

Academy of Thermal Medicine

Healing in Greece

FULL MEMBER OF FEMTEC





HOTEL «GALINI» | KAMENA VOURLA

THERMAL MEDICINE **AS COMPLEMENTARY MEDICINE**









Περιφέρεια Αττικής







NATIONAL TOURISM **O**RGANISATION www.visitgreece.gr











CONGRESS PROGRAM | OFFICIAL LANGUAGE ENGLISH

SCIENTIFIC COMMITTEE

President: Kouskoukis Konstantinos

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

Members: speakers and cordinators of the Congress

www.thermalmedicineacademv.gr. email: konkouskoukis@gmail.com



President's message of Hellenic Thermal Medicine Academy

Dear colleagues and participants

The 6th Panhellenic Congress of Thermal Medicine will take place in cooperation with the European University of Cyprus and will be co-organized with the Regional Governor of Attica Mr G. Patoulis, the Regional Governor of Central Greece, Mr T. Spanos, the Mayor of Kamena Vourla Mr J. Sikiotis, the President of the Congress Professor K. Kouskoukis and the Cultural Development Organization of Central Greece.

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. 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 biometeoro-

logical 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 myoskeletical, 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. Thermal Medicine as a Complementary

THERMAL MEDICINE AS COMPLEMENTARY MEDICINE

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.

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 that ensure the scientific documentation of therapeutic actions from natural resources in various diseases, meanwhile an important positive development, is 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. This effort reflects the current situation in Greece that aspirates for our country to become a global health resort - medispa 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 «braindrain» and develop the «braingain», 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.

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's 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.

Encouraging is also the contemporary and technocratic perception and understanding of Minister of Tourism Mr. T. Theoharis. d. Minister Mr E. Konsolas and President of N.T.O. Mrs. A. Gerekou f. d. Minister of Culture and Tourism, concerning the finan-

cial evaluation of the establishment and promotion of Greece as Health Tourism wellness destination, especially for elder people in combination with all thematic forms of tourism (clusters) inducing high added value and new jobs. I honorarily invite you to the 6th Panhellenic Congress of Thermal Medicine with international participation that will be held 09 - 11 October 2020 at the Galini Hotel, 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.

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, v. President of Global Hippocratic Doctor's Institute.

FRIDAY 910



10:00	REGISTRATION	
10:00 - 14:00	WORKSHOP CORDINATORS Kouskoukis Konstantinos, Professor of Dermatology -Lawyer- President of Hellenic Thermal Medicine Academy & Health Tourism Assoc President of World Academy of Chinese and Complementary Medicine, v. President of Global Hippocratic Doctor's Institute Rigopoulos Dimitris, Professor of Dermatology, Director of Dermatological Clinic "Syggros", President of the Hellenic Society of Dermatology & Venereology	
10:00 - 10:30	Biological effects of the trace elements in thermal springs of Galini, Kamena Vourla and Koniaviti Christodoulou Nikolaos, Cardiologist r. General, f. Director of Cardiologic Clinic in 401 GMH	
10:30 - 11:00	Balneology and mud therapy Karabelias Vasilios, Surgeon, PhD Medical School of Patra's University	
11:00 - 11:30	The Contribution of thermal medicine in dermatology Kafkas Ilias, Dermatologist, MSc, PhD of Medical School NKUA, V. President of Hellenic Thermal Medicine Academy	
11:30 - 13:00	Thermal Springs	
13:00 - 14:30	COORDINATORS Konstantinidis Theodoros, Professor of Hygiene, President of the MSc Health and Safety at Work, DUTH Kontos Charalampos, Dentist, Director of Health Center Piraeus	
13:00 - 13:30	Experience of visiting thermal springs Galini, K. Vourla, Koniaviti & Cosmetic Spring Pitsari Paraskeui, Dermatologist PhD DUTH	
13:30 - 14:00	Sports medicine and thermal medicine Roussis Xenofon, Orthopedician, Dr Medical School Bolongia University, President of ATHLETIA	
14:00 - 14:30	Financial development of thermal springs Kouskoukis Marios – Nikolaos, PhD Panteion University, MBA Piraeus University, MSc Medical School DUTH	

SATURDAY 10 10

10:30 - 11:50 COORDINATORS

Pantos Konstantinos, Obstetrician Gynecologist, PhD of NKUA, Director of Clinic "Genesis" Zisimopoulos Athanasios, Prof. Nuclear Medicine DUTH

10:30 - 10:50 Thermal medicine to heart diseases Sykiotis loannis, Cardiologist, Mayor of Kammena Vourla

