



# HYGIEIA

# ΥΓΙΕΙΑ

Hellenic Medical  
Society of Australia

Newsletter  
June 2026



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)

ABN: 19 878 49 6 178

FOLLOW US ON:



Email us to be added on WhatsApp



## IN THIS ISSUE

1. **President's Address**
2. **Wreath Laying Ceremony:**  
**Battle of Kalamata**
3. **Wreath Laying Ceremony:**  
**Battle of Crete**
4. **Junior Doctors' Social Night**
5. **Community Education Event:**  
**Understanding Back Pain**
6. **Crossword**

**Remember to **renew** your  
HMSA membership for 2027!**



**Stay informed about the latest  
educational and social events!**

## PRESIDENT'S ADDRESS

Welcome to another edition of Hygieia, the newsletter of the Hellenic Medical Society of Australia.

As we move through a busy and productive year, I am continually reminded of the strength of our community and the unique contribution that Hellenic healthcare professionals make to Australian society. Our Society exists not only to support professional excellence, but also to foster connection, mentorship, service, advocacy, and the preservation of our shared cultural heritage.



At a time when healthcare systems across the world face unprecedented challenge, from workforce shortages and rising healthcare costs to the growing threat of antimicrobial resistance and the humanitarian consequences of conflict and displacement, it has never been more important for healthcare professionals to work collaboratively, lead with compassion, and remain committed to evidence-based care. These global challenges remind us that medicine extends beyond hospitals and clinics. It is fundamentally about service to humanity.

The past few months have highlighted the remarkable diversity of activities undertaken by our members. We were delighted to support and participate in our recent Junior Doctors Event, which brought together medical students, junior doctors, trainees, and senior clinicians in an atmosphere of learning, mentorship, and inspiration. Investing in the next generation of healthcare professionals remains one of the Society's most important responsibilities, and it was encouraging to witness such strong engagement from emerging leaders within our profession.

We were also proud to host an outstanding public educational forum focusing on back pain, one of the most common and challenging conditions encountered across healthcare. The event provided valuable multidisciplinary perspectives and reinforced the importance of collaboration, innovation, and patient-centred care in improving outcomes for our communities.





## PRESIDENT'S ADDRESS

Beyond medicine, our commitment to community and heritage continues to be a defining feature of our Society. It was an honour to participate in the recent wreath-laying ceremony organised by the Society of Kalamata, commemorating the sacrifices and achievements of those who came before us and recognising the enduring bonds that connect us to Greece.

Likewise, we proudly joined the Battle of Crete commemorations, paying tribute to the extraordinary courage, resilience, and friendship demonstrated between the people of Crete, Australia, New Zealand, and the Allied forces during one of the most significant chapters of the Second World War. These commemorations remind us that service, sacrifice, courage, and community are values that transcend generations and continue to guide us today.

As always, I thank our members, sponsors, volunteers, and supporters for their ongoing commitment to the Hellenic Medical Society of Australia. Together, we continue to strengthen professional networks, promote excellence in healthcare, support future generations, and celebrate the rich cultural heritage that unites us.

I look forward to seeing many of you at our upcoming events and encourage you to remain engaged with the Society's activities throughout the year.

With warm regards,

Assoc Professor Marinis Pirpiris  
President, Hellenic Medical Society of Australia

# Subscribe to a plan that's right for you



## Celebrating the ties that keep us together

For over three decades, Ta Nea Newspaper and 3XY Radio Hellas has informed, connected, and celebrated our journey — capturing the essence of the Hellenic experience in Australia. Subscribe to Ta Nea Digital to stay connected with your premier source for breaking news and insightful journalism, reflecting the vibrant Greek-Australian community.

