

## MEDICAL OLYMPICUS ASSOCIATION

With the cooperation of International Advisors

51 Hermou Str, P.C. 54623, Thessaloniki, Macedonia - Greece,

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# 5<sup>th</sup> International Medical Olympiad

3-6 October 2019

*"Always best" "Αείν αριστέειν"*

*Under the auspices of the Ministry of Health, the Hellenic Republic Region of Central Macedonia, Greece, the Mayor of the City of Thessaloniki, the School of Health Sciences, the Medical School of the University of Thessaloniki and ERT3 Channel*

*Original papers of social interest from all medical specialties,  
biosciences and medical technologies*

*For more information: [www.medolympicus.gr](http://www.medolympicus.gr)*

## Information Booklet

*National Symbols of the Board of International Advisors:*



*Honored Professors: Gurupad Bandopadhyaya and Helmut Sinzinger*

*Hotel Electra Palace-5 stars Hotel, Aristotelous Square 9,*

*Thessaloniki, Macedonia, Greece, P.C. 54624*

*Tel: (+30) 2310 294 000, e-mail: [infoskg@electrahotels.gr](mailto:infoskg@electrahotels.gr)*



## **A message from the President of the Organizing Committee**

Dear Colleagues,

Prototype research of social interest is what we wish to present. Quality versus quantity in papers from all medical specialties, medical pharmacology and technology.

One way to improve quality of our research is to communicate with other colleagues, from all medical specialties in order to discuss and evaluate our scientific work. This is what we also wish to have in our Meetings.

Medicine is considered the most important science as also Hippocrates said. Exercising good medicine offers as pleasure.

We shall have for the first time a very interesting workshop on medical statistics, in the morning of Thursday 3 October 2019. In the evening of the same day, we may also have a scientific programme.

We hope that Medical Olympiads will spread to all countries *so that important research can be offered for the improvement of medical services to our suffering fellowmen*. Similar medical contests were held related to the well-known athletics Olympiads in Efessos, Asia Minor and in other ancient cities.

We very much depend on our Medical Advisors which according to our constitution meet before or during the Olympiads and make suggestions in order to improve the quality of the Olympiads. About 20 Advisors met during the 4<sup>th</sup> International Medical Olympiad and their suggestions were summed into the 7 rules which were accepted by the Board of our Association and you may find in the next page of this booklet.

On Sunday morning October 6, all participants and friends are requested to join in a daily excursion to a unique place and have a discussion lunch during this excursion.

We welcome you all and hope that you will experience a useful and pleasant stay and taste our hospitality during this Meeting.

The President of the Organizing Committee  
Philip C. Grammaticos

## **7 rules suggested by the Advisors, standing for better organizing the Olympiads**

**1. Date and Homepage.** The date for the forthcoming 5<sup>th</sup> International Medical Olympiad will be fixed as soon as the date of the European Congress of Nuclear Medicine will be announced. The date of the Olympiad will be included in the homepage of the Medical Olympic Association. This homepage will be renewed with new information in about every 30 days.

**2. International or European Points of Evaluation.** We are going to communicate with the IACME and ask information about the necessary procedures to follow in order to obtain international or European points of evaluation for those who will participate in the International Medical Olympiads. A similar action will be addressed through the Greek authorities to the European Union of Specialists for the same purpose.

**3. Financial Benefits.** Provide benefits if financially possible, by partially waiving fees for participation, for housing and by offering financial support to travel expenses particularly for young colleagues, for colleagues from underdeveloped countries and for those having a high cost of travel.

**4. Special Sessions.** Organize special sessions, before or after the main programme of oral presentations of the International Medical Olympiads like: a) A workshop about Statistics- Useful applications in Nuclear Medicine run by Prof S. Sharma and colleagues. b) Organize presentations on “how to” and/or “why” on practical subjects of social interest. c) Satellite sessions can be organized with or without the collaboration or sponsorship of pharmaceutical firms or Institutions.

