

## MEDICAL OLYMPICUS ASSOCIATION

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

E-mail: molympicus@gmail.com, Website: www.medolympicus.gr

www.facebook.com/medolympicusinternational

*Under the auspices of His All Holiness the Ecumenical Patriarch Bartholomew*



*Under the sponsorship, of the Ministry of Health of Greece  
and the Medical School of the University of Thessaloniki*

## **4<sup>th</sup> International Medical Olympicus Contest**

*“Αἰεὶν ἀριστεῦεν” “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 hotel, Aristotelous Square 9, Tel: (+30) 2310 294 000, E-mail:  
infoskg@electrahotels.gr

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

Website: www.medolympicus.gr, E-mail: molympicus@gmail.com,  
www.facebook.com/medolympicus

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

Dear Colleagues,

Prototype research of social interest is what we wish to present. Quality versus quantity in papers from all medical specialties, medical pharmacology and technology.

One way to improve quality of our research is to communicate with other colleagues, from all medical specialties in order to discuss and evaluate our scientific work. This is what we also wish to have in our Meetings.

Medicine is considered the most important science. According to Hippocrates, medicine is the only science that can treat disease and offer better conditions of living. Socrates said: Physicians are educated man who express honesty, reason, humility and control their pleasures. We may add that when physicians treat patients they retrieve happiness.

The schedule of the present Medical contest is organized carefully as to be concise. Two distinguished scientists in Medicine, Anastasios Tousimis from Maryland and George Sfakianakis from Florida will be honored for their contribution to Medicine during their life.

Professor Abass Alavi and Professor Gurupad Bandopadhyaya will be named Honorary Fellows of our Medical Association for their continuing contribution to Medicine and their support to our efforts for the best.

We shall have for the first time an additional contest similar to ancient Greek contests devoted to gods. Remember that the athletic Olympiads were held in the city of Olympia and were devoted to Zeus. This information was known after reading old marble plaques excavated from ancient Efessos, Asia Minor. Answers to three sets of questions which are mentioned in this booklet on page 6, will also compete for prizes.

Furthermore, for the first time we shall have a meeting of Advisors from 18 countries on Friday November 3 at 13.30 hours at Electra Palace hotel, to advice for better organizing this meeting.

On Sunday morning November 5, 2017 all participants and friends are requested to participate to an excursion to Alexander's the Great capital, Pella visit the ancient city and the museum and then see in Edessa the famous waterfalls and the museum of living reptiles. Finally, the excursion will go to Loutraki hot spa and hot water falls of 37°C and visit the photographic Paleolithic museum. After having lunch in Loutraki the excursion shall return and about 18.00 hours.

We welcome you all and hope that you will experience a useful and pleasant stay and hospitality during this Meeting.

The President of the Organizing Committee

Philip C. Grammaticos

## **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, Siokos Apostolos, Papavramidou Niki*

## **The Organizing Committee**

*Presidents: Grammaticos Philip and Argyropoulou-Pataka Paraskevi*  
*Members (alphabetically): Ajdinovic Boris, Antoniou Dimitrios, Baloyannis Stavros, Bandopadhyaya Gurupad, Boudoulas Haris, Dardavesis Theodoros, Foroglou Pericles, Fotiadis Spyros, Giannoulis Eleftherios, Haitidis Evgenios, Karamouzis Michalis, Kokkas Vasileios, Mironidou-Tzouveleki Maria, Natsis Konstantinos, Orologas Anastasios, Palumbo Barbara, Papavramidou Niki, Passos Ioannis, Pliakou Evangelia, Rubini Giuseppe, Sinzinger Helmut, Siokos Apostolos, Tzafettas Ioannis, Vritsios Tryfon, 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, USA**, **2.** Boris Ajdinovic, **Belgrade** - Milovan Matovic, **Kragujevac, Serbia**, **3.** Gurupad Bandopadyaya, **New Delhi** - Devinder Dhawan, **Chandigarh, India**, **4.** Witold Cholewinski - Agata Pietrzak, **Poland**, **5.** Frank De Geeter, **Brussels** - Alex Sarafidis, **Brussels, Belgium**, **6.** Jun Hatazawa, **Osaka** - Tomoaki Yamamoto, **Tokyo, Japan**, **7.** Hans van Isselt, **Amsterdam, Netherlands**, **8.** Tom Karagiannis, **Melbourne, Australia**, **9.** Christos Lionis, **Cyprus**, **10.** Chao Ma, **China**, **11.** Amir Nikouei, **Tehran, Iran**, **12.** Andreas Petropoulos, **Baku, Azerbaijan**, **13.** Andreas Petropoulos, **Lausanne, Switzerland**, **14.** Giuseppe Rubini, **Bari** - Barbara Palumbo, **Perugia, Italy**, **15.** Mike Sathekge, **South Africa**, **16.** Helmut Sinzinger, **Vienna, Austria**, **17.** Henry Tam, **U.K**, **18.** Philip Grammaticos, **Greece**, **19.** Paraskevi Pataka, **Greece**.

