



HMS NEWS



THE HELLENIC MEDICAL SOCIETY OF NEW YORK

April, 2011

Issue 4, Volume 1

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Membership Appeal

Join the Hellenic Medical Society of
New York

Benefits include:

- CME
- Referral Network
- Social Events
- Website Creation
- Vendor Discounts

[HMS NY Enrollment Form](#)

Join the Executive Board Specialty Area Teams

We need your talents and expertise. Get involved in one or more of the Specialty Area Teams.

Come to the next meeting of the Executive Board:

April 12, 2011
7:00 - 9:00 PM.

Roosevelt Hospital, Tenth Avenue at 59th Street, Trustees Board Room 14th Floor
(garage parking on 59th Street).

If you can't be on time, be early.

Contribute to the News Bulletin

We want information about your honors, awards, distinctions, appointments.

Send us photographs from events of interest
to our members.

Contribute short articles on topics of interest.

Send submissions to:

hellenicmed@gmail.com

RE: News Bulletin

News Bulletin Team

Dr. Nicholas Meztis
Dr. James McNelis
Dr. Despina Siolas
Ms. Sophia Aslanis
Mrs. Aphrodite Togias

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UPCOMING HMS NY EVENTS



April 28, 2011
Dinner Symposium
- Deep Brain Stimulation -
Thalassa Restaurant, TriBeCa



THE HELLENIC MEDICAL SOCIETY OF NEW YORK

—•••••

Dinner Symposium

DEEP BRAIN STIMULATION

Introduction

Nicholas H.E. Meztis, MD
 President of the Hellenic Medical Society of New York
 Senior Attending Physician, St. Luke's/Roosevelt Hospital Center, Columbia University

Guest Lectures:

Intrathecal Baclofen Therapy: A Brief Review
Antonios Mammis, MD
 Functional and Restorative Neurosurgery -- North Shore Long Island Jewish

Deep Brain Stimulation: Past, Present and Future
Michael H. Pourfar, MD
 Department of Neurology, Division of Movement Disorders
 Assistant Professor of Medicine -- NYU School of Medicine

Neurostimulation of Chronic Pain: Current and Future Applications
Alon Y. Mogilner, MD, Ph.D
 Chief, Section of Functional and Restorative Neurosurgery
 Department of Neurosurgery -- North Shore Long Island Jewish Health System

—•••••

Thursday, April 28, 2011 at 7:00 PM
Thalassa Restaurant, 179 Franklin Street, TriBeCa, NY 10013

RSVP by: April 24 (718) 398-2440

This Event is Sponsored By Medtronic

The Hellenic Medical Society of New York
 P.O. Box 1952 New York, New York 10156 | 718.398.2440 | www.hmsny.org

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May 3, 2011
 Dinner Symposium
 - Hypoglycemia -
 Stamatis Restaurant, Astoria



May 11, 2011
 Papanicolaou Symposium and Awards, Cornell Medical College

COMMUNITY



Greek Language Health Program

ΥΓΕΙΑ ΚΑΙ ΖΩΗ

Saturdays 12:30 - 1:00 pm EST

gaepis.org

**UPCOMING
COMMUNITY EVENTS****Concert**

Monday April 11, 2011

8:00 pm

HELLENIC MUSIC FOUNDATION
ΙΔΡΥΜΑ ΕΛΛΗΝΙΚΗΣ ΜΟΥΣΙΚΗΣ

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Mario Zeffiri

In a song recital commemorating the Bicentennial celebration of the birth of
Franz Liszt (1811 - 1886)

Featuring works by
Franz Liszt
&
Richard Strauss

Monday,
April 11, 2011
at 8:00 p.m.

Admission:
\$ 25 Adults
\$15 Seniors & Students

Accompanied on the
piano by
Yannis Xylas

Christ and St. Stephen's Episcopal Church
120 WEST 69TH STREET, NEW YORK, NEW YORK 10023 (212) 787-2755
<http://www.cscchurch.org>
ΙΔΡΥΜΑ ΕΛΛΗΝΙΚΗΣ ΜΟΥΣΙΚΗΣ (HELLENIC MUSIC FOUNDATION)
P. O. Box 690182, East Elmhurst, NY 11369-0182 - (917-371-1588)
www.hellenicmusic.org

Hellenic Music Foundation is a non-profit organization promoting, advancing and preserving the full spectrum of the Greek musical heritage worldwide and member of the Federation of Hellenic Societies of Greater New York.

[Hellenic Music Foundation](http://www.hellenicmusic.org/)<http://www.hellenicmusic.org/>**Lecture****The Acropolis Restoration Project**

Monday, May 9, 2011

6:00 pm - 8:00 pm

Greek Orthodox Archdiocesan

Cathedral of The Holy Trinity, NYC

Friday, May 13, 2011

6:00 pm - 8:00 pm

AIA Center for Architecture, NYC



www.hatsusa.org

International Cytology Conference in Greece

May 27-29, 2011



www.9thcytogr2011.com

IONIAN VILLAGE 40 YEARS



Ionian Village summer youth camp in Greece!

The dates are set for the 2 sessions this summer:

Summer Travel Camp June 29 - July 18, Byzantine Venture July 25 - August 13, 2011

We have availability for camp physicians this summer. To be "**camp doctor**" is a very rewarding experience! You only have a few wonderful opportunities like this, to share with your children!

Some benefits to keep in mind:

Your children's registration fee is reduced 50%

All expenses are paid for you and your spouse for 2 ½ weeks in the Ionian Village program

Tour throughout Greece with the Ionian Village. A wonderful way to see and travel in Greece

Enrich existing and build new friendships, that will last a lifetime!

