

MedProfessionals

Tribute

MEDICAL TOURISM HEALTH AND WELLNESS GUIDE

Medical Evolution
From Hippocrates to Robotic Surgery
Medical Success Stories

Helen Hovris

www.med-professionals.gr www.medtourism.gr



MED PROFESSIONALS
Medical Communication Group



THE 1:1 DIET

by Cambridge Weight Plan®

The one with a diet Plan tailored to you

[How it works](#)



Nathan, London.
Lost 18st 7lbs.

Why choose The 1:1 Diet?

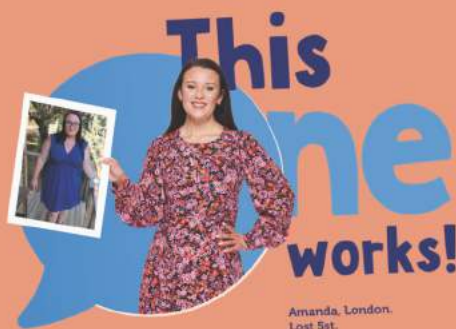


A Plan that really works for you

Everyone's different. You'll get a personalised diet Plan that suits you.

The diet with delicious nutritious meals

[Find out more](#)



Amanda, London.
Lost 5st.



In-person and online consultations

Your personal diet Consultant can be available face-to-face or on a variety of chat apps for plenty of support.

The diet with fabulous one-to-one support

[Find a Consultant](#)



Rachael, Newport.
Lost 9st 1.5lbs



People to keep you motivated

Everyone needs support. A personal diet Consultant will cheer you on.



The 1:1 Diet leads to substantially greater weight loss*

*British Medical Journal



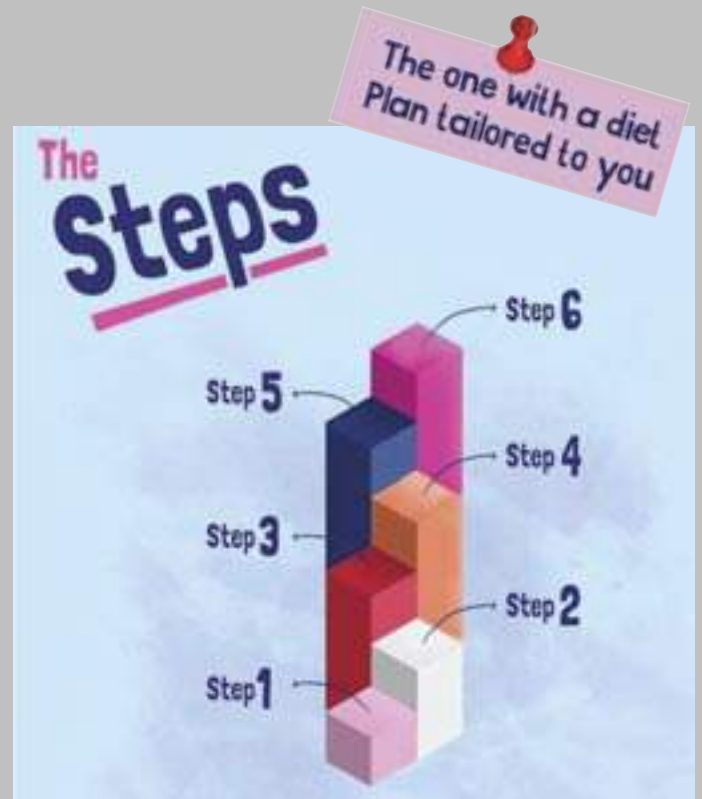
Products you'll enjoy

Everyone deserves tasty food. You'll love The 1:1 Diet menu.



Each Step has been tailored to help you reach your goals. You will work with your Consultant to adapt the Plan so it fits in with your life.

There are 6 Steps, but they're not linear, so you can dance through them, or step past them!



Your Consultant will set individual goals and make it personalised to suit you, whilst remaining nutritionally complete to keep you balanced.

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 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 more than 50 years and covers over 50 different medical specialties, extends to 17 floors and provides rooms private and semi-private rooms, small and large suites as well as a VIP suite.

MITERA is the largest maternity hospital in Greece with 459 beds and offers comprehensive healthcare services specifically to women and children for more than 40 years. MITERA includes three separate clinics, namely, the General Hospital, the Maternity/Gynecological Clinic, and MITERA Children's Hospital that is the most integrated private pediatric Hospital in Greece. MITERA has more than 1,500 associate physicians of all specialties and 50 different sub-specialties of pediatricians, while all its departments are ISO 9001 certified.



HYGEIA offers the highest medical standards for the treatment of a wide range of medical conditions, including:

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 .

Bariatrics: Our team of surgeons is highly experienced in gastric sleeve and gastric bypass procedures for the treatment of morbid obesity and offer post-op support by offering online appointments with the patients.

Dental Implants: A team of specialized dentists with great experience in the field of dental implantation that has an implant success rate of over 95% after a period of 10 years.

Hair transplantation: Patients who seek for the best results and the ultimate safety in a hospital environment, often choose HYGEIA Hospital for their hair loss treatment. Depending on the patient there are three main hair transplantation techniques available: Hair Transplant, Hair Transplant (FUT) and Hair Transplant.



MITERA is the best solution for a wide range of medical services specifically for women and children, with regards to:

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.

MITERA Breast Centre: The MITERA Breast Centre has been recognised since 2016 as a full member of the 'Breast Centres Network', the first international network of clinical centres exclusively dedicated to the diagnosis and treatment of breast cancer the network consists of 184 breast clinics worldwide.

Haemodialysis Unit: The MITERA Haemodialysis Unit has been operating since July 2015 at modern facilities within MITERA to treat patients (inpatients and outpatients) who have chronic kidney disease (CKD) and require haemodialysis. It is a modern unit with a capacity of 15 dialysis machines that can serve up to 90 patients in full capacity.

Oncology: The MITERA Oncology Clinic is staffed by physicians specialised in oncology and internal medicine and is supported by other medical specialists of the Clinic as well as by health professionals such as nutritionists and psychologists. It is equipped with the latest technology, while its highly trained medical, nursing and administrative staff, offer comprehensive healthcare and support to oncological patients.

HYGEIA IVF Embryogenesis

Operating since January 2022, **HYGEIA IVF Embryogenesis** is the largest, most modern and best-equipped Assisted Reproduction Unit in Greece and South East Europe. It is a merger of three well-established IVF units in the Greek fertility market that have led to birth of over 70.000 babies in the last 30 years. The new clinic, which will exceed 5.000 oocyte pickups as well as 6.000 fertility cycles annually, is located near **HYGEIA** and **MITERA** Hospitals in Athens.

At **HYGEIA IVF Embryogenesis** we use all the latest advances in IVF technology that are currently available to secure optimum laboratory conditions, including: Time-lapse technology, Life Aire IVF ventilation system, RI Witness tracking and identification system, Log and guard laboratory condition monitoring system, Innovative Artificial Intelligence System IVFVision.ai and our own Cryopreservation Bank.

As a result, the Embryology Laboratory of **HYGEIA IVF Embryogenesis** is the most advanced laboratory in Greece and one of the best in the world. Highly specialized embryologists with many years of experience and a state-of-the-art technological equipment of the highest international safety standards, make **HYGEIA IVF Embryogenesis** the most reliable choice of every couple that seek fertility treatment.



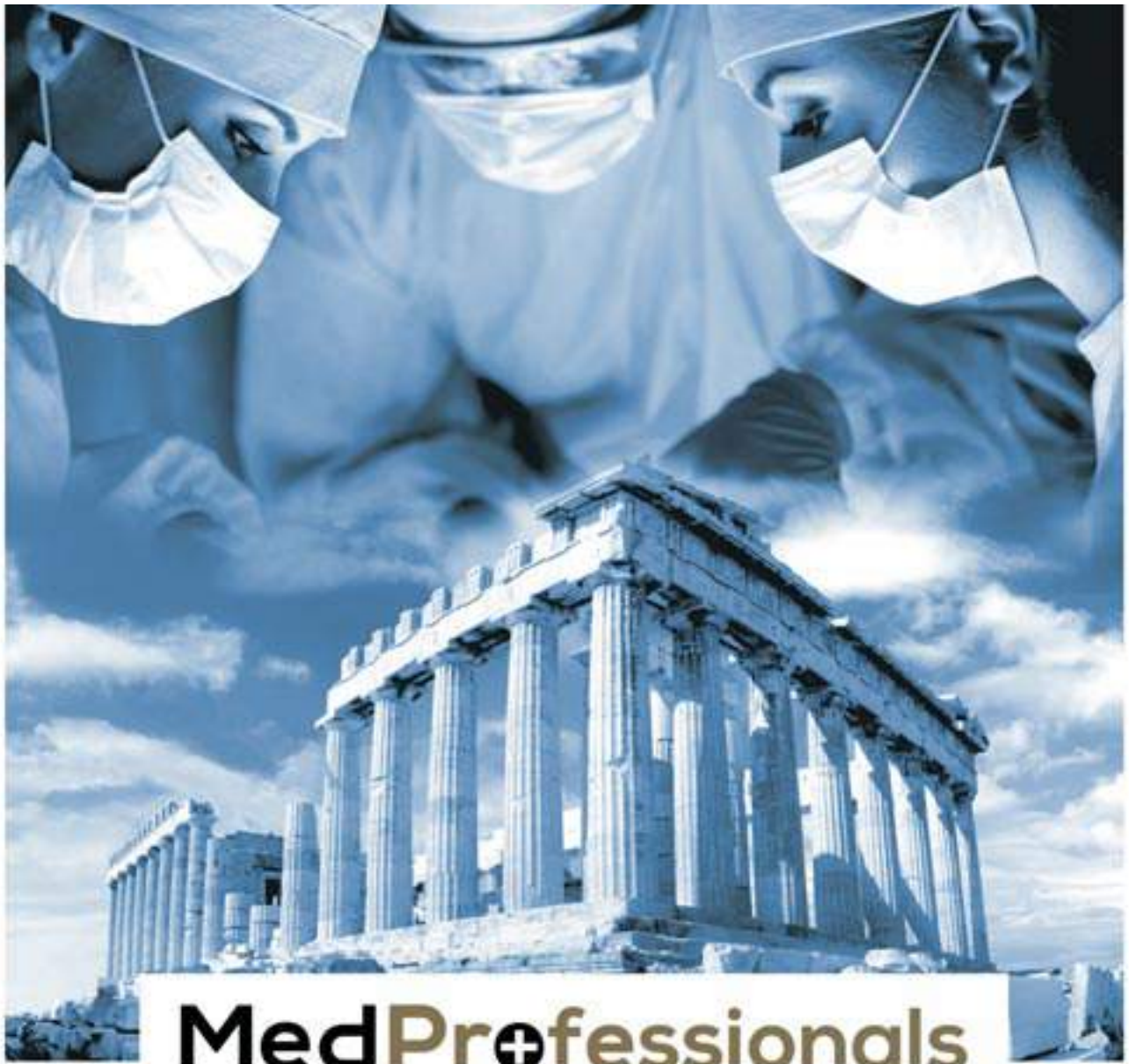
HYGEIA IVF Embryogenesis offers a wide range of fertility treatments for couples, including In Vitro Fertilisation (IVF/ ICSI), Egg Donation, Egg Freezing, Mini IVF and Preimplantation Genetic Testing (PGT). Together with each couple, we manage even the most challenging cases and infertility conditions and we stand by their side 24/7, to we make their dream come true.

Exclusive services for International Patients

HYGEIA and **MITERA** Hospitals have established a specialised 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:

- Facilitate the communication between the patient, the Hospital and third party insurance companies, embassies and other businesses.
- Schedule appointments with Hospital medical staff.
- Coordinate hospital admission, hospitalization and discharge process.
- Handle second opinion requests with our medical experts.
- Assist in transportation and accommodation requests.
- Provide interpretation and language assistance.
- Assist in all insurance & billing procedures.
- Make VISA arrangements.
- Arrange air ambulance transportation around the world.

For more information about our services, please contact our IPS team by sending an email on ips@hygeia.gr or call us on +30 210 6867788.



MedProfessional⁺s

Medical Tourism in Greece

Medical Publications * Medical Site * Social Media * Medical Tourism Workshops * Television

The Med-Professionals Communication Group
invests in a new all-inclusive platform for
Medical Tourism, Health & Wellness

- :: An international network of expert doctors at your fingertips
- :: All-inclusive medical tourism packages
- :: Tailor-made medical tourism packages addressing all your needs
- :: Health & Wellness
- :: Second Medical Opinion
- :: Our experts plan your medical trip from A to Z in Greek accredited hospitals and luxury resorts
- :: Aesthetic Surgery - Orthopaedics - Robotic Surgery - Oncological Care - Dentistry (Dental Implants) - IVF - Cardiology and many more

www.medtourism.gr - www.med-professionals.gr

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.



2022 identity identity identity



Helen Hovris

Head of **Med-Professionals**

Sociologist - Publisher

Ambassador of the nonprofit organization **Great Greece for Ever**

Tel.: +30 210 6096939

+30 210 8035737

Cell: +30 6940022037

25 Pentelis Av. & 2A Aiantos str.

p.c. 152 35

Vrilissia, Athens

 MedProfessionals

 MedProfessional

 med.professionals



MED - PROFESSIONALS

Medical Tourism Guide

Health and Wellness

Publisher-Director: Helen Hovris

Public Relations: Maria-Eleni Manioudaki

Context Supervisors: Marianthi Lamprinou

Translation: Anna Hovris

Design & Layout: Katerina Vassiliou

Production & Printing: Lithos Full Printing Services



It is forbidden in any way to republish or repost, partially or totally, the material of this publication without the written consent of the publisher.

The information of the doctors hosted in the publication have been granted by themselves and are published in their entirety, with the only intervention of their spelling and editing.

The validity of the reported data is strictly the case for the individual doctor.



*201 Years
since the
Establishment
of the
Greek State!*

*Long live
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 descendance. 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 "Metsovio" Polytechnic University, the Greek Academy, the Benaki Museum, the Megaro Mousikis, the Onassio, 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 re-connect 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.*

2022 editorial editorial editorial



Medical Tourism industry is an international phenomenon which most of medical tourists for some reasons such as high costs of treatment, long waiting queues, lack of insurance and lack of access to healthcare in the origin country, travel long distances to benefit from healthcare services of the destination country. Given the competitive nature of this industry, most countries and designing practical and legal services and planning for development of medical tourism industry.

In sum, Greece is beginning to take a stand as a major key player in the medical travel industry, thanks to its temperate climate, highly trained medical staff and cutting-edge medical innovations. Greece considered a safe travel destination and the beauty of the country's landscape as well as its plenty of sunshine, therapeutic natural springs and unique Mediterranean cuisine, makes the country a choice spot for a lot of medical travelers.

I felt immense national pride when Tom Hanks stated that "Greece is a heaven and a healing place. I've been around the world to beautiful places... none of them tops Greece... The land, the sky, the water, it's good for the soul, it's a healing place.". His words have sincerely touched my heart and is their best contribution promoting the land of Hippocrates worldwide.



Helen Hovris
Head of Med-Professionals
Sociologist - Publisher
Ambassador of the
nonprofit organization
Great Greece for Ever

DOCLINIA



MAKING GLOBAL MEDICAL CARE ACCESSIBLE LOCALLY

Doclinia connects you to private doctors worldwide.

- Global network of doctors and specialists
- Doctors checked and verified by us
- Book an in-person or online doctor visit in minutes
- Treatment in the best hospitals in the world



IMMEDIATE ONLINE CONFIRMATION

on your doctor's appointments.
Second opinions with international prestigious doctors reachable from any part of the world



OUR CONSULTANTS will guide you throughout your cure journey

WHY US



AVOID THE LONG ADMINISTRATIVE procedures to confirm your surgeries abroad



DOCLINIA



Brand of Cure Journey Portal
www.cure-journey.com
Phone : +971 44 39 76 76

Services Provided To Our Patients



- ✔ Online appointments for online consultations.
- ✔ Follow up appointments after consultations.
- ✔ Surgery request.
- ✔ Doctors' visits to destination for on-site surgeries and consultations.
- ✔ Patients' history displayed for each patient with all medical history performed through the platform.
- ✔ Travel arrangements.
- ✔ Translation Services.
- ✔ Medical packages (Check-ups, cosmetic surgeries).
- ✔ News letters about newly incorporated hospitals and doctors, new technologies in complicated surgeries, new treatments in some diseases.



- ✔ Visa assistance Services for patients & companions.
- ✔ Flights.
- ✔ Transfers.
- ✔ Hotel booking for patients & companions.

Travel Arrangements Provided To Our Patients

Aegis S.K. Services



*Build Strategies, Build Confidence,
Build your Business*

AEGIS S.K. is an award-winning multi-sector focused independent **Investment Advisory Boutique** engaging in **both Financial Advisory and Consulting Engineering**. It has successfully accomplished a deal execution portfolio exceeding €4,5 bn of gross asset value, working for the Private and Public Sector in Greece and also for international Institutions.

Aegis is a shield carried by Zeus in Greek mythology. Doing something "under someone's aegis" means doing something under the protection of a knowledgeable and powerful source.

The combination of Financial Advisory, Consulting Engineering and Analytics represents the **differentiating competitive advantage** in the market as we are able to offer comprehensive "one stop shop" solutions to ensure our clients' goals are met.

Funding Programmes 2022 - 2027



Aegis S.K. offers complete management advisory services to Public and Private Sector organizations, in the framework of designing and implementing projects financed by EU Structural Funds.

Many financial instruments are available:

- Recovery and Resilience Facility
- Development Law No 4887/2022 - "Greece Strong Growth"
- NSRF (ESPA) 2021-2027
- Just Development Transition Plan
- Strategic Investments - Law No 4864/2021

In addition, we offer a full spectrum of technical studies /reports services, such as issuance of building permits, designing and constructing or renovating small scale and medium scale projects, REO - Property transfer maturity services and valuations of all types of assets, delivering complete solutions to businesses, high net-worth individuals, creditors and borrowers, as well as to Public Sector organizations.



Funding Programmes 2022 - 2027



Pioneer in EU Structural Funding Programmes

Contact our experienced team for the implementation of your project!

- Participation in drafting of the new Development Law which provides a complete framework for investment incentives, contributing to regional development, in the context of the European Commission's new guidelines.
- Submission of the first nationwide application for investment project financing through long-term, low-interest loan from the Recovery and Resilience Facility.

