastoplasty - that refer to other body areas in the trunk and limbs where we

correct laxity and excess skin after massive weight loss, and a year after the patient has stabilized his/her weight.



NASAL HUMP-SEPTUM DEVIATION, BEFORE AND A MONTH AFTER, RHINOPLASTY - CORRECTION OF SEPTUM

MEDICAL TOURISM HEALTH & WELLNESS



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Santorini Island

Santorini erupts with charm. A volcano embraced by the Aegean, this island-phenomenon in the Cyclades gives its visitors a mythical experience.





THERMAE
SYLLA SPA
Wellness Hotel

Step into Nature's Spa



4000 YEARS OF HISTORY

*Check our timeline
and find out why we are different...*

Thermae Sylla Spa and Wellness Hotel is a historic and local landmark, dating back to the first years of the Hellenic Republic. The Hotel offers an understated luxurious, yet homey accommodation and is directly linked to the Spa facilities to allow for easy access, even with your robes. Don't forget to try our healthy Mediterranean cuisine, with local produces ingredients, or enjoy our hearty breakfast buffets. Just one and a half hour from the Athens International Airport, Thermae Sylla Spa and Wellness Hotel is ideal for quiet and relaxing holidays.

For us at Thermae Sylla, wellbeing and healing represent a holistic concept with significant focus on personal attention in a place that offers a reassuring family atmosphere.



Wellness Treatments

Enter into a world of fabulous treatments that will detoxify, revitalize and heal you in a variety of ways. The best in massages, facials, body wraps, fitness classes and personalized programs are waiting for you.

Medical Spa Treatments

Find balance, regain your health from the inside out and recover from a number of ailments through our specially formulated medical treatments. Our doctor is at your disposal to propose the most effective rejuvenation and recovery program for your needs. The choice of anti aging treatments, esthetic medicine, good nutrition, pool therapy, thermal mud baths and physiotherapy treatments will amaze you.



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www.thermaesylla.gr
info@thermaesylla.gr

OPEN ALL YEAR ROUND



ROBOTIC SURGERY



ADJUNCT PROFESSOR OF SURGERY, OHIO STATE UNIVERSITY, USA. **KONSTANTINOS M. KONSTANTINIDIS** **MD, PHD, FACS**

Scientific Medical Director, Athens Medical & Pediatric Center.
Chairman, Dept. of General, Bariatric, Laparoscopic & Robotic Surgery.
President, Greek Chapter of American College of Surgeons (ACS-GC)
President of European Society of Robotic Surgery (ESRS).
President of Hellenic Scientific Society of Robotic Surgery (HSSRS).

In recent decades we have experienced a revolution in the domain of surgery. There has been a shift from open surgery to minimally traumatic surgery; that is from established and proven surgical techniques to laparoscopic surgery. In this, the surgeon does not handle the tissues directly, but through a screen with the help of special tools. However, the highlight of the 21st century revolution in the domain of surgery is Robotic surgery, namely the introduction of robotic systems driven by computers, which is called to bridge the gap between the laparoscopic and open surgery.

The robotic technology did not come out of thin air. The very same technology has been used to explore areas of outer space and oceans since the 60. In the

mid 1980s, the development of microelectronics and computers have given significant impetus to the development of robotic activity, and allowed the construction of smaller robotic systems that will enter the body and conduct surgeries.

Digital analysis has made it possible to transfer information over a long distance, and the science of artificial intelligence and engineering were developed to provide modular tools with more degrees of freedom in movement, and more realistic and accurate image of the surgical field.



Info

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Robotic surgery offers a number of advantages both to patients and to the surgeon alike.

- Advantages to the patient
- Great reduction of postoperative pain
- Bloodless Surgery
- Faster recovery
- Shorter hospitalization
- Excellent aesthetic result
- Rapid return to the family and work
- Fewer respiratory and cardiovascular complications
- Elimination of postoperative adhesions and their complications
- Minimal postoperative complications associated with trauma (suppuration, cleavage, hernia, chronic pain)

Advantages to the Surgeon

- Three-dimensional image that gives the impression that the surgeon's hands are inside the body
- Coloured, HDTV (High definition), image (1080p)
- Fixed camera image
- Minimal interference in the patient's body
- Possibility for interfering in small and inaccessible spots
- Complete flexibility of tools and precision in millimeter level

- Elimination of the natural horror of hands through an electronic filter
- Sutures with great ease and precision inside the body
- Easier learning of complex laparoscopic surgeries
- Minimization of physical fatigue of the surgeon
- New technologies, such as the Firefly and the Augmented reality, enhance the skills of the surgeon, to conduct a more efficient and safer surgery.

