



# HYGEIA ΥΓΕΙΑ

Hellenic Medical  
Society of Australia

Newsletter  
December 2025



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- \* Communications including 3 newsletters per year
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## PRESIDENT'S ADDRESS

Dear all,

As we come to the close of another year, I would like, on behalf of the Board and Executive of the Hellenic Medical Society of Australia, to reflect on what has been a remarkable year for our Society, and to extend to you and your families our warmest wishes for Christmas and the festive season.

This year has been defined by connection, achievement, and a renewed sense of purpose. We have shared outstanding educational evenings and professional forums featuring insightful and inspiring presentations from our members and invited speakers. These events have reinforced our commitment to excellence in medicine, lifelong learning, and the sharing of knowledge across generations.

Our social and cultural gatherings, including our Christmas function and Gala Ball, have been equally important. They reminded us that the strength of our Society lies not only in professional excellence, but also in the friendships, collegiality, and sense of belonging that bind our community together. Through our close collaboration with the Greek Community of Melbourne, the Hellenic Australian Chamber of Commerce and Industry, and other Hellenic organisations, we continue to build strong pillars of trust, collaboration, and cultural connection for future generations.

A defining highlight of this year has been our advocacy work with colleagues and leaders in Greece, culminating in landmark legislative change to recognise Australian medical specialist training. This achievement represents a historic step forward for Australian-trained specialists of Greek heritage, opening new pathways for professional recognition, mobility, and contribution between Australia and Greece. It reflects the power of collective effort and the voice of our Society when we work with purpose and unity for the benefit of our members and our broader community.





## PRESIDENT'S ADDRESS

I would like to express my deepest gratitude to our dedicated Board members, office bearers, and volunteers for their tireless work throughout the year and welcome the new Board members to their respective roles. Their commitment behind the scenes has ensured the success of every event and initiative. I also thank each of you, our members, for your engagement, support, and trust. Your participation is the heart of our Society.

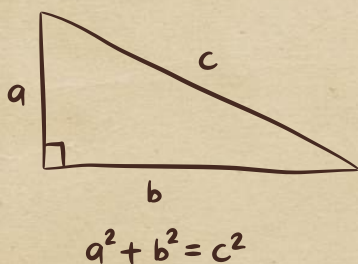
As we look ahead to the coming year, we do so with optimism and ambition. We will continue to grow our educational program, strengthen partnerships within the Australian and Hellenic medical communities, advocate for our members, and nurture the next generation of Greek-Australian doctors and leaders.

Christmas is a time to pause and reflect on the values that unite us which include family, compassion, generosity, and hope. May this Festive Season bring you moments of rest and joy with those you love, and may the New Year ahead be filled with good health, fulfilment, and professional success.

On behalf of the Hellenic Medical Society of Australia, I wish you a very Merry Christmas, a happy Holiday Season and a happy, healthy, and prosperous New Year.

With warm regards,

Marinis Pirpiris  
President

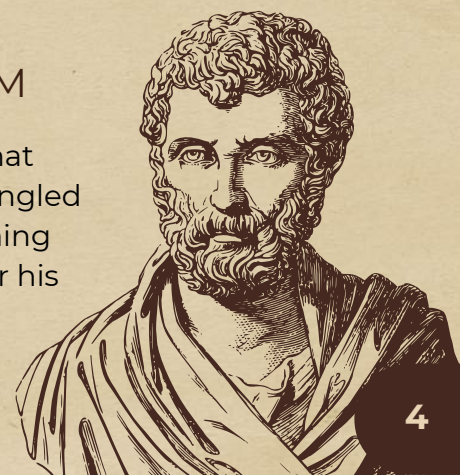


### TRIVIA

#### THE PYTHAGOREAN THEOREM

Though often credited for the theorem that the square of the hypotenuse of a right-angled triangle is equal to the sum of the remaining sides, this was most likely discovered after his death by his disciples.<sup>1</sup>

<sup>1</sup><https://www.britannica.com/biography/Pythagoras>



## GREEK INDEPENDENCE DAY WREATH LAYING CEREMONY | SHRINE OF REMEMBRANCE

MAR 25

The Hellenic R.S.L Sub Branch hosted the official ceremony commemorating Greek Independence Day held at the Australian Hellenic Memorial on the 25th of March. This date commemorates the beginning of the Greek War of Independence and the fight for freedom, as well as the Feast of the Annunciation.