€2.5 bn
Total Budget

500 Approved Projects

€900 mil
Disbursed Grants

25 Years of Experience

€3 bn Evaluation of Investment
Plans - Strategic Investments

AEGIS S.K.
Financial Advisory
Consulting Engineering



ISO 9001:2015
Member of SESMA
Member of EENE

For further information, please contact:

Michalakopoulou 195

115 27

Athens, Greece

www.skaegis.gr

info@skaegis.gr

Tel: [210 7770021](tel:2107770021) & [210 7770071](tel:2107770071)





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!

Petrou Rally 351
184 50 Nikaia
Tel. +30212 2134383
Fax +30 215 5304099
E: info@cambridgeweightplan.gr
www.one2onediet.gr

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 γεμάτα γεύση.



George Patoulis

Governor of Attica

President of Athens Medical Association

President of ELITOUR - Greek Health Tourism Council

President of Global Doctors' Hippocratic Institute

The development of Greek Health Tourism in 2022

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.



Med-Professionals award Mr. Patoulis for his contribution to Medical Tourism

B2B MEDICAL SERVICES



CONTACT SOS DOCTORS

CALL

1016

from Greece

+30 210 82 11 888

from abroad

E MAIL

sos@sosiatroi.gr

24/7

sales@sosiatroi.gr

for more informations



Thanos Plevris

Thanos Plevris, born 21 May 1977 in Athens is currently serving as the Minister for Health under the cabinet of Kyriakos Mitsotakis.

He was first elected to the Hellenic Parliament at the 2007 parliamentary election. He was subsequently elected to the European Parliament in June 2009, before returning to the national parliament at the election held in October of the same year. Plevris joined New Democracy and became the party's first substitute after the election held the following month.

A few months after being elected to the Athens city council on May 2014, he was sworn in as a member of parliament for the third time in November 2014, replacing Dimitris Avramopoulos who had resigned his seat in order to serve on the European Commission.

Plevris practices law in Athens, having completed postgraduate and doctoral studies in medical law at Heidelberg University and in criminal law from the University of Athens respectively. He completed his military service as a sergeant in the 32nd Marines Brigade.





HELLENIC NEWS OF AMERICA

CONNECTING AND ENGAGING THE GREEK-AMERICAN AND PHIL-HELLENIC COMMUNITIES - SINCE 1987



SINCE 1987

A UNIFYING FORCE FOR HELLENISM

The Hellenic News of America has inspired many and contributes largely to the preservation of the Hellenic identity and tradition in America. Greek Americans have a strong desire to come together and be heard as a community. This desire stems from the innate instinct to maintain and propagate the Greek heritage and identity. Thus, the HNA has emerged as a focal point for networking and cohesion as a community. Through this forum, the HNA covers and promotes the community events pertaining to the arts, business, religion, community and more. The paper has adapted its form to include online reporting and social media platforms; allowing for digital access as a supplement to our true print form. Additionally, the articles are published both in English and in Greek.

Stay connected with your heritage!

We are available in print, online and on social media



Subscribe today at www.hellenicnews.com



HERMES EXPO
INTERNATIONAL

October 12, 2022

12 PM - 5 PM

**GRAND MARQUIS
OLD BRIDGE, NJ**

**Attend our leading
networking expo and expand
your business!**



***Free admission with your
online pre-registration**

- Explore Hermes Expo's Diverse Exhibit Showcase
- Discover New Products & Services
- Connect With Sponsors & Exhibitors
- Learn From Educational Seminars
- Expand US - Greek Trade Relations
- "Taste of Hellas" Greek Wine Tasting (4 PM)
- Awards Dinner & Entertainment (6 PM -No tickets at the door)



SCAN ME FOR MORE INFO

www.hermesexpo.com

[@hermesexpo](https://www.facebook.com/hermesexpo) [@hermesexpo](https://www.instagram.com/hermesexpo)

Sponsored by

**grecian
delight** **KRONOS**
WORLD CUISINE



IN LIFE, **WE ARE WINNERS.**

At Henry Dunant Hospital Center
we celebrate 20 years.

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.



DEVOTED TO THE **PEOPLE**



Organization
Accredited
by Joint
Commission
International



Medical Success Stories

MedProfessionals
Medical Tourism in Greece

www.med-professionals.gr - www.medtourism.gr



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 progressive 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
Aria 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@iasys.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.



ΑΘΗΝΑΪΚΟ
ΚΕΝΤΡΟ
ΝΕΦΡΟΥ
KIDNEY CENTER OF ATHENS
64Tsounta&kourtidou 135-137
111 43 - Ag. Eleutherios, Athens
Phone: + 30 2102288001
Fax: + 30 210 2288112
Email: kidneycl@gmail.com



DIALYSIS CENTER
NEKAD
ΝΕΦΡΟΛΟΓΙΚΟ ΚΕΝΤΡΟ
ΑΓ. ΔΗΜΗΤΡΙΟΥ
266 Vouliagmenis Av. Ag. Dimitrios
Phone: +30 2109700680
Phone: +30 2109700630
Fax: +30 2109700633
Email: info@nekad.gr



DIALYSIS CENTER
NEKAS
ΝΕΦΡΟΛΟΓΙΚΟ ΚΕΝΤΡΟ
ΣΠΑΡΤΗΣ
3rd Km of Nat. Road Sparta - Gythio
Phone: +30 2731131131
Phone: +30 2731131111
Email: info@nefosparta.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 different languages.

24

 PAN HEALTH GROUP

Always close to your needs!

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 atheromatous 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 atheromatous 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.



30 Diogenous str.
544 53 Thessaloniki - Toumpa
+30 2310 915878
iatrikotoumpas.gr
www.iatrikotoumpas.gr



- ✓ Long experience!
- ✓ Knowledge!
- ✓ Constant renewal!



PHYSICIAN MICROBIOLOGIST - BIOPATHOLOGIST

Dr. ALEXANDRA MASTROGIANNAKI - MARINI

fr. Doctor of microbiology Laboratory in Children's Hospital "Aghia Sophia"
fr. 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.

nity antibiotic. At the same time, she is attending the courses organized by the Society for Microbiology.

Today, she has a fully equipped laboratory in Kiparissia with modern machinery and specialized biopathologists, biologist, chemist, paramedical staff, nurses, secretaries and communication manager. She is a member of the Society of Immunology, founding member of MEDISYN and member of Med-Professionals.

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.

The ANALYSIS Laboratory has the following sections:

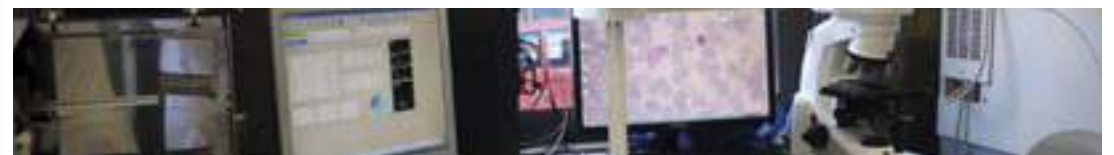
- MICROBIOLOGY
- BIOCHEMICAL
- Hematology
- Immunology
- Hormonology

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).
- FERTILITY TESTS
- THROMBOPHILIA TESTS
- CARDIOVASCULAR DISEASE PREDISPOSITION TESTS

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 commu-



Info
E: analysis.marini@gmail.com
www.med-professionals.gr/cv/143-marinialexandra
19 Amvrosiou Frantzi str., Kiparissia - 16 Socratous str., Gargalianoiv - Archaia
Messini-Epikouriou Apollona str., Meligalas, 4 Karolou Mplegen str., Chora

**DON'T FORGET
YOUR ANNUAL CHECK-UP**

- MOLECULAR BIOLOGY TESTS
- SPERM CHART ACCORDING TO THE LATEST VERSION OF THE WORLD HEALTH ORGANIZATION
- COVID TESTS: RAPID TEST, PCR (SAME DAY RESULTS), COVID ANTIBODIES
- 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 Management 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.

ANALYSIS GROUP

Kiparissia, Gargaliani, Meligalas, Chora.

Laboratory innovation

The laboratory is equipped with a state-of-the-art ZEISS microscope with observation and a camera connected to a computer. It has four eyepieces so that interns can be trained at the same time. The doctor uses it in every blood test and it provides the possibility of photographing any pathological or other remarkable finding.

The Laboratory also has a vascular tree imaging machine so that blood sampling does not fail and it is painless.

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



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

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.

INTRODUCING J-PLASMA RENUVION



PLASTIC RECONSTRUCTIVE SURGEON **Dr ELEFThERIOS DIMITRADIOU**

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
E: luxuriousmedicaesthetics@gmail.com
www.eleftheriosdimitradiou.gr

EID
ELEFThERIOS DIMITRADIOU



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



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



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.

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



Info
E: akiaspys@gmail.com
www.damoulisperioimplants.gr



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



Hydra Island

Hydra is truly the gem of the Saronic Gulf and stands alone among Greek islands as the one free of wheeled vehicles.



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 microendoscopic 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 re-

sponsible 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 patho-logy, 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
E: gvastardis@hotmail.com
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 (Scoliosi & Kyphosis)

Failed Back Surgery Syndrome (FBSS)

Facet Joint Syndrome

Cervical Disc Herniation

Lumbar Disc Herniation



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.





INTENSIVE QUALITY

SKIN CLINICS

LASER + PLASTIC SURGERY



Great Expertise & Specialization in **Invasive & LASER Dermatology**

Expertise and Superiority

We operate the first two fully licensed, certified, and accredited One Day Clinics on providing Dermatology and Plastic Surgery treatments in Greece. Striving to exceed patients' expectations, our customized treatments are based on innovative technology and offer spectacular proven results even in just one session with minimal to no downtime. Our competitive advantages include:

- Awarded state-of-the-art One Day Clinics
- Highly experienced and skillful medical professionals
- Innovative, personalized treatment protocols
- Advanced LASER & Energy-based Devices

World-class Services

- **VASER® Liposculpture** Ultimate, ultrasound-assisted body contouring procedure with permanent and natural-looking results in one session.
- **IQ FUE Hair Transplantation** Trichoscopically controlled technique with no scars and optimum natural and guaranteed lifetime results.
- **Pico LASER based Treatments** Cutting-edge technology for tattoo-removal, pigmented lesions and skin rejuvenation.

In the heart of Athens, we are proud of our a 35-seat amphitheater, audio-visually connected with the operating rooms of our clinic and suitable for hands on training workshops. Doctors and health care professionals from around the world receive outstanding training courses delivered by experienced doctors.



“ *Innovation is the foundation for everything including medicine* ”

Dr. Tzermias Christopher

**Dermatologist, MD | Oxford Specialized | Scientific Director of IQ SKIN CLINICS
Co-Founder of the European Society for LASER and Energy Based Devices (ESLD)
Fellow American Society for LASER Medicine & Surgery (ASLMS)**

- **Pulsed-Dye LASER based Treatment**
Safe and effective laser technology to treat vascular skin lesions and a series of skin conditions such as facial redness and rosacea.
- **Photodynamic Therapy** Safe and effective, non-invasive treatment for skin rejuvenation and the management of acne, rosacea, vitiligo and psoriasis.
- **CoolSculpting® Cryolipolysis** Non-invasive, original cryolipolysis method for permanent local fat reduction.
- **IQ Total Body Mapping** Advanced, highly-accurate, digital skin and mole exam for melanoma and skin cancer prevention.

ATHENS 64 Vasilissis Sofias Ave.
MAROUSSI 71 Kifissias Ave.
GLYFADA 96 Voullagmenis Ave.

(+30) 210 6100 900

info@iqskinclinics.com

iqskinclinics.com

IQ
INTENSIVE QUALITY
SKIN CLINICS
LASER + PLASTIC SURGERY



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



Combine Holidays & Treatment

Samothraki Island

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





ORTHOPAEDIC SURGEON GEORGIOS SKARPAS

Assistant Professor of Orthopaedics, University of Patras
Head of 3rd Orthopaedic Dept for Sports Injuries & Regenerative Medicine, "MITERA" General Hospital
Adjunct Professor of Medicine, Hellenic Open University

How we treat lesions with autologous and MIS TECHNIQUES

Treatment of tissue and articular cartilage lesions remains a challenge for the practising orthopaedic surgeon. A wide range of options are currently practised, ranging from conservative measures through various types of operations and, recently, use of growth factors and emerging gene therapy techniques. Also a wide range of operative options, ranging from simple arthroscopic interventions, marrow tapping techniques, osteochondral auto/allo-grafting and cell-based techniques are used. At present, autologous cell therapies, growth factor techniques, stem cells and biomaterials offer more promising avenues of research to find clinical answers.

There are two distinct chondral injury phenotypes according to attributing factors: focal lesions and degenerative lesions. Focal lesions are well delineated defects, usually caused by trauma, osteochondritis dissecans or osteonecrosis. Degenerative defects are typically poorly demarcated and usually caused as a result of ligament instability, meniscal/soft tissue injuries, malalignment or osteoarthritis.

Trauma is the most common cause of osteochondral lesions in sports injury or accidents. The shearing force creates a stress fracture through cartilage matrix, and sometimes through subchondral bone. E.g. Patellar dislocation leads to osteochondral fracture through this mechanism and is responsible for 40-50% of osteochondral le-

sions around the femoral condyles. Due to this multifactorial aetiology, the role of prophylactic therapy is dubious. There is a small therapeutic window when cartilage damage is caused by meniscal or ligament damage.

The surgeon can consider one or more of several non-operative approaches according to symptomatology and severity of the lesion. One approach is that of medications, such as NSAIDs and analgesics. Next, there are several mechanical approaches including weight loss, rest, ice, canes, bracing, physical therapy. etc. Also, nutrition supply should be considered, with chondroprotective agents (glucosamine & chondroitin phosphate, MSM, Omega-3, hyaluronic acid, collagen) and calcium and vitamins, as well as intra-articular injections such as steroids and viscosupplementation. To date, there has been no evidence of structural improvement with these conservative modalities.

The basic idea is to adjust treatment to the individual patient, and to repair related and/or contributing problems before or with the treatment of chondral injuries, such as varus-valgus alignment, patellofemoral tracking, stability of cruciate and collateral ligaments and meniscal lesions.

Arthroscopy is the definitive surgical method, especially in the presence of chondral loose bodies; the goal is to restore and preserve function, alleviate pain and minimise progression to osteoarthritis. Surgical treatment for cartilage lesions is contraindicated in some

cases as inflammatory arthropathy, unstable or malaligned joint, "kissing lesions" (bipolar), infection and obesity.

SURGICAL OR MINIMAL INVASIVE OPTIONS

Arthroscopic lavage and debridement
Marrow tapping techniques-Abrasion arthroplasty
Subchondral drilling-Microfracture
Osteochondral autografting-mosaicoplasty
Osteochondral allografting
New generation and REGENERATIVE MEDICINE TECHNIQUES
Autologous cell techniques ACI & MACI
Growth factors-PRP
Stem cells-bone marrow cells
Stimulators of cell metabolism
Gene therapies (ACI autologous chondrocyte implantation, MACI matrix-induced autologous chondrocyte implantation, PRP platelet rich plasma).

NOVEL TECHNIQUES-NEW FRONTIERS

Adipose tissue derived stem cells in one or two steps
Bone marrow cells-modified stem cell treatment in one step
Chondrocytes/chondrospheres in gel structure
PRPs
Biomimetic Scaffolds
Injectable (typeII) Collagen-Injectable Hyaluronate/+Mannitol, Chondroitin/MSM/Ascorbate

In a 2 step technique we managed to apply the bone marrow cells as gel directly on the lesion after ap-



Info
E: skarpasg@gmail.com
orthoacademy.gr



appropriate processing at the lab or in 1 step through a portable lab. For good regeneration of tissue lesions and osteochondral defects, cells (cultured, fragments, mesenchymal stem cells, etc.), bioscaffolds (natural/synthetic), as well as chondroinductive (TGF) and osteoinductive (BMP) growth factors and stimulators are required. Concomitant problems, ligament tears and/or ligament instabilities should be treated before or simultaneously with cartilage resurfacing.

Our "gold standard" in the treatment of cartilage defect/tissue lesions or our most used treatment option with great results is the autologous

stem cell/chondrocyte implantation. Special algorithms are used, relying especially on surface area of the defect/site of lesion and on our surgeon's unique experience.

Rehabilitation depends on treatment mode used and on defect/lesion personality (classification and qualification). Return to functional work and sport is possible in all procedures, but takes different periods of time. Concerning the cartilage lesions, more time is required to return to contact sports, especially after allograft procedures and sometimes permanent moderation of activities should be considered.

Robotics in Total/Partial Joint Replacement. MIS techniques - Accurate alignment-Precision in implant installation and top functional outcome.

It has been proved that the use of robotics in total knee, hip and shoulder replacement results in more accurate limb and prosthesis alignment and assists in ligament balancing.

Move to Kinematics

The use of robotics through special Software for evaluation of joint kinematics developed on the basis of surgeon's requirements to help the surgeon to analyze laxity values during the standard kinematics evaluation which are performed several times during the surgical procedure. In particular it addresses the standard kinematics tests executed before and after arthroplasty interventions to evaluate parameters such as the anterior-posterior (AP), the rotational laxity, the internal/external (IE) and varus/valgus (VV), and let the surgeon to define to acquire and investigate further references.

The special software quantifies the kine-

matics parameters and displays the position when they are performed, and therefore supports the surgeon to reproduce more precisely the same kinematics tests before and after the reconstruction for interventions such as: ACL, TKR,THR, TSR, UKR.

Surgical sequence:

- ▶ This surgical sequence has been studied to obtain at once both the maximum precision and an easy recovering of any unsatisfactory situations.
- ▶ The minimal resection gives the surgeon a good benchmark to perform the cuts, and adequate room to operate in other parts of the joint.
- ▶ Allows a much more precise measurement of the articular gap, and a much easier recutting, if any is needed.
- ▶ A functional system of augmentations of the trial balance helps the surgeon to

select the correct thickness of the insert at the knee.

- ▶ At any stage, the surgeon may verify the articular alignment with measurements taken intraoperatively with appropriate instrumentation parts.