One of the major advantages of robotic tools is that it can be used in many types of surgical procedures in various parts of the human body. The robotic surgery could be applied in many disciplines of surgery, such as general surgery, morbid obesity, cardiac and thoracic surgery, vascular surgery, paediatric surgery, urology, Gynecology and endocrine surgery.

Single Site Robotic Surgery is another recent innovation in the field of surgery. The surgeon is operating again with the help of a robotic system, but all the tools are entering the abdomen through a small incision, only 1.5-2 cm instead of four centimetres. A surgery is placed once again at the forefront of developments in minimally invasive surgery. Apart from the "disappearance" of surgical scarring, Robotic surgery reduces post-operative pain and enables faster recovery and early discharge from the hospital.



MEDICAL TOURISM HEALTH & WELLNESS

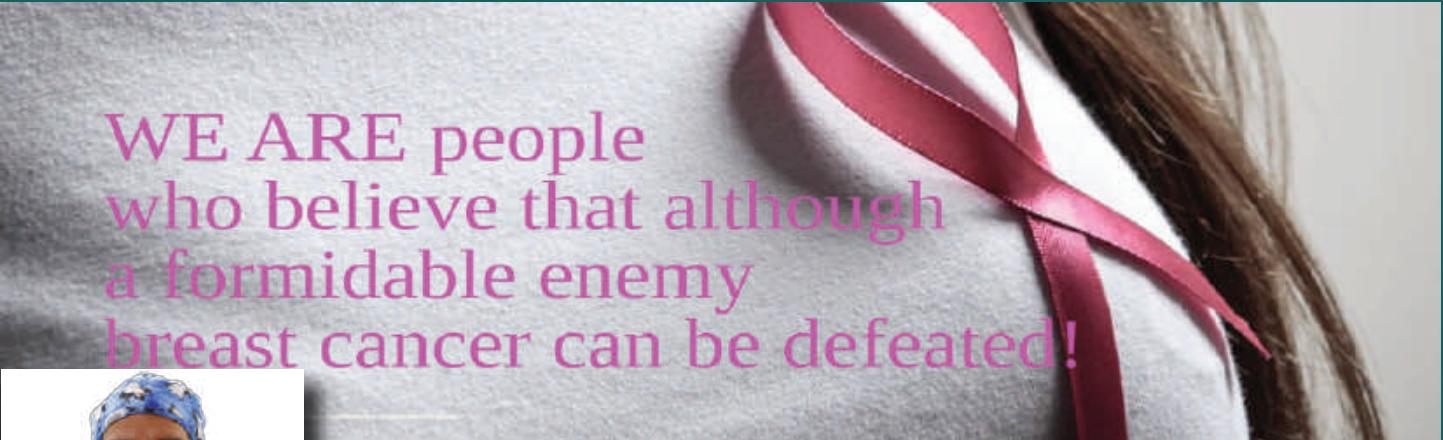


Karpathos Island

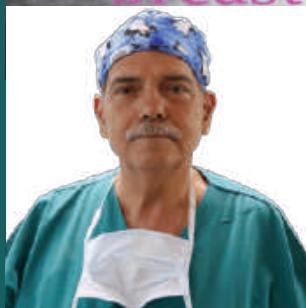
Karpathos is known for its wild mountains and blue coves. Legend has it Prometheus and his Titans were born here, and with its cloud-wrapped villages and rugged beauty, there's still something undeniably primal in the air.



BREAST CANCER



WE ARE people
who believe that although
a formidable enemy
breast cancer can be defeated!



