

## MEDICAL OLYMPICUS ASSOCIATION

51 Hermou Str, P.C. 54623, Macedonia - Greece, Tel-Fax: +30 2310229133

E-mail: [molympicus@gmail.com](mailto:molympicus@gmail.com), Website: [www.medolympicus.gr](http://www.medolympicus.gr)

[www.facebook.com/medolympicusinternational](https://www.facebook.com/medolympicusinternational)

*Under the auspices of His All Holiness the Ecumenical Patriarch Bartholomew  
Under the auspices of the Medical School of the University of Thessaloniki*



## *Fourth International Medical Olympiad*

*“Αἰεὶν ἀριστεύειν” “Always best”*

**3-5 November 2017**

*Original papers of social interest from all medical specialties,  
biosciences and medical technologies*

## **Information Booklet**

*The Board of the International Advisors - alphabetically*



*Honored Scientists: Anastasios Tousimis, Maryland and  
George Sfakianakis, Florida*

Hotel Electra Palace-5 stars, Aristotelous Square 9, Tel: (+30) 2310 294 000, E-mail:  
[infoskg@electrahotels.gr](mailto:infoskg@electrahotels.gr)

Contact us at: 51, Hermou Str., P.C. 54623, Thessaloniki, Macedonia - Greece, Tel - Fax: + 30 2310  
229133,

Website: [www.medolympicus.gr](http://www.medolympicus.gr), E-mail: [molympicus@gmail.com](mailto:molympicus@gmail.com),  
[www.facebook.com/medolympicus](https://www.facebook.com/medolympicus)

## **The Administrative Board**

*President: Grammaticos Philip, Vice-President: Argyropoulou-Pataka Paraskevi, Secretary: Kokkas Vasileios, Treasurer: Giannoulis Eleftherios, Members: Mironidou-Tzouveleki Maria, Foroglou Pericles, Melfou Fani, Loufopoulos Aristidis, Efthymiadis George, Papavramidou Niki*

## **A few words from the President of the Organizing Committee**

Dear Colleagues,

It is well known that working on prototype research of social interest is preferred than working on research in order to increase our C.V. Quality versus quantity of papers from all medical specialties, medical pharmacology and technology is what we wish to have.

One way to improve quality of our research is communicate with other colleagues, from all medical specialties discussing and evaluating our scientific work. This is what we wish to have in the Olympiads.

Medicine is considered the most important among all sciences. According to Hippocrates, medicine is the only science that can treat disease and offer better conditions of living. Socrates considered that a physician as being an “educated man” should express honesty, reason, humility and should control his pleasures. We may add that physicians when treating others can retrieve happiness.

The schedule of the Olympiad is organized very carefully, as to be concise and offer useful prototype knowledge. The first prize is dedicated to the distinguished medical scientist Anastasios Tousimis from Maryland.

In the 4<sup>th</sup> Olympiad we shall have for the first time an additional contest similar to that in ancient medical Olympiads, in Efessos. Three sets of questions will be distributed to all patricians and the best asses will be rewarded. This event is dedicated to the distinguished medical scientist George Sfakianakis from Florida.

Furthermore, for the first time we shall have a working lunch meeting of the advisors and members of the administrative board. This meeting will take place in the premises of our association in Hermou 51 street, 6<sup>th</sup> floor, on Saturday evening, 4<sup>th</sup> of November 2017.

On Sunday morning November 5 2017 all participants and friends are requested to participate to an excursion to Alexander the Great capital, Pella-museum, to Edessa falls and museum of living reptiles, and to Loutraki hot spa-38° Celcium and the only Paleolithic museum.

We welcome you all and hope that you will experience a fruitful and pleasant stay during the 4<sup>th</sup> Medical Olympiad.