All achieve significant improvement in all functional scores for the operated joint. The axis, implant adjustment and installation are perfect. The overall alignment is excellent. The post-op Hct stays in normal range, so no blood transfusion is needed and no major complications after surgery are seen, due the effective use of the system and the time saving procedures. The instrumentation is compatible to MIS, the method is quicker than the conventional and the rehabilitation was achieved easier. There are significant advantages in this method and as long term follow-up and greater number of patients are operated, the efficacy of the system is proved.

MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Delphi

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





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.

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



Info
E: info@kkonstantinidis.com
www.kkonstantinidis.gr



- 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 centimeters. 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 postoperative pain and enables faster recovery and early discharge from the hospital.



MEDICAL TOURISM HEALTH & WELLNESS

Combine Holidays & Treatment



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.



MEDICAL ONCOLOGIST **Dr. STYLIANOS GIASSAS**

At Iaso Hospital and Metropolitan General Hospital full and specialized services are offered for the investigation, diagnosis, therapeutical 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 therapeutical 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 Neuro-radiology (IMRT, Cyberknife etc), the Department of Nuclear Medicine (PET SCAN, DOTA-TOC, 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 therapeutical 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
E: sgiasas@yahoo.com
www.ogologos-giassas.com



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

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.





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 (Europrevall) 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

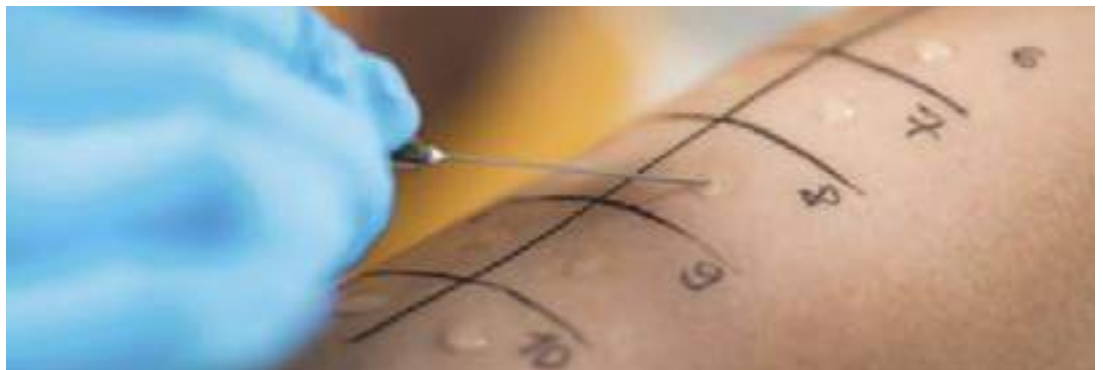
the same time, I swore to the rank of Ensign as a permanent officer of the Navy (September 1992).

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".

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.



Info
E: schrysoulakis@ath.forthnet.gr
www.med-professionals.gr/cv/84-chrysoulakisspiridon



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

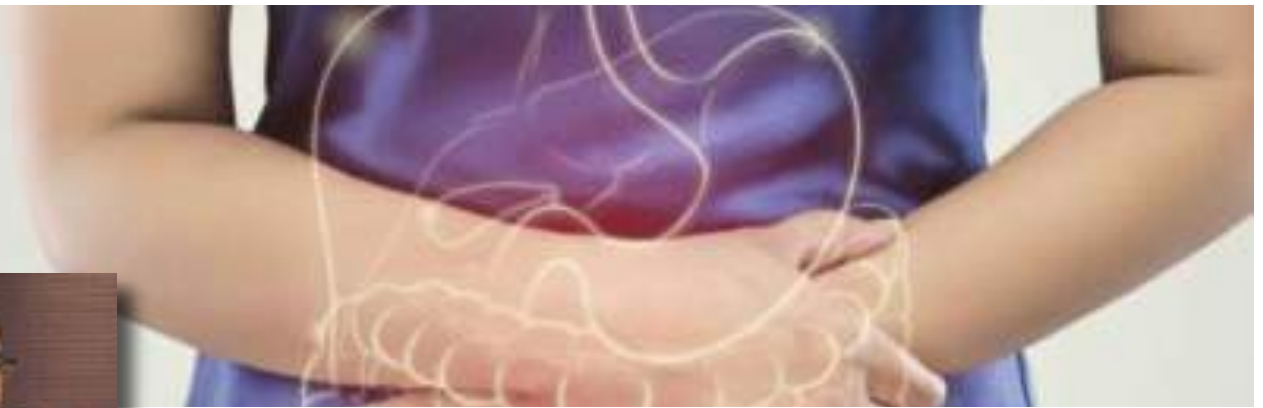


Monemvasia

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.



CONSULT YOUR DOCTOR



GASTRENEROLOGIST

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.

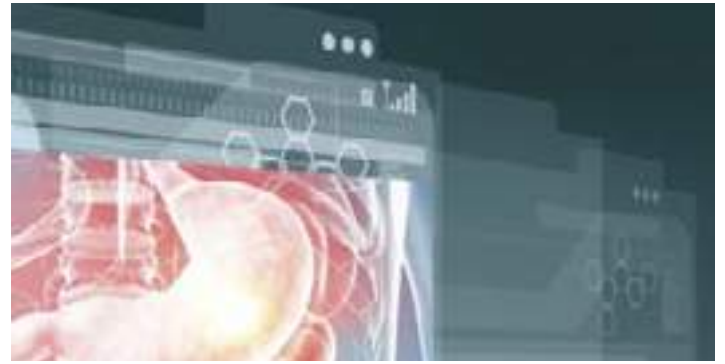
He has also worked as the director of the Gastroenterology Department of the General Hospital of Limassol in Cyprus for two years.



Info

E: konoskonidis@gmail.com

www.med-professionals.gr/cv/200-konstantinidiskonstantinos



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



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.



ABOUT US

Anastasios Digas LP is a company established in 1947 specialized in the import and sales of medical, homecare, nursing, hospital and laboratory equipment, disposables and diagnostic devices.

The company's headquarters is located in north Greece, Thessaloniki at Thermi Thessaloniki, which is considered one of the most developing areas in Greece. The last 15 years, the company is specialized in the sales of Hospital & medical equipment, diagnostic devices.

4 DIVISIONS

- Medical Equipment, Diagnostic Devices & Medical Disposables
- Beauty- Spa- Nail- Podology Equipment & Disposables
- First aid equipment & disposables
- Laboratory Equipment & Disposables

MISSION

The company's goal is to maintain the products' quality and the customer's service to the highest standards. With this philosophy as our guide, Anastasios Digas LP is one of the leading companies in regards to Hospital & medical equipment products in Greece.



SINCE
1947

Digas g.

MEDICAL EQUIPMENT

CLIENTS

We have clients from all over Greece & Balkan Countries and we also deal with online orders. Our web site (www.digas.gr) is updated on a daily basis with new medical products and this fact makes it very handy for our customers, as we try to give detailed description of all the products. Our clients are Hospitals, doctors, private clinics, beauty centers, diagnostic centers, medical shops, universities etc.

We are always looking for new innovative laboratory & medical products that will please our clients.

E-SHOP

Anastasios Digas LP Company is the first medical company in Greece that created the e-shop www.digas.gr in 2009. Since then, thousands of clients from Greece and all over the world trust it for the purchase of medical equipment and disposables. Our company is really focused in the promotion of the e-shop. We are active in the social media (Facebook & Instagram) with many advertising campaigns and every week we send newsletters to our customers with offers and new entries. We also run many campaigns in Google.

LOCATIONS

Anastasios Digas LP Central Offices _End of Karaoli Dimitriou Street _CP 57001 Thessaloniki _GREECE athens@digas.gr
Athens Store Kifisias Av. 354 _CP 15233 Chalandri _Athens _GREECE tsimiski@digas.gr
New Thessaloniki Store Tsimiski str.137 _CP 54621 Thessaloniki _GREECE _Tel : 0030-2310272462 _Fax : 0030-2310267516 info@digas.gr

Med-Professionals

Breast Surgeon	<i>Aggelidou Cheretis Eirini</i>	54-55
Cardiac Surgeon	<i>Prapas Sotirios</i>	56-57
Cardiologists	<i>Agrios Ioannis</i>	59
	<i>Diamantidis Evangelos</i>	61
Dentist	<i>Krommidas Marios</i>	66-67
Dermatologist	<i>Rebelos Christos</i>	68-69
Diagnosics	<i>Falireas</i>	70-71
	<i>Mediscan</i>	72-73
Dialysis Centers - Nephrologists		
	<i>Ionio Group</i>	74-75
	<i>Griveas Ioannis</i>	76-77
Gastroenterologist	<i>Sazanidis Vasileios</i>	78-79
Gynaecologists - IVF	<i>Genesis Athens Clinic</i>	80-81
	<i>IAKENTRO</i>	82-83
	<i>Rhodes</i>	84-85
	<i>Dimitreli Vasiliki</i>	87
	<i>Koutoukos Ioannis</i>	88-89
	<i>Sioulas Vasileios</i>	90-91
Hematologist	<i>Anagnostou Georgios</i>	92-93
	<i>Foifa Katerina</i>	94-95
Internal Medicine	<i>Iliadou Elisavet</i>	96-97
	<i>Chalkias Konstantinos</i>	98-99
Laser	<i>Spiranti Marina</i>	100-101

Index Index Index Index

Medical Services	<i>Athens Assistance</i>	102-103
	<i>Mastoras Services</i>	104-105
	<i>SOS Doctors</i>	106-107
Neuropsychologist	<i>Stavrakis Kontostavlos</i>	108-109
Neurosurgeons	<i>Dimogerontas Georgios</i>	110-111
	<i>Papadopoulos Stefanos</i>	113
	<i>Pavlidis Georgios</i>	114-115
Occupational Medicine	<i>Servetas Nikolaos</i>	117
Ophthalmologists	<i>Barla Gioula (Panagoula)</i>	118-119
	<i>Tsioumas Sotiris</i>	121-122
Oral & Maxillofacial Surgeon	<i>Tobris Stavros</i>	122-123
Orthopedic Surgeons	<i>Alevrogiannis Stavros</i>	124-125
	<i>Intzoglou Konstantinos</i>	126-127
	<i>Kostopoulos Dimitrios</i>	128-129
	<i>Barbounakis Nikolaos</i>	130-131
Otorhinolaryngologists	<i>Kanelis Nikolaos</i>	132-133
	<i>Karkatzoulis Georgios</i>	134-135
	<i>Pataridou Anatoli</i>	136-137
Physiotherapist	<i>Mountzouris Theofanis</i>	138-139
Plastic Surgeons	<i>Frangou Ioanna</i>	140-141
	<i>Pantelidis Manos</i>	142-143
Surgeons	<i>Paneris Panteleimon</i>	144-145
	<i>Tzimas Georgios</i>	146-147
Vascular Surgeon	<i>Moustardas Marios</i>	148-149



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, mammatome) 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 Academic 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

Hospitals-Clinics

SERVICES SPECIALTIES

- Delivery - modern methods of painless childbirth
- Full prenatal diagnosis and ultrasound with high definition 3D-4D color ultrasound imaging - amniocentesis

**BREAST CANCER CAN BE TREATED.
ASK FOR YOUR DOCTOR'S ADVICE**



Info

E: angelidou@zoho.com, www.breastcenterrhodes.gr
www.facebook.com/dr.EirinHAngelidou,
www.euromedica-rhodes.gr/obstetrics-gynecology/breast-center/



- 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 camera 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.



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.

**CORONARY HEART DISEASE IS TREATED.
GET INFORMED BY YOUR CARDIAC SURGEON**



Info
E: s.prapas@dunant.gr, sotiriosprapas@gmail.com
www.sprapas.com
F: www.facebook.com/sotiriosprapas
in: www.linkedin.com/in/sotiriosprapas



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.

ΠΟΛΥΙΑΤΡΕΙΟ ΣΚΙΑΘΟΥ SKIATHOS EMERGENCY POLYCLINIC

24 hours a day - 7 days a week

TEAM OF EXPERIENCED SPECIALIZED DOCTORS
HIGH TECH MEDICAL EQUIPMENT



ALL
insurances
accepted



AMBULANCE
SUPPORT

DOCTOR
IN CHARGE

NIKOLAOS EGNATIADIS
General Practitioner



OUTPATIENT DEPARTMENTS:
GENERAL PRACTICE
CARDIOLOGY / GYNAECOLOGY
RADIOLOGY / UROLOGY
DERMATOLOGY / MICROBIOLOGY

www.medskiathos.com

T. +30 24270 22115

T. / F. +30 24270 22111

Mob. +30 6976011628

CLINIC 1: Ring road (bus stop No 3)

CLINIC 2: Alonnisos island (Patitiri)

T. +30 24240 65778



Το Πολυϊατρείο Σκιάθου καλύπτει όλες τις ιατρικές ανάγκες του νησιού - και της Αλωνήσου - όλο το 24ωρο, 7 ημέρες την εβδομάδα. Βασικός μας στόχος είναι να καλύψουμε τόσο τις ανάγκες των μόνιμων κατοίκων όσο και των εποχικών τουριστών με ιατρικές υπηρεσίες υψηλών προδιαγραφών, που παρέχονται αποκλειστικά στο Πολυϊατρείο.

Skiathos Emergency Polyclinic covers all medical emergencies on Skiathos and Alonnisos islands 24 hours a day, 7 days a week. Our dominant wish is to be able to cover the needs of both the island's population and the island's seasonal visitors, with medical services of high standards. The clinics collaborates with doctors specializing in various fields of medicine as well as with the dentists, the physiotherapist, the pediatrician and the orthopedic, who already operate on Skiathos island.



CARDIOLOGIST
IOANNIS AGRIOS

Degree in Medicine:
UMF University of Craiova, Romania (1996 - 2002)

Areas of specialization:
Experience in the full range of clinical cardiology and especially in the use of diagnostic tests (heart triplex, rhythm holter, blood pressure holter, fatigue test)

Work experience Dec 2019 - Today: Private practice at Paleo Faliro, Athens

Mar. 2020 - Jul. 2021: Registrar, B' Cardiology Clinic, "Henry Dunant" Hospital

Feb. 2020 - Apr. 2021: External Associate of "Mediterraneo Hospital" Cardiology Clinic

Oct. 2020 - Apr. 2021: External Associate of "REA Obstetrics Clinic" Cardiology Department

Mar. 2013 - Jun. 2017: Specialty of Cardiology, Department of Cardiology, Medical Institution Military Shareholder Fund (NIMTS)

Sep. 2012 - Sep. 2014: Active participation in the pan-European study "EUROASPIRE IV" (Coronary Heart Disease + Diabetes), in collaboration with the University Clinic of the "Alexandra" General Hospital of Athens, responsible for the Attica sector

Sep. 2009 - Apr. 2011: Specialty of Pathology, 2nd Pathology Clinic, Asklepieio Voulas Hospital

June 2008 - Feb 2013: Scientific Associate, Department of Echocardiography, "Alexandra" General Hospital of Athens

June 2008 - Feb 2013: Scientific Associate, Hemodynamic Department, "Alexandra" General Hospital of Athens

Sep. 2006 - Apr. 2008: Rural tenure, "Vostaneio" General Hospital of Mytilene and Health Center of Plomari

May. 2005 - May. 2006: Doctor of the navy unit, "P.F. A. Karavogiannos"

Professional Qualifications - Certifications
Acquisition of cardiology specialty
License to practice medicine
Member of the Medical Association of Athens
Publications in international and Greek magazines
Participation in international and Greek seminars and conferences

Languages: English, French, Chinese, Romanian



Info
E: agrios.n.ioannis@gmail.com

STARFIRE



STARFIRE, is a continuously evolving company, which since 1982 is based in Thessaloniki. STARFIRE'S main field of activity is the import and manufacture of products related to heating such as energy fireplaces, gas boilers, pellet boilers, stoves pellet and construction materials in general.

The headquarters, the exhibition hall, the production and storage space of our company's products are housed in privately owned facilities whose size amounts to 10,000 m². The production area is perfectly equipped in order to achieve the quality production process we seek.

Our company has experienced and highly specialized staff which contributes significantly to the professionalism and quality of work that we have.



We strive to serve every interested buyer, which is why we maintain a Pan-Hellenic network of representatives which supply you with our products.

Our reliability has made us the exclusive representative and importer of the companies PALAZZETTI, BIODOM, STEP, DCM, ROCCHEGGIANI, STILE, BONFANTE, EUROGRIFER.



Our cooperation with the above companies provides you with: energy fireplaces, gas boilers, pellet boilers, pellet stoves and wood stoves, biomass boilers, corn boilers, solar water heaters, INOX metal chimneys, wooden floors, garden floors, industrial garden and barbecue equipment.

Our goal is to provide you with certified branded products of top quality, which are marked by excellent construction and great durability.





SPECIALIST CARDIOLOGIST EVANGELOS N. DIAMANTIDIS

Military Doctor
Acupuncture Medical Center

Cardiologist Evangelos N. Diamantidis maintains a private practice in the center of Alexandroupolis, since 1994. The doctor serves patients of all ages, covering the entire prefecture of Evros, but also the wider area of Thrace.

Having great professional experience, the cardiologist offers through his office, in Alexandroupolis, responsible diagnosis and treatment of diseases, always respecting the person and prioritizing his needs. He maintains a bloodless cardiology laboratory, equipped with modern technology and new diagnostic tools.

At the same time, the doctor's office operates an acupuncture center, providing treatment for a variety of diseases and medical problems that afflict the modern human. Contact your cardiologist for any information you need, as well as for emergencies.

Languages: Greek, English

Bloodless Cardiology Laboratory

- Electrocardiogram (ECG) calm.
- Full echocardiography - Triplex.
- 24-hour ECG recording.

- Medicines Prescription.
- Monitoring postoperative patients.

Important indications for acupuncture

- Stress
- Insomnia
- Cervical Syndrome
- Asthma
- Arthritis
- Allergy
- Impotence
- Menstrual
- Constipation
- Stop Smoking
- Migraine
- Dizziness
- Sinusitis
- Colitis
- Melancholy
- Neurovegetative disorders
- Trigeminal neuralgia
- Backache
- Facial palsy
- Obesity
- Tendonitis



Info
E: info@kardiologos-alexandroupoli.gr,
evagdiaman@gmail.com
www.kardiologos-alexandroupoli.gr



ORTHOSTATICAL

REHABILITATION PRODUCTS • WHEELCHAIRS • ORTHOPEDICS

Live with autonomy!



