

PERSONAL INFORMATION

Sotirios Tsioumas

Sex | Date of birth | Nationality

PERSONAL STATEMENT

Ophthalmologist, Surgeon in Ophthalmology, MS Aesthetic medicine, Professor at the University of Camerino (Italy), President of SAMNAS (Society Aesthetic Medicine Non-Ablative Surgery), Author of "Manual of Aesthetic Medicine and non-ablative surgery"

WORK EXPERIENCE

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- 1999–2000 **Traditional medicine practitioner**
Local Medical Center, Evoia (Greece)
- Complete medical examination
 - Ophthalmic examination
 - prescription
- 2001–2001 **Medical doctor**
Vyrona Clinic, Athens (Greece)
- Volunteer service
 - General medicine
- 2001–2001 **Medical doctor**
Public Hospital of Kalamata - Ophthalmology Department, Kalamata
- General medicine
 - Ophthalmological Examinations
- 2002–2003 **Medical doctor**
Military Hospital of Larissa - Ophthalmology Department, Larissa
- General Medicine
 - Ophthalmological check
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- 2003 **General Practitioner**
Institute of Aesthetics Caroli Health Club
- 6 Month Practise in Aesthetic Techniques.
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- 2004–2007 **Medical doctor**
Public Cancer Hospital - AG. SAVVAS, Athens (Greece)
- Specialization in ophthalmology
- 2007–2018 **Ophthalmologist - Eye Surgeon**
Private Clinic, Athens (Greece)
- Eye examination
 - Bloodless Blepharoplasty
 - Autologous threads
 - Injectable treatments
 - Botox
 - Mesotherapy
 - Surgical Blepharoplasty
 - Soft Surgery
 - Prp

- Peelings
- Biostimulation
- Bioregeneration
- Bioenergy
- Iridology
- Acupuncture
- Fillers with Cannulas
- Threads
- Carboxytherapy
- R/F
- Seffiler (Fat & Stem Cells Transplantation with skin's Regeneration)
- HLH (Hybrid Lifting Homologous Therapy)
- Stem Cells for Hair Loss

2007–2018 **Eye Surgeon**
Athens Eye Hospital, Athens (Greece)

- Eye Surgery

EDUCATION AND TRAINING

1990 **High School Certification**
Marsalio Lyceum of Athens, Athens (Greece)

1998 **Medicine Degree and Surgery**
University Modena and Reggio Emilia, Modena (Italy)

2006 **Master of Aesthetic Medicine**
University Tor Vergata, Rome (Italy)

2007 **Diploma in Ophthalmology**
Public Oncological Hospital AG. SAVVAS (Department Oculoplastic), Athens (Greece)

2011 **Diploma in Iridology**
NHS - Natural Health Science

2013 **Diploma in Acupuncture**
ICMART

PERSONAL SKILLS

Mother tongue(s) Greek

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
Italian	C2	C2	C2	C2	C2

Replace with name of language certificate. Enter level if known.

English B1 B1 B1 B1 B1

Replace with name of language certificate. Enter level if known.

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user
[Common European Framework of Reference for Languages](#)

Communication skills

- Excellent written and verbal communication skills
- Confident, articulate, and professional speaking abilities (and experience)
- Empathic listener and persuasive speaker
- Writing creative
- Speaking in public, to groups, or via electronic media
- Excellent presentation and negotiation skills

Organisational / managerial skills

- President of SAMNAS (Society of Aesthetic Medicine and Non-Ablative Surgery),
- President and member of the organising committee of First Aesthetic Medicine and Soft Surgery Conference in Greece - 27-29/11/2015 – Athens,
- Vice President of Master in Aesthetic Medicine of University of Camerino in Athens,
- President and Member of the organising Committee of the 2nd International aesthetic Medicine & Soft Surgery Conference & Workshops, Athens 2017,
- Member of the Medical Association of Athens,
- Member of the Greek Ophthalmological Society,
- Member of the Greek Oculoplastic Society,
- Member of AIME (Italian Society of Aesthetic Medicine),
- Member of SICOP (Italian Company- Oculoplastic surgery),
- Member of EAFAPS (European Academy of Facial Plastic Surgery),
- Member of SIMECNA (Italian Society for Aesthetic and Non-invasive Surgery),
- Member of AIMAA (Italian Academy of anti-Aging),
- Member of IIPA (International Iridology Practitioners Association)

