

President's message of Hellenic Thermal Medicine Academy



Dear colleagues and participants

I honorarily invite you to the 5th Panhellenic Congress of Thermal Medicine with international participation that will be held 11- 13 October 2019 at the Galini Hotel, Kamena Vourla. In this Congress will participate outstading 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 5th 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 support the thermal, mechanical, chemical and particularly biological and immunological effects of the healing natural resources which 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. Greece has practiced healing until now experimentally, despite the privilege of being the birthplace of 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, thalassotherapy, cavetherapy and biometeorological therapy. Thermal Medicine, updated from the empirical state to the scientific one with evidence studies (evidence based medicine) in Greece beginning with the law 3498 (2006).

In 2015, the Hellenic Academy of Thermal Medicine was founded aiming to establish and update Thermal Medicine as a complementary therapeutic method, with scientific documentation of its medical applications. Furthermore in cooperation with the scientific societies of various specialties and the Institute of Scientific Research of Panhellenic Medical Association, where I am Vice President of the Health Tourism Committee, Thermal Medicine was established as Complimentary Medicine.

Promising signs for Greece are the legal and institutional framework that ensures the scientific documentation of therapeutic actions from natural resources in various diseases. Meanwhile an important positive development, is the decision of majority session Cental Health Board 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 doctors. 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, anti-aging 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 the launch of 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 thermal medical education in postgraduate programs related to specializations.

Therapeutic applications of Thermal Medicine in the various specialties are applied based research, medicine studies, doctoral theses and scientific papers.

Thermal Medicine as a Complementary Medicine helps eventually not only the treatment, recovery and rehabilitation of physical, mental and spiritual health, but also helps the treatment of old age, by applying longevity and well-being standards, as preventive method.

Thermal Medicine 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.

Determinant is the contribution of Attica Regional Governor, President AMA, ELITOUR, IHTC and Founding Member of the Hellenic Academy of Thermal Medicine G. Patoulis, in promoting and establishing internationally the Thermal Medicine. With his inspirational energy created the World Institute of Greek Physicians, 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 Tourism Minister Mr. T. Theoharis and Tourism D. Minister E. Konsolas concerning the financial evaluation of the establishment and promotion of Greece as Health Tourism destination, especially for elder people (silver economy), in combination with all thematic forms of tourism (clusters) inducing high added value and new jobs.

Your sincerely

Kouskoukis Konstantinos

Professor of Dermatology –Lawyer -President of Hellenic Thermal Medicine Academy, President of World Academy of Chinese and Complementary Medicine, President of Tourism Health Association. V. President of Medical Tourism P.M.A, Scientific Consultant in WHO, FEMTEC, C.U.G.M.

FRIDAY

 11/10/2019

 10:00
 REGISTRATIONS

 10:00-13:00
 WORKSHOP

 COORDINATORS
 COORDINATORS

Kouskoukis Konstantinos, Professor of Dermatology –Lawyer, President of the Hellenic Thermal Medicine Academy, President of the World Academy of Chinese and Complementary Medicine, President of the Tourism Health Association, Scientific Consultant in WHO, FEMTEC., CUGM Zissimopoulos Athanasios, Professor of Nuclear Medicine, Medical School DUTH, f. President of Hellenic Nuclear Medicine Society

10:00-11:30 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

11:30-13:00 Experience of visiting Thermal Springs Galini, K. Vourla, Koniaviti & Cosmetics Springs

kontos Xaralampos, Dentist, Director of Health Center Piraeus

Kafkas Ilias, Dermatologist, MSc, Dr of Medical School Athens University, V. President of Hellenic Thermal Medicine Academy

13:00-14:00 Interactive discussion and scientific dissemination of the Participants

Konstantinidis Theodoros, Professor of Hygiene Democritus University, President of the MSc Health and Safety at Work

Giannoukos Konstantinos, Cardiologist, Dr Medical School of Athens University. MSc in Admistration of health services

LUNCH

19:30-20:00	OPENING CEREMONY
	GREETINGS
	Staikouras Christos, Minister of Economics
	Theocharis Haris, Minister of Tourism
	Consolas Emanouil, Deputy Minister of Tourism Ministry
	Loulis Konstantinos, Secretary General of the Tourism Ministry
	Representatives of the Greek Parliament
	Patoulis Georgios, Regional Governor of Attika, President -Athens Medical
Association, ELITOUR,IHTC, WIGD	
	Spanos Theofanis, Region Governor of Central Greece Sikiotis Ioanis, Mayor of Kammena Vourla, Cardiologist

