Congratulations

to

The Hellenic Medical Society

2018 Honorees

AXIOI

Mary Jaharis
Η ΕΛΛΗΝΙΚΗ ΙΑΤΡΙΚΗ ΕΤΑΙΡΕΙΑ ΝΕΑΣ ΥΟΡΚΗΣ
ΠΟΡΤΑΖΕΙ ΤΑ 82 ΧΡΟΝΙΑ ΑΠΟ ΤΗΝ ΙΔΡΥΣΗ ΤΗΣ
ΣΥΝΕΧΙΖΟΝΤΑΣ ΤΗΝ ΠΡΟΣΦΟΡΑ ΤΗΣ ΣΤΗΝ ΟΜΟΓΕΝΕΙΑ
ΚΑΙ ΤΗΝ ΕΛΛΑΔΑ

ΠΡΟΓΡΑΜΜΑ ΒΡΑΒΕΙΩΝ
ΓΙΑ ΑΡΙΣΤΕΥΟΝΤΕΣ ΜΑΘΗΤΕΣ

ΠΡΟΓΡΑΜΜΑ ΥΠΟΤΡΟΦΙΩΝ
ΓΙΑ ΦΟΙΤΗΤΕΣ ΙΑΤΡΙΚΗΣ

ΠΡΟΓΡΑΜΜΑ ΜΕΤΑΠΤΥΧΙΑΚΟ
ΓΙΑ ΕΙΔΙΚΕΥΟΜΕΝΟΥΣ ΙΑΤΡΟΥΣ

ΠΡΟΓΡΑΜΜΑΤΑ ΕΠΙΜΟΡΦΩΤΙΚΑ
ΣΥΝΕΔΡΙΑ, ΔΙΑΛΕΞΕΙΣ, ΡΑΔΙΟΦΩΝΙΑ, ΤΗΛΕΟΡΑΣΗ, ΔΙΑΔΙΚΤΥΟ

ΠΡΟΓΡΑΜΜΑΤΑ ΣΥΜΠΑΡΑΣΤΑΣΗ ΠΡΟΣ ΤΗΝ ΕΛΛΑΔΑ
‘ΑΔΕΛΦΟΠΟΙΗΣΗ’ ΜΕ ΤΟΝ ΙΑΤΡΙΚΟ ΣΥΛΛΟΓΟ ΑΘΗΝΩΝ

ΠΡΟΓΡΑΜΜΑ ΣΥΝΕΡΓΑΣΙΑΣ ΜΕ ΕΠΙΧΕΙΡΗΣΕΙΣ
PARTNERS IN MEDICAL PRACTICE™

ΕΥΡΕΤΗΡΙΟ ΙΑΤΡΩΝ – ΜΕΛΩΝ ΤΗΣ ΕΤΑΙΡΕΙΑΣ
DOCFINDERS™

THE HELLENIC MEDICAL SOCIETY OF NEW YORK
CELEBRATES THE 82 YEARS SINCE IT’S ESTABLISHMENT,
SERVING THE OMOGENIA AND GREECE

AWARDS PROGRAM
STUDENTS OF EXCELLENCE

SCHOLARSHIP PROGRAM
FOR MEDICAL STUDENTS

GRADUATE PROGRAM
SPECIALTIES FOR DOCTORS

TRAINING PROGRAMS
CONFERENCES, LECTURES, RADIO, TELEVISION, INTERNET

PROGRAMS SUPPORT TO GREECE
‘FRATERNIZATION’ THE MEDICAL ASSOCIATION OF ATHENS

COOPERATION PROGRAM WITH BUSINESSES
PARTNERS IN MEDICAL PRACTICE™

WEBSITE DOCTORS - MEMBERS OF OUR SOCIETY
DOCFINDERS™
Greetings
December 8, 2018

George Liakos, M.D.
Hellenic Medical Society of New York

Dr. Liakos, Distinguished Guests, Board of Trustees, Members
and Friends of the Hellenic Medical Society of New York,

It is with particular joy that I offer you my greetings as you gather for the 82nd Annual Scholarship Gala.

According to our living Orthodox Christian tradition, some of the most beloved figures in the Church combined faith in God and the exercise of a healing ministry. The Evangelist Luke was one such example. He was a physician who, in his Gospel and Book of the Acts of the Apostles, referenced medical terms to specific situations. Saints Cosmas and Damian, two brother physicians and St. Panteleimon are three other examples of widely venerated saint physicians. Our Savior, Jesus Christ, was dedicated to a healing ministry. The four Gospels repeatedly cite Christ’s concern with the physical well-being of the people and mentions examples of persons who sought out Jesus to be healed of illnesses.

Your actions in protecting, sustaining, or enhancing life are acts of human cooperation with God’s healing goals and purposes. I commend each of you for your commitment to your profession and convey my congratulations to this evening’s distinguished honorees for their long standing contribution to the field of medicine.

I congratulate Spiros Frangos, M.D., Peter Diamandis, M.D., Andreas Cosmatos, M.D. for the honor they receive this evening. They are truly inspired examples of physicians who exercised their God given talents and abilities for the achievement of human potential.

I pray this synergy between humankind and the divine energies of God brought to light in this evening’s celebration continue to bring healing to world challenged by illness and infirmity. May each of you through your life and work become a manifestation and reason for the verse, Thanks be to God Who through us spreads the fragrance of the knowledge of Him everywhere. (2 Corinthians 2:14).

With my best wishes for an evening of love and Christian fellowship, I remain,

With paternal love in Christ,

† DEMETRIOS
Archbishop of America

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December 8th, 2018

It is with great honor and pleasure that I congratulate the Executive Board and Members of the Hellenic Medical Society of New York, for organizing this 82nd Annual Scholarship Gala.

Events like tonight’s, not only provide an opportunity to bring distinguished Greek-American Doctors together, but also remind us of the important contribution which the medical profession has had on the quality of our everyday lives.

The immense effort, dedication, intelligence, imagination and strength of spirit, required to graduate and perform as a Medical Doctor is widely recognized and appreciated by society.

Of equal significance are the infinite efforts undertaken by members of the medical profession, for the continuous advancement of medical knowledge, the result of which positively impacts humanity. For this, we are forever indebted to the men and women of the medical profession and ask them to be proud of themselves.

As Greek-American Doctors, you have one more reason to be proud: Doctors of all nationalities and faiths take the Oath of Hippocrates - the father of modern medicine.

I also wish to take this opportunity to congratulate tonight’s Honorees:

- Dr. Spiros Frangos
- Dr. Peter Diamandis
- Dr. Andreas Cosmatos.

Being proud and honored to be amongst you tonight, I would like to wish all the participants, a great evening!

Alexis Phedonos-Vadet
Consul General of Cyprus in New York City
GALA PROGRAM

Welcome
Antonia Fthenakis, M.D.
Jason Kofinas, M.D.
Eugenia Gianos, M.D.

Invocation
His Eminence Archbishop Demetrios Geron of America

Greeting
George Liakeas, M.D.
President

Awards Presentations

- Distinguished Physician Award Spiros G. Frangos, M.D., MPH
- Distinguished Colleague Award Andreas Cosmatos, M.D.
- Distinguished Hellene Award Peter H. Diamandis, M.D.

Dinner / Dancing / Music

Benediction
Dear HMS members,

Another year has passed, and the time has come to celebrate our 82nd Annual Scholarship Dinner and Dance. The goals of furthering the mission of our Hellenic Medical Society have never been more apparent and in need. Since 1975, the Hellenic Medical Society has awarded scholarships to exceptional medical, college, and high school students as well as scientists. It is one of the many missions of the society to assist and further the careers of our young physicians and scientists and to guide them towards a successful career path. The Hellenic Medical Society Young Initiative Project has been expertly guided and executed by Dr. Lorraine Chrisomalis Valasiadis, Dr. Helen Gouzoulis Koutsos and the President of our society Dr. George Liakeas providing a renewed focus on the young professionals in our organization.

