

HYGIEIA

ΥΤΙΕΙΑ

e-NEWS

Upcoming Events

- ❖ Virtual Annual Global Hippocratic Celebration 2021 - 15-16th October
- ❖ 2022 Global Doctors Hippocratic Institute Scientific Congress in Melbourne - 2-4th of September.
- ❖ **Education Webinars in 2022:**
 - ❖ **Colorectal Cancer and Bleeding - Early 2022**
 - ❖ **Prostate Cancer Webinar - Early 2022**

Colorectal Cancer & Bleeding Webinar



THE HELLENIC MEDICAL SOCIETY OF AUSTRALIA

2022 COLORECTAL CANCER AND BLEEDING WEBINAR

Colorectal cancer is the third most common cancer in both men and women in Australia, with a higher incidence in those over 50 years. Four leading specialists will share their expertise on the disease from general practice to advances in surgery. We will also hear the importance of the role of diagnosis, management and surveillance.

Our Guest Speakers:



Dr Maria Raftopoulos
MBBS, FRACP



Dr Peter Tagkalidis
MBBS, BA, PhD, FRACP



Mr Kostas Syrrakos
BSoc, LLB, MBBS, FRACS



Dr George Iatropoulos
MBBS, MSc, PhD (c), FRACP

Moderators:



Dr Benjamin Filippopoulos



A/Prof Marina Porpita

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EARLY 2022
ZOOM WEBINAR

Did you know?

HMSA is on WhatsApp!



Includes:

- Medical news
- COVID and medical updates
- Articles of Interest
- Hellas and Hellenism
- And more...

We welcome you to join us in the conversation.

Reply to: info@hmsa.org.au

INTRODUCING THE HMSA DOCTORS DIRECTORY

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THE HELLENIC MEDICAL SOCIETY OF AUSTRALIA



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HMSA is proud to announce that the Doctors Directory
is now available for members to join

**Be visible on our 24/7 directory and allow
patients & professionals to find you with ease.**

Search by location, specialty and interest area/ subspecialty

www.hmsa.org.au/directory

[Click here to register your listing](#)

A MESSAGE FROM HMSA PRESIDENT DR MARINIS PIRPIRIS



A/ Prof Marinis Pirpiris
MBBS, BMedSci, MEpi,
PhD, FRACS (Orth),
DipEprdBioStat

At no time in this century has Hippocrates' statement "There are in fact two things, science and opinion" been more relevant and poignant. During these challenging times, the HMSA maintained a connection to the members via its website and its social media platforms - Facebook, LinkedIn and WhatsApp. Articles relating to the latest research on the vaccines, strategies utilised by global health authorities, measures relating to the use of personal protective equipment, identification and sensitivity to issues related to mental wellbeing, and vaccine information to address vaccine hesitancy were provided to the membership.

The Department of Health and Human Services (DHHS), the Greek Community of Melbourne (GCM) and the Hellenic Medical Society of Australia (HMSA) also assisted in addressing the vaccine hesitancy amongst culturally and linguistically diverse communities, who had been most affected by the misinformation and disinformation in the social media space. The DHHS established a series of vaccine hubs including the hub at St George's Greek Orthodox Church in Thornbury. Over the weekend I witnessed the incredible commitment to this public health initiative from our younger doctors. I would like to recognise the significant contribution of our Doctors in Training Group Dr Ben Filipopoulos, Dr Nikki Petrakis, Dr Nick Sclavos, Dr Dean Kotsianis, Dr Jonathan Tsiglopoulos, Dr Stefanos Hadzakis and Dr Nick Mingos. I would also like to thank Associate Professors Vicki Kotsirilos and Magda Simonis for their support. The HMSA and the Greek Community of Melbourne also produced a webinar on vaccine safety in collaboration with the DHHS and the Royal Children's Hospital. As the host, I would like to thank Mohamed Mohideen OAM, the Head of Priority Community Engagement from the Department of Health, Magdalena Simonis member of the National COVID-19 Taskforce and Associate Professor Margie Danchin Paediatrician and Group Leader of Vaccine Uptake from the Murdoch Children's Research Institute for their valuable contribution.