Bendeniotis Emanouil, V.Chairman of Board Directors - European University of Cyprus, f. Deputy Minister Zang Qyuei, Ambassador of people's Republic of China. Jan Bondy, Ambassador Extraordinary and Plenipotentiary of the Czech Republic Iveta Hricova, Ambassador of the Slovak Republic

20:00-20:15 Health Tourism in Attika Region

Patoulis Georgios, Regional Governor of Attika, President of Athens Medical Association, ELITOUR, IHTC, WIGD

20:15-20:30 The Health Tourism Portal www.vitabooking.com

Mamalakis Petros, Gen. Secretary IHTC & ELITOUR

20:30-21:00 Thermal Medicine for elders (Silver Economy- Golden Economy)

Kouskoukis Konstantinos: Professor of Dermatology –Lawyer, President of the Hellenic Thermal Medicine Academy, President of the World Academy of Chinese and Complementary Medicine, President of the Tourism Health Association, Scientific Consultant in WHO, FEMTEC & CUGM

DINNER

SATURDAY

12/10/2019

09:00-11:30

ROUND TABLE

Therapeutic natural resources & therapies

COORDINATORS

Pantos Konstantinos, Obstetrician Gynecologist, Doctor of Medical School of Athen's University, Director of Clinic "Genesis

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

09:00-09:30 Thermal natural resources by geological aspects

Athanasoulis Konstantinos, Geologist - Mineralogist, IGME

09:30-10:00 Thermal springs in Bulgaria

Koutsikos Panagiotis, Businessman, President of the Hellenic-Bulgarian Chamber of Commerce, V. President of the Hellenic Health Tourism Association, Honorary Consul of El Salvador

10:00-10:30 Thermal Medicine to Heart Diseases

Sykiotis Ioannis, Cardiologist, Mayor of Kammena Vourla

10:30-11:00 Advanced medical esthetics and Thermal Medicine

Kouskoukis Alexandros – Efstratios, Biologist, MSc, Dr of Medical Schools Athen's and Democritus Universities.

11:00-11:30 In Vitro Fertilization and Health Tourism

Spinos Nikitas, Obstetrician - Gynecologist, Dr of Medical School Patra's University, Director of AVE Medical Centers.

11:30-11:45 BREAK

11:45 -14:15 ROUND TABLE

Therapeutic applications with hydrotherapy and Clay Therapy

COORDINATORS

Skandalakis Panagiotis, Professor of Anatomy, Athen's University, f. Deputy Minister, f. President of CHC

Mavragani Kleio, Assosc. Professor of Rheumatology, Medical School Athen's University

11:45-12:15

Hydrotherapy and Clay Therapy to Degenerative, Post Traumatic Diseases and Rehabilitation

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

12:15-12:45

Thermal Medicine to Vascular Diseases

Polydorou Antonios, Cardiologist, f. Coordinator of the Department of Hemodynamic-Invasive Cardiology, GHA «Evangellismos»

12:45-13:15

Thermal Medicine & Digital Health

Papanikolaou Christina, President of the Department of Digital Health & Cross-Border Care, Scien. Inst. Research PMA, f. Gen. Secretary Public Health Ministry of Health

13:15-13:45Medical Aesthetics and ThalassotherapyPrinou Alkistis, MD Medical Aesthetics

13:45-14:15 Balneology and Mud therapy in Skin Diseases

Noutsis Konstantinos, Dermatologist ,Dr Medical Schooll Athen's University ,f. Director of Dermatogic Departure GHA «Evangellismos»

14:15 LUNCH BREAK

15:00-17:30 ROUND TABLE

Hydrotherapy - mud therapy in Primary Health Care

COORDINATORS

Kreatsas Georgios, Professor of Obstetrics and Gynecology, V. Rector of Athen's University

Patsourakos Fotios, Cardiologist, MSc Medical School AUTH, V. President Athen's Medical Association

15:00-15:30 Thermal Medicine to Primary Health Care

Skliros Efstathios, General Practitioner, President of HSHREP, V. President GCGR

15:30-16:00 Hydrotherapy and Clay Therapy in Orthopedic Diseases

Papadellis Panagiotis, Orthopedic Surgeon, f. Director of Orthopedic Clinic "TRC" Hospital