You can remain in Greece longer, if you so desire

For additional information, visit: www.ionianvillage.org

Healing through Appreciation of Life

Images and Harmonies selected by
Dr. Aphrodite Togias



Parthenon Moon March 20, 2011
Click on Image to View Larger.

Membership in the Hellenic Medical Society of New York

Membership in the Society is a title of distinction for physicians and other health care professionals and confers many benefits

Dr. Dean Pappas and Executive Board - Specialty Area Membership team are available to discuss the **benefits package** for our members which will soon include favorable rates for insurance, subscriptions, advertising, web site development, travel, and entertainment in addition to our exclusive **Physicians Referral Service** and **CME-accredited educational events**.

Corporate Sponsor status in the Society provides recognition and is appreciated by a large network of health care professionals in private practice and academia, locally, nationally and internationally. In addition, our message reaches medical societies, universities, and government agencies nationally and internationally.

To enjoy these benefits you must be current with your membership.

Remember, in these times of change in health care, collaborative effort projects strength and provides protection. **'Των φρονίμων τα παιδιά, πρὶν πεινάσουν μαγειρεύουν.'**

Contact: *HMS NY Membership*

HMS NY Scholarshps and Awards

Dr. Theo Diktaban and Dr. Michael Michelis



Dr. Theodore Diktaban

Executive Board - Specialty Area Scholarships and Awards team are reviewing applications for 2011. Please refer deserving students for consideration. To review the various awards and qualifications visit our website.

Contact: HMS NY Scholarship Fund

HMS NY Office Relocation

The Society is seeking office space for purchase in Manhattan.

Dr. George Yatrakis and the Executive Board - Specialty Area Office Relocation members are studying options to sell our current office in Brooklyn and relocate to space in Manhattan. Various possibilities are being considered, including participation with other Hellenic-American professional societies in this venture. Comments, suggestions and active participation from the membership are welcome.

Contact: Dr. George Yatrakis

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Seafood Greek Restaurant,
Theater District - Grand Central Station

Dear Colleague,

Our March News Bulletin covers an array of activities relating to our Society and its central role in the Hellenic-American community.

The Greek Independence Day celebrations and the Feast Day of Evangelismos were observed in several events of which we were either sponsors or participants. Our female members were particularly active, chairing events honoring esteemed members of our community and of the diplomatic corps. They also organized the first Annual Mary Kalopothakes MD Symposium honoring the Female Physician of the Year.

Our networking with professional societies and community organizations is expanding at an intensive pace with many events planned. Seminars regarding business management are scheduled. Unique insurance offerings for our membership relating to health, disability and long-term care are being finalized for presentation. And of course, new CME offerings are planned.

I remind you that participation in the meetings of the Executive Board is encouraged and will be facilitated by web access. Renew your membership in the Society in order to avail yourself of all these offerings and have one more reason to be proud of your heritage.

Nicholas H.E. Mezitis, M.D.
President



"To find us you have to be smart.
To catch us you have to be quick.
To beat us you've got to be kidding."

U.S. Navy Seals.

[25th of March Doxology Service](#)
[Annunciation Greek Orthodox Church, NYC](#)
[HMS NY President's Address](#)

Θεοφιλέστατε Επίσκοπε Φασιάνης κ. Αντώνιε
Σεβαστέ πατέρα Ναθαναήλ
Σεβαστά μέλη του ιερού κλήρου
Αξιότιμοι εκπρόσωποι των Ελληνικών οργανώσεων και σωματείων

Αξιότιμα μέλη της Ιεράς Κοινότητας του Ευαγγελισμού
Αγαπητοί φίλοι

Σας καλωσορίζω εκ μέρους του προέδρου και του Συμβουλίου της Κοινότητας στον φετεινό εορτασμό του Ευαγγελισμού της Θεοτόκου και του Ευαγγελισμού του Ελληνικού Έθνους.

Ο εορτασμός αυτός αποκτά ιδιαίτερη σημασία σε περιόδους δοκιμασίας. Όταν οι καταστάσεις μας οδηγούν σε αδιέξοδο και τα εμπόδια ορθώνονται ανυπέβλητα, **η Ελπίδα** των αρχαίων μας προγόνων, που μόνη έμεινε στο κουτί της Πανδώρας, έρχεται κοντά μας προσωποποιημένη στην μορφή της Θεοτόκου που γαλήνια μας υπενθυμίζει την δύναμη της πίστης μας.

"Μη φοβού ... ο Κύριος μετὰ Σου."

Διαχρονικό το μήνυμα - στις πύο δύσκολες στιγμές της ιστορίας μας- καταστροφή στην Χίο, στα Ψαρά, στην Ρούμελι, στο Μεσολόγγι, στο Φάληρο, τα ασκήρια στην Πελοπόννησο - εμφύλιος σπαραγμός - ο Θεόδωρος Κολοκοτρώνης έγκλειστος στο Παλαμίδι, η Λασκαρίνα Μπουμπουλίνα απομονωμένη, ο Οδυσσεύς Ανδρούτσος και ο Γεώργιος Καραϊσκάκης νεκροί - ο Ιμπραήμ αλύπητος τιμωρός του Ελληνικού πληθυσμού...

