



## 1<sup>st</sup> Summer School of the WHBA in Medical & Biosciences Research and Management Itilo Lakonias & Athens, Greece



American College of  
Cardiology  
WHBA &  
Hellenic Cardiological Society  
& Cypriot Society of Cardiology  
Joint Symposium  
Chicago, IL - USA



Discussion with  
Gabriel Panayi  
Former President of  
the WHBA



Hellenic  
Biomedical  
activities  
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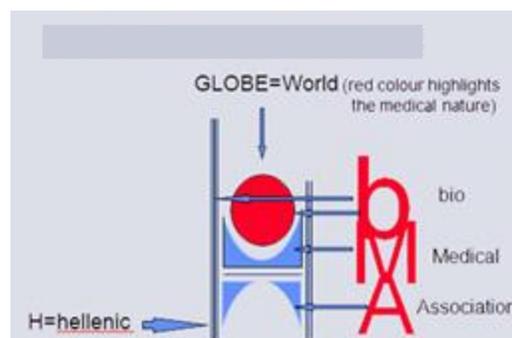
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**10<sup>th</sup> World Hellenic Biomedical Conference,  
Nov 22-25, 2012 - Cyprus**

**Supported by the WHBA: BBBB International Conference –  
From Drug Discovery and Formulation Strategies to  
Pharmacokinetics-Pharmacodynamics  
September 26-28, 2013 – Athens, Greece**



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## World Hellenic Biomedical Association &amp; Hellenic Cardiological Society &amp; Cypriot Society of Cardiology

## American College of Cardiology Scientific Sessions 2012

Chicago, IL – USA

March 26, 2012

The World Hellenic Biomedical Association, the Hellenic Cardiological Society and the Cypriot Society of Cardiology co-organized along with the American College of Cardiology the scientific symposium **“Mediterranean Diet and its Protective effect on Cardiovascular Disease”** in the Scientific Sessions of the American College of Cardiology of 2012 at Chicago, IL.

This was one more among several activities that have been scheduled aiming to enhance the scientific profile of Greek physicians and bioscientists within international scientific audiences.

**Co-chairmen****George D. Dangas, MD, PhD**

Professor, Mount Sinai School of Medicine - New York, USA

**George Parharidis, MD, FACC**

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**Speakers****“The role of sodium and potassium in CV health”****George L. Bakris, MD**Professor of Medicine, University of Chicago School of Medicine  
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Professor of Cardiology, Imperial College London

**“An Overview of the Cypriot contribution to the Diet”****Panayiotis Avraamides MD, BSc(Hons), MB BS(Lond),  
FRCP(Lond), FRCP(Edin), MRCPI, FESC, FSCAI, FACC**Director, Department of Cardiology, Limassol General Hospital  
President, Cyprus Society of Cardiology  
President, Cyprus Working Group on Interventional Cardiology**“Cardiovascular mortality in Greece”****Vlassis Pyrgakis, MD**

Past President of the Hellenic Cardiological Society



## ***1<sup>st</sup> Summer School in Medical & Biosciences Research & Management***

***Itilo Lakonias & Athens, Greece  
May 20-29, 2012***



The World Hellenic Biomedical Association organized its 1<sup>st</sup> Summer School in Medical & Biosciences Research and Management for undergraduate and graduate students of **universities in Greece and abroad**, which took place in **Greece on May 20-29, 2012**

This educational activity exposed 39 prominent **graduate and undergraduate students of medical and biosciences background, who were selected among 140 applicants from 23 countries**, to knowledge given by top-notch experts from the most advanced medical and biosciences research centers in the United States, Canada, the United Kingdom, Switzerland and Greece, as well as from the Pharmaceutical and Biotechnology industry.

The program was divided in two parts. The 1<sup>st</sup> part took place in the beautiful scenery of Itilo in Mani, Peloponnese from May 20 to May 26, 2012. For this part 2 plenary speakers of worldwide reputation (George Chrousos - University of Athens, Argiris Efstratiadis – Academy of Athens & Columbia University) and 10 instructors (Lefteris Diamandis – University of Toronto, Dimitris Boumpas – University of Athens, Diomedes Logothetis – Virginia Commonwealth University, Spyros Kollias – ETH Switzerland, Dimitris Kardassis – University of Crete, Sakis Mantalaris – Imperial College,



**Visit of the Summer School participants to the President of the Hellenic Republic. Mr. Carolos Papoulias**

Constantine Anagnostopoulos and were toured around the institute.

Manolis Dermizakis – University of Geneva, Christos Tsatsanis – University of Crete, Despina Sanoudou – University of Athens, Sophie Markousis-Mavrogeni – Onassis Cardiac Surgery Center) presented the most recent breakthroughs and current trends in several topics of basic and clinical medical research. During the 2<sup>nd</sup> part that took place in Athens on May 26-29 the students attended lectures in Merck Group (Michalis Arvanitis & Dimitris Sakellariou) about drug development and successful placement of a new drug in the market, as well as in ΣELLAS Clinicals (Katerina Millionis, Petros Danias and Nikos Maniadakis) about facts and challenges in clinical research in Greece. Moreover, the schedule included a visit of the students to the Biomedical Research Foundation of the Academy of Athens where they attended lectures by Yassemi Capetanaki, Katia Karali, Leonidas Stefanis and

The President of the Hellenic Republic, Mr. Carolos Papoulias, welcomed the students, professors, organizers and sponsors at the Presidential Residency, thus demonstrating hospitality at the highest level on behalf of Greece for the participants of the Summer School. Mr. Papoulias emphasized on the importance of such initiatives for the promotion of excellence in Greece, which is currently facing a devastating financial crisis and indicated the special role that young people

The mayor of Eastern Mani, Mr. Petros Andreakos and the deputy governor of Peloponnese, Mrs. Dia Tzanetea, facilitated pleasant staying by providing a dinner and a bus for local excursions and transportation to Athens.