BREAST SURGEON **Dr. GREGORY XEPAPADAKIS**

Director of the 2nd Breast Clinic of Iaso Hospital

Breast cancer is the most common cancer in women in the Western world. Breast cancer concerns all women. Each year in our country, there are approximately 4,500 new cases, and it is estimated that 1 in 8 women worldwide will experience breast cancer at some stage in their lives. Medicine has made great progress in relation to its treatment, but the key lies in prevention and early diagnosis.

EARLY DIAGNOSIS

Every woman, from the age of 20, should go through a breast self-examination at least once a month, and should visit her doctor for a clinical breast examination every 3 years.

After the age of 40, a clinical examination by a doctor should occur annually, and a mammography should be done every year. An annual mammography check should begin even earlier, after the prescription of a specialist, for women with a hereditary history of breast cancer.

SELF-EXAMINATION

Breast self-examination is the first and basic method of preventive breast

checking and can be done very simply at home by the woman itself.

All women, after the age of 20, need to properly learn how to self-examine their breasts.

The secret for every modern woman is to diagnose the disease at an early stage. Early diagnosis of breast cancer is the golden rule. The sooner we find it, the better the following course will be.

SYMPTOMS

Many breast tumors do not cause any symptoms. For example, they can be diagnosed with a mammography on a woman that has not experienced any symptoms.

It is very important for every woman to be familiar with her breasts so that she can detect any changes.

Modern laboratory and paraclinical examinations help to discover tumors of very small dimensions, which can be treated extremely well.

BREAST CLINIC IASO

The surgical team of Grigoris Xepapadakis operates at the IASO Hospital.

There he has established a specialized Breast Clinic, which is staffed by Doctors with special training and years of experience in dealing with breast disorders.

The goal of the clinic is not only the treatment of diseases but also the early diagnosis of breast cancer.

From Monday to Friday, 09:00-21:00 by appointment, the External Prevention Clinic operates, where women can undergo a clinical examination, and where there is the possibility of promptly conducting diagnostic tests such as mammography, ultrasound as well as invasive diagnostic procedures. For a complete and spherical treatment of patients, the Breast Clinic cooperates with doctors of various specializations in other departments of the IASO Hospital, such as radiologists, cytologists, pathologists, nuclear doctors, gynecologists, oncologists, chemotherapy, plastic surgeons and others.

It is also flanked by experienced nursing and paramedical staff, such as a psychologist for providing psychological support to patients and a physiotherapist for aftertreatment care.



Info

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Dr. Grigoris Xepapadakis is a breast surgeon, Director of the 2nd Breast Clinic of Iaso Hospital and Founder of the E.M.E.I.S. (Scientific Society of Mastology Treatment and Support).

Member of

Senologic Hellenic Society
Oncologic Hellenic Society
Hellenic Society of Breast Cancer Research
Hellenic Society of Breast Surgery
European Society of Mastology
European School of Oncology
Scuola Italiana Di Senologia

Doctor's Team

Panagiota Ntasiou, Surgeon
Nagia Kontogianni, Surgeon
Dimitris Nasikas, Surgeon
Romina Alevizou, Surgeon
Zoi Papaefthimiou , Surgeon
Stavros Paraskevopoulos, Plastic surgeons
Fani Zarbala, Anesthetist
Ioannis Kehagioglou, Anesthetist
Dimitris Panousis, Surgeon - Gynecologist
Filothi Fragathoula, Radiology Technician



Languages
Greek, English

E.M.E.I.S. (Scientific Society of Mastology Treatment and Support) was founded by Grigoris Xepapadakis in order to:

Provide support to women with breast cancer who are uninsured and have a serious financial problem.
To support young scientists in their education and in the cognitive subject of breast cancer, covering the costs of participation in scientific events.
To inform the women of the region and raise their awareness with the excursion checks that they perform completely free of charge throughout the country.

The whole team of Mr. Xepapadakis is volunteer doctors and members of E.M.E.I.S.

Learn more about E.M.E.I.S. work at www.emeis.com.gr.



MEDICAL TOURISM HEALTH & WELLNESS



Nafplio

One of the most beautiful towns in the area of Argolis as well as one of the most romantic cities all over Greece, Nafplio was the first capital of Greece.

LAPAROSCOPIC SURGERY AND

MINIMALLY INVASIVE TECHNIQUES



GENERAL SURGEON, LAPAROSCOPIC SURGERY **Dr. PANTELEIMON PANERIS, MD**

Director of the Department of Surgery at ATHENS HOSPITAL.