Job-related skills

- Business awareness and enterprise skills
- Accepting responsibility
- Leadership
- Critical thinking and problem solving

Digital skills

SELF-ASSESSMENT

Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Proficient user	Proficient user	Independent user	Independent user

Levels: Basic user - Independent user - Proficient user
[Digital competences - Self-assessment grid](#)

Office suite - Independent User - Good
 Photoshop - Basic Level

- Good command of writing professional emails
- Good command of photo & video editing

- Other skills
- Ability to Work Under Pressure
 - Decision Making
 - Time Management
 - Self-motivation
 - Creativity
 - Communication

Driving licence B

ADDITIONAL INFORMATION

- Conferences
- 8ο Διεθνές Συνέδριο Γλαυκώματος " ΓΛΑΥΚΩΜΑ 2001" Αθήνα, 9-1 Μαρτίου, 2001.
 - 34 Ο Πανελλήνιο Οφθαλμολογικό Συνέδριο , Αθήνα , 23-27 Μαΐου , 2001.
 - 15th International Congress of Intraocular implant and Refractive Surgery, Athens, Hellas, 8-11 February, 2001.
 - 16th International Congress of Hellenic Society of Intraocular Implant and Refractive Surgery, 14-17 February, 2002.
 - 9ο Διεθνές Συνέδριο Γλαυκώματος " ΓΛΑΥΚΩΜΑ 2002" Αθήνα, 12-13 Απριλίου, 2002.
 - 8th International Congress of Glaucoma: 29th Panhellenic Medical Conference 20-24 May, 2003.
 - June 21, 2003 Workshop in Evangelismos Hospital / Clinic facial plastic surgery on "Basic Techniques in Soft Tissue Surgery practiced.
 - 17th international congress of intraocular implant and refractive surgery Athens 30 January-2 February 2003.
 - Seminar facial plastic surgery on fundamentals soft tissue practiced -Workshop.
 - 6th National Congress of Plastic Reconstructive and Aesthetic Surgery, 1-5 October 2003.
 - Congress Laser Olympics 2004 15-17 October 2004 / Workshop: **Skin & Laser**.
 - 3rd Panhellenic Congress of Ocular Inflammation and Infectious Diseases 5-7 November 2004.
 - 6ο Congresso Internazionale di Medicina Estetica, Milano, 8-9-10 October, 2004.
 - 18th International Congress of the Hellenic Society of Cataract and Refractive Surgery Athens 29 January- 1 February, 2004.
 - XXV Congresso Nazionale Della Societa Italiana di **Medicina Estetica**, Roma, 2004.
 - 15th World Congress of **Aesthetic Medicine** May 5-8 2005 Rome Italy.
 - 19th International Congress of the Hellenic Society of Intraocular Implant and Refractive Surgery Athens 17- 20 February, 2005.
 - 1ο Interuniversity Ophthalmological Congress Alexandroupolis 18-20 November, 2005.
 - 17th National Conference on Aids «HIV Infection and Nutrition» Athens November 26, 2005.
 - Attic Dermatological Days with international participation 11-13 November 2005 Athens.
 - Core Level automation and organization of medical office 17 May 2005 (Ms windows, MS word, excel, MS power point), (Laek, OAED).
 - Expert Level concentration, data analysis using statistical packages) (LAEK, OAED).
 - 20th International Congress of the Hellenic society of **Intraocular Implant & Refractive Surgery**, Athens 2006.
 - "The use of Restylane products", Athens June 3, 2006.
 - 13ο Διεθνές Συνέδριο Γλαυκώματος " ΓΛΑΥΚΩΜΑ 2006" , Αθήνα , 17-18 Μαρτίου, 2006.
 - 13th International Congress of Glaucoma "Glaucoma 2006" March 17-18, 2006.
 - 18th Panhellenic Conference of General Medicine Corfu 26-30 April, 2006.