The summer school became available to students of the University of Pennsylvania, Philadelphia – USA through the Roy & Diana Vagelos Life Sciences Management program. This important development was secured thanks to the support by Dr. P. Roy Vagelos, distinguished physician and biomedical scientist of Greek descent and member of the advisory board of the World Hellenic Biomedical Association.

The financial support of the summer school was provided by Lakonian international organizations, as well as by individual “Omogeneis” Lakones and other “Omogeneis”, indicating clearly the eagerness of Lakones who live abroad to support the economy and education of Greece and particularly their homeland. Special thanks should be extended to Mr. Stavros Vougiouklakis, who coordinated the fundraising efforts. In recognition of his crucial contribution in the organization of the summer school, Stavros Vougiouklakis was nominated honorary member of the WHBA.



**Stavros Vougiouklakis (right) during his nomination as Honorary Member of the WHBA by the president of the WHBA, Dr. Konstantinos Drosatos (left).**



The WHBA has already launched preparations for the 2<sup>nd</sup> Summer School to take place in Laconia in May 2013.

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# 10th World Hellenic Biomedical Conference



*World  
Hellenic  
Biomedical  
Association*

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In cooperation with the  
University of Nicosia & St. George's, University of London  
Medical Programme

**November 22-25, 2012**  
Cyprus

More detailed information will be released soon

## Discussion with Dr. Gabriel Panayi

*Former President of the WHBA executive board*

*by Christos Sideras*



**CS: Professor Panayi, thank you for agreeing to do this interview for the WHBA newsletter. I know you are a Professor of Rheumatology and you live in London, but would you mind telling us a little bit more about what you do?**

GP: Well, I'm actually Professor Emeritus of Rheumatology at King's College London and I am a Consultant Rheumatologist at Guy's Hospital. I retired five years ago and I was the first Professor of Rheumatology at King's College London. I live in London, in Mill Hill, with my wife. We have a son, Alexis, who is an actuary with Deloitte in the City of London and is engaged to be married later on this year. Another son, Stavros, who is a lawyer and works in Moscow, is married and has a three year old son. So, in addition to all the other titles, I have the proud title of grandfather. It is a pity he is in Moscow, as we do not see him as much as we would like to see him, but that is today's life.

**CS: When I called earlier, I was put at ease effortlessly by your wife, if I may, and she also organised the time for this interview. I hope this is not too much of a leading question already, but beyond your own values on what may matter in life, which appear to be evident from what you have said already, what do you think the role of family has been in your own life journey, to what you have achieved?**

GP: Well, we are Greeks and as a people we have always valued family. I think one reason for this is that our history has been so uncertain that we have had to rely on our relatives and our very close friends to survive. Because the family provides, as you know, the stability from which children can be brought up, so they can have confidence in their abilities, can go out boldly, knowing they can achieve what they would like to achieve. For myself, there is no doubt that if I did not have my wife, who has supported me in so many ways over the years, I do not think I could have done what I have done and I definitely could not have done it if, for example, I was either married to a less sympathetic woman, or I was a bachelor! I do not want to upset the bachelors who might read this newsletter, I am just expressing my own personal experience!

**CS: I think that is very true. Your personal experience seems to mirror what research and our collective knowledge, through the wisdom of various traditions, seem to be saying, that a good family is a great start in life.**

GP: However, there is a little caveat here. I think one of the things that holds back the development of greek society, whether in Cyprus or in Greece, is the fact that this reliance on your relatives, on your 'koumbaroi' and people like that, actually ends up with this horrible thing 'ta mesa', connections. Stern, the german newspaper last year, said that one of the fundamental problems in Greece, apart from the fact that collection of taxes and the government machinery does not work terribly well, is that it is a society that is run on the basis of who your 'koumbaroi' are, in the political sense, not necessarily the family sense; the english call it cronyism, though in some ways it is more than just cronyism.

**CS: I know we have spoken about the family that you have set up, but what about the family that you grew up in as a child, what was that like?**

GP: My wife and I have modelled our family on our parental families: very supportive, a stable background, encouraging us to do well. I think it is a bit like a relay race in athletics: one generation passes the flame to the next one; one hopes at least! My parents were very supportive of me, there is no doubt about that.

**CS: Were you brought up in Greece, in Cyprus?**

GP: I was brought up in Cyprus in a very small village there - the centre of the universe as my wife says, although she is from Yialousa! It is called Kato Drys, placed at the foothills of the Troodos mountains. I am immensely proud of it. I was brought here by my parents when they 'metanasteusan', emigrated, when I was very very small, I was a young boy, 9 years old. I then went to grammar school in Lancaster, which is a small town in the north of England, in Lancashire, and from

there I went to Cambridge and then came down to London, to St Mary's Hospital, where I did my clinical work. After that I went to a few places elsewhere, as one does, as one has to be peripatetic in the early part of one's career. From 1967 to 1970, I had an MRC, Medical Research Council, Fellowship and I studied immunology at the Wright-Fleming Institute and then, from 1970 to 1973 I studied my Rheumatology at the Kennedy Institute of Rheumatology. I have to say two of my mentors at the time, Professor Dumonde, Kennedy Institute of Rheumatology, London and the late Professor Ian Duthie, Professor of Rheumatology, the University of Edinburgh, were great influences on me, particularly Duthie, who was a real Scotsman. He taught me to be direct, rational and logical; I remember he said: 'if something is a kettle, call it a kettle and don't say it is a metal appliance into which water is put for it to be boiled!'