Associate at Athens Medical Center Palaio Faliro Clinic.

Henry Dunant Hospital. Bioclinic Athens - Piraeus

Modern technology has contributed significantly to the evolution of surgery through the development of tools and technologies that contribute to reducing traumas, minimizing pain without jeopardising the therapeutic effect. Laparoscopic surgery is the result of this advancement. It is a minimally invasive technique that uses small incisions (0.5 to 2 cm) for the surgical treatment of patient's diseases.

In particular, a special camera called a laparoscope is inserted in the belly through a 1cm incision, through which an image of high resolution, zoom, with great detail and sharpness is being transmitted. Through other small incisions the appropriate tools for the realisation of the surgical procedure are imported.

Compared to the open surgery the advantages of the laparoscopic surgery are: less postoperative pain, minimal chances of hemorrhage and post-operative hernias, better aesthetic result, faster mobility of the patient, shorter postoperative recovery and shorter hospitalisation. With a laparoscopic surgery nearly all the open surgery operations can be performed.

It has become, undoubtedly, the ideal method for the treatment of: cholelithiasis, acute appendicitis,

gynecological diseases, hiatal hernia and gastroesophageal reflux, obesity, adrenal disease, colon and stomach cancer, inguinal and umbilical hernia, postoperative hernia and other disorders traditionally treated with the open method. Laparoscopic surgery has contributed towards the realization of bloodless surgery by minimizing the need for transfusions.

This is particularly important, as transfusions have been implicated in the transmission of diseases, allergic reactions, while relevant studies have highlighted the negative correlation of blood transfusion with survival after surgical treatment of cancer. Minimally invasive surgery could also apply for the excision of hemorrhoids and Anorectal fistulas.

The use of Endoanal Doppler ultrasound aims at the selective ligation of the vessels bleeding the Haemorrhoidal nodules with stitches or laser, achieving the successful bloodless treatment of the disease and with minimal postoperative discomfort. The use of a special endoscope of VAAFT method in treating Anorectal fistulas achieves the selective destruction of fistula pus minimizing complications such as severe postoperative pain, bleeding and damage of sphincter mechanism. Anorectal fistulas can also be treated by using a special laser catheter.



Info

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Surgeon Panteleimon Dr. Paneris attended the English speaking department of Medicine at Semmelweis University medical school in Budapest and graduated with honours. He specialized in general surgery at "EVANGELISMOS" hospital and continued to work as a consultant surgeon for one year. Under the guidance of Professor G. Melotti at the surgical clinic of the S. Agostino-Estense hospital, in Modena, he has attended the course on advanced laparoscopic surgery. Subsequently, he worked as a consultant surgeon in the surgical clinic of "PATISION" Hospital where he was trained in endoscopic diagnosis and treatment of digestive diseases by conducting gastroscopy and colonoscopy.

Languages

Greek, English

**Medical Services**

- Surgical Oncology - digestive Oncology - placing catheters port-a-cath for chemotherapies
- Laparoscopic Surgery (cholecystectomy, hernia recovery, appendectomy, colectomy)
- Endocrine surgery
- Hernia Surgery
- Diseases of the Anus (hemorrhoids, colon abscesses, Anorectal fistulas, fissures)
- Breast diseases
- Minimally invasive treatment of pilonidal disease with Laser
- Soft tissue diseases (moles, excision of subcutaneous cysts and lipomas)

**MEDICAL TOURISM HEALTH & WELLNESS***Combine Holidays & Treatment***Kastelorizo Island**

Kastelorizo is a well-kept secret, a buried hidden treasure and a hideaway escape in the Aegean waiting for you to discover it.

THE SURGICAL TREATMENT OF SNORING



OTORHINOLARYNGOLOGIST SURGEON **NIKOLAOS KANELIS**

Director of Head and Neck Clinic "METROPOLITAN" Hospital

Snoring is a sound produced by vibration of the soft tissues of the airway during sleep and is indicative of high airway resistance. According to studies, 45% of men and 30% of women snore on a regular basis. Snoring does not affect only the sleep of the snorer but also of their partner and other family members. In fact, snoring makes many couples sleep separately and causes difficulties in marriages and relationships.

