

MEDICAL OLYMPICUS ASSOCIATION

With the cooperation of International Advisors

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

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

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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*

“Αἰεὶν ἀριστεύειν” “Always best”

4th International Medical Olympiad

3-5 November 2017

A multi congressional event

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

Information Booklet

The Board of the International Advisors



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

*Professor Abass Alavi, Philadelphia will be named Honorary Fellow of our
Medical Olympicus Association*

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

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A message 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 unique contribution to Medicine.

Professor Abass Alavi from Philadelphia will be named Honorary Fellow of our Medical Association in honour of his continuing contribution to Medicine and his support to our efforts for better organizing the Olympiads.

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 13.10 hours at Electra Palace hotel, to advice for better organizing this meeting.

On Sunday morning November 5, 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. The excursion will go to Loutraki where are hot spa and hot water falls of 37°C. After having lunch in Edessa the excursion will return at 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, 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.** Devinder Dhawan - Suresh Kumar Sharma, **Chandigarh, India**, **4.** Witold Cholewinski - Agata Pietrzak, **Poland**, **5.** Frank De Geeter, **Brussels** - Alex Sarafidis, **Brussels, Belgium**, **6.** Tomoaki Yamamoto, **Tokyo, Japan**, **7.** Hans van Isselt, **Amsterdam, Netherlands**, **8.** Tom Karagiannis, **Melbourne, Australia**, **9.** Giagkos Lavranos, **Cyprus**, **10.** Chao Ma, **China**, **11.** Peter Mailänder, **Germany** **12.** Amir Nikouei, **Tehran, Iran**, **13.** Andreas Petropoulos, **Baku, Azerbaijan**, **14.** Andreas Petropoulos, **Lausanne, Switzerland**, **15.** Giuseppe Rubini, **Bari** - Barbara Palumbo, **Perugia, Italy**, **16.** Mike Sathekge, **South Africa**, **17.** Helmut Sinzinger, **Vienna, Austria**, **18.** Henry Tam, **U.K.**, **19.** Philip Grammaticos, **Greece**, **20.** Paraskevi Pataka, **Greece**.

Information

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

Prizes: Three great prizes with a diploma and a valuable gift as before, will be awarded to the three better papers from all disciplines. Prizes may also be awarded to distinguished papers from different specialties.

On Saturday evening we shall honour two distinguished 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.

Professor Abass Alavi, from Philadelphia will be named Honorary Fellow of our Medical Olympicus Association for his continuing contribution to Medicine and his great support to our Association. A diploma and a valuable souvenir will be offered.

For the first time will be another contest for the best answers to 3 existing medical research problems

Winners shall also receive a diploma and a gift. These 3 questions are mentioned below. As we know from marble plaques excavated in ancient Efessos, Asia Minor, there were similar medical Greek contests and prizes in ancient Greece with the form of questions to be answered. 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 and 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:

Question One.

Description: A 40 years old healthy man feels very tired after intense physical exercise for 3km.

Question: 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.

Question Two.

Description: 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.

Question: 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.

Question Three.

Description: 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.

Question: 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?

Answers to the e questions can be submitted electronically without the sender attending the Meeting.

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

Registration

Registration fee for attending the programme 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.

Answers to the 3 questions can be submitted electronically under the submission fee of 100€.

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

Participation to the daily excursion is 20€. For lunch (optional): 10€.

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

You may pay 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., www.nuclmed.gr. Abstracts and whole papers may be published after the authors' consent, in the supplement of HJNM, I.F 1.048.

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-informations booklet will be distributed to the participants who are registered. This booklet includes: a) all necessary information, b) the abstracts of all papers orally presented with 2 questions and their answers given by the authors, c) all answers or the best of them to the three questions.

There will be only one invited distinguished lecture on Friday evening on the 3th 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 see our website: www.medolympicus.gr or please contact us at the e-mail address (molympicus@gmail.com) of the Association.

The Excursion: All participants and their accompanying members are invited to participate on Sunday 5/11/2017 in the excursion to: Pella, the capital city of Alexander the Great, the museum etc. Then to: Loutraki and to Edessa where we shall have a light lunch. The excursion will be escorted by an experienced tourist guide. The excursion bus will leave Electra Hotel at about 09.00am and return at about 18.00 hours. Please book early. Price: 20€ including entrance to the Museums - Lunch: 10€.

Excursion Programme: a) To Pella, the capital city of Alexander the Great where one can see the Museum, the Mosaics of the House of Dionysos and of the House of Helen, the Palace area the famous draining system of Hippodamos and an underground family grave for 7 members. b) To Loutraki Spa where are the hot waterfalls 37°C. c) To Edessa where one

can see the waterfalls, the cave with stalactites and the living reptiles' museum. Lunch in Edessa.



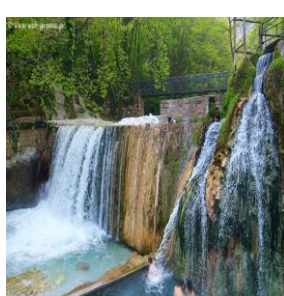
Mosaic from Pella



Archaeological museum of Pella



Head of Alexander the Great



Loutraki waterfalls



Edessa waterfalls

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 or fgrammat@auth.gr. You may also visit: www.medolympicus.gr.

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-Komnion 6 street, P.C 54624, Thessaloniki.

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.

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), Komnion 11 street, P.C. 54624.

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.

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.

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

Fifteen minutes from Meeting Venue, Electra Palace.



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

The Caravan/ 4 stars (A) Bed&breakfast, Rebelou street 1 and Vamvaka street, P.C. 54631.

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

Private parking: 8€ per day, WiFi

Ten minutes from Meeting Venue, Electra Palace.



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Nina Gatzouli, Coordinator of World Macedonian Societies

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The Society of Atherosclerosis of Northern Greece



The Society of Obstetrics and Gynecology

The Cooperating Societies

The Society of Gastroenterology

The Society of Geriatrics

The Society of Endocrinology

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 Multiple Sclerosis

The Hellenic Society of Nephrology