

HMS NEWS

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PRESIDENT'S MESSAGE

August 20, 2002

Dear Fellow Colleagues and Hellenic Medical Society Friends:

On June 27-30, 2002, nearly one hundred physicians and their families from the United States and Canada attended the Hellenic Medical Society of New York 16th International Medical Conference in Montreal, Canada. It was a spectacular weekend of educational and cultural events where participants learned about Advances in Clinical Medicine and toured the major Montreal sites. We were fortunate that at the same time Montreal hosted its thrilling annual International Jazz Festival where many of us reveled in the nightly festivities.

First-rate accommodations at the premier five-star Omni Hotel Mont Royal included rooms with panoramic views of Montreal City, elegant dining, impeccable service, and state of the art conference facilities. Each day began with lectures in the morning, sightseeing excursions on a luxury bus in the afternoon, and exquisite dinner affairs in the evening. This Continuing Medical Education (CME) accredited medical symposium served as a forum for each of the twenty-five renowned speakers to inform the audience of significant medical developments in their areas of specialty encompassing general medicine, cardiology, metabolism, and surgery.

On Friday, June 28th, the following physicians captivated the audience. **Dr. Arthur Cosmas** spoke about energy associated with diet and exercise. **Dr. Dialecti Voudouris** presented novel drugs in the treatment of breast cancer. **Dr. Alex Spyropoulos** discussed the use of new blood thinners. **Dr. Elias Iliadis** analyzed the lower incidence of strokes in patients undergoing heart muscle intervention. **Dr. Michael Michelis** stressed blood pressure control in older patients. **Dr. Spyros Mezititis** lectured on the new insulins for the management of diabetes, the insulin sensitizers in the prevention of heart blood vessel disease, and the new drugs for the treatment of osteoporosis. **Dr. Alkmini Anastasiadou** presented a case of showing the improvement of diabetes and polycystic ovarian syndrome through diet. **Dr. Stefanos Kales** discussed mercury poisoning. **Dr. Antoine Harovas** updated the international audience on chest pain syndrome while **Dr. Peter Gazes** discussed the treatment of atrial fibrillation.

After the lectures, we embarked on a city tour of Vieux-Montreal that included the Notre Dame Basilica, Parc du Mont-Royal, McGill University and Place Jacques-Cartier. In the evening, we dined at the famous *Le Mas des Oliviers*, a French-Canadian restaurant that combined traditional French culinary style with old-world Parisian elegance.

On Saturday, June 29th, the U.S. physicians were joined by the Canadian physicians for presentations on exciting topics in surgery and general medicine. **Dr. Maria Aronis** discussed off-pump coronary bypass. **Dr. Minas Constantinides** lectured on cosmetic nasal surgery. **Dr. Michael Mamakos** showed results of facial wrinkle surgery. **Dr. Peter Madax** presented laser eye surgery for diabetic patients. **Dr. Stephen Nicholaidis**

showed results of hand injury reconstruction. **Dr. Harilaos Sakellarides** presented his extensive experience on reconstruction of the rheumatoid hand. **Dr. Marinos Petratos** spoke on the rejuvenation of the aging face. **Dr. Spyros Kokolis** lectured on the reduction of coronary restenosis with thiazolidinediones, diabetic agents with anti-inflammatory potential. The Montreal physicians, **Dr. Olga Huk-Papanastasiou** showed novel materials used for hip replacement, **Dr. Andy Karaplis** demonstrated new data on the recently approved osteoporotic drug parathyroid hormone, and **Dr. George Tsoukas** emphasized the importance of postprandial hyperglycemia in diabetes and reviewed the relevant new oral antidiabetic medications. The Toronto physicians, **Dr. Angela Mailis** spoke on chronic pain and **Dr. Dimitrios Oreopoulos** updated the audience on peritoneal dialysis.

Throughout the weekend, extensive interviews were conducted by the Greek-Canadian newspaper, radio and television networks with several of our physicians to inform the Greek-Canadians of the Hellenic Medical Society of New York and its educational programs.

The Saturday bus tour included Montreal's Olympic Park, the Biodome, and an afternoon stroll in the floral Jardin Botanique. In the evening, we had an amazing celebration at the Omni Hotel Pierre de Coubertin Ballroom where we danced the night away with live music by the eight-member *Rhythm Club Band*.

On Sunday, June 30th, the conference participants attended mass at the Greek Orthodox Cathedral of Montreal and ate lunch at the Greek Community Center sponsored by the Hellenic Medical Society of Quebec. **Dr. Peter Varvarikos**, Past-President, and **Dr. George Tsoukas** of the Hellenic Medical Society of Quebec, Honorable **General Counsel of Greece Mr. Ioannis Papadopoulos** and Greek Community President **Mr. Vassilios Katsambanis** greeted members of the Hellenic Medical Society of New York with warm hospitality.

