I was recently asked to speak to a group of students who excel in the Greek language. While preparing I was reminded of a study by psychologist Jim Koutrelakos that found that being able to identify with a unique ethnic community or association such as the ours often confers positive mental health emotions. I want to thank the Society and its members for keeping me psychologically healthy.

This winter has been good for our our Society. We had a wonderful sold out gala thanks to the efforts of our chairpeople, Dr. Eleni Gouzoulis, Dr. Lorraine Chrisomalis-Valasiadis, and Nicole Contos Liakeas. We were all so proud to host our exceptional honorees, Gus Costalas, Dr. Nicholas Romas, and Dr. Constantine Stratakis; we were thrilled to award some exceptional students; and we were inspired by a riveting panel discussion from Dr. Romas, Dr. John Sfakianos, Dr. Alexander Sotiropoulos, and Dr. George Yancopoulos.

At the start of the year, many of the HMS doctors attended the traditional cutting of the Vasilopita ceremony that we host with many of the other hellenic professional organizations. HMS was able to extend its community outreach efforts to parishioners of the Holy Trinity Cathedral and Kimisis Theotokou Church thanks to Dr. Andreas Panagos and his advice on how to avoid lower back injuries and Dr. Panagiota Andreopoulou on how to stay strong and healthy. Dr. Chrys Chrysssanthou inspired the Holy Trinity Cathedral parishioners and the Archdiocesan Cathedal Philoptochos Society with his "Prescription to Achieve Ageless Aging" from his book How to Keep Young.

I hope to see many of you at the upcoming Dr. Mary Kalopothakes Award Symposium honoring Dr. Maria Theodoulou and at the Dr. George N. Papanicolaou Award Symposium honoring Dr. Papantoniou from the National Kapodistrian Medical School, Athens Greece. In the planning stages for the near future are informational sessions on such issues as risk assessment, medical malpractice, mortgage financing for doctors, estate planning, and tips for starting your own practice.

As Spring approaches, we hope to see many of our young members get more involved in HMS activities. To help make this happen, we will address issues specifically geared to the needs of the young professional. But first I hope we turn out to show our pride and solidarity not just for Greece but for our Society as well by joining the march up Fifth Avenue during the annual NYC Greek Independence Day Parade to be held Sunday, March, 26.

Remember that the Hellenic Medical Society not only allows us to assert our Greek pride and identity. It also offers a type of psychological reprieve that challenging times such as ours demand. See you soon!

George P. Liakeas MD
The 11th Annual Demetrios Contos Memorial

October 28th 2016 | Holy Trinity Cathedral

Under the Auspices of the Consul General of Greece in New York,
The Hellenic- American Chamber of Commerce
The Hellenic American Bankers Association
The Hellenic Lawyers Association
The Hellenic American Leadership Council
The Hellenic Medical Society of New York
The Order of A.H.E.P.A. (Delphi 25) Manhattan Chapter
Pan Gregorian Enterprises of Metro New York and Long Island
The Association of Greek American Professional Women (A.G.A.P.W)
The Holy Trinity Cathedral
and
The Family of Demetrios Contos

Keynote speaker:
Dr. Konstantinos Koutras,
Consul General of Greece in New York
On December 7, 2016, the Department of Health and Human Services Office of Inspector General’s (OIG) final rule revising the Civil Monetary Penalty (CMP) Regulations was published in the Federal Register at 81 Fed. Reg. 88334. This final rule amends the OIG’s CMP rules to incorporate new CMP authorities and to clarify existing authorities in accordance with changes made by the Affordable Care Act (ACA). Below is a summary of some of the key provisions of the final rule.

The ACA authorizes CMPs, assessments and Federal health care program exclusion for: (i) failure to grant OIG timely access to records; (ii) ordering or prescribing items or services while excluded; (iii) making false statements, omissions, or misrepresentations in an enrollment application; (iv) failure to report and return an overpayment; and (v) making or using a false record or statement that is material to a false or fraudulent claim.

