

HYGIEIA

ΥΤΙΕΙΑ

e-NEWS

Upcoming Events

11 SEPT

ADOLESCENT HEALTH SEMINAR:

- Dr Jenny Proimos:
Technology and young people
- Dr Jennifer Papoutsis:
Teenage anxiety and strategies to help

22 SEPT

WORLD ALZHEIMER'S DAY: FRONDITHA-HMSA DEMENTIA SEMINAR

8 OCT

TRAUMA + DVT/PE SEMINAR

- Dr Helen E. Stergiou
- Dr Abbey Willcox

13 DEC

HMSA CHRISTMAS DINNER PARTY 2019

Click here to RSVP

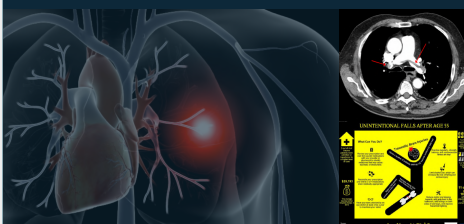


THE HELLENIC MEDICAL SOCIETY OF AUSTRALIA PRESENTS

EMERGENCIES + TRAUMA

VENOUS THROMBOEMBOLISM

Applying New Guidelines



WHAT SPECIALISTS & GPs NEED TO KNOW

TUESDAY, 8 OCTOBER, 6:30PM

MATTEO'S RESTAURANT

533 BRUNSWICK ST, FITZROY NORTH, VIC. 3068

RSVP ASAP: Seats limited to 50 doctors.
info@hmsa.org.au

Free event for HMSA members & doctor colleagues who become members.
Visit www.hmsa.org.au to join

DR HELEN STERGIOU

Emergency Physician & Trauma Consultant, Alfred Hospital. Former Director, The Northern Hospital Emergency Department.

DR ABBEY WILLCOX

Haematologist, Head of Haemostasis & Thrombosis, Austin Health.

Adolescent Health Talk 2019: Click here to RSVP

THE HELLENIC MEDICAL SOCIETY OF AUSTRALIA PROUDLY PRESENTS



ADOLESCENT HEALTH TALK 2019

WEDNESDAY
11 SEPTEMBER

19:00 - 21:00

VENUE: LYCEUM, ALPHINGTON
GRAMMAR SCHOOL
18 OLD HEIDELBERG RD
ALPHINGTON



ADOLESCENT ANGST:
A SNAPSHOT OF TEENAGE ANXIETY
AND STRATEGIES TO HELP

DR JENNIFER PAPAOUTSIS
SENIOR CLINICAL
NEUROPSYCHOLOGIST

TECHNOLOGY AND YOUNG PEOPLE:
THE PLEASURES AND RISKS OF
SOCIAL MEDIA USE

DR JENNY PROIMOS
PAEDIATRICIAN, ADOLESCENT
MEDICINE



A MESSAGE FROM HMSA PRESIDENT MARINIS PIRPIRIS

Building networks with local, national and international organisations.

Welcome to this edition of Hygieia. The recent Brain and Pain Professional Development Seminar on the 6th June was a resounding success. Professor Dennis Velakoulis and Dr Nick Christellis provided a wonderful insight into the biological basis of mental wellbeing and the causes of acute and chronic pain. It was terrific to see so many members enjoy an evening of learning and networking at the GPO in Kew. The HMSA is committed to lifting the veil on these sensitive areas and eroding the stigma associated with mental health. Alzheimer's is another important aspect with an interface between cognitive and physical wellbeing. We will be co-hosting the World Alzheimer Day Symposium on the 22nd September with Fronditha Care at Oakleigh Grammar. You are all welcome to attend and help make the day a great success. You are also welcome to bring interested friends and relatives.

We have been blessed with the opportunity to meet with the newly elected leader of the Greek Orthodox Church of Australia, His Eminence Archbishop Makarios on the 10th August. He was born in Herakleion, Crete and completed his ecclesiastical studies at the Rizareios Ecclesiastical School of Athens and graduated at the Higher Ecclesiastical School of Athens and the Theological School of the National and Kapodistrian University of Athens. We were impressed with his wisdom and humility as he has graduated as a Master of Sacred Theology (Boston), Master of Arts (Harvard), and Master of Bioethics (Monash). His dissertation was passed with Excellence at the Medical School of the University of Crete and was entitled "Cloning: Social, Ethical and Theological Components". We discussed the vision of the HMSA, described our work and discussed a number of opportunities for collaboration in the education of our broader community of Hellenic Origin. We were graciously invited to attend the forthcoming meeting of the Clergy on the 24th October, to further discuss and develop these ideas. This will help improve our reach into the broader community. His Eminence was also the very worthy recipient of the HMSA's inaugural award of excellence for work in the field of Ethics.

The executive will be meeting with the Minister of Health and the Minister for Ambulance Services, Ms Jenny Mikakos, MP on the 29th August. The meeting will provide the executive an opportunity to introduce the HMSA and develop areas for collaboration. The HMSA is committed to improving services for all Australians, including those of Hellenic descent, and will discuss the additional services required to provide an ability for our patients, at the varying stages of their lives, to remain healthy, maintain their functional independence and improve their wellbeing and quality of life.

The HMSA is also preparing for a visit from the International Health Tourism Centre. Greek doctors representing a number of specialty and sub-speciality areas are planning to visit Australia in order to build on the networks and friendships from their previous visit. They are planning an engaging program, where they will share their current projects as well as their ideas and vision for a Greece that re-establishes itself as a leader in health care delivery.