**5. Younger Colleagues.** Try to communicate with younger colleagues through various local Medical Societies or by personal contact, in order to inform them of the benefits of the International Medical Olympiads and invite them to participate. Advisors may be very helpful on this goal. Younger colleagues will also be encouraged to participate in the above special sessions, guided by senior colleagues, to the Organizing Committee of the International Medical Olympiads and in other parts of the programme. Younger colleagues may have financial support as mentioned above.

**6. Constitutional Advisors.** We kindly mention to the constitutional Advisors that the position they hold in organizing the future Intern. Med. Olympiads is important and that they represent their Country. Their kind and voluntary contribution aims to submit original papers of social interest and to inform colleagues from their Countries of the benefits of the International Medical Olympiads, in case they wish to participate. Advisors may also wish to

propose to the Organizing Committee the names of certain distinguished colleagues for lecturers, may evaluate the papers submitted from their Country, suggest persons to participate to special sessions, or organize sessions, suggest chair-persons and also may wish to suggest who may receive financial support. All Advisors' suggestions will be duly considered for acceptance by the Organizing Committee.

**7. A Sponsored Competition on a Special Subject.** To encourage sponsors, Individuals, Institutions or Pharmaceutical Firms to sponsor under their name (like: the John Smith's award) a competition of original papers of social interest. Subjects of this competition could be: Alzheimer's Dementia, Lymphomas, Nanoparticles, Genetics etc. There will be a high financial prize for the winners of this contest and a small contribution to our Association for organizing the event.

## **The Administrative Board**

*President: Grammaticos Philip, Vice-President: Argyropoulou-Pataka Paraskevi, Secretary: Kokkas Vasileios, Treasurer: Giannoulis Eleftherios, Members: Myronidou Maria, Tzafetas Ioannis, Karamouzis Michail, Foroglou Periclis, Melfou Fani, Siokos Apostolos,*

## **The Organizing Committee**

*President: Grammaticos Philip, Members (alphabetically): Foroglou Periclis, Giannoulis Eleftherios, Karamouzis Michail, Kokkas Vasileios, Melfou Fani, Myronidou Maria, Siokos Apostolos, Tzafetas Ioannis,*

*\*Professors Grammaticos Philip and Tzafetas Ioannis are responsible for the scientific program of the event in collaboration with the Scientific Committee.*

## **The Scientific Committee**

*President: Manthos Anastasios, Members (alphabetically): Karamouzis Michail, Oikonomou Panayiotis, Tsolaki Magda*

## **The Awards Committee**

*Manthos Anastasios, Grammaticos Philip, Argyropoulou-Pataka Paraskevi, Dardavesis Theodoros, Foroglou Pericles*

## **The Group of International Advisors for 20 Countries** (alphabetically)

**1.** Helmut Sinzinger, **Austria**, **2.** Tom Karagiannis, **Australia**, **3.** Andreas Petropoulos, **Azerbaijan**, **4.** Frank De Geeter & Alex Sarafidis, **Belgium**, **5.** Chao Ma, **China**, **6.** Lionis Christos & Giagkos Lavranos, **Cyprus**, **7.** Poul Høilund-Carlsen, **Denmark**, **8.** Peter Mailänder, **Germany**, **9.** Philip Grammaticos, **President, Greece**, **10.** Vasileios Kokkas, **Secretary, Greece**, **11.** Gurupad Bandopadhyaya, **Vice-President**, Devinder Dhawan & Suresh Kumar Sharma, **India**, **12.** Amir Nikouei, **Iran**, **13.** Barbara Palumbo & Giuseppe Rubini, **Italy**, **14.** Jun Hatazawa & Tomoaki Yamamoto, **Japan**, **15.** Witold Cholewinski & Agata Pietrzak, **Poland**, **16.** Boris Ajdinovic & Milovan Matovic, **Serbia**, **17.** Mike Sathekge, **South Africa**, **18.** Andreas Petropoulos, **Switzerland**, **19.** Henry Tam, **U.K.**, **20.** Abass Alavi, **President & Relan Nand, USA**,

## Information

### Meeting venue

Electra Palace Hotel-5 stars, Aristotelous Square 9, PC 54624, Tel: (+30) 2310 294 000  
Thessaloniki, Greece. **Official language of the Meeting:** English.