As many of you are aware, the HMSA produced the COVID Webinar for members on the 15th September 2021. I would like to thank Associate Professors Tom Kotsimbos, Vicky Kostirilos and Arthur Nasis and Dr Con Gianellis for a wonderful and informative evening. We also will be hosting a webinar on Colorectal Cancer, where Dr Maria Raftopoulos, Dr Peter Tagkalidis and Dr Kosta Syrrakos will be discussing the management of colorectal bleeding cancer and bleeding.

In 2020, the HMSA became a contributing member to the newly formed Global Doctors' Hippocratic Institute. This was an extension of the collaborative memorandum of understanding which had been signed with the Athens Medical Association in November 2017. The HMSA was involved in the launch of the annual Hippocrates day, which took place in Larisa on the 4th September 2021. It will now be celebrated globally on the 4 September every year. I would like to acknowledge Mr Georgios Patoulis, president of the Global Doctors' Hippocratic Institute, president of the Medical Association of Athens and Regional Governor of Attica for all his support in expanding the Institute and our discussions regarding the role of health professionals of the diaspora in Greece's future.

The HMSA was also invited to contribute to the Aristotelian Annual Scientific Medical Forum and Global Doctors' Forum from the 9th to the 11th September 2021, where doctors from all over the world discussed the pandemic and well-being, biomedical technology, innovation and crisis management. This built on the launch of this new initiative, which had occurred in 2020. I discussed many of the opportunities and challenges facing doctors of Hellenic background in Australia. The HMSA has been invited to be a part of next year's organising committee, so please mark this in your diaries as we will be seeking abstracts for the meeting. I would like to acknowledge Professor John Chrysoulakis, the Secretary General for Greeks Abroad and Public Diplomacy, who is succeeding in making the Hellenic diaspora a strategic priority of the Government.

The 2nd World Congress of Thermal Medicine Academy was run between 8th to the 10th October 2021 in Greece and I'd like to thank Mr Konstantinos Koukoulis, the President of the Hellenic Thermal Medicine Academy, for his contributions towards the Global Meeting. The link has been shared through our FaceBook page. I would invite anyone who would be interested in learning more about this Academy to contact the HMSA.

The HMSA will be a part of the hybrid Annual Global Hippocratic Celebration in Kos on the 15th and 16th October 2021. I look forward to welcoming Dr Ben Filipopoulos and Dr Nikki Petrakis to the web-based ceremonial swearing of the Hippocratic Oath. I would like to thank the Secretary General of the Global Doctors Hippocratic Institute, Professor Antonios Polydorou, who has done a mountain of work for this annual celebration.

In 2022, the HMSA will also be hosting the Global Doctors Hippocratic Institute Scientific Congress in Melbourne on the 2nd, 3rd, and 4th of September. I would like to acknowledge Dr Konstantinos Pantos, the First Vice President of the Global Doctors Hippocratic Institute and world-renowned fertility expert for his hard work in Melbourne's successful bid for this event. I would also like to acknowledge Mr Bill Papastergiadis OAM, president of the Greek Community of Melbourne and Mr Sotiris Hatzimanolis, editor at the Neos Kosmos for their support of the bid. Please be sure to mark this in your diaries as doctors from the Hellenic diaspora will be invited to present their work. It will be a great forum to meet fellow-minded doctors from around the globe.

As the end of the pandemic draws closer, we are in a better position than ever before to network with like-minded people, health professionals and societies from around the world, share our experiences and celebrate each other's contributions. In addition to the digital transformation having delivered an ability to interact almost seamlessly, it has also brought us an ability to meet globally, solve issues collaboratively, reclaim our previous lifestyles and forge our unique post COVID journeys.