- 39th National Congress of Ophthalmology-Thessaloniki 7-11 June, 2006.
- 2nd National Conference Vitreo Retinal Athens 12-13 January, 2007.
- 25th Meeting European Society of **Ophthalmic plastic** and reconstructive Surgery (Ljubljana, Slovenia), 2007.
- 22th International Conference of the Greek Society IOL & Refractive Surgery 14-17 February 2008
- Who is Who Certificate of Hward (2008).
- V Congress AMEV B Association Aesthetic Medicine and Benerssere 15-16 March 2008 Genoa
- 10th International Congress of Aesthetic Medicine, 9-11 October 2008, Milan.
- **XII Cosmoderm** a joint meeting of ESCAD and the Hellenic society of Dermatology and Venereology, 2008.
- 23rd International Congress of the Hellenic Society of Intraocular **implant & refractive surgery** Athens 19-22 February, 2008.
- Congresso Nazionale SICOP 2010, Firenze, 9 October, 2010.
- 29th meeting ESOPRS CERNOBBIO LAKE COMO ITALY SEPTEMBER 15-17, 2011.
- Orbital, Lacrimal & Ophthalmic - Plastic Surgery Module 30 January - 3 February 2012, Valletta / Malta with collaboration of ESASO LUGANO.
- XXXIII NATIONAL CONGRESS OF THE ITALIAN SOCIETY OF COSMETIC MEDICINE SIME.
- VI NATIONAL CONGRESS OF 'ITALIAN ACADEMY OF MEDICINE ANTI-AGING AIMA, ROMA 18-19-20 May, 2012.
- NOSE & FACE WORLD ROME 2012 VII International Congress, International Federation of Facial Plastic Surgery Societies (IFFPPSS) - May 9-12, 2012.
- III Congresso Nazionale SIMECNA, Ostia 6-7 JUNE, 2014.
- First Aesthetic Medicine and Soft Surgery Conference in Athens 27-29/11/2015, Greece.
- International Training Course in Soft Surgery – April 2017- Athens.
- 10th International Conference on Clinical & Experimental Ophthalmology November 21-23, 2016 Dubai, UAE: PLEXR: The revolution in blepharoplasty.

ANNEXES

Publications

- *"Plexr: The Revolution In Blepharoplasty"*, Sotiris TG, Georgiadou I, Ioannis N (2014) Pinnacle Medicine & Medical Sciences 1: 423-427.
- *"New Treatment with Plasma Exeresis for Non- Surgical Blepharoplasty"*, Sotiris TG (2017), EC Ophthalmology 4: 156-159.
- *"Combination of Autologous Treatments for Non-Invasive Blepharoplasty and Non-Surgical Full Face Lift"*, 2017 Sotirios GT, Journal of Clinical & Experimental Dermatology Research.
- *"Autologous Threads and Plasma Exeresis Technique for Total Facial Reconstruction (Internal and External) - HLH Therapy"*, 2017 Sotirios GT, Journal of Aesthetic & Reconstructive Surgery.
- *"The Effect of vancomycin intracameral injection in Cataract Surgery"*, Longanesi L..., Tsioumas N, Tsioumas S., Pagliani ave., Querra R, Ophthalmologica Chronika.
- *"Clinical and Histological Presentation After Plexr Application, Needle Shaping (Vibrance) And O.F.F"* Tsioumas G. Soliris, Vlachodimitropoulos Dimitris & Goutas Nikolaos, Pinnacle Medicine & Medical Sciences ISSN: 2360-9516 Vol.2 (3), Article ID pmms_178, 522-530, March-2015.
- *"The Efficiency Of Vibrance (Needle Shaping) And O.F.F (Non-Surgical Dermal Ablative Treatment) On Body Reshaping"*, Tsioumas G. Sotiris, Chorozidis Ioannis & Papapostolou Apostolos Pinnacle Medicine & Medical Sciences ISSN: 2360-9516, Vol. 2 (2), 2015, Article ID pmms_175, 506- 509, 2015.
- *"Plexr In Acne Treatment"*, Geleki Stamatina, Tsioumas Sotiris & Vranou Aglaia, Pinnacle Medicine