10:50 - 11:10 Thermal medicine in vascular diseases

Polydorou Antonios, Cardiologist, f. Coordinator of Dpt Hemodynamic - Invasive Cardiology, GHA «Evangelismos»

11:10 - 11:30 Hydrotherapy and clay therapy to degenerative, post traumatic diseases and rehabilitation

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



SATURDAY 1010

11:30 - 11:50	Thermal tourism, its context and contribution to development Benteniotis Argyrios, Ph.D. c., LL.M., M.Sc, LL.B., B.A., c.Dr of Economics and Regional Development, Panteion University of Athens	
11:50 - 13:10	COORDINATORS Kreatsas Georgios, Professor of Obstetrics and Gynecology, V. Rector of NKUA Dovas Konstantinos, Pathologist, MD Medical School of Napoli University	
11:50 - 12:10	Hydrotherapy and clay therapy in orthopedic diseases Papadellis Panagiotis, Orthopedic Surgeon, f. Director of Orthopedic Clinic "KAT" Hospital	
12:10 - 12:30	Hydrotherapy in neurological diseases. Experience from the therapeutic spring of Galini Mangioros Dimitrios, Neurosurgeon, Acupuncturist, Chief in Neurosurgical Dpt & Pain Management Division, 251 HAF	
12:30 - 12:50	Evidence based of homeopathic Medicine with today's medical data Papamethodiou Dimosthenis, Neurologist, MSc, President of Hellenic Society of Homeopathetic Medicine	
12:50 - 13:10	Safety through regulation Giotis Konstantinos, Founder of DHI Global Medical Group	
13:10 - 13:30	BREAK	
13:30 - 14 :40	COORDINATORS Bouros Dimosthenis, Professor of Pulmonology, Medical School NKUA Tombris Stavros, General Secretary of Hellenic Academy of Thermal Medicine, Maxillofacial Surgeon, MSc, PhD DUTH	
13:30 - 13:50	In vitro fertilization and Health Tourism Spinos Nikitas, Obstetrician - Gynecologist, PhD Medical School Patra's University, Director of AVE Medical Center	
13:50 - 14:10	Thermal medicine to primary health care Skliros Efstathios, General Practitioner, President of HSHREP, V. President GCGR	
14:10 - 14:30	Mudtherapy and Hydroherapy as complementary treatment in Psoriasis Dovas Evgenios Nikolaos MD, MSc, Antiaging & Ozontherapy specialist, Cosmetic Medical Acupuncturist, Comenius University of Bratislava	
14:20 - 14:40	Epigenomics and Multiomics based precision thermal medicine 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	
14:40 - 15:40	LUNCH	
15:40 - 18:00	COORDINATORS Chatzis Anastasios, Pediatrician, Intensivist, f. Coordinator – Director ICU Children's Hospital "Agia Sophia" Kouskoukis Konstantinos, Professor of Dermatology -Lawyer- President of Hellenic Thermal Medicine Academy & Health Tourism Assoc. President of World Academy of Chinese and Complementary Medicine, v. President of Global Hippocratic Doctor's Institute	
15:40 - 16:00	Balneotherapy in dermatology and musculoskeletal disorders Masan J., MD, PhD - Korcova J., Golska S, Bratislava, Poster: Use of ozone therapy in dermatology (Authors: Masan J., Korcova J., Golska S.)	
16:00 - 16:20	Update of covid-19 period <i>Myrianthefs Pavlos, Prof. of Pneumonology, Nursery & NKUA</i>	
16:20 - 16:40	Experience of thermal aesthetics in aesthetic dermatology Prinou Alkistis, MD, Medical Aesthetics Centers	
16:40 - 17:00	The contribution of plastic surgery to health tourism Boukouvalas Zisis, PhD, Plastic Surgeon, Director of Plastic Clinic ''Metropolitan Hospital''	

