

DIMITRIOS G. TSOUKAS, M.D. M.Sc (HSM)
ORTHOPAEDIC SURGEON

SURNAME : TSOUKAS
NAME : DIMITRIOS
FATHERS NAME : GEORGIOS
NATIONALITY : HELLENIC
DATE OF BIRTH : 18 / 05 / 1964
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LANGUAGES : GREEK, ENGLISH, FRENCH
MARITAL STATUS : MARRIED, TWO CHILDREN

University : National and Kapodistrean University of Athens Faculty of Medicine; Great distinction (25/03/1990).

CURRENT WORKING STATUS

Orthopaedic Surgeon HYGEIA Private Hospital Athens, Greece

Founder and Director MIOSMED Center (Minimally Invasive Orthopaedic Sports Medicine Center); ISAKOS and ICRS approved teaching Center.

CLINICAL EXPERIENCE

- 09/07/2020-Present** Orthopaedic Surgeon Hygeia Private Hospital Athens, Greece
- 24/10/06 – Present** Director and Founder of Minimally Invasive Orthopaedic and Sports Medicine Surgery Center – MIOSMED Center. ISAKOS (International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine) and ICRS (International Cartilage Regeneration and Joint Preservation Society) accredited Teaching Center. Collaborating organization AOSSM (American Orthopaedic Society for Sports Medicine) in the world campaign STOP Sports Injuries in children.
- 01/09/2019-Present.** Consultant Orthopaedic Surgeon Apollonion Private Hospital Nicosia Cyprus.
- 01/04/2019-30/08/2019** Director Minimally Invasive Orthopaedic and Sports Medicine Surgery Clinic Athens Medical Center
- 01/10/2017-31/03/2019** Director Orthopaedic Sports Medicine Clinic MITERA Hospital HYGEIA Group of Hospitals.
- 04/10/2017-31/03/2019** Orthopaedic Surgeon HYGEIA Hospital HYGEIA Group of Hospitals.
- 29/10/2018-31/03/2019** Director Women's Sports Injuries and Health Center MITERA Hospital HYGEIA Group of Hospitals.
- 01/11/2013 -30/09/2017** Director Orthopaedic Sports Medicine Clinic Mediterraneo Hospital Athens, Greece
- 08/03/16 – 30/06/16** Orthopaedic Surgeon Al Attar Rehabilitation,
Physical and Sports Medicine Clinic Qatar Armed Forces, Doha Qatar

EXPERIENCE IN ORTHOBIOLOGICS AND REGENERATIVE MEDICINE

Dr. Dimitrios Tsoukas has a certificate of continuing education on “Stem cells and Regenerative Medicine” on 25/01/2019 from the National and Kapodistrian University of Athens, Greece.

He has internationally published many scientific papers, is a regularly invited speaker at sports medicine and regenerative medicine congresses and instructor at arthroscopic cadaveric courses and global trainer of the American top biotechnology company Terumo BCT in adipose tissue derived stem cells after minor belly liposuction

that he can perform by himself, after the training he received from Terumo BCT.

He has trained doctors in live surgeries with this technique in Spain, Israel, Belgium, Azerbaijan and Norway so far. He is the first orthopaedic surgeon in Greece and in Cyprus who has performed intra articular injections of adipose tissue derived stem cells after belly minor liposuction for arthritic problems using three different techniques: Terumo BCT, Arthrex and Lipogems (FDA cleared) and the first one in Europe after knee liposuction for the same purpose, according to the Lipopras technique of the Fidia Company.

He is an expert in PRP with photo-activation and stem cells from adipose tissue and from bone marrow concentrated from the tibia, which is a much more convenient and painless technique than from iliac crest.

He was the first doctor that implemented in 2016, PRP with hyaluronic acid intra articular injections in Doha Qatar to the Qatar Army Forces and their families.

He served for 6 years (01/01/2013 until 09/10/2019) as a member of the Regulatory and Industry Liaison Committee of the International Cartilage Regeneration and Joint Preservation Society and as an abstract reviewer (01/01/2019 until 31/12/2019) for the 15th ICRS World Congress. He is a member of the Biologics Alliance an Orthoregeneration Network of the Arthroscopy Association of North America (AANA), American Orthopaedic Society of Sports Medicine (AOSSM) and International Cartilage Regeneration and Joint Preservation Society (ICRS). He is a member of the Biologic Association.

He is the Editor-in –Chief of the Journal of Stem Cell Research Genesis Publications; ISSN: 2582-8797.

Furthermore, he is a reviewer of the Biologic Orthopedics Journal, Orthopaedic Journal of Sports Medicine and British Journal of Sports Medicine. Finally, he is the first Greek Orthopaedic Surgeon invited as a speaker for the 12th Annual Orthobiologics Symposium, October 8-9, 2021, of The Orthobiologic Institute TOBI.

CAREER ACHIEVEMENTS

- 1) Scientific Collaborator European University of Cyprus, School of Medicine Orthopaedic Department July 2020-July 2021.
- 2) Reviewer British Journal of Sports Medicine, September 2020.
- 3) Editor-in-Chief Journal of Stem Cell Research Genesis Publications, September 2020.
- 4) Accredited teacher/instructor of European Society for Sports Traumatology Knee Surgery and Arthroscopy, ESSKA 2018.