**CS: That certainly must have passed on to you, because, when we met very briefly before and talked about other things, but you certainly had a great clarity in transmitting your own opinions and I thought that was excellent really. Clearly good mentorship is very important, and I suppose there is another leading question coming up..! What do you think the role of mentorship is in medicine and research in general?**

GP: It is like everything else in life. You cannot do without it. There is this trite expression, 'reinventing the wheel'. There are so many things that have happened, that have been known, that have been developed, you have got to be mentored, you have to be pointed in the right direction. The trouble is, today, and I hope I do not sound like a grey haired grumpy

middle aged male, mentorship seems to be the goal, but there is no substitute for scholarship! You cannot acquire knowledge and the expertise necessary to develop an area of knowledge whether it is in science or in the arts without having acquired the knowledge, the background. There are no shortcuts for that! A mentor should point you in the right direction, be critical of what you write and what you say, not because they want to repress you but because they are the whetstone on which you will sharpen the edge of your mind. A mentor should be a bit like Socrates, who asked questions to get you to clarify what you are saying and how clearly you are thinking. If you have a good mentor, that is a sure foundation. The rest is up to you.



**CS: That is all very well and good, I guess in retrospect, but how did you know about these things? Did you want to do medicine early on? Did you want to do research? Was it something that life brought across your path?**

GP: I wanted to do medicine from very early on. When I was brought to England and I had learned English, I was asked to write an essay in my primary school: 'What do you want to be when you grow up?'. I wrote this essay, which my mother still has, saying that I wanted to be a doctor because I wanted to be at the beginning of life and at the end of it. So, there is documentary evidence that I wanted to be a doctor from about the age of eleven! At

grammar school, I came under the influence of several good teachers. One of them was the biology teacher and the other one was the physics teacher. Because of their mentoring I fell in love with science, but I did not want to go into pure sciences. That is what appealed to me then: I liked the idea of combining science with human interaction. This is a great thing about medicine – you interact with people. You are there to help people. So for me, from the very beginning, medicine with science was an absolute essential, it really appealed to me, because there was the humanitarian side and there was the scientific side.

**CS: Is there something that you feel particularly proud of, particularly aware, in terms of what you have discovered along with others, in terms of the scientific basis of medicine?**

GP: Well, I was interested in immunology from a very early age. I can remember one important reason: I read this amazing biography of Louis Pasteur. His experiments and the germ theory of disease was an absolute gobsmacker. I was about eleven and a half at that time and soon afterwards I read, in a little book on science for young children, a summary of Darwin and I thought, this is absolutely fantastic! So, that is why I have subsequently focused on immunology and I think I can say that my contribution to rheumatology, in the immunological field, has been pretty productive. Science is an international endeavour, but I developed, I think I can honestly say, the concept that rheumatoid arthritis is driven by

activated T-lymphocytes; now, how these T-lymphocytes are activated is still a mystery, but following activation of the T-lymphocytes, other cells are activated, macrophages, and so on and so forth and you get this complex disease which, although its primary focus is in the joint, it is a multi-system disease, it can involve the lungs, the blood vessels and so forth. I can say that these immunological researchers, mine and other colleagues' has led to the development of the modern, so called targeted therapies, for example the use of antibodies to inhibit certain cytokines, molecules that inhibit the interaction between T-lymphocytes and macrophages. We have developed a human protein called BIP, which stands for Binding Immunoglobulin Protein, as a possible new immunotherapy for rheumatoid arthritis and we have just started putting it into patients! BIP is found within the endoplasmic reticulum, and as you know the endoplasmic reticulum is the cell organelle where proteins are synthesised. Now, immunoglobulins consist of two light and two heavy chains and BIP is a chaperone, promoting the linkage of the light and heavy chains so that the immunoglobulin molecule can be folded up correctly and is then exported from the B-cell as an antibody. Quite by accident, we discovered that BIP outside the cell has a completely different function, it has nothing to do with its chaperone function. Extracellularly, it binds to an as yet



uncharacterised receptor on the surface of monocytes and alters their development. One of the cells that monocytes develop into are antigen presenting cells. These are cells that present antigen to T-lymphocytes, but the antigen presenting cells that are made under the influence of BIP are regulatory T-cells that suppress immune-mediated inflammation. We have shown in animal models of rheumatoid arthritis, that even a single very small (as low as 1mcg) intravenous injection of BIP, in a mouse, completely suppresses ongoing inflammatory arthritis. We are very excited because it has just started going into patients now and this has been the culmination of a lifetime's work.

**CS: And you think that this might be a way that long-term it could be useful for patients with rheumatoid arthritis?**

GP: Of course! Absolutely! We would not be starting an expensive two and a half year drug trial of BIP if we did not think that. I am hoping it is going to completely change the paradigm of rheumatoid arthritis. It is a very exciting time in my career!