**SPECIAL LIMITED OFFER. SUBSCRIBE AT 50% DISCOUNT WITH THIS COUPON - MAGSAVE50**

**TA•NEA**

**3XY  
RADIO  
HELLAS 1422 AM**  
The Greek Voice of Melbourne

T: 9602 1422 | [tanea.com.au](http://tanea.com.au) | Former Royal Mint, 280 William St, Melbourne VIC 3000



## QUIZ - QUESTIONS

### THE GREEK ISLANDS

1. Approximately how many Greek islands are there?
  - a. 2 000
  - b. 6 000
  - c. 15 000
  - d. 35 000
2. List three of the five largest Greek islands by area.
3. Which Cycladic island is considered sacred due to being the birthplace of the gods Apollo and Artemis?
4. Which Greek island had one of the seven ancient wonders? For a bonus point, which wonder?
5. When listing countries by number of islands, Greece is in 13<sup>th</sup> place. Which country has the most islands? For a bonus point, approximately how many islands does this country have?
  - a. 61 000
  - b. 111 000
  - c. 184 000
  - d. 268 000

Score out of 9  
Answers on page 11

## WREATH LAYING CEREMONY: BATTLE OF KALAMATA

MAY 3



On Sunday 3rd May 2026, the Society of Kalamata '23 March' commemorated the 85th 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 HMSA, Associate Professor Marinis Pirpiris, Vice President, Dr Arete Kouteris, laid a wreath to pay respects to those that fought and died in this battle. Representatives from the government and students from Oakleigh Grammar were also in attendance.

The Hellenic Medical Society of Australia (HMSA) would like to thank the Society of Kalamata '23 March' committee for the warm invitation, including (but not limited to) Sam Vlachos, Sofie Mandoukos, Peter Andrinopoulos and Nick Roubos for their continued support in commemorating the day.

## WREATH LAYING CEREMONY: BATTLE OF CRETE

MAY 23

On behalf of the president of the HMSA, Associate Professor Marinis Pirpiris, Secretary, Dr Athina Pirpiris, laid a wreath on behalf of the membership at the Shrine of Remembrance on Saturday 23rd May 2026.

This was a ceremony organised to commemorate the 85th Anniversary of the Battle of Crete and remember the brave men and women from Australia, Greece and other nations who fell in the invasion of Crete during the Second World War by the German forces.

The event was organised by the Battle of Crete and Greek Commemorative Council. There were many key representatives present at the ceremony including Consul General of Greece, Ms Dimitra Georgantzoglou, and Chair of the Battle of Crete and Greece Commemorative Council, Ms Natasha Spanos.





## JUNIOR DOCTORS' SOCIAL NIGHT

MAY 2

On Sunday evening, 3rd May, the Hellenic Medical Society of Australia brought together a cohort of junior doctors, dentists, and medical students for a social drinks night at a bar in Fitzroy. The event was a great way for everyone to meet peers across all tiers of training, swap stories over drinks, and expand their networks, before continuing the evening with the time-honoured ritual of late night souvlakia.

The evening reflected a broader aim of fostering connection within the Hellenic medical community in Australia. In addition to clinical experience, there was a shared feeling of culture and community arising through language, heritage, and the notion of φιλοξενία. Events such as this are able to provide a space for professional relationships to develop, allowing guests to support one another both as colleagues and as members of a wider community with shared values and lived experiences.

On the night, there was representation across the whole range of medical training. At one end of the spectrum were registrars in their respective training programs, able to offer pearls of wisdom of clinical experience and navigating training pathways. At the other end, first year medical students, just starting out on their journey. From familiar faces to new introductions, discussions ranged from anecdotes of wild stories in the hospital, to the next Greek island to visit.

This evening was an enjoyable opportunity for members and guests to meet, chat, and form connections. Given the enjoyment of the evening, there is an appetite to continue similar events more regularly. We look forward to welcoming new additions, and hope that guests continue to find such social nights to be a fun opportunity to meet peers working in their field, and form new friendships.