2310 214127
210 65 60 227



www.orthostatical.gr



info@orthostatical.gr



HAPPY MOMENTS

live with autonomy

**ENJOY THE FREEDOM
AND THE HOLIDAYS IN
GREECE**



FREE DEMO

BUY or RENT the rehab aids you need to gain
your Independence and Autonomy !!!

Showroom:

Athens: Faneromenmis 50, Chologos, T. 210 6560227

Thessaloniki: Antheon 27, Sikies, T.2310 214 127

Flemink 57, Thessaloiniki, T 2310 830 862



cosmo⁺clinic

Cosmoclinic is active in the field of healthcare for almost 70 years, offering a high level of personalized prevention, diagnosis and treatment services. It has contemporary Nursing Departments, a fully-equipped Surgical Department and a 12-bed Intensive Care Unit, which operates according to the highest international standards. Having the focus always on the Patient, Cosmoclinic is constantly raising the bar of quality and service, adapting to the ever-changing healthcare environment.

Contracted with 16 private insurance companies and EOPYY

📍 Aitolikou 55-57, Piraeus 185 45 ☎️ 210 46 11 204-6

🌐 www.cosmoclinic.gr ✉️ info@cosmoclinic.gr

Follow us:  [cosmoclinic](https://www.facebook.com/cosmoclinic)  [cosmoclinicgr](https://www.instagram.com/cosmoclinicgr)



DNM HEALTH CONSULTANTS



DNM Health Consultants was created to offer services in various fields as well as know-how in the health field.

The purpose is to synthesize and utilize experience and know-how in order to offer comprehensive consulting services. Our experience in the field of health is over 25 years.

The company operates in Greece and Europe and can bring know-how to services and integrated solutions from around the world.

Our many years of experience in the Health field from various positions, as well as our extensive experience in the management of large organizations can offer the management of your hospital the following

- Business Plan
- NSRF Funding
- GDPR
- Crisis management
- Business Coaching
- Sales & Marketing Plan

The specialized services we can offer are:

- Financial Management of Health Units
- Operation of Health Units
- Trade, Distribution and Manufacture of Medicines Companies
- Marketing, Distribution and Manufacturing of Medical Devices and OTC Companies
- Companies that Provide Services in the Health Sector

keep it simple
Health Consulting



Info
182 Kyrou Av. P.C.16452, Athens
Tel.: +30 210 8981 533
e mail: info@dnmconsultants.eu
www.dnmconsultants.eu



Head Office

6th km N.R. Road Chalkis - Nea Artaki,
34100, Evia
T: 22210 40825

Branch Offices

Karystos Office
T: 22240 27435

Athens Office
T: 210 2208952



Our commitment is to prove to each of our customers that we can provide what he needs!



**SENSE OF
SAFETY
& SECURITY**



DENTAL SURGEON Dr. MARIOS KROMMYDAS DDS

I have graduated 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 restored many cases of full mouth reconstructions in a limited time. In my relaxed environment, I can take care of 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 disilicate 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 functional 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 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.



Info
E: info@kromar.gr
www.kromar.gr
FB: Oralhealthcenter Krommydas

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



Combine Holidays & Treatment

Zante Island

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



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.

LASER ALEXANDRITE FOR HAIR REMOVAL



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 Dermatological 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 NYAG laser
- Lipolysis (Vacuum - cavitation Aqualix - desobody injections)
- Threads
- Peelings



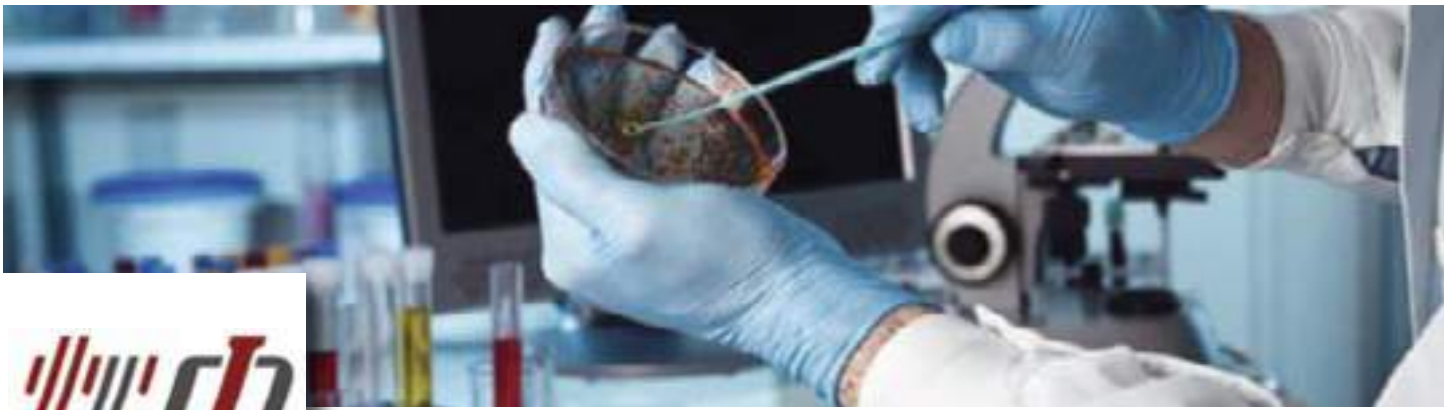
MEDICAL TOURISM HEALTH & WELLNESS



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.



FALIREAS MICROBIOLOGY, CYTOLOGY AND BIOMEDICAL APPLICATIONS, MEDICAL CENTRE

Falireas Microbiology, Cytology and Biomedical Applications, Medical Centre operates under the supervision of physician Falirea, 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
E: info@mikroviologiko-falireas.gr
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

DON'T FORGET YOUR ANNUAL CHECK-UP



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, Paracetamets, Thyroid FNT, Urine Cytological Examination, Breast

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

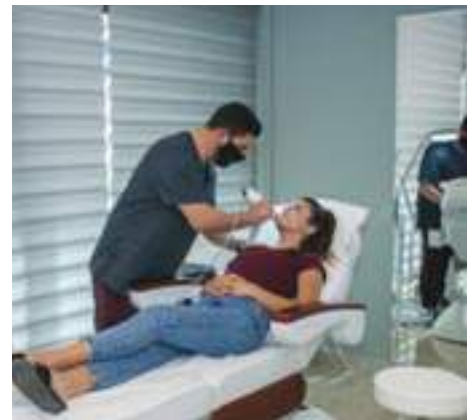
Quick Exam Answers

Free Blood Donation From Home

Access for disabled

Special prices in Exam Packages

Answers sent by email / fax



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Kalamata

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.

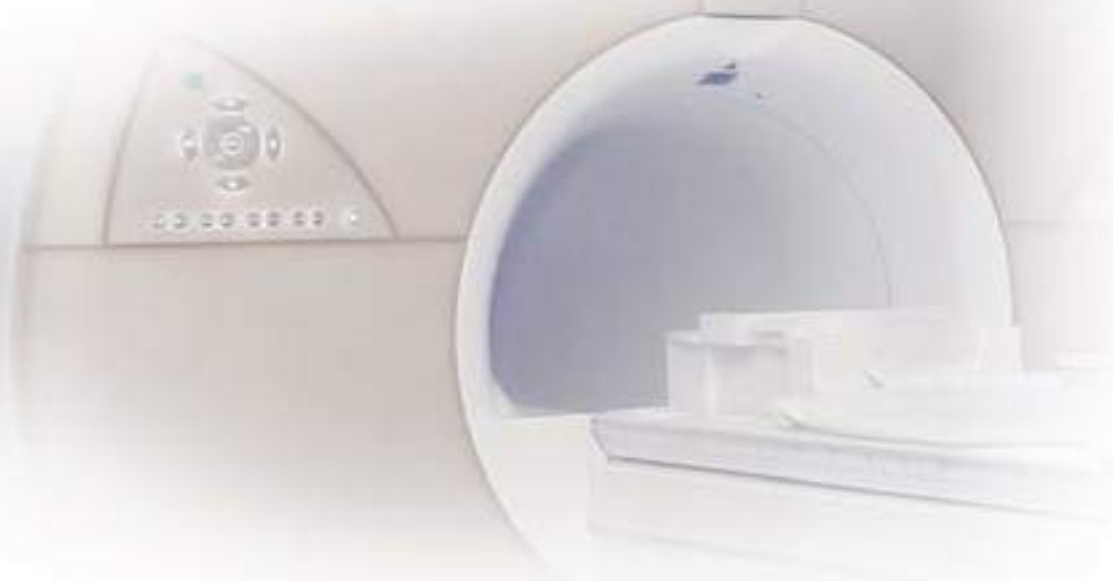




MRCTSCAN

ΙΑΤΡΙΚΟ ΑΚΤΙΝΟΔΙΑΓΝΩΣΤΙΚΟ ΚΕΝΤΡΟ

MEDISCAN



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:

- ✓ MRI scan
- ✓ CT scan
- ✓ Classic Radiology
- ✓ Panoramic - Cephalometric
- ✓ Mammogram
- ✓ Bone Density Dexa
- ✓ Body Ultrasound
- ✓ Vascular Triplex



Argonafton 1, Nafplio, Pc. 21100

☎ 2752096368 - 2752029564 - 2752097552

☎ 6944338028 | Fax: 2752023973

✉ mediscan@otenet.gr

🌐 www.mediscandiagnostiko-nafplio.gr

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
ioniomxapiraeus@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.





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, immunoadsorption, 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, immunoadsorption). 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
E: info@polyxenia-renal.gr
www.polyxenia-renal.gr



15/7/2004 - 30/9/2004: I volunteered in Olympic and Paralympic 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, Aristotle 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



Combine Holidays & Treatment

Sifnos Island

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



**FOR ANY HEALTH PROBLEM,
TRUST YOUR DOCTOR**



GASTROENTEROLOGIST **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 (ELIGAST). 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
E: sazanidisb@yahoo.gr
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

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.



GENEZEIS

ΓΥΝΑΙΚΟΛΟΓΙΚΗ ΧΕΙΡΟΥΡΓΙΚΗ ΚΛΙΝΙΚΗ

WE MAKE
YOUR DREAM
OF CREATING
A NEW LIFE
COME TRUE

We create
a better world

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 & EL0T 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
GYNAECOLOGIST 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 thalassaemia 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.



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.

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.



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



30+
YEARS



IAKENTRO
THE IVF AND GENETICS DESTINATION

One Step Beyond

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.



Thessaloniki

Agiou Vasileiou 4, 542 50 Thessaloniki, Greece
T. +30 2310 330 519, F. +30 2310 325 765
info@iakentro.gr

Athens (Collaborating center)

Fraggokklisias 4, 15125 Marousi, Greece
T. +30 210 617 9340, F. +30 210 617 9329
athens@iakentro.gr

EN 15224
BUREAU VERITAS
Certification



Find us online: www.iakentro.com YouTube Instagram facebook

OBSTETRICS - GYNECOLOGY
PRIVATE 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.



71 Konstantinou Hydriaiou, 851 00, Rhodes
+30 22410 35550, +30 22410 33454

E: gcrod@otenet.gr

www.gynaikologikokentrorodou.gr

**DON'T FORGET YOUR ANNUAL
GYNAECOLOGICAL CHECK-UP**



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 Istiea 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, French.

Medical Services

- Complete gynecology check-up
- Ovarian Ultrasound
- Infertility check examination
- Colposcopy
- Pregnancy Monitoring
- Cervical Test
- Hysteroscopy
- Palpation of Breast
- Estimation of Mammographic Checks
- Thin prep
- HPV Test
- Ovarian Cysts
- Contraception
- Natural Childbirth
- Gynaecological Surgeries - Cesarean section (C-section)



Info
E: v.dimitreli@gmail.com
www.dimitreli.gr





OBSTETRICIAN GYNECOLOGIST SURGEON

Dr. IOANNIS D. KOUTOUKOS

MD, PhD, MSc, DFFP

PhD University of Athens

Specialized in Great Britain

Specialized in Laparoscopic and Robotic Surgery

Founder of team ENDOGYNECOLOGY

Laparoscopic Surgery:

- /// Laparoscopic removal of cysts
- /// Laparoscopic removal of fibroids
- /// Laparoscopic hysterectomy
- /// Laparoscopic treatment in gynecological tumors
- /// Laparoscopic correction for uterine - vagina prolapse
- /// Laparoscopic tubal plastic
- /// Radical laparoscopic treatment of endometriosis with participation in ureters and intestine
- /// Laparoscopic treatment of urinary incontinence
- /// Urodynamic testing



CONSULT YOUR DOCTOR



Info

E: koutoukos@endogynecology.gr

www.endogynecology.gr

endogynecology



Hysteroscopic Surgery:

- ⚡ Invasive hysteroscopic methods
- ⚡ Specialized ultrasounds dilatation of endometrial cavity
- ⚡ Diagnostic hysteroscopy
- ⚡ Hysteroscopic removal of fibroids
- ⚡ Hysteroscopic polyp removal
- ⚡ Hysteroscopic removal of uterine septum
- ⚡ Hysteroscopic treatment of severe period treatment
- ⚡ One-stop Clinic



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Kimolos Island

Although it is located very close to a popular Greek island, Kimolos island maintains its pure nature and the calm ambiance. Famous for its lovely beaches with the crystal water, all activities are concentrated in Chorio, the only village on the island.



OB/GYN, GYNECOLOGIC ONCOLOGIST **VASILEIOS SIOULAS, MD, PhD**

Fellow at Memorial Sloan Kettering Cancer Center (NY, USA)

Dr. Sioulas is an Obstetrician - Gynecologist, trained in Gynecologic Oncology at the world-wide known Memorial Sloan Kettering Cancer Center (NY, USA).

Dr. Sioulas graduated with excellence from the Medical School of the University of Athens in 2002. Later on, he received his PhD in "Menopause" and his MSc in "High Risk Pregnancies"; both degrees were awarded with excellence. Dr. Sioulas completed his residency at the 3rd Department of Obstetrics and Gynecology of the University of Athens (Attikon Hospital), where he worked as a Clinical / Research Associate until 2014.

Thereafter, he was selected among highly qualified candidates from all over the world to join the International Fellowship in Gynecologic Oncology at Memorial Sloan Kettering Cancer Center (NY, USA). During his 2-year fellowship, he worked closely with top Gynecologic Surgeons and performed a very large number of robotic, laparoscopic and open surgeries on patients with gynecologic cancers or complex benign diseases of their genital tract. After his graduation, he was also certified as Gynecologic Oncologist by the European Society of Gynaecological Oncology (ESGO).

Dr. Sioulas is currently working as an Obstetrician - Gynecologist, with emphasis on the surgical treatment of malignant and benign diseases with the use of the most contemporary techniques. His goal is to offer high quality services to his patients, on the basis of the most recent American and European guidelines. He is affiliated with MITERA Hospital, where he is the Head of the Department of Gynecologic Oncology, and HYGEIA Hospital. In addition,

Dr. Sioulas runs his private clinic in the center city.

Languages

Greek, English

Medical Services

- Surgical treatment of gynecologic cancers (uterine, cervical, ovarian and vulvar)
- Robotic surgery
- Sentinel lymph node biopsy in gynecologic cancers
- Laparoscopic surgery
- Hysteroscopy
- Cervical cancer screening (ThinPrep PAP test & HPV testing)
- Treatment of genital warts and cervical dysplasia (CIN)
- Prevention of gynecologic cancer in patients at hereditary risk (e.g. BRCA 1&2 mutation carriers)
- Gynecologic surveillance for patients with breast cancer
- Fertility preservation in young patients with gynecologic cancers

Robotic surgery for patients with endometrial cancer with the use of sentinel lymph node technique

Endometrial cancer is the most common gynecologic malignancy in western countries. When diagnosed in early stage, the prognosis of the patients is excellent. In this context, the optimal surgical treatment of the disease is of paramount importance.

The primary goal of surgery is to determine the extent of cancer or, as called, the stage of disease. Its mainstay is the removal of the uterus

**DON'T FORGET YOUR ANNUAL
GYNAECOLOGICAL CHECK-UP**



Info

E: info@sioulas-gyn.gr

www.sioulas-gyn.gr

with the cervix (hysterectomy), the fallopian tubes and the ovaries. Although comprehensive lymphadenectomy may detect metastatic disease in few cases, it does not benefit the majority of patients with endometrial cancer. On the contrary, it is associated with increased intra-operative and long term complications (e.g. vascular or nerve injury, swelling of the legs or lymphedema, lymphocysts). Therefore, the need of better surgical tools to diagnose lymph node metastases with minimal morbidity is crucial.

Sentinel lymph node is the first node to receive drainage from the primary tumor. Thus, it is the most likely to harbor metastases in cases with lymphatic spread. In endometrial cancer, the most contemporary technique for the intra-operative recognition of sentinel lymph node is based on the use of a dye (indocyanine green), which is injected into the cervix when the patient is under anesthesia. As this dye cannot be seen by the human eye, the use of a highly specialized camera is required for the perfor-

mance of the technique. This can be accomplished with the robotic platform Da Vinci Xi, which offers the FireFly fluorescence imaging. Importantly, robotic surgery (minimally invasive surgery) for patients with endometrial cancer is moreover associated with less blood loss and postoperative pain, fewer wound complications, shorter hospital stay, faster recovery and better cosmetic results.

Nowadays, accumulating data has pointed out that the use of sentinel lymph node biopsy for endometrial cancer staging is associated with high diagnostic accuracy and does not compromise the oncologic outcomes. In addition, it has the potential to expose fewer patients to the morbidity of complete lymphadenectomy. Taken together, it is widely recognized that, when performed by an experienced surgeon, sentinel lymph node biopsy can replace lymphadenectomy for the surgical treatment of selected patients with endometrial cancer.



