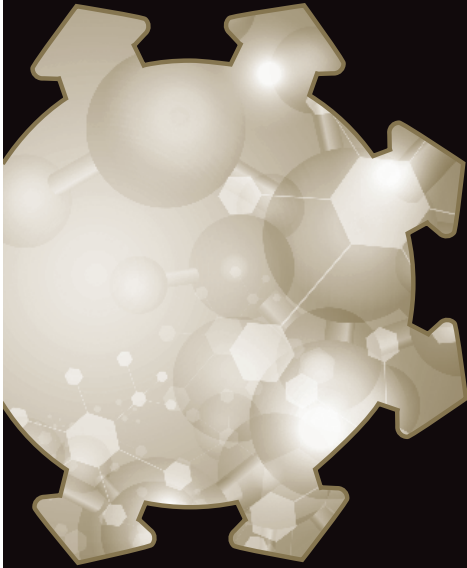


PROGRAM **13th International**
IMBMC
Medical Congress



Bio-medical Scientific Cyprus

18 Credits of Continued Medical
Education will be awarded by the CYMA

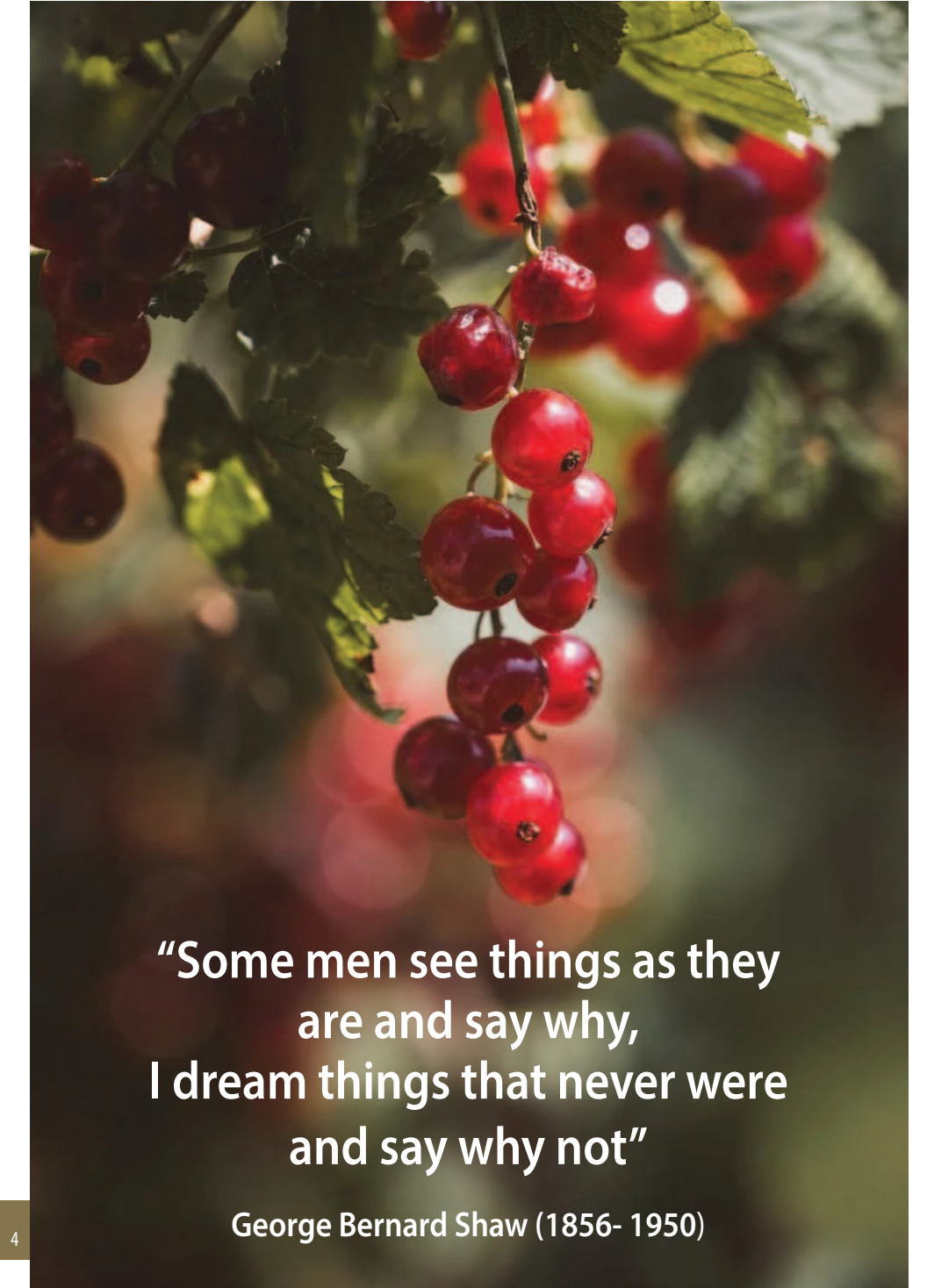
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Professional Development by the CBS