"Μη φοβού ... ο Κύριος μετὰ Σου"

Ο απο μηχανής θεός - η επέμβαση των Εγγυητριών Δυνάμεων στο Ναυαρίνο - εκπλήρωσε την υπόσχεση στην οποία είχε αναφερθή ο Κολοκοτρώνης όταν ξεκινούσε ο Αγώνας

και το Έθνος '...που το 'σκιαζε η φοβέρα και το πλάκωνε η σκλαβιά...' μπόρεσε να συνεχίση την πορεία του - ελεύθερο μεν αλλά όχι ανεξάρτητο - δοκιμαζόμενο σε νέες περιπέτειες με 'δειλούς και μοιραίους αντάμπα'.

Πηγή χαράς, υπερηφάνειας και ελπίδας του Έθνους τα παιδιά του που διαπρέπουν στα πέρατα της Γης με συνείδηση εθνική. Ευθύνη μας η φροντίδα της κιβωτού του Έθνους - γλώσσα, θρησκεία, οικογένεια - που μας παραδόθηκε για φύλαξη. Τα οφέλη συνεπάγονται και υποχρεώσεις.

Ας έχουμε πάντα κατα νού τις θυσίες εκείνων που μας τίμησαν, τα ιδεώδη και τις προσδοκίες τους, και ας προχωρήσουμε όλοι μαζί και ο καθένας χωριστά στον δρόμο που χάραξαν.

ΖΗΤΩ ΤΟ ΕΘΝΟΣ.
ΖΗΤΩ Η 25η ΜΑΡΤΙΟΥ 1821
Greek Independence Day Parade
New York
Sunday, March 27, 2011
Fifth Avenue, New York City

Click on Image to View Larger.



The Hellenic Medical Society of New York was joined by The Federation of Hellenic Medical Societies and the Hellenic Medical Society of New Jersey in this year's parade.



Pictured are (left to right): Dr. Pappas, Dr. Carayannopoulos,
Dr. Cosmatos, Dr. N. Meztis, Dr. Gouzoulis, Dr. Xethalis

Η Ελληνική Ιατρική Εταιρεία Νέας Υόρκης, που φέτος γιορτάζει τα 75 χρόνια από την ίδρυση της, συμμετέχει στην σημερινή Εθνική μας Παρέλαση τιμώντας όλους όσους αγωνίστηκαν ανά τους αιώνες για τα Ελληνικά ιδεώδη για το Ελληνικό Έθνος. Ειδικότερα, τιμούμε τους αγωνιστές του εθνικο-απελευθερωτικού αγώνα 1821 - 1828 με φωτεινά παραδείγματα τους ιατρούς συναδέλφους Αδαμάντιο Κοραή και Samuel Gridley Howe.

ΖΗΤΩ ΤΟ ΕΘΝΟΣ



Pictured are (left to right): Dr. Pappas, Dr. Cosmatos,
Dr. Gouzoulis, Dr. Xethalis, Dr. Lambrakis



Pictured are (left to right): Dr. Goussis, Dr. Pappas, Dr. Cosmatos, Dr. Gouzoulis, Dr. Xethalis, Dr. Lambrakis, Dr. Koutras




Dr. Lymberis-Latoussakis, Dr. Latoussakis and daughter.

Greek Independence Day Parade
Philadelphia

Sunday, March 20, 2011

The Parkway, Philadelphia

Click on Image to View Larger.



**THE HELLENIC MEDICAL SOCIETY
OF NEW YORK**

P.O. Box 1052, New York, NY 10156
T. 718-398-2440 F. 718-398-2449 hellenicmed@gmail.com
www.hmny.org

ZHTΩ H 25n MAPTIΟΥ 1821

The Hellenic Medical Society of New York, a not-for-profit organization of physicians and health care professionals of Hellenic descent, celebrating its 75th anniversary, is proud to participate in the parade to celebrate Greek National Independence Day on March 27, 2011 on New York's Fifth Avenue.

The Society will be represented by its Executive Board, members of the Society and their families. Its banner represents the achievements of the American physicians of Hellenic descent who over 7 generations have been contributing to health care and science in the United States of America and to the many needs of Greece, particularly in its times of trials and tribulations. Luminaries such as Dr. George Papanicolaou, Dr. Mary Kalopothakes, Dr. George Kotzias, Dr. Dino Generales and many other distinguished physicians have honored the Hippocratic tradition to world acclaim. These scientists confirm the continuity of the Hellenic traditions from antiquity to the present.

The Hellenic Medical Society takes special pride in its service to the Hellenic-American community through its scholarship programs and its educational programs. Under its new administration it seeks to expand its offerings utilizing the full potential of our electronic age to reach a national and international audience.

ZHTΩ TO ΕΘΝΟΣ

Nicholas H.E. Mezitis, M.D.
President
Hellenic Medical Society of New York



The Hellenic Medical Society of New York joined The Hellenic Medical Society of Philadelphia and The Hellenic Medical Society of New Jersey in their march on the Parkway to The Philadelphia Museum of Art.



Dr. Leo Iliadis, Dr. Nicholas Mezitis and Dr. Aphrodite Togias



Dr. Nicholas Mezitis President of HMS NY and Dr. Leo Iliadis President of HMS Philadelphia.

[Speech by Dr. Aphrodite Togias to the Wilkes-Barre, Pa. community on the occasion of GREEK INDEPENDENCE DAY- MARCH 25TH 1821.](#)

Dr. Aphrodite Togias

On behalf of the Greek-American community of Wilkes-Barre, Pa., I would like to thank all of you for being here today to recognize March 25th as Greek Independence Day.

This day is both a national and a religious holiday. On the Greek Orthodox feast of the Annunciation of the Virgin Mary on March 25th 1821, the war of Independence began after 400 years of slavery under the Ottoman Turks.

The struggle for Independence started at a monastery by the name of Agia Lavra, where the Bishop Germanos of Patras raised the Greek Flag and boldly proclaimed to the people of Peloponnese a revolt against their oppressors.