I thank everyone for attending this conference and congratulate the Organizing Committee including **Mrs. Vivian Kartsonis-Mezitis (social)**, **Mrs. Eva Lebovics (Syd Starr Travel)**, **Dr. Peter Varvarikos (Montreal)**, **Dr. George Tsoukas (Montreal)**, **Dr. Nicholas Mezitis**, **Dr. Marinos Petratos**, **Dr. Theo Diktaban**, **Dr. Michael Michelis** and **Mrs. Evangelia Tsavaris (administration)**. Continuing medical education (CME) credits for this conference are granted by St. Francis Hospital in Roslyn, New York with the assistance of our members **Dr. Jack Soterakis** and **Dr. Anna Anagnostopoulos**.

Since our last newsletter, our members and friends enjoyed two CME accredited events. On May 23rd at Lenox Hill Hospital, **Dr. John Xethalis** moderated an exceptional Update in Orthopedics with **Drs. James Nicholas, Michael Alexiades, Stuart Katchis, Vijay Rasquinha**, and **Steven Nicholas** as speakers. We are grateful to **Dr. James Nicholas** who on this evening pledged a named medical student scholarship to our Scholarship Fund. May 30th marked the first educational seminar held in Brooklyn. Sponsored by GlaxoSmithKline, **Dr. Spiro Demetis** of SUNY Downstate spoke eloquently on Asthma: State of the Art at the Rex Manor Restaurant.

The Education Committee is planning in September for cardiologist (electrophysiology) **Dr. Nicholas Skipitaris** to speak on Advances in Cardiac Pacing sponsored by Guidant Corpo-

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ration. On October 22nd, our medical society in conjunction with Lenox Hill Hospital will sponsor this year's third combined educational seminar on Advances in Neurology. A General Assembly meeting will be held in the fall to decide on the candidates for the Executive Board 2003-2004. On Friday, December 6th at the New York Athletic Club in Manhattan the Society's **Biennial Elections** will be held followed by the **Federation Meeting of Hellenic Medical Societies of North America**, the scholarships and awards ceremony, and the Scholarship Medical Seminar on Transplant Surgery featuring **Dr. Andreas Tzakis**.

Currently, **Dr. Michael Michelis'** Awards Committee and **Dr. Theodore Diktaban's** Scholarship Committee are determining this year's recipients.

I am happy to announce the organization of the 66th Annual Scholarship Gala is in high gear. **Dr. Corina Gerontis and Mr. John Stratakis** are this year's chairpersons. **Mrs. Lee Manolatos** is the Chairperson of the Raffle Committee. **Ms. Lena Spyropoulos** is the Chairperson of the Scholarship Gala Journal. If you would like to participate in one of our Gala committees please call our office.

In the interest of preserving our cultural heritage, **Dr. Marinos Petratos** is chairing the Committee on the Preservation of the Hippocratic Oath and is working with **Ambassador Loucas Tsilas**, President of the Onassis Foundation in the United States, to organize an exhibition of Ancient Greek Medicine with scholars from the United States and Greece.

Undoubtedly, **education** for the HMS member and the Greek-American community has been strengthened by support from the pharmaceutical industry and the public media.

I congratulate our many members who have written articles in the weekly National Herald English Edition and who have participated in the public radio Sunday program Cosmos 91.5 FM, and on the two weekly National Greek Television programs hosted by **Dr. Florentia Christodoulidou** and **Dr. Dimitris Kostopoulos**.

The Finance Committee chaired by Treasurer **Dr. Andreas Cosmatos** and Immediate Past-President **Dr. George Yatrakis** is working on augmenting our organization's assets and reorganizing our scholarship funds.

HMS members are using the updated 2002 **HMS Physicians' Directory** and the redesigned internet website www.hmsny.org to network with one another.

I encourage all our members to continue supporting with enthusiasm our many endeavors. Specifically, kindly send us any information to be published in our newsletter edited by **Dr. Anthony Vasilas**. Please feel free to call our administrator **Mrs. Evangelia Tsavaris** and volunteer assistance in the HMS office.

I continue to urge you to help enlist non-members as new members. If you are not a current member, please send in your tax-deductible dues to receive the Physicians' Directory and be listed on our popular website, to be allowed free admission with one guest to our many affairs, and to help finance the cost of our programs.

Your membership reflects your appreciation and support for our society's academic and philanthropic objectives. Remember that great ideas materialize with active participation in our diverse committees.

In unison there is strength,
Spyros G.E. Mezitis, M.D., Ph.D.