- 6th to 8th November 2025
- Cultural Center,
European University Cyprus

Organized & Supervised by:
Professor Dr Ioannis Patrikios

Under the auspices:





**"Some men see things as they
are and say why,
I dream things that never were
and say why not"**

George Bernard Shaw (1856- 1950)

ΔΕΙΤΕ ΤΑ ΑΠΟΤΕΛΕΣΜΑΤΑ ΤΗΣ ΕΡΕΥΝΑΣ ΜΑΣ



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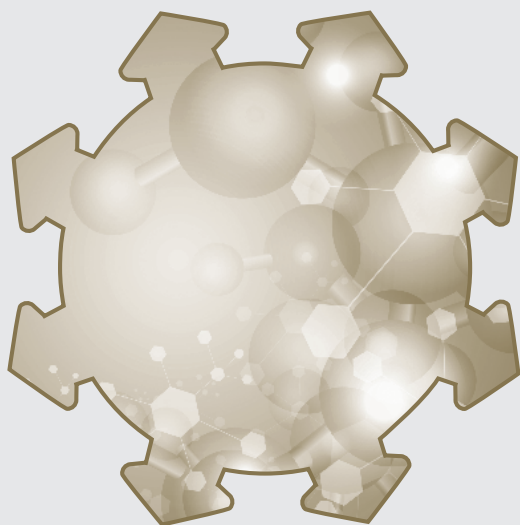
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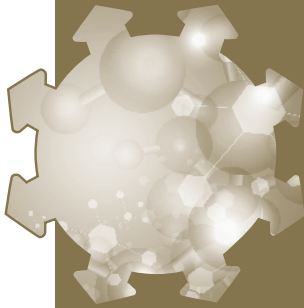
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Bio-medical Scientific Cyprus

PROGRAM



13th International Multithematic Scientific Bio-Medical Congress (IMBMC) “Bio-medical Scientific Cyprus”

THURSDAY, 6 NOVEMBER 2025

Program

08:00 – 08:55 Registration / Coffee

08:55 – 09:00 EUC School of Medicine

09:00 – 09:05 **MASTERS OF CEREMONY**



Short Introduction and Kick-off

Professor Dr. Ioannis Patrikios

Founder and Organizing/Scientific Committee Chairman

SESSION I

NEW ENVIRONMENTAL REALITIES AND PUBLIC HEALTH - GLOBAL WARMING

ENVIRONMENTAL AND HABITUAL FACTORS JEOPARDIZE HEALTH: ARE WE REALLY PROTECTED?

Chairs: Dr. Andreas Zachariades, Dr. Christos Dimopoulos

09:05 – 09:20 **“Human exposomics to prevent and control the environmental determinants of chronic diseases”**



Professor Dr. Konstantinos Makris

Cyprus International Institute for Environmental and Public Health, School of Health Sciences

Cyprus University of Technology

09:20 – 09:35 **“Disaster Risk Reduction in the New Environmental Realities”**



Professor Dr. Giorgos Boustras

Professor in Risk Assessment, European University Cyprus

09:35 – 09:45 “AI for Improved Public Health, Burnout Prevention, and Climate-Resilient Health Systems”



Dr. Dimitrios Kalogeropoulos (HYBRID)

Chief Executive, Global Health Digital Innovation Foundation. WHO/Europe Strategic Partners Initiative for Data and Digital Health. Health Executive in Residence & MBA Health External Advisory Board, UCL Global Business School for Health. Incoming Chair, IEEE European Public Policy Committee

09:45 – 10:05 KEYNOTE SPEAKER



Professor Dr. Jean Sciare

Director of the Climate and Atmosphere Research Center (CARE-C) of the Cyprus Institute (Cyl) and Grant Holder of the “EMME-CARE” H2020

“Air pollution over Cyprus and the broader Eastern Mediterranean and Middle East (EMME) region: impact on air quality and public health”

SESSION II

MEDICAL GENETICS, METABOLOMICS AND BIOINFORMATICS AS TOOLS FOR NEW THERAPIES

BLOOD MALIGNANCIES, TOXINS, CHRONIC AND RARE DISEASES AND NOVEL APPROACHES: WHAT ELSE IS YET TO COME?