Among the revisions to the CMP rules are modifications to the regulations concerning aggravating circumstances applicable to conduct subject to CMPs. Specifically, the final rule consolidates several different lists of factors into one primary list of factors to consider in determining exclusion periods and the amount of penalties and assessments for all civil monetary penalty law violations, unless otherwise provided in the regulations. The primary factors are: (i) the nature and circumstances of the violation; (ii) the degree of culpability of the person; (iii) the history of prior offenses; (iv) other wrongful conduct; and (v) other matters as justice may require.

In the case of prior offenses or other wrongful conduct, the OIG clarified that it will consider the offenses or conduct of the entity itself, an individual with director or indirect ownership or control interest in the entity at the time of the violation, and an individual who was an officer or managing employee of the entity when the violation occurred. The level of knowledge applicable to individuals, however, varies depending on the individual’s role with the entity. For example, individuals with an ownership or control interest in an excluded entity would only be excluded from Federal health care programs if they knew or should have known of the violation. On the other hand, an individual who is an officer or managing employee of an excluded entity can be excluded regardless of whether he/she knew or should have known of the violation.

The final rule provides for additional factors to be taken into account in considering the primary factors for false or fraudulent claims and other similar misconduct. These factors are: (i) whether the violations were of several types or occurred over a long period; (ii) whether there were many such violations; (iii) the amount claimed or requested for the items or services or the amount of the overpayment was $50,000 or more; (iv) the violation resulted or could have resulted in patient harm, premature discharge, or the need for additional services; or (v) whether the amount or type of financial ownership or control interest or degree of responsibility a person has in an entity was substantial with regard to an action brought under the third factor. The same first four factors are also taken into account in considering the primary factors for CMPs for anti-kickback statute and Stark Law violations.

In the final rule, the OIG also clarified the penalty for failure to report and return overpayments within 60 days of the date on which the overpayment was identified, or the date that a corresponding cost was due. Although the OIG considered assessing a penalty of $10,000 for each day following the 60th day that the overpayment is retained, after considering comments on this interpretation, the OIG’s final rule only imposes a penalty of up to $10,000 for each item or service for which the provider or supplier identified an overpayment.

With regard to the violation for ordering or prescribing items or services while excluded, the OIG clarified that CMP authority would only be imposed against the excluded person who ordered or prescribed the item or service, and not against the person who provided or supplied such ordered item or service. In addition, items and services ordered by an excluded person are not payable only if the person who provided such item or service knew or should have known of the exclusion.

For further information, please contact Catherine Patsos at (212) 803–8193, or at cgpatsos@healthcarelawllc.com.

Catherine Patsos is a health care attorney with extensive experience in representing physicians and other health care providers. She concentrates her practice in health care reimbursement, regulatory and compliance matters, physician employment, HIPAA, and fraud and abuse issues. For more information, visit www.healthcarelawllc.com.
The current state of cancer prevention and treatment in America

- Quality of life concerns
- What living with cancer means for patients diagnosed with metastatic disease
- How a cancer diagnosis changes the lives of patients
- Side effects of cancer treatments (surgery, chemotherapy, radiation) – management and survivorship issues
- Prevention methods
- The importance of cancer research funding
- New directions for cancer research and how they can shape treatment
- The impact of bench research on new therapies for patients
- How attainable is Joe Biden’s Cancer Moonshot proposed goal of making a decade’s worth of progress in cancer prevention, diagnosis, and treatment in 5 years
Scholarship Award Ceremony
December 2, 2015 | Lenox Hill Hospital, Einhorn Auditorium

Greeting:  
George Liakeas, M.D.  
President of the Hellenic Medical Society of New York

Moderator:  
Lorraine Chrisomalis Valasiadis, M.D.,  
Assistant Clinical Professor of Obstetrics and Gynecology

Scientific Lecture:  
“Prostate Cancer Epidemiology and Screening”

Panelist:  
John Sfakianos, M.D.,  
Assistant Professor of Urology and Urologic Oncology  
George Yancopoulos,  
M.D., Ph.D, President, Regeneron Laboratories, Chief Scientific Officer  
Alexander Sotiropoulos,  
M.D., FACS, FRCS Senior  Urology, Attending, Lenox Hill Hospital  
Nicholas Romas, M.D.,  
Professor of Urology, Columbia University, College of Physicians and Surgeons, New York Presbyterian  
George Liakeas, M.D.  
President HMSNY
Scholarship Award Ceremony