SATURDAY 10 10



17:00 - 18:00	COORDINATORS Skandalakis Panagiotis, Professor of Anatomy, NKUA, f. d. Minister, f. President of CHC Mavragani Kleio, Assoc. Professor of Rheumatology, Medical School NKUA	
17:00 - 17:20	"Synchronal Amphiaraia". Hellenic synthetic psychotherapy: An holistic approach Nestoros Ioannis, Prof. of Clinical Psychology, Scient. Director "technoblastos", Crete University	
17:20 - 17:40	Allergic rhinitis Katotomichelakis Michail, Prof. & Director of ETN clinic - DUTH	
17:40 - 18:00	Hydrotherapy in Greece at the beginning of 20th century: The contribution of the distinguished physician Emmanuel Mandalakis (1894 – 1947) Karamanou Marianna, prof. of Epistemology, History & Ethics of Medicine, Medical School NKUA	
18:00 - 19:00	COORDINATORS Koutsilieris Michail, Professor of Experimental Physiology, NKUA, President of NSF Patsourakos Fotios, Cardiologist, MSc Medical School AUTH, V. President Athen's Medical Association	
18:00 - 18:20	Vaccines in Covid-19 period Stathopoulos Apostolos, MD, PhD, Prof. of Neurosurgery (USA), President & CEO of ERC Worldwide	
18:20 - 18:40	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	
18:40 - 19:00	Digital solutions blockchain for personalized medical data Nikos Bogonikolos, PhD Informatics, President of Aratos Group	
19:00 - 20:00	OPENING CEREMONY GREETINGS Staikouras Christos, Minister of Economics, Theocharis Haris, Minister of Tourism, Spanos Theofanis, Regional Governor of Central Greece, Patoulis Georgios, Regional Governor of Attika, President of AMA, IHTC, ELITOUR, & G.G.D.I., Consolas Emanouil, Deputy Minister of Tourism Ministry, Gerekou Angeliki President of GNTO f. Deputy Minister of Culture and Tourism, Representatives of the Greek Parliament, Bendeniotis Emanouil, V.Chairman of BD European University of Cyprus, f. d. Minister, Gkagka Asimina, MD, Phd, Coordinating Director of 7th Pulmonary Clinic Sotiria Hospital, President of CHC, Dimitriadis Pavlos, Journalist, Editor & Director of Dealnews newspaper, Zang Qyuei, Ambassador of people's Republic of China, Iveta Hricova, Ambassador of the Slovak Republic	
19:30 - 19:45	Health tourism in Attika region Patoulis Georgios, Regional Governor of Attika, President of AMA, IHTC, ELITOUR, & G.G.D.I.	
19:45 - 20:00	The health tourism portal www.vitabooking.com Mamalakis Petros, Gen. Secretary IHTC, G.G.D.I. & ELITOUR	
20:00 - 20:15	The Contribution of thermal tourism to local and regional development Theophili Eleni, Prof. University of West Attica	
20:15 - 20:30	Investment opportunities in thermal tourism Katseli Louka, Prof. of Economics NKUA, Director National Bank of Greece - Cyprus, f. Minister	
20:30 - 20:45	Thermal medicine as prevention medicine for 3rd (silver) & 4th (golden) age Kouckeykis Konstantings Professor of Demotology J. gwyer. Prosident of Hollegis Thermal Medicine Academy & Health Tourism Assoc	

Kouskoukis Konstantinos, Professor of Dermatology -Lawyer- President of Hellenic Thermal Medicine Academy & Health Tourism Assoc.

President of World Academy of Chinese and Complementary Medicine, v. President of Global Hippocratic Doctor's Institute



10:40 - 11:00 Thermal centers in ancient Greece. The role of Asclepius centers

11:00 - 11:20 Thermal Medicine to aesthetic dermatology and anti-aging

09:00 - 10:20 COORDINATORS



03.00 10.20	Polydorou Antonios, Cardiologist, f. Coordinator of Dpt Hemodynamic - Invasive Cardiology, GHA «Evangelismos» Karabelias Vasilios, Surgeon, PhD Medical School of Patra's University	
09:00-09:20	Thermal medicine to hematopoietic diseases Politou Marianna, Assoc. Prof. of Hematology, Medical School NKUA	
09:20 - 09:40	Personalised advanced medical esthetics with thermal elements Kouskoukis Alexandros - Efstratios, Biologist, MSc, PhD of Medical Schools NKUA & DUTH Universities	
09:40 - 10:00	How therapeutic architecture could support wellness and hospitality facilities during Covid-19 Chrysikou Evangelia, MSc Architectural Management, university of Edinburg, Assist. Professor, MSc, DirectorHealthcare Facilities, University College London (UCL) Savopoulou Eleftheria, MSc Architectural Management, university of Edinburg, Assist. Professor, MSc, DirectorHealthcare Facilities, University College London (UCL)	
10:00 - 10:20	Covid-19. Hygiene & safety in Thermalistic Centers Tzouvara Sofia, General Practitioner, MSc, Dr of Medical School NKUA, Gen. Secretary in World Academy of Chinese and Complementary Medicine	
10:20 - 12:00	OCORDINATORS Nikolaou Chrysoula, Prof. of medical biopathology – immunology NKUA, V. President of CHC Kouskoukis Konstantinos, Professor of Dermatology -Lawyer- President of Hellenic Thermal Medicine Academy & Health Tourism Assoc. President of World Academy of Chinese and Complementary Medicine, v. President of Global Hippocratic Doctor's Institute	
10:20 - 10:40	Thermal medicine and IVF Pantou Agni, obstetrician – gynecologist, PhD medical school NKUA	

