



Hygieia (Υγίεια) e-News



WELCOME ΚΑΛΩΣ ΗΡΘΑΤΕ

Welcome to our inaugural issue of Hygieia (Υγίεια) e-News.

This new platform will provide you with information and details about past and upcoming social events and lectures, HMSA membership benefits and more.

MEMBERSHIP FOR 2019

A friendly reminder for all members to renew HMSA membership for 2019.

For details about how to renew membership, please contact us at info@hmsa.org.au

POSITIONS VACANT FOR HONORARY VOLUNTEERS FOR THE FOLLOWING SUBCOMMITTEES:

- Events, sponsorship & membership
- E-newsletter & website
- Medical education
- Health Promotion & Public education
- Medical Philanthropy
- Doctors in Training (DIT)

Contact us at info@hmsa.org.au for details

MERRY CHRISTMAS AND HAPPY NEW YEAR!

As we reflect upon the past year, we would like to acknowledge those who have helped shape HMSA. The HMSA board would like to thank its members for their continued support and cooperation. We wish you a joyous holiday season and a happy and prosperous new year.

A WELCOME MESSAGE FROM HMSA PRESIDENT MARINIS PIRPIRIS

Dear members,

It is with great pleasure that I introduce our Hygieia to you. This is our new communication platform which complements our website and our Facebook page. In a diverse and inclusive society where doctors face increasing pressures on their time, please take a few moments to read through the articles, which you will be receiving quarterly. Hygieia was considered to be one of the five daughters of Asklepios. Her mother was Epione. Her name stems from the Ancient Greek *Ἑγεία*. Her Roman name was *Hygea/Hygia*. She was one of the two goddesses of medicine and health and specifically preventative medicine. Interestingly Thomas A. Edison once said that “the doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”

The HMSA has been busy throughout the year. There have been 3 public lectures, open to all members of the wider paroikia, delivered in Greek, and a tremendous event at the Hellenic Museum where we had an opportunity to reflect on the role of traditional natural remedies and modern transplantation technologies. Our trivia night proved a huge success, as over 100 of our members came to gather to give thanks for 2018, share their Christmas cheer and wish each other all the very best for the New Year.

2019 is shaping up to be an even bigger year. The lectures will continue and some may be held at venues outside the city centre. We are creating a donor program, where we may help support our fellow Greeks, who do not have timely access to their medications as a result of the ongoing financial challenges facing Greece. It will also see our first Gala Ball, so please stay tuned.

As we near the end of another busy year, it is perhaps an opportune time for everyone to reflect of their personal health and welfare in a workplace where doctors often neglect themselves in order to serve and help their patients in their time of need. Let us make time for ourselves and our family and friends, in an increasingly demanding and pressured work environment. As Hygieia may have once said: eat well, exercise regularly and find yourself a general practitioner.

On behalf of the HMSA Board, I would like to wish everyone a very Merry Christmas and all the very best for a happy, healthy and safe New Year.

Best wishes,

Marinis Pirpiris
HMSA President

PREVIOUS EVENTS



OBESITY DINNER
MEETING EVENT
(30/08/18)

View the event gallery on our website:
www.hmsa.org.au/node/76

iNova Obesity Talk

MARY HETT-STAVROPOULOS (GP)

The doctors of the HMSA gathered to hear the latest research and treatments on areas of medical importance to the Hellenic community in Australia, this time on obesity, which has reached alarming levels in Australia and the Western world.

Genes, conditions in the womb and the first few years of life play an important role in people's weight trajectory in life, including factors in their adult life such as: physical activity (both exercise and incidental activity levels versus sedentary living such as high screen time at work or for leisure), diet (including the presence of endocrine disruptors in food), sleep patterns, pregnancy and menopause, etc.



Professor John Dixon, Head of Clinical Obesity research of the Alfred's Baker Institute revealed that obesity is a chronic disease which predisposes the sufferer to among other things, diabetes, high blood pressure, abnormal blood lipids, stroke, heart disease, arthritis, obstructive sleep apnoea and asthma, liver disease, impaired fertility, obstetric complications, foetal abnormalities, and even cancers.

Like high blood pressure and diabetes, obesity needs to be managed by doctors and dietitians with a special interest, training and expertise in the area, when diet and exercise alone have not been effective.

However, it is estimated that only five percent of obese people receive adequate treatment, as people mistakenly believe only willpower is needed to make lifestyle changes to dietary and exercise habits.

Research however has shown that as the body's set point for satiety and weight is higher for obese people due to hormonal and other biological factors, will power alone in matters of lifestyle is rarely enough for sustained weight loss.

It should be noted that while exercise has not been shown to contribute to significant weight loss, it is essential as it decreases the risk of stroke, heart disease, frailty and cognitive decline or dementia.

