

Upcoming Events

JUNE

BRAIN AND PAIN 2019: EDUCATIONAL DINNER

SAVE THE DATE 6TH JUNE: <u>RSVP</u> ASAP HERE

SEPT

WORLD ALZHEIMER'S DAY: FRONDITHA DEMENTIA SEMINAR

SEPT/OCT

HMSA DAY CONFERENCE

TBA

HMSA WINE TASTING EVENING

Subcommittees

POSITIONS ARE NOW AVAILABLE FOR THE FOLLOWING HMSA SUBCOMMITTEES:

- Events, sponsorship & membership
- E-Newsletter/ Website
- Medical Education
- Public Health Promotion
- Medical Philanthropy
- Doctors in Training (DiT)

Contact: info@hmsa.org.au

Happy Easter!

Wishing our dear members a Happy Easter

Καλή Ανάσταση και Καλο Πάσχα σε όλους!

The HMSA Board



FARMAN

THE HELLENIC MEDICAL SOCIETY OF AUSTRALIA PRIME BRAIN & PAIN 2019

Professor Dennis Velakoulis

Brain: scientific update 2019 Dr Nick Christelis Fain Specialal Physician, Director, Fain Specialal Physician, Director, Fain Specialal Physician, Director, Fain Specialat Physician, Director, Director,

Thursday 6th June 2019 6.30pm GPD Indexer 6 trees. Thi right (Car Calter Mr), Key, Ye, 2011 HMSA members free: KSVP ASAP, Molithmes.org.ov "first is best dealed, northern limited to Mill occlari

A MESSAGE FROM HMSA PRESIDENT MARINIS PIRPIRIS

Developing local and global networks for doctors.

According to Democritus "the wise man belongs to all countries, for the home of a great soul is the whole world". With this sense of global belonging, the HMSA has been steadily working towards the development of exchange programs between the doctors of Greece and the diaspora with the strategic alignment doctors, academics, and administrators.

After a very successful, recent International Health Conference in Melbourne, the HMSA has become a member of the Global Greek Doctors' Institute. We have been invited to attend the inaugural Fertility Festival in Zappeion Megaron on 8-9 June, 2019. This will be followed by the 3rd International Conference of Health Tourism in Greece to be held in Kos 10-11 June with a moving representation of the Hippocratic Oath on June 11. (See page 22)

Representing the HMSA, I will meet with the representatives of the New York, Canadian and UK Medical societies to facilitate the launch of a bi-annual Fellowship exchange. This exchange will facilitate Fellows from the diaspora travelling to Greece and visiting some of the most renowned institutions in the public and private sector. During the meeting, I will also meet with our friend and colleague Dr. George Patoulis, President of the Central Union of Municipalities of Greece, the Athens Medical Association, the Mayor of Maroussi and an Orthopaedic Surgeon, to begin developing links between the respective Orthopaedic Associations. There is also a meeting with Dr Konstantinos Pantos, founder and Scientific Director of Genesis, Mr Petros Mamalakis, founder of Health Tourism Greece, and representatives of the Athens Medical Association and Greek Universities. These meeting have been organised to finalise the establishment of preferred pathway for Australian medical students and junior doctors to be able to visit Greece and participate in electives, training and postgraduate fellowships.

The HMSA is committed to developing local collaborations and synergies with the many health and allied health organisation in Australia including Pronia and Froditha Care. The organisation is committed to improving the wellbeing of people with many chronic diseases including heart disease, diabetes and dementia. It is well positioned to advocate to the many visitors to the Greek Community of Melbourne, including our Prime Minister Scott Morrison, on the health needs of all Australian residents, including those of Greek descent. The HMSA is also committed to an inclusive and diverse society and has actively participated in the recent celebrations of International Women's Day.

I hope you enjoy this edition of Hygieia and wish you all a safe and happy school holiday period and a Happy Easter.

FRONDITHA CARE AND HMSA COMMUNITY PARTNERSHIPS



Back Row: Jacob Fronistas (Fronditha Care Treasurer) & Faye Spiteri (Tsolakis) (Fronditha Care President). Front Row: George Lekakis (Fronditha Care CEO), Arthur Kokkinias (HMSA Board Secretary), George Stabelos (HMSA Board Vice-President). Image - Neos Kosmos: https://neoskosmos.com/el/207156/oi-ellines-giatroi-tis-paroikias-synergazontai-me-tin-frontida/

"Greek Australian doctors and Fronditha Care plan for the future"

Two Greek Australian community organisations met to discuss strategies aimed at improving wellbeing and care of the elderly.