**CS: Well that is really exciting and you spoke about the clinical issues here, so, for the benefit of our clinical readers, could you tell us if there has been a difficult clinical situation that you would like to talk about, as a clinical pearl if you would like.**

GP: Oh gosh! Before I answer that I would like to go back. When we had our little chat before Christmas and we discussed that there is a wider world around us, we cannot always be thinking about ourselves, about our career, as there is more to life than that and there is more to life than just our family, sacred and important though it is. So, for me, there are at least two events that are very important. One, is the establishment with other colleagues of the Hellenic Medical Society. I am telling you this, not because you are writing something in the newsletter, but because all of us who were involved in setting it up feel very proud of its achievements and the orderly transfer of power from one President to another and from one set of officers to another.. As you know now there is an increasing international dimension, so, I think it is a success story. It is a pity that, for a number of reasons we have not been able to get people outside of London and the Southeast interested in the HMS though we have tried. The Hellenic Medical Society is what I would call one of my offerings to society. The other one is the National Rheumatoid Arthritis Society. A few years ago I was referred a woman with very severe Rheumatoid arthritis, who had a lot of complications. Her name was Ailsa Bosworth, a very intelligent, highly motivated woman, and in discussing things, I told her that the reason why rheumatoid arthritis did not figure much in the government's or the Department of Health's priorities is because charitable organisations up to that time had been saying 'there are three million people with arthritis'. Well, I do not have to spell it out for you, but if you are the Minister of Health or the Chancellor of the Exchequer and there are three million people with arthritis and you spend just a thousand pounds on each one, then that is £3 billion straight off! So, I told her, what you have to do, is to set up a society that fights for patients with rheumatoid arthritis, because this is a serious disease, that needs resources put into it. She did set up the NRAS that is a very successful charity. I am so proud to be associated with it and I think that is just wonderful! It is all very well to be a professor and a consultant, you do research and you do that and the other, but at the end of the day, there is all this impact on patients and I think this is one really good way of getting people involved. In Britain now, all over the country, there are thousands of people with rheumatoid arthritis and their friends and relatives, who are themselves directly going out and interacting with patients. It is an order of magnitude greater than, say just having pamphlets around, it is absolutely fantastic. So, I am very proud of that.

**CS: My own humble opinion is that so you should be, if I may leave it at that. I know you did mention that we spoke before and that is true and I have to say I very much appreciated the depth and breadth of your general knowledge and I have mentioned already how clear your opinions were transmitted to me. I know you have taken the path of reasonably focused specialism, but what do you think the role of broader development is in our changing world, narrowly if you would like in our profession, but more generally in the development of our character, our personhood in society as a whole?**

GP: Well, there is nothing so awful as the closed mind. I hate ideologies that say this is how the world is and how human beings are. Many ideologies posit that is human beings don't conform to the ideology, it is the human being who is at fault not the ideology. In summary it is not the model that is wrong, it is the world and the people in it. There is no doubt that reading and being interested in things has a huge educative effect on people if they are not ideologically straightjacketed. Social media can have the same effect and that is why governments everywhere are trying to curtail them. A good and just society will only happen when we have an open society, not when we have a society that is closed by elites, by ideologies and by radical religious conviction of whatever type. Now, our ancestors, had a polytheistic religion as you know. They even erected an altar to the unknown god. Nobody was every persecuted for their religion or even for their ideas. Socrates had to commit suicide for political reasons; that was an ideological constraint by the people who sentenced him to that. So, you need an open society because an open society breeds open minds and an open mind is more likely to think in

terms of justice and to ask himself or herself what is the other human being worth. An open mind does not dehumanise other people. Once you dehumanise people, of course you can go out and gas them and kill them and shoot them and you do not have any problem with that because you do not think of them as fellow human beings.

**CS: I think it is amazing; I did talk about the depth and breadth of your general knowledge, because both in this matter and, I suppose in the more particular matters of our own society, you have made some excellent comments and that is why I did want to bring it up and I guess if there is such a thing as good advice, how far would you suggest that people go in terms of developing themselves more holistically if you like, rather than focusing?**

GP: You have got to focus on the thing that motivates you - there is no doubt about that - you have got to focus on that, but actually there is a hell of a lot of time available.

**CS: Well, that is an interesting comment**

GP: I look at my life now and I think, gosh, this week I could have read another three books; of course my wife would object and quite rightly so, but there is plenty of time to do many things. Seeing some of my colleagues, that have focused to the exclusion of everything else, I do not often like to quote religious leaders, but Christ said:

'not by bread alone'. Absolutely right! If you just focus on one thing you become like a blinkered horse, you can be led anywhere, with disasterous consequences very often. In fact, if you look at great scientists - I am not saying I am one of them - they were amazing and are amazing polymaths.

**CS: I know you said there is plenty of time and to my mind that says more about your character and how you have led your life than anything else, but let me take you on some more difficult ground: Our lives are not only filled with the things that we did do, but they are also filled with the things that we did not do. What was one of the more difficult decisions that you had to make?**

GP: There was a Victorian poet, called Arthur Hugh Clough, who said: If our wasted moments were drops of blood. God! We would drown in them.

**CS: Well, I will retract the question then at the beautiful, beautiful and very pertinent quotation, how about that?**

GP: I think that is all I want to say. I would end up in tears thinking about this.



International meeting of Greek and Cypriot physicians and bioscientists in Cyprus in 2008, organized by the Ministry of Health of Cyprus. Gabriel Panayi represented the WHBA, as the president of the society and co-chaired the meeting.

**CS: *That is fair enough. Can I ask another somewhat difficult question, not as bad. I know you have said you left Cyprus when you were quite young, when you were about 9. Have you been visiting since?***

GP: I am still a Cypriot, of course, I have built a house in my village, we go there, our children and only grandchild come and stay. They love the village. In fact I will let you into a little secret. Years and years ago, I got awarded a European Rheumatology Prize. The prize was in a big auditorium with a thousand people present. As I was walking up the steps to go and collect it, the first picture that came to my mind was my village in Cyprus! Fascinating how these things happen!