Chairs: Dr. Pavlos Neophytou, Dr. Pavlos Kosteas

10:05 – 10:20 “Toxicity of colon cancer-related bacteria and their metabolites”



Associate Professor Dr. Yiorgos Apidianakis

Associate Professor of Genetics, University of Cyprus, Cyprus

10:20 – 10:35 “Bridging the Gap: Integrating Polygenic Risk Scores (PRS) into Clinical Genetics for Personalized Medicine”



Associate Professor Dr. Violetta Christophidou Anastasiadou

Clinical Geneticist, Cyprus Institute of Neurology and Genetics and Karaiskakio Foundation

10:35 – 10:50 “Network-Based Bioinformatics and Multisource Data Integration Targeting EBV-MS Understanding and Drug Repurposing”



Professor Dr. Giorgos Spyrou

Bioinformatics Department, The Cyprus Institute of Neurology & Genetics

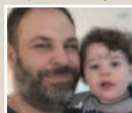
10:50 – 11:05 “From Hope to Pipeline: A Social-Purpose Playbook for Rare-Disease Gene Therapy”



Terry Pirovolakis

CEO & Founder, ELPIDA Therapeutics

Gene Therapy for SPG50



SESSION III

COORDINATED BY DR PRODROMOS KAPLANIS

ARTIFICIAL INTELLIGENCE (AI): THE TRANSFORMATION OF THE WORLD.

“AN OVERVIEW OF RECENT ADVANCES OF AI IN MEDICINE”

“ARTIFICIAL INTELLIGENCE DOES NOT REPLACE THE HUMAN BEING; IT EQUIPS HIM WITH NEW HORIZONS OF THOUGHT AND NEW TOOLS OF INSPIRATION.”

Chairs: Dr Alexis Papadopoulos, Vis. Prof. Apostolos Papalois

11:05 – 11:20 “Explainable AI in Medicine”



Professor Dr. Antonis Kakas

Computer Science and Biomedical Research Center University of Cyprus

11:20 – 11:35 “Enhancing Radiology with AI: Tools, trends and Benefits”



Mr. Michalis Kythreotis

Managing Director of Costas Christodoulou Ltd Medical Equipment

11:35 – 11:50 “Trustability and Reliability of AI in Radiation Protection”



Dr. Prodromos A Kaplanis

Medical Physics and Radiation Protection Expert Adjunct Professor, School of Medicine, European University Cyprus, Frankfurt Branch.

11:50 – 12:35 Lunch Buffet POSTER SESSION

SESSION IV

SATELLITE BY SPORTS CARDIOLOGY CONGRESS, GREECE

HIGHLIGHTS OF THE 6TH PANAHELLENIC INTERNATIONAL CONGRESS OF SPORTS CARDIOLOGY



Chairs: Professor Dr. Filippos Triposkiadis, Dr. Elias Kanellos



Salutation: Adj. Prof. Dr. Spyridon Papaioannou the Founder and Chairman of the organizing committee of the Panhellenic “Sports Cardiology” Congress (HYBRID)

12:35 – 12:50 “Lifelong Myocardial Preservation”



Professor Dr. Dennis V. Cokkinos

Director Cardiovascular Research at Biomedical Research Foundation of the Academy of Athens

12:50 – 13:05 “Look at the Deep: Imaging in sports cardiology”



Dr. Kyriakos Yiangou

Consultant Cardiologist

SESSION V

INNOVATIONS AND CHALLENGES IN PULMONOLOGY

SLEEP APNEA, ADVANCING COPD AND SEVERE ASTHMA MANAGEMENT, EMERGING THERAPIES FOR INTERSTITIAL LUNG DISEASE, AND ADDRESSING ENVIRONMENTAL INFLUENCES ON LUNG HEALTH

Chairs: Dr. Dimitrios Grassos, Dr. Alexis Papadopoulos

13:05 – 13:20 “Central sleep apnea – from pathophysiology over phenotypes to treatment recommendations”



Clinical Assistant Professor Dr. Andreas Zachariades

Pulmonologist, Sleep Disorders Specialist, Senior Lecturer (Pulmonology) at the School of Medicine, European University Cyprus

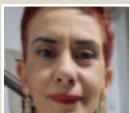
13:20 – 13:35 “Advancements in the Management of Chronic Obstructive Pulmonary Disease (COPD)”



Dr. Irene Zarvou

Pulmonologist - Tuberculosis Specialist,
Pulmonology Clinic, Nicosia General Hospital

13:35 – 13:50 “Emerging Therapies for Interstitial Lung Disease (ILD)”



Dr. Tonia Adamidi

Director Respiratory Department
Nicosia General Hospital

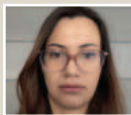
13:50 – 14:05 “Advances in lung fibrosis pathogenesis and clinical implications”



Professor Dr. Argyris Tzouvelekis

Respiratory Medicine University of Patra, Greece

14:05 – 14:20 “Severe asthma; mucus plugs: from pathophysiology to diagnosis and clinical implications”



Dr. Anna Ioannou
Pulmonologist
Respiratory Department Nicosia General Hospital



“Vaccination as a protective tool against smoking-aggravated respiratory infections”