Recently appointed Fronditha Care president Mrs Faye Spiteri (Tsolakis), Fronditha Care treasurer Mr Jacob Fronistas and Fronditha Care CEO Mr George Lekakis met with Hellenic Medical Society of Australia's (HMSA) vice president Dr George Stabelos and secretary Dr Arthur Kokkinias.

Strategies to improve the collaboration between the two like minded organisations were discussed. The goals of improving and assisting care and in particular the healthcare of the aged were high on the agenda. Future collaborative endeavours will include public lectures on the topic of dementia and other age related conditions and pathways to accessing care for those suffering as well as for carers.

In addition, lectures and seminars focussing on the education of the medical profession and other health providers will be coordinated by the two organisations.

Philanthropic endeavours involving both groups were also discussed and concrete ideas of joint ventures were put forward to work towards.

HMSA represents over 400 Australian medical professionals of Greek descent (and also others with a philhellenic sentiment) and has already made its mark on the local Melbourne community with its very successful, free and informative lecture program to the general public and with its educational and social events offered to its medical membership base.

As with Fronditha Care, HMSA has values which aim to assist all generations of Greek Australians but in particular the older generations which have greater needs for medical, psychological and social care than other groups.

We are excited and look forward to further developments between these two shining examples of Greek Australian progressive and caring organisations.

The first joint public collaborative lecture will occur on Sunday 22 September 2019 with medical speakers from HMSA and Fronditha Care speakers and support. This will occur the day after World Alzheimer's Day in the Oakleigh area.

In addition, representatives of HMSA will attend the Fronditha Care Gala Dinner in May with the well-known keynote speaker Professor Dennis Velakoulis.

Read more about this topic in an article published by Neos Kosmos: https://neoskosmos.com/el/207156/oi-ellines-giatroi-tis-paroikiassynergazontai-me-tin-frontida/

ANOIA AT THE ANEMONE GROUP FOR INTERNATIONAL WOMEN'S DAY

<u>Click here</u> to view the full gallery on our website











Ο Όμιλος Ελληνίδων Βορείων Προαστίων «Ανεμώνες» γιόρτασαν την Ημέρα της Γυναίκας την Τρίτη, 12 Μαρτίου, σε εκδήλωση με την Δρ Μπέτη Μεσάζου-Τραπέτσα, που εκπροσώπησε την Ένωση Ελλήνων Ιατρών Αυστραλίας.

Η ιατρός Μπέτη μίλησε εκτεταμένα για το πρόβλημα της άνοιας. Εξήγησε αναλυτικά τι προκαλεί αυτήν την ασθένεια και τι μπορούμε να ακολουθήσουμε για να μειώσουμε τον κίνδυνο της σε μερικές περιπτώσεις.

The Anemone Women's Northern Suburbs Group celebrated Women's Day on Tuesday, March 12, at an event with Dr. Betty Messazos-Trapetsas, representing the Hellenic Medical Society of Australia (HMSA).

Doctor Betty spoke extensively about the problem of dementia. She explained in detail what causes this illness and what we can do to reduce the risk in some cases.

The HMSA board

Read more about this lecture in an article published by Neos Kosmos:

https://neoskosmos.com/el/211109/oi-anemonesgiortasan-tin-diethni-imera-tis-gynaikas/

WOMEN IN MEDICINE

On international women's day HMSA celebrates and acknowledges all women around the world with a tribute to those in the field of medicine. To all our female health professionals who deliver care to hundreds of patients in all hours of the day and night, who go above and beyond, who many a time work beyond the call of duty and manage a career and a LIFE, who work and inspire us, who pave paths for more flexibility in medical training, who empower us to aspire to roles of leadership, who support us to raise our families, to all the 'villages of sisterhoods' that it takes to support us to follow our dreams, achieve our goals and stay sane....to the our mothers, mothersin-laws, sisters, daughters, nieces, girlfriends, colleagues, mentors.....we say THANK YOU.

Without you we can't be who we are. Paying it forward to a younger generation of women in medicine.