As the activities of the HMSA are expanding we have also commenced the process of appointing a secretariat, which will provide the Board with an improved ability to program. The secretariat will also be tasked with the organisation of the upcoming HMSA trip to Greece, with visits to a number of sites of historical and cultural interest. There will also be a symbolic pledging of the Hippocratic oath within the historical remains of the Asklepion in Kos. More details will follow in the near future. The upcoming launch of our on-line doctor directory will provide an ability for everyone to identify doctors with interests in particular sub-speciality areas. Further information will be available soon. I would encourage all members to consider registering for this directory.

Please enjoy this edition of Hygieia.

BRAIN & PAIN - EDUCATIONAL EVENT REPORT



Doctors attending Brain & Pain event, 6th June 2019. From left and clockwise, Dr Marilyn Gates, Dr Betty Messazos-Trapetsa, Dr George Kalogerakis, Prof Dennis Velakoulis, Dr Arthur Kokkinias, Dr Maria Raftopoulos, A/Prof Marinis

The Hellenic Medical Society of Australia (HMSA) recently hosted a medical educational evening for its professional members entitled 'Brain and Pain'.

Doctors from various specialities as well as general practitioners packed out a function room at the QPO restaurant to be informed on the latest updates on the brain and on the topic of chronic pain management.

HMSA president A/Professor Marinis Pirpiris introduced the evening and welcomed the generous sponsors of the evening Servier Pharmaceuticals and Delphi Bank. MC Dr Arthur Kokkinias (HMSA Secretary) in turn warmly introduced each of the keynote speakers of the evening.

The 'Brain' part of the evening was presented by Professor Dennis Velakoulis, neuropsychiatrist and director of the Neuropsychiatry Unit at the Royal Melbourne Hospital. He updated the audience on the latest developments of psychiatric presentations of neurological disorders and on genetic and neuroimaging developments.

The second speaker Dr Nick Christelis, an anaesthetist and pain management specialist, director of Pain Specialists Australia, gave a presentation on the latest developments on the all important topic of chronic and neuropathic pain management. Chronic pain affects and costs our society billions of dollars annually in health care and in lost productivity. Evidence is scant with regard to best practice and ideal interventions.



[Click here to read the complete article published on the NEOS KOSMOS website](#)

UPCOMING HMSA EVENTS

THE HELLENIC MEDICAL SOCIETY OF
AUSTRALIA PROUDLY PRESENTS

ADOLESCENT HEALTH TALK 2019



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GRAMMAR SCHOOL
18 OLD HEIDELBERG RD
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TECHNOLOGY AND YOUNG PEOPLE:
THE PLEASURES AND RISKS OF
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DR JENNY PROIMOS
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ADOLESCENT ANGST:
A SNAPSHOT OF TEENAGE ANXIETY
AND STRATEGIES TO HELP

DR JENNIFER PAPOUTSIS
SENIOR CLINICAL
NEUROPSYCHOLOGIST



RSVP ASAP to reserve your seat by [clicking here](#)

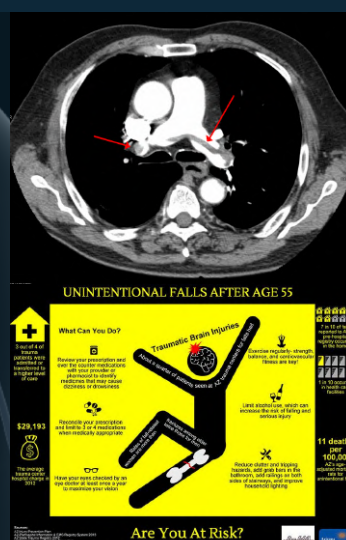
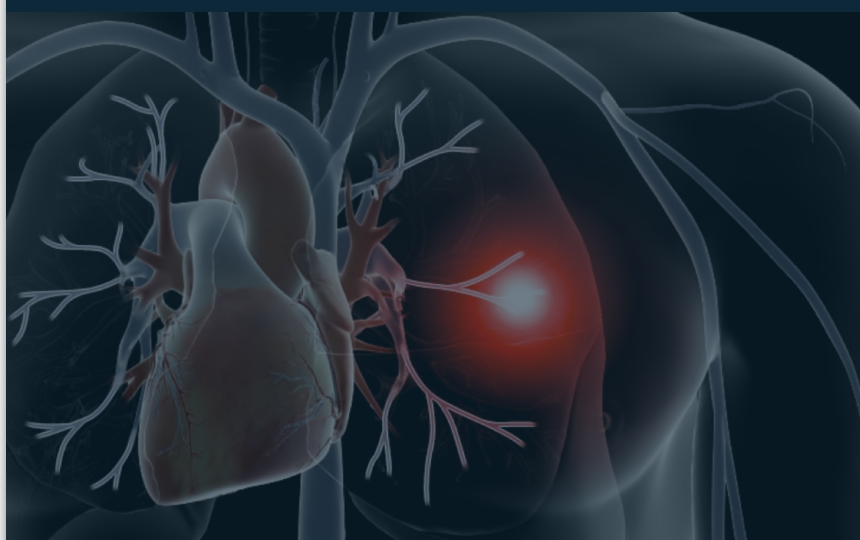


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colleagues who become members.Visit **www.hmsa.org.au** to join**DR HELEN STERGIU**Emergency Physician &
Trauma Consultant, Alfred
Hospital. Former Director, The
Northern Hospital Emergency
Department.**DR ABBEY WILLCOX**Haematologist, Head of
Haemostasis & Thrombosis,
Austin Health.