Left: Drs. Plakogiannis, Stergiopoulos, Liakeas, Chrisomalis Valasiadis, Andreopoulou, Gouzoulis Koutsos, Lymberis, Romas, Sotiropoulos, Karides, Malis, Sfakianos and Yancopoulos

VIDEO: THE HELLENIC MEDICAL SOCIETY OF NY SCHOLARSHIP AWARDS 2016
Our Hellenic Medical Society Scientific Lecture and Scholarship Award Ceremony, this weekend was an incredible success!! Scholarships were awarded to exceptional high school students, medical students and biomedical scientists to help defray the cost of pursuing a graduate education. This year for the first time ever, we started a Young Initiative Project and have appointed "Young Ambassadors" from the high schools, colleges and medical schools. If you missed this event, here are some of the highlights.

A big shoutout to our newly appointed Young Ambassadors to the Hellenic Medical Society 2016!

### High School students
- Stella Stephanopoulos | Bronx High School of Science
- Connie Koutsos | Dominican Academy
- Evi Paloumbis | Sacred Heart

### Medical students
- Andreas Lazaris | Brown
- Chris Xanthos | Cornell
- Alex Orfanos | Dartmouth
- Kellie Gergoudis | Mt Sinai
- Tom Sousou | Tufts

### College students
- Connie Raptis | Barnard/Columbia
- Dimitri Psaltos | Boston University
- George Danias | Cornell
- Spiridoula Zolotas | Fordham
- Joanna Abouezzi | NYU
- Dimitri Perdik | Stonybrook

### Fellows
- Dr. Gregory Paul Siroky | Cardiology, UMDMj
- Dr. Dimos Mantopoulos | Retina, UMDMj
Mission statement:
The Hellenic Medical Society of New York was co-founded by the renowned physician George N. Papanicolaou during the First World War.

Purpose:
To unite health care professionals of Hellenic heritage and to promote and support educational and cultural programs that will enrich the community.

What are we most proud of: SCHOLARSHIPS TO MEDICAL & HIGH SCHOOL STUDENTS

High School Essay Award
- Abraham Stathopoulos

Research Grant Award
- Evangelia Lazaris
- Anastasios Mirisis
- Sakellarios Zairis

Medical Scholarship Award
- Nicholas Condilis
- Sophia L. Dellis
- Christoforos Koumas
- Vassiliki Papagermanos
- Maria Pliakas
- Alexis Tchaconas
- Andromachi Trivellas
- Myra Trivellas
- Sophia Tsiris
The 80th Annual Scholarship Gala

Saturday, December 3, 2016

Honoring

Distinguished Physician
Constantine Stratakis, M.D. D(med)Sci
Scientific Director NICHD, NIH

Distinguished Hellene
Konstantine “Gus” Costalas
Regional Chief Financial Officer and Deputy Executive Director
Lenox Hill Hospital

Distinguished Colleague
Nicholas Romas, M.D.
Professor of Clinical Urology
Columbia University College of Physicians and Surgeons / New York Presbyterian
The 80th Annual Scholarship Gala

Dr. George Liakeas

Dr. Lorraine Chrisomalis Valasiadis, Gala Chair

Honorees:
Konstantine Costalas, Dr. Nicholas Romas and Dr. Constantine Stratakis

Vic Pamoukian, Konstantine Costalas

Dr. Helen Gouzoulis Koutsos, Dr. Lorraine Chrisomalis Valasiadis, Dr. George Liakeas, Konstantine Costalas, Dr. Nicholas Romas, Dr. Constantine Stratakis, Dr. Panagiota Andreopoulou, Dr. Stella Lymberis, Dr. Sotirios Stergiopoulos, Dr. James, Melis, and Dr. George Dangas
The 80th Annual Scholarship Gala
The 80th Annual Scholarship Gala
The 80th Annual Scholarship Gala
The 80th Annual Scholarship Gala
Traditional Cutting of the Vasilopita