On behalf of the HMSA President, Associate Professor Marinis Pirpiris, HMSA Secretary, Dr Arthur Athanasios Kokkinias, laid a wreath in honour of those who fought and sacrificed for the freedoms we have today. Many esteemed guests, including the recently appointed Greek Consul General of Melbourne, Ms. Dimitra Georgantzioglou, as well as the Ambassador of the Hellenic Republic in Australia, Mr Stavros Venizelos, were present. His Grace Bishop Kyriakos led the prayers. In addition, there were key representatives from a wide range of organisations, and students representing their respective schools. Following the ceremony many marched to the Shrine of Remembrance for a further ceremony where key organisations paid their respects and laid wreaths.



## BATTLE OF KALAMATA WREATH LAYING CEREMONY | AUSTRALIAN HELLENIC MEMORIAL

APR 27

On Sunday 27th April 2025, the Society of Kalamata '23 March' commemorated the 84th Anniversary of the Battle of Kalamata at the Australian Hellenic Memorial. The Battle of Kalamata took place on 29 April 1941. The delaying action of the 2nd New Zealand Division and British Units against elements of the German 5th Panzer Divisions helped over 58,000 personnel from Imperial and Commonwealth forces to be evacuated.



On behalf of the president of the Hellenic Medical Society of Australia, Associate Professor Marinis Pirpiris, Dr James Dimou laid a wreath to pay respects to those that fought and died in this battle. Other HMSA members present included Dr Athina Pirpiris and Dr Nick Roubos paying their respects. Several key representatives from the government and students from Oakleigh Grammar School were also in attendance.

The Hellenic Medical Society of Australia (HMSA) would like to thank the Society of Kalamata '23 March' organising committee for the warm invitation, including (but not limited to) Sam Vlachos, Sofie Mandoukos, Zoe Kyriakopoulos, Katy Karabatsos, Peter Andrinopoulos, Cindy Karabatsos, Sotiris Sotiropoulos, Anita Philopoulos, Dim Petropoulos, Athan Vlachos, and Nick Roubos.



## OXI GREEK NATIONAL DAY | AUSTRALIAN HELLENIC MEMORIAL

OCT 28



The Hellenic Medical Society of Australia (HMSA) commemorates OXI Greek National Day and pays tribute to all who fell in World War II and to those who suffered in the name of defending their freedom. On behalf of the HMSA, Dr James Dimou attended and paid his respects to the commemoration at the Australian Hellenic Memorial.

Ohi Day or Oxi Day is celebrated annually by Greek communities around the world on 28 October. Ohi Day commemorates the rejection by Greek Prime Minister Ioannis Metaxas of the ultimatum made by Italian dictator Benito Mussolini on 28 October 1940. It also commemorates the Hellenic counterattack against the invading Italian forces in the Pindus mountains and the Greek Resistance during the Axis occupation.

Lest we forget all those who fought for the freedom of Hellas.

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Email your expression of interest to HMSA at  
[info@hmsa.org.au](mailto:info@hmsa.org.au)



## MEMBER EDUCATION EVENT: NEW FRONTIERS IN FERTILITY MEDICINE

FEB 20

The Hellenic Medical Society of Australia held its first education session for 2026 on 'New Frontiers in Fertility Medicine' on Thursday 20th February, at the Postmaster Hotel, Kew. Two leading experts in fertility joined us on the night including A/Prof Jim Tsaltas and Dr Hector Georgiou.

A/Prof Jim Tsaltas gave us an overview of the advances in IVF over the past few decades, as well discussing endometriosis diagnosis, management, and its effects on fertility. Dr Hector Georgiou spoke about the benefits of a genetic carrier screen prior to conception and provided an overview of fertility assessments and treatments.

This was a well attended event that was sponsored by Melbourne IVF. The HMSA would like to thank Melbourne IVF for bringing the latest evidence on Fertility to HMSA members.

Author: Dr Hector Georgiou





## MEMBER EDUCATION EVENT: THE GORDIAN KNOT: LOW GRADE GLIOMAS

MAY 22

The HMSA held its neuro-oncology educational event 'The Gordian Knot: Low Grade Gliomas' on Thursday 22nd May at Mister Bianco, Kew. This event was led by a multi-disciplinary panel of speakers who sub-specialise in neuro-oncology; Dr James Dimou, Neurosurgeon-Scientist, Dr George Iatropoulos, Medical Oncologist, and Dr Joseph Sia, Radiation Oncologist.