- 5) Chairman Executive Committee of the Sports Injury Section of the Hellenic Association of Orthopaedic Surgery and Traumatology, 2018-2020.
- 6) Adipose tissue derived stem cells expert for arthritic joints for the leading biotechnology company TerumoBCT Company.
- 7) Scientific collaborator in the 1st Department of Orthopaedics Athens University Medical School at Attikon University General Hospital involved in scientific activities including sports orthopaedic clinical and research work, courses and seminars (Prof. P. I. Papageorgopoulos).
- 8) Scientific collaborator in Medical Physics Laboratory Simulation Center (MPLSC). Trainer in simulation anatomy. Courses to pre-med students and researcher on development of a low cost arthroscopy simulator (Prof. E. Georgiou).
- 9) Member of the Medical Commission European Volleyball Confederation (CEV), 2016-2020.
- 10) Member of the Board Sports Medicine Association of Greece, 2011-2015.
- 11) Member Scientific and Educational Contributor at the European College of Sports and Exercise Medicine Physicians (ECOSEP), including teaching, lecturing and having research work since 2008.
- 12) Member of Regulatory and Industry Liaison Committee International Cartilage Repair Society ICRS (01/01/2013 until 09/10/2019).
- 13) Member of the European Knee Advisory Board of Smith and Nephew, which is constituted by Key Opinion Leaders of the European Countries, until 2013.
- 14) Head Doctor for Athinaikos Female Basketball Team Greek Champions 2009-2010, 2010-2011, 2011-2012, European Cup Holders 2010-2011. Enlisted in 'Record book of Guinness' for their 91 consecutive wins.
- 15) Elected doctor in charge for the Greek All Star basketball game for 12 consecutive years.
- 16) Reviewer Orthopaedic Journal of Sports Medicine American Orthopaedic Society for Sports Medicine AOSSM, of British Journal of Sports Medicine and Editor in Chief of Journal of Stem Cell Research.

PhD THESIS IN PROGRESS – MSc-Certification in Stem Cells

PhD. University of Athens (protocol number 7812/2010). Title: “Reaction of eccentric exercise on muscle tissue injury and post-traumatic inflammation”. In progress.

MSc (HUM) “Health Units Management development” Magister Gestion des établissements de Santé en French University Conservatoire National des Arts et Metiers CNAM, Rene Desqartes College, Paris, 2006-2008, Reward of the titles: 12/01/2009.

Certificate of Continuing Education: National and Kapodistrian University of Athens: "Stem cells and Regenerative Medicine" Academic Year 2018-19. Duration 10weeks/60 hours.

PUBLICATIONS

1. "The role of cell therapies and hip arthroscopy in the management of osteonecrosis – An Update"; *Journal of Hip Preservation Surgery*, 2018, June 14, 5(3):202-208. Doi:10.1093/jhps/hny021.
2. "Large variation in use of Patient-reported Outcome Measures; a survey of 188 foot and ankle surgeons". *Foot and Ankle Surgery* 2018 June 24 (3):246-251.doi:10.1016/j.fas.2017.02.013.
3. "Evidence of a Redox-Dependent Regulation of Immune Responses to Exercise-Induced Inflammation," *Oxidative Medicine and Cellular Longevity*. 2016:2840643. Epub 2016, Nov 15.
4. "No difference in osteoarthritis after surgical and non-surgical treatment of ACL - injured knees after 10 years." *Knee Surg. Sports Traumatol. Arthroscopy* (2016) Sep, 24 (9):2953-9.
5. "The microcycle of inflammation and performance changes after a basketball match". *Journal of Sports Sciences*, Vol 32, issue 9, May 2014, pages 870-882.
6. "Oxidative stress and inflammatory responses following an acute bout of isokinetic exercise in obese women with knee osteoarthritis." *The Knee* 2013, Dec. 20, (6), 581-590.
7. « The time-frame of acute resistance exercise effects on football skill performance. The impact of exercise intensity". *Journal of Sports Sciences*, 2013, 31, (7):714-722.
8. "Thiol based antioxidant supplementation alters human skeletal muscle signaling and attenuates its inflammatory response and recovery after intense eccentric exercise". *American Journal of Clinical Nutrition*, 2013 July, 98, (1) 233-245.

9. "Physical activity is associated with bone geometry of premenarcheal girls in a dose dependent manner", *Metabolism Clinical and Experimental* 62, (2013), 1811-1818.

10. «Plyometrics trainability in pre-adolescent soccer athletes». *The Journal of Strength and Conditioning Research* 2013, Jan. 27, (1):38-49.

11. «Validity and reliability of the single-trial line drill test of anaerobic power in basketball players». *Journal of Sports Medicine and Physical Fitness*, 2011 March 51 (1):33-41.

12. Increasing consensus on terminology of Achilles tendon-related disorders, *Knee Surgery Sports Traumatology Arthroscopy*, 2021, May 15.