Dr. Stamatoula Tsikrika
Chest Physician at SOTIRIA Hospital
President of the Union of Pulmonologists of Greece, Scientific Associate of EODY, Board Member of the Mediterranean Institute for Study & Education in the Prevention & Treatment of Infections

14:35 – 14:50 Coffee Break

SESSION VI

HEART: FATS THAT HEAL, FATS THAT KILL, CORONARY ARTERY DISEASE, PREVENTIVE CARDIOLOGY

FOCUS ON TODAY TO ENLIGHTEN THE FUTURE

NAVIGATING LIPID LABYRINTH: KEY QUESTIONS ON LDL AND HDL FOR CARDIOVASCULAR WELLNESS

Chairs: Dr. Giorgos Miltiadous, Dr. Fivos Symeonides

14:50 – 15:05 “Redefining HDL: Functional Insights and Therapeutic Horizons”



Professor Dr. Kyriakos Kypreos
University of Patras School of Health Sciences, Department of Medicine, Pharmacology Laboratory.

15:05 – 15:20 “Advancements in Lipid-Lowering Therapies: Exploring the latest developments in statins, PCSK9 inhibitors, and novel therapies such as bempedoic acid and RNA-based treatments according to the latest 2025 ESC guidelines”



Dr. Dimitris Richter
Consultant Cardiologist, Euroclinic Hospital, Athens, Greece

15:20 – 15:35 “Lipid Management in Special Populations: women, the elderly, patients with diabetes and those with chronic kidney disease”



Professor Dr. Haralampos Milionis
Professor of Internal Medicine at the School of Medicine, University of Ioannina, Greece.
President of the Hellenic Atherosclerosis Society (HAS)

SESSION VII

INTERACTIVE WORKSHOP I

CURRENT TRENDS IN THE MANAGEMENT OF AORTIC DISEASE THROMBOSIS / VASCULAR SURGERY AORTIC DISSECTION FROM THE ROOT TO THE ABDOMEN: OPTIMAL MANAGEMENT STRATEGIES.

Session Coordinator: Prof. Dr. Miltiadis (Miltos) Matsagkas

Department of Vascular Surgery, Faculty of Medicine, University of Thessaly, Larissa University Hospital

Chairs: Dr. Miltiadis (Miltos) Matsagkas, Dr. Andreas Hadjipolycarpou, Dr. Konstantinos Vasilas

15:35 – 15:50 “Diagnostics and management of direct oral antithrombotics induced bleeding”



Professor Dr. Eleni Arnaoutoglou

Professor of Anesthesiology and Chair, Department of Anesthesiology, Faculty of Medicine, University of Thessaly, Larissa University Hospital

15:50 – 16:00 “Type A aortic dissection: Innovations in surgical management”



Clinical Professor Dr. Ioannis Tzanavaros

Adult and Pediatric Cardiac Surgeon; Director Cardiac Innovation Center, University of Nicosia Medical School, Apollonion Private Hospital, Nicosia Cyprus

16:00 – 16:10 “Endovascular treatment is the standard of care in type B aortic dissection”



Clin. Assoc. Prof. Dr. Neophytos Zambas

University of Nicosia Medical School

Vascular Surgeon, Aretaeio Hospital Nicosia, Nicosia, Cyprus

16:10 – 16:20 “What are the treatment strategies in isolated abdominal aortic dissection?”



Dr. Triantafyllos Giannakopoulos

Vascular Surgeon, Co-Director of the Vascular Surgery Department, Mediterranean Hospital, Cyprus

16:20 – 16:30 “Endovascular solutions for aortic dissection involving the aortic arch”



Clin. Prof. Dr. Theodosios Bisdas

Vascular surgeon, Head of the 3rd Vascular Surgery Clinic, Athens Medical Center

16:30 – 16:45 15 Min Interactive Discussion

16:45 – 17:10 Break

OPENING CEREMONY

17:15 – 17:20 SCHOOL OF MEDICINE – VIRTUAL PRESENTATION

**17:20 – 17:30 VOCAL ENSEMBLE
“Kalesma”**

will present an enticing program with Cypriot and Greek folk-traditional music

17:35 – 17:45 WELCOME ADDRESSES

Professor Dr. Ioannis Patrikios

Deputy Dean of the School of Medicine, European University Cyprus &
Congress founder and Scientific Organizing Committee Chairman

Professor Dr. Elizabeth Johnson

Dean, School of Medicine, European University Cyprus

Professor Andreas Efstathiou

Rector, European University Cyprus

Clinical Professor Dr. Petros Agathaggelou

President, Cyprus Medical Association & Congress Scientific Committee Vice Chairman

Minister of Health

Mr. Michael Damianos

17:45 – 18:00 OPENING CEREMONY LECTURE



Introduced By: Professor Dr. Ioannis Patrikios

Professor Dr. John Ioannidis

Professor of Medicine, of Epidemiology and Population Health, and (by courtesy) of Biomedical Data Science and Statistics and co-director of the Meta-Research Innovation Center at Stanford (METRICS), Stanford University

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[†] LDL-C reduction was maintained during each 6-month dosing interval after 2 initial doses of inclisiran.