The cry freedom or death became the motto of the revolution. The revolts against the Turks soon broke

out not only in Peloponnese, which was the heartland of the revolution due to a long tradition of resistance to the Ottomans, but it also spread to numerous islands.

Tens of thousands of Greek civilians were killed and many were sold into slavery. A large number of Christian clergymen were also killed, including the Ecumenical Patriarch of Constantinople.

The war lasted 8 years until a small part of modern Greece was finally liberated.

The famous battle of Navarino bay on now called Pylos, the west coast of Peloponnese, played the most important role for the liberation. The Navarino battle on October 1827 was the most important battle of sailing ships in the history of modern Greece.

In that battle, a combined Ottoman and Egyptian army, under the leadership of Ibrahim Pasha, was destroyed by a combined British, French, and Russian naval force.

The intervention of those countries, was motivated both by the desire to help Greece, and also to protect their ships against raids by Greek Pirates. In the secret Treaty of London on July 1827, these powers agreed to use force if necessary against the Ottomans, if autonomy to Greece were to be rejected.

The Navarino victory crippled the Ottomans and Egyptians at sea and most of their land army left as well, freeing the Peloponnese of the Ottomans and basically sealing Greek Independence.

The free Greeks called upon Ioannis Kapodistrias who was well-educated minister of foreign affairs in Russia to form the borders of the first small independent Greek land by using his influence and connections he had with France, England and Russia.

However, the struggle for liberation of all parts continued until all land was returned to Greece. Macedonia was added in 1913 and after World War II, the Dodecanese Islands were also returned to Greece.

Rigas Fereos, the forerunner of the Greek Revolution, was a Greek writer and intellectual that was deeply influenced by the French Revolution. Rigas first conceived and organized a comprehensive national movement aiming at the liberation of all Balkan nations, including the Turks of the region and the creation of a Balkan Republic. Arrested by Austrian officials in 1797, he was handed over to Ottoman officials and was killed in June 1798.





Dr. Aphrodite Togias

Rigas' death ultimately fed the flames of Greek nationalism. His nationalist poem the *Thurios*, war song, was translated into a number of western European and later Balkan languages and served as rallying for Greeks against Ottoman Rule.

***BETTER ONE HOUR OF FREE LIFE,
THAN FORTY YEARS OF SLAVERY AND PRISON.***

Over a course of 400 years of occupation, people suffered lack of schooling and moderate religious freedom which was granted only to those minorities who accepted the government and paid stiff taxes. The churches were turned into mosques and icons were destroyed.

People lacked basic political rights and ancient temples, theaters and stadiums were turned into ruins.

Under penalty of death, no Turk could be Christianized and many Christians converted to Islam for their survival.

However, the Hellenes, through all these years, reacted to the oppression by continuous uprising against the enemy.

A small group of people, *KLEFTES AND ARMATOLI*, were the only available military formation on the side of the Greeks and they played such a crucial role in the revolution that they referred to them as the *YEAST OF LIBERTY*.

In 1814 a secret society, *FILIKI ETERIA (FRIENDSHIP SOCIETY)* was founded in Odessa, which was an important center of the Greek Diaspora, with the aim of liberating Greece.

The Friendship Society, under the leadership of Alexander Ypsilantis, who at that time, was serving in the Russian army as General, expanded rapidly and with the support of wealthy Greek exile communities in Britain, United States, and parts of western Europe, they secretly planned the rebellion. The Society determined March 25th 1821 as the best time to revolt, when the Ottomans were occupied with rebel fights and a difficult war against Persia.

The fighting continued for 8 years until 1829 when the Sultan Mahmed II, leader of the Ottoman Empire, faced Soviet troops at the gates of Constantinople and accepted Greek Independence with the Treaty of Adrianople.

Let's go back the history of Greece to mention briefly why the Ottomans wanted to occupy Greece.

We all know that Greece with a history of over 5,000 years is the birthplace of democracy. First were the classic years, known for the great philosophers, poets and artists who served as the source of many of our most treasured gifts. Next was the era of Alexander the Great, who spread great civilization to most of East, followed by the Greek-Roman Era which led to the Byzantine Empire that lasted 1000 years. Those were the golden years of prosperity, superior culture and profound Christianity. These values were envied by the Ottomans, an enemy watching in jealousy.

The Ottoman Empire (1289-1453) expanded to a superpower and as soon as they found the right time, when the Byzantine Empire was crumbling because of many crusades and the Latin invasion, Mahmed the 2nd found the opportunity to invade Constantinople on March 24th 1453.

The fall of Constantinople in 1453 marked the end of Byzantine Empire and the beginning of Ottoman Ruling.

Due to Greece's classical heritage, there was tremendous sympathy for the Greek cause. Many wealthy Americans and Western European Aristocrats, such as the poet Lord Byron and George Jarvis took up arms and joined the Greek revolutionaries.

Have we ever imagined how the Hellenism would be today if the revolution of our Greek Ancestors had failed? If the blood of those heroic freedom fighters, to mention few, KOLOKOTRONIS, NIKITARAS, KARAIKAKIS, BOUBOULINA, MPOTSARIS and more, had been wasted? If the Ottomans were still ruling, Hellas would be an underdeveloped territory of the Ottomans, a territory where the crescent of Islam would rule over our country's sun and sea instead of the cross and the Acropolis. The Hellenes might not speak their language; they would ignore their glorious history, and the contribution of their ancestors to the contemporary world civilization.

All of the above scenarios, may sound as a nightmare, however, this would have been today's reality if the blood of those heroic Hellenes were wasted.