Dr James Dimou highlighted the five guiding Pythagorean principles of brain tumour excision, Dr George Iatropoulos, described the latest advance in targeted therapy for low grade glioma, and Dr Joseph Sia gave an overview of the role of radiotherapy in low grade glioma.

This education seminar drew over 50 HMSA members, and received positive feedback about the clinical usefulness of the update provided for what is a complex disease to manage and treat.

The HMSA would like to thank the event sponsors, including Healthscope and LifeHealthcare, who were major contributors to the success of this event.

Author: Dr James Dimou



### TRIVIA THE GORDIAN KNOT

in 333 BCE, when Alexander the Great arrived in Gordium, he was shown the complex knot that tethered the chariot of Gordius, the city's ancient founder. Per tradition, only the future conqueror of Asia would be able to untie this knot. Alexander used his sword to cut the knot in half. The phrase, "Cutting the Gordian Knot," has since come to represent a bold solution to a complex problem.<sup>1</sup>

1. <https://www.britannica.com/topic/Gordian-knot>



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## COMMUNITY EDUCATION EVENT: FERTILITY & FILOXENIA AWARENESS DAY

**NOV 9**

On Sunday 9 November, our community came together for something truly special. Organised by the Hellenic Medical Society of Australia (HMSA) and the Greek Community of Melbourne (GCM), the Fertility & Filoxenia event at Caffè Greco in Oakleigh created a space where people could speak openly, learn together, and feel genuinely welcomed.

Filoxenia, that distinct Greek principle of 'Hospitality to all,' guided the afternoon. It was not just a seminar; we spoke openly about trying to conceive, family planning, and the challenges of navigating these decisions in modern life. You could feel the care in the room.



## COMMUNITY EDUCATION EVENT: FERTILITY & FILOXENIA AWARENESS DAY

NOV 9

The panel reflected the breadth of the fertility journey: medical, emotional, nutritional, psychological, relational. It consisted of Dr Hector Georgiou (Fertility Specialist), Dr Spiri Katsenos (Perinatal Psychiatrist), Ms Voula Koufariotis (Fertility Dietician), and Dr Arete Koutrieris (GP), with Dr Billy Stoupas (GP) guiding the conversation. Together, they aimed to provide clarity where fertility can often feel overwhelming or isolating. Ms Kristie Cocotis, Director of Health Programs at the Foundation for Alcohol Research and Education (FARE), also spoke about initiatives including 'Every moment matters.'

The panel explored fertility across the lifespan of both women and men, including how age, lifestyle, and overall health can influence the chance of conception. They discussed the role of fertility testing highlighting when it can offer useful clarity and when it may introduce unnecessary concern. They also examined how nutrition, wellbeing, and mental health play a supportive role for those trying to conceive.

Egg freezing was highlighted as a powerful option for preserving future fertility, particularly for those in their early 30s who are not yet able to start a family. The panel outlined the treatment pathways available to individuals, couples, and those needing donor eggs or sperm. Finally, they acknowledged the emotional dimension of fertility care and the importance of support throughout the journey.

A consistent theme emerged: so much of modern fertility is about choice and empowerment, not pressure. Many guests were interested to learn that early conversations about fertility are not about rushing into family building, but about understanding your options, so your life decisions can be thoughtful rather than reactive.



## COMMUNITY EDUCATION EVENT: FERTILITY & FILOXENIA AWARENESS DAY

NOV 9

In Greek culture, family carries deep meaning, offering belonging and continuity across generations. The panel expressed that supporting individuals and couples to start or grow their families is about much more than the here and now, it is about shaping the generations to come.

Over coffee and something sweet, the audience asked thoughtful, honest questions and shared personal reflections. People left not only with clearer information, but with the sense that fertility is not a niche issue, but something that touches many of us in different ways.

The Hellenic Medical Society of Australia would like to thank its sponsors including DBG, Greek Media Group, Genomic Diagnostics, Zaparas Lawyers, Mantzis Family Trust, Accountancy Group, Alex Bros Jewellers. The HMSA and GCM would also like to thank our event sponsors including Caffè Greco, Melbourne IVF, Meleros, Healthy Empire and Moxie for their generosity throughout the event.