# Genomic Diagnostics:

## Personalised genomic testing for improved patient outcomes.

**Comprehensive. Innovative. Trusted.**

### ***Our Suite of Genetic Tests Includes:***

- Reproductive health and pregnancy
- Inherited cancer risk
- Precision oncology
- Haemoncology
- Pharmacogenomics and personalised medicine
- Developmental paediatrics

### ***Our commitment to you:***

- Streamlined access to comprehensive genetic testing
- Clear, actionable reports to support clinical decision making
- Expert guidance from our specialist team
- Personalised genomics that enhances patient care

**genomicdiagnostics.com.au | 1800 822 999**

*Part of the Healix Pathology Network incorporating*

**Abbott Pathology | Dorevitch Pathology | Lavery Pathology  
QML Pathology | TML Pathology | Western Diagnostic Pathology**

**genomic<sup>®</sup>**  
diagnostics

## **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](mailto:info@hmsa.org.au)



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)

ABN: 19 878 49 6 178





## COMMUNITY EDUCATION EVENT: UNDERSTANDING BACK PAIN

MAY 31

On Sunday, 31<sup>st</sup> May 2026, the Hellenic Medical Society of Australia (HMSA), in collaboration with PRONIA, hosted a free community educational event on 'Understanding Back Pain', at the New Footscray Hospital. It was a fantastic example of community engagement and connection with over seventy people in attendance.

On the panel were Dr James Dimou, consultant neurosurgeon, Dr Arete Kouteris, general practitioner, Dr Stephen Fasulakis, interventional radiologist, Debbie Spanos, physiotherapist, and Dr Ken Teng, neurosurgical registrar. The event was MC'd by Dr Dean Kotsianis, a junior doctor currently based at Footscray Hospital. Mrs Sylvia Hadjiantoniou, CEO PRONIA, highlighted 'the shared responsibility to create stronger communities' through knowledge, connections and health literacy. A/Prof Marinis Pirpiris, HMSA president, spoke of the potential of the new hospital to reinvigorate community health engagement in the western suburbs.

It was an interactive and dynamic panel session, with an introduction of spinal anatomy and common conditions. This was followed by a series of discussions regarding the assessment and diagnosis of the causes of back pain, as well as conservative methods (including physiotherapy, medical acupuncture), radiological and surgical management of back pain. There were also demonstrations of the various types of exercises that can be done to prevent back pain from occurring.



## COMMUNITY EDUCATION EVENT: UNDERSTANDING BACK PAIN

MAY 31

There was strong engagement from the audience with many questions being asked throughout the forty-minute question time. Panelists answered questions 1:1 for a further hour after the event finished.

Back pain is a very common condition, affecting people from different age groups with different causes. The strong overarching messaging concluded that the majority of back pain will improve with physiotherapy based measures without the need for surgical intervention, and that a team approach to management was paramount. If back pain persists for greater than three weeks, then further medical review is required. Attendees learned that a simple way to prevent back pain is to engage in regular light exercise, including walking and basic physiotherapy-based exercises.

HMSA and PRONIA thank the Footscray Hospital for facilitating this event to be able to take place in the brand new Community Centre, and La Cantina for a delicious array of snacks and beverages. HMSA also thanks its sponsors for their ongoing support that continues to permit these events being held, including DBG Health, Genomic Diagnostics, Greek Media Group, Zaparas Lawyers, Accountancy Group, Mantzis Family Trust, Alex Bros Jewellers.

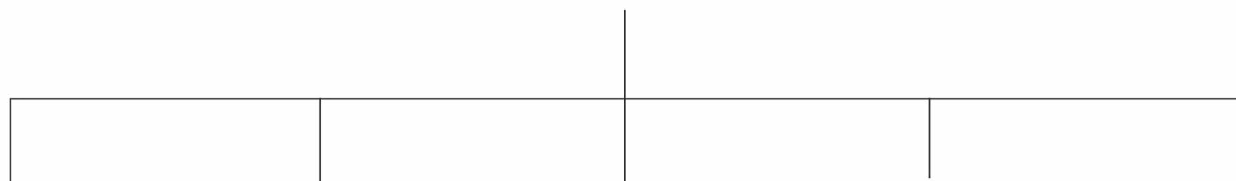






dbghealth.com.au

Shaping patient-centred healthcare through access and innovation



#### Pharmaceuticals

Generic pharmaceuticals;  
Branded pharmaceuticals;  
Innovative medicines,  
including biologics,  
biosimilars, and new  
chemical entities

