

I was born in Volos on June 11th 1968 and I have been living in Thessaloniki since March 1999. I graduated from the 3rd General High School of Volos in 1986 with Excellence. In 1987, I was admitted in the Medical School of the Aristotle University of Thessaloniki (AUTH) from which I graduated in 1993 with the grade “Good”.

I served my compulsory military service from 01/1994 until 08/1995, first as a military doctor at the Healthcare Military Training Center in Arta and then at the Military Aviation School in Stefanovikeio. I successfully fulfilled my compulsory Rural Service at the Health Center of Aerino in Volos from 10/1995 until 12/1996. During this period, I served my on call duties at the Department of General Surgery of the “Achilopouleio” General Hospital of Volos.

From 12/1996 to 03/1999, when I resigned, I worked as a trainee in General Surgery at the Department of General Surgery of the “Achilopouleio” General Hospital of Volos. From 06/1999 to 03/2003, I worked as a trainee in General Surgery at the 4th Department of General Surgery of the AUTH at the "G. Papanikolaou” General Hospital of Thessaloniki, where I successfully completed my six-year training in General Surgery. During the above mentioned period, I was trained for six months at the Department of Cardio-Thoracic Surgery at the “G. Papanikolaou” General Hospital of Thessaloniki and for another six months at the Department of Vascular Surgery at “AHEPA” General Hospital of Thessaloniki. In 02/2002, my PhD thesis was announced by the Medical School of the AUTH, entitled “The effect of insulin - like growth factor I (IGF-I) in the healing of colon anastomoses in rats that undergo therapy with cortisone”. In 05/2003, I was granted the License to Practice, after successfully passing the exams under the auspices of the Health Department of the Prefecture of Thessaloniki. In 06/2005, after oral examination, I successfully completed my PhD thesis with Excellence and I was awarded the title of Doctor of Medicine of the AUTH in 11/2005.

From September 14th 2004 until December 17th 2004, I was trained in Laparoscopic Surgery in Chirurgische Klinik und Zentrum Fur Minimal Invasive Chirurgie, Klinikum Hannover-Siloah, under the supervision of Professor F.Kockerling.

During the period 2004-2011, I worked as a Clinical and Research Associate in the 4th Department of General Surgery of the AUTH at “G. Papanikolaou” General Hospital of Thessaloniki. I participated in Clinical program, the research studies of the Department, as well as in the teaching activities. On January 11th 2012, I was awarded the title of Lecturer in General Surgery at the AUTH and since then, I have been

working as a Consultant Surgeon in the 4th Department of General Surgery at “G. Papanikolaou” General Hospital of Thessaloniki .

I was awarded the title of Assistant Professor of surgery in 1.04.2015 after elections.

On 10th of June 2017 I attended the Colorectal Unit of Churchill Hospital, Oxford under the guidance of Prof Bruce George.

I was awarded the title of Associate Professor of Surgery in 14.04.2020 after elections.

My total training abroad is about 11 months and in addition to my visits to Hanover and Oxford includes other shorter visits to Milan, Baden Baden and Strasbourg, Maas Kempen, Stockholm. My further training includes breast, colon and laparoscopic surgery.

My teaching work was a total of 19 years. For a year I taught the course of Surgery at the School of Nursing of Volos General Hospital. For eight years as an unpaid Scientific Colleague of 4th Surgical Department Auth. I actively participated in the education of students in the course of Surgery F, Z, and IA semester. About four years as a Lecturer and five years as an Assistant Professor and one year as an Associate Professor of Surgery.

At the same time I have been teaching in the Course "Emergency Medicine - First Aid" since 2012. For one year I taught (2014) in the postgraduate course "Colon Diseases" under Professor Ioannis Canellos. I am a member of the Organizing Committee of the post graduate Course “Surgical Oncology of the Digestive Tract and I teach there under Professor Kostantinos Ballas. I participated for five years in the postgraduate seminar "Training in laparoscopic surgery in experimental surgeries" under the auspices of the Hellenic Society of Colon and Rectal Surgery. For the last five years I have participated in the postgraduate seminar "Liver Surgery. Training in open and laparoscopic surgery in experimental animals. " under the auspices of the Hellenic Society of Pancreatic Bile Liver Surgery.

My clinical work was a total of 19 years. Nine years as a private surgeon and seven years participating in the clinical activities of the 4th Surgical Clinic at Papanikolaou Hospital in both the on-call program and the daily surgery program. My academic work includes my participation in nine scientific societies 4 international and five Greek among them the Hellenic Breast Surgery Society. I have been a reviewer of works in 4 international journals. I have been invited and speak a total of 64 times, 10 out of 10 international conferences. My research project includes my participation in

12 experimental protocols and the publication of 21 research experimental papers in reputable journals with a significant impact factor. I am a supervisor in 3 experimental Phd protocols. My work includes 57 complete publications of which 46 are in pub med. Of these I am the first or second author at 18. My H-factor is 21. The total impact factor in the literature is 115,006 while there are about 1000 hetero-references in pub med.