16:00-16:30Hydrotherapy in neurological diseases. Experience from the therapeutic spring ofGalini

Mangioros Dimitrios, Milit. Neurosurgeon, Acupuncturist, Consultant in Chief Neurosurgical Dpt & Pain Management Division, 251 HAF

16:30-17:00

Hair Restoration & Health Tourism

Giotis Konstantinos, Founder of DHI Global Medical Group

17:00-17:30 Ganoderma: the highest hyper nutrition and supplement

Koutsoukos Georgios, DXN General Manager

17:30-17:45 BREAK

17:45-20:15 Round Table

Proposals for investment and development to thermal springs resorts

COORDINATORS

Koutsilieris Michail, Professor of Experimental Physiology, School of Medicine, Athen's University Papadellis Panagiotis, Orthopedic Surgeon, f. Director of Orthopedic Clinic "TRC" Hospital

17:45-18:15 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.

18:15-18:45 Bringing Academia and Market Together for Sustainable Growth: a case study of Medical Tourism in Cyprus

Agapidaki Eirini, MSc, PhD Lecturer Public Health Medical School European University of Cyprus

18:45-19:15 The contribution of thermal springs to the development of local structures

Theofili Eleni, Professor, University of Western Attica

19:15-19:45 Investing Initiatives to Thermal Tourism

Katseli Louka, Professor of Economics at Athen's University, f. Minister

19:45-20:15 Cognitive Traps in Medical Practice

Chatzipavlou Alexander, MD, MSc, Clinical Professor of Orthopedic Surgery & Rehabilitation, University of Texas, f. Professor of Orthopedic Surgery, University of Montreal, Adjunct Professor of Chiropractic School, Houston, USA

DINNER

SUNDAY

13/10/2019

08:30-12:00

ROUND TABLE

Thermal Medicine Therapies

COORDINATORS

Bouros Dimosthenis, Professor of Pulmonology, Medical School Athen's University

Tzouvara Sofia, General Practitioner, MSc, Dr of Medical School Athen's University, Gen. Secretary in World Academy of Chinese and Complementary Medicine

08:30-09:00 Metabolic Health with Lindberg's Isoglycemic Diet

Dr Fedon Lindberg, Manager dr. Lindbergs Clinics, Oslo-Norway

09:00-09:30

The Contribution of Architectural Health to Thermal Medicine

Chrysikou Evangelia, MSC Architectural Management, university of Edinburg, Assist. Professor, MSc, Director Healthcare Facilities, University College London (UCL) Savopoulou Eleftheria, MSC Architectural Management, university of Edinburg, Assist. Professor, MSc, Director Healthcare Facilities, University College London (UCL)

09:30-10:00 Thermal Medicine to Aesthetic Dermatology and Anti-Aging

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

10:00-10:30 The Contribution of Health Tourism to the Greek Doctors Repatriation

Polydorou Victoria, MD, PHD, Consultant Cardiology- Fital cardiologist, "GENESIS" Athens Clinic, scientific collaborator of European University of Cyprus.

10:30-11:00 Inhalation therapy for respiratory diseases

Bouros Dimosthenis, Professor of Pulmonology, Medical School Athen's University

11:00-11:30 Thermal Medicine - Biometeorological Therapy

Tzouvara Sofia, General Practitioner, MSc, Dr of Medical School NKUA, Gen. Secretary in World Academy of Chinese and Complementary Medicine

11:30 BREAK

11:45-14:45 ROUND TABLE

Applications of Thermal Medicine

COORDINATORS

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

Kouskoukis Konstantinos: Professor of Dermatology –Lawyer, President of the Hellenic Thermal Medicine Academy, President- World Academy of Chinese and Complementary Medicine, President- Tourism Health Association, Scientific Consultant in WHO, FEMTEC., CUGM

11:45-12:15

Thermal Medicine to Hematopoietic Diseases

Politou Marianna, Associate Professor of Hematology, Medical School Athen's University

12:15-12:45 Thermal Medicine to IVF

Pantou Agni, Obstetrician - Gynecologist, Dr of Medical School Athen's University