Dr Hector Georgiou: It was a privilege to be part of a conversation that was real, heartfelt, and needed. Seeing people engage so openly, ask questions, and share their experiences reminded me just how important it is to create spaces where fertility can be discussed without judgment. Events like this help turn what can feel like a private struggle into a shared journey of learning and support.

Dr Athina Pirpiris (HMSA board member): The highlight of this event was the community engagement generated through the ability to ask questions anonymously during the session. Our aim was to inform and empower individuals to make the right decisions for themselves through the sharing of evidence-based information and professional experience. We felt that we have achieved that.

Anonymous: This event was so useful and important! The panelists were so sensitive, thoughtful and considered in their responses. We really appreciated this opportunity to attend and to learn from experts and hope there will be more such events.

### TRIVIA GODDESSES OF CHILDBIRTH

Several goddesses represented childbirth in Ancient Greek Mythology. The principle goddesses in this domain were Artemis (Ἄρτεμις) and Eileithyia (Ἐλευθία), with Hera (Ἥρα) also associated.<sup>1</sup>

1. <https://www.thecollector.com/eileithyia-goddess-birth/>







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## INTERNATIONAL WOMEN'S DAY EVENT

MAR 13

The Hellenic Medical Society of Australia held an inspiring International Women's Day event, which provided Doctors of Hellenic descent, both male and female, the opportunity to come together to discuss issues that have impacted Greek women in the community and, more specifically, Greek Doctors in the healthcare system.

We were fortunate to have an incredible panel of Greek female Doctors. We heard raw and candid stories of strength, resilience, and perseverance from A/Prof Vicki Kotsirilos AM, Professor Genie Pedagogos, and A/Prof Ana Chrysostomou of training in the healthcare system as intelligent Greek women at a time when it was less valued to be female, let alone come from a culturally and linguistically diverse background. We also heard examples of how challenges remain for women in today's healthcare sector. These three courageous women rose above the barriers that were imposed to forge burgeoning and successful careers in healthcare, creating pathways for younger women to follow in their footsteps.

## INTERNATIONAL WOMEN'S DAY EVENT

MAR 13

A/Prof Vicki Kotsirilos AM was quoted to say about the night, 'I am truly grateful, humbled, and honoured to have spoken for the HMSA, on International Women's Day. So many leading Greek female doctors deserve recognition for their work. Women are often under-recognised for their achievements. It is very noble of the HMSA to organise this event to acknowledge female leaders who are making a difference in our community.'

Doctors have a powerful and respectful voice in the community. We can influence important decision e.g. with authorities, we are respected by our patients and the community and we can help educate the wider community on health. When I feel passionate about a topic, I have found gratefulness, respectful dialogue, patience, persistence and courage has helped open many doors in my life.'

The night also offered an opportunity to reflect on how Greek women have been treated throughout time, from Ancient Greece to more modern times. Mr Dean Kalymniou provided examples of female oppression and the overwhelmingly strong influence the Patriarchy had on any woman's ability to prosper. Themes of social standing, finances and education were highlighted.

The Hellenic Medical Society would like to thank Aspasia Dukas and the Dukasa Dispensary for sponsoring the evening. Aspasia herself, being a successful Pharmacist who founded and manages Dukasa Dispensary, an Australian leader in compounding, was a fitting sponsor for such an uplifting and inspiring evening.

Given the enthusiasm and positive feedback around this event, the Hellenic Medical Society of Australia plans to make this an annual event moving forward.



### TRIVIA

#### INFLUENTIAL WOMEN OF ANCIENT GREECE

Sappho of Lesbos, a pioneer in lyric poetry, was considered the first female poet in Western Literature, and one of the most influential women in Ancient Greece. Born in the 7th Century BCE, her works were revered for their subtlety and complexity, with Plato even calling her the Tenth Muse.<sup>1</sup>

1. <https://www.thecollector.com/fascinating-ancient-greek-women/>





Following the success from last year's event, the Hellenic Medical Society of Australia and the Greek Community of Melbourne held their second HMSA Careers Day on Saturday 3rd May. This event brought together 40 esteemed Greek Australian professionals representing a range of industries, 10 university (NUGAS) students, and over 130 parents and students.