Snoring can be a sign of a more serious condition called obstructive sleep apnea syndrome, which is characterized by pauses or breathing delays, which can be repeated hundreds of times during sleep. Sleep apnea does not permit the person to rest, as a result he wakes up tired, has drowsiness during the day (extremely dangerous when driving) and affects the cardiovascular system (eg hypertension), as well as the respiratory system.

The sleep study is the examination that records both the apnea and the changes that the person undergoes during sleep. The placement of a Positive Airway Pressure mask seems to be a solution to the problem. However, before its placement, an examination by an otorhinolaryngologist is necessary to assess the upper respiratory tract anatomy as surgical intervention can correct the problem.

Large tonsils and/or adenoids are common causes of snoring and sleep disturbances, especially in children. Even rarer in adults, some of them may benefit dramatically from the removal of swollen tonsils and adenoids.

With the surgery, the excess tissue is removed from the soft palate and the airway widens. Moreover, the tissue that remains shrinks and becomes stiffer and it resists the vibration that causes snoring.

Nasal congestion has been found to cause or contribute to the snoring. This is caused by allergies, polyps, crooked nasal septum and turbinate hypertrophy. Drug therapies such as cortisone sprays and allergy treatment can help some people but the structural problems are treated surgically. By reducing the turbinates, the straightening of the nasal septum and the removal of the nasal polyps, the nasal space through which the air passes widens. In well-selected patients, treatment of nasal congestion can lead to effective snoring.

Correct otorhinolaryngological assessment of patients and their strict selection can make surgical treatment of snoring particularly useful to people suffering from obstructive sleep apnea syndrome.



Info

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Nikolas Kanelis' private otorhinolaryngology clinic is managed by himself with the help of remarkable colleagues and co-workers. It provides private services in the field of Otolaryngology and thanks to the credibility of our team has been operating with responsibility and consistency since 1994.

We have done our best to create a modern and welcoming environment that is well-equipped.

Nicholas G. Kanelis was born in 1960 in Evia, Kimi beach. In Aliveri of Evia he completes his secondary education and succeeds in the exams at the Medical School of the University of Athens in 1978, from which he graduated in 1985. From 1987 to 1992 he specializes in otorhinolaryngology at the "Ippokrateio Hospital of Athens" University Clinic.

In 1993 he was trained at Baylor College in Houston, USA, in pediatric-laryngology, otoneurology and ear surgery. He then served as a postgraduate scholar at the "Ippokrateio Hospital of Athens" University Clinic until 1998.



Professional Experience

1994-present: Private Otorhinolaryngology Practice in the Municipality of Haidari.

1994-2001: Associate Surgeon at:

- Clinic "CARRAS"
- Hospital "MITERA"

2001-present: Director ENT Clinic Hospital METROPOLITAN.

Languages

Greek, English

Medical Services

- Children Otolaryngology surgery
- Surgery snoring (sleep apnea)
- Endoscopic surgical nose



MEDICAL TOURISM HEALTH & WELLNESS



Tinos Island

Located in the northern side of the Cyclades, Tinos island is ideal for relaxing family holidays. The beaches are calm and sandy, surrounded by many tourist facilities and accommodation.



TRANSORAL ROBOTIC SURGERY IN OTORHINOLARYNGOLOGY



ENT HEAD AND NECK SURGEON - KIDS, ADULTS, ROBOTIC SURGERY **Dr. ANATOLI PATARIDOU**

Associate Hospital "HYGEIA-MITERA"
Graduate School of Medicine, Aristotle University of Thessaloniki

What is its indication for Otorhinolaryngology?

Transoral Robotic Surgery has been approved by the FDA as a safe alternative surgical method in patients with benign head and neck lesions.

What are the advantages compared to open surgery and endoscopic surgery with Laser?

- 〃 faster return of the patient to normal daily activities
- 〃 fewer complications compared to standard open surgery
- 〃 reduced possibility of long ingestion problems, usually caused by the other treatment options
- 〃 shorter hospitalisation
- 〃 fewer scars
- 〃 lower inflammation rate
- 〃 reduced needs for blood transfusion
- 〃 avoidance of tracheostomy as a routine procedure
- 〃 safer estimate of healthy limits, intra-operatively
- 〃 reoperation option in case of recurrence, following radiotherapy or surgery
- 〃 improved access compared to Co2 Laser, in patients with limited neck

mobility and limited range of their mouth opening.