RSVP ASAP to reserve your seat by [clicking here](http://www.hmsa.org.au)

Illustration by - Alexander Barnard



THE PUZZLE OF DEMENTIA:
What it is and how
it affects us

Event hosted by



**JOIN US FOR A PUBLIC EDUCATION EVENT ON DEMENTIA
WITH OUR PANEL OF EXPERTS**



Dr Nick Roubos
MBBS, FRACGP
Family Medicine



Dr Chris Plakiotis
Consultant Psychiatrist
& Unit Head, Aged
Mental Health Services,
Monash Health



Dr Arthur Kokkinias
Consultant Psychiatrist:
Board Member &
Secretary, HMSA



Georgia Tzempetis
Clinical Care
Coordinator,
Froniditha Care

Sunday 22 September 2019
9Ways Hall, Oakleigh Grammar
77/81 Willesden Rd, Oakleigh
11:00am - 12:30pm

Light refreshments provided
The event will be delivered in the Greek language

This event is a joint initiative of



HMSA BOARD WELCOMES DR MARIA RAFTOPOULOS



Dr Maria Raftopoulos is a general practitioner currently working at Alphington medical centre. She is a medical graduate from University of Melbourne, obtaining her degree in 1995. She completed her general practice training with RACGP, obtaining fellowship in year 2000. Her main areas of interest include women's health, mental health, paediatrics, geriatrics and Greek migrant health overall.

She is a second generation Greek Australian, both her parents from the island of Ithaca. She looks forward to working with the HMSA to promote unification and collaboration of medical practitioners of Hellenic descent and philhellenic colleagues.

*Dr Maria Raftopoulos now joins the HMSA Board. Interest is welcomed from others to join our sub-committees and board.
Contact: info@hmsa.org.au*

SURVEY: WHAT DO HMSA DOCTORS REALLY WANT?

Dr George Stabelos, GP, HMSA Board (vice-president)



Above: moments captured @ various HMSA dinner and social events. To see a gallery of photos from previous events, click here: <https://www.hmsa.org.au/node/81>

HMSA's last "Brain & Pain" dinner meeting held on June 6 2019, at Kew's QPO Restaurant & Events, was a tremendous success. The ingredients: great guest speakers, a bumper crowd of curious and inquisitive doctors from a range of physician, surgical, GP and other specialties, people connecting and catching up, excellent venue, superb food and drink. *Opa!* HMSA took the liberty of undertaking a feedback survey and below is a summary of your opinions:

Q1. What did you like about this event?

A: "The people!", "Excellent speakers", "informative talk from experienced speakers", "format and topics", "location", "excellent talks", "great topics", "keep up the great work!", "the setting", "catch up!", "great opportunity to meet and greet", "meeting fellow Hellenes", "sharing experience and culture!"

Q2. What could improve?

A: "More social events!", "More!", "More frequent events", "time management", "the food" (ask my yiayia to cook!)

Q3. Do you have any suggestions re future events?

A: "Same!", "More!", "Keep building!", "Talk about trauma & Victoria", "Movie nights, music and theatre events", "wine tasting evening", "More frequent events", "Discussion meetings eg Mx cancer pain", "more psychiatry talks", "Keep up the great work", "less talking with lectures, more social events", "greater opportunity to meet and greet", "More cultural events", "More time for comraderie"

Q4. In what other ways do you think that HMSA could support you and the profession?

A: "Register of Greek speaking specialists", "Public register of Greek doctors & interest areas", "Opportunity to sponsor/host medical students", "More frequent events", "Provide section on website to advertise jobs", "Training grants", "scholarships", "Cancer prevention awareness to Greeks"

Q5. Any other comments, ideas and suggestions?

A: "keep up the good work!", "keep doing what you're doing", "More networking", "looking at helping our children connect with the Greek culture.."

Other Feedback:

A: >90% of respondents stated that they would attend a **HMSA Day Conference**, with most favouring a Saturday for the event. Look out for it in 2020!

A: >90% of respondents would attend a **HMSA Greece Conference!!** Can HMSA pull it off in 2021? Watch this space!!

Special note: The HMSA board takes your feedback seriously. A HMSA online survey of most of the nearly 400 Victorian HMSA doctors on our database will follow by end 2019.

HMSA MEETS WITH HIS EMINENCE ARCHBISHOP MAKARIOS



The HMSA Board with His Eminence Archbishop of Australia Makarios. Sitting from left: A/Prof Arthur Nasis, A/Prof Marinis Pirpiris, His Eminence Archbishop of Australia Makarios, His Grace Bishop Ezekiel of Dervis, Dr Arthur Kokkinias. Standing from left: Dr George Stabelos, Dr Maria Raftopoulos, Dr Brian Pliatsos, Dr Benjamin Filipopoulos, Dr Mary Hett-Stavropoulou, Dr Helen E. Stergiou, Dr Betty Messazos-Trapetsa, Dr Nick Roubos.

Meeting between Archbishop Makarios and HMSA

His Eminence Archbishop of Australia Makarios, during his recent stay in Melbourne, met with the HMSA Board. His Grace Bishop Ezekiel of Dervis was also present.