January 9, 2017 | Holy Trinity Cathedral

The Hellenic Medical Society of New York
Hellenic-American Chamber of Commerce
HABA-Hellenic American Association for Professionals in Finance
Cyprus-U.S. Chamber of Commerce
Hellenic Professional Women
Hellenic Lawyers Association
Traditional Cutting of the Vasilopita

Mrs. Maria Yatrakis
won the Flouri this year

Dr. Miranda Kofinas
HMS-NY Executive Board
The Cutting of the Vasilopita

January 11, 2017 | Lenox Hill Hospital, Weisner Conference Room

Front row left: Drs. Tambakis, Andreopoulou, Liakeas, Gouzoulis-Koutos, Chrisomalis-Valasiadis, and Melis
Second row Drs. Plakogiannis, Hatzaras Patikoglou

This year the Society was the winner of the New Years (coin) Flouri

Drs. Tambakis, Patikoglou, Andreopoulou, Liakeas, Gouzoulis-Koutos, Patikoglou, Karides, Chrisomalis-Valasiadis, and Melis
Dr. George Liakeas was the Keynote speaker

His Eminence Archbishop Demetrios Geron of America Honored the student who excelled in the Greek language. He present them with the Three Hierarchs Award of Excellence and an icon of the Three Hierarchs.
Go Red Day
The Ladies of Philoptochos at Kimisis tis Theotokou of Brooklyn organized a health awareness day
Sunday February 5th, 2017 | Kimisis tis Theotokou of Brooklyn

Dr. Andreopoulou gave a presentation on Osteoporosis and the importance:
- Regular screening
- Physical Activities
- Medications
- Bone Mass
- Mediterranean Diet and Vitamins
- She also discussed the symptoms of heart disease and prevention

Dr. Panagiota (Penny) Andreopoulou, attending endocrinology in the department of medicine at Weill Cornell.
Dr. Andreopoulou produces and hosts a weekly radio broadcast of the Hellenic Public Radio 91.5 on Saturdays from 12:30-1 pm
6th Annual Memorial Service
Commemorating our departed Past President and Members that contributed to excel our Society

February 12th, 2017   | Holy Trinity Cathedral
Dr. Andre Panagos presentation:

Causes of back pain and tips to avoid it during the winter season.

A Prescription to Achieve Ageless Aging

Chrys Chryssanthou, M.D.

Chrys Chryssanthou is a physician and author seen on NBC-TV and Panamerican Television.

Topic: How to Keep Young

- Exercise
- Long term goal and short term goal
- Think young and act young

The Hellenic Medical Society of New York cordially invites all current & prospective members to reach the community and promote themselves!

‘White Coat Talks’
&
other opportunities available

RADIO | TV | PRINT

any topic, no prep required, panel opportunities

p: 718-398-2440  e: Hellenicmed@gmail.com
New York Cancer Specialists, Long Island’s most comprehensive community oncology center, is delighted to announce their expansion into the communities of Queens County with their newest locations in Flushing, Astoria, Jackson Heights, and Elmhurst New York. In an area that is in such great need for first-class cancer care, the physicians at NYCS can ensure that patients will be treated far beyond the traditional standards of care.

The medical professionals and staff of New York Cancer Specialists are dedicated to the communities they work in because many also reside in these same neighborhoods. New York Cancer Specialist’s new venture into Queens County wouldn’t be possible if it wasn’t for the newest Medical Oncologist to join the NYCS team, Dr. Triantafillos Fillos. Dr. Fillos has been treating oncology patients in Manhasset as well as, the Queens area for over eight years. He has also fully immersed himself in the many local hospitals in the surrounding area.

At a time when cancer care is often dictated by limitations of insurance and available resources, New York Cancer Specialists is able to introduce their own standards of comprehensive cancer care by making all of their services available to the Queens communities. NYCS is comprised of dedicated medical professionals that ensure their patients have access to around-the-clock quality care by providing nearly all treatment services in-house as well as maintaining a constant presence in the community hospitals. Patients of NYCS have access to in-house treatment centers, radiation therapy, and a CAP accredited hematologic laboratory. The services available to patients in the offices of NYCS go far beyond the medicinal treatment and into the psychological and physical well-being of the patients with on-staff psychologists, registered dietitians and licensed clinical social workers and chronic care management.