I invite you to enjoy this edition of Hygieia. Keep well.

Associate Professor Marinis Pirpiris
President, HMSA

The content of this newsletter is provided for information purposes only. No claim is made as to the currency, accuracy or completeness of the content at any time and readers are advised to exercise their own due diligence.

DOCTORS SUPPORT DHHS VACCINATION HUB



Photos by The Greek Herald: <https://greekherald.com.au/news/australia/greek-community-melbourne-opens-pop-up-vaccination-hub-its-thornbury-church/>

On August 20, several doctors gave their time to attend a vaccination hub as volunteers, which was set up in the northern suburb of Thornbury. Held at the Thornbury church, the hub was a collaboration between the Greek Community of Melbourne (GCM) and The Department of Health and Human Services (DHHS) established in an effort to promote vaccination in Melbourne's north.

Read a detailed article about the vaccination hub published on The Greek Herald website [here](#)

HMSA COVID WEBINAR

Australia/Vic : Current Situation

Epworth Healthcare

- Largest not for profit hospital group in VIC
- Founded in 1920

Epworth Richmond

- 700 bed hospital
- ~500 acute / 200 Rehab
- 26 Bed ICU
- 30 ED beds / 2 Resusc
- 39 bed cardiac unit / CCU
- Affiliations with Melb & Monash Uni's → Training hosp & Med students

Participants: Marinos Pipelis, Benjamin Filipopoulos, Vicki Kotsirilos, Tom Kotsimbos, Arthur Nasis, Con Giannellis

Education and collaboration are among some of the core values of the Hellenic Medical Society of Australia, with regular informative events a frequent occurrence prior to the pandemic. Just as organisations across the planet have had to step up into the world of Zoom and Microsoft Teams, so too has the HMSA now entered this domain. On the 15th of September, the HMSA hosted its first zoom-based educational webinar with a focus on Covid-19, and various aspects of the pandemic. The webinar began with an introduction to the virus itself, by Associate Professor Tom Kotsimbos (Respiratory and Infectious Diseases Physician), followed by a discussion on the psychological burden of the pandemic, coping strategies and a view of the Covid-19 pandemic from Associate Professor Vicki Kotsirilos (General Practitioner). Subsequent to these speakers, Dr Con Giannellis (Intensivist) presented an insightful talk on the challenges of Covid-19 from an ICU perspective. Dr Giannellis's presentation was followed by a contrasting presentation on Covid-19 from the Greek ICU perspective, by Athens-based Intensivists Dr Despoina Koulenti (MD, PhD) and

Dr Maria Theodorakopoulou (MD, PhD). Dr Koulenti and Dr Theodorakopoulou both kindly presented while on-duty in the Intensive Care Unit of Attikon University Hospital, Athens. Dr Theodorakopoulou elaborated on some of the challenges faced within the Greek Intensive Care setting, and the creation of a nationwide electronic platform to better manage all Covid admissions across the whole country, with which Dr Theodorakopoulou was heavily involved. The night concluded with an update on mRNA vaccine-induced myocarditis by Associate Professor Arthur Nasis. Overall the webinar was attended by HMSA members across all levels of training, from consultants to medical students from both Australia and Greece. Watch this space, as it marks the beginning a series of webinars until such time that members of the Associated can once again come together in person.

Dr Benjamin Filipopoulos
HMSA Board, DiT Subcommittee Director

View a summary of the webinar including presentation slides [here](#)

LIFESTYLE, DIET, NUTRIENTS AND COVID-19



A/ Prof Vicki Kotsirilos AM
MBBS, Hon Fellow RACGP,
FACNEM, FASLM

Associate Professor Vicki Kotsirilos AM is a GP in Melbourne. She is an adjunct associate professor at the University of Western Sydney.

August 15, 2021

We need to accept the pandemic will be with us for some time. Current public health measures such as wearing masks and vaccination are particularly effective at reducing the risk of transmission and severity of COVID-19 infections.