Archbishop Makarios is a graduate of the Higher Ecclesiastical School of Athens and of the Theological School of the National and Kapodistrian University of Athens. He completed post-graduate studies at the Universities of Boston, (Master of Sacred Theology), Harvard, (Master of Arts), and Monash, (Master of Bioethics), whilst his successful doctoral dissertation was undertaken at the Medical School of the University of Crete. The work was published under the title, "Cloning: Social, Ethical and Theological Components".

Since 2003 he has been teaching at the Patriarchal Academy of Crete. In tandem, visiting Professor to various Universities, including the Theological College of Holy Cross in Boston, the University of Tartu and the Medical Schools of the Universities of Crete, Thessaly and Athens. He has recently been elected and enthroned Archbishop of the Greek Orthodox Archdiocese of Australia after previously serving as a Bishop in the Church of Estonia.

In a welcoming and friendly meeting, the Archbishop was informed of the vision and the accomplishments of the HMSA.

The HMSA president, Associate Professor Marinis Pirpiris welcomed His Eminence and informed him of the history of the Society and its aims. Following this was a personal introduction from each of the members of the Board.

The HMSA secretary, Dr Arthur Kokkinias, continued with a presentation of the various achievements of the HMSA as well as a proposal for formal cooperation between the Archdiocese and the HMSA for the purposes of educational and informative sessions on health to the public. To date, the HMSA has presented a plethora of free public lectures on different topics concerning healthcare in general. The Archbishop was enthusiastic about the proposal.

Similarly, His Eminence was also supportive of the proposal for a future medical conference on bioethics, with a variety of speakers, with the keynote speaker being the Archbishop himself. Topics such as abortion, euthanasia and stem cell research, as well as the stigma associated with psychiatric illnesses and suicide, were also discussed as areas of concern and division amongst medical professionals.

The next presentation was given by the Society's Treasurer, Associate Professor Arthur Nasis, who informed the Archbishop of the involvement and activities of the HMSA in the political arena, with the aim of advocating for the interests of the Greek community with respect to health. He also informed His Eminence on the upcoming meeting of the HMSA with the Health Minister, the Honourable Jenny Mikakos.

The Vice President of the HMSA, Dr George Stabelos, presented to the Archbishop on the needs of the elderly of our community, in particular of Greek migrants. He raised the specific medical, social and psychological problems affecting the Greek Australian elderly, in particular social isolation, and the lack of community support programs.

Paediatrician and HMSA communications officer Dr Betty Messazos-Trapetsa continued with an informative presentation on the needs and problems of children and adolescents, and in particular of new migrants from Greece. She emphasized that the main problems that younger people face are psychological and social and not necessarily medical. She also raised the issue of the ever increasing obesity epidemic amongst children and adolescents. The Archbishop was interested to hear about the issues affecting both young people and their parents.

During the meeting, the Archbishop was awarded with the first HMSA award for his contributions to the fields of bioethics and theology. At the conclusion of the meeting he personally greeted each member of the Board warmly, affirming that the Church would be willing to embrace cooperation with science, and in particular, with medicine.

The Church, as well as the HMSA agree that somatic, psychological, social and spiritual aspects of health are all of utmost importance, and that quality education to the general public around topics of preventative health, early diagnosis and treatment of various illnesses is imperative.

Congratulations to our new Archbishop for his progressive vision and inclusiveness. Axios!



HMSA President A/Prof Marinis Pirpiris presenting His Eminence with the inaugural HMSA award for services in the fields of theology, bioethics and medical education.

[Click here to read the complete article published on the NEOS KOSMOS website \(English version\)](#)

[Click here to read the complete article published on the NEOS KOSMOS website \(Greek version\)](#)

PAEDIATRIC UPDATES

Paediatric First Aid: Basic Life Support (BLS) Talk



On Tuesday 18th June 2019, Paediatrician Dr. Betty Messazos-Trapetsa presented a parent information evening for the Greek School community at Bentleigh College. The evening was centred around providing information regarding the essentials of basic life support in paediatric first aid and was presented in Greek.

Questions at the Q&A also covered other topics including management of fever, eczema, allergies in general.

Dr Betty also addressed the general difficulties newly migrated Greek families have with the Australian medical system (i.e. Regular health care checkups, necessity of GP visits for specialist referrals, routine child health surveillance).

[***Click here to view the photo gallery on our website***](#)



Discussing Measles

Dr. Betty Messazos-Trapetsa recently appeared as a guest speaker on 3XY talking about measles in Greek.

She discussed signs, symptoms, treatment, the importance of immunisation and the misconceptions around the condition.

[Click here to listen to recording of the podcast on our website, as well as a newspaper article covering the topic.](#)

TA NEA | Wednesday June 19, 2019

Με την Έφη Ατζιάρα | σελίδες 13 -20, 43 & 48

ΤΟ ΠΑΡΟΙΚΙΑΚΟ ΜΑΣ ΠΕΡΙΣΚΟΠΙΟ 13

Ιλαρά: Τι πρέπει να γνωρίζουμε για το εμβόλιό της

Τη Δευτέρα, 17 Ιουνίου 2019, η Παιδιάτρος Μπέτη Μεσάζου-Τραπέτσα μίλησε στο 3XY και την εκπομπή «Πρωινό Μαγκαζίνο» για τον ιό της ιλαράς.