To further that mission, the time has come for all of us to offer our time, expertise and guidance to these young physicians and scientists so they can embark on a fulfilling career in Medicine and Science. As physicians and scientists ourselves, we need to embrace the mentorship role as we have likely had mentors in our past who have helped shaped us into who we are today. We hope to inspire both our established physician and scientist members as well as our younger members to connect and share from their experiences. Our award recipients this year have done just that and will undoubtedly continue to inspire through their career accomplishments as well as mentorship in the many years to come.

This year we honor exceptional awardees in patient care, science and innovation. The Distinguished Physician Award recipient, will be Spiros G. Frangos, MD MPH, Chief of Surgery, Bellevue Hospital, Director of Trauma, Emergency Surgery & Critical Care, NYU Langone Health. The Distinguished Colleague Award recipient, will be Andreas Cosmatos, M.D., Mount Sinai Hospital of Queens, and the Distinguished Hellene Award recipient will be Peter H. Diamandis M.D., Founder & Executive Chairman XPRIZE Foundation.

We sincerely hope you enjoy the Gala on this evening and that you are inspired to become a mentor and an advocate for our younger generation to continue the excellence in achievement for which the Hellenic Medical Society stands.

Sincerely and best wishes for the future,

Eugenia Gianos, M.D.
Antonia Fthenakis Kofinas, M.D.
Jason Dimitrios Kofinas, M.D.

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Dear Friends,

As many of you know, my tenure as president of our Society will come to an end this year. As I look back, I am most proud of our increasing the Society’s presence and the relationships across all organizations in the Greek community which have been developed. In my role as president, I have had the great honor of interacting with the Greek consulate, the newspapers, the television stations, as well as the public on a regular basis. Each has been incredibly receptive to and supportive of the mission of the Hellenic Medical Society and it has made clear to me the high esteem with which the Greeks hold the medical profession.

The belief of our culture in the value of doctors is unparalleled, and we should not take it for granted. We must constantly be mindful of our duty of care to our community, who relies on us for help and healing. After all, these are the legacies of our great history. Hippocrates and the Hippocratic Oath represent the beginning and the best of Western medicine, respectively. In essence, the Hellenic Medical Society proudly stands on this strong foundation.

With a debt of gratitude, we also take on the responsibility of handing the baton given to us by the Ancient Greeks to future generations. I am reminded of the great quote by Pericles by which we should all live our lives:

“What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others.”

This quote has great resonance for me. In retrospect, it is not about what we have done or what we have not done as a society or as individuals. Rather, the question is whether our work has laid the groundwork for the Society in the future. Of course, I would say the answer is a resounding YES. And it’s important that we all recognize why. Look no further than our scholarships and the dedication the Society has to supporting up-and-coming Hellenes, in order to find evidence of our impact on future generations.

And, speaking of Greeks who are committed to impacting future generations, I am so pleased with this year’s Gala recipients and so proud of our Distinguished Hellene Peter H. Diamandis, Distinguished Physician Dr. Spiros Frangos and Distinguished Colleague Dr. Andreas Cosmatos.

In closing, I would like to thank you for allowing me to serve the Society and its members. I hope that contribution allows the Society to continue moving forward into the future and most of all I wish you all the happiest of holidays and the healthiest of new years!

George P. Liakeas, M.D.
President, Hellenic Medical Society of New York
Our Dearest Evangelia

The good cheer of tonight’s gala is tempered somewhat by the announcement of the retirement of the Hellenic Medical Society’s administrator Evangelia Tsavaris.

There are relatively rare occasions when an employee’s passion and devotion impact a particular organization so intensely, that the individual becomes a vital part of its day to day function. Such is the case with our beloved Evangelia. Over the past 18 years, so thorough has been her involvement with all aspects of our Society’s functioning, that she has virtually become the face of HMS, to the point where it is impossible to think of the Society without thinking of Evangelia. She is the embodiment of the Society’s goals, the very guardian of its mission.

Any attempt to thank her for all she has accomplished seems woefully inadequate. Her attention to our Society’s every event and program has assured positive outcomes. More than anyone, she has helped HMS become the successful and dynamic organization that it is today.

Evangelia will be missed. Of course, retirement is not at all the end of the line. For Evangelia it is the beginning of the next phase of her life, one that we sincerely expect will be as productive and fruitful as the phase she closes with her retirement. For the Society, Evangelia’s departure represents a formidable challenge to live up to the legacy that she leaves behind.

Dear Friends,

As I begin to write this note of farewell, some words of wisdom come to my mind from someone who remains anonymous:

“Speak in such a way that others love to listen to you. Listen in such a way that others love to speak to you.”

This advice that I have struggled to follow over the years has stood me well. As we know, all good things must come to an end, I say my farewell with a degree of sadness, for my years with the Hellenic Medical Society have been good years. I have many positive memories of inspiring and uplifting events, but it is time to move on.

It has been an honor and a privilege to serve the Society, and it is time now to acknowledge all the good people who were by my side over the years, helping and supporting me, working with me as we tried to meet our Society’s goals and help it fulfill its important mission.

I want to thank my devoted husband Panormitis for being at my side, ready to assist me at every one of our Society’s events over the past 18 years.

A special thank you to Dr. George Yatrakis, who gave me the opportunity to work for the Society. Thanks as well to the presidents who were my mentors and who provided not only meaningful assistance but also constant support: Dr. Spyros Mezitis, Dr. George Dangas, Dr. George Tsioulas, Dr. Nicholas Mezitis, and Dr. George Liakas. Of course, there was also a very special mentor, Dr. Anthony Vasilas, who was always eager to help with the Society’s philanthropic projects and who offered guidance, support and total devotion. May his memory be eternal.

My special thanks go as well to the treasurers that I have worked with. Dr. Andreas Cosmatos, Dr. Andreas Koutras, Dr. Demetrios Karides, to the Scholarship chairs, Dr. Michael Michalis, Dr. Theodore Diktaban and Dr. Sotiris Stergiopoulos and to the Emeritus Advisor Dr. Marinos Petratos.

I must not forget to express my appreciation to the ladies who volunteered and assisted with our Galas. Maria Yatrakis, Dr. Miranda Kofinas, Nelly Koutras, Dr. Corina Gerontis, Dina Angelopoulou, Dr. Stella Lymberis, Roula Lambrakis, Dr. Lorraine Chriomalis-Valasiadis, Dr. Helen Gouzoulis-Koutsos, Nicole Contos Liakas and of course this year’s Gala Chairs. Thank you all for your initiatives, your kindness and support.

My best wishes to the Hellenic Medical Society of New York. May it continue its excellent work as it endeavors to build a healthier tomorrow and preserve our Hellenic values.

I will always remember you, as memories live on in the most important part of our minds.

Merry Christmas and Happy Healthy New Year!

Respectfully yours,

Evangelia Tsavaris
Pericles
Athenian Statesman (495 – 429 BC)

“What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others.”
Spiros G. Frangos, MD, MPH

Distinguished Physician 2018

Spiros G. Frangos is currently Professor of Surgery at the NYU School of Medicine. Since 2015, he has served as Chief of Surgery at Bellevue Hospital, the public hospital affiliate of NYU. For the last four years, he has also served as Director of the Division of Trauma, Emergency Surgery, and Surgical Critical Care at NYU Langone Health. He is board certified in both Surgery and in Surgical Critical Care.

Dr. Spiros Frangos was born and raised in NYC, where he attended the Cathedral School followed by the Browning School. He graduated New York University in '91 majoring in chemistry. He then attended medical school at SUNY- Downstate/King’s County Hospital, where he graduated cum laude and was inducted into the AOA Honor Medical Society. He completed his general surgery residency and his trauma/surgical critical care fellowship at Yale-New Haven Hospital. During his surgery training, he also received a Master’s degree in Public Health from Yale University. Following 8 years of surgery training, he returned to NYC in 2004 as assistant professor of surgery at the New York University School of Medicine. He has served as director of the Surgical ICU at both NYU Langone Hospital and Bellevue Hospital. In 2010, he became associate professor, and, in 2016, professor of surgery.