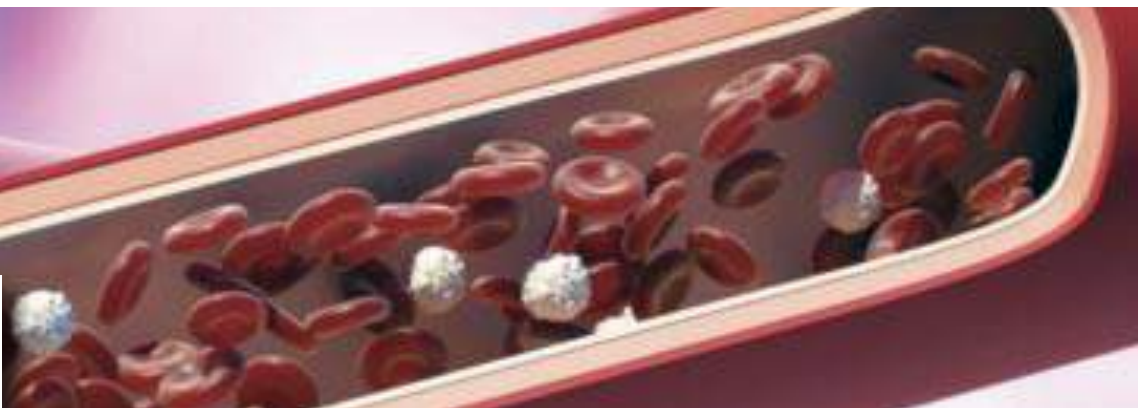
MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

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.



HAEMATOLOGIST

Dr. GEORGIOS ANAGNOSTOU

Specialist in Thrombosis and Haemostasis

Director of the Blood Bank Department-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 treat-

ment 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.

Anti-Coagulation

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



Info

E: gmanagnostou@gmail.com

www.aimatologos-anagnostou.gr

Invasive procedures unit

With experience and expertise in conducting bone marrow biopsystemal puncture, therapeutic apheresis, intravenous 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 patient'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

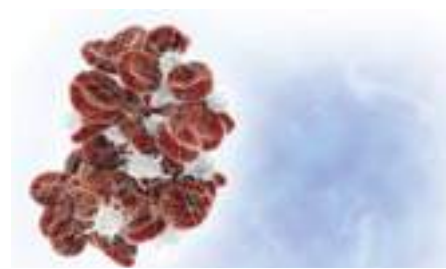
Anagnostou Georgios is a hematologist, specialist in Thrombosis, Haemostasis and thrombophilia and other haematological problems during pregnancy and postpartum. He is the director of the Blood Bank Department of Henry Dunant Hospital and also the

head of the Thrombophilia and Haemostasis Outpatient Clinic.

Languages

Greek, English

Hospitals-Clinics



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

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.



HEMATOLOGIST KATERINA FOIFA

Special Hematologist of Maternity Hospital "IASO", Group Member "IASO"

About the Doctor

The hematologist Katerina Foifa was born in Athens. She graduated from the Medical School of the University of Rome. She specialized in hematology at the Hospital "ERYTHROS STAVROS", at the Air Force Hospital and the General Hospital of Athens "SISMA-NOGLION".

Additionally she was educated in the United States in cell therapies with stem cells.

Scientific interests with extensive experience in Coa-gulation - Hemostasis Disorders, in thrombophilia and thrombophilia pregnancy, in benign and malignant haematological diseases.

She has conducted projects and presentations across the spectrum of Medicine Hematology. Foreign publications and conference participation.

Member of the Athens Medical Association.

Languages

English, Greek, Italian



Info
E: k_foifa@otenet.gr, labteam@iaso.gr
www.med-professionals.gr/foifakaterina



Medical Services

Diagnosis and treatment of anemia and high hematocrit.
 Diagnosis and treatment of thrombosis, thrombophilia testing.
 Recurrent fetal miscarriages.
 Diagnosis and treatment of disorders of leukocytes (leucopenia, leucocytosis inversion type).
 Diagnosis and treatment of low or high platelet count.
 Disorders of iron and ferritin and vitamin B12.
 Bleeding diathesis.
 Swollen lymph nodes spleen.

Check immune mechanism (lymphocyte subpopulations).
 Hematological Oncological diseases (lymphomas, leukemias, multiple myeloma, myelodysplastic syndromes, thrombocytosis, polykaryaimia, aplastic anemia).
 Hemoglobinopathies (thalassemia, sickle cell anemia).

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.



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)

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 is administrated 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
- Distrophic 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



Info
E: elsa_iliadou@yahoo.gr
www.iliadou-elisavet-diabetes-obesity-metabolism.business.site



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 Aesthetic 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
- Xanthelasma 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 cardiometabolic 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



Combine Holidays & Treatment

Sifnos Island

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

FOR ANY HEALTH PROBLEM, TRUST YOUR DOCTOR



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.

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



Info

E: enygeia@gmail.com

www.enygeia.gr





Internal Medicine and
Family Practice Office



Microbiological
Laboratory
Biochemical
Hematological
Hormonology
Immunological
Microbiological
department

Medical
Acupuncture
Obesity
Musculoskeletal pain
Smoking cessation

Aesthetic
Acupuncture
Correction of
facial lines
Wrinkle Reduction
Cellulite



22 Pagka str., Ampelokipi

Tel: +30 210 6996103, 210 6996109 Mob: +30 693 7039025
en.ygeia@gmail.com

www.enygeia.gr



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 pigmentation.

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, pigmentation 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 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 protected 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.



Info

E: spyrantimarina@hotmail.gr

www.med-professionals.gr/cv/101-spyrantimarina



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 Eyebrows, 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



Combine Holidays & Treatment

Serifos Island

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





INTERNATIONAL ASSISTANCE GROUP

Assistance Partner



ATHENS ASSISTANCE

Worldwide Emergency Medical Care



ATHENS MEDEVAC

Air Ambulance Greece Medical & Nurse Escorts

- ▶ Medical Assistance
- ▶ Air Ambulance
- ▶ Repatriations
- ▶ Medical Escorts
- ▶ Cost Containment
- ▶ Claims Handling
- ▶ Road Assistance
- ▶ Travel Assistance

 +30 210 4296 631

20, Bouboulinas str., 18535 Piraeus - Greece
info@athensassistance.gr • Fax: +30 210 4296 661

www.athensassistance.gr



At **Mastoras Medical Centre** your health is our care. We believe in quality healthcare for all citizens both for locals and for tourists equally. That philosophy is being applied to the work we do every day, providing high quality Health Services. We serve the philosophy of providing personalized services based on the individual needs of each patient.

This perception mandates the use of high-end medical technology and the cutting-edge of the medical equipment.

At the same time, highly skilled doctors, continuously trained in Greece and abroad are ready to offer their services according to your needs.

Our Main Medical Departments: Medical Tourism, Internal Medicine, General Surgery, Dermatology, Orthopaedic & Radiology.

Additional the Duty Dr. is available 24/7! We offer ambulance transportation through our partners and nursing services even at residence.

Mastoras Medical Services was founded in 2015 with the sole purpose of Primary Provision of Health Services specializing in the sensitive sector of Tourism.

It has fully equipped departments

- Internal Medicine - Diabetes Clinic
- Orthopedic Department-Traumatology
- Dermatological Department
- Surgical Department
- Radiology Laboratory
- Microbiological Laboratory
- Neurological Department
- Gynecological Department
- Neurosurgery
- Cardiology Department
- Collaboration with external doctors specializing in Pediatrics and Urology



Medical Services

- "Doctor at home" with Specialist Doctors
- Portable Radiology Laboratory
- Portable ultrasound
- Blood sampling at home
- Covid - Test (PCR test & Rapid Test) at home
- Covid - 19 Vaccination at home
- 24-hour patient transport service with two ambulances
- Patient service vehicle
- Telemedicine Services
- 24-hour Medical Service Line 11126

Additional Services

- Agreement with Foreign Insurance
- Special Department of International Patients



Medical Departments

At Mastoras Medical, there are deployed five (5) main Medical Departments: Internal Medicine, General Surgery, Dermatology, Orthopaedic & Radiology. Medical departments are staffed by highly skilled doctors, continuously trained in Greece and abroad. Apart from the main Departments we cooperate with distinguished physicians of all specialties, with proven scientific expertise and long experience.



24hr Duty Dr.

The qualified Medical staff is on call 24 hours, 7 days a week, weekends and Public holidays to reach as soon as possible at the patients' residence where is needed. Patients need, to be treated at his comfortable environment, especially on a holiday time period, is covered by our specialized medical staff with safety and responsibility. Where necessary, the patient is transferred either in our facilities or in a secondary health care facility (Private Clinic or Public Hospital).

Medical Tourism

Mastoras Medical Services specializes in Medical Tourism in Corfu and treats a large number of medical cases of International Patients and Tourists. We offer high quality service following the global standards.

Our multilingual medical and nursing staff ensures optimal health care for international patients. All our physicians speak excellent English, while many are multi-lingual, ensuring total communication with our foreign patients.



Foreign Patients Department

We accept all Private Insurance Policies! A dedicated International Patients Department has been developed to provide quality and specialized services to our medical tourists and patients, ready to undertake the bureaucracy of insurance coverage, documents etc.

Transportation Services

Mastoras Medical Services cooperates with the most reputable partners who provide private ambulance services and ensure safe patient transport 24 hours a day. Fully equipped ambulances are used either right away for emergencies or after scheduled appointments accompanied by qualified Medical Staff.



EMERGENCY DOCTORS

**FOR ALL MEDICAL
SERVICES**

CALL

1016

from Greece

+30 210 82 11 888

from abroad



SOS DOCTORS' MEDICAL SERVICES

- Home visits , day and night
 - Experienced nurses by your side
 - Telephone medical advice
 - Telemedicine via video call
 - COVID 19 test (PCR or Rapid)
 - Diagnostic tests at the hotel
 - Ambulances, Air Transport
 - Medical accompaniment
 - Wide private practices' network
 - Hospitalisation
 - Medical Equipment rental
 - Medical coverage of events
-

DIAGNOSTIC MEDICAL TESTS AT HOTEL

- Rapid,PCR antigen, antibodies
- Blood and urine counts
- Radiographs - Ultrasound
- Triplex -Holter
- Electrocardiogram
- Spirometry
- etc.

ONLINE APPOINTMENT

- Call 1016 to get an appointment
- Pay online
- Talk to a doctor online
- Fixed prices with receipts
- Save money, time and travel costs



- Online Payments
- Immediate medical test results
- Medical report

COVID Test
AT YOUR HOTEL



1016

**VIDEO CALL
WITH AN
SOS DOCTOR**





SPYROS STAVRAKIS KONTOSTAVLOS

CLINICAL NEUROPSYCHOLOGIST

HEAD OF DEPARTMENT OF NEUROPSYCHOLOGY METROPOLITAN HOSPITAL

Spyros Stavrakis Kontostavlos, is an experienced Clinical Neuropsychologist, head of the neuropsychological department of Metropolitan Hospital, which ranks among the top hospitals in Greece. He is specialized in clinical neuropsychological evaluation of cognitive functions, behavior and their relationships and particularly in the application of these relationships in the diagnosis of brain disorders, mental health problems and the design of effective treatment. Moreover, he is specialized in psychotherapy, the psychological interpretation of brain's mental and emotional processes, mainly under a psychodynamic perspective. He runs a successful private practice in the city of Athens, 21 Fokylidou str., Kolonaki. His scientific research includes human risk factor in civil aviation as interaction between emotional and cognitive variables. For his research he has been awarded in the 5th European Congress of Aerospace medicine for the best scientific abstract/ poster in Oslo, Norway.

Languages

Greek, English

Professional Experience

Clinical Neuropsychologist, Metropolitan Hospital - Head of Department of Neuropsychology

Memory clinic: June 2018 - Present

Psychologist Clinical Neuropsychologist - Private Practice NPsych: Neuropsychological/ Neuropsychometric Evaluation

Psychotherapy: 21 Fokylidou street, 10673 Kolonaki, Athens May 2012 - Present

Psychologist at Hellenic Army - Avlonas Training Centre for Recruits-Medical Station: May 2012 - August 2012

Psychologist at Hellenic Army - Rhodes Military Hospital: November 2011 - May 2012

Clinical Neuropsychologist (Clinical Practice) at Attikon University Hospital - Psychiatric Clinic for Children: February 2011 - May 2011

Clinical Neuropsychologist at Aiginiteion University Hospital: Neurological and Psychiatric Clinic Neuropsychological Assessment in Neurological and Psychiatric Patients - 1920 hours of Clinical Practice: March 2010 - February 2011

Psychologist (Trainee) at Attica Psychiatric Hospital: November 2004 - May 2005

Psychologist (Trainee) at Attica Hospital for Chronic Diseases: November 2003 - February 2004

Education

National and Kapodistrian University of Athens, Dpt. of Psychology Doctor of Philosophy (PhD) candidate 2016



Info

E: neuropsychometrics@gmail.com

www.npsych.gr

21 Fokylidou str., 10673 Kolonaki, Athens



METROPOLITAN
HOSPITAL

National and Kapodistrian University of Athens, Medical school
University of Texas, Health Science Center at Houston Master of
Science (MSc), Three Year Full Time Studies, Clinical Neuropsychology, 2008 - 2011 Dissertation: "Schizotypal personality and working memory"

National and Kapodistrian University of Athens Degree in Psychology, 2000 - 2007 Dissertation: "Psychosomatic symptoms and attitudes towards seeking professional psychological help"

Licensure

Professionally Licensed Psychologist

Training

Clinical Psychopathology, annual training: 2006-2007, 2008-2009
Aiginiteion University Hospital Psychoanalytic and psychodynamic

psychotherapy training: 2007-2008 Epekeina, Savvas Bakirtzoglou
Two-year training program in psychoanalytic practice and theory
2013-2015 Athens Institute of Classical Psychoanalysis.

Awards

ECAM 2016 Best Abstract/Poster: 5th European Congress of Aerospace Medicine, Oslo, Norway (Aerospace Medical Association and European Society of Aerospace Medicine): "Aerospace Neuropsychology: A theoretical framework and research paradigm from the study of the human factor in the 100 most fatal aviation accidents" Stavrakis Kontostavlos S., Nidos A., Roussos P.

Memberships

Hellenic Neuropsychological Society (Founding member, 2014)



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

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.



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 Killian, 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.

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.



Info
 E: geodim28@msn.com
www.neuroxeirurgos.gr



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
- Stabilization of spinal instability (spondylolisthesis) and vertebral fractures with percutaneous robotic spinal fusion
- Dealing with degenerative disc disease with discoplasty (using Discogel or Gelstix)
- 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
- Treating chronic pain and spasticity by placing morphine or baclofen pump
- Treating chronic pain with epidural placement of neurostimulator.



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Lefkada Island

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

gmt . **εν taxει**

Λογιστικές • Φοροτεχνικές Υπηρεσίες

- Σύσταση οργάνωση επιχειρήσεων
- Συμβουλευτική
- Λογιστικά
- Φοροτεχνικά
- Δηλώσεις
- Εργατικά
- Setting up and organising of a business
- Management & business consulting
- Accounting
- Tax consultancy services
- Tax return statements
- Labour law consulting services

Το λογιστικό γραφείο GMT ENTAXEI παρέχει ολοκληρωμένες λογιστικές και φοροτεχνικές υπηρεσίες, αξιοποιώντας την μακρόχρονη εμπειρία και τεχνογνωσία. Εξυπηρετούμε με υπευθυνότητα και αξιοπιστία τις ανάγκες όλων των επιχειρήσεων κάθε μεγέθους και νομικής μορφής. Απόλυτη προτεραιότητά μας η διασφάλιση των συμφερόντων των πελατών μας, βρισκόμαστε συνεχώς στο πλευρό τους, παρέχοντας συμβουλευτική υποστήριξη για οποιοδήποτε λογιστικό, φορολογικό ή ασφαλιστικό και εργατικό ζήτημα τους απασχολεί.

Μέλημα μας

Η πιο συμφέρουσα λύση για την επιχείρησή σας

Γκέλυ Μόσχου Τριανταφύλλου
Οικονομολόγος
Σύμβουλος Επιχειρήσεων

Αίαντος 2Α (Πλατεία Ελευθερίας) Βριλήσσια
Τηλ. 210 8104772, Fax: 210 8104773
Κιν: 6984 339364 e-mail: gmt.entaxei@gmail.com





NEUROSURGEON STEFANOS PAPADOPOULOS

Papadopoulos Stefanos graduated from the Medical School of the Aristotle University of Thessaloniki. After completing his education at the First University Neurosurgery Clinic of AHEPA Hospital, in Thessaloniki, he received the title of Neurosurgeon in 1997.

The doctor has participated and attended many practical courses, seminars, workshops and conferences organized by both the Hellenic Neurosurgical Society and EANS (Association of European Neurosurgical Societies). In addition, he has twice attended the program - clinical and surgical - at the Neurosurgery Department of Helsinki Hospital in Finland.

The Neurosurgeon, Papadopoulos Stefanos is a member of both the Greek and the European Neurosurgical Society, as well as the Hellenic Spine Society. As a private physician, he has been practicing Neurosurgery at the Inter-Balkan Medical Center in Thessaloniki, since 2000, specializing mainly in Spine - intervertebral disc herniation surgeries / degenerative conditions of the cervical spine and spinal fusion.

The scientific interest of the Neurosurgeon Papadopoulos Stefanos also includes surgical oncology of the brain & spinal cord / brain trauma / pediatric cases related to the brain / diseases of vascular etiology of the central nervous system, etc.

Neurosurgeon Papadopoulos Stefanos, who is based in Thessaloniki, practices his profession with the help of his experience and thorough scientific training.

The doctor serves modern Neurosurgery, utilizing all new technologies and applying minimally invasive techniques, for the treatment of disorders of the Central and Peripheral Nervous system.

Neurosurgeon Papadopoulos Stefanos specializes in the rehabilitation of diseases of the Spine, while his medical services include -among other things- surgical oncology of the brain and spinal cord.

The doctor maintains a modern practice in Thessaloniki, at the Inter-Balkan Medical Center, of which he has been an associate since 2000.

At the same time, it maintains a second doctor's office in Komotini, where it receives patients every Friday by appointment. In special cases, there is the possibility of a home visit to the wider region of Macedonia and Thrace.

Trust the experienced Neurosurgeon - Spine Surgeon Papadopoulos Stefanos, in Thessaloniki, for a high level of medical care, always adapted to the special needs of each patient.

Languages: Greek, English



Info
E: docneuro1@hotmail.com
www.[neuroxeirourgios-thess.gr](http://www.neuroxeirourgios-thess.gr)



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 "Asklepiion 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 Salpêtrière (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.

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".

**GET INFORMED ABOUT THE LATEST
DEVELOPMENTS IN ENDOVASCULAR
NEUROSURGERY**



Info
E: gneuro59@gmail.com
www.neuroradiology.gr



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 Neuro-radiology)
World Stroke Organization
European Stroke Organization.