Η Αυστραλία δεν ανήκει, ως γνωστό, στις χώρες με υψηλό αριθμό κρουσμάτων ιλαράς, ωστόσο το πρόβλημα απασχόλησε τις Υγειονομικές Αρχές και τα Μέσα Ενημέρωσης, ύστερα από τον εντοπισμό μολυσμένου από τη νόσο Ταϊλανδού τουρίστα που έφτασε στη χώρα μας στις αρχές του Ιανουαρίου 2019.

«Η ιλαρά, είπε η κα Μεσάζου-Τραπέτσα, είναι μια ιογενής λοίμωξη του αναπνευστικού συστήματος και προκαλείται από έναν ιό RNA. Είναι εξαιρετικά μεταδοτική και πολύ σοβαρή ίωση καθώς οι επιπλοκές μπορούν να κινούνται από ήπιες ως και πιο σοβαρές, όπως πνευμονία ή εγκεφαλίτιδα, οι οποίες, όταν πρόκειται για μικρά παιδιά ή για ενήλικες που δεν έχουν εμβολιαστεί ολοκληρωτικά σε μικρότερη ηλικία είναι πολύ σοβαρές.

Σύμφωνα με τα στοιχεία που έχουμε 1 στα 15 παιδιά ενδέχεται να αναπτύξει πνευμονία και ένα άτομο στα 1.000 ενδέχεται να αναπτύξει εγκεφαλίτιδα, με συνέπεια να του προκληθούν σοβαρές και μόνιμες βλάβες, ακόμη και ο θάνατος. Οσον αφορά τα συμπτώματα, είναι κλασικά. Ξεκινούν με πυρετό, βήχα, ρινική καταρροή, κόκκινα μάτια, πονόλαιμο. Μερικές ημέρες αργότερα εμφανίζεται ένα εξάνθημα που παραμένει περίπου για 8 ημέρες, οπότε έχουν περάσει 3-4 ημέρες που πρωτοεμφανίζονται τα συμπτώματα και οι γονείς έχουν ενημερωθεί από τον παθολόγο τους, ενώ πιθανά να έχουν αρχίσει την αντιβίωση. Συγχρόνως όμως εμφανίζεται το εξάνθημα και πολλοί νομίζουν ότι αυτό είναι μια αλλεργική αντίδραση στην αντιβίωση. Το εξάνθημα της ιλαράς εμφανίζεται μετά από τα πρώτα συμπτώματα και μπορεί να παραμείνει μέχρι και μια εβδομάδα, ενώ το αρχικά ανοιχτό κόκκινο χρώμα μεταβάλλεται βαθμικών σε σκούρο καφέ.

Έτσι η μολυσματική περίοδος αυτής της αρχής, των 2-4 ημερών είναι μέχρι 2-5 ημέρες μετά το εξάνθημα. Οπότε ένα παιδί, πηγαίνοντας στον παιδικό σταθμό, ή ένας ενήλικας μπορεί να μεταδώσει την ασθένεια. Γι' αυτό είναι σημαντική και τόσο μεταδοτική, λόγω του ότι ο ιός

μπορεί να ζήσει ώρες αν όχι ημέρες πάνω σε επιφάνειες».

Για το πώς μεταδίδεται ο ιός, η κα Μεσάζου-Τραπέτσα μας είπε: «Ως επί το πλείστον ο ιός μεταδίδεται με την αναπνοή, μέσω σταγονιδίων από το βήχα και το φτέρνισμα, με αποτέλεσμα όταν κάποιος υγιής έρθει σε επαφή με τα υγρά από τη μύτη και το στόμα ενός μολυσμένου ανθρώπου, να προσβάλλεται από τον ιό.

Είναι εξαιρετικά μεταδοτικός, καθώς 90% των ανθρώπων που έχουν φαινομενικά ανοσία αλλά μοιράζονται τον ίδιο χώρο σε ένα μολυσμένο περιβάλλον, θα νοσήσουν επειδή, όπως προαναφέραμε, επιβιώνει ο ιός στον αέρα και πάνω σε μερικές επιφάνειες για μερικές ώρες». Στο ερώτημα γιατί η νόσος είναι περισσότερο σοβαρή σε βρέφη και ενήλικες η κα Μεσάζου-Τραπέτσα τόνισε: «Έχει να κάνει με το ανοσοποιητικό σύστημα του



κάθε ανθρώπου, π.χ τα μικρά παιδιά έως και 6 μηνών έχουν μέχρι ένα σημείο αντισώματα από τη μητέρα, γι' αυτό και ο εμβολιασμός του πρώτου σταδίου της ιλαράς γίνεται σε ηλικία 12-18 μηνών ενώ το δεύτερο στάδιο αργότερα. Αυτό γίνεται για να προετοιμαστεί το σώμα να αντιμετωπίσει με επιτυχία μια διαφορετική μορφή του ιού στα πρώτα χρόνια εάν ο ιός επανεμφανιστεί.

Αυτές οι δύο ηλικίες, η βρεφική και η νηπιακή, είναι πολύ σημαντικές στο να έχει ετοιμαστεί το ανοσοποιητικό σύστημα. Το αντίθετο παρατηρείται σε ενήλικες των οποίων το σώμα δεν έχει προετοιμαστεί με εμβολιασμό για την αντιμετώπιση του ιού.