The Conference will take place both in person and online at the same time (live streaming)

Marouli - Zilemenou Mary, Professor Comparative Politics, President of Center European Studies & Humanities 'Ioannis Kapodistrias'

Kardasi Maria, Dermatologist - Venereologist, Antiaging doctor, Aesthetic Medicine, President of the Hellenic Anti-Aging Academy

PARTICIPATION

Benteniotis Argyrios, Ph.D. C., Ll.M., M.Sc, Ll.B., B.A., Dep. Doctor of Economics and Regional Development, Panteion University of Athens

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

Bogonikolos 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 Chatzis Anastasios, Pediatrician, Intensivist, f. Coordinator -Director ICU Children's Hospital "Agia Sophia"

Chrysikou Evangelia, Architect - Nursing Assistant, Assist. Professor, MSc Director Healthcare Facilities, University College London (Ucl)

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

Consolas Émanouil, Deputy Minister of Tourism Ministry Dovas Evgenios Nikolaos, MD, MSc, Antiaging & Ozontherapy specialist, Cosmetic Medical Acupuncturist, Comenius University of Bratislava

Dovas Konstantinos, Pathologist, MD Medical School of Napoli University

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

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 Giotis Konstantinos, Founder of DHI Global Medical Group Iveta Hricova, Ambassador of The Slovak Republic Kafkas Ilias, Dermatologist, MSc, Dr of Medical Schools Athen's University, V. President of Greek Thermal Medicine Academy

Karambelias Vasilios, Surgeon, Dr Medical School of Patra's University

Kardasi Maria, Dermatologist - Venereologist, Antiaging Doctor Aesthetic Medicine, prof. Sym. "Laser Way", President of The Hellenic Anti-Aging Academy

Karamanou Marianna, prof. of Epistemology, History & Ethics of Medicine, Medical School NKUA

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

Kontos Xaralampos, Dentist, Director Health Center Piraeus Kouskoukis Alexandros - Efstratios, Biologist, MSc., Dr of Medical Schools Athen's and Democritus Universities Kouskoukis Konstantinos, Professor of Dermatology -Lawyer- President of Hellenic Thermal Medicine Academy & Health Tourism Assoc. President of World Academy of Chinese and Complementary Medicine, v. President of Global Hippocratic Doctor's Institute

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Prinou Alkistis, MD Medical Aesthetics

Rigopoulos Dimitris, Professor of Dermatology, Director of Dermatological Clinic "Syggros", President of the Hellenic Society of Dermatology & Venereology

Roussis Xenofon, Orthopedician, Dr Medical School Bolongia University, President Of Athletia

Savopoulou Eleftheria, MSc Architectural Management, university of Edinburg, Assist. Professor, MSc, Director Healthcare Facilities, University College London (UCL) Skandalakis Panagiotis, Professor of Anatomy, NKUA, f. d. Minister, f. President of CHC

Sklinos Efstathios, General Practitioner, President of GCGR Spinos 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

Theocharis Haris. Minister of Tourism

Tzouvara Sofia, General Practitioner, MSc Doctor Medical School of Athen's University, General Secretary of the World Academy of Chinese and Complementary Medicine

Tombris Stavros, General Secretary of Hellenic Academy of Thermal Medicine, Maxillofacial Surgeon, MSc, PHD DUTH Velonas Stylianos, Head of The Department of Physical Medicine and Rehabilitation, Commissioner 414 Military Hospital

Zang Qyuei, Ambassador of People's Republic of China. Zissimopoulos Athanasios, Professor of Nuclear Medicine, Medical School DUTH, f. President of Hellenic Nuclear Medicine Society

SPECIAL OFFER FOR THE ATTENDEES:

HALF BOARD (RUN OFTHE HOUSE)	PRICE PER ROOM/ OVERNIGHT
Single room	40€ M/V, 60€ S/V
Double room	60€ M/V, 70€ S/V
Triple room	90€ M/V, 100€ S/V

1st child 0-12 years: free, 2nd 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:

Evgenios Dovas, 6944307423

Registration- Free. Participation certificates

phone booking: 22350 80501

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