



# HELLENIC Academy of Thermal Medicine

Healing in Greece

FULL MEMBER OF FEMTEC

## 2<sup>nd</sup> world CONGRESS OF THERMAL MEDICINE ACADEMY



### The Contribution of Thermal Medicine TO PUBLIC HEALTH

**8-10 October 2021**

**HOTEL «GALINI» | KAMENA VOURLA**

CO-ORGANIZATION:



UNDER AUSPICES:



### CONGRESS PROGRAM | OFFICIAL LANGUAGE ENGLISH

The Conference will take place both in person and live streaming according to protocols of Covid-19

**PRESIDENT OF THE CONGRESS:** Kouskouris Konstantinos

**ORGANIZING COMMITTEE:** President: Polydorou Antonios, **SCIENTIFIC COMMITTEE:** President: Stathopoulos Apost.

**Members:** Skandalakis Pan., Koutsilieris Michael, Giannoukas Athanasios, Patsourakos Fotios, Manolas Panajiotis, Kochiadakis George, Agathagellou Petros, Poludorou Victoria, Agni Pantou, Johnson Elizabeth, Galagos Avxedios, El Farouk Mohamed, Cotrutz Carmen Elena, Conharova Olga, Soliman Mohamed, Dangas George, Pantos Konstantinos, Michopoulou Elina

[www.thermalmedicineacademy.gr](http://www.thermalmedicineacademy.gr), email: [konkouskouris@gmail.com](mailto:konkouskouris@gmail.com)

# 2<sup>nd</sup> world CONGRESS OF THERMAL MEDICINE ACADEMY

## President's message of Hellenic Thermal Medicine Academy



Dear colleagues and participants,  
I honorarily invite you to the 2nd World Congress of Thermal Medicine which will be held 08-10 October 2021 at the Hotel Galini, Kamena Vourla. In this Congress will participate outstanding colleagues, as well as internationally well-established personalities who will present all the scientific up to date information and evolutions in the Thermal Medicine while at the same time lectures, workshops and round table discussions will take place.

The 2nd World Congress of Thermal Medicine in cooperation with the

European University of Cyprus will be co-organized also with the Regional Governor of Attica Mr G. Patoulis, the Regional Governor of Central Greece, Mr T. Spanos, the Cultural Development Organization of Central Greece and the Hellenic Academy of Thermal Medicine. The Hellenic Academy of Thermal Medicine was founded in 2015, aiming to establish and update Thermal Medicine as a complementary therapeutic method, with scientific documentation of its medical applications. Promising signs for Greece are the legal and institutional framework, as well as the decision of

Plenary Session of Central Health Council in 2018 to establish Complementary Medicine integrating the Thermal Medicine. The on-going approval of prescriptions from National Organization of Health Services has confirmatory role for the effects of the complementary Thermal Medicine's therapies.

Thermal Medicine, with the scientific documentation supports the thermal, mechanical, chemical and particularly biological and immunological effects of the healing natural resources and has emerged as a complementary therapeutic method to the Classical Medicine.

# The Contribution of Thermal Medicine TO PUBLIC HEALTH

From ancient time health, wellness, power and beauty are among the most precious goods of life, particularly in ancient Greece, the care of physical, mental and spiritual health was an important part of Greek culture, according to Hippocrates, Father of Medicine, who founded the principles of Thermal Medicine.

The therapeutic methods of Thermal Medicine are: external hydrotherapy (balneotherapy), drinking therapy, inhalation therapy, clay therapy, salt therapy, thalassotherapy, cave therapy and biometeorological therapy. Thermal Medicine updated from the empirical state to the scientific one with evidence studies (evidence based medicine) in Greece beginning 2006, has therapeutic actions in different diseases of myoskeletal, neurological, respiratory, cardiovascular, hematopoietic gastroenterological, urological and endocrine system as well as in dermatological, gynecological, allergic and otorhinolaryngologic ailments.

Therapeutic applications of Thermal Medicine in the various specialties are applied based on research, medical studies, doctoral theses and scientific papers. Medicine helps eventually not only the treatment, recovery and rehabilitation of physical, mental and spiritual health, but also helps the treatment of

silver & golden age, by applying longevity and well-being standards, as a preventive method.