However, the recurring and extended lockdowns have increased stress and caused mental and physical hardship especially for Victorian and NSW residents.

The pandemic is an opportunity for us to focus on self-care. By improving lifestyle such as reducing stress, daily exercise especially in open natural spaces such as beaches, parks and urban forests, increasing exposure to natural sunlight, restoring sleep, consuming a healthy Mediterranean diet, and avoiding smoking and high alcohol intake, are major key public health messages that may help individuals to feel better and support their immune system to deal with viral infections better, whether that may be for COVID-19, influenza, or other common respiratory viruses. Creating a healthy lifestyle program and focusing on self-care can also help prevent and treat chronic diseases, deal with stress, and improve emotional wellbeing and resilience for now and into the future.

Read Vicki's complete article [here](#)

LIFESTYLE TIPS

- 1 Routine & Self-care - play an important role in developing resilience
- 2 Diet - Mediterranean diet/ high plant-based diet/ weight loss if required/ drink more water & herbal teas (avoid sugars, saturated fats and minimise alcohol, coffee & stimulants)
- 3 Simplify life - cut back
- 4 Restore Sleep
- 5 Exercise - Walk, Yoga, stretching, muscle strength training; any exercise especially outdoors
- 6 Take regular breaks
- 7 Exposure to natural sunlight- be in touch with nature every day
- 8 Rest/ relax, quiet the mind, don't be distracted by the negatives
- 9 Learn stress management strategies
- 10 Referral to MBSR, CBT, counselling if required
- 11 Connect with friends, family, community, support groups, religion; nurture your inner peace and spirituality
- 12 Avoid smoking, drugs, alcohol...

TIPS TO COPE WITH LOCKDOWN

- 1 Simplify life - cut back
- 2 Focus on a healthy lifestyle to optimise physical, mental & spiritual well-being
- 3 Start the day with self-care
- 4 Connect with nature e.g. walks on beaches/parks
- 5 Develop a routine of self-care at the start of the day & allow nothing to interfere with this time
- 6 Practice Gratitude, Kindness, Compassion & Understanding (to ourselves & others)
- 7 Adapt & accept the changes will help us cope better
- 8 Watch funny & calming documentaries/movies/shows
- 9 (Re)discover creativity & hobbies e.g. painting, music, gardening
- 10 Any permitted outdoor local physical activities up to 4 hours daily especially in nature

MRNA VACCINES AND MYOCARDITIS/PERICARDITIS

Can mRNA-Based COVID-19 Vaccines Cause Heart Inflammation?



A/Prof Arthur Nasis
MBBS (Hons), FRACP,
MD, FCSANZ, PhD,
HMSA Board Member

Dr Arthur Nasis is an internationally trained clinical cardiologist, academic cardiologist and cardiac imaging specialist with expertise in all aspects of clinical cardiology, cardiac risk assessment and non-invasive cardiac imaging.

September 1, 2021

Over 18 months into the COVID-19 pandemic, vaccination has emerged as an effective way to reduce the chance of developing COVID-19 related symptoms, hospitalisation, and death. A commonly used group of vaccines are the “mRNA-based vaccines”, which contain the genetic code for an important part of the SARS-CoV-2 virus, called the spike protein. After vaccination, the body makes copies of the spike protein allowing the body’s immune system to recognise and fight against the SARS-CoV-2 virus, which causes COVID-19 infection. The only current mRNA-based vaccine approved by the Therapeutic Goods Administration (TGA) in Australia is the Comirnaty (“Pfizer”) vaccine, provisionally approved for all people aged 12 years and older.