Serving as Trauma Medical Director, Dr. Frangos led the effort for Bellevue Hospital to achieve its American College of Surgeons-verification as a Level 1 Trauma Center, allowing Bellevue/NYU to be at the forefront of trauma care in NYC. Anyone severely injured in the lower half of Manhattan is brought to Bellevue, and Dr. Frangos leads the team that cares for them. Whether a result of being struck by a car, falling from a height, or becoming a victim of gun violence, over the last two decades, Dr. Frangos has cared for thousands of patients, including injured police officers, professional athletes, construction workers, foreign tourists, helicopter passengers, and visiting dignitaries. Dr. Frangos has directly cared for the victims of recent terrorism and mass casualty incidents, including the Chelsea bombing, the West Side Highway truck attack, and the Times Square car attack. He is an honorary surgeon of the NYPD.

Dr. Frangos is heavily involved in the education and training of medical students and residents of all levels. In the operating room, Dr. Frangos teaches anatomy, disease processes, operative management, and technical skills. The education of the next generation of surgeons is a priority for Dr. Frangos, and the primary reason he chose a position at an academic medical center. In 2013, his teaching efforts were recognized by the NYU residents, who awarded him the NYU Department of Surgery ‘Teacher of the Year’ Award.

Dr. Frangos has 60 peer-reviewed publications, 5 book chapters, and 100 oral and poster presentations at national and international meetings. Dr. Frangos’ major research interest is in traffic safety and injury prevention. He has received numerous research grants to study pedestrians and bicyclists who are injured or killed by motor vehicles. As a result of his contributions to injury prevention, Dr. Frangos was awarded the Governor’s Traffic Safety ‘Chairman’s Award’ by the Commissioner of New York State’s Department of Motor Vehicles. His research was recognized in a front page New York Times article in 2013.

Dr. Frangos and his wife Rosalia have two daughters, Leonora and Arianna. Outside of medicine, Dr. Frangos devotes time to his family.
Andreas Cosmatos, M.D.

Distinguished Colleague 2018

Andreas Cosmatos was born in Kefalonia Greece and immigrated to the United States as a young child. He grew up in Washington Heights and Astoria. Like the children of many other immigrants, Andreas’ life was shaped by his parents values of hard work, sacrifice and love of family. These are the values he still holds fast to this day.

Andreas graduated Medical School from the Aristotelian University in Thessaloniki. After graduation he returned to New York and began his residency in Internal Medicine at the NY Infirmary Beekman Downtown Hospital (Currently known as New York Presbyterian Downtown Hospital). Andreas was honored to serve as Chief Resident during his last year of residency. While there he met Dr. Anthony Vassilas who first introduced him to the Hellenic Medical Society and encouraged him and other young physicians to get involved. Thirty five years later he is still proud to be part of the Society.

Upon completion of residency, Andreas entered into private practice in Astoria N.Y. He loved being in practice from the first day and still does today. He enjoys the challenge of being a diagnostician but more importantly he revels in being part of his patients lives. Many of his patient have been with him since the beginning of his practice. He has grown older alongside them and shared both in their joys and sorrows of life.

Andreas has been practicing in Astoria for thirty three years and in Bayside for eighteen years. Private practice has evolved through the years but patient care has remained a source of great satisfaction for Andreas. Andreas enjoys being part of the Astoria Community he grew up in. While at Astoria Medical Plaza he organized Annual Health fairs for that community. He has recently joined the Mount Sinai Faculty Practice group. In his 33 years at Mount Sinai he has served as House Physician Director, Has been a member of the Ethics Committee and is a long standing member of the Medical Board at Mount Sinai Hospital Queens.

In his free time Andreas enjoys various interests and hobbies. He enjoys dabbling in painting, furniture making, photography, astronomy, and gardening. But his greatest love of his life is family and friends.

He is married to his college sweetheart, Doris for forty four years. Together they have experienced Medical School, Residency, and building a practice together. The joy of his life is his daughter, Alexandra and son in law Rory. Andreas takes delight in his new role as Pappou, to his grandson Gabriel. Family is the cornerstone on which Andreas has built his life.
Peter H. Diamandis, M.D.
Distinguished Hellene 2018

Peter H. Diamandis, MD
Founder, Executive Chairman, XPRIZE Foundation
Executive Founder and Director, Singularity University

Fortune Magazine recently named Peter Diamandis as one of the World’s 50 Greatest Leaders.

Diamandis is the Founder & Executive Chairman of the XPRIZE Foundation, which leads the world in designing and operating large-scale incentive competitions. He is also the Executive Founder and Director of Singularity University, a global learning and innovation community using exponential technologies to tackle the world’s biggest challenges and build a better future for all.

As an entrepreneur, Diamandis has started over 20 companies in the areas of longevity, space, venture capital, and education. He is also co-founder of BOLD Capital Partners, a venture fund with $250M investing in exponential technologies.

Diamandis is a New York Times Bestselling author of two books: Abundance & BOLD. He earned degrees in Molecular Genetics and Aerospace Engineering from MIT and holds an M.D. from Harvard Medical School.

Peter’s favorite saying is “the best way to predict the future is to create it yourself.”

Peter H. Diamandis, M.D.
Distinguished Hellene
Gala Chairs
Antonia Fthenakis Kofinas, M.D.
Jason Kofinas, M.D.
Eugenia Gianos, M.D.

Gala Committee
Panagiota Andreopoulou, M.D.
Lorraine Chrisomalis Valasiadis, M.D.
Miranda Kofinas, M.D.
Helen Gouzoulis Koutsos, M.D.
Nicole Contos Liakeas
Gus Lambropoulos

Scholarship Chair
Sotirios G. Stergiopoulos, M.D., MBEE

Journal Chair
Evangelia Tsavaris

Scholarships and Awards
BIOMEDICAL RESEARCH GRANTS AND AWARDS FUNDS

Although the USA continues to be the leader in scientific discovery and the development of new technologies, the biomedical research sector continues to receive insufficient support. Some research grants have been reduced and others have been eliminated. As a result, careers in research have become more difficult to pursue.

In 1988 The Hellenic Medical Society of New York initiated the Biomedical Research Grants and Awards Fund to encourage and support biomedical research conducted by students of Hellenic heritage. Grants are awarded for research project conducted by an M.D. and/or Ph.D. candidates who have authored and published scientific papers and in addition to secondary school students, to stimulate their interest in biomedical research. Since the inception of the funds, over $175,000 has been awarded to more than 130 recipients.

The officers and members of the HMS express their appreciation to all who established and continued to support the following named Grants and Awards in honor of distinguished colleagues: Drs. Leonidas Lantzounis, Michael Mulinos, Christ Bozes, and Apostolos Tambakis.

Congratulations!

Sotirios G. Stergiopoulos, M.D.
Chair, Biomedical Research Grants and Awards Fund
PAST Awardees

