

## PERSONAL INFORMATION

## Sotirios Tsioumas



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🌐 [www.ofthalmoplastiki.gr](http://www.ofthalmoplastiki.gr) [www.softsurgery.gr](http://www.softsurgery.gr) [www.surgerynonablative.gr](http://www.surgerynonablative.gr) [www.tsioumas.com](http://www.tsioumas.com)  
[www.elixirioneotitas.gr](http://www.elixirioneotitas.gr)

Sex Male | Date of birth 04/05/1972 | Nationality Greek

## PERSONAL STATEMENT

Ophthalmologist, Surgeon in Ophthalmology, Mc Aesthetic medicine, Lecturer at the University of Camerino , Rome , Italy

## WORK EXPERIENCE

1999–2000

**Traditional medicine practitioner**

Local Medical center, Evoia (Greece)

- Complete medical examination
- Ophthalmic examination
- prescription

2001–2001

**Medical doctor**

Vyrone Clinic, Athens (Greece)

- Volunteer service
- General medicine

2001–2001

**Medical doctor**

Public Hospital of Kalamata - Ophthalmology Department, Kalamata (Greece)

- General medicine
- Ophthalmological Examinations

2002–2003

**Medical doctor**

Military Hospital Of Larissa - Ophthalmology Department, Larissa (Greece)

- General Medicine
- Ophthalmological check

2003

**General Practitioner**

Institute of Aesthetics Caroli Health Club

- 6 Month Practise in Aesthetic Techniques.

2004–2007

**Medical doctor**

Public Cancer Hospital - AG. SAVVAS, Athens (Greece)

- Specialization in ophthalmology

2007–2017

**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 Canulas
- Threads
- Carboxytherapy
- R/F

2007–2017 **Eye Surgeon**

Athens Eye Hospital, Athens (Greece)

- Eye Surgery

## EDUCATION AND TRAINING

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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
English	B1	B1	B1	B1	B1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user  
 Common European Framework of Reference for Languages

Organisational / managerial skills

- President of SAMNAS ( Society of Aesthetic Medicine and Non Ablative Surgery)
- President and member of the organising comitee 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 Comittee od the 2nd International aesthetic Medicine & Soft Surgert 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 Noninvasive Surgery),
- Member of AIMAA (Italian Academy of anti-Aging)
- Member of IIPA ( International Iridology Practitioners Association )

Digital competence

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Proficient user	Proficient user	Independent user	Independent user

Digital competences - Self-assessment grid

Office suite - Independent User - Good Photoshop - Basic Level
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- Good command of writting professional emails
- Good Command od photo &video editing

Driving licence B

ADDITIONAL INFORMATION

Conferences

- 8ο Διεθνές Συνέδριο Γλαυκώματος " ΓΛΑΥΚΩΜΑ 2001" Αθήνα, 9-11 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.

- 16 th 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.
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- 18<sup>th</sup> 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
- 15<sup>th</sup> World Congress of **aesthetic Medicine** May 5-8 2005 Rome Italy
- 19<sup>th</sup> International Congress of the Hellenic Society of Intraocular Implant and Refractive Surgery, Athens 17- 20 February 2005
- 10 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)
- 20<sup>th</sup> 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 .
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- 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
- 25<sup>th</sup> 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 Honor (2008)
- V Congress AMEB 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 12-14 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

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**"

Publications

- 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. Sotiris, 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 & Varvarezou-Liliou Anastasia*, Pinnacle Medicine & Medical Sciences ISSN: 2360-9516, Vol.2 (1), Article ID pmms\_164, 441-444, January-2015
- "Noninvasive Upper Blepharoplasty In Relation To Surgical Blepharoplasty", *Tsioumas G. Sotiris, Georgiadiou Irini & Ntountas Ioannis*, Pinnacle Medicine & Medical Sciences ISSN: 2360-9516, Vol.1 (5), Article ID pmms\_163, 436-440, December-2014.
- "Plexr: The Revolution In Blepharoplasty", *Tsioumas G. Sotiris, Georgiadis Nikolaos & Georgiadiou Irini*, Pinnacle Medicine & Medical Sciences ISSN: 2360-9516, Vol.1 (5), Article ID pmms\_160, 423-427, December-2014.
- Georgia Gloustianou, Maria Sifaki, Sotiris G. Tsioumas, Dr. Vlachodimitropoulos, Antonio Scarano "Presentation Of Old And New Histological Results After Plasma Exercises (Plexr) Application (Regeneration Of The Skin Tissue With Collagen III)" Pinnacle Medicine & Medical Science ISSN: 2360-9516, Vol. 3 (3), 2016, Article ID pmms\_241, 983-990, 2016.
- Tsioumas G S, Georgiadis N, Georgiadiou I. The Gas Ionization by Plasma Technology for Noninvasive Techniques in Oculoplastic. - JOJ Ophthal. 2017; 2(2): 555584. DOI: 10.19080/JOJO.2017.02.555584
- Tsioumas G Sotiris., et al. "New Treatment with Plasma Exeresis for Non- Surgical Blepharoplasty". EC Ophthalmology 5.4 (2017): 156-159
- 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 Arnaoutoglou , 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. Sotirios , 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.Sotirios , Master Thesis" Aesthetic Urology "
- Papapostolou Ch. Apostolos MD, Supervisor Tsioumas G. Sotirios , Master Thesis " Treatment of Scars "
- Lykaki Dimitra , Supervisor Tsioumas G. Sotiris , Master Thesis " Wrinkles Treatment"

•Author of Manual Aesthetic Medicine and Non Ablative Surgery ( personal Book find it on AMAZON.COM & Vivlionet )

## 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 Padoan, 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.
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## 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 , Korean , 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 , Korean , Thailand , Singapore , Aman , Poland , Kuwait , Cyprus , Greece , Italy , Holland , Serbia , London , Switzerland , Malesia, Turkey etc in dr. Sotiris Tsioumas's 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,
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