### Prizes

In the 5<sup>th</sup> Medical Olympiad Professor Gurupad Bandopadhyaya from India and Professor Helmut Sinzinger from Austria will be named fellows of the International Medical Olympic Association due to the distinguish prototype scientific contributions in Medicine and their great support to all Medical Olympics in the last 8 years. Professor Gurupad Bandopadhyaya and Professor Helmut Sinzinger will be awarded a golden medal and a diploma.

As in all previous Olympiads, three prizes, first, second and third will be awarded to the three best papers among all and will be accompanied by a diploma and a gift.

### Accreditation points from EACCME

The number of such points to be given to the attendance of the Olympiad will be soon announced.

### Registration

Registration fee for attending the programme of the Meeting and/or submitting a paper is 150€. At least one author for every paper submitted shall be registered. Participants may ask for a smaller registration fee. For young colleagues registration fee is 50€. Graduate and post graduate medical students, nurses and technicians: 40€. Students pay no fee.

**For the workshop** on Thursday, October 3<sup>rd</sup> 2019, there must be an early registration because participants are limited to 45 only. All participants shall receive a booklet describing basic parts of the workshop lectures with examples at the beginning of this session. The price for the workshop is 50€.

Participation to the daily excursion will be 20€ and lunch 10€.

### The Excursion

All participants to the Olympiad and their accompanying members may participate on the Sunday 6 October 2019 excursion to Amfipolis (the huge lion of Amfipolis, the Museum, fantastic graves of Generals or of Alexander himself), Stagira (Aristotle's birthplace), accompanied by an experienced tourist guide and lunch in Stavros, Chalkidiki.

The excursion bus will leave Electra Hotel at about 09.15am and return at about 19.00 hours. Please book early.

You may ask the Organizing Committee of the Meeting for partly waiving the above fees.

**You may pay via our account of Iatrikos Olympicos Syndesmos (Medical Olympicus Association) in Alpha Bank, Komninon 26 str, PC 54623, Thessaloniki, Greece, IBAN: GR500 140 7080 474 002 002 004 801, BIC: CRBAGRAAXXX.** The name of the treasurer is Professor Eleftherios Giannoulis. Please mention the name of the depositor and the purpose of payment.

### **Instructions for Abstracts**

**Deadline** for submission of papers is **Monday, 16 September 2019**. Abstracts may be up to one and a half A4 page long, with borders of 2cm around the text and 1.5 distance between the lines, written in Times New Roman letters size 12, at any format, preferably the format of the *Hell J Nucl Med*, [www.nuclmed.gr](http://www.nuclmed.gr). Abstracts and whole papers may be published after the authors' consent, in the supplement of HJNM, I.F 1.008.

**Criteria for the evaluation of papers** *have been*: a) Originality on a new subject-basis: 40%, or on an existing concept: 30%, b) Social impact: 25%, c) Statistical support or sufficient proof of results: 25%, d) Well organized and easily read presentation: 10%.

**The final programme-information's booklet will be distributed to the participants who are registered.** This booklet will include: a) all necessary information about the 5<sup>th</sup> International Medical Olympiad, b) the abstracts of all papers orally presented with 2 questions and their answers given by the authors.

**There will be only one invited lecture which will be presented** on Saturday evening on the 5<sup>th</sup> of October 2019. Round tables or other lectures are not allowed in the Olympiads. A limited number of original posters may be allowed.