Στην Αυστραλία τα ποσοστά του εμβολιασμού έχουν πέσει γενικώς. Από το 1974 και μέσω της καμπάνιας του εμβολιασμού μέχρι το '80 το πρόβλημα είχε αντιμετωπιστεί και η Αυστραλία δεν είχε

υψηλά κρούσματα ιλαράς. Ωστόσο το πρόβλημα είναι οι τουρίστες, όπως, πρόσφατα, ένας μολυσμένος από τον ιό τουρίστας από την Ταϊλάνδη, μετέδωσε τη νόσο σε πολλά άτομα.

Εδώ να επανέλθουμε και πάλι στο εξάνθημα και να συμπληρώσουμε ότι το χαρακτηριστικό εξάνθημα της ιλαράς είναι ερυθματώδες και εμφανίζεται πρώτα πίσω από τα αυτιά, μετά στο κεφάλι και το λαιμό και στη συνέχεια εξαπλώνεται και καλύπτει το μεγαλύτερο μέρος του σώματος, όπου και προκαλεί τη φαγούρα.

Και κάτι άλλο: κατά τη διάρκεια της εξέτασης μέσω των λυμφαδένων που βρίσκονται στο πίσω μέρος της κεφαλής μπορεί να γίνει η σωστή διάγνωση, δηλαδή τότε εμφανίστηκαν τα πρώτα συμπτώματα, τότε εμφανίστηκε το εξάνθημα, οπότε καταλαβαίνουμε ότι το άτομο πάσχει από τον ιό της ιλαράς».

Στην ερώτηση «όταν ένα άτομο προσβληθεί από την ασθένεια της ιλαράς ποιές είναι οι πλέον επικίνδυνες ημέρες μετάδοσής της», η κα Μεσάζου-Τραπέτσα είπε: «Υπάρχει η προδρομική περίοδος, η οποία ξεκινά πριν 9-12 ημέρες από την αρχική έκθεση στον ιό. Το χρονικό διάστημα που χρειάζεται να εκδηλώσει την ασθένεια ένα παιδί που έχει έρθει σε επαφή με τον ιό είναι περίπου 10 ημέρες, κατά τις οποίες εμφανίζονται όλα τα συμπτώματα.

Ωστόσο, η μολυσματική περίοδος είναι περίπου 2-4 πριν από την εμφάνιση του εξανθήματος και 2-5 ημέρες μετά. Δηλαδή, η μολυσματική περίοδος ενδέχεται να κρατήσει 4-9 ημέρες».

Για το κατά πόσο ισχύει το εμβόλιο σε άτομα που έχουν εμβολιαστεί εδώ και πολλά χρόνια ή θα πρέπει να εμβολιαστούν δεύτερη φορά, η κα Μεσάζου-Τραπέτσα είπε: «Σε αναπτυγμένες χώρες, όπως στην Αυστραλία τα περισσότερα παιδιά εμβολιάζονται κατά την ηλικία 12 έως 18 μηνών με το τριπλό εμβόλιο της ιλαράς, παρωτίτιδας και ερυθράς. Σε γενικές γραμμές ο εμβολιασμός δεν γίνεται νωρίτερα διότι διατηρούν τα αντισώματα της ασθένειας που μεταδίδει η μητέρα.

Ωστόσο, η δεύτερη δόση μεταξύ 4-5 ετών αυξάνει το ποσοστό της ανοσίας. Τα ποσοστά του εμβολιασμού, παρόλο που υπάρχουν ομάδες ανθρώπων που τάσσονται κατά του εμβολιασμού, είναι αρκετά υψηλά.

Εδώ ας συμπληρώσουμε ότι δεν υπάρχει



Η Παιδιάτρος Μπ. Μεσάζου-Τραπέτσα

μία επιστημονική έρευνα πίσω από όλες τις θεωρίες που θέλουν να πιστεύουν. Συνιστάται σε γονείς που έχουν ορισμένους προβληματισμούς σχετικά με τον εμβολιασμό, ή έχουν κάποιες εμπειρίες, να συζητήσουν ανοιχτά με τον παιδίατρο, προκειμένου να λάβουν ορισμένες πληροφορίες, ούτως ώστε να καταλάβουν ποιοί είναι οι παράγοντες του κινδύνου της λοίμωξης.

Όπως π.χ. παιδιά που έχουν ανοσοανεπάρκεια που οφείλεται ίσως σε λευχαιμία ή έχουν υποστεί θεραπεία με κορτικοστεροειδή. Αυτά τα παιδιά θα πρέπει να προσέχουν τη λοίμωξη και το πώς γίνεται ο εμβολιασμός. Επίσης και άλλα άτομα όπως γυναίκες εγκυμονούσες ή άτομα που υποσιτίζονται καθώς και ομάδες αυτοχθόνων και ηλικιωμένων.

Τα άτομα αυτά θα πρέπει να κάνουν τεστ για να δουν τα αντισώματα και να κάνουν δεύτερο εμβολιασμό, ώστε να είναι πιο ασφαλείς».

Η Παιδιάτρος Μπέτη Μεσάζου-Τραπέτσα είναι ιδρύτρια της παιδιατρικής κλινικής στο προσάσιο του Brighton καθώς επίσης συνιδρύτρια και μέλος του Δ.Σ. της Ένωσης Ελλήνων Ιατρών Αυστραλίας. Η εν λόγω Ένωση συμμετέχει ενεργά στη γέφυρα επικοινωνίας και συνεργασίας και οικοδομείται μεταξύ των Ελλήνων επιστημόνων ανά τον κόσμο.