Support, Encourage, Lead.

The HMSA board



Women in medicine attending an HMSA event at The Hellenic Museum in 2018: Middle: HMSA Board members Dr Betty Messazos-Trapetsas, Paediatric endocrinologist & Dr Maria Raftopoulos (Damigos), GP, with event keynote speaker Associate Professor Vicki Kotsirilos AM

DELPHIBANK HEART HEALTH SEMINAR



Associate Professor Arthur Nasis (Cardiologist and HMSA Board Member) lecturing on heart health at the Delphi Bank Northern Business Group Seminar. Image by Neos Kosmos: <u>https://neoskosmos.com/en/133748/delphi-bank-seminar-raises-awareness-about-heart-health/</u>

On March 26, Associate Professor Dr Arthur Nasis presented an informative talk on heart health at Delphi Bank's Northern Business Group Seminar.

Dr Nasis highlighted the importance of certain lifestyle interventions key to heart health. Among these, a diet aimed at maintaining healthy blood pressure, total blood cholesterol and blood glucose levels, as well as increasing physical activity are emphasised.

Prediction, prevention and management are crucial aspects in maintaining a healthy heart. "Have a heart health check, know the warning signs and share the message with people you know", urges Dr Nasis.

Read more about this lecture in an article published by Neos Kosmos: https://neoskosmos.com/en/133748/delphi-bank-seminar-raises-awarenessabout-heart-health/

DOCTORS IN TRAINING

HMSA is seeing a steady increase in the number of junior doctors and medical students becoming involved with the association. Currently we are calling for applications from medical students for the inaugural HMSA Greek Medical Election Scholarship. This has been instituted to help facilitate a clinical placement (Medical Elective) in either Greece or Cyprus for medical students of Australian medical schools of Greek descent. Please refer to our website (https://www.hmsa.org.au/node/79) for details on how to apply.

If you are a medical student or junior doctor we would encourage you to join HMSA and become involved in events ongoing. If you know of any students, please direct their attention to this scholarship if they are considering a Greek medical elective. Furthermore, we are hoping to facilitate a DiT-specific dinner in May of this year. If you would be interested in attending, please email HMSA for details.

Ben Filipopoulos



Dr Ben Filipopoulos, HMSA Board member and DiT subcommittee director (centre) with DiT doctors at HMSA X-mas Trivia Night event 2018. Background: Dr George Koufogiannis, HMSA Board member

AMA NEWS BY DR MARY HETT-STAVROPOULOU

Dear all,

Welcome to the first Hygieia edition of news from the Australia Medical Association (AMA) of interest to medical doctors and students.

HEALTH BUDGET 2019

The AMA welcomed the funding which includes the lifting of the freeze on GP Medicare items, but said more funding was needed for public hospitals, mental health prevention, indigenous health and pathology services.

For the AMA's Government Health Budget overview visit:

- · https://ama.com.au/ausmed/ama-welcomes-health-budget-good-start-election
- https://ama.com.au/media/federal-budget-sets-genuine-election-competition-health-policy

AMA's Pre-Budget Submission 2019-2020 is available here:

https://ama.com.au/sites/default/files/budget-submission/AMA_Budget_Submission_2019_20.pdf

FEDERAL ELECTION 2019

After the Budget, the Opposition also announced they would end the Medicare freeze on GP items. They also introduced a \$2.8 billion Better Hospitals Fund and a Medicare Cancer Plan:

· https://ama.com.au/ausmed/election-message-catherine-king-mp-shadow-minister-health

The AMA has released a document named "Key Health Issues for the 2019 Federal Election":

 https://ama.com.au/system/tdf/documents/ Key%20Health%20Issues%20for%20the%202019%20Federal%20Election.pdf? file=1&type=node&id=50433

Further announcements are expected from the political parties.

PRIVATE HEALTH INSURANCE

With rates rising on 1st April, the AMA's latest Private Health insurance Report Card is a good resource:

 https://ama.com.au/sites/default/files/documents/ AMA%20Private%20Health%20Insurance%20Report%20Card%202018_0.pdf

ROYAL COMMISSION INTO AGED CARE QUALITY AND SAFETY

The Royal Commission into Aged Care is currently seeking submissions from the public to improve the quality of aged care in Australia.

https://ama.com.au/ausmed/spotlight-aged-care

Any interested doctors or members of the public are encouraged to make private submissions via:

https://agedcare.royalcommission.gov.au/submissions/Pages/default.aspx

THE VICTORIAN GOVERNMENT ROYAL COMMISSION INTO MENTAL HEALTH

The Royal Commission into Mental Health is also seeking public participation.