**CS: *Have you felt that the place, the land is still the same, or do you think there has been change? I guess there is another old man that said that the same river cannot be crossed twice and I say this because, sometimes people say that the places they have known in their youths never seem to be quite the same when they revisit them.***

GP: Of course they are not. Cyprus has changed beyond recognition. A lot of people say the changes have been for the worse. I remember in 1959, I went back in the summer, before I went up to Cambridge. My grand-parents were still alive and they were in the house in the village that my grand-father had built in 1934; a very imposing neo-classical house. He made a lot of money selling Cyprus 'kentimata', lace-work, in England before the war. I remember it as a tiny child, as a very large house, with tall ceilings and a very long hall. When I went there in 1959, at the age of eighteen and a half, it was so small, it had shrunk, but in my memory it was still this vast place. So the same with Cyprus - still the same, but changed.

**CS: *What do you think about changes in England, where you did spend a lot of time, do you think there have been any great changes? I suppose it is not trite, it is about your own personal view on what was important, what has changed in the last few decades.***

GP: Well, there have been terrific changes in the National Health Service and Universities. Both institutions have become professional and at times over professional, so that younger people are now constrained by many rules and regulations. I made a habit of it, from about 1976-7, always to go to America for a whole month, every year, visiting various places, as a Visiting Professor, or whatever, and I could see how the things were running there. The Americans at the end of the 19th century, sent the Surgeon General to Europe, to decide on what would be the best medical education system and he came back and said 'we have got to have the German system'; he did not like the British system because it was all apprenticeship. I do not know if you remember, but to a certain extent it still is! Not a bad thing to have an apprenticeship, but it meant that what you got taught and how you got mentored, simply relied on your Consultant. So, I think the way the National Health System is, the way the training has been organised, is better. I think universities are much more professional.

**CS: *Well, that made me think about the art and science of medicine. To some extent there is a certain level of experiential learning that does need good people there for you to model on, but also the science part of it which is the structure.***

GP: Well science is science, whether at the bench or in the clinic. One of the great moments in medical science was the first randomised controlled clinical trial of anti-tuberculous therapy, done in Britain, in the late 40s, after the Second World War, carried out by Austin Bradford-Hill. I encourage my students to read this paper, as the level and the quality of clinical trials, randomised controlled clinical trials, have altered beyond recognition, because of that seminal work. That was been a terrific advance, because without that, there is no point in people toiling in laboratories, developing magic bullets, if the clinical trial is unable to answer the question: 'does this therapy work?'

**CS: *Well, it has been great talking to you! Can I ask you a trite question for the end? I was told by Michael Doherty, who taught me rheumatology that cracking your knuckles is ok and brings no harm to your joints. What is your position on it?***

GP: Absolutely correct!

**CS: *Can we then reassure our readers, that do crack their knuckles, that they can do so safely then?***

GP: Well, the thing is, it might be alright for the person cracking their joints, but the people listening can still get very irritated!

**CS: *A fair comment! I want to thank you again very much for this interesting and stimulating conversation.***

## Hellenic Medical Society of New York

**Announcements**

- **2012 Scholarship Symposium and Gala Dinner**, December 7<sup>th</sup> and 8<sup>th</sup> 2012
- **HMS NY Scholarships and Awards**: Executive Board - Specialty Area Scholarships and Awards are reviewing applications for 2012. Please refer deserving students for consideration. To review the various awards and qualifications visit our website or contact: [grants@hmsny.org](mailto:grants@hmsny.org)

**Past Events****10<sup>th</sup> Annual Dr. G. Papanicolaou 2012 Award, Thursday May 17<sup>th</sup>, Weill Cornell Medical College****Honoring****Thomas A. Caputo, M.D.**

Professor of Clinical Obstetrics and Gynecology, Weill Cornell Medical College

**Introduction****Spyros G. E. Mezitis, M.D., Ph.D., Chairman**

President, Federation of Hellenic Medical Societies of North America

**Greetings****Nicholas H.E. Mezitis, M.D.**, President, The Hellenic Medical Society of New York**Laurie Glimcher, M.D.**, Dean, Weill Cornell Medical College**Katherine Hajjar, M.D.**, Professor and Chairman of Anatomy and Cell Biology, Weill Cornell Medical College**Frank Chervenak, M.D.** Professor and Chairman of Obstetrics and Gynecology, New York-Presbyterian Hospital**Mr. Elias Tsekerides**, President, Federation of Hellenic Societies of Greater New York**Mr. Anastasios Ringos**, President, Panevoikos Society of America**Dr. Papanicolaou Scholarship Recipient****Carlo Canepa**

Weill Cornell Medical School, Class of 2012

**Keynote Speaker*****The Pap Smear, What it has Meant to the Women in the World*****Thomas A. Caputo, M.D.****Scientific Program*****Advances in Pap Testing*****Rana Hoda M.D.**

Professor of Pathology, Director of Dr. Papanicolaou Cytology Laboratory &amp;