▼ **LEQVIO™ Important note: Before prescribing, consult full prescribing information.** **Presentation:** Solution for injection: Each pre-filled syringe contains inclisiran sodium equivalent to 284 mg inclisiran in 1.5 mL solution. **Indications:** Indicated in adults with primary hypercholesterolaemia (heterozygous familial and nonfamilial) or mixed dyslipidaemia, as an adjunct to diet. • In combination with a statin or statin with other lipid-lowering therapies in patients unable to reach LDL-C goals with the maximum tolerated dose of a statin, or • alone or in combination with other lipid-lowering therapies in patients who are statin-intolerant, or for whom a statin is contraindicated. **Dosage and administration:** Recommended dose: 284 mg administered as a single subcutaneous injection: initially, again at 3 months, followed by every 6 months. **Missed dose:** • If a planned dose is missed by less than 3 months, inclisiran should be administered and dosing continued according to the patient's original schedule. • If a planned dose is missed by more than 3 months, a new dosing schedule should be started – inclisiran should be administered initially, again at 3 months, followed by every 6 months. **Treatment Transition from PCSK9 inhibitor:** Inclisiran can be administered immediately after the last dose of a monoclonal antibody PCSK9 inhibitor. To maintain LDL-C lowering, it is recommended that inclisiran is administered within 2 weeks after the last dose of a monoclonal antibody PCSK9 inhibitor. **Special populations:** Renal impairment: No dose adjustment is

necessary for patients with renal impairment (mild, moderate or severe), or end-stage renal disease. **Hepatic impairment:** No dose adjustment is necessary for patients with mild or moderate hepatic impairment. Inclisiran should be used with caution in patients with severe hepatic impairment. **Pediatric patients (below 18 years):** The safety and efficacy of inclisiran have not been established. **Geriatric patients (65 years of age or above):** No dose adjustment is necessary. **Method of administration:** Intended for administration by a healthcare professional. For subcutaneous injection into the abdomen. Leqvio should be inspected visually for particulate matter prior to administration. Each pre-filled syringe is for single use only. **Contraindications:** Hypersensitivity to the active substance or to any of the excipients. **Warnings and precautions:** Hemodialysis: Hemodialysis should not be performed for at least 72 hours after inclisiran dosing. **Pregnancy, lactation, fertility:** Pregnancy: No available human data. Animal reproduction studies have not shown risk of increased fetal abnormalities. Lactation: Not known, if transferred into human milk. A risk to newborns/infants cannot be excluded. A decision must be made whether to discontinue breastfeeding or to discontinue/abstain from inclisiran therapy, taking into account the benefit of breastfeeding for the child and the benefit of therapy for the woman. **Fertility:** No human data. No effects on animal fertility. **Adverse drug reactions:** Common (≥1/100 to <1/10): Adverse

events at the injection site (includes injection site reaction, injection site pain, injection site erythema, and injection site rash). **Interactions:** Not a substrate, inhibitor or inducer of CYP450 enzymes or common drug transporters. Not expected to have clinically significant interactions with other medications. Based on the limited data available, clinically meaningful interactions with atorvastatin, rosuvastatin or other statins are not expected. **Packs and prices:** LEQVIO solution for injection 284mg/1.5mL in pre-filled syringe (with needle guard): €2530.08.

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References: 1. Leqvio Summary of product characteristics. Novartis. 25.11.2024. 2. RS Wright, FJ Baal, W Koenig, U Landmesser, LA Leiter, GG Schwartz, A Lesogor, P Maheux, Z Tallrocz, S Vikarunnessa, X Zang, KK Ray ORION-8: Long-term efficacy and safety of twice-yearly inclisiran in high cardiovascular risk patients. Data presented at the ESC Congress on August 28, 2023.



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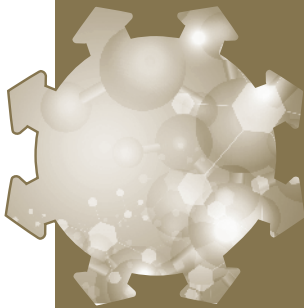
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13th International Multithematic Scientific Bio-Medical Congress (IMBMC) “Bio-medical Scientific Cyprus”

FRIDAY, 7 NOVEMBER 2025

Program

08:00 – 08:45 Registration / Coffee

08:45 – 09:30 SELECTED ABSTRACTS

(8 min each
presentation)

Oral Presentations

(The Presenting Authors are underlined)



“Identifying novel and effective treatments to prevent negative affect and relapse during opioid abstinence”