ENT Robotic Surgery

Robotic surgery is an innovation of the 21st century for doctors and patients alike. About 20 years ago the first surgery without operative wound was performed, creating a new specialty in the surgical field: minimally invasive surgery, concerning almost all fields of medical science.

Otorhinolaryngology could not be an exception and has nowadays brought about developments in the repair and complete cure of diseases, that once seemed incurable. Robotic surgery in otorhinolaryngology is the most modern way to access the oral cavity. ENT surgeons use micro-tools and camera in the oral cavity-pharynx-larynx, which are directed by the surgeon through the console next to the surgical area.

The latest developments of robotic surgery in otorhinolaryngology

Transoral Robotic surgery

In 2004 Gregory Weinstein and Bert O'Malley invented the first international application program for transoral robotic surgery. Since then it has been established

as the most safe surgical alternative for patients with benign conditions, such as obstructive sleep apnoea and early malignant diseases.

Advantages:

1. The micro-tools used in the oral cavity have high rotational capacity, and can therefore quickly resolve disturbances
2. ENT surgeons operate the surgery via a console, without interfering in person
3. The camera provides three-dimensional image and enlargement

Therapeutic benefits of robotics as compared to other methods

- 〃 Patients return faster to their daily activities
- 〃 Unlike standard open surgery, complications are minimal
- 〃 Less scarring and inflammation
- 〃 Option of safe reoperation in case of recurrence of patients, following radiotherapy or surgery

Da Vinci robotic system

Internationally, the indications for Transoral Robotic Surgery are:



Info

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Benign conditions

1. Obstructive sleep apnoea: Tongue root surgery, in case of lingual tonsil hypertrophy
2. Palatopharyngoplasty: Benign oral-pharyngeal-laryngeal hypopharyngeal tumours
3. Malignancies

Benign conditions

1. Resection of tumours: Of the root of the tongue and tonsils,

About the Doctor
She has expertise and long experience in endoscopic surgery of the nose and paranasal sinuses, in endoscopic laryngeal surgery with Laser, treatment and investigation of dysphagia. Since 2010 she began to apply the transoral Robotic Surgery for benign and malignant diseases of the mouth, pharynx, and larynx and continues to develop and refine Robotics in cooperation with recognized centers abroad in Italy, Brussels and America.

Languages

Greek, English

Medical Services

- Endoscopic and microscopic evaluation of ears
- Endoscopic evaluation of nose, pharynx, larynx
- Evaluation of vertigo, tinnitus, hearing test (audiogram-tympanogram) for adults and paediatric group
- Smell test
- Stroboscopic examination of voice
- Endoscopic evaluation of swallowing (FEES) for dysphagia patients

Of the posterior pharyngeal wall, Of the supraglottic larynx,
Of the hypopharynx

2. Investigation of unknown primary head and neck cancer.

The Da Vinci robotic system is currently the only system in the world providing minimum intervention possible in the patient. Each move is converted with high precision by the robotic system. This alone is sufficient to conclude that the Da Vinci surgical robot optimizes accuracy and skill, resulting in completely successful surgery

- Evaluation of patients with snoring and obstructive sleep apnea syndrome
- Endoscopic evaluation of nose, throat in children for diagnosis of adenoid hypertrophy, choanal atresia, laryngomalacia and voice disorders

INDICATION FOR SURGERY

- Transoral Robotic Surgery in patients with sleep apnea and cancer in mouth, pharynx, larynx (base tongue reduction, Pharyngoplasty, tonsillectomy and laryngectomy)
- Endoscopic surgery for Septoplasty, Turbinectomy, Sinusitis, Nasal polyps
- Surgery in paediatric group: Adenoidectomy, tonsillectomy, ear grommets, choanal atresia, thyroglossal cyst
- Phonosurgery For polyps, cysts, Reinke's oedema, nodules of vocal cords
- Laser surgery for cancer of throat (oral-pharyngeal-laryngeal area)
- Neck dissection, branchial and thyroglossal cyst excision salivary gland removal

MEDICAL TOURISM HEALTH & WELLNESS



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Paxi is the ideal island for a peaceful holiday. Fjord-shaped beaches, underwater caves, small bays and green hills welcome the lucky visitors.