The Chairpersons of every session may have a few minutes to introduce the speakers. *The time allowed for every orally presented paper will be 15min and for discussion 5min. Authors are kindly requested to comply with this timetable.*

*For more information please see our website: [www.medolympicus.gr](http://www.medolympicus.gr) or please contact us at the e-mail address ([molympicus@gmail.com](mailto:molympicus@gmail.com)) of the Association.*

# Preliminary Programme

## Workshop

(Participants will receive a Diploma of Attendance)

### Thursday 3 October 2019

09.00-09.20 Registration for the Workshop

#### *Workshop on Medical Statistics – First Part*

*Chairpersons:*

09.20-11.45 **Gurupad Bandopadhyaya - Suresh Kumar Sharma - Relan Nand - Devinder Dhawan**

- *Descriptive Statistics* (all basic definitions, data, central tendency, dispersion, coefficient of variation, skewness & Kurtosis are covered in the Chapter along with Graphics like: Histogram, Bar, Pie etc.)
- *Sample Size Calculations in Medical Research* (this covers various techniques of sample size calculations for continuous and categorical data. For example, based on margin of errors, Confidence Intervals, Odds Ratio, Risk Ratio etc.)
- *Other Topics may also be presented*

11.45-12.00 Coffee / Tea break

#### *Workshop on Medical Statistics - Second Part*

*Chairpersons:*

12.00-14.00

- *Correlation & Regression* (this covers various correlations including Karl Pearson, Spearman's Gamma, Uncertainty Coefficient, Gamma Coefficient, Mathew's correlation and partial correlation etc. Simple and multiple regression techniques along with logistic regression are also covered here with examples from medical sciences).
- *Survival Analysis* (this covers some basic definitions like Cohort, Censoring, survival function, hazard function and their estimation techniques. Also discussed two basic models-Kaplan Meier regression model and Cox-proportional Hazard model.
- *Other Topics may also be presented*

14.00-17.00 Lunch Break

#### *Workshop on Medical Statistics - Third Part*

*Chairpersons:*

17.00-19.30

- *Parametric and Non-Parametric Statistics*
- *Generic Associations including Sensitivity, specificity, ROC curve etc.*



# Oral Presentation of Papers

(Time for presentation of papers: 10min. Time for discussion: 5min)

## Friday 4 October 2019

09.30-14.30 *Registration*

*Genetics, Nuclear Medicine, Plastic Surgery, Pharmacology*

*Chairpersons:*

10:00-12.20 **Harisios Boudoulas (USA) - Tom Karagiannis (Australia) - Devinder Dhawan (India) - Pericles Foroglou (Greece) - Witold Cholewinski (Poland)**  
*-The Role of Testosterone to Intrasonal Fertilization*  
*-Preventive Effects of Acetylsalicylic Acid*

12.20-12.30 *Welcome address - Announcements*

12.30-12.50 *Coffee / Tea break*

*Internal Medicine, Hygiene-Contagious Diseases, Nuclear Medicine, Neurology, Psychology, Gastroenterology,*

*Chairpersons:*

12.50-13.30 **Gurupad Bandopadhyaya (India) - Helmut Sinzinger (Austria) - Frank De Geeter (Belgium) - Michael Karamouzis (Greece) - Eleftherios Giannoulis (Greece)**  
*-Diet, Gastric Physiology and Body Development*  
*- The Vital Exhaustion Syndrome*

13.30-14.30 *Advisors' meeting*

14.30 *Lunch break*

*Internal Medicine, Cardiology, Obstetrics, Gynaikology*

*Chairpersons:*

17.30-19.30 **Poul Høilund-Carslen (Denmark) - Christos Lionis (Greece) - Ioannis Tzafetas (Greece) - Giagkos Lavranos (Cyprus)**  
*-Hypoxia Inducible Factor. Applications in Ischemic Heart*  
*-Better study the means to ease Low Back Pain*

*Invited lecture*

19.30-20.30 **Professor Stavros J. Balogiannis (Greece)**  
*-New Achievements in Neurology and Psychology*

20.30-21.30 *Welcome reception*

## Saturday 5 October 2019

*Ophthalmology, Cardiology, Multimodalities, Hybrid Imaging, Endocrinology, Diabetes, Surgery*

*Chairpersons:*

09.30-11.30 **Peter Mailänder (Germany) - Giuseppe Rubini (Italy) - Fotios Topouzis (Greece) – Evangelia Papavasileiou (Greece) – George Efthymiadis (Greece)**  
-Useful Suggestions for Macular Degeneration  
-Paralytic Ileus