Andria Michael^{1,2}, Anna Onisiforou^{1,2}, Polymnia Georgiou³, Morfeas Koumas⁴,
Andrea N. Georgiou^{1,2}, Panos Zanos^{1,2}

¹ Department of Psychology, University of Cyprus, Cyprus; ² Center for Applied Neuroscience (CAN), University of Cyprus, Cyprus; ³ Department of Psychology, University of Wisconsin-Milwaukee, U.S.A.;

⁴ Department of Biological Sciences, University of Cyprus, Cyprus



“Galenic Preparations in Dermatology: From Tradition to Modern Individualized Therapy”

Athanasia Zampeta¹ and Andrija Stanimirovic^{1,2}

¹ School of Medicine, European University Cyprus, Nicosia, Cyprus; ² University of Applied Health Sciences, Zagreb, Croatia



“A multi-omics analysis of effector and resting Treg cells in pan-cancer”

Anna-Maria Chalepaki^{a,b}, Marios Gkoris^{a,b}, Irene Chondrou^a, Malamati Kourti^a,
Ilias Georgakopoulos-Soares^c, Apostolos Zaravinos^{a,b}

^a Department of Life Sciences, School of Sciences, European University Cyprus, Nicosia, Cyprus; ^b Cancer Genetics, Genomics and Systems Biology Laboratory, Basic and Translational Cancer Research Center (BTCRC), Nicosia, Cyprus; ^c Institute for Personalized Medicine, Department of Biochemistry and Molecular Biology, The Pennsylvania State University College of Medicine, Hershey, PA, USA



“Genetic concordance between the trophectoderm and inner cell mass of day-5 preimplantation embryos using next generation sequencing”

Nicole Salameh¹, Athina Theodosiou¹, Ludmila Kousoulidou¹, Yiannis Papaevripidou¹, Paola Evangelidou¹,
Damianos Michaelides², Anna Agathangelou³, Sozos Fasoulitis³, Joanne Traeger-Synodinos⁴, Periklis Makrythanasis⁴, Carolina Sismani¹

¹ Cytogenetics and Genomics Department, The Cyprus Institute of Neurology and Genetics, Nicosia, Cyprus;

² Biostatistics Unit, The Cyprus Institute of Neurology and Genetics, Nicosia, Cyprus; ³ ISIS Clinic, Nicosia, Cyprus;

⁴ Laboratory of Medical Genetics, Medical School, National and Kapodistrian University of Athens, Greece.

Chairs: Dr. Panayiota Christodoulou, Dr. Charalambos Michaelouides

SESSION VII

INTERACTIVE WORKSHOP II

SATELLITE SESSION BY ONE HEALTH ONE ROAD ALLIANCE

A NON-FOR-PROFIT ORGANIZATION

EU IS AGEING. IS THE UNION READY FOR LONGER LIVES?

WHAT IS THE PLAN FOR DESIGN, SERVICES, COST, AND CARE?

“THE NEED FOR A HEALTHY AGEING ALLIANCE”



Chairs: Mr. Lars Munter, Founder and International Director Nordic Wellbeing Academy, Non-Profit Association, DK Development Director, European Health Futures Forum, Non-Profit Association IRL

Dr. Eva Turk, IHI IMPROVE, center for Digital Health and Social Innovation, University of Applied Sciences St. Polten, Austria

09:30 – 10:30 Total Session time



“The Path to Breakthrough for Global Health Challenges - linking One Health One Road”

Mr Takis Kotis

Chief Executive Officer, Cambridge Medical Academy, Cambridge, UK



“One Health One Road China”

Ms. Jun (Helena) Li

Chief Executive Officer, Shanghai, One Road One Health Medicine, Shanghai, China



“Health as the most important societal pillar - and how can EU reclaim global leadership”

Mr. Bogi Eliassen

Global Advisor on Health; Executive Director of the Movement Health Foundation; Fellow Copenhagen Institute for Futures Studies, Bosch Academy, Sciana Health Leaders Network



“From Local Bridges to Global Highways: Turning Transformation Lessons into Shared Knowledge”

Ms. Diana Arsovic Nielsen

CEO, Danish Life Science Cluster, Denmark



“EU population is becoming old, what do we do: Present and Future Political thoughts and suggested strategies”

Mr. Michalis Hadjipantelas

Member of the European Parliament DISY/EPP Group
Ex Minister of Health at Cyprus Government, Cyprus

10 min live interactive discussion

FROM THE NEWS

THE "ELPIDA" FOUNDATION CYPRUS IS AIMING TO UNITE GLOBAL EFFORTS FOR A HEALTHIER FUTURE FOR ALL

Chairs: Dr. Georgios Ioannidis, Dr. Maria Pittaka

10:40 – 10:55 "The Cyprus International Action Plan for Childhood Cancer (Cy-IAPCC): Bridging Gaps, Saving Lives"