We should not also forget that the young American Nation at that time offered to the Greeks encouragement for their efforts to achieve independence. The continuous friendship between American and Greek Nations has remained strong over the years because it flows from our shared values, common goals, and mutual respect.

Now Greece faces a different kind of war which is defined by a struggle to overcome the country's economic crisis. Economic crisis is not only affecting Greece but other countries as well. It is a sign of the times we are all experiencing, even in this country. As Greece and other countries fight the economic war, we need to have hope and optimism.

We believe the Greek Spirit of self-discipline, sacrifice, and optimism that guided the Greek people through the victory in 1821 will once again guide them to overcome the present difficult days of economic crisis.

Thank you and God Bless you.

Aphrodite Togias, MD



Church President Dr. Aphrodite Togias and Luzerne
County Commissioner Stephen Urban



PANCYPRIAN WOMEN'S ISSUES NETWORK
2011 Woman of the Year Award
Honoring Ambassador Aglaia Balta
Consul General of Greece in New York
Saturday, March 5, 2011
Terrace on the Park, New York



NYS Senator. Mr. Gianaris, Ambassador Aglaia Balta, Dr. Christodoulidou



Nutrition and Health

Why Eat Breakfast? Sophia Aslanis, RD, CDN

Sophia Aslanis, RD, CDN, Founder of
Nutrition4Life

- Your body needs fuel before you start your day.



- Kids who eat breakfast do better in school.
- Adults perform better at work after eating a healthy breakfast.
 - You will be in a better mood the rest of the day.
- When you skip breakfast, you are more irritable, and have higher levels of stress hormones, which can lead to weight gain (or make weight loss more difficult).
 - Eating breakfast helps you get to, or stay at, a healthy weight.
- Yes, it is true! Of those members of the National Weight Control Registry of people who have lost over 60 pounds and kept it off for an average of six years, 78% say that breakfast is part of their weight-control strategy.
 - You might live longer.
- Studies of large populations show that those who live longer also eat breakfast.



Breakfast Ideas



Combine $\frac{3}{4}$ cup of whole grain cereal (such as bran flakes, shredded oats, any Kashi cereal, Wheaties, Total and Raisin Bran) with 1 cup of nonfat, 1%, or soymilk, 1 cup of berries or half of a banana sliced on top. Sprinkle with 2 TBSP slivered almonds or flaxseeds.

1 cup of light or fat-free vanilla yogurt, $\frac{3}{4}$ cup of low-fat granola or Kashi Go Lean Crunch, and 1 small sliced fruit; layer to make parfait.

2 whole-grain toaster waffles with 1 tablespoon of natural peanut butter, and 1 cup of sliced peaches or strawberries.

1 cup of cooked oatmeal prepared with half a cup of nonfat, 1%, or soymilk, 2 tablespoons of raisins and $\frac{1}{4}$ cup nuts.

2 egg whites cooked in 1-2 tsp olive oil, on a whole grain bun or 2 slices of 100% whole wheat bread, with spinach and tomato slices, and 1 orange.

1 banana, 1 TBSP smooth natural peanut butter, 1 cup of soymilk, 2 TBSP of flaxseeds, and 1 scoop of protein powder, mixed with ice in a blender for a smoothie.

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(Please be advised - The following article is written in Greek, please ensure that your email and/or browser supports Greek characters)

Ο Ρόλος της Νηστείας στην Μεσογειακή Δίαιτα

Δέσποινα Κομνηνού, MD, PhD, CNS

Επιστημονικός Συνεργάτης, Mezitis Education and Research Institute, New York

Dr. Despina Komninou

Η μακροζωία και τα χαμηλά ποσοστά χρόνιων παθήσεων, όπως καρδιαγγειακών και καρκίνου, των κατοίκων της Κρήτης είχε αποδοθεί στο τρόπο διαβίωσης και στις διατροφικές τους συνήθειες. Είναι γεγονός όμως, ότι στη δεκαετία του 1960, το 60% των Κρητών που συμμετείχαν στη σχετική μελέτη συνήθιζαν να ακολουθούν πιστά το σαρανταήμερο της νηστείας του Πάσχα, όπως και όλων των νηστειών της Ελληνικής Ορθόδοξης Εκκλησίας (συνολικά 180-200 ημέρες το χρόνο). Δηλαδή, αποχή από τροφές ζωικής προέλευσης, όπως κρέας, κοτόπουλο, ψάρι, γαλακτοκομικά προϊόντα, αυγά και τυρί, καθώς κι από ελαιόλαδο ορισμένες ημέρες (Τετάρτες και Παρασκευές); ενώ, μαλάκια και οστρακοειδή, όπως γαρίδες, καλαμάρι, σουπιές, χταπόδι, αστακός, μύδια, καβούρια, καθώς και σαλγκάρια θεωρούνται νηστήσιμα edésματα.



Τίθεται, λοιπόν, το ερώτημα εάν τα ευεργετικά αποτελέσματα της Κρητικής Δίαιτας σχετίζονται με την κατανάλωση του ελαιόλαδου ειδικά, ή με την Μεσογειακού-τύπου διατροφή γενικά, ή πίο συγκεκριμένα με την πρακτική της νηστείας υπό την έννοια του περιορισμού ορισμένων τροφών και θερμίδων κατά περιόδους. Ο περιορισμός αφορά όχι μόνο το είδος της τροφής αλλά και την ποσότητα των γευμάτων. Και εδώ τονίζουμε την σημασία της υποθερμιδικής δίαιτας σε αντιδιαστολή με την αλόγιστη υπερκατανάλωση θερμίδων που χαρακτηρίζει την εποχή μας. Η υποθερμιδική δίαιτα είναι η πλέον επιστημονικά τεκμηριωμένη δίαιτα σε πειραματόζωα που αυξάνει σημαντικά την διάρκεια ζωής (κατά 40%) και ελαττώνει την εμφάνιση των παθήσεων που έχουν σχέση με την γήρανση (κοιλιακή παχυσαρκία, διαβήτης, νεφροπάθειες, καρδιοπάθειες και καρκίνο).