There are three currently proven methods of obesity management that can be used in various combinations tailored to each patient's unique circumstances as per the Australian and New Zealand Obesity Society management guidelines:

- A medically supervised caloric restriction diet
- Bariatric surgery
- Medication (expected to be available in Australia in the next 5 years, which will rival the efficacy of bariatric surgery)

Unfortunately the stress, poor sleep patterns, a sedentary lifestyle, and carbohydrate diet of the modern Western world has not served us/the Hellenic community well.

Indeed, the time honoured inherent value of the traditional Hellenic diet and physically active lifestyle in preventing obesity and promoting health has much to commend it.

Once obesity has occurred and becomes resistant to lifestyle measures, it needs to be treated seriously and adequately like any other chronic medical condition and not blamed on the patient suffering from it.



HMSA CHRISTMAS PARTY AND TRIVIA NIGHT (29/11/18)

View the event gallery on our website:
www.hmsa.org.au/node/77



PUBLIC SEMINARS

Cardiology Updates

ARTHUR NASIS (CARDIOLOGIST)

Congratulations to Associate Professor Arthur Nasis on delivering a very informative update on cardiac health organized by our platinum sponsors, Delphi Bank.

Arthur is a consultant cardiologist, Head of Acute Cardiac Services at Monash Heart and Co-Founder and Director of Victoria Heart. He is also the HMSA treasurer.

Arthur conveyed important messages about heart health, which prompted many in the audience to initiate booking to see their own GPs.

Arthur emphasized the importance that knowing, rather than ignoring our own risk of heart problems, can be life saving.

‘Know your numbers: your blood pressure, your cholesterol level, your sugar level, your waist circumference...know your risk now. You can do something about it.’

His talk will be repeated in 2019 and we will bring you more cardiology updates delivered in Greek as well.

Have a heart health assessment today!

The HMSA Board.



GIVING BACK PROVIDES A SENSE OF PURPOSE

Why you should Join a HMSA sub-committee or the Board

Dr George Stabelos, GP, HMSA vice-president



Members of the HMSA Board together with Delphi Bank Executives. Delphi Bank is HMSA's platinum sponsor

I heard an interview on 3XY, recently. A successful, high flying corporate individual, was looking back on his career and said that, despite his corporate successes, one of the best things he ever did was "get involved in community". Yes, all of us on the Board are busy also, however we make the time to dedicate ourselves as honorary volunteers, to an ideal that is bigger than ourselves; a contribution to building a better community.

When I look around at HMSA events, I marvel at what medical individuals in our community have achieved. We have some 400 Victorian doctors on our HMSA database that are of Hellenic descent and of these, around 30 that have the title Professor or Associate Professor. There are great examples of doctors who have gone above and beyond in conducting ground breaking research, others who are head, or deputy head of department in their organization and have shown excellent leadership, great vision, made significant contributions to their facility and the people it serves. Others, who are simply very good at what they do, are incredibly hard working, do their best to serve their communities and serve

their patients at the coal face, often going above and beyond to make a difference to the lives of others, in the best interests of their patients.

In some ways, many in the community might regard us as having achieved something and also be examples of "success". However, I pose two questions:

1. Whilst we have many individual examples of achievement or success, how many examples do we have of individuals, or groups who have collaborated or synergized together, to leverage that knowledge, those skills and experience, that success and take it to a higher level, with all of its implications and benefits?

2. What will be our legacy as individuals or as a community of professionals, who are in a privileged position and how will we use this collective wisdom, knowledge and skills, not just to benefit ourselves, however as a community, for the greater good?

Having been involved in community groups for the last 30 years, I have seen the power of synergy, of people working together in common purpose, with common goals and for the greater good and also of the, as yet, untapped potential of us all working together. There is also the old saying that "it is not just what you know".. Groups working together in harmony, can achieve things that no individual could alone. I have seen that @ HMSA, where we strive to create opportunities, where doctors can connect with each other and with the wider community. HMSA has plans one day, to expand nationally, with lots of other ideas in the pipeline. We have now also appointed a paid administrator, to aid in developing the organization and the achievement of our mission and vision. However, "ideas without action plans and workers go nowhere". Get on board with HMSA and support us to support you in any way we can. We need the ideas, vision, insights and help of others. It could be one of the best things you do in your life... and help us realize the potential of what we can do and achieve... *together*.

TAKING TIME TO CARE FOR OURSELVES AS DOCTORS

*“Taking time to care for ourselves as doctors.
Healthy minds. Healthy bodies.”*

The end of the year is a timely reminder for the need to reflect on our own mental health as well as that of our loved ones.

Mental illness affects 1 in 5 Australians. Even more common are general mental health problems which may be transient and do not constitute a true disorder.

“Burnout” is a case in point. This is more a risk factor for mental illness rather than a diagnosis per se. The concept is defined as the triad of mental exhaustion, cynicism and poor professional efficacy.

The individual may present with symptoms of anxiety and depression. Burnout rates amongst doctors has been reported to be as high as 50%.

The Beyondblue national mental health survey of doctors reported that 32% of doctors experienced emotional exhaustion and 32% cynicism. Interestingly only 6% of doctors reported a diagnosis of depression and 4% an anxiety disorder.