FEDERATION OF HELLENIC SOCIETIES OF NORTH AMERICA

HIGH SCHOOL ESSAY AWARD

RAFAEL A. KIROU

Dr. Spyros and Vivian Mezitis Hellenic Fund

High School Students

Anna Diyanandodios* Theodoros Karanikolas*

RAFAEL A. KIROU* NINA VERI*

Leonidas Lantzounis, M.D. Biomedical Research Grant

Antonis A. Armoundas Helen Badoyannis Katrina Bantis

Leonid D. Bouzalakos Ann M. Chapas Ellie Coromilas

Paul A. Costas Konstantinos Damiris Mariza Daras

Perry Fisher Irene Georgakoudi Stavroula Giorgiou

Christophori J. Hoimes Pavlos Kaimakiotis

Stavros Hartofilis Research Grant

Perry Fisher Evangelia Lazaris

Maria Figetakis

Constance Maglaras

Kathy Rodiogianis

Michael G. Mulinos, M.D., Ph.D. Postgraduate Essay Award

George Alexandrakis Antonis A Armoundas

Leandro Arvanitakis Yiannis S Chatziioannidis Maria Choupries

Nicholas Christakis George Costarelis Panayiotis Ellinas

Christos Moulis Theodora Mezitis

Alexis Metaxakis

Michael Papaflaraki

Michael Papaflaraki

Katherine Michalis Nicholas J. Nissiros

Michael Hanley Shannon Hood Jonathan B. Ioannidis

Marie Kartsonis Evangelia Katsoulakis Panayiotis Kenwick

Tara Saber-Khabei Evangelos Konstantinou Thrasyvoulos Kontopoulos

Eris Kontoula Nikolos Kostaras

Nikolaos Kritiras Athina Laskaris Evangelia Lazaris

Alexandros Livonos Michael Malegianakis

Eleni Manis Panayiotis Mavromihalis Arianina J. MacNeill

George Memours Katherine Michalis

Dr. & Mrs. Alexander Kofinas

Dr. Spyros and Vivian Mezitis Hellenic Fund

Dr. Apostolos Tambakis Postgraduate Award

Dr. Anastasios Mirisis

Dr. George Dansis

Dr. Alexander Duke

Stavros Hartofilis Research Grant

Ms. Sofia Bakogianni

Kofinas Fertility Group in Honor of Dr. Zacharias G. Kofinas

Ms. Valerie Deligiannis

Ms. Athanasia Kaliakabos

Mr. Alexandros Kerwick

Mr. Antonios Dimopoulos

SUNY Downstate Medical Center

College of Medicine

Certificate of Merit

HMS-NY High School Essay Award

HMS-NY High School Essay Award

Ms. Sofia Bakogianni

Mr. Antonios Dimopoulos
MEDICAL SCHOLARSHIP FUND

The medical students of today represent the future of the medical community. The Hellenic Medical Society of New York, recognizing the financial challenges of rising educational costs and the pressure from decreasing borrowing opportunities, proud of the scholastic achievements of those who prepare to succeed us, established the Medical Scholarship Fund in 1978, to offer a financial reward and assistance to medical students of Hellenic heritage who excel in their studies and are in need of financial support. Although this award or support is only symbolic we hope it provides solace and encouragement to them in the knowledge that their mentors and indeed the entire Hellenic American Community value their efforts and acknowledges its commitment to them.

Congratulations!

Sotirios G. Stergiopoulos, M.D.
Chair, Medical Scholarship Fund
NAMED SCHOLARSHIP FUNDS

Named Scholarship Funds require a minimum commitment of $25,000, of which an initial deposit of $5,000 is required to establish the fund. More information is available through HMSNY Administration Tel. 718-398-2440

Named Scholarship Funds

- Dr. Stavroula Angelakos-Gabriel Memorial Scholarship
- Theodore & Evelyn Chengelis Memorial Scholarship *
- Dr. Polyvios N. Coryllos Memorial Scholarship
- E-Trade Scholarship
- Dr. Demetrios Flessas Memorial Scholarship *
- Drs. Anthony & Joyce Kales Scholarship
- Dr. Demetrios Kotsilimbas Memorial Scholarship *
- Dr. James Spyropoulos Memorial Scholarship
- Dr. Constantinos Stefanides Memorial Scholarship *
- Dr. James Nicholas Memorial Scholarship
- Dr. Constantinos Vardopoulos Scholarship
- Dr. Anthony and Sophia Vasilas Memorial Scholarship
- HMS NY Scholarship Fund
- Christ Bozes Essay High School Fund *
- Stavros Hartofilis RESEARCH Fund
- Leonidas Lantzounis RESEARCH Fund *
- Michael Mulinos RESEARCH Fund *
- Dr. Apostolos Tambakis RESEARCH Fund

- HMS NY/Cornell Papanicolaou Scholarship Fund
- Dr. Apostolos Tambakis Fellowship in Ophthalmology at Harkness Eye Institute Columbia University *

(* inactive)

Scientific Symposium and Scholarship Award Ceremony

Moderator

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

Scientific Lecture

‘The Future of Medicine in the Era of Exponential Growth’
Peter H. Diamandis, MD
Founder & Executive Chairman
XPRIZE Foundation

Scholarship Award Ceremony

Sotirios Stergiopoulos, M.D., MBEE
Scholarship Chair of the Hellenic Medical Society of New York

Friday, December 7, 2018 at 6:30 PM
Lenox Hill Hospital/Northwell Health
131 E 76th Street, Einhorn Auditorium, New York, NY
SCHOLARSHIP AWARDS
SCIENTIFIC SYMPOSIA

1983 - LUNG CANCER
1984 - PARKINSON'S DISEASE
1985 - INTERVENTIONAL RADIOLOGY
1986 - SPORTS MEDICINE
1987 - CHOLESTEROL AND METABOLISM
1988 - BREAST CANCER
1989 - DIABETES MELLITUS
1990 - THALASSEMIA
1991 - STROKE
1992 - HEART DISEASE
1993 - NEPHROLOGY
1994 - SLEEP DISORDERS
1995 - HYPERTENSION
1996 - PRACTICE OF MEDICINE FROM ART TO SCIENCE THROUGH INFORMATION
1997 - ALZHEIMER'S DISEASE
1998 - WORLD CONFERENCE
1999 - NUTRITION AND HEALTH
2000 - CLINICAL TRIALS IN CARDIOLOGY
2001 - UPDATE IN ORTHOPEDICS
2002 - TRANSPLANT SURGERY
2003 - RENAL HYPERTENSION
2004 - NEUROENDOCRINOLOGY
2005 - IMPLANTABLE CARDIAC DEVICES
2006 - PANCREAS
2007 - GLOBAL APPROACH TO CARDIOVASCULAR DISEASE
2008 - PROSTATE CANCER
2009 - ALZHEIMER'S DISEASE / DEPRESSION
2010 - CLOSTRIDIUM DIFFICILE COLITIS
2011 - NEUROLOGY / NEUROLOGIC SURGERY
2012 - GASTROENTEROLOGY/NEPHROLOGY/ NUTRITION
2013 - CARDIAC SURGERY AND CARDIOLOGY UPDATE
2014 - PHARMACOLOGY IN MEDICINE
2015 - TRANSITIONS IN MEDICINE
2016 - UROLOGY
2017 - OBSTETRICS AND GYNECOLOGY
2018 - THE FUTURE OF MEDICINE

The Society
Executive Board

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Weill Cornell Dr. Papanicolaou / Hellenic Medical Society Fund  
Dr. Spyros Mezitis
A Synopsis of the History of the Hellenic Medical Society of New York

The Hellenic Medical Society of New York (HMS) has its origins in the Greek-American Medical Fraternity, an organization co-founded by the renowned physician George N. Papanicolaou during the First World War. The organization officially registered with the New York State authorities in 1920. Drs. George N. Papanicolaou, Constantinos Carousos and Constantinos Logothetis served consecutively as presidents of this fraternity.

In 1924, the Greek-American Medical Fraternity changed its name to the Greek-American Intercollegiate Club and broadened its scope. This new club was presided by a newcomer to the United States, a surgeon named Dr. Polybios Coryllos. Dr. Constantine Psakis served as its secretary of the society. Dr. Coryllos had become well-known while organizing the first mobile surgical units at Vérdun and Château Thierry in France in 1917. These mobile units were supported by doctors and nurses from the Roosevelt Hospital of New York City. Dr. Coryllos received honorary medals from the French, Romanian and Greek governments. He subsequently became Professor of Surgery at Cornell Medical College of New York, and was Chief of Surgery at the Metropolitan and Seaview Hospital in New York City. Following Dr. Coryllos, Dr. I. Regussis and Dr. Themistokles Mavroyiannakis served as presidents of the Greek-American Intercollegiate Club. The club continued its activities until 1945 when its president, Dr. Savvas Nittis, changed its name to the Hellenic University Club of New York we are familiar with today.

In 1936, Dr. Coryllos with other members of the Hellenic University Club formed The Hellenic Medical Society of New York (HMS), a professional organization of physicians. The founders included the pediatrician Christos Bozes, the internist Alexander Alexio, the dermatologist Nicholas Pattakos, the gynecologist Avraam Soukouris and the surgeon Constantine Psakis. The specific objectives of the HMS included creating a network of Greek-American Physicians, cultivating fraternal relationships among its members, and promoting public health initiatives in conjunction with other medical societies.

The board envisioned the establishment of a Greek-American medical library and hospital in New York City. However, the sudden death of Dr. Coryllos in 1938 and the Second World War interrupted the project. During the War, Dr. Constantinos Carousos and Dr. Leonidas Lantzounis served as HMS presidents. Dr. Lantzounis was very active in war relief efforts to Greece along with the benefactors Mrs. Reynolds-Kehagias and Mr. Pericles Lantzounis.