As the newest member of New York Cancer Specialists, Dr. Fillos is dedicated to providing quality patient care to our friends and families of Queens County by conquering cancer together.

To Learn more about New York Cancer Specialists and Dr. Triantafillos Fillos, visit www.NYCancer.com or call 1-855-5CURECA
Announcements

World Hellenic Biomedical Association - WHBA, Inc.
6th Summer School in Medical & Biosciences Research & Management
May 14 - 22, 2017 - Neo Itilo-Mani, Laconia & Athens, Greece

Biomedical Science and Research Management for undergraduate, graduate students, as well as post-doctoral researchers and clinical trainees.

This is the International Summer School in Medical & Biosciences Research & Management organized by the World Hellenic Biomedical Association on May 13-21, 2017 in Greece.

The course is tuition-free and hotel staying is covered for the applicants that will be selected to participate.

You can find more information, the program and videos from last year’s course at http://www.whba1990.org/summer-school-2017.html

Attention Medical Staff!
Volunteer your talent at the Ionian Village this summer in Greece!

Ionian Village, the Archdiocesan summer youth camp in Greece, is accepting volunteers to serve on their medical team this summer for 2 1/2 weeks.

- All expenses paid for you and your spouse.
- Tour throughout Greece under the “wings” of the church.
- Opportunity to spend quality time with your spouse and children
- Enrich existing and build new friendships, that will last a lifetime!

Truly, a wonderful way to serve our church and give of our time and talent! If interested in more information, please contact Dr. Gregory Papadeas (303) 493-1910, my3kouklas @frii.com or I.V. camp office at (212) 570-3538. www.IonianVillage.org
Grand opening viewing of the Benaki exhibit of the 1896 the first modern Olympic Games in Athens
Dec. 8th 2016 | Benakis Museum

Consulate General of Greece - Dr. Konstantinos Koutras
Photographic Archives by Albert Meyers

source: http://www.mgtvusa.com/

Honors

Congratulations to Dr. Spiros G. Frangos! He was promoted to Professor of Surgery at the NYU School of Medicine in October 2016. He serves as the Chief of Surgery at Bellevue Hospital and the Director of the Division of Trauma, Emergency Surgery, and Surgical Critical Care.
Both conferences should be very interesting (brochures attached) and the diet and lifestyle conference will host guest speaker, Dr. Dariush Mozaffarian (one of the biggest names in dietary analyses) and have a huge focus on the evidence for dietary types, exercise, counseling and motivation as well as dietary supplementation. Educational credit is offered for physicians, physician extenders, nursing and dieticians and there are markedly discounted rates for NYU employees, nursing and all trainees.

Last year, the course had the highest attendance for any NYU cardiology conference and we are hoping to far exceed those records because of the interesting nature of the topics, the quality of the speakers and some very heated discussions last year!

I hope you can all attend and please spread the word to your colleagues and trainees at your respective institutions.

Registration is now open:
http://www.med.nyu.edu/cme/diet_cardiovascular
http://www.med.nyu.edu/cme/cardiovascular

**Best,**
Eugenia Gianos, MD  
Assistant Professor of Medicine  
Director, Preventive Cardiology Fellowship Program  
Co-Clinical Director, Center for the Prevention of Cardiovascular Disease
Dr. Papanicolaou Symposium

May 23rd, 2017

Weill Cornell Educational Center

Honoring

Nikolaos E. Papantoniou M.D., Ph.D.

Professor of Obstetrics and Gynecology
National and Kapodistrian University of Athens
School of Medicine
Chair 3rd Department of Obstetrics & Gynecology
“Attikon” General University Hospital

Save The Date

Dr. Mary Kalopothakes

Thursday, March 16, 2017 – 7:00 – 9:30 p.m.