Παρά το γεγονός ότι η νηστεία ήταν κυρίαρχο στοιχείο της διατροφικής συμπεριφοράς των περισσότερων Κρητικών δεν έχει εξετασθεί επιμελώς ως σημαντικός και ανεξάρτητος παράγοντας στη Κρητική Δίαιτα η οποία αποτέλεσε το πρότυπο της υγιεινής διατροφής. Νεώτερες μελέτες δείχνουν ότι οι Ορθόδοξοι Χριστιανοί που ακολουθούν πιστά τις νηστείες της θρησκείας μας υιοθετούν έναν πίο υγιεινό τρόπο ζωής και αυτή η πρακτική έχει σημαντική επίδραση στην φυσική και πνευματική τους υγεία. Συγκεκριμένα, βρέθηκε ότι οι Κρητικοί που νηστεύουν ελαττώνουν τα επίπεδα λιποπρωτεϊνών στο αίμα καθώς και τον δείκτη μάζας σώματος (BMI, δείκτης παχυσαρκίας). Επίσης, η δίαιτα των καλογραιών που μελετήθηκε από το Πανεπιστήμιο της Κρήτης ήταν πολύ χαμηλή σε χοληστερόλη και κεκορεσμένα λιπαρά, και πλούσια σε φυτικές ίνες και αντιοξειδωτικές βιταμίνες, λόγω της αυξημένης κατανάλωσης χορταρικών, λαχανικών, φρούτων, ξηρών καρπών, δημητριακών και όσπριων.

Η Κρητική δίαιτα εμπεριέχει σημαντικά στοιχεία, όπως κι αυτό της νηστείας, που συμβάλουν στη διατήρηση της μεταβολικής αρμονίας καθώς μεγαλύτερη έμφαση δίνεται στο πνεύμα το οποίο κυριαρχεί και εξουσιάζει το σώμα. Η νηστεία, ως άσκηση αυτοπειθαρχίας και αυτοέλεγχου, ενδυναμώνει την πνευματική και διανοητική λειτουργία του ατόμου και βοηθά στην κάθαρση του σώματος από τα τοξικά παράγωγα του μεταβολισμού που συσσωρεύονται με την πάροδο του χρόνου, εμπλουτίζοντάς το συγχρόνως με αντιοξειδωτικά και άλλα στοιχεία που ενισχύουν τους αμυντικούς μηχανισμούς του οργανισμού. Ακόμη και πέρα από τις όποιες θρησκευτικές πεποιθήσεις του καθενός, η νηστεία που διατηρεί τον χρυσό κανόνα της προετοιμασίας του γεύματος, μέτρο-ισορροπία-ποικιλία, μπορεί να αποτελέσει έναν τρόπο επανόρθωσης και αντίστασης ενάντια στις τάσεις της βιομηχανοποιημένης μας κοινωνίας με όλα τα δυσάρεστα επακόλουθα γιά την υγεία μας.

Distinguished Colleagues

Dr. Marinos Petratos

Past President of The Hellenic Medical Society of New York



Dr. Petratos, Hon.