Professor Dr. Loizos Loizou



SESSION IX

NEW FRONTIERS

CHRONIC DISEASES AND INTEGRATED MEDICINE

THERAPEUTIC TOOL, NOVELTIES AND EMERGING TARGETS, NATURAL PRODUCTS AND REPURPOSING DRUGS

GENETICS, EPIGENETICS AND MOLECULAR MEDICINE: NEW FRONTIERS FOR HUMANITY'S HEALTHY BEING

FROM GENETICS TO CLINICAL TRIALS TO CLINICAL PRACTICE:

NOVEL AND PIONEER STRATEGIES FOR NEW THERAPEUTIC AND HOLISTIC APPROACHES

ONCOLOGY / CARDIOLOGY / NEUROLOGY / AGING

Chairs: Dr. Georgios Ioannidis, Dr. Maria Pittaka

10:55 – 11:10 "Integrative Oncology: Myths, Evidence, and the Future of Cancer Care"



Dr. Constantina Stylianou

Head of Integrative Medicine Department German Oncology Centre

SIO Co - Ambassador for Cyprus & Greece, SIO Co Chair for Communications Committee

11:10 – 11:25 "Immuno-Oncology Meets Integrative Oncology - Synergy and Precision"



Dr. Nina Fuller-Shavel

Director of Synthesis Clinic, Co-Founder of Oncio CIC

CEO of the UK NCIO (National Centre for Integrative Oncology) Charity RCN;

Immediate Past Co-Chair of BSIO, Co-Chair of BSIO Education Committee;

SIO Global Ambassador to the UK and Co-Chair of the SIO Global Committee

Co-author of 'Integrative Oncology in Breast Cancer Care'

11:25 – 11:40 "The sigma-2 ligand Siramesine induces cell death in Pancreatic Ductal Adenocarcinoma (PDAC) via a TMEM97/S2R independent mode"



Professor Dr. Konstantinos Dimas

Department of Pharmacology, Medical School of the University of Thessaly, Greece

11:40 – 11:55 "Cancer Cachexia: New insights for an ancient syndrome"



Dr. Ioannis Gioulbasanis

Scientific Collaborator

Oncology Clinic, General University Hospital of Larissa Theotokos Clinic Larisa

IASO Thessalias and Euromedia, Kozani

SESSION IX

INTERNAL MEDICINE. ENDOCRINOLOGY, DIABETES:

THE MAGNITUDE OF AN UNRESOLVED PROBLEM: ADVANCES AND NEW TREATMENT APPROACHES

Chairs: Dr. Ioannis Kyriazis (HYBRID), Dr. Kadi Ioannidou Stelia, Dr. Giorgos Moustras

11:55 – 12:10 **“The future in diabetes - The Role of Gut Microbiome in Diabetes: Implications for Personalized Treatment Strategies”**



Professor Dr. Erifili Hatziagelaki

Department of Internal Medicine, Research Institute & Diabetes Center, University Hospital
“Attikon” Medical School, National and Kapodistrian, University of Athens, Greece

12:10 – 12:25 **“The link between GLP-1 agonists and thyroid cancer risk”**



Dr. Nantia Othonos

Specialist in Endocrinology and Diabetes
The Care Medical Institute

12:25 – 12:45 **KEYNOTE SPEAKER**



Professor Dr. Vasso Apostolopoulos (HYBRID)

Distinguished Professor, School of Health and Biomedical Sciences, RMIT University,
Melbourne VIC Australia, Expertise in development of drugs and vaccines

“From Bench to Bedside: Translating Cancer Vaccine Research into the Clinic”

12:45 – 13:20 **Lunch Buffet**
POSTER SESSION

Deloitte.

SESSION X

NEUROLOGY, NEUROGENETICS, NEUROPHYSIOLOGY, NEUROIMMUNOLOGY, NEUROPHARMACOLOGY

CHRONIC DISEASES

THERAPEUTIC TOOLS, NOVELTIES AND EMERGING TARGETS, NATURAL PRODUCTS AND REPURPOSING DRUGS

Chairs: Dr. Dimitris Papadopoulos, Dr. Iva Tzvetanova, Dr. Aggelos Grigoriou

13:20 – 13:35 Sponsored by the Cyprus Biological Society (CBS)



"Herbs in Therapeutics: Benefits and Risks"

Professor Dr. Maria Konstandi

Department of Pharmacology, Faculty of Medicine,
University of Ioannina



13:35 – 13:50 **"Glucose neurotoxicity in dopaminergic neurons: direct and glial cell-mediated mechanisms"**



Professor Dr. Achilleas Gravanis (HYBRID)

School of Medicine, University of Crete

13:50 – 14:05 **"The role of inflammation in Multiple Sclerosis Progression"**



Professor Dr. Marios Pantzaris

Senior Consultant Neurologist, Head of Neuroimmunology Department, Cyprus Institute of
Neurology and Genetics