Languages

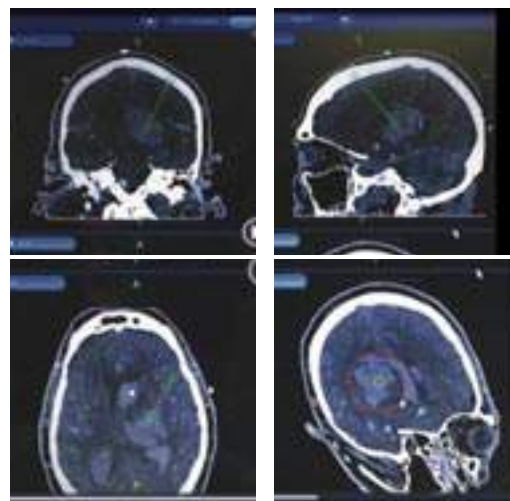
Greek, English, German.

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

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.




RESEARCH

 **3 manufacturing sites** - state-of-the-art facilities - Bioclimatic design

INNOVATION

 **PRODUCTION** - Cutting edge technology


 **568 employees**


 **RESEARCH & DEVELOPMENT** - Participation in research programs

 **Partnerships with Research Centers & Academic Institutions**

ΑΝΑΠΤΥΞΗ

 **Innovative solutions - Revolutionary achievements**

 **50 awards & distinctions - 92 International Patent Diplomas**

 **Exports to 64 countries**

INVESTMENTS

SOCIAL RESPONSIBILITY - Ethics - Integrity

 **Environmental awareness**  **Solidarity**





OCCUPATIONAL MEDICINE NIKOLAOS G. SERVETAS

Graduate of the Medical School of Athens of the National and Kapodistrian University of Athens

Diploma thesis entitled: "CEMENT INDUSTRY. CEMENT PROCESSING PROCESS. HEALTH AND SAFETY IN THE WORKPLACE. PREVENTION MEASURES"

Participation in work conferences

3rd Panhellenic Conference on Preventive Medicine.

Job title: "Case study of basal cell carcinoma of the skin, in the rural population of the Prefecture of Larissa and ways to prevent them"

29th Panhellenic Medical Conference.

Job title: "Methodology for investigating and evaluating the symptoms of Sick Building Syndrome in employees"

Participation in workshops with a suggestion

01/11/2003 Presentation at a two-day conference for Metalworkers on. "Health and safety for workers in the metal industry".

15/12/2003 Presentation at a meeting of the Panhellenic Association of Chemical Engineers at TEE in Volos on: "The role and duties of the Occupational Physician"

22/05/2004 Presentation at a conference on Air Pollution in the region of Magnesia on the topic: "Danger of working in an environment of air pollution"

18/02/2006 Presentation at a conference organized by the ENT clinic of the General Hospital. Larissa on the topic: "Noise as a risk factor for health and work"

20/05/2015 Presentation at a meeting of the Ministry of Labor in Volos on "Stress in the workplace"

Languages: Bulgarian, English, French

WORKSHOP:

I carried out the internship for 6 months at the Health and Safety Level of PPC work in Athens from 07/08/2002 until 06/02/2003.

Also for 2 months in the Labor Inspection Body of Magnesia from 07/02/2003 until 06/04/2003.

WORK EXPERIENCE AS AN OCCUPATIONAL DOCTOR:

S.H.M. HELLAS A.E.B.E. PELION TYROKOMIKI, PPC SA Volos & Larissa Area, AGET IRAKLIS at the OLYMPUS Factory, "BISCUITS AND FOOD PRODUCTS INDUSTRY E.I. PAPPADOPOULOS SA", EDA THESSALONIKIS THESSALIAS SA, GENERAL CLINIC OF SKIATHITI, KALLAS PAPPADOPOULOS A.E.E, EPSA SA, KENTAVROS - Center of Physical Medicine and Rehabilitation, P. PANAGIOTIDIS SA, APOSTERIOSI SA, RECYCLING CENTRAL L.T.D., ORGANISMOS LIMENOS VOLOS, KLINIKI PAPPAGEORGIOU, THESSALIKI NOSELEFTIKI, KLINIKI ELPIS, DEFENSE VEHICLE SYSTEMS HELLAS SA, SIOURAS AGVE, SILMAN SA, ADULT CARE UNIT (VOLO NURSING HOME), KLINIKI KONSTANTINOPOULOU, KLINIKI ANASSA, ALTSHEIMER COMPANY, EPA THESSALONIKIS THESSALIAS SA (ZENITH), K. & V. NTAOPOULOS & CO. SA, ENVIROLAB IKE, KENTAVROS SECURITY SERVICES O.E, GEORGIADIS PUBLICATIONS, DALIANIS S. APOSTOLOS, INKY ENTERPRISES, KOLETSSOU CLINIC
EDUCATIONAL WORK

Training of employees in a seminar for the LAEK program 0.45% of the company "EDRASI CH. PSALIDAS SA" lasting 4 hours on "Work-related musculoskeletal problems".

Duties of Occupational Physicians under current legislation.

A. The Occupational Physician carries out the occupational risk assessment, from a medical point of view, in the places of exercise of his duties and in particular must:

1. To separate and record in homogeneous groups the employees according to the specialty and mainly their current employment.

2. To describe, in homogeneous groups, the production process of each group (type, manner and place of employment).

3. To record, depending on the homogeneous group, the risk factors and harmful factors (physical, chemical, bio-

logical, ergonomic, etc.) within the workplace, to which the employees are exposed. As for the chemical agents, a specific reference should be made to their chemical composition.

4. To briefly describe their place and place of employment, ie to prepare a report of the workplace environment.

Based on the above, the Occupational Physician may propose further laboratory-clinical examination, to which, the employees should undergo any.

The above-mentioned report, if registered by the Occupational Physician in the notebook of instructions of the Occupational Physician.

B. The obligations and duties of the Occupational Physician, defined by Law 1568/85 (articles 7, 9, 10, 27 and 29) and by the P.D. 17/96 (articles 4, 5 and 14), must be observed by the local Doctors, who act as Occupational Physicians in the company. In addition, the Occupational Physician in the exercise of his duties and medical ethics can provide his medical services at will.

C. The Occupational Physician is obliged to complete the preparation of a medical file, which will contain the individual occupational risk booklet. The completion of the medical file and the individual booklet of occupational risk for each employee will be made by the doctors based on the assessment of occupational risk. If there are any changes, they will be notified. Occupational risk assessment by Occupational Physicians is considered necessary for the further implementation of the rules for the protection of workers' health. The doctor within the framework of his duties every quarter completes and sends to the Department of Occupational Medicine the special Statistical - Report .



Info

**E: servetasnikos@yahoo.gr
www.servetas.4ty.gr**

THROW AWAY YOUR GLASSES



Eye Surgeon

Dr. GIOULA (PANAGOULA) BARLA, MD, FEBO

Dr. Gioula Barla FEBO is an Eye Surgeon, graduated from Athens Medical School of the National & Kapodistrian University of Greece, she was admitted after she excelled the entrance exams. She is highly specialized in Cataract microSurgery and implantation of intraoculars lens. She is also very specialized in Refractive Surgery Laser Fempto-Lasik, PRK-transPRK. With Refractive laser surgery and also by cataract surgery can also be treated myopia, hyperopia, astigmatism and presbyopia.

She has been fully specialized at the "Ophthalmiatreio Athens" national hospital (2007-2011) in all departments. She is Fellow of European Boards of the Ophthalmology after excelling the European board exams in Paris 05, 2011 and was awarded by the Hellenic Ophthalmological Society. She successfully completed the Greek Ophthalmology exams at the University Athens Ophthalmology Hospital "G. Gennimatas", and passed the round retina exams with honours. She trained at Ophthalmiatreio trained in cataract surgery, medical retina, glaucoma cornea diseases, and at vitreoretinal department. She has also been trained in inflammations in regular and emergency clinic department.

She has great experience in the treatment of keratoconus with corneal collagen Crosslinking. She has received post-graduation training for 15 months in the vitreoretinal department laser & ocular ultrasound, at Ophthalmiatreio Athens. She took her first training steps in Ophthalmology at the general hospital of Korinthos, for 2 years in cataract surgery, glaucoma, medical retina, emergencies cases trauma inflammations, ocular surface and eyelids diseases. She is certified by the Cambridge University UK in cooperation with "Athens Eye Hospital", with specialized seminars for cataract surgery (was a cataract surgery trainer), for glaucoma and retina. She has been certified in Refractive Surgery by American Academy Ophthalmology, by the New York University Athens - Laser Vision Institute & Hellenic Ophthalmology Society. She has attended the "Vitreoretinal Thessaloniki Summer school" and special post-graduate seminars from Moorfields hospital U.K (Thessaloniki-Moorfields course). As an Ophthalmologist she has also provided medical ophthalmology services to the National Public Health Organization.



Info
E: drgbarla@gmail.com - info@barla.gr
www.barla.gr
Thiseos str., 151 24, Marousi, Ophthalmologiko
Eye Center "Medical Eyecare"
Tel mob: +30 6945 904252 Tel: +30 2108055260

REFRACTIVE SURGERY

Refractive surgery includes all those procedures that correct refractive defects, ie myopia, hyperopia, astigmatism and presbyopia.

Fempto - LASIK LASER

It is a very popular invasive procedure in the eye that allows immediate improvement of vision from the day one, returning to everyday activities. The surgery is performed using anesthetic eye drops and is entirely painless, there is no post operative pain or discomfort. This fempto-laser creates small air bubbles under the surface of the cornea at a depth chosen by the surgeon, the flap is then lifted and the excimer laser is used.



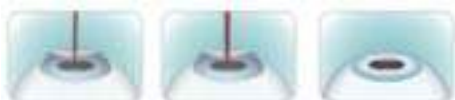
PRK /Trans-PRK LASER

It is one of the safest lasers in Refractive & eye Surgery (transPRK is called "no touch laser"). Laser vision correction with excimer laser is an increasingly safe popular procedure in the eye, has provided ideal vision to patients around the world. The surgery is performed using anesthetic eye drops and is entirely painless. The laser application usually lasts less than 40 sec, the whole process does not last for more than 5 minutes for each eye. Eye safety should always be our primary concern.



Using the most complete and advanced equipment worldwide we can have the best results for safe, clear and independent vision.

The results in refractive surgery are impressive!



CATARACT

A cataract is a clouding of the eye's natural lens. There is blurred and progressively reduced vision for distance or near. The visual clarity is reduced, usually with glare and halos around certain objects. Colors become less vivid. Cataract has no pain.

Phacoemulsification technique & laser cataract surgery is a simultaneously treatment, requiring expertise from the surgeon for removing the cloudy lens and replacing it with artificial ones. It is a microincision procedure with no sutures, short duration, performed under local anesthesia. Monofocal intraocular lenses treat also the coexisting myopia or hyperopia. Toric intraocular lenses correct and astigmatism. Multifocal or extensively focused (EDOF) intraocular lens is a nice new



technology in the treatment of cataract, myopia (or hyperopia), astigmatism and presbyopia as well.



Glaucoma

is a disease that leads to cell death of the ganglion cells of the optic nerve, progressing to degeneration of the optic nerve. If left untreated can lead to blindness. The diagnosis of glaucoma is made by an experienced ophthalmologist as the disease in early stages is asymptomatic. Early diagnosis is crucial. For the diagnosis but also for the monitoring, it is necessary to take into account the function of the optic nerve through the automated perimeter, visual field, but also the morphology of the optic nerve through imaging methods of examination of the optic nerve (O.C.T. optic nerve tomography).

The only treatment for glaucoma that works so far is the reduction of the intraocular pressure IOP. Stabilization of the disease is achieved through treatment.

This goal is achieved with 1) eye drops that aim to reduce the pressure 2) laser as, selective trabeculoplasty (SLT), Yag Laser peripheral iridotomy etc. At surgery room laser includes endocyclophotoagulation combined with cataract surgery. 3) The gold standard in surgical treatment for severe glaucoma is trabeculectomy with MMC. Other options are glaucoma drainage devices (as Ahmed clear path valve) and the newer treatment techniques MIGS (microinvasive glaucoma surgery).

RETINA

The diabetic patient should undergo regular eye examinations, even if there are no symptoms for early diagnosis and treatment of retinopathy. A complete eye examination and especially funduscopy should be performed every 6-12 months.

Prevention is better than cure. The O.C.T. Optical Coherence Tomography helps in the diagnosis of diabetic maculopathy, which is the major cause of reduced vision in diabetics. DR is among the most insidious disease. Even when significant changes occur in the eye, the patient may not have symptoms and do not perceive the severity of the situation. Vision may not be affected until the D.R. progressed into more advanced stage. Control blood sugar, blood pressure and proper diet. Anti-VEGF injections in the vitreous helps or sometimes corticosteroid injections. The gold standard in the diabetic retinopathy is Laser, helps for sealing off leaking blood vessels, reduce swelling of the retina. Laser surgery can also help shrink blood vessels and prevent them from growing up again. Sometimes more than one treatment is needed. If there is advanced PDR, may be recommended surgery called vitrectomy.

Age-related macular degeneration (AMD) is a very serious eye problem. It happens when a part of the retina called the macula is damaged. Dry AMD is quite common about 80% (8 out of 10) of people who have AMD have the dry form. Dry AMD is when parts of the macula get thinner with age and tiny clumps of protein called drusen grow. Then somebody slowly lose central vision. Wet AMD is when abnormal blood vessels grow under the retina. These vessels may leak blood or other fluids, causing scarring of the macula, this form is less common but much more serious. To help treat wet AMD, there are medications called anti-VEGF drugs. Laser surgery may also be used to treat some types of wet AMD.

MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

Spetses Island

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



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

Plexr, that is used for Blepharoplasty, is an international innovative technique. It is about sublimation (gas ionize), that tranforms 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
- Xanthelasma
- 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 tecnique 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 lif
- 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

**E: s_tsioumas@hotmail.com, ofthalmoplastiki99@hotmail.com
www.ofthalmoplastiki.gr, www.softsurgery.gr, www.surgerynonablative.gr,
www.tsioumas.com, www.elixirioneotitas.gr, www.tsioumasclinic.gr**

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-

- 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, Peeling etc.

LANGUAGES: Greek, English, Italian



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.





ORAL AND MAXILLOFACIAL SURGEON **Dr. STAVROS TOMBRIS MD, PhD, DDS**

Director, Department of Oral and Maxillofacial Surgery, Athens Euroclinic Hospital, Athens, Greece.
Director, Department of Oral and Maxillofacial Surgery, Childrens' Euroclinic Hospital, Athens, Greece.

European Vascular Anomalies clinic is a modern medical unit providing specialized and coordinated services for patients with Hemangiomas and Vascular Malformations.

Additionally, the surgical team treats any medical condition that causes functional and aesthetic problems on the face and neck. The clinic's physicians are highly trained Facial Surgeons, specialized in Maxillofacial, Plastic & Reconstructive Surgery, as well as Interventional Radiologists, Pathologists, Dermatologists and other related medical specialists and healthcare providers. All our physicians have extensive experience in the treatment of facial diseases.

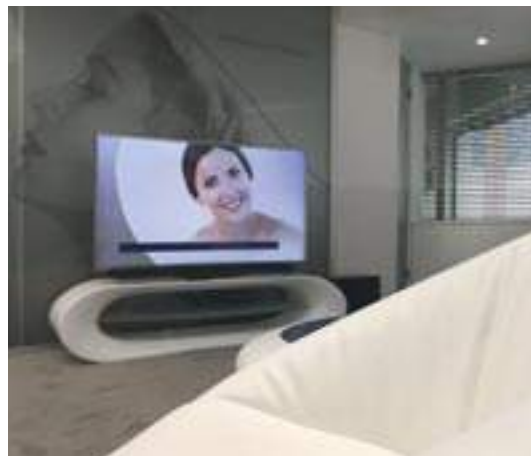
The scope of our clinical services includes:

- Vascular Anomalies of the Face.
- Acquired and Congenital Craniofacial Deformities.
- Dentofacial Deformities.

- Plastic & Reconstructive Microsurgery.
- Head and Neck Robotic Surgery.
- Aesthetic Facial Surgery.
- Cosmetic Plastic Surgery.
- Surgical Oncology of the Face and Neck.
- Facial injuries.
- Facial Laser treatments.
- Diseases of the Oral Cavity.
- Sleep Apnea.
- Temporomandibular Joint Diseases.

The clinic is equipped with state-of-the-art medical technology and offers high-quality services by implementing the most updated treatment protocols, provided by physicians trained and specialized in major surgical centers in the US and UK.

The headquarters of the clinic is located on the mezzanine floor of Point TWO Building at Athens Euroclinic Hospital, 24 Tsoha Street, 11521, Athens, Greece.



Info
E: info@eva-clinic.eu
www.eva-clinic.eu



Dr. Stavros Tombris MD, PhD, DDS is a graduate of Democritus University Medical School and the Aristotle University Dental School.

He graduated from the Hellenic Armed Forces Corps Officers School, as an active duty officer of the Hellenic Navy (1991).

Dr. Stavros Tombris was trained in Oral and Maxillofacial Surgery at Tufts University, Boston MA (1997-2001).

He also served as a surgical consultant at the Hemangiomas and Vascular Malformations Clinic (Director Prof. Martin Mihm) at Massachusetts General Hospital, Harvard University Medical School (1998-2001).

In 2002 he continued his training on vascular lesions of the face, at the Arkansas Children's Hospital with Prof. Milton Waner.

Returning to Greece, he served as the Director of the Oral and Maxillofacial Surgery Department at Athens Naval Hospital (2008-2011).

Since 2005, he is the Director of the Oral and Maxillofacial Surgery Department at Athens Euroclinic Hospital and Children's Euroclinic Hospital.

Being actively involved in the treatment of vascular lesions of the face, Dr. Tombris was invited as a lecturer in many national and international conferences.

Dr. Tombris has offered his help in organizing vascular malformation clinics in other countries.

He is a member of the medical board of the Vascular Birthmark Foundation - Europe.

Dr. Tombris received the 2019 "Physician Of The Year" award from the Vascular Birthmarks Foundation, for his yearlong dedication to the diagnosis and treatment of vascular lesions".

He is also a Visiting Professor in Henan Provincial People's Hospital , PR of China.

