



HMSA
Hellenic Medical Society of Australia



HYGEIA

ΥΓΕΙΑ

Hellenic Medical Society of Australia

Newsletter
April 2026



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

✉ info@hmsa.org.au

🌐 www.hmsa.org.au

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Community Event on Back Pain

Where: New Footscray Hospital
(tours included)

When: 31st May 2026, 2-4 pm

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By joining the HMSA network members will be part of a community of learning and networking.

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 - Member educational dinners
 - Social functions including end of year celebration
 - International conferences
- * Connect, share knowledge, experience & network with a wide range of medical professionals eg physicians, surgeons, GPs, hospital doctors, doctors in training
- * HMSA Doctor Directory listing
- * Communications including 3 newsletters per year
- * Inclusion on our social media groups

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HELLENIC MEDICAL SOCIETY OF AUSTRALIA (HMSA) PRESENTS

JUNIOR DOCTORS' DRINKS NIGHT

φέρτε την παρέα σας

Join us for a casual evening of drinks, conversation, and connection with junior doctors and students from the Hellenic medical community.

📅 2ND MAY • 🕒 6:30PM TO LATE • 📍 BAR LIBERTY, FITZROY

RSVP: <https://bit.ly/4vjWvr4>



PRESIDENT'S ADDRESS

Dear colleagues and friends,

As we celebrate Easter, the most profound and symbolic moment in the Orthodox Christian calendar, we are reminded of the enduring message of renewal, resilience, and hope. Easter stands not only as a cornerstone of faith but also as a powerful reflection of the values that guide us in medicine: compassion, service, and an unwavering commitment to life.




This year has already been one of meaningful progress and impact for our Society. We have strengthened our engagement across the medical and broader Hellenic community, reaffirming our role as both a professional and cultural pillar. Our continued advocacy for excellence in healthcare, education, and collaboration has been evident through our growing partnerships and active participation in national conversations on health system improvement.

We have expanded opportunities for our members through professional networking, mentorship, and educational initiatives, supporting both established clinicians and the next generation of medical leaders. Our commitment to fostering cultural identity alongside professional excellence remains central, as we celebrate the unique contribution of Hellenic heritage to medicine in Australia.

Importantly, our collective voice continues to resonate in areas of community health, wellbeing, and equity. Through engagement with policy, support of charitable initiatives, and collaboration with aligned organisations, we are demonstrating that our Society is not only relevant but essential.

We held a wonderful End of Year Celebration at the Greek Centre in Melbourne, bringing together clinicians, community leaders, and partners. The event reflected on a highly active 2025 program, including educational forums, philanthropic initiatives, and community engagement.

A major highlight was the announcement of legislative progress in Greece enabling the recognition of Australian medical degrees and specialist training, strengthening bilateral professional pathways. Strong partnerships were also reinforced with organisations such as the Greek Community of Melbourne and broader diaspora networks.



PRESIDENT'S ADDRESS

We delivered a number of events aimed at strengthening educational engagement, commencing with a high-demand session in February titled “Weight Loss in 2026”, moderated by our treasurer, Billy Stoupas, maintaining the Society’s focus on lifelong learning and professional excellence. In March, we celebrated International Women’s Day, highlighting leadership, diversity, and the contribution of women in medicine, moderated by our Vice President Arete Kouteris. Our next event will be a community event on Back Pain, hosted in May by James Dimou. I would like to thank our Secretary Athina Pirpiris for her commitment and energy in organising and coordinating these events.

The HMSA also participated in several events that strengthened Hellenic identity within Australian medicine, blending cultural heritage with professional excellence. This included our Society’s role on the organising committee for World Greek Language Day on 11 February 2026, where I had the honour of presenting on behalf of doctors and academics. I also represented our Society as a VIP at the Parelasi on 22 March, including the service at St Efstathios in South Melbourne, the commemorative service at the Shrine, and the parade past the Hellenic Australian War Memorial.

Our Society also participated in the 25th March celebrations, with Vice President Arete Kouteris laying a wreath at the Hellenic Australian War Memorial and representing our Society at the commemorative ceremony at the Shrine.