Tsoucalas and Mr. Tsunis

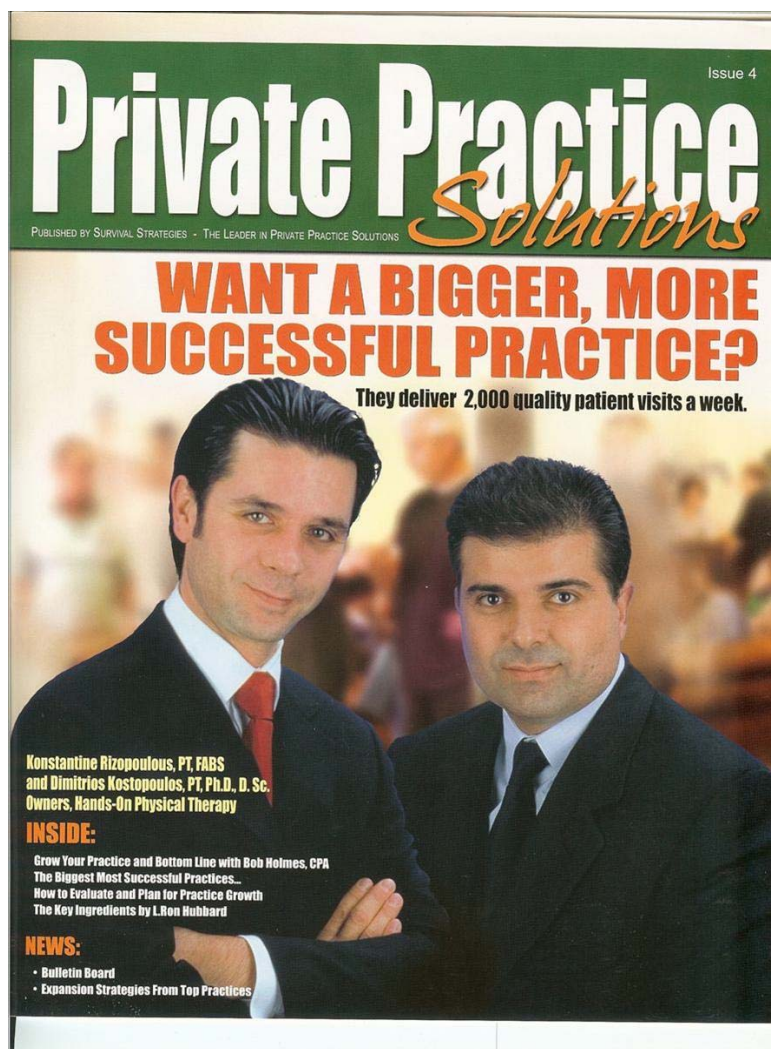


Dr. Marinos Petratos

Dr. Marinos Petratos was inducted into The Alpha Omega Alpha Honor Medical Society at UMDNJ. (Dec. 2010)

World Renowned Hellenes Award \$100,000 for the Promotion of Quality Physical Therapy

Dr. Dimitrios Kostopoulos and Konstantine Rizopoulos, PT, MCMT, are world-renowned authorities in the field of myofascial pain and founders of Hands-On Seminars, an international continuing education organization that teaches Manual Physical Therapy. In a recent [Press Release](#) the two experts from New York indicated that not all physical therapy is the same. There is effective physical therapy and ineffective physical therapy. Dr Kostopoulos and K. Rizopoulos have recently awarded \$100,000 in scholarships for the promotion of quality manual physical therapy around the world. [Watch it here.](#)



Konstantine Rizopoulos, PT, MCMT and Dr. Dimitrios Kostopoulos

Dr. Paul Kovatis

Foot and Ankle Surgeon featured in New Jersey Top Doctors Listing



Dr. Paul Kovatis

Dr. Kovatis, Hackensack University Medical Center, is past president of the Bergen County Medical Society.

ANNOUNCEMENTS



Obituary

Dr. Theodore Yanos

I wanted to say a few words, to remind us of the full scope of the loss that we are acknowledging today, and of the full significance of the life of the man we are honoring.

Although we are all different and special in our own way, there are different types of people in the world, and my father belonged to a rare and special category of person. In her book "Exuberance," psychologist Kay Jamison describes this rare type of person in detail. This type of person is boundless in energy, joy and zest for life. He makes friends quickly and easily and leaves a clear impression on all he meets. He is decisive and has clear convictions. A well-known example of this type of person is President Theodore Roosevelt, one of my father's personal heroes. I have no doubt that my father was also this type of person. My father's boundless energy and enthusiasm were immediately obvious to anyone who met him. No one who met him could forget him, those who met him usually liked him right away, and he had more friends than anyone I've ever known. He didn't accept that things couldn't be done, and famously did this by, after working as a furrier in New York's garment district for many years, beginning college at the age of 33 in pursuit of his goal of becoming a physician, at an age when most people said he was too old to change his life's direction. When people voiced amazement about his energy and accomplishments, he would respond with his trademark, which required no further discussion: "Yanos is the name!" There was no irony or cynicism to the way my father interacted with the world- what you saw was what you got, straightforward, sincere and true. My father loved his friends and was devoted equally to all of them, from all phases of his life, throughout his life. My father loved his work, and worked tirelessly to help his patients to get well. My father loved his family, and devoted boundless energy to us. Our childhood was comprised of a constant stream of travel, museums, operas, ballet, historical sites, church, sporting events and parties. And my father loved his community. His devotion and commitment to the Greek American and Kastorian communities were also well known. Even when confronted with tragedy, as he was when his wife died suddenly, he proceeded with determination and the attitude that life had to go on for the sake of the living.

Now, as most of us know, in the last 10 years, illness brought out a different side of my father. Although I initially found it difficult to accept, I eventually came to appreciate getting to know a different, more contemplative side of my father. For the first time, I was able to sit with him for long stretches reading, drinking coffee and just being together without doing anything in particular. In the end, I think that it was appropriate that he was granted an opportunity to slow down, appreciate life's little pleasures, and tell those around him - especially his devoted wife - how much he loved them.

So as we leave today, I ask that you remember Ted Yanos as a great man. A fun-loving friend, real New Yorker, a true Greek-American, a Kastorian, committed healer and public servant, and a family man.



40 Day Memorial Service Dr. James Basil Gabriel

Brown '45, Harvard Medical '49. Attending Physician at Roosevelt Hospital since 1962. Member of the Executive Board of The Hellenic Medical Society of New York
Died peacefully on March 9, 2011. Beloved husband of Nancy, loving father of Lynn and Jim Angelus and Jim and Sally Gabriel. Cherished grandfather of Nicholas, Evan and Chris. Dear brother of Elizabeth, Marjie and Peter Allan.

Dr. James Gabriel's 40 Day Memorial Service will be held on Sunday April 10, 2011 at the Greek Orthodox Church of the Resurrection, Brookville, NY. There will be a luncheon to follow at Limani Restaurant, 1043 Northern Blvd, Roslyn NY.



Maestro Dino Anagnost Passes Away



Maestro Dino Anagnost

A native of Manchester, New Hampshire, Dr. Anagnost graduated from Boston University and The Juilliard School. He received a doctorate from Columbia University. For his musical achievements, Maestro Anagnost, among other distinctions and awards, was nominated for a Grammy by the National Academy of Recording Arts and Sciences, and was conferred the honor of Commendatore in the Order of Merit of the Italian Republic for his service to Italian music in the United States.