Younger doctors were at higher risk of burnout. Major risk factors appear to be a perfectionist personality style and avoidant coping styles.

How do we deal with burnout?

Attending to work life balance and sensible lifestyle measures appear to help but can be difficult to implement.

Sensible approaches which reduce burnout in the workplace include regular supervision by a superior and regular peer catchups. On an individual level we can all employ simple strategies:

- Be active and stay healthy
- Sleep adequately (google “sleep hygiene”)
- Limit alcohol and substance use (including benzodiazepines and opiates as well as illicit substances)
- Nurture your personal relationships
- Connect with others
- Make time for yourself.
- Learn something new to build your confidence (language, music, art)
- Join a group and feel a part of something
- Make time for nurturing spiritual beliefs.



Lastly, if you are unable to help yourself seek professional help. See your GP. Ask for a referral to a psychologist or a psychiatrist. Contact the Victorian Doctors' Health Program (www.vdhp.org.au) which is a confidential service for doctors.

Don't be ashamed. Break down the stigma of mental illness. We as doctors are notoriously poor at seeking help when we need it.

Look after yourselves and remember what our wise ancestors said - «vous υγιής εν σώματι υγιεί» (a healthy mind in a healthy body).

Wishing you all a joyous Christmas with your loved ones and a happy and healthy (in all ways) 2019.

By Dr Arthur Kokkinias (psychiatrist and HMSA Secretary)

HMSA DOCTORS IN TRAINING

One of the aims of the HMSA is to provide doctor and medical student mentoring and support, as well as to promote medical education and research in Australia and Greece. 2018 has seen an increase in the number of HMSA members who are also Doctors in Training (DiTs;

including medical students). Currently there are approximately 30 HMSA DiTs and it is expected that this number will only continue to grow in the coming years.

This year an inaugural HMSA Greek Medical Elective Scholarship has been instituted. Medical students of Australian Medical Schools of Greek descent will be eligible to apply for a scholarship to help facilitate a clinical placement (Medical Elective) in either Greece or Cyprus. The first successful applicant we hope to announce in mid-2019. Details of the application process will soon appear on the HMSA website.

In addition to this scholarship, a range of language resources are being added to our website, including information for medical students in Greece on how to undertake clinical placements in Australian hospitals, as well as the process by which doctors in Australia can also obtain medical registration in Greece.

In addition, something else for the DiTs to look forward to next year will be a DiT-specific HMSA gathering, with the aim of promoting fellowship and networking between our junior doctors and medical students.

Junior doctors and medical students seeking to join the HMSA should see our website (www.hmsa.org.au) for further details.

By Ben Filipopoulos

A MESSAGE FROM OUR PLATINUM SPONSOR:



As we approach the Festive Season, 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 South Eastern 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 and healthy start to 2019.

**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)

Not present: HMSA Board members Dr Spiros Furlanos (HMSA Board Education Officer & Endocrinologist), Dr Nick Roubos (HMSA Board Education Officer & GP), Dr [Benjamin Filipopoulos](#) (HMSA Board Member & DIT Officer)

HMSA Aims & Objectives



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

HMSA Mission Statement



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

HMSA Vision Statement



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

COMING IN 2019:



HMSA Boat Cruise Dinner



Online Doctor Directory

Available soon at: www.hmsa.org.au



HMSA Medical Philanthropy



**Medical Student Overseas
Elective Scholarship**

Contact us at info@hmsa.org.au for more details regarding application

THANK YOU! TO OUR MAJOR SPONSORS AND EVENT & COMMUNITY PARTNERS

The logo for DelphiBank, featuring the word "Delphi" in black and "Bank" in orange, with a stylized orange and black graphic element to the right.The logo for inova pharmaceuticals, with "inova" in red and "pharmaceuticals" in black below it.The logo for Boston Scientific, with "Boston Scientific" in blue and "Advancing science for life™" in a smaller blue font below it.The logo for 4Cyte Pathology, with a red four-lobed icon and the text "4Cyte Pathology" in black.The logo for ZAPARAS LAWYERS, featuring a green shield icon and the text "ZAPARAS LAWYERS" in blue.The logo for AstraZeneca, with the name in purple and a yellow DNA helix icon to the right.The logo for FronDitha care, with a green and yellow circular icon and the text "FronDitha care" in green and blue.

FronDitha Care is a not-for-profit organization that provides culturally appropriate residential and community aged care services to the elders of the Greek community throughout the Melbourne metropolitan area and the broader multicultural community in Newcastle, NSW.

Beyond a physical and medical care plan, we realize the value of cultural, spiritual and emotional needs to the wellbeing of our elders. Fundamental to improving health and wellbeing, they create a strong sense of belonging, connection and relevance.

With residential care homes in Clayton South, Thornbury, Lower Templestowe and St Albans, and home care packages and social support groups throughout the Melbourne area, we offer our ageing community a true Bounty of Care.

For information on our services, please contact (03) 9552 4100 or visit our website frondithacare.org.au