After the Second World War, HMS activities were predominantly social. The affairs of the society were conducted by Dr. S. Nittis, Professor of Hematology, Dr. Michael Mulinos, Professor of Pharmacology, Dr. Louis Ferris (Seferlis) in 1960, Dr. Constantine Foustanos in 1965 and Dr. George Haziris in 1967. Between 1967 and 1971, a full-fledged membership drive was conducted and HMS membership increased from 20 to 160 physicians. Dr. Theofilos Deliyiannis, president from 1969 to 1971, oversaw the drafting of a revised constitution and by-laws, and organized committees with specific responsibilities. Annual social affairs and gala celebrations were introduced during this period to fund the medical education of Greek-American youth.

In 1971, the society obtained tax-exempt status as an educational organization, thus greatly facilitating donations. A program of lectures featured distinguished speakers, including professors from the University of Athens Medical School such as Drs. Malamos, Tountas, Courias and Chryssopoulos. During annual social affairs, honorary certificates were awarded to prominent physicians and citizens.

From 1971 - 2000, the society made great strides in unifying the Greek-American physicians in the New York metropolitan area and neighboring states, and in accomplishing its community goals. The following physicians were presidents of the HMS during this period: Dr. Nicholas Araros (1972), Dr. Marino Petratos (1975), Dr. Themistocles Chryssoschooss (1977), Dr. Apostolos Tambakis (1979), Dr. George Kokotakis (1981), Dr. Anthony Vasilas (1983), Dr. Antoine Harivas (1985), Dr. Steve Fochios (1990), Dr. Peter Tsairis, (1996) and Dr. George Yatrakis (1997).

In 1975, Dr. Marino Petratos, HMS President, successfully organized the scholarship fund. Drs. Mulinos, Lantzounis and Bozes were among the first major donors to the fund.

Memorable among the many HMS-sponsored events was the dedication of the bust of Dr. George N. Papanicolaou at Cornell Medical College in 1979, under the guidance of Dr. Konstantine Vellis. In 1983, its replica was donated to the University of Athens by the Dr. George N. Papanicolaou Memorial Committee. The society’s by-laws were revised in the same year. In 1981, the first issue of the quarterly HMS Newsletter was published, edited by Dr. Anthony Vasilas and Dr. James Gabriel. The newsletter kept HMS members regularly informed of activities and functions.

Membership in the HMS increased steadily. A membership directory, featuring members’ hospital affiliations, specialty and contact information was compiled by Dr. Nicholas H. E. Mezitis, and Dr. Anthony Vasilas in 1990 and remained in use as a referral guide for many years. Starting in 1980, Dr. Vasilas and the late Dr. Flessas supervised the transfer of scientific textbooks and medical equipment to hospitals throughout Greece, Cyprus and Northern Epirus in present day Albania.

HMS by-laws were revised again in 1983 under the supervision of Dr. Petros Tsairis and Dr. Nicholas Romas. As a result, new committees were introduced and others were expanded. As local professional meetings became more frequent, annual national and international outreach programs were established and more scholarships were awarded. The first national outreach program for physicians outside the New York metropolitan area was organized by Dr. Sypros G. E. Mezitis in Philadelphia in 1995.

Greek-American physicians from New York first participated in a conference in Greece was the Pan-Hellenic Congress against Tuberculosis at the Athens Academy, in May, 1909. In 1969, the HMS co-sponsored the Sixth Middle-Eastern Paediatric Congress in Athens. In 1971 the HMS supported the Post-Graduate Seminar of Mental Retardation organized by New York Medical College in conjunction with the Athens University Medical School.

In 1984, The Hellenic Medical Society of New York officially began co-sponsoring conferences in Greece with regional medical societies. These conferences were initially organized by Dr. Demetrios Flessas, who also advised the Greek-American educational organization Krikos in founding new state medical schools in Greece. The medical seminars were continued under the leadership of Dr. Alexander Karfopoulos through 1997, when the 14th Medical Seminar on the island of Rhodes, jointly directed by the Education Committee Chairman, Dr. Nicholas H. E. Mezitis and the International Outreach Committee Chairman, Dr. Marino Petratos, featured record participation and visits to Athens and the Ecumenical Patriarchate in Constantinople.

The new millennium introduced a dynamic group of young physicians with excellent academic qualifications who have carried on the historic legacy of the Greek Hellenic Medical Society of New York in the service of their country and people and the betterment of mankind.
credentials, who promoted recognition of the HMS nationally and internationally. Dr. Spyros G.E. Mezitis (2000–2004) expanded the educational programs with strong support from the pharmaceutical industry as well as philanthropic, and became a founding president of the Federation of Hellenic Medical Societies of North America.

During Dr. Spyros Mezitis’ presidency, Dr. Apostolos Tambakis donated his medical office at 60 Plaza Street in Brooklyn to the Society. The annual George Papanicolaou Symposium expanded in association with Panevolos Society as well as broader OMÖGENEIA support, and the Weill-Cornell Medical Students receiving the annual scholarship were presented to the HMS symposium attendees. HMS started participating in the annual March 25th Hellenic parade on 5th Avenue. The HMS website was organized efficiently.

Dr. George D. Dangas (2004 - 2008) expanded relationships with medical societies of the Hellenic Diaspora through the newly formed Global Hellenic Medical /Biocientific Network and secured scholarship support from the Greek Ministry of Health. This expanded the number of scholarship/award recipients. Then Minister of Health of Greece honored HMS in 2005 by awarding the head of Goddess Hygeia, located in the HMS office ever since. HMS led the Network into holding large annual conferences in Kos (2007), Pafos (2008), and Lagonisi (2009), including many delegates from 23 countries around the world and broad participation from the governments of Cyprus and Greece. Dr. Roy Vagelos received the Inaugural Career Achievement Award in 2009. The annual HMS Gala was held twice at the top of the Rockefeller Center and Past Prime Minister of Greece along with active Ministers of Greece and Cyprus participated regularly. Dr. Dangas also supervised the organized revision of the HMS bylaws (ultimately approved in 2007) and during his tenure the Board voted for the official HMS office to always be called “Tambakeon” (plague bestowed in 2005). In the 2007, the Alexion Charitable Foundation became the first institution to receive the HMS annual Distinguished Hellene Award. The first HMS book on “George Papanicolaou Career – The Way to the Pap Test” by Maria Papanicolaou-Kokkori was finalized with the longtime help of Dr Anthony Vasilas and distributed.

Dr. George J. Tsouillas (2009 - 2010) completed renovations of the Brooklyn office and inaugurated its use as the headquarters of the Society by moving the Tambakeon Office from Manhattan. He also cultivated relationships with other Hellenic-American professional and community organizations in the NY Metropolitan area and promoted ties to the ‘ΟΜΑΔΑ ΑΙΓΑΙΟΥ’, which brings physician specialists to the remote frontier islands of the Aegean. He became the 1st ever HMS President to be elected as the Grand Marshal of the March 25, 2010 Hellenic parade on 5th Avenue, a great honor for HMS.

In January 2011, under the administration of its new president Dr. Nicholas H.E. Mezitis, the Society entered a period of significant change, as it re-confirmed its mission after 75 years of growth. The era of new forms of communication was embraced with a new, dynamic, interactive website incorporating Facebook and Twitter, and a monthly e-News Bulletin. Videos from all major Society events are permanently posted to the website and to YouTube increasing our Society’s visibility and widening the outreach of its message.

Trademark protection was secured for the Society name (THE HELLENIC MEDICAL SOCIETY OF NEW YORK™) and its logo, originally designed by Dr. Theophilos Delyanidis. Community outreach was strengthened through radio and television health programs in both Greek and English and by DOCFINDERS ™, a physician referral hotline linked to the Society website, which includes current information on all active members of the Society.

The relationship with Weill-Cornell Medical School and New York Hospital was confirmed through the introduction of annual contributions from the Society to the George N. Papanicolaou Medical Scholarship Fund and through support of the George N. Papanicolaou Cytology Laboratory Summer Tutorial program.