This effort reflects the current situation in Greece that aspires for our country to become a global health resort medspa not only for the elderly and patients with chronic diseases but also as Preventive Medicine, under the medical supervision, always by experienced and internationally acclaimed physicians. Our basic aim is to stop the «brain-rain» and develop the «brain-regain», as the interest is growing internationally since the patients are looking for upgraded medical treatment, recovery, rehabilitation, antiaging and wellness services.

Substantial role plays the establishment of a Master Degree Program specialized in Thermal Medicine in the Medical School of Athens, as well as a similar e-learning program. This effort has the ultimate goal of integrating Thermal Medicine as an elective course in undergraduate medical students' education and additionally as thermal medical education in postgraduate programs related to different specializations.

The financial evaluation of the establishment and promotion of Greece as Health Tourism well-ness destination, especially for older people in combination with all thematic forms of tourism (clusters)

inducing high added values and new jobs.

Determinant is the contribution of Attica Regional governor President AMA, g.H.D.I, IHTC, ELITOUR and Founding Member of the Hellenic Academy of Thermal Medicine G. Patoulis, in promoting and establishing internationally the Thermal Medicine. He with his inspirational energy created the global Hippocrates Institute of Doctor's and the International Health Center, formulating national policy for the revival of Hippocrates spirit establishing Greece to be prominent not only as therapeutic but at the same time as educational center of Hippocrates 's Medicine and Classical Medicine with holistic approach.

*Yours sincerely,*

**Kouskoukis Konstantinos**

Professor of Dermatology -Lawyer-  
President of Hellenic Thermal Medicine  
Academy & Health Tourism Assoc.  
President of World Academy of Chinese  
and Complementary Medicine,  
B' V. President of Global Hippocratic  
Doctor's Institute

# 2<sup>nd</sup> world CONGRESS OF THERMAL MEDICINE ACADEMY

FRIDAY  
8|10

**10:00 - 14:00 WORKSHOP**  
**COORDINATORS**

*Rigopoulos Dimitris, Professor of Dermatology, President of the Hellenic Society of Dermatology & Venereology  
Begkas Dimitrios, Orthopaedic Surgeon, Phd, Orthopedic clinic "Nikaia" General Hospital*

**10:00 - 10:30 Biological effects of thermal medicine**

*Christodoulou Nikolaos, Cardiologist r. General, f. Director of Cardiologic Clinic in 401 GMH*

**10:30 - 11:00 Thermal medicine in skin diseases**

*Pitsari Paraskeui, Dermatologist - Venereologist PhD DUTH*

**11:00 - 11:30 The contribution of thermal medicine in public health**

*Kafkas Ilias, Dermatologist, MSc, PhD NKUA, V. President of Hellenic Thermal Medicine Academy*

**11:30 - 12:00 Break**

**12:00 - 13:00 COORDINATORS**

*Konstantinidis Theodoros, Professor of Hygiene, President of the MSc Health and Safety at Work, DUTH  
Papachristou Nikolaos, Plastic Surgeon*

**12:00 - 12:30 Thermal medicine to primary health care**

*Skliros Efsthios, General Practitioner, President of HSHREP, V. President GCGR*

**12:30 - 13:00 Sports medicine and thermal medicine**

*Roussis Xenofon, Orthopedician, Dr Medical School Bologna University, President of ATHLETIA*

**13:00 - 15:00 BREAK**

**15:00 - 18:30 Visiting Thermal Springs Galini, K. Vourla, Koniaviti & Cosmetic Spring**

*Kontos Charalambos, Dentist, Director of Health Center Piraeus*

SATURDAY  
9|10

**08:30 - 11:00 COORDINATORS**

*Pantos Konstantinos, Obstetrician Gynecologist, PhD of NKUA, Director of Clinic "Genesis"  
Zisimopoulos Athanasios, Prof. of Nuclear Medicine, DUTH, f. President of Hellenic Nuclear Medicine Society*

**08:00 - 09:00 Personalised advanced medical esthetics with thermal elements**

*Kouskoukis Alexandros - Efstratios, Biologist, MSc, PhD of Medical Schools NKUA & DUTH Universities*

**09:00 - 09:30 Physical and Thermal Medicine in public health**

*Velonas Stylianos, Military MD, . Consultant of Physical Medicine and Rehabilitation Dpt, Acupuncturist, 414 Military Hospital*