The President of the Organizing Committee

Philip C. Grammaticos

## **The Organizing Committee**

*Presidents: Grammaticos Philip and Argyropoulou-Pataka Paraskevi*

*Members (alphabetically): Ajdinovic Boris, Baloyannis Stavros, Bandopadhyaya Gurupad, Boudoulas Haris, Dardavesis Theodoros, Foroglou Pericles, Giannoulis Eleftherios, Haitidis Evgenios, Karamouzis Michalis, Kokkas Vasileios, Mironidou-Tzouveleki Maria, Natsis Konstantinos, Orologas Anastasios, Palumbo Barbara, Papavramidou Niki, Rubini Giuseppe, Sinzinger Helmut, Siokos Apostolos, Tzafettas Ioannis, Yamamoto Tomoaki*

## **The Scientific Committee**

*President: Manthos Anastasios, Ex-rector of Aristotle University of Thessaloniki, Greece*

*Members (alphabetically): Bostanzopoulou Sevasti, Karakioulakis George, Karamouzis Michael, Oikonomou Panayiotis, Tsolaki Magda*

## **The Awards Committee**

*Manthos Anastasios, Grammaticos Philip, Argyropoulou-Pataka Paraskevi, Foroglou Pericles*

## **International Advisors**

**1.** Abass Alavi, **Philadelphia, President** - Christos Katsetos, **Philadelphia, USA**, **2.** Boris Ajdinovic, **Belgrade** - Milovan Matovic, **Kragujevac, Serbia**, **3.** Gurupad Bandopadyaya, **New Delhi** - Devinder Dhawan, **Chandigarh, India**, **4.** Frank De Geeter, **Brussels** - Alex Sarafidis, **Brussels, Belgium**, **5.** Jun Hatazawa, **Osaka** - Tomoaki Yamamoto, **Tokyo, Japan**, **6.** Hans van Isselt, **Amsterdam, Netherlands**, **7.** Tom Karagiannis, **Melbourne, Australia**, **8.** Christos Lionis, **Cyprus**, **9.** Chao Ma, **China**, **10.** Amir Nikouei, **Tehran, Iran**, **11.** Andreas Petropoulos, **Baku, Azerbaijan**, **12.** Andreas Petropoulos, **Lausanne, Switzerland**, **13.** Agata Pietrzak, **Poland**, **14.** Giuseppe Rubini, **Bari** - Barbara Palumbo, **Perugia, Italy**, **15.** Mike Sathege, **South Africa**, **16.** Helmut Sinzinger, **Vienna, Austria**, **17.** Henry Tam, **U.K.**, **18.** Philip Grammaticos, **Greece**, **19.** Paraskevi Pataka, **Greece**.

## **The Cooperating Societies**

*Royal College of Obstetrics and Gynaecologists – Hellenic Representing Committee for Greece and Cyprus. The Society of Atherosclerosis. The Society of Gastroenterology. The Society of Geriatrics. The Society of Gynecology. The Society of Plastic Surgery, Reconstructive and Aesthetic Medicine. The Hellenic Society of the study of Addictive Substances. The Society of Sports Medicine. The Society of Nuclear Medicine. The Society of Alzheimer's Disease and Related Diseases. The Society of Multiple Sclerosis. The Hellenic Society of Nephrology, The Society of Sports Medicine*

## Preliminary Programme

(Time for presenting papers: 15min. Time for discussion: 5min)

### Friday 3 November 2017

09.30-14.30 Registration

*Genetics, Nuclear Medicine, Plastic Surgery, Pharmacology, Vessels diseases, Atherosclerosis*

*Chairpersons:*

10:00-12.20 **Helmut Sinzinger (Austria) - Pericles Foroglou (Greece) - Natalie Bonvino (Australia) - Mike Sathege (South Africa)**

12.20-12.30 Welcome address – Announcements

12.30-12.50 Coffee / Tea break

*Internal Medicine, Nuclear Medicine, Neurology, Immunology*

*Chairpersons:*

12.50-13.30 **Henry Tam (UK) - Gurupad Bandopadhyaya (India) - Giuseppe Rubini (Italy) - Efstratios Iliadelis (Greece)**

13.30-14.30 Advisors' meeting

14.30 Lunch break

*Internal Medicine, Cardiology, Obstetrics, Gynecology, Fertility, Nuclear Medicine*

*Chairpersons:*

17.30-19.30 **Ioannis Tzafettas (Greece) - Giagkos Lavranos (Cyprus) - Andreas Petropoulos (Baku) - Devinder Dhawan (India)**

19.30-20.30 Invited lecture - **Professor Afxendios Kalangos:** Recent advances in surgery in congenital cardiac diseases. Contribution to non privileged children.