Director Cytopathology Fellowship Training Program

New York-Presbyterian Hospital, Weill Cornell Medical Center

**Expanding the Horizons for Pap Testing****Petros Tsiouras, M.D.**, Chairman & CEO, Ikonisys

**April 19<sup>th</sup> 2012 at Lenox Hill Hospital**



**2<sup>nd</sup> annual Mary Kalopothakes, 2012  
Distinguished Female Physician Award**

Honoring  
**Paraskevi (Evi) Giannakakou, Ph.D.**  
Associate Professor (with Tenure) of Pharmacology  
in Medicine, and  
Director of Laboratory Research, Division of  
Hematology and Medical Oncology,  
Weill Cornell Medical College

**Introduction**

**Greeting**

**Nicholas H. E. Mezitis, M.D.**  
President, Hellenic Medical Society of New York  
Senior Attending Physician, St. Luke's/Roosevelt  
Hospital Center

Assistant Professor of Clinical Medicine, Columbia University College of Physicians and Surgeons

**Women in Medicine**

**Stella C. Lymberis, M.D.**

Assistant Professor, Dept of Radiation Oncology, NYU Langone Medical Center

**History of Mary Kalopothakes**

**Ioannis Tsevas, D.D.S.**

Editor of the Star of the East, Athens, Greece

**Scientific Program**

**HPV- Myths, Misconceptions and the Facts**

**Lorraine Chrisomalis-Valasiadis, M.D.**

Assistant Clinical Professor, Dept of OB/GYN, North Shore/Long Island Jewish Medical Center

**Osteoporosis: Strong bones for healthy women**

**Panagiota Andreopoulou, M.D.**

Assistant Professor, Dept of Medicine, Albert Einstein College of Medicine/Montefiore Medical Center

**Greek Independence Day Parade**

**March 25, 2012**

**5<sup>th</sup> Avenue, New York**



- **WHBA Societies News**

Hellenic Bioscientific Association  
in the USA

[www.hba-usa.org](http://www.hba-usa.org)

In May 2012, following the recent elections of the Hellenic Bioscientific Association of the USA the new board for the term 2012-2014 was formed.

**Ioannis Zervantonakis** : President, PhD Candidate, MIT

**Athanasios Vassilopoulos** : Vice President, Research Instructor, Vanderbilt University Medical Center

**Anastasia Nikolopoulou** : General Secretary, Postdoctoral Research Associate, Weil Cornell Medical Center

**Eleftherios Makris** : Treasurer, Postdoctoral Research Scientist UC Davis

**Konstantinos Biliouris** : Appointed Secretary, PhD Candidate, University of Minnesota

**Panteleimon Mavroudis** : Councilor, PhD Candidate, Rutgers University

**Pavlos Msaouel** : Councilor, Resident, Albert Einstein College of Medicine

The new board would like to kindly thank all the HBA-USA members for their continuous support and invite feedback and suggestions. An opening event will be announced in the near future and we look forward to seeing you there.



## Ongoing programs of the Hellenic Bioscientific Association in the USA

### Science Teaching Exchange Program (STEP -Become a Visiting Professor to a Greek university)

This initiative aims to bring **professors from the USA** in all stages of their careers in closer contact with their counterparts at **Greek universities**. Short-term visits to give some course **lectures** after arrangement with the teaching faculty, combined with **research talks** to labs and faculty meetings with students to introduce them to research in the US.

#### Recent participants:

**Joanna Floros** (Penn State University, Hershey) visited the University of Ioannina

**Nikos Robakis** (Mount Sinai School of Medicine) visited Aristotelian University of Thessaloniki

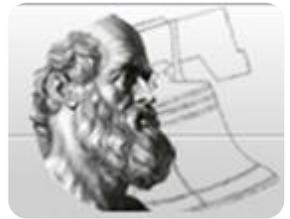
**Constantine Stratakis** (NICHD, NIH) visited Aristotelian University of Thessaloniki

### Student Transfer Program

This initiative aims to strengthen the scientific interaction between the Greek-American , American and the Greek academic communities and promote the establishment of exchange programs by giving the opportunity to **medical or graduate students** from Greece to intern in a lab in the States.

- **WHBA Societies News****Hellenic Medical Society of Philadelphia****Prior Events**