DOCTORS IN TRAINING

Since the beginning of the year, the HMSA has seen a small increase in the number of junior doctors involved with the HMSA. As first advertised at the end of 2018, the 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. At present the details of the application process are listed on the HMSA website. If this scholarship could apply to you, or you know of a medical student of Greek descent that may be considering undertaking an elective in Greece or Cyprus, please encourage them to visit our website and consider applying. Furthermore, where assistance in establishing a placement site is required, the HMSA may be able to assist any interested students in undertaking this process.

In May, the first DiT-specific event took place – a meet and greet dinner at GRK Greek Kitchen and Bar in Thornbury. Overall it was a very enjoyable evening, with a further event planned for September – details of this will appear on the website in the upcoming weeks. Similarly, those junior doctors already on our mailing list will also receive an email regarding the event. Should you be interested in the DiT events and are not already receiving our emails, please feel free to email info@hmsa.org.au to be added to this mailing list.

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

Benjamin Filipopoulos



HMSA Doctors in Training from left: Nicholas Mingos, Danae Andreopoulos-Malikotsinas, Stefanos Hadzakis, Benjamin Filipopoulos

AMA NEWS

Voluntary Assisted Dying is now legal - What you need to know

Dr Mary Stavropoulou-Hett, HMSA representative, AMA Victoria Council



The Voluntary Assisted Dying Act

The “[voluntary Assisted Dying Act 2017](#)” [\[link\]](#) was passed into law by the Victorian Parliament on November 29, 2017 and came into effect on June 19, 2019.

Patient Resources

The Victorian Department of Health and Human Services, “Health Victoria” has made online resources available to patients interested in accessing voluntary assisted dying under the heading, [“Community and consumer information”](#) [\[link\]](#)

The above is an excerpt from Health Victoria’s publication titled “Voluntary Assisted Dying - Information for people considering voluntary assisted dying”.

Eligibility criteria

Health Victoria states that to be eligible, patients must be adult Victorian residents of decision-making capacity “suffering from an incurable, advanced and progressive disease, illness or medical condition, who are experiencing intolerable suffering. The condition must be assessed by two medical practitioners to be expected to cause death within six months.

“There is an exception for a person suffering from a neurodegenerative condition, where instead the condition must be expected to cause death within 12 months....

“Mental illness or disability alone are not grounds for access to voluntary assisted dying, but people who meet all other criteria, and who have a disability or mental illness, will not be denied access to voluntary assisted dying.”

Health Victoria acknowledges: “Some people may find issues relating to end of life care upsetting. If reading the material on this site or thinking about end of life care has raised some issues regarding grief and bereavement or personal crisis, the helplines below provide telephone support and counselling 24 hours a day, 7 days a week. Some services may also provide online assistance (depending on the service).

Australian Centre for Grief and Bereavement: call 1800 642 066

Lifeline: call 13 11 14”

Health practitioner information---rights, obligations and conscientious objection

Only a patient may initiate a request for VAD; their family or carers may not. And although a patient may raise the topic of VAD with a doctor, a doctor may not raise it with a patient.

Health Victoria states that once a patient requests access to VAD, the doctor has the legal right to accept or decline to “participate in the VAD process”.

However, the doctor needs to inform the patient if they do not wish to participate and must not deliberately obstruct patient access to the process.

A doctor with a conscientious objection is also under no legal obligation to refer to a doctor who will participate. This contrasts with the Abortion Law Reform Act 2008 where a doctor in Victoria with a conscientious objection is compelled by law to refer to a doctor who has no conscientious objection, and to perform an abortion in an emergency (if qualified to do so).

Doctors’ Support Services

Health Victoria acknowledges:

“The voluntary assisted dying process may be an overwhelming and emotional experience for medical practitioners, health practitioners and health service staff who provide care and support for the patient. Health practitioners should be encouraged to access support programs through their health services or professional associations.”

AMA Victoria offers confidential support to all doctors through the AMA Victoria Peer Support Service phone 1300 853 338 and Victorian Doctors’ Health Program phone (03) 9280 8712.

References

1. [http://www.legislation.vic.gov.au/Domino/Web_Notes/LDMS/PubStatbook.nsf/f932b66241ecf1b7ca256e92000e23be/B320E209775D253CCA2581ED00114C60/\\$FILE/17-061aa%20authorised.pdf](http://www.legislation.vic.gov.au/Domino/Web_Notes/LDMS/PubStatbook.nsf/f932b66241ecf1b7ca256e92000e23be/B320E209775D253CCA2581ED00114C60/$FILE/17-061aa%20authorised.pdf)
2. <https://www2.health.vic.gov.au/hospitals-and-health-services/patient-care/end-of-life-care/voluntary-assisted-dying/community-consumer-information>
3. <https://www2.health.vic.gov.au/hospitals-and-health-services/patient-care/end-of-life-care/voluntary-assisted-dying/health-practitioner-information>

AHEPA UNIT ATLAS DINNER DANCE

Fundraising for the Greek Australian Research Fellowship



HOST President Brother George Keskerides

MC Professor Dennis Velakoulis

The AHEPA dance will be raising funds for The Royal Melbourne Hospital and the University of Melbourne to sponsor young Greek Psychiatrists and Neurologists who wish to undertake neuropsychiatric research (The Australian Hellenic Research Fellowship Foundation).

The first Hellenic Australian research fellow has returned to Athens and is continuing his program of research in schizophrenia. This year two more researchers from Athens University are being sponsored to research Parkinsons disease and to further the research into Schizophrenia. The focus for the next research fellowship will be on understanding Younger Onset Dementia. This collaboration between Greece and Australia aims to provide Greek doctors with experience in research in their chosen area of expertise.