20.30-21.30 Welcome reception

### Saturday 4 November 2017

*Ophthalmology, Cardiology, Endocrinology, Diabetes, Surgery*

*Chairpersons:*

09.30-11.30 **Jun Hatazawa (Japan) - Fotios Topouzis (Greece) - Harisios Boudoulas (USA) - Triantafyllos Didagelos (Greece)**

11.30 -12.00 Coffee / Tea break

*Neurology, Psychology, Cancer, Pharmacology, Dermatology, Anaesthesiology*

*Chairpersons:*

12.00 -14.00 **Magda Tsolaki (Greece) - Demetrios Ioannidis (Greece) - Maria Mironidou (Greece) - Milovan Matovic (Serbia)**

14.00 – 17.00 Lunch break

*Nuclear Medicine, Technology, Surgery, Pediatrics, Sports Medicine*

*Chairpersons:*

17.00-19.00 **Tomoaki Yamamoto (Japan) - Boris Ajdinovic (Serbia) - Vassilios Kokkas (Greece) - Konstantinos Natsis (Greece)**

*Nephrology, Urology Neurology, Cardiac Surgery, Gastroenterology,*

*Chairpersons:*

19.00-21.00 **Chao Ma (China) - Stavros Baloyannis (Greece) - Eleftherios Giannoulis (Greece) - Alexandros Sarafidis (Belgium)**

21.00 - 22.00 *Conclusions- Awards-Prizes- Honorary prizes to Anastasios Tousimis, Maryland and George Sfakianakis, Florida*

## **Sunday 5 November 2017**

9:30-18:00 Excursion to: a) Pella, the capital city of Alexander the Great where one can see Museum, the Mosaics, the Palace and the famous draining system. b) To Edessa where one can see the waterfalls, the cave with stalactites and the living reptiles' museum. c) To Loutraki Spa where one can see the hot waterfalls 37° C, the old, ancient caves with stalactites and the first Paleolithic Museum in Greece.

Lunch either in Loutraki or in Edessa.



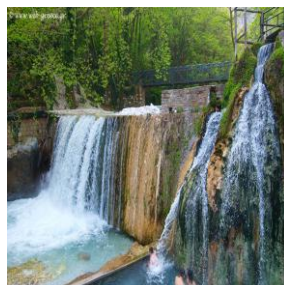
*Mosaic from Pella*



*Archeological museum of Pella*



*Head of Alexander the Great*



*Loutraki waterfalls*



*Edessa waterfalls*

## Information

**Meeting venue:** Electra Palace Hotel- 5 stars, Aristotelous Square 9, Tel: (+30) 2310 294 000 Thessaloniki, Greece. **Official language of the Meeting:** English.

**Prizes:** This time in the 4<sup>th</sup> Medical Olympiad we are proud to announce prizes to be awarded to two distinguish colleagues: Dr. Anastasios Tousimis, from Maryland in honour of his prototype multiple scientific contribution in Medicine for more than 60 years, and to: Dr. George Sfakianakis from Florida in honour of his prototype multiple scientific contribution in Medicine.

Both these two prizes will be gold plated medals, accompanied by a diploma and a souvenir.

As in all previous Olympiads, three prizes will be awarded to the three best papers among all and will be accompanied by a diploma and a gift.

In the 4<sup>th</sup> Olympiad *for the first time will be another contest*. The three best winners of this contest will be the ones to give the best answers to 3 existing medical problems-questions. There will be three winners who shall receive a diploma and a gift. These questions are mentioned below. In ancient Olympics, there was a similar contest and prizes. We know that similar medical contests were held in Ancient Olympics in the city of Efessos, Asia Minor and in other ancient Greek cities. One of the questions asked in Efessos was: *What you may diagnose in a patient with very pale face, weakness etc. and what you will suggest for treatment*.

**The three questions to be answered refer to the following subjects:** *Please be concise and use references when needed. State what is still unknown. Deadline for submission of answers: October 9<sup>th</sup> 2017. As mentioned below, registration fee covers only submission of papers.*

*For replies to the three questions the fee is 100 euros. Those who shall reply to these questions can either attend the meeting and submit their answers or submit their answers by post or by email.*

**Subject 1.** A 40 years old healthy man feels very tired after intense physical exercise for 3km.

**Questions:** a) Please give the complete definition of fatigue. Describe findings in serum and effects in the respiratory, cardiovascular, tendomuscular and nervous systems.

b) This man after exercise lies in bed. When you expect that this man will be completely rested? Describe rest as opposite to the above findings of fatigue.