- 1) The HMS participated in a joint Christmas party with the Hellenic University Club, American Hellenic lawyers Association and Greek American Chamber of Commerce. Nearly 200 Hellenes shared holiday cheer.
- 2) The HMS was awarded the Luck Coin in the St Thomas Greek Orthodox Church Vasilopita Ceremony. Good luck to the Society for this year!
- 3) The HMS participated in a Joint Vasilopita ceremony with the American Hellenic Lawyers Association, Greek American Chamber of Commerce and Hellenic University Club at Estia Restaurant. Father Nektarios from Upper Darby officiated and nearly 60 Greek professionals enjoyed an excellent meal and fellowship. Mayor Nutter attended.
- 4) On February 21, HMS member Dr. Costas Lallas from Jefferson discussed prostate health and cancer to the Cretan Society of Central New Jersey. Nearly 50 members participated in the event and asked their questions of Dr Lallas. Many thanks to Dr. Lallas and the Cretan Society for their efforts.
- 5) The HMS Board member Fran Zappalla DO and HMS member Tassos Aslandis DO were noted in South Jersey Magazine Top Doctors for Kids. The Board and the Society congratulates them for this recognition.
- 6) The HMS participated in the Greek Independence Parade in Philadelphia, Sunday March 18th. As a Member Society of the Federation in Philadelphia, HMS proudly participated in the parade as symbol of Unity and Hellenic Pride. Members marched down the Ben Franklin parkway and proclaimed "Zito H Ellas!!"
- 7) The HMS sponsored a Community Health Symposium at Hermes Expo, March 31, 2012. The HMS organized a panel of experts in medical and surgical specialties to discuss common illness afflicting our community while showcasing the expertise of the Hellenic Medical Community. Speakers included Mike Moussouttas MD, Alexia Tsikouras PharmD, Chris Tzamas MD and Elias Iliadis MD. The 2012 Distinguished Physician award was presented to Dr. Ellie Kelepouris of Drexel University College of Medicine.
- 8) The HMS Spring Dinner Meeting, May 8th at Estia Restaurant, Philadelphia. Nearly 60 friends and members attended our semi-annual dinner meeting and participated in a presentation by the Board of the HMS. Additional presentations by our first exchange medical student, Dareilena Karaviti regarding her experience in Philadelphia as well as a presentation by board members of the newly formed Hellenic Student Association of Philadelphia.
- 9) The HMS community service event, Saturday June 2nd, St George Cathedral, Philadelphia. During the Festival, HMS members provided over 100 BP screening and medical information. 125 Blood glucose and cholesterol measurements were provided through support of Cooper University Hospital community outreach staff. The patrons of the festival and festival chairman were very appreciative of the community event. HMS wishes to thank the following members for making this event a success: Sandy Tzaferos, Stephanie Morris, Peter Kousoulis, Alexia Tsikouras, Denis Hadjiliadis, Evangelia Athanasoula, Marinela Maskuti and Elias Iliadis.
- 10) The HMS Spring Social, Philadelphia, PA, Tuesday June 12th at 630 pm at La Veranda, Pier 3, Penn's Landing, Philadelphia. In cooperation with the other Philadelphia professional organizations, HMS has organized our spring social as a meet and greet. Please come and meet other members of the society as well as other Hellenic Professionals. Looking forward to seeing you there!
- 11) The HMS community service event, Sunday June 24th, St Sophia, Jeffersonville PA. After Church service and during coffee hour, HMS members will provide BP screening and medical information. To participate in this event, please contact the society at [HMSPHL@gmail.com](mailto:HMSPHL@gmail.com)

**Upcoming Event and Programs**

- 1) The HMS supports a medical student and allied health student scholarship each year. As of May 1, applications are being sent to local (NJ, PA, DE) colleges and universities with a submission deadline of Oct 15th. The Award will be presented at our November Dinner meeting. Please contact our administrator Sophia Pappas to receive an application at [HMSPHL@gmail.com](mailto:HMSPHL@gmail.com) or [Spappasnj@aol.com](mailto:Spappasnj@aol.com)
- 2) The HMS Continuing Medical Education program October 27th, 2012. Planning phases for CME program are underway for HMS CME event. If interested in being a speaker, please contact the Society at [HMSPHL@gmail.com](mailto:HMSPHL@gmail.com)

## - WHBA Societies News

### Hellenic Medical Society of the United Kingdom

**The Fellowship of Women** - A History of the Success of Women Doctors into Surgery: An illustrated lecture in English by Mrs Margaret Ghilchik.

Took place Friday 25 May 2012 at the London Hellenic Centre. Organised by the Hellenic Medical Society and Eteria Ellinon Epistimonon and Supported by the Hellenic Centre.

**Medicine and the Olympic Games of Antiquity (June - July 2012).**

This exhibition was launched on 1st June 2012 in the Library of the Royal Society of Medicine, London. Open to all, free of charge, on display Mondays to Fridays until the 20th July, 2012.

Highlights include (1) a high definition digital copy of the Oxyrhynchus BMI 185 verso Papyrus fragment (courtesy of the British Library) listing ancient Olympian Victors, (2) the case of the gout sufferer who raced and won the olive wreath at Olympia (according to Aretaeus), (3) the case of the boy Hysmon who overcame his neurological disorder and became a victorious pentathlete (according to Pausanias), (4) the medical consequences of the bad dream of the wrestler Myron of Ephesus (according to Rufus of Ephesus), (5) Galen's ointment of the Olympic Victor and (6) A commentary on the exhibits available in booklet form at the exhibition.

The exhibition is held under the auspices of HMS-UK.

**Hellenic Medical Society 2012 Annual Dinner Dance**

On Saturday, 29th September 2012

Venue: Great Hall, Hellenic Centre, 16-18 Paddington Street, London, W1U 5AS.

The President of The Hellenic Medical Society UK, Dr Dimitrios Paschos and the HMS Committee invite Friends and Members of the HMS to join them.



## General Information

### Important Dates:

Conference dates: **26-28 September, 2013**

Abstract submission: **30 April, 2013**

Abstract acceptance notification: **31 May, 2013**

### Conference Venue:



**Metropolitan Hotel** Athens, Greece  
385, Syngrou Ave., 175 64, Athens, Greece

**Telephone:** +30 210 947 1000

**e-mail:** [metropolitan@chandris.gr](mailto:metropolitan@chandris.gr)

**Website:** [www.chandris.gr/athens/](http://www.chandris.gr/athens/)

## Registration - Accommodation Information

### Registration fees:

Registration Category	Before 1 <sup>st</sup> August 2013	From 2 <sup>nd</sup> August 2013
Academic	350 €	390 €
Industry	400 €	440 €
Students**	200 €	220 €

\*\* Confirmation letter signed by the Dean is required.

Online Registration & relevant Information will be available on the official conference website in due time ([www.bbbb-eufeps.org](http://www.bbbb-eufeps.org)).

### Accommodation:

<b>Metropolitan Hotel Athens</b>	<b>Single room: 145€</b>	<b>Double room: 165€</b>
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*Above rates are per room/per night. American buffet breakfast and all legal taxes are included.*

Additional accommodation options will be available on the official conference website in due time.