Lenox Hill Hospital – Bruno Conference Room, 1st Floor
130 East 77th Street, Black Hall Entrance New York, NY 10075

Honoring

Maria Theodoulou, M.D.

Medical Oncology, Albany, New York
GREEK PARADE 2017

GREEK PARADE
ON FIFTH AVENUE NEW YORK CITY
CELEBRATING THE 196TH ANNIVERSARY OF HELLENIC INDEPENDENCE

SUNDAY
MARCH
26 TH
2017
1:30 PM

FROM 64 TH TO 79 TH STREETS

Organized by:
The Federation of Hellenic Societies of Greater New York
www.hellenicsocieties.org (718) 204-6500

MISS GREEK INDEPENDENCE PAGEANT 2017
SUNDAY MARCH 5TH

PRE-PARADE GALA 2017
TERRACE ON THE PARK
SATURDAY MARCH 18TH

FLAG RAISING CEREMONY
AT BOWLING GREEN
FRIDAY MARCH 24TH

GREEK INDEPENDENCE GALA
HILTON HOTEL N.Y.
SATURDAY MARCH 25TH
Save The Date

The Hellenic Medical Society of New York

Celebrating 81st Annual Scholarship Gala

December 2, 2017

JW Marriott Essex House
160 Central Park South
New York, NY
Advertisements

Looking for Greek speaking medical assistant to work part-time, on Thursdays from 9:30 am to 4 pm in Astoria medical office. Possibility to additional hours on Tuesdays in Astoria and Fridays in Manhattan. Some experience preferred but not required.

For further information call 718-204-7832 or email resume entpapageorge@verizon.net.

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Medical office space available for subletting in centrally located, multispecialty medical building in Astoria, Queens. 2 exam rooms and 1 consultation room available.

For further information, please call 718-204-7832.

Doctor's office, Astoria - New York

Need a young Internist, Greek speaking to take over a very busy Greek speaking practice Mount Sinai Faculty Practice.

For more information please contact Dr. Andrea Cosmatos via email: cosmdreas@gmail.com
Join the Hellenic Medical Society of New York

Member in the Society is a title of distinction for physicians and other health care professional and confers many benefits.

Shop on AmazonSmile!
and Hellenic Medical Society of New York gets donations!

Share this link: http://smile.amazon.com/ch/23-7292278
Ask your donors, volunteers, employees, and friends to bookmark this link so all their eligible shopping will benefit Hellenic Medical Society of New York Inc.

TOP 10 BENEFITS OF MEMBERSHIP

Networking
Inclusion in Referral
Directory DocFinder
CME Credits
MGTV-USA Video Services

Arthur J. Gallagher & Co
Feature articles in NEO magazine
Hellenic Public Radio interview opportunities
Subscription Discounts
Quarterly e-News Bulletin

Please renew your membership and update your professional information in order to maintain your status on our website

GET THE APPLICATION
Saturdays 12:30 - 1:00 PM EST  live stream www.gaepis.org

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Fax: 718 204 8931
Director of Operations: Ioanna Giannopoulos
General Info: cosmosfm@gaepis.org

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http://www.empirewealthstrategiesnyc.com
KALI SARAKOSTI! - HAPPY FASTING!!

Another traditional curiosity related to this special period on the Greek religious calendar is Lady Lent, a figure who is an important part of the seven weeks of lent: Kira Sarakosti, her Greek name, is a small figure baked of bread dough which features something really unusual: she has seven legs and her hands are folded as if in prayer. Lady Lent's seven legs each represent one week of the fasting period. There is a cross on her forehead, and she has no mouth, indicating that she can't eat because she is fasting. In modern Greek households the actual act of baking this figure has started to disappear, instead being replaced by children cutting the woman figure from cardboard. It is customary to place Kira Sarakosti near the icon centre which every Greek home has, and each Sunday in Lent that passes, one of her legs will be removed. In other words, Lady Lent serves like some kind of calendar for the countdown to Pascha – the Greek Easter, and undoubtedly the biggest family feast of the religious year. Lady Lent will lose her last leg on the Saturday before Easter...