11.30-12.00 *Coffee / Tea break*

*Neurology, Psychology, Cancer, Pharmacology, Dermatology, Anesthesiology*

*Chairpersons:*

12.00-14.00 **Mike Sathekge (South Africa) - Magda Tsolaki (Greece) - Amir Nikouei (Iran) - Demetrios Ioannidis (Greece) - Milovan Matovic (Serbia)**  
-A Newly Described, Baloyannis-Grammaticos Syndrome  
-Innovative Diagnosis and Treatment of Alzheimer's Dementia - Psychology in children and adults

14.00 *Researchers' Lunch*

*Nuclear Medicine, Technology, Surgery, Pediatrics, Sleep*

*Chairpersons:*

17.00-19.00 **Tomoaki Yamamoto (Japan) - Alexandros Sarafidis (Belgium) - Boris Ajdinovic (Serbia) - Konstantinos Natsis (Greece)**  
-Plantar Celiac Reflex. Resistant Diarrhea  
-Effects After Normal Sleep

*Nuclear Medicine, Nephrology, Urology, Neurology-Psychology, Cardiac Surgery, Nuclear Gastroenterology, Sports Medicine*

*Chairpersons:*

19.00-21.00 **Jun Hatazawa (Japan) - Barbara Palumbo (Italy) - Stavros Baloyannis (Greece) - Andreas Petropoulos (Azerbaijan) - Eleftherios Giannoulis (Greece)**  
-Urine Bladder Absorption  
-Effects After Obstruction of Radial Artery

21.20- *-Conclusions - Nomination as Fellows of our Society of Professor Gurupad Bandopadhyaya and Professor Helmut Sinzinger.*  
*-Prizes*

## Sunday 6 October 2019

09.30-18.00 *Excursion to Amfipolis (the huge lion of Amfipolis, the Museum, fantastic graves of Generals or of Alexander himself), Stagira (Aristotle's birthplace), lunch at Stavros, Chalkidiki, accompanied by an experienced tourist guide.*

**Accommodation:** The following hotels are suggested for the participants of the Olympiad. Prices of the hotels are valid for December 2018 and may differ on the time you will require. Please book about two months earlier. You may inquire more about traveling and accommodation arrangements at our secretariat: [molympicus@gmail.com](mailto:molympicus@gmail.com). You may also visit: [www.medolympicus.gr](http://www.medolympicus.gr).

**Meeting Venue: Electra Palace Hotel/ 5 stars (A),**  
Aristotelous Square 9 street, P.C. 54624, Tel: (+30) 2310 249 000.  
For a single and double bed room: 165€



**City Hotel/ 4 stars (A),**  
Komninon 11 street, P.C. 54624.  
Five minutes from the Electra Palace.  
For a double bed room: 79€ - 100€



**Luxembourg Hotel/ 3+ stars (B Sup),**  
Rogoti-Komninon 6 street, P.C 54624, Thessaloniki.  
Five minutes walk from Electra Palace.  
For a single bed room: 68€ - double bed room: 83.50€



**Aegeon Hotel/ 3 stars (B),**  
Egnatia 30 street, P.C. 54630.  
Twenty minutes from the Electra Palace.  
For a single bed room: 45€ - double bed room: 50€



**Egnatia Palace Hotel/ 4 stars (A),**  
Egnatia 61 street, P.C. 54631.  
Eight minutes from Electra Palace.  
For a single bed room: 75€ - double bed room: 85€



**Kinissi Palace/ 4 stars (A),**  
Egnatia 41 street, P.C. 54630.  
Fifteen minutes from the Electra Palace.  
For a single bed room: 50€ - double bed room: 60€



**Amalia Hotel/ 2 stars (A),**

Hermou 33 street, P.C. 54624,

Three minutes from the Electra Palace.

For a single bed room: 50€ - double bed room: 60€



**The Caravan/ 4 stars (A) Bed&breakfast,**

Rebelou 1 and Vamvaka street, P.C. 54631.

Ten minutes from the Electra Palace.

Single bed not available - double bed on demand



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