While Phase 3 clinical trials showed that several COVID-19 vaccines were efficacious with an acceptable safety profile, real-world and post-marketing surveillance data has been lacking to monitor the safety of new vaccines in real-world settings. To address this, researchers this week published data from the largest health care organization in Israel to evaluate the short-term safety of the BNT162b2 mRNA (“Pfizer”) vaccine, where nearly 5 million people aged 16 and older, comprising more than 55% of the population, had

received two doses of this vaccine. For each of 25 different potential adverse events, in a population with no previous diagnosis of that event, they matched vaccinated persons to unvaccinated persons according to social, demographic, and clinical variables. In other words, they identified an unvaccinated “pseudo-twin” for comparison with every vaccinated person who developed an adverse event to identify the excess risk of adverse effects associated with vaccination. In addition, the researchers calculated the incidence of the same potential side effects in a group of 170,000 people who had tested positive for COVID-19 and in a similar group of uninfected controls to identify the excess risk of the same adverse effects associated with COVID-19 infection.

The researchers found that the Pfizer COVID-19 vaccine was associated with an increased risk of myocarditis (inflammation of the heart muscle). They found that although myocarditis was rare, it was more common in the vaccinated group than the unvaccinated group, with an extra 2.7 cases of myocarditis for every 100,000 people in the vaccinated group, compared with the unvaccinated one. In addition to myocarditis, the Pfizer COVID-19 vaccine was also associated with an increased risk of lymphadenopathy (swollen lymph glands), appendicitis and shingles, although all three side effects remained uncommon in the study.

Read Arthur’s complete article [here](#)

QUIZ: POLYMYALGIA RHEUMATICA (PMR) / ΡΕΥΜΑΤΙΚΗ ΠΟΛΥΜΥΑΛΓΙΑ

**Dr George Stabelos**

MBBS, BAppSc (Chiro),
GradDipExercise&SportSc, FRACGP,
HMSA Vice-President

Polymyalgia Rheumatica is a clinical syndrome with etymology of Greek origin, meaning "pain in many muscles". Clinical evaluation may be challenging, as there are many mimics. There can be significant overlap of symptoms with other disorders and history, examination and laboratory findings are not always typical or straight forward. A high index of awareness is helpful.

TRUE or FALSE?

- | | | |
|---|---|--|
| 1 T/F: PMR is especially a clinical diagnosis and a diagnosis of exclusion? | 5 T/F: 10% – 30% of PMR patients may have joint effusions, eg knees, wrists, hands, sternoclavicular joint? | 11 T/F: Improved HbA1c with PMR in type 2 diabetes, may result in rapid improvements in symptoms and laboratory measures of PMR without glucocorticoids or without increases in prednisolone dosage? |
| 2 T/F: Pain is relatively sudden onset or may be insidious. Morning stiffness >45 mins is common, as is night pain; pain mainly during the evenings or pain and stiffness all day is less common, however possible? | 6 T/F: Clinicians should always ask about headaches, visual disturbances, scalp tenderness, jaw claudication? | 12 T/F: Patients with PMR or Fibromyalgia syndrome may complain of weakness in addition to pain, however they are not truly weak on careful physical examination? |
| 3 T/F: A PMR patient is often a female in her 70s and a trigger to the condition may be an adenovirus? | 7 T/F: An ESR of 43 in a 75 year old woman may be a normal finding? | |
| 4 T/F: Stiffness and pain around the shoulders and hips in PMR is often secondary to bilateral subdeltoid/ subacromial and gluteal/pelvic bursitis and tendonitis/enthesitis/ synovitis? | 8 T/F: 7-20% of people with PMR will have a normal ESR. 95% of Fibromyalgia has a normal ESR/CRP? | |
| | 9 T/F: Alkaline Phosphatase (ALP) is not raised in PMR? | |
| | 10 T/F: PMR usually has a rapid response to eg 15mg daily prednisolone; 75% respond in 2-7 days? | |



For the answers and discussion, [click here](#)

Acknowledgements: A special thank you to Rheumatologist Dr Michelle Papandony for her review and input to this quiz and to Dr Arthur Kokkinias

DOCTORS IN TRAINING (DIT) UPDATE



Doctors in Training (DiT) volunteer at the Thornbury vaccination hub. From left: Dr Stefanos Hadzakis, Dr Nicholas Mingos, Dr Jonathan Tsiglopoulos, Dr Benjamin Filipopoulos.