Currently, he serves as an affiliated expert to the Vascular Birthmark Institute at the Lenox Hill Hospital in New York and the Zentrum für Vasculäre Malformation at the Werner Forßmann Hospital in Eberswalde, Germany.

He holds a Ph.D. in Medicine awarded from the Democritus University Medical School (2009).

Languages: Greek, English



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.

**MATRIX KNEE & HIP ARTHROPLASTY
WHEN IMAGINATION AND REALITY
MEET TOGETHER IN SCIENCE.**



**ORTHOPAEDIC SURGEON
Dr. STAVROS ALEVROGIANNIS, MS, PhD**

Consultant Orthopaedic Surgeon and Chief Surgeon at Robotic Hip & Knee Surgery Dept, at METROPOLITAN GENERAL HOSPITAL

Dr Stavros Alevrogiannis, MD, PhD, a senior Consultant Orthopaedic Surgeon and Chief Surgeon at Robotic Hip & Knee Surgery Dept, at METROPOLITAN GENERAL HOSPITAL in Athens/Greece presents us all the benefits of MATRIX arthroplasty that is supported by all scientific staff at his dept.

State-of-the-art technology, MATRIX arthroplasty, surpasses quality and efficacy of all existed in the market robotic systems for hip and knee replacement and combines three-dimensional calculation in the operating room with the use of smart glasses, surgical sensors and cutting-edge software that guarantees almost 100% of proper placement of prosthetic materials in patients suffering from severe arthritis in hip and knee joint and promises long-term implant survival for more than 30 years!

MATRIX arthroplasty is the first of its kind in EU and the only existing and certified solution in Greece in Reconstructive Orthopedic Surgery that uses "augmented and/or mixed reality with three-dimensional holograms" assisted by a computer to support surgery.

It is performed with the help of specific software (spatial computing) that prepares the whole operation before the surgery and gives the surgeon a 3D model of the affected joint, using objective findings from imaging examinations (CT or MRI scans) in front of his eyes. The system is based exclusively on the anatomy of each patient, creating a personalized surgical model (100% sterilized) and the 3D navigational cues projected on the patient in real time can show with increased accuracy the exact location where interventions must be performed.



Info
E: st.alevrogiannis@gmail.com
www.matrixarthroplasty.gr
www.stavrosalevrogiannis.gr

Thanks to the unique algorithms based on artificial intelligence (A.I.), a unique camera installed in "smart glasses" can give the surgeon supernatural powers with X-rays, to detect objects in 3D space under the skin, simulate them with 3D models and perform perfect and reproducible joint replacements, correcting patient's gait.

A "merged surgical scene" is created, that speeds up the procedure, reduces mental effort, decreases the extension of trauma (MIS technique compatible) and can always give an excellent and reproducible result, regardless of the degree of arthritis.

In fact, the use of 3D holographic navigation images in MATRIX arthroplasty, ensures a safe operation, accuracy in prosthetic material implantation, immediate mobilization of the patient, who regains full functionality from the very first postoperative hours.

This can decrease hospital stay and in some cases the whole procedure can be used for outpatient procedures.

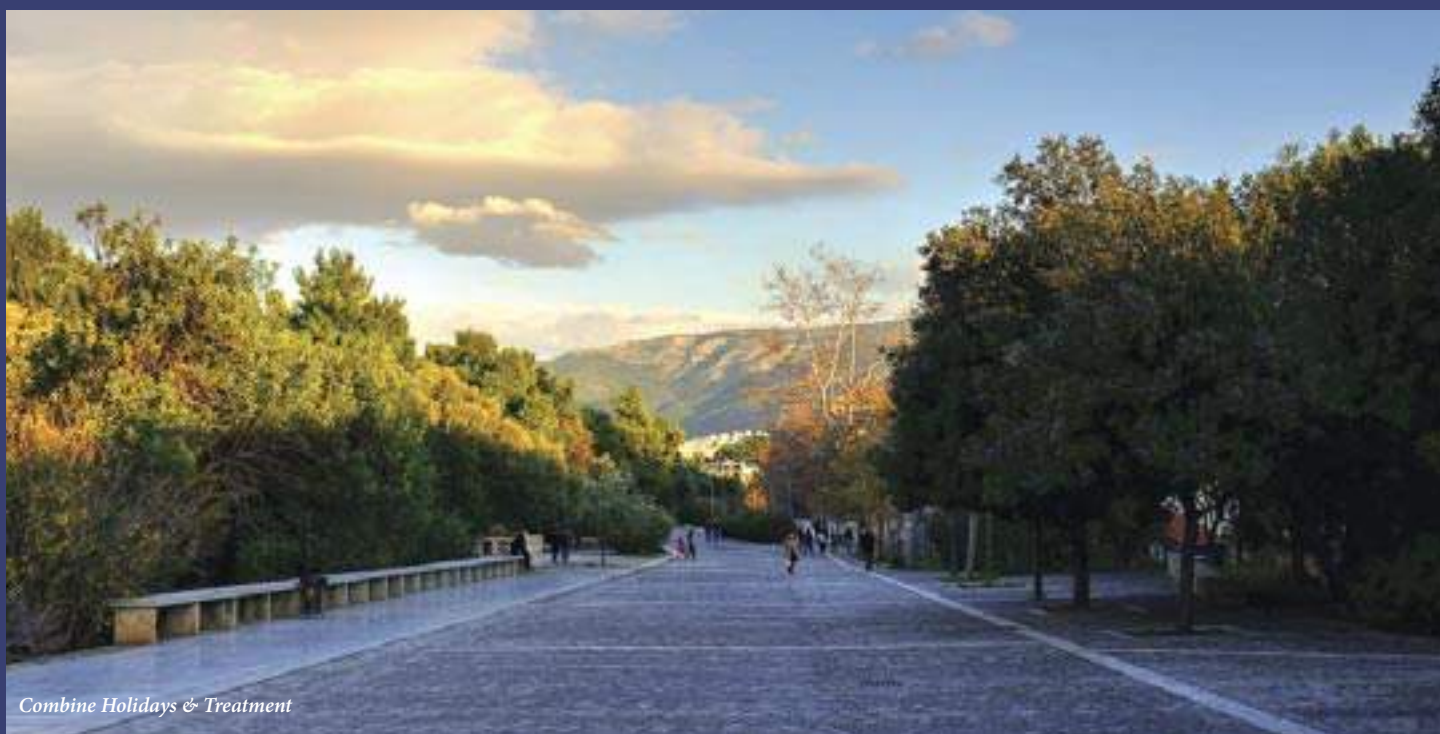
There is no blood loss, tissue injury and burden of harsh medication. Specific sensors included in "clever stockings" can give in the surgeon's mobile, all information needed, regarding ROM, walking and climbing stairs.

More than 800 patients every year undergo the experience of MATRIX arthroplasty and can return happy and confident again in their daily activities in a much shorter period of time, compared to any other robotic technique in the market.

MATRIX arthroplasty is the ultimate surgical solution for all patients suffering from severe hip or knee arthritis.



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

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.



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 positives 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%.

ORTHOBIOLOGICAL 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 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 or-



Info
E: info@minisco.gr
www.minisco.gr



thopedic 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



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!



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
E: dkns@otenet.gr
www.orthosports.gr

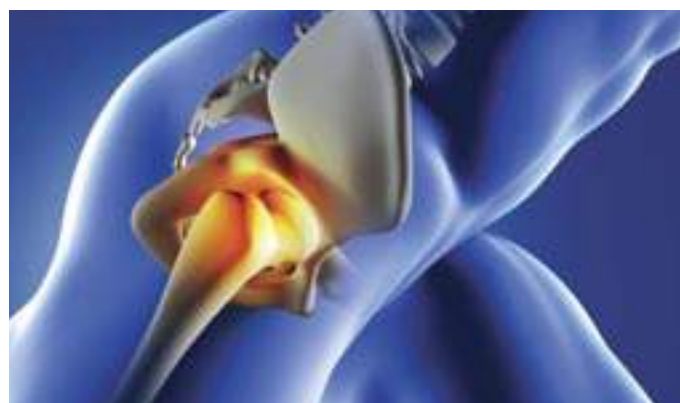
Languages

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



Combine Holidays & Treatment

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.



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



TOTAL KNEE ARTHROPLASTY

The Total Knee Arthroplasty with the system of di-gitally - 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.

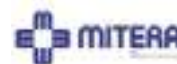
The knee joint's flexion movement shows better balance both through a precision osteotomy and through the possibility of adapting the ligamen-

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
E: drnbarb@gmail.com
www.orthopedikos-barmounakis.gr



Orthopaedic surgeon, Mr. Nikolaos Barmounakis, 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 Barmounakis 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.





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
E: info@nikolaoskanelis.gr
www.nikolaoskanelis.gr

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



Combine Holidays & Treatment

Mani

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



**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.karkatzoulisorl.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



Combine Holidays & Treatment

Kalamata

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.





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, intraoperatively
- ✦ 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
E: anatolipataridou@windowslive.com
www.pataridou.gr



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,

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

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

- /// 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

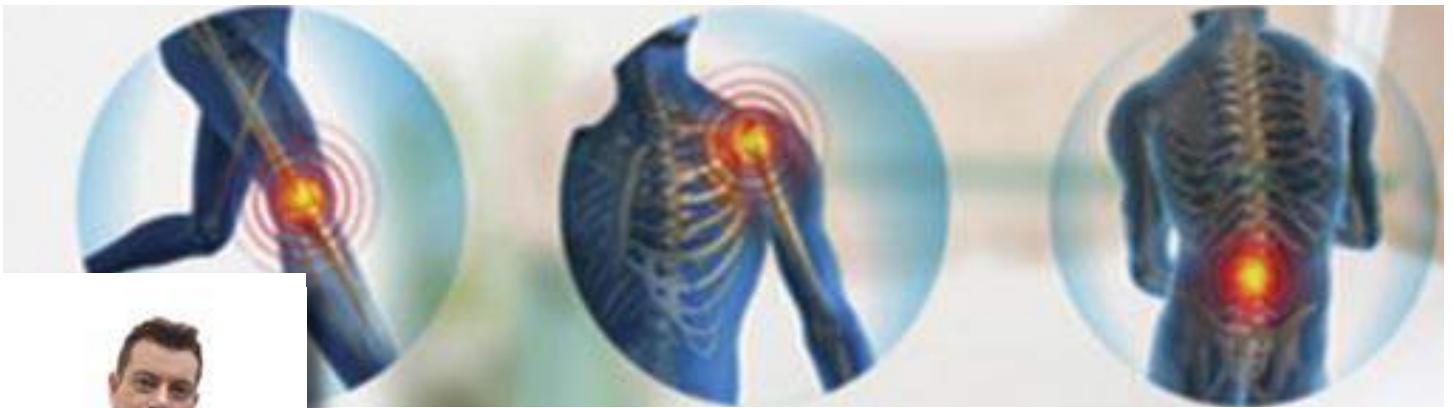
MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

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.



PHYSIOTHERAPIST **THEOFANIS TH. MOUNTZOURIS**

Physiotherapy Center "Physiof"

Theal (Temperature-controlled high-energy adjustable multiode emission laser) Therapy is a patented therapeutic method, which is unique, focused and personalized and which expands the possible applications of phototherapy and laser technology.

THEAL Therapy is a unique treatment method that aims to personalize and expand the possibilities of applying laser technology. The emission of high intensity laser with a mix of 3, 4, 6 and 8 adjustable wavelengths is modulated with the emission mode, which can be different for each wavelength.

Laser light is controlled and adjusted to interact selectively with biological tissues maximizing therapeutic results.

The mix of different wavelengths and modes of transmission, allows the therapist to obtain the perfect mix for a specific pathology or a specific patient, adjusting the energy, greatly improving therapeutic performance and reducing recovery times. THEAL therapy works directly at the cellular level, causing a range of effects: biostimu-

lant, analgesic, anti-inflammatory, decongestant and anti-edema.

Thanks to the innovative mode of transmission, THEAL Therapy allows energy regulation by optimizing interaction with the peripheral nervous system to treat and rapidly reduce both muscle and joint pain, such as neuropathic symptoms, and it allows a safe and effective treatment of almost pathologies of the muscular skeletal system.

THEAL LASER help us deal with any kind of muscular skeletal problem. Depending on the pathology, we can choose the right laser wavelength and treat each tissue separately (muscles, tendons, cartilage, bones, ligaments) also we can achieve analgesia in painful areas, reduce swelling, accelerate the creation of new cells in the area thus rapidly healing the inflammation. Hence, cervical syndrome, sciatica, sprains, hematoma, muscle and tendon ruptures are some of the conditions that this method can treat.

THEAL

PhysioF.gr
 Μουντζούρης Θ. Θεοφάνης



Info
E: f.mountzouris@yahoo.co.uk
www.physiof.gr



Born in Athens in 1979. He is a graduate of the Technological Institute of Athens and an active member of the Panhellenic Association of Physiotherapists.

He has attended a significant number of workshops upon specific techniques relating to physiotherapy and rehabilitation of orthopaedic neurological ailments and sports injuries.

He has worked in the following hospitals:

Tzanio, Piraeus - Intensive care unit

Asklipieio, Voulas - Neurology & Orthopaedics Department

Onassio Cardiosurgery Centre - special training in the Intensive care unit.

He is currently a physiotherapist at D' KAPI (Open Centre for the protection of the elderly) at Keratsini prefecture, a therapist of the local sports clubs and maintains a proprietary physiotherapy centre.

At the Centre "Physiof" we respond with consistency, responsibility and credibility towards the ever increasing therapeutic demands of the patient and the co-doctor, adjustable quickly to the continually evolving techniques of physiotherapy rehabilitation.

Languages

Greek, English



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.

There is
no beauty
without health.



... definitely goes through
... 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 Papanikolaou. 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 Hippocraton 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 in the biggest Privet Hospital Group (Dr. Suleiman al Habib-HMG) of Riyadh in KSA until September 2018. In the beging 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 planed to prove prevention of capsule around breast silicone implants in women that under-go 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 Hippocraton General Hospital of Thessaloniki.

Languages: Greek, English, Italian

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.

AESTHETIC - PLASTIC - RECONSTRUCTIVE SURGERY



Info
E: dr@ioannafrangou.gr
www.ioannafrangou.gr





BARIATRIC SURGERY MASTOPEXI BRACHIONOPLASTY

This is a series of operations - except from abdominoplasty and mastopexy - 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



Combine Holidays & Treatment

Santorini Island

Santorini erupts with charm. A volcano embraced by the Aegean, this island - phenomenon in the Cyclades gives its visitors a mythical experience.



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.

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.



Info
E: paneris.p@gmail.com
www.genikosxeirourgous.com.gr



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

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!



MOMMY MAKE OVER

DADDY MAKE OVER



PLASTIC RECONSTRUCTIVE & AESTHETIC SURGEON Dr. MANOS PANTELIDIS

BREAST AUGMENTATION

Breast augmentation is the procedure performed in order to increase breast size. It began to apply in the decade of 1960, became extremely popular in the 1980 and nowadays is one of the most widespread plastic surgeries. In Greece there are 10,000 interventions per year, while in the Americas 350,000 and internationally have been carried out a total of 10 million.

A symmetrical and erect chest is considered an important part of the female appearance. Women who have their breasts not the desired shape or size feel disadvantaged and are possessed by negative thoughts, with what it entails in their personal and social lives. Breast augmentation acts beneficially in their psychology and stimulates their confidence.

Frequently asked questions about breast augmentation

Breast augmentation: What side effects can there be?

Side effects are extremely rare. However, there are postoperative phenomena which cause discomfort such as pain and swelling. At 1% the oc-

currence of hematomas or inflammation has been reported and 5% of the creation of a capsule.

Why is the capsule created?

The capsule arises as a reaction of the organism, which understands the implant as a foreign body. A tissue is formed around the implant that tightens it and can cause the case from mild pain to deformation and stiffness. In this extreme case, it may be necessary to remove and replace it.

Is breast augmentation related to breast cancer?

That is not the issue. No study has ever supported such a thing. It's a malicious rumor about breast augmentation.

Do I need to repeat breast augmentation?

The operation can be repeated for reasons such as resizing, changing the type of implant or due to the formation of a capsule.



Info
E: info@justbreast.gr
www.justbreast.gr/en

Languages

Greek, English

Scientific training

- Higher Education: Bachelor of Medicine from the Aristotle University of Thessaloniki with Grade "Very Good" in March 1986
- Professional Specialization: Specialty in Plastic and Reconstructive Surgery-November 1998

Career

Dr. Manos Pantelidis, Plastic Surgeon in Athens describes his professional career:

- From June 1986 until July 1987, I worked at the General Aviation Hospital. From July 1987 to August 1989, I worked in Heraklion, Crete, at 126 PM as Head of Heraklion Military Hospital.
- From August 1989 to June 27, 1991, I served as Chief Medical Officer at the Elefsina Military Airport, which is the largest in Greece. Chief of the Medical Service, who was in charge of the medical attendance of 3,500 people who were organic.
- From 28.07.1991 to 16.01.1991 I attended a NATO Aviation Medicine Seminar where I represented my country after exams. The seminar was held at the Brooks AFB San Antonio Texas base. At the end of the seminar, I was honored with a special distinction by the American organizers, one that I graduated first among the other colleagues from the

NATO member countries.

- From 21.10.1991 to 25.10.1993 I start my specialization in Plastic Surgery at the KAT Hospital by decision of KESY.
 - From 01.05.1995 to 04.10.1997 I continue to practice Plastic Surgery in a paid place in England, specifically at Royal Preston Hospital - Preston Lancashire - West Norwich Hospital - Norwich East Anglia.
 - From 01.11.1997 to 31.05.1998 I spend a semester at the General Hospital of Athens in Plastic Surgery. From 12/2001 to 04/2003 I undertake re-training in Restoration Surgery at the Royal Preston Hospital (Lancashire Teaching Hospitals).
 - From 01/04/2002 to 10/06/2002 Senior Fellow Hand Surgery Chelsea and Westminster Hospital London. From 06/2002 to 01/2003 I worked as a Deputy Director, (L. Consultant Plastic Surgeon) at Whiston Hospital Liverpool UK.
 - I am a member of GMC and the Association of Plastic Surgeons in England.
 - Today I am the director of Plastic Surgery at the 251 General Aviation Hospital and I maintain a doctor's office in Athens (Phidippidou 8 Ambelokipi, Athens TK 115 26).
- Participation in conferences**
- 2001 Burning in the Air Environment (Pantelidis-Magratzakis) 1st Panhellenic Aviation Medicine Congress.
 - 1998 The use of fluid beds in Plastic Surgery (Pantelides, Makratzakis) European

Burns Congress Athens. 1998 Renal cell carcinoma presented as metastasis in the tonsils, (K. Green, M. Pantelides, J. De Carpentier), Journal of Otolaryngology.