The day commenced with a panel discussion including:

- A/Prof Marinis Pirpiris – Orthopaedic Surgeon, President of HMSA, Treasurer of GCM
- Yianni Zapparas – Personal Injury Lawyer, Partner at Zapparas law firm
- The Honourable Associate Justice Ierodiaconou – Principal Associate Judge of the Supreme Court of Victoria
- Prof Vasso Apostolopoulos – Distinguished Professor, Professor of Immunology, Head of the Healthy Lifespan and Chronic Diseases Program, RMIT
- Maria Mavrikos – Managing Director Structural Challenge, Founder & CEO of Steel Chicks
- Helen Mantzis – Board Member of The Australian Ballet and the Hellenic Museum, Founder of KHGM Consulting & startup app Loopels

The theme this year was wellbeing and the professionals shared examples of how they have worked on maintaining their wellbeing throughout their careers. Dr Arthur Kokkinias, psychiatrist at the Royal Melbourne Hospital, also separated wellbeing into four distinct-but-linked components, including spiritual, emotional, physical, and social. Elysia McKinlay, developmental psychologist, took the students and parents through a breathing exercise as a way of re-grouping during stressful situations.



Following the panel discussion, the students joined the professionals and NUGAS students in the breakout rooms that were divided into medicine / dentistry, law / politics / law enforcement, science / IT, allied health, business, education / arts / media / creative arts. These breakout rooms offered opportunities for students to connect with professionals 1:1 and to seek personalised career advice. A special thanks to Adj Prof Paul Eleftheriou (Principal at the Nous Group), Dr Billy Stoupas (specialist General Practitioner), Dr James Dimou (Neurosurgeon at the Royal Melbourne Hospital), Dr Hector Georgiou (Fertility & IVF specialist at Melbourne IVF), Fotini Kypraios (Chair of the Hellenic Australian Chamber of Commerce, Victoria), Dr Betty Exintaris (Associate Dean, Learning & Teaching, Equity, Diversity & Inclusion, Monash University) and Kristian Raspa (Head of School (years 10-12) & Director of Hellenism at St John's College) for their assistance throughout the panel and breakout room discussions.

As per A/Prof Marinis Pirpiris, 'Mentorship like this plays a pivotal role in shaping the trajectories of our secondary school students, particularly when guided by successful professionals. Mentorship changes a student's perception by turning abstract career concepts into tangible possibilities. This type of support plays a crucial role in relieving the stress related to looming career decisions.'

As per Kristian Raspa, 'Initiatives like these are vital — they connect generations, expand bridges of collaboration, and inspire young Greek-Australians to pursue excellence across a range of fields while staying connected to their heritage.'

As per Dr Athina Pirpiris, who helped to organise the event, 'the HMSA Careers Day is designed to help students build networks at the secondary, tertiary and professional levels, but also to help them understand that they belong to a community with a wealth of career experience and success which is eager to support their personal and professional journeys, both collectively and individually.'

Parents reflected on the HMSA Careers Day as an event they wish they had available whilst at school. Student feedback included, 'Appreciated the opportunity to meet the professionals and uni students more closely in the breakout rooms,' 'Loved the fact there was "speed networking" to get to talk to the professionals 1:1,' 'Really enjoyed learning from the professionals about practical ways to maintain wellbeing.'





The HMSA and GCM would like to extend a sincere thank you to:

- All the professionals for making themselves available to talk to and inspire the younger generations of Greek Australians.
- All the NUGAS students who attended and helped with the running of the day in addition to the breakout rooms.
- All the students and parents who attended.
- The staff at the Greek Community of Melbourne for their facilitation of the event.
- HMSA sponsors including: DBG Health, the Hellenic Museum, Greek Media Group, Mantzis Family Trust, Directed Electronics Australia, Zaparas Lawyers and Accountancy Group.
- Event sponsors including: Oasis Coffee, Gavos Freight Solutions, Bravo Drinks, Taki's Pastry Lab.

The feedback once again has been overwhelmingly positive paving the way for similar events in the future.





## HMSA AIMS AND OBJECTIVES

Sharing medical knowledge and experience  
Facilitating connections and synergies between doctors  
and the community  
Promoting medical education and research  
Supporting medical philanthropy



## HMSA VISION STATEMENT

Enabling doctors to promote better health for all  
Australians including those of Hellenic descent



## HMSA MISSION

Unite doctors with the community to achieve better  
health and inspire lifelong advancement in knowledge.