Hippocrates himself rightly said that ‘a wise man should consider that health is the greatest of human blessings’. Truly this has been a recurring theme throughout the duration of the pandemic – a need to remain grateful for the blessings in our lives, starting with one of the greatest of all, our health. COVID-19 has put strain on the health system and hierarchy at all levels, and that of junior medicine has not been exempt. Junior doctors and those currently undertaking specialty training have also felt the brunt of the unexpected demand this pandemic has placed on hospitals, and the need to

respond to the crisis. This may have been in the form of redeployment from core rotations to COVID wards, where both specialty medical and surgical trainees have now found themselves navigating the world of novel therapies under the guidance of Respiratory physicians, Infectious Diseases physicians and intensivists.



Doctors in Training (DiT) meet over zoom: Top from left: Dr Dean Kotsianis, Dr Benjamin Filipopoulos, Dr Nikki Petrakis. Bottom from left: Dr Stefanos Hadzakis, Dr Athena Demosthenous, Dr Harrison Michaelidis.

Dr Benjamin Filipopoulos
HMSA Board, DiT Subcommittee Director

Read Benjamin’s complete article and view photos of the DiT involved at the recent vaccination hub [here](#).

THE ARISTOTELIAN MEDICAL FORUM (AMF)

AMF

ARISTOTLE MEDICAL FORUM

9-11 / 9 / 2021
Main Ceremony Hall
Aristotle University of Thessaloniki

- ✓ Pandemic & Well-being
- ✓ Biomedical Technology
- ✓ Research
- ✓ Innovation
- ✓ Crisis Management

Υπουργείου Παιδείας και Θρησκευμάτων
Ministry of Education and Religious Affairs

Γενικής Γραμματείας Απόδημου Ελληνισμού
και Δημόσιας Δίπλωματίας
Secretary General for Greeks Abroad and
Public Diplomacy

Περιφέρειας Κεντρικής Μακεδονίας
Region of Central Macedonia

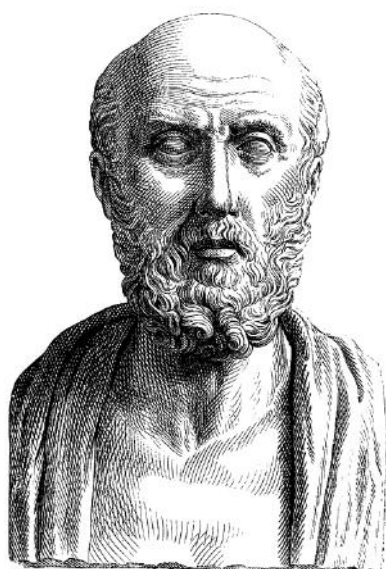
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The HMSA recently attended the 2021 Aristotelian Annual Scientific Medical Forum, which was held from the 9th to the 11th of September 2021. The forum was hosted by the Aristotle University of Thessaloniki and aimed to unite academic, medical and industry leaders globally to discuss novel research and guidelines, present and future management of the Covid-19 pandemic, innovations in pharmaceuticals and biomedical technology and government policy reform. The HMSA is invited to the 2022 organising committee and is currently seeking abstracts for the meeting.

To view outline of the program and recordings of the forum [click here](#)

ANNUAL GLOBAL HIPPOCRATIC CELEBRATION



On the 15th and 16th October 2021, HMSA took part in the virtual Annual Global Hippocratic Celebration. The celebration commemorated Hippocrates and his contribution to modern medicine, most notably, the Hippocratic Oath, which establishes the earliest expression of medical ethics and encompasses several principles including patient confidentiality and non-maleficence. Originally held in the Asklepieion on the island of Kos, the celebration involved doctors from across the globe joining an online modern revival of the ceremonial swearing of oath.