**09:30 - 10:00 Thermal medicine in heart diseases**

*Polydorou Antonios, Cardiologist, H. Professor, University of Medicine Iasi, Romania, Director of the Panygeia University Hospital Cyprus,  
GDHI Secretary General, Ambassador of Hellenic Tourism*

# The Contribution of Thermal Medicine TO PUBLIC HEALTH

SATURDAY  
9|10

- 10:00 - 10:30** **The contribution of Thermal Medicine in neurological diseases**  
*Mangioros Dimitrios, Neurosurgeon, Acupuncturist, Chief in Neurosurgical Dpt & Pain Management Division, 251 HAF*
- 
- 10:30 - 11:00** **The contribution of Thermal Medicine in Public health in England**  
*Elina Michopoulou, Associate Professor, Business Management, University of Derby*
- 
- 11:00 - 11:30** **BREAK**
- 
- 11:30 - 13:30** **COORDINATORS**  
*Patsourakos Fotios, Cardiologist, President of Athens Medical Association, Treasurer of GDHI  
Tombris Stavros, General Secretary of Hellenic Academy of Thermal Medicine, Maxillofacial Surgeon, MSc, MD DUTH*
- 
- 11:30 - 12:00** **The contribution of Thermal Medicine in Public health in India**  
*Sherian Sanjey, Prof. of Thoracic Surgery, India*
- 
- 12:00 - 12:30** **Safety through regulation**  
*Giotis Konstantinos, Founder of DHI Global Medical Group*
- 
- 12:30 - 13:00** **The contribution of Thermal Medicine in Public health in Romania**  
*Glaudia Dragomir, Prof. Gr.T.POPA University, Romania*
- 
- 13:00 - 13:30** **The contribution of Thermal Medicine in Public health in Russia**  
*Olga Conharova, Professor, General practitioner, President of the woman doctors in Moscow, Russia*
- 
- 13:30 - 15:00** **BREAK**
- 
- 15:00 - 17:00** **COORDINATORS**  
*Skandalakis Panagiotis, Professor of Surgery, NKUA, Chairman of the HHG Scientific Council Committee, President of ESKAN, f. Deputy Minister of Foreign Affairs  
Koutsilieris Michail, Professor of Experimental Physiology, NKUA, President of Board State Scholarship Foundation*
- 
- 15:00- 15:30** **Cognitive traps in medical practice**  
*Chatzipavlou Alexander, MD, MSc, Clinical Prof. of Orthopedic Surgery & rehabilitation, University of Texas, f., Professor of orthopedic surgery, University of Montreal, Adjunct Professor of Chiropractic School, Houston, USA*
- 
- 15:30- 16: 00** **The contribution of Thermal Medicine in Public health in Egypt**  
*Ayman Fakhry, Egypt Prof. of Vascular Surgery, Egypt*
- 
- 16:00- 16:30** **The contribution of Thermal Medicine in Public health in Serbia**  
*Dejian Stanojhevic, Prof. of V. Surgery, University of Serbia*
- 
- 16:30 - 17:00** **In vitro fertilization and Health Tourism**  
*Spinos Nikitas, Obstetrician - Gynecologist, PhD Patra's University, Director of AVE Medical Center*
- 
- 17:00 - 17:30** **BREAK**
- 
- 17:30 - 19:30** **COORDINATORS**  
*Kouskoukis Konstantinos, Professor of Dermatology -Lawyer -President of Hellenic Thermal Medicine Academy, President of World Academy of Chinese and Complementary Medicine, B' V.President of Global Doctor's Hippocratic Institute  
Polydorou Antonios, Cardiologist, H. Professor, University of Medicine Iasi, Romania, Director of the Panygeia University Hospital Cyprus, GDHI Secretary General, Ambassador of Hellenic Tourism*
- 
- 17:30 - 18:00** **Effects of Thermal Medicine in Respiratpry Diseases**  
*Bouros Dimosthenis, Professor of Pulmonology , NKUA, Athens Medical Center*
-

# 2<sup>nd</sup> World CONGRESS OF THERMAL MEDICINE ACADEMY

SATURDAY  
9|10

**18:00 – 18:30 History of Hippocratic Medicine**

*Geroulanos Gerasimos, Professor of Surgery, Zurich University, Vice President of Kos Hippocratic Institute*