I would also like to highlight Chris Papas for his social media health updates and Chris Troupis for coordinating, editing and publishing our regular newsletter.

Easter invites us to pause and reflect, but also to look forward with purpose. As we move through the year, we will continue to build on this momentum—strengthening our connections, amplifying our impact, and upholding the values that define both our profession and our heritage.

On behalf of the Board, I extend my warmest wishes to you and your families for a safe and joyful Easter. May this season bring renewed strength, clarity, and inspiration in all that you do.

Καλή Ανάσταση και Καλό Πάσχα.

Marinis Pirpiris
President, Hellenic Medical Society of Australia



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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. The event 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 Vice President Dr Arete Kouteris laid a wreath in honour of those who fought and sacrificed for the freedoms we have today. Many esteemed guests were present including the Greek Consul General of Melbourne Ms. Dimitra Georgantzoglou who gave a short speech. The event was led with prayer followed by laying of wreaths from many organisations and schools. Following the ceremony many marched to the Shrine of Remembrance for a further ceremony where key organisations paid their respects and laid wreaths.

MEMBER EDUCATION EVENT: WEIGHT LOSS IN 2026

FEB 19

It was a fantastic turnout for the first member event of 2026, with 4 leading professionals sharing their insights and experience in the management of weight loss in today's era.

The event highlighted the revolutionary role GLP-1 agonists are playing in weight loss and diabetes management, which is transforming clinical care across numerous specialties. GLP-1 agonists are also playing a significant role in the peri-operative care of obese patients who require bariatric surgery, which in of itself is becoming more technically nuanced and sophisticated.

On the night, we heard from:

- Prof Spiros Furlanos (Endocrinologist), who discussed the management of Diabetes and Obstructive Sleep Apnoea in the GLP-1 era,
- Dr Vicki Pandeli (Cardiologist) who spoke on the Cardiovascular benefits of GLP-1 agonists and
- Dr George Kalogeropoulos (Bariatric surgeon) who presented on Weight loss surgery in 2026.
- Dr Billy Stoupas (General Practitioner), MC'd the evening and shared his own experience on weight management in the GLP-1 agonist era.

HMSA would like to thank Novo Nordisk for sponsoring this dinner event. HMSA would also like to thank all members who attended and supported this event.



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BE INVOLVED in the HMSA!

Do you have an interest that you would like to share with HMSA and assist on or contribute at either sub-committee or board level?

Email your expression of interest to HMSA at info@hmsa.org.au



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INTERNATIONAL WOMEN'S DAY: HONOURING WOMEN IN HEALTHCARE LEADERSHIP AND COMMUNITY ADVOCACY

MAR 19



On Thursday 19th March, members of the Hellenic Medical Society of Australia gathered to honour women in healthcare, to mark International Women's Day. Attendees heard from two esteemed colleagues, A/Prof Magdalena Simonis AM and Prof Georgia Soldatos, who shared some of the personal and professional challenges for women in medicine, be it breaking the mould of traditional families or paving the way for women to be at the forefront of healthcare excellence.

A/Prof Simonis AM shared her insights and learnings from a career forged in advocating for vulnerable members of our community including those experiencing domestic violence as well as her advocacy in women's health including menopause, endometriosis and mobile breast screening.

Prof Soldatos shared her experience in the executive domain of healthcare and spoke of her time leading a major healthcare institution through COVID-19.

The evening was expertly MC'd by Dr Arete Kouteris, Vice President of the HMSA, a General Practitioner, founder and principal GP at Merri-bek Family Doctors, who guided the evening through short presentations as well as a panel discussion to delve deeper into themes of women in medicine, women's health and how the medical profession needs to evolve to support future generations of women.

Both speakers also highlighted the role of family and support networks, both personal and professional, as important facilitators in allowing women in medical careers to thrive. Both also reflected on the role that male colleagues have played along the way, often as advisors and mentors.

The event at Aegli was sponsored by Gallant Law with the principal lawyer, director and founder, Lauren Cassimatis, in attendance. HMSA thanks Lauren and Gallant Law for supporting this event to provide members the opportunity to reflect and share insights and knowledge regarding the achievements of Greek women in their professions.