The HMSA was pleased to welcome Dr Nikki Petrakis, Dr Ben Filipopoulos and A/Prof Marinis Pirpiris to the celebration.



AUSTRALIAN MEDICAL SOCIETY (AMA) UPDATES



Dr Mary Stavropoulou
MBBS, RACGP, AMA
Representative HMSA
Board Member

From the AMA desk

Hello everyone!

It's great to be back. I hope you are all keeping safe and well. In this edition of Hygieia we have the latest AMA news.

I have also included a directory of COVID resources and support

services for doctors and patients that I hope you find helpful.

UNICEF COVID APPEAL

We know our best chance to getting back to enjoying the life we once had with our loved ones is to develop global herd immunity as safely as possible through vaccination so the virus has the least chance of becoming resistant to vaccines and treatments.

This needs to be achieved by improving access to vaccines for developing nations who tragically also lack vital oxygen supplies to prevent deaths from COVID.

Only [2.5%](#) of people in low-income countries have received at least one COVID vaccine dose.

I therefore include the [UNICEF COVID appeal](#) for your consideration as the only global humanitarian effort I know of dedicated to this purpose.

Phone 1300 884 233

I hope you enjoy and find helpful this edition of Hygieia.

Keep safe and well this spring,

Mary

HMSA Board member and representative serving on AMA Victorian Council

AMA NEWS

Free Professional Development from AMA for all doctors, including non-members

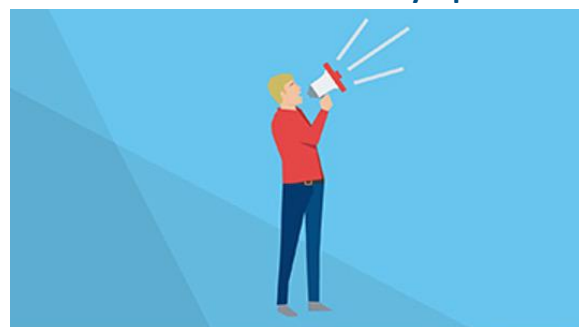
Great news! The AMA now provides free CPD tracking for all (whether AMA members or not) for GP specialists and other specialists.

- <https://amavic.com.au/news---resources/doctorportal-learning>
- <https://www.dplearning.com.au/>

Doctors in Training Class Action

More than 1100 Victorian doctors in training have come together to file class actions against the state's health services for systemic and widespread underpayment of wages

Communications and Advocacy Update



Here's an update on a few of the issues AMA Victoria is working on for members, including:

- Booster/third doses of COVID vaccine for Group 1A high-risk workers
- Urgent measures required to support Victoria's healthcare workers
- New feature in SafeScript - new correspondence alerts
- Proposal to remove Schedule 8 permit requirements for Schedule 8 medicinal cannabis
- Statewide Palliative Care Advice Service.

Read Mary's complete AMA news article [here](#)

COVID-19 AND CHILD AND ADOLESCENT HEALTH

Version 1 | 13 September 2021



Research Brief COVID-19 and Child and Adolescent Health

Executive Summary

Why is this issue important?

Global data is constantly emerging about the direct effects of COVID-19 on child and adolescent health. A concise but comprehensive summary is required to enable the best decision making about their health in the context of the global pandemic.

What does the research tell us?

Disease severity

- COVID-19 disease in children and adolescents is rarely severe, and very rarely causes death
- Children and adolescents who have COVID-19 will commonly have no, or only mild symptoms, similar to a cold
- Severe disease is characterised by pneumonia and respiratory distress, and may lead to admission to hospital or intensive care
- Children and adolescents living with pre-existing health conditions, disadvantage, low socioeconomic or minority ethnic status have a greater risk of severe disease from COVID-19.