**18:30 – 19:00 Immunotherapy against glioblastoma: latest results**

*Stathopoulos Apostolos, MD, PhD, Prof. of Neurosurgery (USA), President & CEO of ERC Worldwide*

**19:00 – 19:30 Thermal Medicine in Vascular Diseases**

*Giannoukas Athanasios, Professor of Vascular Surgery, President of Medical School University of Thessaly*

**20:00 – 21:00 OPENING CEREMONY**

**GREETINGS**

*Staikouras Christos, Minister of Economics*

*Geordiadis Adonis, Minister of Development & Investments*

*Gkagka Asimina, A. Minister of Health, Professor of Pulmonology, President of CHC*

*Gerekou Angeliki, President of GNTO f. Deputy Minister of Culture and Tourism*

*Representatives of the Greek Parliament*

*Patoulis Georgios, Regional Governor of Attika, President of AMA, ELITOUR, & G.H.D.I.*

*Spanos Theofanis, Regional Governor of Central Greece*

*Sikiotis Ioannis, Mayor of Kammena Vourla*

*Bendeniotis Emanouil, V. Chairman of BD European University of Cyprus, f. d. Minister*

*Dimitriadis Pavlos, Journalist, Editor & Director of Dealnews newspaper*

*Zang Qyuei, Ambassador of people's Republic of China*

*Iveta Hricova, Ambassador of the Slovak Republic*

**20:30 – 20:45 The perspectives of Health tourism in Attika region**

*Patoulis Georgios, MD, Orthopaedic Surgeon, Regional Governor of Attika, President of Athens Medical Association, President of Global Doctor's Hippocratic Institution & ELITOUR*

**20:45 – 21:00 Thermal medicine as preventive medicine in Public Health**

*Kouskoukis Konstantinos, Professor of Dermatology -Lawyer -President of Hellenic Thermal Medicine Academy, President of World Academy of Chinese and Complementary Medicine, B' V. President of Global Doctor's Hippocratic Institute*

SUNDAY  
10|10

**08:30 – 11:00 COORDINATORS**

*Rousaki Aggeliki, Professor of Dermatology, University of Thessaly*

*Theophili Eleni, Prof. University of West Attica*

**08:30 -09:00 The contribution of Thermal Medicine in Slovakia**

*Masan J., MD, PhD - Korcova J., Golska S, Bratislava*

# The Contribution of Thermal Medicine TO PUBLIC HEALTH

SUNDAY  
**10|10**

- 
- 09:00-09:30 Covid-19. Hygiene & Safety in thermalistic centers**  
*Tzouvara Sofia, General Practitioner, Phd, MSc of Medical School NKUA, Gen. Secretary in World Academy of Chinese and Complementary Medicine*
- 
- 09:30 - 10:00 Thermal Medicine in obstetrics and gynecology**  
*Kreatsas Georgios, Professor of Obstetrics and Gynecology, f. V. Rector of NKUA*
- 
- 10:00 - 10:30 How therapeutic architecture could support wellness and hospitality facilities during Covid-19**  
*Chrysikou Evangelia, Assoc. Professor, Director Healthcare Facilities, University College London (UCL)  
Savopoulou Eleftheria, Assist. Professor, Director Healthcare Facilities, University College London (UCL)*
- 
- 10:30 - 11:00 The contribution of Epigenomics and Multiomics in Public Health**  
*Giannios John, Prof., Head of the postgraduate dept of genomic medicine and healthcare, USW, UK, President of the Hel.&Int Society of Molecular and Genomic Medicine*
- 
- 11:00 - 11:15 Break**
- 
- 11:15 - 13:15 COORDINATORS**  
*Giatzidis Alexandros, MD Surgeon, President of MediLab  
Nikolaou Chrysoula, Prof. of medical biopathology – immunology NKUA, V. President of CHC*
- 
- 11:15 - 11:45 Thermal Medicine to Aesthetic Dermatology and anti-aging**  
*Kardasi Maria, Dermatologist, Antiaging, Aesthetic Medicine, President of Anti-Aging Academy*
- 
- 11:45 - 12:15 The contribution of plastic surgery to health tourism**  
*Boukouvalas Zisis, PhD, Plastic Surgeon, Director of Plastic Clinic "Metropolitan Hospital"*
- 
- 12:15 - 12:45 Experience of thermal aesthetics in aesthetic dermatology**  
*Prinou Alkistis, MD, Medical Aesthetics Centers*
- 
- 12:45 - 13:15 Thermal Therapy as preventive therapy in orthopedic diseases**  
*Papadellis Panagiotis, Orthopedic Surgeon, f. Director of Orthopedic Clinic "KAT" Hospital*
- 
- 13:15-13:45 Homeopathic Medicine and Public Health**  
*Papamethodiou Dimosthenis, Neurologist, MSc, President of Hellenic Society of Homeopathic Medicine*
- 
- 13:45 - 14:15 The contribution of vaccinations in public health**  
*Myrianthefs Pavlos, Prof. of Pneumonology, Nursery & NKUA*
- 
- 14:15 - 14:45 Digital solutions blockchain for personalized medical data**  
*Nikos Boganikolos, PhD Informatics, President of Aratos Group*
- 