& Medical Sciences ISSN: 2360-9516, Vol.2 (1), Article ID pmms_171, 482-486, January-2015.

- "The Induction of Lipolysis Using the Machine Of O.F.F (Bags Under the Eyes) And the Application of Needle Shaping Technique Using the Vibrance Machine (Tear Through)", Tsioumas G. Sotiris, Chorozidis Ioannis & Zografaki Irini, Pinnacle Medicine & Medical Sciences ISSN: 2360-9516, Vol.2 (1), Article ID pmms_165, 445-448, January-2015.
- "Comparison of The Efficacy of Injectable Hyaluronic Acid Versus Needle Shaping (Vibrance) And O.F.F (Onde Flusso Frazionato) For the Aesthetic Treatment of The Face", Tsioumas G. Sotiris, Chorozidis Ioannis & Varvareizou-Liliou Anastasia, Pinnacle Medicine & Medical Sciences ISSN: 2360-9516, Vol.2 (1), Article ID pmms_164, 441-444, January-2015.
- "Non-invasive Upper Blepharoplasty in Relation to Surgical Blepharoplasty", Tsioumas G. Sotiris, Georgiadou Irini & Ntountas Ioannis, Pinnacle Medicine & Medical Sciences ISSN: 2360-9516, Vol.1 (5), Article ID pmms_163, 436-440, December-2014.
- "Presentation of Old and New Histological Results After Plasma Exercises (Plexr) Application (Regeneration of The Skin Tissue with Collagen III)", Georgia Gloustianou, Maria Sifaki, Sotiris G. Tsioumas, Dr. Vlachodimitropoulos, Antonio Scarano Pinnacle Medicine & Medical Science ISSN: 2360-9516, Vol. 3 (3), 2016, Article ID pmms_241, 983-990, 2016.
- "The Gas Ionization by Plasma Technology for Non-invasive Techniques in Oculoplastic", Tsioumas G S, Georgiadis N, Georgiadou I. - JOJ Ophthal. 2017; 2(2): 555584. DOI: 10.19080/JOJO.2017.02.555584.

Supervision of master theses

- Supervisor Tsioumas G. Sotiris, Grouvi Aikaterini, Master Thesis: "Acne Treatment" Thesis".
- Supervisor Tsioumas G. Sotiris, Drampa Christina, Master Thesis: "Prp Use in the Treatment of Alopecia".
- Supervisor Tsioumas G. Sotiris, Md Apostolopoulos S. Dimitris, Msc, Master Thesis "Peeling".
- Supervisor Tsioumas G. Sotiris, Despoina Amaoutoglou, MD, Master Thesis "Cellulite".
- Supervisor Tsioumas G. Sotiris, Maria G. Zioga, MD, Phd, Master Thesis "Chronoaging and Photoaging".
- Perdikouris K. Panagiotis, Supervisor Tsioumas G. Sotiris, Master Thesis "Αντιγήρανση του δέρματος των χεριών".
- Lakidi V. Antonios MD, Supervisor Tsioumas G. Sotiris, Master Thesis "PRP in Aesthetic Rejuvenation".
- Tzirvas Michail, Supervisor Tsioumas G. Sotiris, Master Thesis " Blefaroplastica non Ablativa".
- Georgiadou Eirini, Supervisor Tsioumas G.Sotiris , Master Thesis " Plexr in Oculoplastic Surgery".
- Benetou Eirini. Supervisor Tsioumas G. Sotiris, Master Thesis "Inestetismi del viso".
- Karanastasis K.Dimitrios , Supervisor Tsioumas G.Sotiris, Master Thesis" Aesthetic Urology".
- Papapostolou Ch. Apostolos MD, Supervisor Tsioumas G. Sotiris, Master Thesis "Treatment of Scars".
- Lykaki Dimitra, Supervisor Tsioumas G. Sotiris, Master Thesis "Wrinkles Treatment".