RECOGNITION OF MEDICAL DEGREES, SPECIALTIES, AND SUBSPECIALTIES IN GREECE

Second only to the satisfaction of obtaining Greek citizenship, for those of us medically trained, would be the lofty ideal of recognition of our training and specialties in Greece. Previously this was a complicated process involving a combination of degree recognition, sitting clinical exams, and practising under local supervision for specified period of time. However, following monumental efforts by various lobbying bodies, recent changes in legislation in the Hellenic Parliament have radically streamlined and simplified the whole process. With the successful passing of Law 5243/2025, medical degrees, specialties and subspecialties from USA, Canada, UK, Switzerland, Australia, and New Zealand are now automatically recognised in Greece.

On Monday 16th February, a webinar organised by the Canadian Hellenic Medical Society (CHMS) in collaboration with Rebrain Greece and the Hellenic Government took place, to provide a comprehensive overview on how to obtain recognition of your medical degree and specialty in Greece. Representing the Canadian Hellenic Medical Society was Dr David Roussolatos, Vice-President of the CHMS, Afroditi Xyni spoke on behalf of the Rebrain Greece Initiative, and representing the Hellenic Government was Professor Georgios Patoulis, Orthopaedic Surgeon and Governor of Attiki. Greek doctors all stages of training and career dialled in from multiple timezones around the globe at 11pm Melbourne time and it was truly impressive and humbling to see the vibrant global community that we belong to, and the efforts the Hellenic Government is taking to encourage all Hellenes abroad to return to Greece.

In order to engage in this process, it largely occurs online and requires you to have Hellenic Citizenship (with an active Greek passport or Identify Card), an ΑΦΜ (with access to Taxisnet, somewhat of an equivalent to MyGov), an ΑΜΚΑ and a Greek address and phone number. Furthermore, the overall steps in the process include recognition of your degree through ΔΟΑΤΑΠ (previously known as ΔΙΚΑΤΣΑ; this part takes approximately 3 months and will cost 180€), application for a Licence to Practise (approximately further 3 months for processing and a cost of 80€), an application for exemption from rural service (this is currently only granted if at least the first year of your medical schooling was completed at a non-Greek institution), recognition of specialty (30€), enrolment in a local Medical Association. Exemption from rural service can only occur once your degree has been formally recognised.



RECOGNITION OF MEDICAL DEGREES, SPECIALTIES, AND SUBSPECIALTIES IN GREECE

Please find below a quick summary of various phases and the relevant website links and contact details for key parts of the process. Upon request, we would also be able to share a recording of the presentation which included in part a step-through of the process from the perspective of a Greek-Canadian Neurologist who recently completed the process. Depending on what basic requirements you already possess, the process should be completed within 9-12 months. If you do not have it already, obtain Greek citizenship (not discussed here) either through the local consulate or a private Greek immigration firm. Copies of medical degrees and academic transcripts from Australia will require certification with the Apostille stamp. Furthermore, depending on where you would potentially intend on working, consider preparing for the next local sitting of the Certificate of Attainment in Modern Greek (Πιστοποιητικό Ελληνομάθειας). For further information, please reach out to the Coordinator of the Modern Greek Program through GCM, Mrs Anthi Tzani at: Anthi.tzani@greekcommunity.vic.edu.au

All the very best for the process! If you would like access to a recording of the aforementioned webinar, please feel free to reach out to the main HMSA email.



RECOGNITION OF MEDICAL DEGREES, SPECIALTIES, AND SUBSPECIALTIES IN GREECE

Recognition of Degree – ΔΟΑΤΑΠ

Email: Protocol_A@doatap.gr

Tel. +30 2310 278 256

Contact Times: 0700-1500 (Local time)

Website: <https://e-dootap.doatap.gr/?lang=en>

Completion of required documents – there are downloadable PDFs with a Consent Form, in addition to further instructions and options for how to submit application online. In the case of postgraduate medical studies, there is an option there to also upload your undergraduate degree for recognition. Bank account details for payment of the fee can also be found here.