**Official language - English**  
**The Conference will take place both in person and live streaming according to protocols of Covid-19**

## PARTICIPATION

**Agathagelou Petros**, Cardiologist, President of Cyprus Medical Association

**Bendeniots Emanouil**, V. Chairman of Board Directors - European University of Cyprus, f. D. Minister

**Boگونikolos Nikos**, PhD Informatics, President of Aratos Group

**Boukouvalas Zisis**, PhD, Plastic Surgeon, Director of Plastic Clinic "Metropolitan Hospital"

**Bouros Dimosthenis**, Professor of Pulmonology, Medical School NKUA

**Chatzipavlou Alexander**, MD, MSc. Clinical Prof. of Orthopedic Surgery & rehabilitation, University of Texas, f., Professor of orthopedic surgery, University of Montreal, Adjunct Professor of Chiropractic School, Houston, USA

**Christodoulou Nikolaos**, Cardiologist r. General, f. Director of Cardiology Clinic in 401 GMH

**Chrysikou Evangelia**, Assoc. Professor, University of Edinburg, Director Healthcare Facilities, University College London (UCL)

**Conharova Olga**, Professor, General Practitioner, President of Russian Medical Women's Association

**Cotroutz Carmen Elena**, Professor, V. Dean University of Medicine Iasi, Romania

**Dangas George**, Professor Cardiology & Vascular Surgery, Mont Sinai Hospital, N.Y., Professor of Cardiology NKUA

**El Farouk Mohamed**, Vascular Surgeon, Examiner Royal College of Surgeons in UK, Egypt

**Galangos Avxedios**, Professor of Cardiovascular Surgery Geneva University, President of Galangos University

**Gerekou Angeliki**, President of GNTO f. Deputy Minister of Culture and Tourism

**Geroulanos Gerasimos**, Professor of Surgery, Zurich University, Vice President of Kos Hippocratic Institute

**Giannios John**, Prof., Head of the postgraduate dept of genomic medicine and healthcare, USW, UK

**Giannoukas Athanasios**, Professor of Vascular Surgery, President of Medical School University of Thessaly

**Giotis Konstantinos**, Founder of DHI Global Medical Group

**Iveta Hricova**, Ambassador of The Slovak Republic

**Johnson Elizabeth**, Dean of School of Medicine, Professor of Anatomy European University Cyprus

**Kafkas Ilias**, Dermatologist, MSc, Dr of Medical Schools Athen's University, V. President of Greek Thermal Medicine Academy

**Kardasi Maria**, Dermatologist, Antiaging Doctor, President of The Hellenic Anti-Aging Academy

**Kochiadakis George**, Professor of Cardiology, University of Crete

**Konstantinidis Theodoros**, Professor of Health Duth, President of The MSc Health and Safety at Work

**Kontos Xaralampos**, Dentist, Director Health Center Piraeus

**Kouskoulis Alexandros - Efstratios**, Biologist, MSc, PhD of Medical Schools Athens and Democritus Universities

**Kouskoulis Konstantinos**, Professor of Dermatology -Lawyer- President of Hellenic Thermal Medicine Academy & Health Tourism Assoc. President of World Academy of Chinese and Complementary Medicine, B' V. President of Global Hippocratic Doctor's Institute