- 1997 Endoscopic Carpal Tunnel Release (Pantelides, Meyer) 3rd Panhellenic Congress in Plastic Reconstructive and Aesthetic Surgery, Athens.
- 1997 Endoscopic Brow Lift (M. Pantelides, O'Neil T.) 3rd Panhellenic Congress in Plastic Reconstructive and Aesthetic Surgery, Athens.
- 1997 Patients Satisfaction after Breast Reduction (Pantelides, Sylaidis) 3rd Panhellenic Congress in Plastic Reconstructive and Aesthetic Surgery, Athens.
- 1997 The use of flaps in pressure sores (Pantelides, Makratzakis) 3rd Panhellenic Congress in Plastic Reconstructive and Aesthetic Surgery, Athens.

Honorary Distinctions - Social Offer

- Throughout my professional career, I have repeatedly distinguished my contribution to the community and minorities. This reward of efforts came both from the Air Force (auspicious), as well as from Civil Aviation, as well as from the Mass Media - June 1989.
- In December 1994, during my regular leave from the KAT Hospital, I worked for a month on a volunteer basis as a member of the DOCTORS OF THE WORLD in Asuiut, South Egypt.

MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

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.





SURGEON
Dr. GEORGE TZIMAS

Director, Hepatobiliary Surgery Department HYGEIA Hospital

Dr. George Tzimas was born in Athens. He graduated from the Medical School of the University of Athens.

He completed his training in General Surgery at the Brown University School of Medicine in the USA. He then worked in the Solid Organ Transplantation Department of Jackson Memorial Hospital (ranking among the top ten transplant centers in North America), Miami University in Florida, USA (directors Andreas Tzakis and Joshua Miller).

He further specialized in Surgical Liver / Pancreatic / Bile Oncology and liver transplants at Royal Victoria Hospital, Mc Gill University in Montreal, Canada (among the twelve best programs in North America).

He is an active member of the International Liver Cancer Association, the American Society of Transplantation, the Transplantation Society and the International Hepato / Pancreato / Biliary Association.

He is a Fellow of the American College of Surgeons (ACS) and a Fellow of the Royal College of Physicians's Surgeons (Canada).

The scientific interest of Dr. Tzimas focuses on diseases of the liver, pancreas and biliary system. Specifically: in primary liver tumors, in metastatic liver tumors, in primary neoplasms of the biliary system (gallbladder, bile duct, hepatic duct) as well as in neoplasms of the pancreas (neuroendocrine tumors, adenocarcinomas).

Also Dr. Tzimas also treats benign liver and biliary tract diseases. Recently, he was the first in Greece to use transdermal and intraoperative metastasis destruction techniques using a microwave generator in collaboration with recognized centers abroad.

Dr. Tzimas works closely with a team of high-level collaborators specializing in Oncology as well as Radiotherapy, thus offering multidisciplinary care for complex liver, pancreas and bile duct problems.

Dr. Tzimas has contributed to the international literature with numerous papers in international journals and has been a keynote speaker at international and Greek conferences on liver / pancreas / biliary problems as well as solid organ transplants. Dr. Tzimas continues his research activities through the Hellenic Cancer Molecular Research Society of which he is a founding member.



Info
E: george.tzimas@hpb.gr
www.hpb.gr



Dr. Tzimas' scientific interest focuses on diseases of the liver, the pancreas and the biliary system



Liver

The liver is one of the largest organs in the body which performs essential functions for the survival of the human body. The liver produces protein, energy and bile (fluid that enters the small intestine and helps digest fatty foods). Metastatic disease often occurs in the liver as well as primary neoplasms - benign and malignant - which are successfully treated in a large percentage by Mr. Tzimas and his surgery team.



Pancreas

The pancreas is a large gland that regulates blood sugar levels and secretes substances that help the digestion of food. Many benign but mainly malignant neoplasms appear in the pancreas which need targeted and systematic approach and treatment. Mr. Tzimas with a team of invasive gastroenterologists, radiologists, radiotherapists and oncologists can offer the best solution for these patients.



Bile

The bile duct is considered to be the drainage system of the liver through which bile is transferred from the liver to the small intestine. This system also includes the gallbladder. The bile as well as the gallbladder can develop a variety of benign and malignant problems. The approach to these particular problems is interdisciplinary from diagnosis to treatment and requires specialization in these conditions.



MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

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.





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

ENDOASCULAR TREATMENT OF VASCULAR DISEASES (EVAR - TEVAR)

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

E: m.moustardas@gmail.com

www.moustardas.gr, www.iasishospital.gr



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 "EVAG-GELISMOS" 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

- Phlebitis, venous insufficiency
- Varicose veins (saphenectomy or

LASER ablation)

- Telangiectasia (sclerotherapy-thermo-coagulation 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, pericardiectomy).

MEDICAL TOURISM HEALTH & WELLNESS



Combine Holidays & Treatment

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

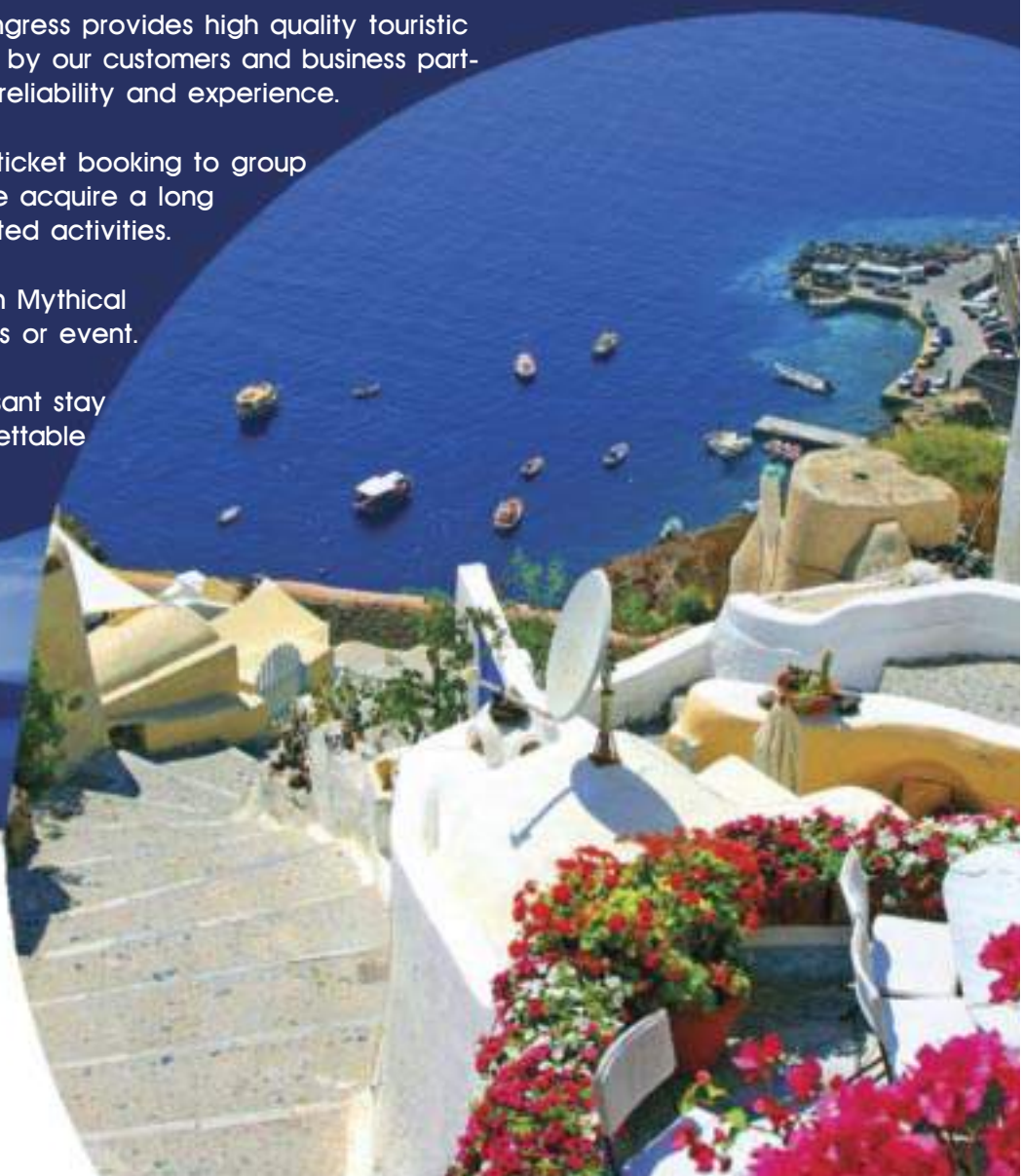


Since 1984, Efial Travel and Congress provides high quality touristic services and has been recognized by our customers and business partners for our professional integrity, reliability and experience.

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!



EFILIAL
AND CONGRESS *Travel*



- 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

PREMIUM TOURISM AWARDS

This Award certifies that

EFILIAL TRAVEL

Has been voted by the members of The
Macedonia Thrace Travel Agencies Association

BEST BUSINESS TRAVEL

May, 21, 2021



EFILIAL TRAVEL AND CONGRESS

Ionos Dragoumi 286, 41222 Larissa, Greece

T:+30241-0-250907 & 241-0-259835

Fax:+30241-0-530864

e-mail:larissa@aktinatravel.gr

Facebook: EFILIAL TRAVEL

Medical Tourism in Greece

Your Travel Partner



35 Years | 70 Professionals | Awarded services



Greece's Leading Destination
Management Company
2014 • 2015 • 2016 • 2017





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 produce 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.



Posidonos Str. 2, GR 34300 Edipsos - Evia, Greece
T: +30 22260 60 100
F: +30 22260 22 055
www.thermaesylla.gr
info@thermaesylla.gr

OPEN ALL YEAR ROUND

Groupama Asfalistiki maintains a strong network of insurance agents and brokers, covering the needs of its clients throughout the country. It is a 100% subsidiary of the French Groupama Group, which aspires to lead Groupama Asfalistiki to the conquest of one of the leading positions in the Greek insurance market.

More information available at www.groupama.gr.



With a **click**
www.groupama.gr



With a **tap**
Groupama MOW app



With a **call**
800 11 93800 - 210 329 8111



With a **visit**
213-215 Syngrou Ave
11521 Nea Smyrni, Athens



Santé Vital

BECAUSE PREVENTION IS VITAL TO ALL!

Medical and diagnostic tests



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**.



Groupama
ASFALISTIKI



Σιγούρα Σιγδά sas

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.



Exceptional Personal Assistance

TRANSPORTATION

We offer our Medical Visitors, their Transport from and to the Airport.

ESCORTING

For the personal escort, we have a Representative from the Clinic – as their Chaperone – who, usually, speaks their language.

ACCOMMODATION

We provide a Hotel accommodation in luxurious partner Hotels, close to our Clinics.

TRAVEL-AGENCING

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.

BERGMANN KORD



40

Years of experience
in Greek Market

6

CLINICS all over Greece
ATHENS - THESSALONIKI
LARISSA - PATRAS
RHODES

70.000

Hair Transplantations
with successful results

THE JOURNEY OF YOUR LIFE

ENJOY

Your Unforgettable Holidays
Your New Beautiful Self !



+30 210 68 28 888



www.kord.gr

Headquarters: 348, Kifissias Ave. (Opposite "Hygeia" Hospital), GR-152 33 Halandri, Athens, Greece



Leader Ariston

Healthcare in Greece

We are a group of
experienced
Insurance Brokers
and reliable
Underwriters.

We merged our
Insurance
Companies:
**Suisse Trust and
Ariston Cover,**
aiming to succeed in
*Medical Tourism in
Greece.*



For any further information,
Please contact **LeAr.Med!**
www.learnmed.com
e-mail: info@learnmed.com

Med (LeAr.Med)



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.

We deploy our Agents, who operate internationally.

We are able to meet all Healthcare needs through a network of the best qualified Doctors and high standards Hospitals in Greece, the motherland of Medicine.

We also collaborate with distinguished hotels in attractive and safe destinations in Greece, in order to fulfill your expectations for memorable holidays.

We ensure the Insurance for Health and Wellness in Greece.





BOUTIQUE RESORTS

- Mandola Rosa, *Pfilyposiana*
- Amirandes, *Crete*
- Mykonos Blu, *Mykonos*
- Cape Sounio, *Naxos*
- Caramel, *Crete*
- NEW Acropolis Hotel, *Athens*
- NEW Lolita, *Mykonos*



LUXURY BEACH

- Corfu Imperial, *Corfu*
- La Riviera, *Pfilyposiana*
- Creta Palace, *Crete*
- Margo Bay, *Thalassiki*
- Eva Palace, *Corfu*
- Kos Imperial, *Kos*



LUXURY MADE EASY

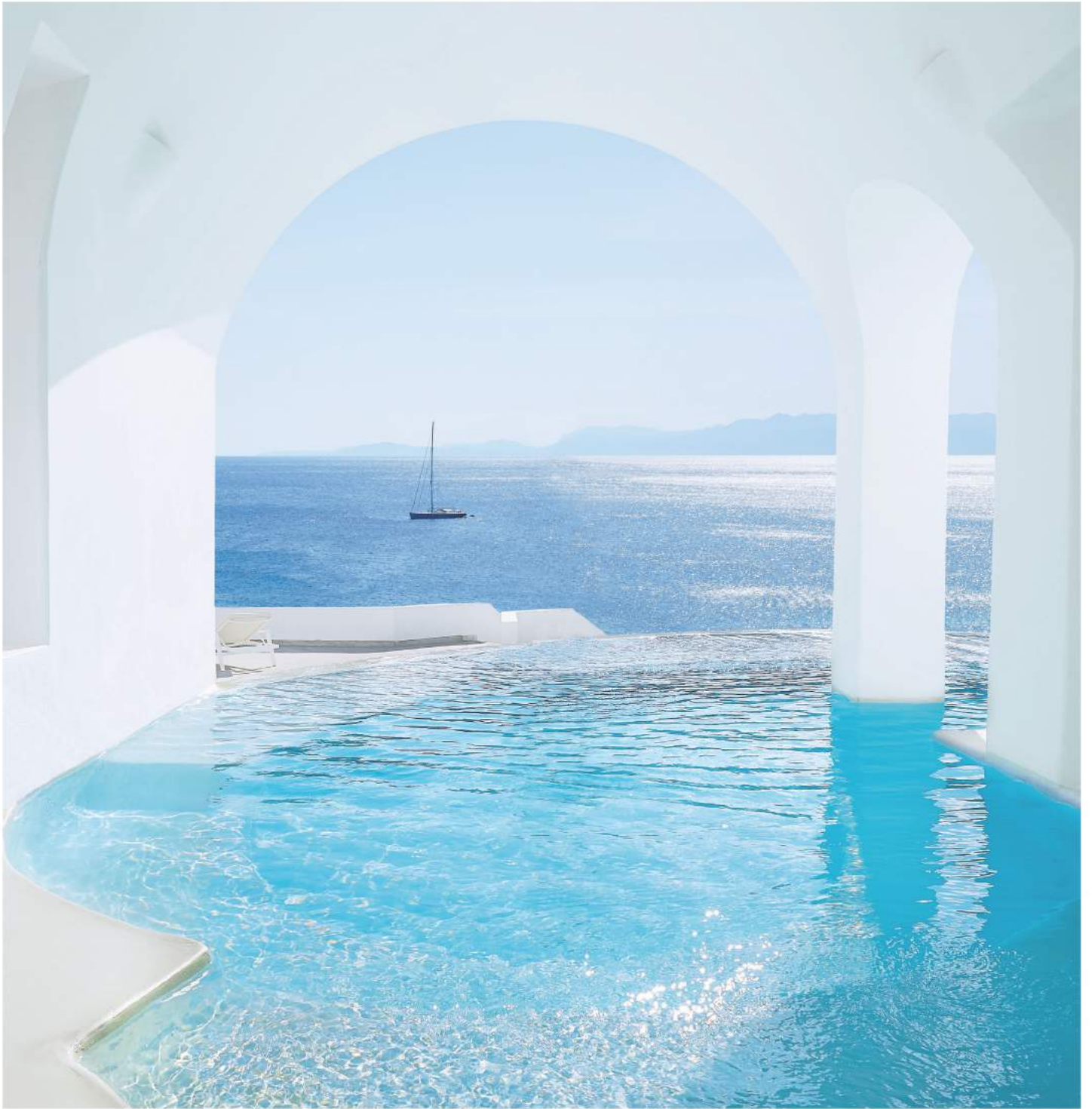
- Lux Me White Palace, *Crete*
- Lux me Dama Dama, *Rhodos*
- Lux Me Daphnia Bay Dassia, *Corfu*
- Lux Me Olympia Oasis, *Pfilyposiana*



ALL IN LIFESTYLE

- Marine Palace & Aqua Park, *Crete*
- Casa Marina & Aqua Park, *Crete*
- Casa Marron, *Pfilyposiana*
- Casa Paradiso, *Kos*
- Meli Palace, *Crete*
- NEW Costa Botanica, *Corfu*

grecotel.com



ON PSAROU BEACH. IT IS BLUE ON BLU.
THE COOLEST RESORT ON THE ISLAND OF MYKONOS.

GRECOTEL
HOTELS & RESORTS

therapy*

*there is a reason why medical terms are Greek

Utterly respecting cultural diversity, HYGEIA's dedicated International Patient Service offers a wide range of cost effective and high quality healthcare services, fully meeting the demands and expectations of all international patients.

Stem Cell Therapy | MAKO | IVF
Robotic Surgery | Cosmetic Surgery | Dental Implants
Hair Transplantation | Bariatrics

International Patient Services
e-mail: ips@hygeia.gr, Tel.: +30 210 6867788, www.hygeia.gr



Organization Accredited by Joint
Commission International



hygeia
hospital

Responsibility for life

MEMBER OF HHG GROUP

HHG
Hellenic Healthcare Group