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Platform website: <https://myrequests.pis.gr/Account/Login.aspx?ReturnUrl=%2f>

Email: eidikotites@pis.gr

Bilingual Information Page: <https://en.mitos.gov.gr/index.php/>

[ΔΔ:Automatic_recognition_of_specialised_medicine_qualifications_acquired_in_a_n_EU_Member_State_or_in_the_USA](#)

Recognition of Specialty:

Platform Website: <https://myrequests.pis.gr/Account/Login.aspx?ReturnUrl=%2f>

Requirements:

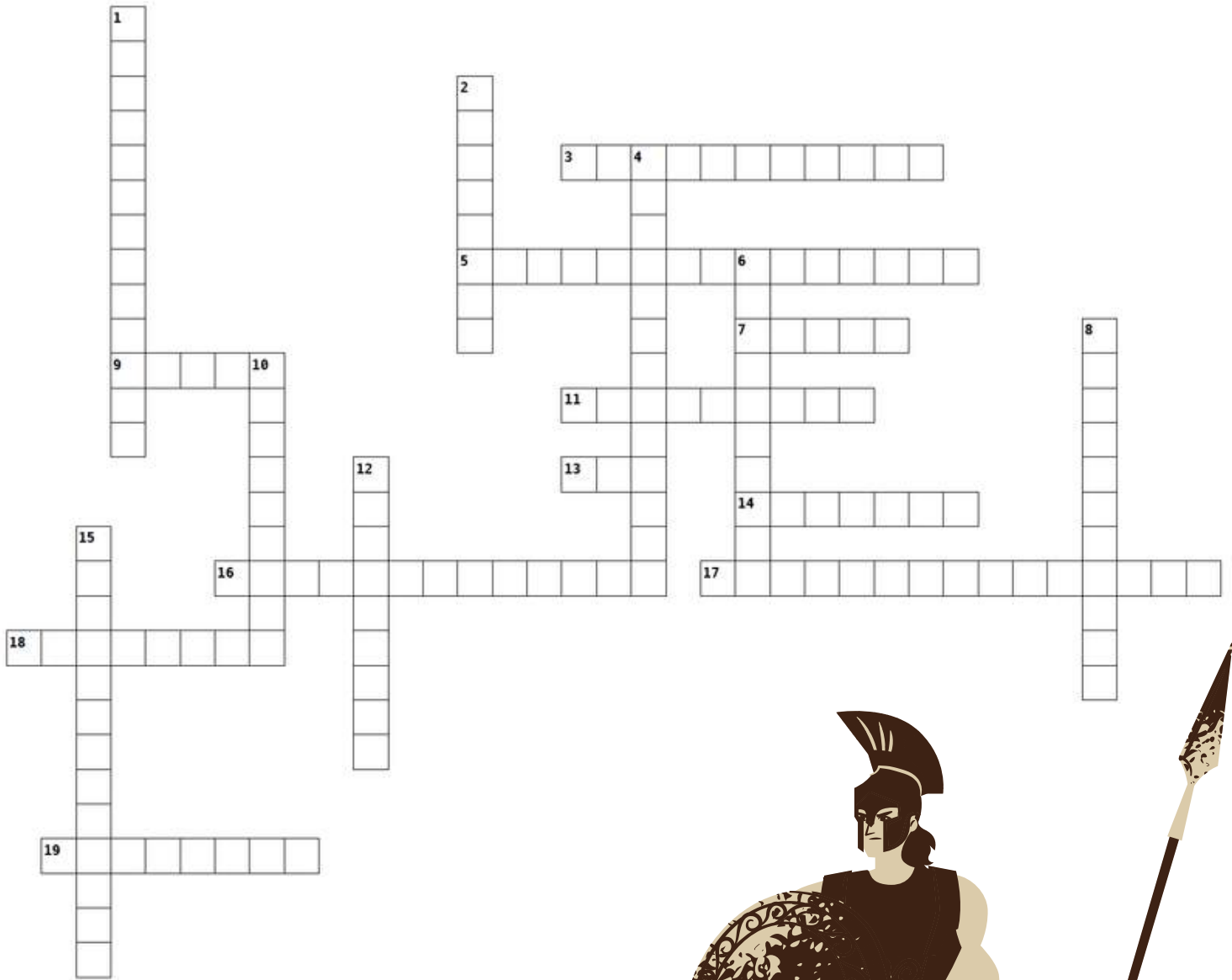
Recognition of specialty requires a copy of your Greek ID or passport, an original certified copy of your Medical degree and Greek Licence to Practise, Completion of Training/Fellowship Certificate and a copy of a Certificate of Good Standing (current within 3 months from time of application; from Australia), formal exemption from rural service and fee of 30€.