The Scholarship Fund and through support of the George N. Papanicolaou Cytopathology Laboratory.

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The Society now honors past presidents and members deceased at an annual Archdiocesan Divine Liturgy and HMSNY Memorial Service.

Mary Kalopothakes M.D. Distinguished Female Physician - Scientist Award was established to be awarded in April each year.

The PARTNERS IN MEDICAL PRACTICE ™ program was introduced to acknowledge businesses offering benefits to our members and to our Society. Barcoded photo IDs are now available and are issued annually to Society members and PARTNERS in good standing to ensure access to events and benefits.

The Scholarship and Grants program was expanded to support fellowships at major teaching hospitals, scholarships for Greek students at American medical schools, summer school programs in Greece, exchange programs with Greek Universities, and observatories at New York teaching hospitals for physicians visiting from Greece. In 2010 - 2012 the Society sponsored a full two-year Fellowship in Ophthalmology at the Darkness Eye Institute of Columbia University, supported the Foundation donations in honor of Dr. Apostolos Tambakis. This year, the Society formally established its support for the Science Lab, in memory of Mrs. Virginia Tambakis, and a Science Program of Excellence at the St. Demetrios High School in Astoria, Queens.

The Hellenic Medical Society of New York has also been active in providing guidance and support to groups delivering aid to the Greek population suffering in its greatest financial crisis after the Second World War. In May, it entered into a fraternization agreement 'ΑΔΕΛΦΟΠΟΙΗΣΗ' with the Athens Medical Association 'ΙΑΤΡΙΚΟΣ ΣΥΛΛΟΓΟΣ ΑΘΗΝΩΝ 'representing 25,000 physicians in Greece.

This agreement provides for the professional presence of our Society and its members in Greek medical missions to underserved areas. As another expression of Society commitment to the youth of Greece, 101 laptop computers and computer support services were purchased through the One Laptop Per Child (OPLC) Program and were donated to a secondary school in Kalamata, Greece through contributions from the family of Dr. Apostolos Tambakis.

The Society’s commitments to unity as an organization and within the Greek American community continues under the presidency of Dr. George Lakiakas, M.D. Following the Vasiliopita Ceremony in January of 2015, the Medical Society along with organizers from the Hellenic American Chamber of Commerce, the Hellenic American Bankers Association, and the Hellenic Lawyers Association met to discuss ways in which our organizations could work more closely together. These discussions continue and are leading to concrete initiatives.

The Medical Society happily co-sponsored or supported many 2015 events of other organizations including celebrations of Oxi Day and the NYC Greek Film Festival. Participation, and the promotion of the activities and efforts of other organizations was promoted by the society’s Executive Board. Electronic communication, verbal announcements, and physical presence at the annual symposia such as HABA’s 33rd Anniversary Dinner honoring Hollywood film producer Michael Tadross, and HACC’s 67th Annual Dinner Dance honoring philanthropist Andreas C. Dracopoulos, director and co-President of the Stavros Niarchos Foundation, were just a basic way of expressing support. We were particularly happy to participate in the annual St. Demetrios High School fundraiser luncheon where Dr. Apostolos Tambakis was recognized for his generous support and contributions to the school and its students.

As in previous years, the society hosted its annual Mary Kalopothakis Symposium at Lennox Hill Hospital. The 2015 honoree was the accomplished Dr. Eleni Tousimis for her efforts in the field of breast cancer. Drs. Stella Lymeri and Eleni Andreopoulou gave riveting lectures of their own.

The success of the Mary Kalopothakis Symposium was matched by the excitement surrounding our annual Papanicolaou Symposium which the society co-hosted with the Weill Cornell Medical Hospital,
the Panevolos Society of America, The Hellenic Federation of Medical Societies of North America, and the Prometheus-Greek Teachers Society. Dr. Katherine Hajjar was honored as was the society’s very esteemed Dr. Ioannis Zervoudakis who received the Weill Cornell Hospital Lifetime Achievement Award.

Along with Dr. Spyros Mezitis, the Federation of Hellenic Medical Societies of North America, the Hellenic Relief Fund, AHEPA, the Mytilenian Society of America, and many of the other Hellenic ethnic organizations, the society has made its presence known and demonstrated unity amongst the omogenia and by participating in events hosted by Archdiocesan Cathedral Philoptochos Society, Philo4Thought, and on the broadcasts of Cosmos FM.

The 2015 Gala was a great success thanks to the tireless efforts of its Chairs, Dr. Theodore Diktaban, Susan McCarthy, and Nicole Contos Liakes, 2016 began with the Vasilopita Ceremony in January and continued with the Apokries celebration in March, a Taste of Greece Wine & Food Tasting event in September, and culminating with the Oxi Day Symposium in October, the Medical Society co-sponsored many events with other professional Hellenic societies. The mutual support that is cultivated and fostered throughout the year has been recognized as an important way to showcase the services and talents of so many of our members.

Dr. Stella Lymberis hosted the annual Mary Kalopothakis Symposium focusing on Lung Cancer and screening. The honoree was Dr. Anastasia Anagnostopoulou, chair of the Department of Pathology at Saint Francis Hospital, The Heart Center, NY. Dr. Anagnostopoulou’s talk was followed by a most informative and interactive discussion by Dr. Julia Smith, Clinical Director, Cancer Screening Program Laura and Isaac Perlmutter Cancer Center, NYU.

The scientific program of the annual Papanicolaou Symposium featured presentations by the 2106 honoree, Dr. Apostolos Athanasiadis, who was introduced by Symposium Chair, Spyros G. E. Mezitis, M.D., Ph.D., Chairman, and Dr. Stella Lymberis. Other events in 2016 included the “Pythagorean Self-Awareness Technique for stress management, memory improvement and well-being” which was presented to the community by Dr. Christina Darviri and Dr. Liza Varvogli from the Kapodistrian University of Athens, Greece. Further, the Association of Greek American Professional Women (AGAPW) and host Gus Lambropoulos of Wells Fargo hosted a panel on the current state of cancer prevention and treatment. The audience was enlightened by panelists including Drs. Karen Burke, Eve Giannakakou, Ioannis Hatzaras, Stella Lymberis, George Tsouillas, and Alice Zervoudakis.

As in previous years, the society continued to lobby for the benefit of the people of Greece and promote the role of the Omogenia. Along with Dr. Spyros Mezitis and the Federation of Hellenic Medical Societies of North America, a major conference addressing the refugee crisis in Greece was held at which time a proclamation was signed by many Hellenic societies to address the flow of refugees into Greece.

A Retrospective of 2017 – 2018

As in previous years, both 2017 and 2018 began with vasilopita receptions held at the Archdiocesan Cathedral of the Holy Trinity where the spirit of cooperation with Greek American community organizations was again proclaimed and celebrated.

The Dr. Mary Kalopothakes Scientific Symposia organized by Dr. Stella Lymberis continued to be well received. Former Memorial Sloan Kettering Cancer Center breast oncologist Dr. Maria Theodoulou and MSKCC molecular geneticist Dr. Ellie Papanemmanul received the Dr. Mary Kalopothakes Distinguished Female Physician Awards. In 2017, Dr. Maria Georgiades Sfakianos presented a lecture on Trauma Surgery & Acute Care Fluid Management.

In 2018, Dr. Eugenia Gianos presented a powerful lecture on Cardiovascular Risk Reduction in 2018. All involved exemplified the dedication that they have to their respective fields and their patients. Surely Dr. Kalopothakes would have been very proud.

In 2017, the Dr. Papanicolaou Symposiums honored Nicholas E. Papanantioiu, MD, Ph.D., Professor of Obstetrics & Gynecology at the National and Kapodistrian University of Athens School of Medicine and Chair, 3rd Department of Obstetrics and Gynecology “Attikon” General University Hospital. In 2017 Dr. Roy Vagelos, Chairman of the Board of Regeneron Pharmaceuticals and retired Chairman, CEO, and President of Merck & Co. in 2018. Dr. Frank Cervenak, Chairman of the Department of Obstetrics and Gynecology at Northwell Health Lenox Hill Hospital was also recognized with an HMS Award in 2018. The Award Symposium’s distinguished guests included Consul General of Greece Dr. Konstantinos Koutras and Regeneron Pharmaceutical’s Chief Scientific Officer Dr. George Yancopoulos who gave a heartfelt introduction for his longtime mentor, Dr. Vagelos.