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The Hellenic Medical Society of Australia, in collaboration with the Greek Community of Melbourne (GCM), hosted its annual Gala Ball on Saturday, October 11, at the Grand Hyatt Melbourne. It was a night of philanthropy, culture and community in support of Agapi Care, a not-for-profit organisation that provides services for people living with disabilities.

The evening included speeches, a live auction, traditional dance performances, and live music. The evening was emceed by Dr Billy Stoupas, Specialist General Practitioner and long-time advocate for community health.

Opening the evening, HMSA President A/Prof Marinis Pirpiris reflected on the Society's mission to bring the medical community together for the common good. 'Our service extends beyond our hospitals and clinics – it flowers into the Hellenic diaspora. Every donation, every gesture of care, is who we are: people united and generous, driven by *filotimo* and *filoxenia*.'

Dignitaries who also spoke included Dimitra Georgantzoglou, the Consul General of Greece in Melbourne, Bishop Evmenios Kerasounta representing the Greek Orthodox Archdiocese of Australia, Bill Papastergiadis OAM, president of GCM, and Mary Gakopoulos, Agapi Care CEO. Parliamentarians Nick Staikos MP and Georgie Crozier MP also addressed guests, acknowledging the community's enduring legacy of service and collaboration, with Ms Crozier calling the evening 'A powerful example of generosity of heart and spirit.'

The evening's live auction, conducted by Dimitri Damianos, Sales Consultant and Auctioneer at Buxton Real Estate, helped raise over \$23,000 to help expand Agapi Care's services – a testament to the enduring generosity and unity of Melbourne's Hellenic community.



Two leading members of Australia's medical community were also recognised on the night for their outstanding service—A/Prof. Vicki Kotsirilos AM and A/Prof. Magdalena Simonis AM, both received awards “In recognition and appreciation of their dedication and valued contribution to community service, advocacy and public health.” Their achievements have spanned decades of leadership in clinical practice, advocacy, education, gender equity and environmental health; a true embodiment of the core mission of the HMSA to merge professional excellence with community service.

As the night continued, guests took to the dance floor to the sounds of Anagennisi Band and enjoyed performances in traditional costume by 'O Periklis' Dance Group.

The HMSA would like to thank all members who assisted in the organisation of the evening, or supported the fundraising efforts through attending, buying tables or through the auctions either live or online.

The HMSA would also like to thank the sponsors whose generosity helped to make the evening a great success.

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The Hellenic Medical Society of Australia held its end of year celebration on the Friday 5<sup>th</sup> December at the Greek Centre, Melbourne. It was a well attended event and an opportunity to reflect on this past year's achievements in a relaxed environment and to thank both HMSA members and members of the wider community who collaborated with HMSA in various events to ensure their success.

Speakers on the night included A/Prof Marinis Pirpiris, president of HMSA, Mr Bill Papastergiadis OAM, president of the Greek Community of Melbourne, and Ms Georgia Dimopoulou from the Greek National Tourism Organisation, all sharing messages of connection and collaboration. We also heard from A/Prof Pirpiris that after many meetings and discussions, the legislative changes were recently passed in the Parliament of Greece, that enable for the mutual recognition of Australian medical degrees in Greece. 'This achievement is more than a legal reform – it is a bridge between the two nations', 'it strengthens opportunities for young clinicians and honours the excellence of Australian medical education. The impact of this change will be felt for generations'.

On the evening, HMSA also acknowledged and thanked HMSA members who have made significant contributions to the growth of HMSA through their involvement in the board, including Dr Arthur Athanasios Kokkinias, A/Prof Spiros Furlanos, Dr Maria Raftopoulos and Dr George Koufogiannis.

A/Prof Pirpiris also sincerely thanked HMSA members who have presented and supported events throughout the year on topics including fertility and neuro-oncology and thanked members of the wider community who have contributed and collaborated in events including International Womens' Day, the HMSA Careers Day, the HMSA Gala Ball, as well as community education events.



## HMSA END OF YEAR CELEBRATION | GREEK CENTRE

DEC 5

Some of the important contributors and supporters of HMSA events were present on the night including GCM Board representatives (Bill Papastergiadis OAM, Dr Dora Papamakarios, Simela Stamatopoulos, Manuel Tsirmiris), HACCI representative Fotini Kypraios (apology), Pronia representatives (Elpis Korosidis, Sylvia Hadjiantoniou, Paul Orfanos, Anna Tadese), Mayor Emily Dimitriadis, Dean Kalymniou, Katy Karabatsos, Peter Gavos, Bill Petridis, MUNGA representatives (Athanasios Pirpiris, Christina Damigos, Cherie Katsoulis).