For general information, including its terms of reference and upcoming local community consultation sessions, please refer to:

https://amavic.com.au/policy-and-advocacy/royal-commission-into-mental-health

To register and for more information, please visit the official website:

www.rcvmhs.vic.gov.au

That's all for now!

I wish everyone a safe and Happy Easter with family and loved ones,

Mary Stavropoulou

(HMSA Board member and representative serving on AMA Victorian Council)

MEDICAL PHILANTHROPY UPDATE AND NEWS



HMSA Board member and Gp, George Stabelos, visiting the Metropolitan Community Clinic (MCC) at Elliniko, Athens, Greece. HMSA plans to have a greater community scope including medical philanthropy. Ideas & volunteers are needed.

"People experience philanthropy in Australia in a variety of ways, often without even realising it. It might be a new hospital wing that was constructed using funds from a generous donor, or an art exhibition made possible through the support of a group of philanthropic foundations" stated a recent Swinburne University article (1).

Another, published in the Journal of General and Internal Medicine (US) noted that "Many physicians and professional leaders agree that community participation is an important professional role for physicians" and that "civic participation encompasses multiple types of activities including.. philanthropic activities and volunteer work.. which offers opportunities for physicians to better understand the social context of health and to address social determinants of health either through advocacy or service."(2) One of the stated aims of the The Hellenic Medical Society of Australia (HMSA) includes "supporting philanthropic missions locally and internationally"(3). To this end, HMSA Board members over the last 12 months, have been examining ways in which HMSA might move in this direction.

HMSA INTERNATIONAL PHILANTHROPY EFFORTS

HMSA's efforts have included communications with and visitations to, The Metropolitan Community Clinic (MCC) in Athens, a volunteer based centre that aims to provide free medicines and assistance to the unemployed and poor civilians with no social security or with very little income (4). Owing to the financial crisis, one third of the population of Greece has been living at or below the poverty line. Unemployment rates had exceeded 25% (now 18%) and according to United Nations figures, parents in Greece have been forced to depend on grandparents for handouts. However even this has proved difficult, as pensions have been cut 13 times since 2009, leaving families with dramatically less income, deprived of even the bare essentials (5-6).

The MCC clinic in Athens had undertaken more than 16,000 medical appointments per year and its volunteers have grown from 60 to 200. These included about 75 doctors and health professionals of different specialties (cardiologist, GPs, physicians, pharmacists psychologists etc.) and also civilian volunteers. In more recent times, MCCs role has become limited to sourcing and supplying free medicine to those on low incomes including low income locals, those in remote locations in Greece, institutions such as nursing homes and refugee organisations in Greece. The Metropolitan Community Clinic accepts donations of products only and no money exchanges hands. Medicines are donated from pharmacies and individuals, organisations or pharmaceutical companies, especially throughout Europe (eg medicine close to use by date) and it also keeps a stock of immunisations, milk formula, nappies and children's clothes.

HMSA examined as to whether we could source new, opened, used or discarded medicines from Australia via the public, pharmacies, pharmaceutical companies, doctors and others and send them to Greece. This proved to be a difficult task, owing both to regulatory issues related to the export of medicines from Australia and import into the EU, let alone transport, logistics and liability issues. At this point ,HMSA has not progressed with this proposed "Medicines for Greece" program. HMSA also learned that a Greek radio station in Sydney raises funds yearly in order to purchase new medicines in Greece for distribution by the MCC.

CHALLENGES AND OPPORTUNITIES: WHERE TO FROM HERE FOR HMSA'S AUSTRALIAN & INTERNATIONAL COMMUNITY FOOTPRINT?

HMSA is continuing to examine how it might support philanthropic efforts within the Australian community and potentially, internationally. Two key challenges for organisations such as HMSA relate to both personnel and funding and we are reviewing our options in these domains. All HMSA board and sub-committee members are honorary volunteers who undertake their activities at their own expense and in their own time. Quite simply, as a group of volunteers, we are already stretched for time and we need more people to help out!! All of HMSAs membership fees and corporate sponsorships are presently directed to our educational, health promotion and member-related activities or events.