In addition to an extremely enthusiastic presence at the Federation of Hellenic Society’s Greek Independence Day Parades, the HMS joined the Hellenic American Association for Professionals in Finance and the Hellenic Lawyers Association in numerous gala events as well as panel discussions and lecturers held throughout both years, including a United Nations rally for Macedonia in 2018. The HMS was also proud to highlight the Hellenic doctors and scientists of Memorial Sloan Kettering Cancer Center in 2018 by sponsoring a meet and greet that is sure to continue at other hospitals in the area.

In addition, educational lectures were held by gastroenterological surgeon Dr. Ioannis Hatzaras on colorectal liver metastasis and an especially remarkable lecture was given by forensic psychologist Dr. Kostas Katsoyadakis on threat assessment. Dr. Katsavadiakis’ lecture in particular was so insightful that he has since been asked to speak to numerous groups and academic institutions.

The 2017 Gala, graciously chaired by Dr. Lorraine Chrysomalis, Dr. Helen Gouzoulis, and Nicole Contos Liakes honored Dr. George Kofinas, Dr. Florentia Christodoulidou, and Dr. Katherine Fleming as Distinguished Physician, Colleague, and Philhellenes respectively. Dr. Fleming in particular received a standing ovation for her support of Hellenic endeavors and for her acceptance speech which she made primarily in Greek.

Most of all the society is indebted to Dr. Lorraine Chrysomalis-Valasiasid, Dr. Helen Gouzoulis, Dr. Sotirios Stergiopoulos and Dr. Jason Kofinas who have marked 2017 and 2018 as years focusing on the Young Initiative. The efforts of these members and others have rekindled the society’s interest in mentoring and educating and have reminded many of the members of the Society’s mission and dedication to supporting our future members and the future of the Society.

The new executive board looks forward to your involvement as the Hellenic Med Society pursues its agenda of establishing standards of excellence in education and health care and as it promotes networking, mentoring, and mutual support among medical professionals in the Hellenic-American community.

Once again, I offer my heartfelt thanks to the Society’s administrator, Evangelia Tsavaris. None of the society’s projects would have been possible without her diligent work and passion. While we are all saddened by her retirement, we are comforted in knowing that the people that she helped all of these years wish her well!

George P. Liakes MD

Theophilos Delianidis, M.D. and Spyros G. E. Mezitis, M.D., Ph.D. New York, New York, USA Nicholas H.E. Mezitis, M.D. (Ed.), contributed to the historical synopsis.
GREEK INDEPENDENCE DAY PARADE 2018

Young Professionals - November 2018
Dr. George N. Papanicolaou attended school in Greece and at the age of 21 obtained the Doctor of Medicine degree from the University of Athens. In an effort to further his studies, he went to Germany to study the philosophy of biologic sciences. After a brief period of study with August Weisman, Papanicolaou went to Munich. There he earned his PhD degree in Zoology. He then returned to Greece where he met Andromache Mavroyeni, his future wife. She became his lifelong companion and a great source of support for him. Dr. and Mrs. Papanicolaou then went to France where he worked as a physiologist. The couple returned to Greece so that Dr. Papanicolaou could serve in the Greek Army during the Balkan War. During his period of service, Dr. Papanicolaou met compatriots from the United States who informed him of opportunities in America. In 1913 he was able to secure a position in the Cornell Medical School, Department of Anatomy in New York. His wife, Mary, also worked there as his technician. The work at Cornell was rich in discovery. It was at Cornell where Dr. Papanicolaou worked examining vaginal smears of guinea pigs to determine the existence of a menstrual cycle. Using a small ear speculum, Dr. Papanicolaou observed the changes in the female genital tract of a guinea pig and added much to the basic understanding of endocrinology of reproductive organs.

Eventually, Dr. Papanicolaou became interested in the menstrual cycle of women. In 1933 he published a monograph “The Sexual Cycle of the Human Female as Revealed by the Vaginal Smear”. It was doing this work that he noticed cancer cells coming from the cervix. Dr. Herbert Traut from the department of Obstetrics and Gynecology at Cornell collaborated with Dr. Papanicolaou to validate the diagnostic potential of the vaginal smear. In 1943, they published their findings and conclusions in the famous monograph, “Diagnosis of Uterine Cancer by the Vaginal Smear.” This diagnostic procedure was named the “Pap test”. In 1954, Dr. Papanicolaou’s comprehensive scientific treatise was published. It was entitled, “Atlas of Exfoliative Cytology”, which contained a compendium of cytological findings in health and disease involving multiple organ systems of the human body. Dr. Papanicolaou authored over 150 publications, and throughout his life received many honors and awards. He is recognized as a co-founder of the Hellenic Medical Society of New York. Dr. Papanicolaou died on February 18, 1962 and was buried in New Jersey. Millions of women have received the “Pap test” and deaths from cancer of the uterus have been greatly reduced. Dr. Papanicolaou is memorialized as the father of Diagnostic Cytology.

--Adapted from www.papsociety.org

Dr. George Papanicolaou was the founder of the Hellenic Medical Society of New York in 1936
1998 the Panovoikos Society of America, the Federation of Hellenic Societies of Greater New York and The Hellenic Medical Society of New York Established the Dr. Papanicolaou Scholarship fund at Weill Cornell Medical College for Medical Students
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<td>CONSTANTINE A. STRATAKIS</td>
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<td>GEORGE D. KOFINAS</td>
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The Circles

The Circles represent levels of contribution to the Hellenic Medical Society of New York by those colleagues, friends and organizations who share our vision of service in support of health as defined by the World Health Organization:

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

The Circles also acknowledge those who have originated relationships that have generated contributions to the Society.
The Circles
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‘The future belongs to those who give the next generation hope’
-Pierre Teilhard de Chardin

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SPIRAS G. FRANGOS, M.D. MPH
DISTINGUISHED PHYSICIAN

ANDREAS COSMATOS, M.D.
DISTINGUISHED COLLEAGUE

PETER H. DIAMANDIS, M.D.
DISTINGUISHED HELLENE

AND

SCHOLARSHIP RECIPIENTS

JOHN G. GOLFINOS, M.D.
AND THE
NYU LANGONE HEALTH DEPARTMENT
OF NEUROSURGERY
Congratulations to our father
and husband
Dr. Spiros Frangos
for his Distinguished Physician Award 2018.
You always make us proud of your accomplishments,
inspire us with your empathy
and make us laugh with your jokes!
We love you so much,

Rosalia, Leonora, Arianna
Congratulations and Best Wishes to
The Hellenic Medical Society
of New York
the Distinguished Honorees
and the 2018 Scholarship Recipients

ALEXANDER D. KOFINAS, M.D., F.A.C.O.G
&
STAFF

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Congratulations to all of the honorees,
especially my husband,
father,
and
Pappou

Andreas Cosmatos

You are respected and loved by many,
but none more than us!

Thank you for being the man that you are,
we couldn’t love you more!!

Doris, Alexandra, Rory, and Baby Gabriel
Congratulations Peter,
your father would be so proud of you!

May you continue to innovate and inspire!

So happy to be here at the HMS gala
that we attended together
with my beloved husband for years.

Dr. Harry P. Diamandis,
your legacy will live on through
our beautiful children and grandchildren.