### Exhibition:

A table top exhibition of products and technologies will be in place during the conference. Further information will be available on the official conference website in due time.

### For additional information please contact:

#### AFEA S.A. Travel & Congress Services

Professional Congress Organizer

39-41 Lykavittou Str., 10672 Athens

Tel: +30 210 3668853, Fax: +30 210 3643511

Web site: [www.afea.gr](http://www.afea.gr) / e-mail: [info@bbbb-eufeps.org](mailto:info@bbbb-eufeps.org)

# 5<sup>th</sup>

# BBBB International Conference

## From Drug Discovery and Formulation Strategies

(design-synthesis, natural products and preclinical testing, delivery systems, nanotechnology, biopharmaceuticals, biosimilars, BCS, BDDCS, generics-bioequivalence)

## To Pharmacokinetics-Pharmacodynamics

(metabolism, transporters, pharmacogenomics, biomarkers, drug therapy, individualized therapy, biotherapeutics, PK/PD modeling)

2  
congresses  
in 1

▶ **26-28 September 2013**  
**Athens-Greece**

▶ Metropolitan Hotel

### Conference website:

[www.bbbb-eufeps.org](http://www.bbbb-eufeps.org)



## 2<sup>nd</sup> Announcement

Dear Colleagues,

From my position as Chairman of the **5<sup>th</sup> BBBB Conference**, which will be held in Athens on **26-28 September 2013**, it is my pleasure to invite you all to Athens.

The 2013 BBBB Conference will offer a more global scientific program, in order to attract scientists from all fields of Pharmaceutical Sciences. Accordingly, two parallel congresses will run simultaneously. The first will focus on the various aspects of Drug Discovery and Formulation strategies, while the second will be devoted to a large number of pharmacokinetic and pharmacodynamic topics. In order to guarantee the quality of future research and new practical applications, a dialogue between experienced colleagues, young scientists and professionals will be encouraged.

I invite you all to spend a few days in Athens and Pireaus and share your knowledge with high-level scientists from all over the world.

**Professor Panos Macheras**  
School of Pharmacy, University of Athens  
5<sup>th</sup> BBBB Conference Chair

**Conference Chair:** Panos Macheras, University of Athens, Greece  
**Conference co-Chairs:** Costas Demetzos, Hellenic Pharmaceutical Society  
Anna Tsantili, Hellenic Society of Medicinal Chemistry

## Organizing Institution



## Supported by



## Organizing Societies



## Founders of BBBB Conferences

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**Hans Linden**, (EUFEPS)

**Szabolcs Nyiredy**, Hungary  
**Ales Mrhar**, Slovenia  
**Christian R. Noe**, Austria  
**Peep Veski**, Estonia

## Scientific Committee of BBBB Countries

**Ilbeyi Agabeyoglu**, Turkey  
**Sasa Baumgartner**, Slovenia  
**Jyrki Hainamaki**, Estonia  
**Karin Kogermann**, Estonia  
**Albin Kristl**, Slovenia  
**Julijana Kristl**, Slovenia

**Leena Peltonen**, Finland  
**Geza Regdon**, Hungary  
**Selma Sahin**, Turkey  
**Niklas Sandler**, Finland  
**Eva Szoko**, Hungary  
**Peep Veski**, Estonia

## Local Organizing & Scientific Committee

**Panos Macheras**, University of Athens, Chairman  
**Ioanna Andreadou**, University of Athens  
**Sophia Antimisiaris**, University of Patras  
**Ioanna Chinou**, University of Athens  
**Athanassios Covanis**, A. and P. Kyriakou Children's Hospital  
**Costas Demetzos**, University of Athens  
**Nikolaos Fokialakis**, University of Athens  
**Manolis Fousteris**, University of Patras  
**Vangelis Karalis**, University of Athens  
**Stavros Malamataris**, Aristotle University of Thessaloniki  
**George Panayotou**, Alexander Fleming Biomedical Sciences Research Center  
**Andreas Papapetropoulos**, University of Patras  
**Nicole Pouli**, University of Athens  
**Dimitrios Rekkas**, University of Athens  
**Christos Reppas**, University of Athens  
**Anna Tsantili**, University of Athens  
**Athanassios Tzioufas**, University of Athens  
**Ioannis Vizirianakis**, Aristotle University of Thessaloniki

## International Scientific Committee (Current Status)

**Rashmi H. Barbhaiya**, India  
**Leslie Z. Benet**, U.S.A  
**Meir Bialer**, Israel  
**Henning Blume**, Germany  
**Joerg Breitzkreutz**, Germany  
**Paolo Colombo**, Italy  
**Daan J.A. Crommelin**, The Netherlands  
**Gerhard Ecker**, Austria  
**Elias Fattal**, France  
**Atilla Hincal**, Turkey  
**Imre Klebovich**, Hungary  
**Ick Chan Kwon**, Korea  
**Petr Lansky**, Czech Republic  
**José Augusto Guimaraes Morais**, Portugal  
**Tudor I. Oprea**, U.S.A.  
**Vladimir A. Palyulin**, Russia  
**Kinam Park**, U.S.A  
**James E. Polli**, U.S.A  
**Bart Rombaut**, Belgium  
**Malcolm Rowland**, UK  
**Sanz Carreras Ferran**, Spain  
**Alexander Shikov**, Russia  
**Yuichi Sugiyama**, Japan  
**Geoff Tucker**, UK  
**Han van de Waterbeemd**, France