**Subject 2.** A male patient 50 years old with an intense back pain for sometime has a heavy headache, a flash on his face and a warm and heavy head. His blood pressure, heart beats and respiration are normal.

**Questions:** Can you support or reject the following?: a) The brain secretes endorphins or/and other substances in response to severe pain. If so, what is the normal serum level of endorphins and other hormones or hormone-like substances that may be released in response to severe pain? Is there a threshold for the duration and for the severity of pain before the above hormones or hormone-like substances are excreted in serum? If severe pain last for long, is there a plateau of the above secretions in serum?

b) Does brain response to intense pain have a direct impact to heart rate and respiration? By what mechanism? Please describe.

**Subject 3.** The director of a very busy factory, a 50 years old healthy man, asks his physician for: a) the best location for his summer holidays and b) how long is best his holidays to last.

**Questions:** If you were the physician would you suggest: a) a place at sea level, at 200m height, or 400m height and why and b) for how long the summer holidays must last in order to offer better health to the director?

**Instructions for Abstracts.** Abstracts may be up to one and a half A4 page long, with borders of 2cm around the text and 1.5 distance between the lines, written in Times New Roman letters size 12, at any format, preferably the format of the Hell. J. Nucl. Med., <http://nuclmed.web.auth.gr>. Abstracts and all the whole papers may be published after the authors' consent, in the supplement of HJNM, IF. 1.015. ***Deadline for submitting detailed abstracts or the complete papers or the answers to the Three Questions is Monday October 9, 2017.***

**Criteria for the evaluation of papers have been:** a) Originality on a new subject-basis: 40%, or on an existing concept: 30%, b) Social impact: 25%, c) Statistical support or sufficient proof of results: 25%, d) Typical and simple presentation: 10%.

**The final programme-booklet will be distributed to the participants who register in the Olympiad.** This booklet shall include: a) all necessary and additional information for the 4<sup>th</sup> Olympiad, b) the abstracts of all papers orally presented and 2 questions and their answers given by the authors, c) answers to the Three Questions.

**There will be only one invited distinguished lecture** on Friday evening on the 3<sup>th</sup> of November 2017 by Professor Afxendios Kalagkos about “Recent advances in surgery in congenital cardiac diseases. Contribution to non privileged children”.

Round tables, other lectures or posters are not allowed in the Olympiads.



The Chairpersons of every session may have a few minutes to introduce the speakers. For every paper to be presented, at least *one author should be registered. The time allowed for every orally presented paper will be 15min and for discussion 5min. Authors are kindly requested to comply with this timetable. For more information please contact us at the e-mail address of the Association.*

**The Excursion:** All participants to the Olympiad and their accompanying members may participate on Sunday 5-11-2017 in the excursion to: Pella, the capital city of Alexander the Great, the museum where one can see the marble head of Alexander the Great, the mosaics, the Palace, the famous draining system of the City etc. Then to: Edessa, where one can see the famous waterfalls, the cave of stalactites and the unique museum of living reptiles. Then to: Loutraki, where one can see the hot waterfalls at 37° C, the stalactites and the unique Paleolithic museum. Lunch either in Loutraki or in Edessa. The excursion will be escorted by an experienced tourist guide. The excursion bus will leave Electra Hotel at about 09.30am and return at about 18.00 hours. Please book early. Price: 20 euros - Lunch (optional): 15 euros.

**Registration fee:** The registration fee is 150€ and includes, the Meeting, the coffee breaks and the programme with all abstracts, the 2 questions to the authors of every paper and their answers and answers. The person registered may submit one paper only.

Participants replying to the Three Questions as above should pay a registration fee of 100 euros either presenting their answers in person or submitting their answers by surface mail.

All fees may be partly waved after communication with the Organizing Committee. For every paper to be presented or for every group submitting answers to the Three Questions, at least *one person should be registered.*

You may pay at the secretariat or **via our account of Iatrikos Olympicos Syndesmos in Alpha Bank IBAN: GR500 140 7080 474 002 002 004 801, BIC: CRBAGRAAXXX.** The name of the treasurer is Professor Eleftherios Giannoulis Please mention the name of the depositor.