- Chatzizaloglou Chronis, Supervisor Tsioumas G.Sotirios, Master Thesis "Anti-aging treatments in the neck area-25 cases".
- Klimatsidas Athanasios, Supervisor Tsioumas G.Sotirios, Master Thesis "Botulinum toxin-25 cases".
- Gliarni Eleytheria, Supervisor Tsioumas G.Sotirios, Master Thesis "Fillers in nasolabial folds-25 cases".
- Kaltisidou Athina, Supervisor Tsioumas G.Sotirios, Master Thesis "Heterologous collagen-25 cases".
- Vrettou Xarikleia, Supervisor Tsioumas G.Sotirios, Master Thesis "White peel-25 cases".
- Stamati Konstantina, Supervisor Tsioumas G.Sotirios, Master Thesis "Blepharoplasty with Plexr-25 cases".
- Petraki Anna, Supervisor Tsioumas G.Sotirios, Master Thesis "Biostimulation with various choline-25 cases".
- Gavalas Emmanouil, Supervisor Tsioumas G.Sotirios, Master Thesis "25 cases with peel".
- Kardara Eugenia, Supervisor Tsioumas G.Sotirios, Master Thesis "Smoker wrinkles with plexr-25 cases".
- Moustakis Ilias, Supervisor Tsioumas G.Sotirios, Master Thesis "Combined PRP & hyaluronic acid".
- Stefanidis Kyriakos, Supervisor Tsioumas G.Sotirios, Master Thesis "Lipolysis with vitamin-25 cases".
- Vasilopoulou Antonia, Supervisor Tsioumas G.Sotirios, Master Thesis "Compare vitamin C with OFF machine- 25 cases".

Honours and awards

2001: Honor by the Mayor of the Municipality of Byron - ATHENS GREECE, for volunteering at the medical Center of the district as a Doctor.

2017: "Best Article of the Issue" from Volume 5 Issue 4, Ec Ophthalmology, about the article: "New treatment with Plasma Exeresis for non- surgical blepharoplasty".

2018: Award by Medical Society of Athens for contribution for Aesthetic Medicine & Medical Tourism in Greece.

- Courses**
- XXXIII CORSO ANDREAS VESALIUS RINGIOVANIMENTO CHIRURGICO DEL VISO: CORSO PRATICO INTENSIVO DI ANATOMIA DISSETTIVA & TECNICHE OPERATORIE (cadaver).
-Corso a numero chiuso – Bruxelles, 31-Ottobre – 2 novembre 2010. Direttori Giovanni Botti, Riccardo Mazzola, Mario Pelle Ceravolo.
Faculty Elio Caccialanza (PV), Antonio Cella (Salò, BS), Pierluigi Gibelli (MI), Alessandro Gualdi (Salò, BS), Giuseppe Leopizzi (Roma), Riccardo Mazzola (MI), Mario Pelle Ceravolo (Roma).
 - XXXIV CORSO ANDREAS VESALIUS (cadaver)
 - CORSO PRATICO FULL-IMMERSION DI ANATOMIA CHIRURGICA & TECNICHE OPERATORIE BASICHE IN CHIRURGIA RINOLOGICA (RINOPLASTICA & CHIRURGIA ENDOSCOPICA NASOSINUSALE) (cadaver)
-Corso a numero chiuso - Bruxelles, 3 - 6 Novembre 2010, Direttori Paolo Castelnuovo, Piero Nicolai, Pietro Palma.
Faculty Maurizio Bignami, Armando Boccieri, Andrea Bolzoni Villaret, Mario Bussi, Rikki Canevari, Paolo Castelnuovo, Jacopo Dallan, Francesca De Bernardi, Giuseppe Di Giulio, Giuseppe Leopizzi, Davide Lombardi, Silvia Mauri, Riccardo Mazzola, Francesco Meloni, Antonio Moretti, Piero Nicolai, Giovanni Paçoan, Pietro Palma, Andrea Pistochini, Federica Sberze, Alberto Scattolin, Sebastiano Sciuto, Davide T.
 - The Flabby and Ageing face: New approaches, 14th May 2010, Athens, Greece.
 - Special Training Course for the use of RESTYLANE, June 3, 2006, Athens, Greece.