**Koutsilieris Michail**, Prof. of Experimental Physiology, NKUA, President of Board State Scholarship Foundation

**Kreatsas Georgios**, Professor of Obstetrics and Gynecology, f. V. Rector of NKUA

**Mangioros Dimitrios**, Neurosurgeon, Chief Of Staff (Hi) 1st Neurosurgical Clinic 251 GNA

**Manolas Panagiotis**, Professor of Surgery, President of the Hellenic Medical Society of New York

**Masan J.**, MD, PhD - Korcova J., Golska S, Bratislava, Poster: Use of ozone therapy in dermatology

**Michopoulou Elina**, Associate Professor, Business Management, University of Derby

**Nikolaou Chrysoula**, Professor Of Medical Biopathology - Immunology NKUA, V. President Of CHC

**Pantos Konstantinos**, Obstetrician Gynecologist, MD of Medical School of NKUA, Director of Clinic "Genesis"

**Pantou Agni**, Obstetrician - Gynecologist, Dr. of Medical School NKUA

**Papadellis Panagiotis**, Orthopedist, f. Director of Orthopedic Clinic "KAT"

**Papamethodiou Dimosthenis**, Neurologist, MSc, President of Hellenic Society of Homeopathic Medicine

**Patoulis Georgios**, Regional Governor of Attika, President of CUGM, AMA, IHTC, ELITOUR, & G.G.D.I.

**Patsourakos Fotios**, Cardiologist, V. President of Athens Medical Association, Treasurer of GDHI

**Pitsari Paraskeui**, Dermatologist - Venereologist, PhD DUTH

**Polydorou Antonios**, Cardiologist, H. Professor, University of Medicine Iasi, Romania, Director of the Panygeia University Hospital Cyprus, GDHI Secretary General, Ambassador of Hellenic Tourism

**Polydorou Victoria**, Cardiologist, PhD, Scientific Consultant in European University of Cyprus

**Prinou Alkistis**, MD Medical Aesthetics

**Rigopoulos Dimitris**, Professor of Dermatology, President of the Hellenic Society of Dermatology & Venereology

**Roussis Xenofon**, Orthopedician, Dr Medical School Bolognia University, President Of Athletia

**Savopoulou Eleftheria**, As. Prof., Director Healthcare Facilities, University College London (UCL)

**Skandalakis Panagiotis**, Prof. of Surgery, NKUA, President of ESKAN, f. Deputy Minister of Foreign Affairs

**Skliros Efsthathios**, General Practitioner, President of GCGR

**Soliman Mohamad**, Professor of Vascular Surgery at Ain Shams University Cairo, Egypt

**Spinis Nikitas**, Obstetrician - Gynecologist, PhD Medical School Patra's University, Director of AVE Medical Center

**Staikouras Christos**, Minister of Economics

**Sykiotis Ioannis**, Cardiologist, Mayor of Kammena Vourla, Spanos Theofanis, Region Governor of Central Greece

**Stathopoulos Apostolos**, MD, PhD, Prof. of Neurosurgery (USA), President & CEO of ERC Worldwide

**Tzouvara Sofia**, G. P., MSc PhD NKUA, Gen. Secretary of the World Academy of Chinese & Complementary Medicine

**Tombris Stavros**, Gen. Secretary of Hellenic Academy of Thermal Medicine, Maxillofacial Surgeon, MSc, PHD DUTH

**Velonas Stylianos**, Head of Dep. of Physical Medicine and Rehabilitation, Commissioner 414 Military Hospital

**Zang Qyuei**, Ambassador of People's Republic of China, Zisimopoulos Athanasios, Prof. of Nuclear Medicine, DUTH, f. President of Hellenic Nuclear Medicine Society

### SPECIAL OFFER FOR THE ATTENDEES:

HALF BOARD (RUN OF THE HOUSE)	PRICE PER ROOM/ OVERNIGHT
Single room	50€ M/V, 65€ S/V
Double room	70€ M/V, 85€ S/V
Triple room	95€ M/V, 110€ S/V

1<sup>st</sup> child 0-12 years: free,  
2<sup>nd</sup> child 2-12 years: 20€

Outside thermal poll (33°C): **Free use**

Late check-out on Sunday till 16:00  
**with no extra charger**

### Secretariat:

Mina Varela:  
6973320486, 6944307423

**Registration- Free issuance of participation certificates**

phone booking: 22350 80501  
email: manager@mitsis-galinihotel.com  
www.mitsishotels.com