The HMSA would also like to thank their sponsors for all their support throughout the year including: DBG Health, Greek Media Group (3xy/Ta Nea), Genomic Diagnostics, Accountancy Group, Zaparas Lawyers, Mantzis Family Trust, Alex Bros Jewellers. Media partners include Neos Kosmos, The Greek Herald, Greek Media Group, Greek City Times, Apolis Magazine, Roula Krikellis.

Event sponsors throughout the year have included Melbourne IVF, Caffè Greco, Meleros Cosmetics, Healthy Empire, Moxie, Directed Group, OG Group, Gavos Freight Solutions, EPSA, Taki's Pastry Lab, Dukasa Dispensary, Healthscope and LifeHealthcare.

HMSA is looking to 2026 as an opportunity to create more meaningful events that promote education, connection to heritage, and can lead to improved health outcomes for all.



## NEW HMSA BOARD MEMBERS



### **DR ARETE KOUTERIS**

Dr Arete Kouteris [MBBS, FRACGP, FAMAC] graduated from the University of Melbourne with a medical degree and has worked in general practice for over 30 years. Dr Kouteris also holds a specialist qualification in medical acupuncture and a degree in naturopathy. She runs a general practice in Brunswick West and is well known in Brunswick's large local Greek community. She currently holds the position of Education Chair for the Australian Medical Acupuncture College (AMAC).



### **DR BILLY STOUPAS**

Dr Vasilios (Billy) Stoupas is a Melbourne GP, practice owner, and active contributor to Greek-Australian health initiatives. He brings experience in governance, teaching, and media, and a passion for community engagement.



### **DR KRISTIAN BAZIOTIS-KALFAS**

Kristian is a junior doctor at Eastern Health with a growing passion for surgery. He is exploring various surgical specialties, with the goal of specialising in oral and maxillofacial surgery. Outside of his medical career, Kristian is an active member of the Pallaconian Brotherhood youth group's general committee, which focuses on youth engagement and the preservation of Greek culture. He also enjoys playing the piano, finding it a meaningful way to unwind and express creativity.



### **DR LEWIS KARAPANOS**

Lewis is a fifth-year postgraduate general surgery registrar and researcher. His medical career has focused on ophthalmology and general surgical disciplines in rural, metropolitan settings and international settings. In 2026, Lewis will be working at Alfred Health in critical care and surgical disciplines, with the goal of entering radiology training.



### **DR JEAN-LUC KARAVENDZAS**

Dr Jean-Luc Karavendzas completed his medical education at the University of Melbourne, based at St Vincent's Clinical School. He currently works as a junior doctor at Monash Health. With roots from Ellassona and Katerini, he maintains close personal ties with family in Greece, visiting as often as he can. Outside of medicine, he enjoys adventure travel, the outdoors, and exploring new hobbies. In the year to come, Jean-Luc looks forward to promoting junior doctor engagement with the HMSA.



### **DR CHRIS PAPAS**

Chris is currently an intern at Goulburn Valley Health and completed his medical studies at Bond University. Of Hellenic background, he is interested in dermatology, medical education and research, and hopes to support HMSA by strengthening connections and mentoring opportunities for Hellenic medical students and doctors.



### **DR CHRIS TROUPIS**

Chris completed his medical studies at the University of Melbourne and is now a radiology registrar at Alfred Health. He has family roots in the Peloponnese, Thessaloniki, and the island of Thasos. Chris hopes to promote stronger networks between junior medical staff, especially those of Greek heritage, and looks forward to the many academic and social engagements organised by the HMSA.



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# A CLOSING CHRISTMAS MESSAGE



The board of the Hellenic Medical Society of Australia wishes you and your loved ones a joyous festive season and a prosperous 2026.



NEWSLETTER

**CREDITS**

**CONTRIBUTORS**

Dr James Dimou

Dr Hector Georgiou

Dr Athina Pirpiris

**EDITOR**

Dr Chris Troupis



Hellenic Medical Society  
of Australia Inc Limited  
Liability (VIC) A0094366G

✉ [info@hmsa.org.au](mailto:info@hmsa.org.au)

🌐 [www.hmsa.org.au](http://www.hmsa.org.au)

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