Happy and Healthy Holidays,

Mrs. Tula Diamandis

Join together in Congratulating this year’s Annual Scholarship Gala Honorees

Dr. Spiros G. Frangos
Dr. Andreas Cosmatos
Dr. Peter H. Diamandis

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Dr. Andreas Cosmatos
Dr. Peter H. Diamandis
and
Dr. Spiros G. Frangos

for their distinguished service

With our warmest wishes for the Holidays to the entire Greek Medical Community,

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- Double board certified (general surgery and colorectal surgery)

Rachel Webman, MD
- General Surgery training at NYU
- Minimally invasive surgery, general surgery, breast surgery

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Surgicalspecialistsny@gmail.com

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T: 718-626-0707
Congratulations and Best Wishes for Continued Success to The Hellenic Medical Society of New York For Its 82nd Annual Scholarship Gala Honoring Dr. Spiros G. Frangos, MD, MPH Distinguished Physician Dr. Andreas Cosmatos, MD Distinguished Colleague Dr. Peter H. Diamandis, MD Distinguished Hellene President Dr. George Liakeas, MD Mrs. Evangelia Tsavaris Pillar of our Society for 18 years - AXIA Dr. Spyros and Mrs. Vivian Mezitis Tiffani, William and Philip Spyros G.E. Mezitis, MD, PhD Founder, Federation of Hellenic Medical Societies of North America Attending Physician and Senior Endocrinologist Diabetes, Thyroid Disorders, Weight Loss, and Osteoporosis New York-Presbyterian Hospital/Cornell Medicine Lenox Hill Hospital/Northwell Health 220 East 69th Street New York, New York 10021 Tel: 212-288-6661 Fax: 212-772-1210 Website: drspyrosmezitis.com E-mail: mezendo212@gmail.com
Congratulations to
this year’s Distinguished Honorees
and to
The Hellenic Medical Society of New York

George John Tsioulias, M.D., Ph.D., F.A.C.S.

Dearest Evangelia
A heartfelt thank you
for your 18 years of dedicated service
to our beloved Society.
You are the best.

George Tsioulias, MD
Surgeon
Wherever the art of medicine is loved,
there is also a love of humanity

- Hippocrates

To Our Dear Friend Dr. George Liakeas

Congratulations and Best Wishes
to

Dr. George Liakeas

Devoted to the care of each patient
and every colleague

Elizabeth K. Gabriel

Congratulations on the successful completion of your four-year tenure as President of the Hellenic Medical Society of New York

AXIOS!

Dr. Peter Allan and Marjorie Gabriel Allan
JILL KALMAN, M.D., EXECUTIVE DIRECTOR OF LENOX HILL HOSPITAL

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THE HELENIC MEDICAL SOCIETY OF NEW YORK

FOR THE PHILANTHROPIC CONTRIBUTIONS AND SCHOLARSHIPS

FOR THE GREEK MEDICAL COMMUNITIES OF NEW YORK

AND WOULD LIKE TO CONGRATULATE THIS YEAR’S HONOREES

SPIROS G. FRANGOS, MD, MPH

ANDREAS COSMATOS, M.D.

&

PETER H. DIAMANDIS, M.D.

Congratulations to our own Andreas Cosmatos, MD, and all of tonight’s honorees.

We are proud to support the Hellenic Medical Society of New York.
Congratulations and Best Wishes to the Distinguished Honorees and Scholarship Recipients

Dr. Spiro Frangos
for his dedication and care to each patient
We are very proud of you!
Costa, Jennie, George and Elizabeth Frangos

My Best Wishes to the Retiring President George Liakeas, M.D., the retiring Board of the Hellenic Medical Society, and the retiring Administrator Evangelia Tsavaris for their devotion to the progress of the HMS-NY
Apostolos Tambakis, M.D.
The Heart of Prevention Symposium is a two-day conference offering a comprehensive program on key cardiovascular prevention updates for clinicians.

**Save the dates:**
Friday, April 12, 8 am – 4 pm:
- Updates in Cardiovascular Disease Prevention
- Focus on Cardiovascular Prevention in Women
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**Warm Wishes and Congratulations to all the**

**Distinguished Honorees**

and

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Best Wishes
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Dr. George Liakeas
Congratulations on your four-year tenure as President of HMSNY
and
Congratulations to this year’s Honorees
Peter H. Diamandis, M.D.
Andreas Cosmatos, M.D.
Spiros Frangos, M.D.

ΧΡΟΝΙΑ ΠΟΛΛΑ
Markos Koutsos, M.D.
Gastroenterology & Hepatology
and
Helen Gouzoulis, M.D.
Internal Medicine

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Best Wishes
to
Dr. George Liakeas
Congratulations on your four-year tenure as President of HMSNY
and
Congratulations to this year’s Honorees
Peter H. Diamandis, M.D.
Andreas Cosmatos, M.D.
Spiros Frangos, M.D.

ΧΡΟΝΙΑ ΠΟΛΛΑ
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Gastroenterology & Hepatology
and
Helen Gouzoulis, M.D.
Internal Medicine

Locations:
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New York, NY 10028
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E-mail: mhphys@gmail.com

Dear Evangelia
Thank you for your 18 years of service to the Hellenic Medical Society.
You worked tirelessly, enthusiastically and with the utmost dedication.
Wishing you all the best in your future endeavors.

Theodore Diktaban, M.D., F.A.C.S.

Dear Evangelia
Thank you for your 18 years of service to the Hellenic Medical Society.
You worked tirelessly, enthusiastically and with the utmost dedication.
Wishing you all the best in your future endeavors.

Theodore Diktaban, M.D., F.A.C.S.
Congratulations to
HMS-NY Executive Board and President
Dr. George Liakeas
for the completion of their successful tenure.
Our warmest wishes for Success, Health and Happiness to them and their families.

John Stathopoulos, M.D. Ph.D.

Congratulations to this year’s Distinguished Honorees
Dr. Spiros Frangos
Dr. Andreas Cosmatos
and
Dr. Peter Diamandis
Your extensive contributions to the medical field have made a positive impact on the lives of many

Congratulations to Dr. George Liakeas for your successful two-term presidency
Michael Plakogiannis, MD

Congratulations and Best Wishes to
Dr. Spiros G. Frangos
Distinguished Physician
Dr. Andreas Cosmatos
Distinguished Colleague
Dr. Peter H. Diamandis
Distinguished Hellene

Dr. & Mrs. George Yatrakis
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Dr. Peter Diamandis

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and
Distinguished Honorees – 2018

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Congratulations to
George on a successful two-term presidency
and best wishes to
Evangelia for a happy retirement.

Many thanks to you both!

Nicole Liakeas
Best wishes to
Dr. George Liakeas
from his friends at CCPHP!

Congratulations to
Dr. George Liakeas
for his outstanding work of two-terms as president,
and to Evangelia
for 18 years of unselfish service to the Society
Dr. Marinos Petratos
Past-President

Dr. George Liakeas
‘If every doctor strives to be as caring and generous as you,
the world would be filled with smiles and laughter instead of pain and sorrow’
Thanks for being an excellent doctor and a great human being
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TO GEORGE
WITH BEST WISHES
MARK L. MEYER, M.D.
The Hippocratic Oath

I swear by Apollo Physician, by Aesclepius, by Health, by Heal-all, and by all the gods and goddesses, making them witnesses, that I will carry out, according to my ability and judgment, this oath and this indenture:

To regard my teacher in this art as equal to my parents; to make him partner in my livelihood, and when he is in need of money to share mine with him; to consider his offspring equal to my brothers; to teach them this art, if they require to learn it, without fee or indenture; and to impart precept, oral instruction, and all the other learning, to my sons, to the sons of my teacher, and to pupils who have signed the indenture and sworn obedience to the physicians’ Law, but to none other.

I will use treatment to help the sick according to my ability and judgment, but I will never use it to injure or wrong them. I will not give poison to anyone though asked to do so, nor will I suggest such a plan. Similarly I will not give a pessary to a woman to cause abortion. But in purity and in holiness I will guide my life and my art. I will not use the knife either on sufferers from stone, but I will give place to such as are craftsmen therein.

Into whatsoever houses I enter, I will do so to help the sick, keeping myself free from all intentional wrong-doing and harm, especially from fornication with woman or man, bond or free. Whatsoever in the course of practice I see or hear (or even outside my practice in social intercourse) that ought never to be published abroad, I will not divulge, but consider such things to be holy secrets.

Now if I keep this oath and break it not, may I enjoy honour, in my life and art, among all men for all time; but if I transgress and forswear myself, may the opposite befall me.

Translated by Drs. Lantzounis and Nittis
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Pioneer in Cytopathology
Founder of The Hellenic Medical Society of New York