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We are a group of experienced Insurance Brokers and reliable Underwriters.

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We offer consulting services, regarding Healthcare Insurance in Greece in cooperation with Insurance Companies worldwide.

We deal with Med Professionals Communication Group and we both implement the Project of Medical Tourism in Greece.

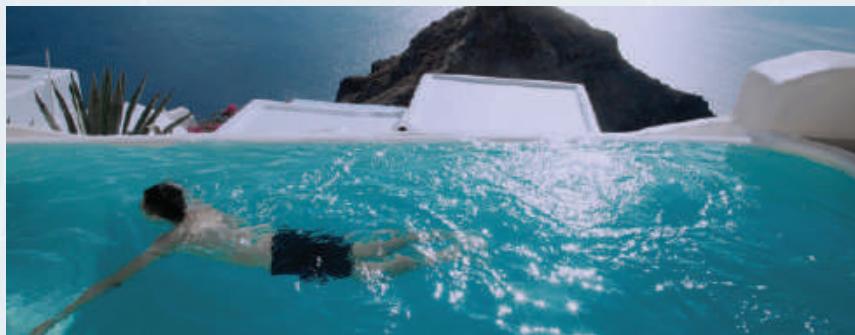
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Medical Tourism

by Bergmann Kord

Bergmann Kord, a European, specialized hair Clinic, with its headquarters located in Greece. Has applied, for **over 40 years**, all the internationally recognized methods and techniques for the prevention and restoration of Hair Loss.
Having performed **over 70.000 Hair Transplants**, aesthetically perfect results for every patient are ensured.

Today, **Bergmann Kord** steadily invests in Clinical Research and Innovation in the field of hair, while exporting its significant know-how on the specific subject.

As a market leader in Greece, it addresses a worldwide audience aiming to attract interested patients from other European countries and the World, in general.

Medical tourism is now established as an important International Trend in the field of Hair Loss Restoration. A field with an interesting dynamic where the clinic, due to its quality of results, is certainly present.



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ESCORTING

For the personal escort, we have a Representative from the Clinic – as their Chaperone – who, usually, speaks their language.

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We provide a Hotel accommodation in luxurious partner Hotels, close to our Clinics.

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At the same time, there is a partnership with selected Travel Agencies, so that guests can enjoy special VIP Tourism Packages, if they so wish.



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BERGMANN-KORD

MEDICAL CLINICS

40

Years of experience
in Greek Market

6

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Hair Transplantations
with successful results

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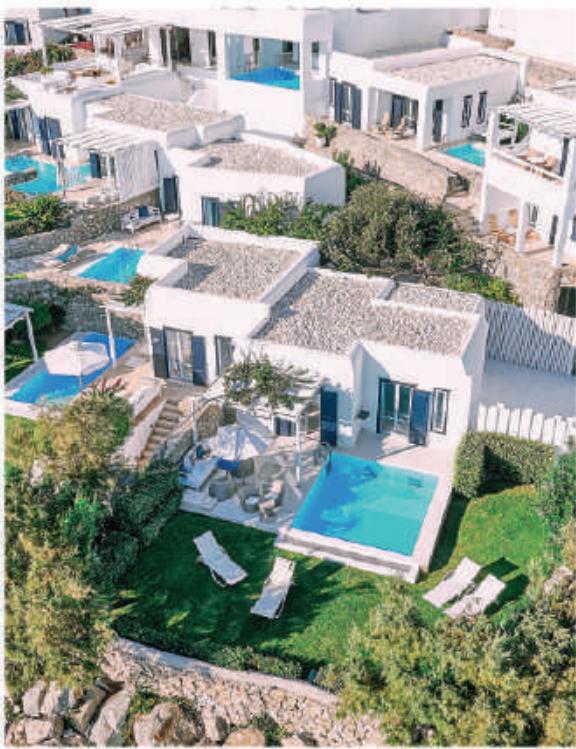


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