There will be two fantastic bands to dance the night away. Hoping that you can join us to raise money for this important initiative. Table capacity is 10 people.

If you cannot attend and would like to donate or find out more about this initiative, please go to <https://doyourownthing.everydayhero.com/au/greek-australian-travelling-fellowship>

All sponsors and raffle prizes would be gratefully received and acknowledge. Please contact Debbie.argy@gmail.com

For bookings, please visit: <https://www.trybooking.com/book/event?eid=508546>

Friday, 8 November 2019 at 7:00pm

Venue:

Merrimu Reception

1300 Dandenong Road, Murrumbeena, Victoria 3163

GREEK AUSTRALIAN DEMENTIA STUDY



Mathew Staios is a Greek Australian Clinical Neuropsychologist, attached to Monash University, where he is adapting and norming a battery of cognitive tests for use within the ageing Greek Australian community. At present, valid tests to assist with the diagnosis of cognitive impairment do not exist for use within non-English speaking groups and the use of current tests have been reported to result in a high rate of misdiagnosis (i.e., 2-3 times higher).

Mathew will develop 25 new tests to assist with the diagnosis of dementia and strokes specifically for the ageing Greek Australian community. In order to determine how sensitive and specific these tests are, comparisons between the healthy sample and sample of people with dementia is necessary. Mathew is asking all Melbourne based medical doctors to assist with recruiting a sample of ageing Greek with a diagnosis of Alzheimer's disease or mix AD/Vascular dementia.

This study has been cleared by the Monash Ethics Committee and he is currently in the process of collecting data. If you are able to assist Mathew, please contact him so that he can fill you in on the study and provide you with the selection criteria.

Mathew Staios

BA, BPsych (Hons)

MPsych (Clinical Neuro)

Clinical Neuropsychologist

T: [+61449584765](tel:+61449584765)

E: staios.mathew@gmail.com

Clinic Rooms

468 Brunswick Street

Fitzroy, 3065

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

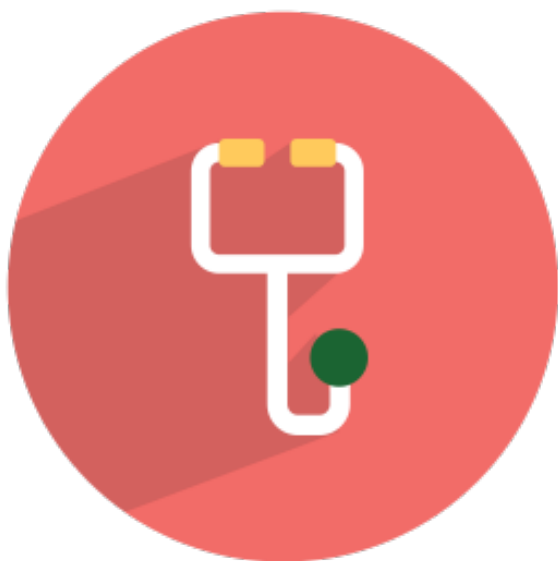


HMSA Mission Statement:



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



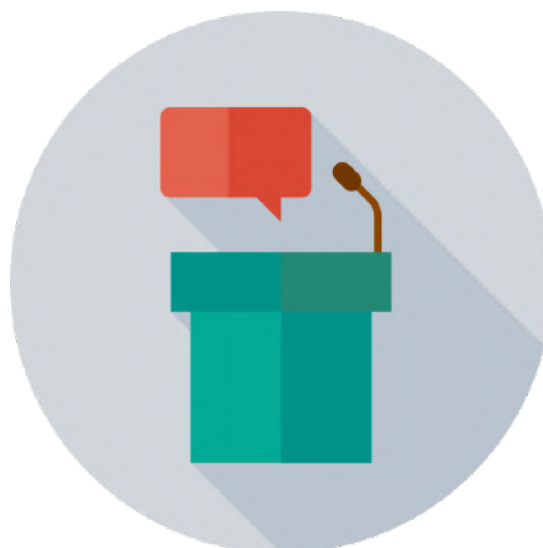
Wine Tasting Evening

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

HMSA STATISTICS

www.hmsa.org.au



HISTORY

40+ year history as a professional body; revamped as HMSA in 2015

PAST EVENTS

17 doctor, public health promotion, other events, presentation or radio appearances in the last 24 months

PUBLIC SEMINARS

Public educational seminars: 2 – 4 per year in the last 3 years with attendance at 50–80 people

FUTURE AIMS

Aiming at 4 doctor specific educational/ social events per year

PROPOSED CONFERENCES

2020

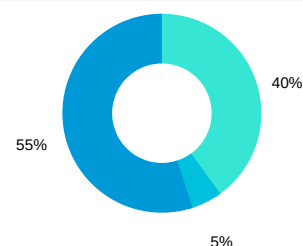
Category 1 CPD conference with projected attendance 90–150 doctors

2021

HMSA International Greece conference (Summer 2021)

MEMBER DEMOGRAPHICS

400 Doctors on Victorian HMSA database



- Surgical/ Medical Specialists
- General Practitioners
- Doctors in Training (DiTs)

HMSA BOARD 2019

www.hmsa.org.au



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Education
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❖ Partnership and sponsorship enquiries: info@hmsa.org.au

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