Medical Philanthropy is an opportunity for HMSA and its members to leave a legacy for others. Great leadership is increasingly seen as that which serves the interests of the greater good, rather than just the interests of individuals (7-8) and increasingly, doctors and future medical students are being selected on this basis (9). However, "ideas without action plans and workers go nowhere". At HMSA, there is a great need for additional volunteers to assist with proposed programs such as medical philanthropy that "give back". HMSA has also considered that these volunteers need not have a medical background, as a willingness to give back is one of the most important criteria. There are also many skills that others from various fields in medicine, health care or in fields unrelated to medicine such as management, strategic planning, events, administration and business, or volunteering, can bring to HMSA. HMSA needs your help, support and ideas or a recommendation to others. Spread the word and send us a message, as we'd love to hear from you.

info@hmsa.org.au

Dr George Stabelos, HMSA Vice-president

REFERENCES

1.http://www.swinburne.edu.au/news/latest-news/2019/04/dear-baby-boomers-australian-philanthropy-needsyour-help.php

2. Community Volunteerism of US Physicians J Gen Intern Med. 2008 Dec; 23(12): 1987-1991.

3. https://www.hmsa.org.au/node/1

4. http://www.mkiellinikou.org/en/

5. http://www.bbc.com/capital/story/20181107-what-it-takes-to-be-young-greek-and-able-to-pay-your-bills

6.https://www.dw.com/cda/en/greeces-debt-crisis-leaves-nation-hungry-and-children-malnourished/a-46733130

7. https://www.forbes.com/sites/forbescoachescouncil/2017/07/19/servant-leadership-how-to-put-your-people-before-yourself/#7241688066bc

8. How serving others can make you a great leader. https://www.entrepreneur.com/article/248831

9.https://www2.deloitte.com/insights/us/en/industry/health-care/doctor-of-the-future-medical-school-residency-programs.html

THE HELLENIC MEDICAL SOCIETY OF AUSTRALIA PREMIER

BRAIN & PAIN 2019

Professor Dennis Velakoulis

Heuropeychicity and, AMH. Brain: scientific update 2019

Dr Nick Christelis

Pain Specialist Physician, Director, Pain Specialists Australia.

Pain in 2019: where is the evidence taking us?

Thursday 6th June 2019 6.30pm

GPD Resources & twens, 164 right 21 (Car Colliver Ref), Kark, Ver, 2001 HMSA members free: RSVP ASAP info@trmsd.org.ov "Thit is best dressed-outsteen imited to 62 doctors

HMSA BOARD WELCOMES DR NICHOLAS MINGOS

My first experience with HMSA was as a final year medical student at the Hellenic Museum cocktail evening. As one of only a few students of Greek background in my course, I was surprised to see so many other Greek doctors all in one place! I enjoyed listening to the guest speakers, however meeting and chatting with the other doctors was the real highlight. It was honestly very exciting to become part of a growing community of Greek doctors who share a similar story and sense of identity.

As an intern at the Royal Melbourne Hospital this year, I wanted to expand my horizons, and get involved with HMSA, giving back for that memorable evening. In particular, I wanted to contribute to this growing network of Greek doctors, and ensure other medical students and junior doctors know about HMSA, and its role in bringing together Greek medical professionals. I encourage other doctors in training to get involved, come along to our upcoming events, and join our passion in creating a stronger organisation for collegiality and advocacy for our broader Greek community.



Dr Nicholas Mingos now joins the HMSA Board and DiT subcommittee. Interest is welcomed from others to join our subcommittees and board. Contact: info@hmsa.org.au

HMSA Aims & Objectives:

- Sharing medical knowledge and experience
- Facilitating connections and synergies between doctors and the community
- Promoting medical education and research
- Supporting medical philanthropy

HMSA Vision Statement:

Enabling doctors to promote better health for all Australians including those of Hellenic descent



HMSA Mission Statement:



Unite doctors with the community to achieve better health and inspire lifelong advancement in knowledge

Coming soon:



Introducing The HMSA Doctor Directory

Available soon at: www.hmsa.org.au



Wine Tasting Evening Stay tuned for more info



Medical Student Overseas Scholarship

For applications, please visit : www.hmsa.org.au/node/79



HMSA Future of Medicine & Business Seminar

Stay tuned for more info

A MESSAGE FROM OUR PLATINUM SPONSOR



As we approach Easter, we are reminded of the importance of our health, the health of our family and friends, our businesses, and our communities.