National Registry of Doctors:

<https://pis.gr/εθνικό-μητρώο-ιατρών>

<https://pis.gr/τοπικοί-ιατρικοί-σύλλογοι/>

CROSSWORD



The crossword clues are listed on the following page. Answers will be provided in the next edition of the newsletter. Good luck!

CROSSWORD

Across

3. _____ της Αορτής: ένα από τα οξέα αορτικά σύνδρομα
5. οξεία φλεγμονώδης και λοιμώδης νόσος του πεπτικού συστήματος που επηρεάζει συνήθως το παχύ έντερο
7. πληγή ή σπάσιμο στην εσωτερική επιφάνεια του στομάχου
9. Κυστική _____: μία σοβαρή, κληρονομική και πολυοργανική νόσος που προκαλείται από μεταλλάξεις στο γονίδιο CFTR
11. μυώδης σωλήνας ο οποίος αποτελεί αρχικό μέρος της γαστρεντερικής οδού
13. μία από τις πέντε αισθήσεις
14. _____ κολίτιδα: χρόνια αυτοάνοση, φλεγμονώδης νόσος του παχέος εντέρου
16. ανώμαλη συσσώρευση αέρα στον χώρο μεταξύ πνεύμονα και θωρακικού τοιχώματος
17. _____ Νευρικό Σύστημα: μέρος του νευρολογικού συστήματος που προκαλεί λύση, αυξάνει την περισταλτικότητα του εντέρου και χαλαρώνει σφιγκτήρες
18. Διαλείπουσα ____: ο μυϊκός πόνος που εμφανίζεται κατά τη διάρκεια σωματικής άσκησης λόγω ανεπαρκούς ροής αίματος στους μύες, συνήθως ως αποτέλεσμα της περιφερειακής αρτηριακής νόσου
19. ένας τύπος πόνου στο στήθος που προκαλείται από μειωμένη ροή αίματος στην καρδιά

Down

1. _____ σύστημα: το πολύπλοκο σύστημα του σώματος που αποτελεί την άμυνα μας έναντι λοιμώξεων
2. _____ ούρων: η ακούσια απώλεια ούρων
4. μηχανήμα που μπορεί να αναλάβει αποκλειστικά την αναπνοή του διασωληνωμένου ασθενούς
6. Χρόνια Νεφρική ____: συνώνυμο με χρόνια νεφρική νόσος - η δομική ή λειτουργική βλάβη των νεφρών που διαρκεί πάνω από τρεις μήνες
8. είδος φαρμάκου που εμποδίζει τη δημιουργία ή την ανάπτυξη θρόμβων αίματος
10. μία συχνή, χρόνια νευρολογική πάθηση που εκδηλώνεται κυρίως ως έντονο πονοκέφαλο, που μπορεί να περιλαμβάνει αύρα
12. Κολπική ____: η πιο συχνή αρρυθμία, η οποία μπορεί να προκαλέσει χρόνια καρδιακή ανεπάρκεια και αγγειακό εγκεφαλικό επεισόδιο
15. _____ νηστεία: μία διατροφική πράξη η οποία περιλαμβάνει εναλλασσόμενες περιόδους νηστείας και κατανάλωσης τροφής, με πολλά οφέλη για την υγεία





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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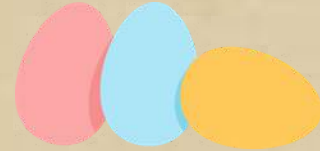


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A CLOSING

EASTER MESSAGE



The board of the Hellenic Medical Society of
Australia wishes you and your loved ones a
Blessed Easter.

ΚΑΛΗ ΑΝΑΣΤΑΣΗ!



NEWSLETTER

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