**Accommodation:** The following hotels are suggested for the participants of the Olympiad. You may inquire more about traveling and accommodation arrangements at our secretariat: [molympicus@gmail.com](mailto:molympicus@gmail.com). You may also visit: [www.medolympicus.gr](http://www.medolympicus.gr) and/or [www.facebook.com/medolympicus](https://www.facebook.com/medolympicus)

**Meeting Venue: Electra Palace Hotel/ 5 stars (A),**

Aristtelous Square 9 street, P.C. 54624

Tel: (+30) 2310 249 000. Room Type/ Price per day: Single Room: 121 euros. Double Room: 138 euros



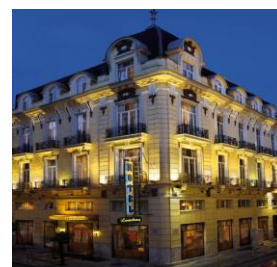


<https://www.mouzenidis.com/greece/hotel/luxemburg-hotel>

**Luxembourg Hotel/ 3+ stars (B Sup)**, Rogoti- Komninon 6 street, P.C 54624, Thessaloniki, Tel: (+30) 2310 252600

Room Type/ Price per day: Single Room: 61 euros, Double Room: 75

Five minutes' walk from Electra Palace.



<https://www.mouzenidis.com/greece/hotel/aegeon-hotel>

**Aegeon Hotel/ 3 stars (B)**, Egnatia 30 street, P.C. 54630,

Tel: (+30) 2310 522921

Room Type/ Price per day: Single Room: 37 euros, Double Room: 43 euros.

Twenty minutes from the Meeting Venue, Electra Palace.

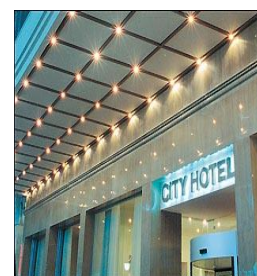


<https://www.mouzenidis.com/greece/hotel/city-hotel>

**City Hotel/ 4 stars (A)**, Komninon 11 street, P.C. 54624,

Tel: (+30) 2310 569421

Room Type/Price per day: Double Room for Single Room- City View: 83 euros Double Room City View: 93 euros. Seven minutes from Electra Palace Meeting Venue.



<https://www.mouzenidis.com/greece/hotel/egnatia-palace>

**Egnatia Palace Hotel/ 4 stars (A)**, Egnatia 61 street, P.C. 54631,

Tel:(+30) 2310 222900

Room Type/ Price per day: Single Room- 62 euros, Double Room- 74 euros

Eight minutes from Electra Palace Meeting Venue.



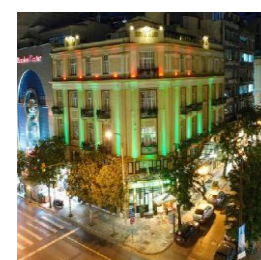
<https://www.mouzenidis.com/greece/hotel/kinissi-palace>

**Kinissi Palace/ 4 stars (A)**, Egnatia 41 street, P.C. 54630,

Tel: (+30) 2310 508089.

Room Type/ Price per day: Single Room: 50 euros, Double Room: 58 euros.

Fifteen minutes from Meeting Venue, Electra Palace.



[www.hotelamalia.gr](http://www.hotelamalia.gr)

**Amalia Hotel/ 2 stars (A)**, Hermou 33 street, P.C. 54624,

Tel: (+30) 2310 268321-5, satellite TV, WiFi, safe case for precious objects, refrigerator, hairdresser, air condition, sound isolated walls, balcony.

Room Type/ Price per day: Single Room: 40 euros, Double Room: 50 euros.

Three minutes from Meeting Venue, Electra Palace.



[www.thecaravan.gr](http://www.thecaravan.gr)

**The Caravan/ 4 stars (A) Bed&breakfast**, Rebelou street 1 and Vamvaka street, P.C. 54631, Tel: (+30) 2313062780

Room Type/ Price per day: Double Room: 70 euros

Private parking: 8 euros per day, WiFi

Ten minutes from Meeting Venue, Electra Palace.



## Donations