Board member, Associate Professor Arthur Nasis reminded us of this at our recent Delphi Bank Northern Business Group, when he stated that 'Our most important business is our health'.

As Platinum Sponsors of the Hellenic Medical Society of Australia (HMSA), Delphi Bank is honoured to align ourselves with this message, and the message of supporting strong and healthy communities.

As Head of Delphi Bank, Jim Sarris states, "One of the great things about our Bank is that we really tailor what we support to what is important in our local communities."

"The things that matter to Delphi Bank are the same things that matter to our customers and our team", continued Jim Sarris.

This is why for many years, Delphi Bank has long-supported our community through sponsorship and assistance programs all around the nation. This year, our support has formally extended to the HMSA and its mission to promote better health for all Australians, including those of Hellenic descent.

"As Platinum Sponsors of the Hellenic Medical Society of Australia, we feel privileged to not only celebrate in your achievements, but play a part in your future success too", says Jim Sarris. As part of the Bendigo and Adelaide Bank* family, the fifth largest bank in Australia, this commitment to the needs of our community is strengthened, as is our ability to continue to diversify and grow our products and services to meet the needs of our customers.

We look forward to the continued success of our partnership, and wish the HMSA, its Board, members and families a happy Easter.

*Bendigo Bank has over 6,500 employees who service around 1.6 million customers, in over 500 communities nationwide. As Australia's fifth largest retail bank offering competitive products and innovative service, Bendigo Bank is consistency rated highly for trust and satisfaction. Delphi Bank, together with Adelaide Bank, Rural Bank and Leveraged, are just some the Bank's subsidiaries



Members of the HMSA board together with Delphi Bank executives.

Rear Row (L to R): Mr George Koufogiannis (HMSA Board Education Officer & Urologist), Associate Professor Arthur Nasis (HMSA Board Treasurer & Cardiologist)

Middle Row (L to R): Mr Paul Orfanos (Delphi Bank Senior Business Development Manager), Dr George Stabelos (HMSA Board Vice- president & GP), Mr Chris Voyias, (Delphi Bank Senior Relationship Manager), Mr Kostas Syrrakos (HMSA Board Finance & Fundraising Officer & General Surgeon), Dr Arthur Kokkinias, (HMSA Board Secretary & Psychiatrist), Mr Jim Sarris (CEO/Head of Delphi Bank).

Front Row (L to R): Dr Mary Stavroploulou-Hett (HMSA Board AMA Representative & GP), Associate Professor Marinis Pirpiris (HMSA Board President & Orthopaedic Surgeon), Dr Betty Messazos (HMSA Board Communications Officer & Paediatric Endocrinologist)

MEMBERSHIP

- 2019 memberships are now due. Thank you to those who have paid the annual \$99 membership fee
- For queries concerning membership and renewal, <u>click here</u>
- To sign up as a new member, <u>click here</u>

Tier 1: Standard member of HMSA Benefits (Fee: \$99)

- E-mail newsletter
- E-mail invitations to events: free or discounted event entry fee
- Listing of name and practice on HMSA Doc-Finder Directory on HMSA website accessible to public and other medical and health professionals (*Currently under development*).
- Free membership, discounts and privileges associated with the HMSA Member Benefit Program
- HMSA voting rights

SPONSORSHIPS AND PARTNERSHIPS

For partnership and sponsorship enquiries please contact our secretary at info@hmsa.org.au

PLATINUM SPONSOR



OTHER SPONSORS







Advancing science for life[™]





ZAPARAS

COMMUNITY PARTNERS





1st FERTILI FESTIV



FORUM • EXPO • EVENTS

Under the Auspices of



Health Tourism & Development



H.T.C









Η επιτροπή του συμβουλίου της Ελληνικής Ιατρικής Ένωσης Αυστραλίας εύχεται σε όλα τα μέλη και στις οικογένειες σας Καλο Πάσχα και πάντα υγεία και ευτυχία.

Happy Pascha to all members of HMSA and to your families and friends!