- Projects
- Organization of several training courses and workshops in international level (from 2013 until now)
 - Teaching doctors on the field of Aesthetic Medicine visiting several countries like Korea, Thailand, Singapore, Aman, Poland, Kuwait, Cyprus, Greece, Italy, Holland, Serbia, Switzerland, London, Malesia, Turkey etc.
 - Teaching doctors on the field of Aesthetic Medicine from several countries like Korea, Thailand, Singapore, Aman, Poland, Kuwait, Cyprus, Greece, Italy, Holland, Serbia, Switzerland, London, Malesia, Turkey etc in Dr Sotiris Tsioumas' private clinic.
 - Organization of workshops with real practise in pig heads (Oxford type courses) or patients every month.
 - Key Note Speaker RSM Aesthetics 8, 22 January 2016, London.
 - Key Note Speaker at Facial Aesthetic Conference and Exhibition, 16-19 June, 2016.
 - Speaker at the Congresso C.A.M.I.G. – S.I.M.E.N.C.A. (Società Italiana Medicina Estetica Chirurgia Non Ablativa) October 2016, Rome.
 - Key Note Speaker at CCR EXPO, Clinical, Cosmetic, Reconstructive 8-9/10/2015, London.
 - Keynote Speaker (via video Presentation) at the 2nd International Conference on Plastic & Aesthetic Surgery, 27/28-July, 2017, Vancouver, Canada.
 - Member of the Organizing Committee of 2nd International Conference on Plastic & Aesthetic Surgery, 27/28-July, 2017, Vancouver, Canada.
 - Keynote Speaker at the BITS'S 1st Annual International Ophthalmology Conference 2017, October 2017, Dalian, China.
 - E-poster publication at the 15th International Congress on Vision Science and Ophthalmology, August 10-11, 2017, London.
 - Participate as a Research Fellow at the AMWC 2017 – 15th Aesthetic & Anti-aging Medicine World Congress April 6 - 8, 2017, Monte-Carlo.
 - Keynote Speaker at IMCAS World Congress 2017 26th to 29th of January, Paris
 - Keynote Speaker at SIMEO (Associazione Italiana Medicina Estetica Odontoiatrica), "Viso e sorriso: sinergie professionali – Il benessere attraverso il benessere", 26th to 28th of January, 2018, Rome.
 - Keynote Speaker at "Word conference on exercise medicine", 24th to 26th of September, 2018, Malaysia.
 - Keynote Speaker at SIMEO (Associazione Italiana Medicina Estetica Odontoiatrica), "La Medicina Estetica nello studio odontoiatrico. Nuove strategie terapeutiche e nuove opportunità", 20th to 21th of October, 2018, Napoli.
 - Keynote Speaker at ICAMP: 3th International Congress of Aesthetic Medicine and Practice with the 3th International congress of Aesthetic Medicine and Non-invasive Surgery (organised by SAMNAS) and with the World Congress of Aesthetic Dermatology, 23th to 24th of November, 2018, Rome.