As Music Director and Conductor of The Little Orchestra Society, Maestro Anagnost collaborated with some of the 20th century's major composers - Aaron Copland, Virgil

Thomson, Gian Carlo Menotti, Christopher Rouse, Aaron Jay Kernis, John Tavener, Mikis Theodorakis, David Diamond, John Corigliano, Igor Stravinsky and Leonard Bernstein. Dr. Anagnost loved working with young people and was committed to introducing the wonderful world of classical music to young audiences everywhere.

He will always be remembered at the Cathedral as "The Maestro." He was a master musician, a devout Christian, passionate Hellene and dear friend to many. May God grant the peaceful repose of his soul and may his memory be eternal.

Women in Medicine

[Dr. Maria Kalopothaki Annual Medical Symposium](#)



THE HELLENIC MEDICAL SOCIETY OF NEW YORK

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**Πρώτο Ετήσιο Συμπόσιο Δρ. Μαίρης Καλοποθάκη
με βράβευση διακεκριμένης Ελληνο-Αμερικανίδας ιατρού**



Τιμώμενο Πρόσωπο

Δρ. Μαρία Δεληβοριά-Παπαδοπούλου

Διευθύντρια, Neonatal Intensive Care Unit St. Christopher's Hospital for Children,
Καθηγήτρια Παιδιατρικής και Φυσιολογίας, Drexel University



Επιστημονικό Πρόγραμμα

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Ελένη Τουσίμη M.D.

Weill Cornell Medical College

Μαρία Θεοδούλου M.D.

Memorial Sloan-Kettering Cancer Center

Τρίτη 29 Μαρτίου 2011, 6:00 - 9:00 μ.μ.

Memorial Sloan-Kettering Cancer Center - Rockefeller Research Labs

430 East 67th Street, RRL – Auditorium

Κρατήσεις διά τηλεφώνου (718) 398-2440



Dr.

Solomidou, Dr. Lymberis, Dr. Delivoria, Dr. N. Mezitis,
Mrs. Kokolis, Ambassador A. Balta, Dr. Theodoulou.

Dr. Maria Delivoria-Papadopoulos was the recipient of the first **Maria Kalopothaki Award** from the HMS honoring her 50 years of medical practice and pioneering work in neonatology and perinatal medical research.

Dr. Maria Delivoria-Papadopoulos, like **Maria Kalopothakes** performed a historical **first**: the world's **first** successful use of a ventilator to treat premature newborns suffering from respiratory distress syndrome. In 1964, prior to her joining the Penn faculty, she resuscitated an 1800-gm (4-lb) premature infant suffering from respiratory distress syndrome at 34 weeks gestation that had had complete cardiorespiratory arrest. Using the Bird respirator, she ventilated the infant for 12 days, after which it survived on its own

Dr. Maria Delivoria-Papadopoulos completed her undergraduate work at Sorbonne University in Athens, and received her medical degree from National University School of Medicine, also in Greece. She then received a post doctorate degree in physiology at the University of Pennsylvania spending the next 29 years as a faculty member.

In 2006, she was awarded the **Ralph W. Brenner Chair in Pediatrics** at St. Christopher's Foundation for Children. Her steadfast dedication to at-risk newborns has earned her recognition as a leader in the field of neonatal and perinatal medicine. As Professor of Pediatrics, Physiology and Obstetrics/Gynecology at Drexel University College of Medicine and Director of the Neonatal Intensive Care Unit at St. Christopher's Hospital for Children, Dr. Delivoria-Papadopoulos has expanded the science of neonatology and continues to make significant and lasting contributions to the health of the world's children through her groundbreaking research.



HMS NY President Dr. Nicholas Mezitis

Radio

'Υγεία και Ζωή'

Greek Language Health Program on COSMOS FM 91.5 Public Radio

Produced by the Mezitis Education and Research Institute



Dr. George Dangas

March 12

Dr. George Dangas

Cardiology Professor Mt Sinai School of Medicine

Discussed 'Interventional Cardiology Techniques'



March 19



Dr. Helen Rouvelas

Dr. Helen Rouvelas
Pediatrics - Pulmonary
Mt Sinai Hospital Queens

Discussed 'Pediatric Asthma.'



Dr. George Alexopoulos

March 26
Dr. George Alexopoulos
Professor of Psychiatry
Weil Cornell College of Medicine

Discussed "The Chemistry of
Depression"

Please consider sharing your expertise in future programs.

Contact: [MERI](#)



[Dr. George Tsioulis](#)

The 17th annual expedition of Omada Aigaiou, last year's recipient of the HMSNY distinguished philanthropic organization award, will take place May 5-16.

This year the Omada will visit 7 remote and isolated islands of the Aegean Sea and offer free medical tests by a multi-specialty team fully equipped with sophisticated medical devices, as well as infrastructure projects that will improve the quality of life of these



modern time Akrites.



Highlights of this year's expedition are the inauguration of a desalination plant in Sikinos, jointly with the President of the Greek Republic Mr. Papoulias, and a visit to Kastelorizo, the remotest of all Greek islands, which has acquired special national interest because its unique location and importance in defining the Exclusive Economical Zone of Greece in that area.

HMSNY members Drs. Ageliki Vouyouka and George Tsioulias, as well as long time HMSNY supporter businessman Stavros Vouyouklakis will be participating in this year's expedition.

The Omada Aigaiou has expressed interest in recruiting a pediatrician and an ENT for the USA.

For more information you can call our Society's office at 718-398-2440 or visit www.omadaaigaiou.gr.

George John Tsioulias, MD, PhD, FACS

The Hellenic Medical Society of New York | P.O. Box 1952 | New York, New York 10156 |

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