#### Consumer Health

Private label over-the-  
counter (OTC) medicines;  
Branded OTC medicines;  
Beauty, skincare and  
wellness brands

#### Retail Services

Professional services,  
Leading technical solutions,  
Pharmacy management  
support, Independent  
pharmacy brands

#### Health Services

Consumer diagnostics,  
Contract sales teams,  
Engagement programs,  
Life sciences consulting,  
Medical education, Nursing  
& telehealth

#### Precision Health

Laboratory innovation,  
Pharmacogenetics, Clinical  
trials; Genetic genealogy,  
Hereditary & Carrier  
screening, Nutrigenomics

Arrotex Pharmaceuticals, Cremorne VIC, ABN 30 605 552 234. Arrotex is a trade mark used under licence. All other brands are trade marks of their respective owners.  
Copyright © 2025. All rights reserved. PRESCRIPTION-004701. Date of Preparation: December 2025.

## QUIZ - ANSWERS THE GREEK ISLANDS

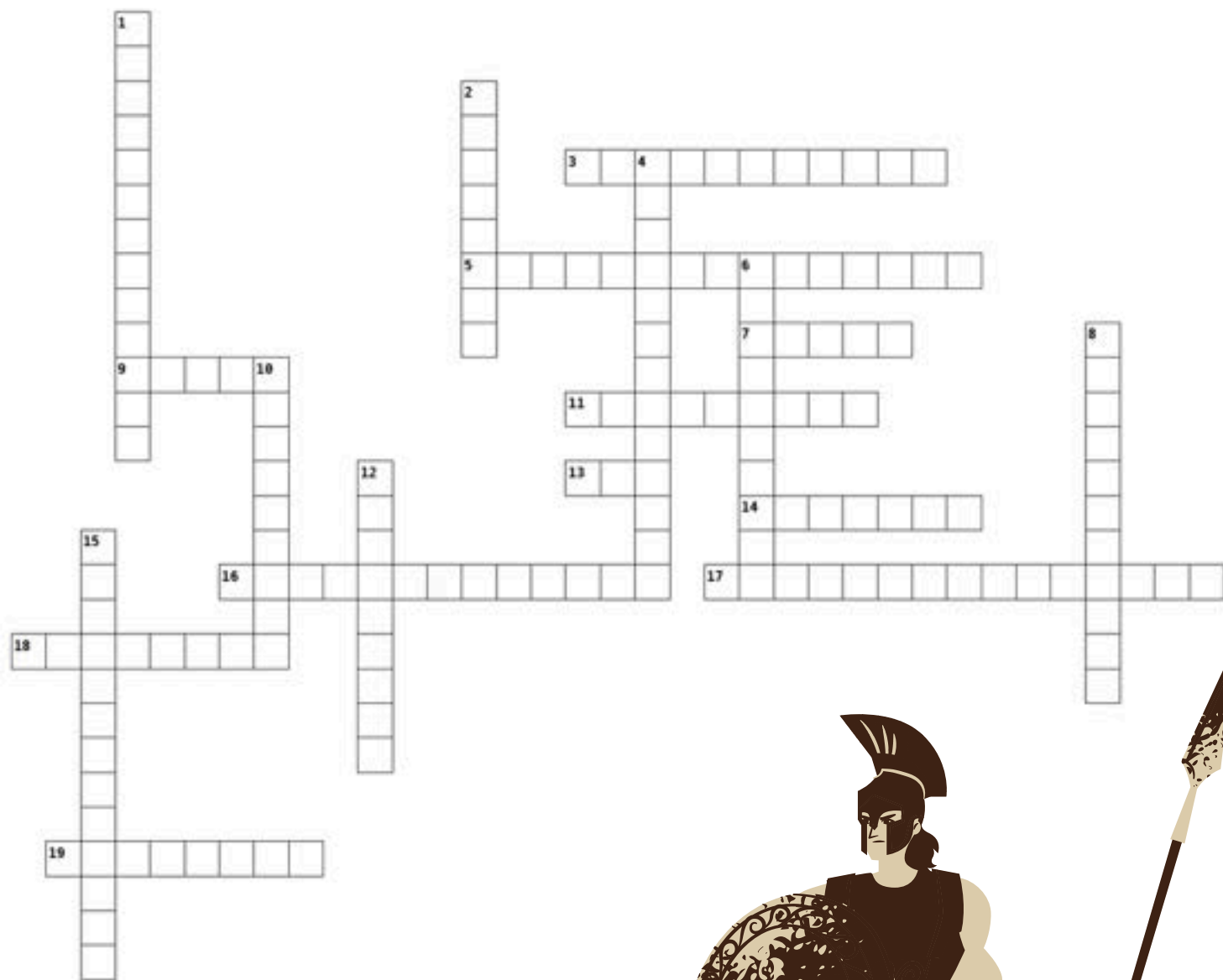
1. Approximately how many Greek islands are there?  
◦ *b. 6 000*
2. List three of the five largest Greek islands by area.  
◦ *Three of: Crete, Euboea, Lesbos, Rhodes, Chios*
3. Which Cycladic island is considered sacred due to being the birthplace of the gods Apollo and Artemis?  
◦ *Delos*
4. Which Greek island had one of the seven ancient wonders?  
For a bonus point, which wonder?  
◦ *Rhodes*  
◦ *The Colossus of Rhodes*
5. When listing countries by number of islands, Greece is in 13<sup>th</sup> place. Which country has the most islands? For a bonus point, approximately how many islands does this country have?  
◦ *Sweden*  
◦ *d. 268 000*