12:45-13:15

Thermal Medicine and palliative care for chronically ill patients

Katsochi Despina, Radion Oncologist, Dr Aachen University, President of Akos

13:15-13:45 Recommendative platform for Thermal Tourism

Karafyllis Ioannis, Dr Health Economist

Voutsinas Vasilis, Professor of Business Administration Dpt., University of Patras

13:45-14:15 Wellness tourism

Kouremenos Nikolaos, Instructor-Director Raison D'Eter SPA, Sweden

14:15-14:45 Sports Medicine and Thermal Medicine

Roussis Xenofon, Orthopedician, Dr Medical School Bolongia University, President of ATHLETIA

DISCUSSION - CONCLUSIONS

Kouskoukis Konstantinos, Professor of Dermatology –Lawyer, President of the Hellenic Thermal Medicine Academy, President of the World Academy of Chinese and Complementary Medicine, President of the Tourism Health Association, Scientific Consultant in WHO, FEMTEC., CUGM

PARTICIPATION

Agapidaki Eirini, MSC PHD Lecturer Public Health Medical School European University of Cyprus

Athanasoulis Konstantinos, Geologist- Mineralogist, IGME

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

Benteniotis Emanouil, V. Chairmain of Board Directors -European University of Cyprus, f. D. Minister

Bouros Dimosthenis, Professor of Pulmonology (School of Medicine Athen's University)

Chatzipavlou A., Clin. prof- Orthopedic Surgery & Rehalitation, Texas Univ., f. prof. – Orthopedic Surgery Montreal Univ. A. prof-Chiropratic School Houston USA.

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 Emanouil, Deputy Minister Tourism Ministry

Fedon Lindberg, Manager Dr. Lindbergs Clinics, Oslo Norway

Giotis Konstantinos, Founder of DHI Global Medical Group

Iveta Hricova, Ambassador of The Slovak Republic

Jan Bondy, Ambassador Extraordinary and Plenipotentiary of the Czech Republic

Kafkas Ilias, Dermatologist, MSC, Professor of Medical Schools Athen's University, Greek Vice Academy of Therapeutic Medicine

Karafyllis Ioannis, Researcher, Chemical Engineer

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

Katseli Louka, Professor of Economics Athen's University, f. Minister

Katsohi Despoina, Radiotherapist, Oncologist, Doctor of AACHEN University, President AKOS

Konstantinidis Theodoros, Professor of Health DUTH, President of the MSC Health and Safety at Work

Kontos Charalampos, Dentist, Director Health Center Piraeus

Kouremenos Nikolaos, Instructor- Director Raison D'eter Spa Sweden

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Koutsoukos Georgios, DXN General Manager

Kreatsas Georgios, Professor of Obstetrics and Gynecology, V. Rector of Athen's University

Loulis Konstantinos, Secretary General of the Ministry of Tourism

Mamalakis Petros, Gen. Secretary IHTC & Elitour

Mangioros Dimitrios, Neurosurgeon, Chief of Staff (HI) 1st Neurosurgical Clinic 251 GNA

Mavragani Kleio, Rep. Professor of Rheumatology, School of Medicine, Athen's University

Nikolaou Chrisoula, Professor of Medical Biopathology- Immunology Athens University, V. President of CHC

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Politou Marianna, Associate Professor of Hermatology, School of medicine, Athen's University

Polydorou antonios, Cardiologist, Coordinator- Department of Hemodynamic- Invasive Cardiology, GNA "The Euagelismos", As. prof. Medical School of IASI University

Polydorou Victoria, Pediatric Cardiologist, Dr. of Medical School, Athen's University

Prinou Alkistis, MD Medical Aesthetics

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, Athen's University, f. President of CHC, f. Deputy Minister of Foreign Affairs Ministry

Skliros Efstathios, General Practitioner, President of EKOGI

Staikouras Christos, Minister of Economics

Sykiotis Ioannis, Cardiologist, Mayor of Kamenon Vourlon

Spanos Theofanis, Region Governor of Central Greece

Theoharis Haris, Minister of Tourism

Theofili Eleni, Professor of Western Attica University

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Velonas Stylianos, Head of The Department of Physical Medicine and Rehabilitation, Commissioner 414 Military Hospital

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Zissimopoulos Athanasios, Professor of Nuclear Medicine, Medical School DUTH, f. President of Hellenic Nuclear medicine Society