## Preliminary Programme

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

### Friday 3 November 2017

08.30-14.00 Registration

*Genetics, Nuclear Medicine, Plastic Surgery, Pharmacology, Blood vessels diseases, Atherosclerosis*

*Chairpersons:*

10:00-12:20 **Helmut Sinzinger (Austria) - Peter Mailander (Germany) - Pericles Foroglou (Greece) - Mike Sathekge (South Africa)**

10:00-10:20 **Metabolic and osteoblastic activity in metastatic bone lesions of breast and prostate cancer studied and compared by  $^{99m}\text{Tc}$ -MDP and  $^{18}\text{F}$ -FDG PET/CT bone scans**

*Pietrzak A. Czepczynski R. Wierzchoslawska E. Cholewinski W.*

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)**

12:50-13:10 **Nano-carriers for Radionuclide Therapy of Neuroendocrine tumors**  
*Geetanjali Arora, Jaya Shukla, Gurupad Bandopadhyaya*

13:10-13:30 **Development of radiolabeled resveratrol loaded gold nanoparticles as an imaging modality for the detection of colon tumors**

*Kamal R. Dani V. D. and Dhawan D. K.*

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)**

17:30-17:50 **Risk stratification and staging in prostate cancer with prostatic specific membrane antigen PET/CT: A one-stop-shop**

*Manoj Gupta, Partha Sarathi Choudhury, Sudhir Rawal, Harish Chandra, Amitabh Singh, Vineet Talwar, Saroj Kumar Sahoo,*

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 Didaggelos (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)**

17:00-17:20 **The Neurophysiological and Evolutionary Considerations of Close Combat: A modular approach**  
*Kostas Dervenis, Maj. Evangelos Tsialogiannis*

*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 distinctions and Honorary fellowships*

## Sunday 5 November 2017

9:30-18:00 Excursion: a) To Pella, the capital city of Alexander the Great where one can see the 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 in Loutraki.



*Mosaic from Pella*



*Archaeological 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 we shall honour two distinguish colleagues: Dr. Anastasios Tousimis, from Maryland in honour of his prototype multiple scientific contribution in Medicine for more than 60 years, and: Dr. George Sfakianakis from Florida in honour of his prototype multiple scientific contributions in Medicine with Gold plated medals, accompanied by a diploma and a souvenir.

As previously, three prizes will be awarded to the three best papers with a diploma and a gift.

*For the first time will be another contest for the best answers to 3 existing medical research problems-questions. Winners shall also receive a diploma and a gift. These 3 questions are mentioned below. There were also ancient medical Greek contests and prizes as we know from marble plaques excavated in ancient Efessos, Asia Minor. 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.**

**About the three questions:** *Please be concise, use references when needed. State what is still unknown.*

*Answers to the 3 questions can be submitted by surface mail or in person to our address, email: fgrammat@auth.gr, until October 9, 2017.*

### **The 3 questions are:**

**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 some days 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 lasts 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, at 400m or of another height and why and b) for how long the summer holidays must last in order to offer better health to the director?

**Deadline** for submission of papers and/or submission of the 3 questions is **9<sup>th</sup> of October, 2017.**

**Registration for attending the Meeting and for submission of papers or Abstracts and/or for submission of the 3 answers.** Registration fee for attending the program of the Meeting and/or submitting a paper is 150€. At least one author for every paper submitted shall be registered.

Registration fee for attending the Meeting and submitting answers to the 3 questions is 100€. At least one from a group of colleagues submitting answers to the 3 questions must be registered.

Registration fee for only attending the Meeting, without submitting a paper or answers, is 100€.

You may ask the Organizing Committee of the Meeting for partly waiving the above fees.

**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 and the purpose of payment.

**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.

**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) Well organized and easily read presentation: 10%.

**The final programme-booklet will be distributed to the participants who are registered.**

This booklet shall include: a) all necessary and additional information, 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 given 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.

The Chairpersons of every session may have a few minutes to introduce the speakers. *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 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 Photographic Paleolithic museum. Lunch in Loutraki. 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€ including entrance to the Museums - Lunch (optional): 10€.

**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) or [fgrammat@auth.gr](mailto:fgrammat@auth.gr). You may also visit: [www.medolympicus.gr](http://www.medolympicus.gr) and/or [www.facebook.com/medolympicus](http://www.facebook.com/medolympicus)

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

Aristotelous Square 9 street, P.C. 54624, Tel: (+30) 2310 249 000.

Room Type/Price per day: Single Room: 121€ . Double Room: 138€





<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€, 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€, Double Room: 43€. Twenty minutes from the Meeting Venue, Electra Palace.



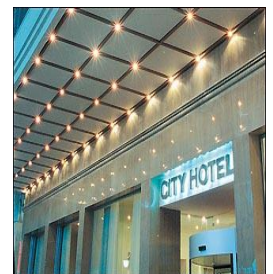
<https://www.mouzenidis.com/greece/hotel/city-hotel>

**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€

Double Room City View: 93€. 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€, Double Room: 74€

Eight minutes from Electra Palace Meeting Venue.



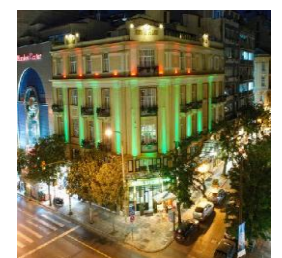
<https://www.mouzenidis.com/greece/hotel/kinissi-palace>

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

Tel: (+30) 2310 508089.

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

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€, Double Room: 50€.



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€

Private parking: 8€ per day, WiFi

Ten minutes from Meeting Venue, Electra Palace.



## The Cooperating Societies

*Hellenic Society of Nuclear Medicine*



*Royal College of Obstetrics and Gynaecologists  
Hellenic Representing Committee for Greece & Cyprus*



*The Society of Atherosclerosis of Northern Greece*



*The Society of Obstetrics and Gynecology*

*Interbalkan European Medical Center*



*The Society of Gastroenterology. The Society of Geriatrics. 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 Alzheimer's Disease and Related Diseases. The Society of Multiple Sclerosis. The Hellenic Society of Nephrology.*