Score out of 9

1. <https://www.visitgreece.gr/islands/>  
2. <https://greekislanddirectory.com/greek-islands-ranked-by-size-greek-island-directory/>  
3. <https://whc.unesco.org/en/list/530/>  
4. <https://www.britannica.com/video/Overview-Colossus-of-Rhodes/-191974>  
5. <https://www.statista.com/chart/75364/the-estimated-number-of-islands-by-country/>



## CROSSWORD



The crossword in the April edition of the newsletter is shown above.  
Clues on page 13.  
Answers on page 14.

## CROSSWORD - CLUES

### Across

3. \_\_\_\_\_ της Αορτής: ένα από τα οξέα αορτικά σύνδρομα
5. οξεία φλεγμονώδης και λοιμώδης νόσος του πεπτικού συστήματος που επηρεάζει συνηθέστερα 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

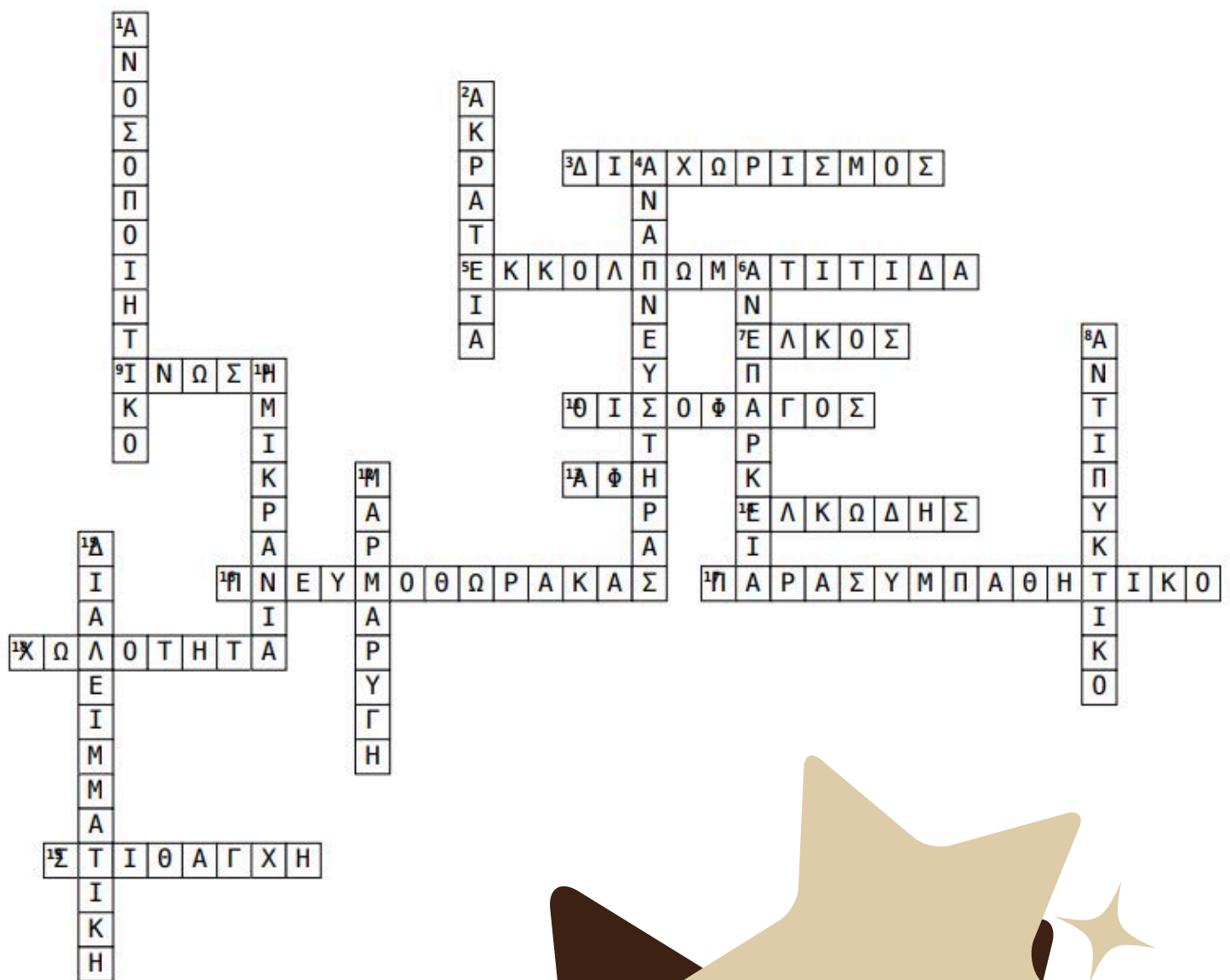
### Down

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





## CROSSWORD - ANSWERS





## 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.



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)

ABN: 19 878 49 6 178

JOIN TODAY!  
experience our bespoke **network**,  
lively **events** and give back to our  
**community and culture!**

THANK YOU TO OUR SPONSORS

PLATINUM SPONSORS



GREEKMEDIAGROUP

GOLD SPONSORS



FOR SPONSORSHIP AND PARTNERSHIP ENQUIRIES: [info@hmsa.org.au](mailto:info@hmsa.org.au)





# A CLOSING WINTER MESSAGE

The Board of the Hellenic Medical Society of Australia extends its warm regards and hopes the months ahead are rewarding and enjoyable for you and your loved ones.

NEWSLETTER

**CREDITS**

**CONTRIBUTORS**

A/Prof Marinis Pirpiris

Dr Athina Pirpiris

Dr Ben Filipopoulos

**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)

ABN: 19 878 49 6 178

**JOIN TODAY!**

Experience our bespoke **network**,  
lively **events** and give back to our  
**community and culture!**