Delta variant

- The Delta strain does not appear to cause more severe disease than previous variants, but because it spreads faster, the number of children who will develop severe disease and go to hospital will be greater
- More data are needed to describe the burden of COVID-19 that children and adolescents will carry as older cohorts are vaccinated

Medical complications

- Multisystem inflammatory syndrome in children (MIS-C, or PIMS-TS) is a very rare but serious condition. In Australia there have been four confirmed cases
- Long COVID in children is not well described, studies have generally been of poor quality. Commonly reported physical symptoms of long COVID are also found to affect children without COVID-19

Indirect effects

- The main risks to children and adolescents' health in this pandemic continues to be due to indirect effects on mental health, wellbeing and education, which are worsened by continued lockdowns and school closures

This document outlines information about how COVID-19 directly affects children and adolescents, to inform decisions in Australia.

[Read the remainder of the research brief here \(Murdoch Research Institute\)](#)

[Find answers to commonly asked COVID-19 questions here \(Murdoch Research Institute\)](#)

In partnership with



1



THE HELLENIC MEDICAL
SOCIETY OF AUSTRALIA

2022

COLORECTAL CANCER AND BLEEDING

WEBINAR

Colorectal cancer is the third most common cancer in both men and women in Australia, with a higher incidence in those over 50 years. Four leading specialists will share their expertise on the disease from general practice to advances in surgery. We will also hear the importance of the role of diagnosis, management and surveillance.

Moderators:



Dr Benjamin
Filipopoulos



A/ Prof Marinis
Pirpiris

Our Guest Speakers:



Dr Maria Raftopoulos
MBBS, FRACGP



Dr Peter Tagkalidis
MBBS, BA, PhD, FRACP



Mr Kostas Syrrakos
BSc, LLB, MBBS, FRACS



Dr George Iatropoulos
MBBS, MSc, PhD (c), FRACP

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EARLY 2022
ZOOM WEBINAR



Postponed - Details to be confirmed

Hellenic Medical Society of Australia presents

Webinar: Prostate cancer

Thousands of cases of prostate cancer are diagnosed annually in Australia. In this webinar listen to 4 leading specialists discuss cancer care from diagnosis through to after care



Mr Peter
Liodakis



Mr John
Kourambas



Mr George
Koufogiannis



Dr Athina
Pirpiris

Moderators:

Assoc. Professor Marinis Pirpiris &
Dr Benjamin Filipopoulos

For inquiries email
hellenicmsa@gmail.com

HMSA STATISTICS

www.hmsa.org.au



HISTORY

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

PAST EVENTS

20+ doctor, public health promotion, other events, presentation or radio appearances in the last 36 months

PUBLIC SEMINARS

Public educational seminars: 2 – 4 per year with attendance at 50–100 doctors

FUTURE AIMS

Aiming at 4 doctor specific educational/ social events per year

PROPOSED CONFERENCES

2022

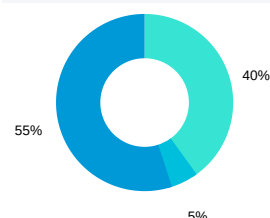
Category 1 CPD scientific conference with projected attendance 150–200 doctors

2023

HMSA International Greece conference (Summer 2023)

MEMBER DEMOGRAPHICS

400+ Doctors on Victorian HMSA database



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

HMSA BOARD 2021

www.hmsa.org.au



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Mr Kosta Syrrakos

Finance
General Surgeon

Dr Nick Roubos

Education
GP

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Dr Nicholas Mingos

Doctors in Training
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Dr Maria Raftopoulos

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GP

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Education
Emergency Physician & Trauma Consultant

Dr Brian Pliatsos

Education
GP

HMSA SUBCOMMITTEES

POSITIONS ARE NOW AVAILABLE FOR THE FOLLOWING SUBCOMMITTEES

**Events,
Sponsorship &
Membership**

**Newsletter
& Website**

**Public Health
Promotion/
Radio Program**

**Medical
Education**

**Doctors in
Training**

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



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

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