14:05 – 14:20 **"Fortasyn® Connect is neuroprotective and promotes spinal cord circuitry reorganisation in a rat model of cervical contusion spinal cord injury"**



Dr. Patrick Pallier

Senior Lecturer in Neuroscience

Barts and The London School of Medicine and Dentistry, Centre for Neuroscience, Surgery and
Trauma, Queen Mary University of London, The Blizard Institute

Juris



GEORGIADES
& ASSOCIATES

Advocates & Legal Consultants

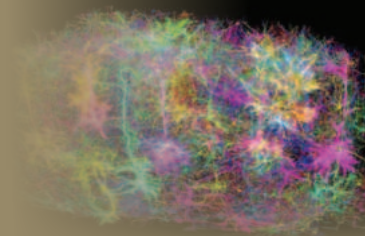
Advocates

EXTRAORDINARY PARTICIPATION

SESSION XI

DISTINGUISHED KEYNOTE LECTURES

YET, THERE IS A LOT TO BE LEARNED!



14:20 – 14:40 KEYNOTE SPEAKER (HYBRID)



Prof. Dr. Andreas Tolia

Professor and Co-founding Director of Enigma Project at Stanford, The MICrONS Project Stanford Bio-X, Wu Tsai Neurosciences Institute, Human-Centered Artificial Intelligence Institute

“Foundation models and digital twins of the brain”

INTERACTIVE WORKSHOP III

STROKE MANAGEMENT: FROM ACUTE DIAGNOSIS TO LONG-TERM REHABILITATION

SESSION COORDINATOR: ASSIST. PROFESSOR DR. PERIKLIS ZAVRIDES, SCHOOL OF MEDICINE, EUC

Chairs: Dr. Marios Pantzaris, Dr. Maria Tsitskari, Dr. Tassos Karandreas

14:40 – 14:50 “Timely Diagnosis, Tailored Recovery: The Evolving Role of Neurologists in Stroke Pathways”



Dr. Sakis Lambrianides

Head of the Neurology Department and Stroke Unit, Apollonion Hospital, Nicosia

14:50 – 15:00 “The Role of Mechanical Thrombectomy in Patients with Ischemic Stroke”



Dr. Theodosios Tsinas

Interventional Neuroradiologist, Mediterranean Hospital, Cyprus

15:00 – 15:10 “The Role of Speech Therapy in the Stroke Rehabilitation Process”



Ms. Anna Violari

Certified Speech and Language Pathologist with extensive clinical experience and active collaboration with intensive care units and academic institutions

15:10 – 15:20 “The Role of Occupational Therapy in Stroke Rehabilitation”



Ms. Pavlina Solomi

Occupational Therapist

15:20 – 15:30 10 Min interactive discussion

15:30 – 15:40 BREAK

15:40 – 15:55 “How to Build a Healthy Future”



Mr. Bogi Eliassen

Futurist | Global Advisor on Health | Executive Director of the Movement Health Foundation |
Fellow Copenhagen Institute for Futures Studies, Bosch Academy, Sciana Health Leaders Network

15:55 – 16:10 “Integrative Oncology - Why Whole Person Cancer Care is Good Medicine”



Dr. Nina Fuller-Shavel

UK Integrative Oncology Specialist, Precision Health & Integrative Medicine Physician,
Scientist and Educator

16:10 – 16:25 “From Why to We: Transformational Leadership in Health Ecosystems That Scale Purpose and Create Impact”



Ms. Diana Arsovic Nielsen

CEO, Danish Life Science Cluster, Denmark

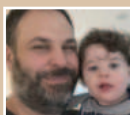
16:25 – 16:40 “The Journey to Cure Michael”



Mr. Terry Pirovolakis

The rare disease crusader

A Cure for SPG50



16:40 – 16:55 “Preventing, correcting, or living with bias”



Prof. Dr. Ioannis Ioannidis

Professor of Medicine, of Epidemiology and Population Health, and (by courtesy) of Biomedical
Data Science and Statistics and co-director of the Meta-Research Innovation Center at Stanford
(METRICS), Stanford University

EXTRAORDINARY PARTICIPATION FORENSIC FRONTIERS: MEET THE UNEXPECTED

Chairs: Clinical Associate Professor Dr. Dimitrios Kyprisopoulos, Clinical Associate Professor
Dr. Athanasios Petrou

16:55 – 17:20 KEYNOTE SPEAKER (HYBRID)



Prof. Dr. Peter Vanezis

Emeritus Professor of Forensic Medical Sciences, Queen Mary University of London

“Dying alone- A Growing Problem of Modern Society”

SESSION XII: ENCOUNTER WITH THE PIONEERS STATE OF THE ART SURGICAL METHODS

17:20 – 17:40 KEYNOTE SPEAKER



Professor Dr. Vassilios Papalois
Professor of Transplantation Surgery and Consultant Transplant and General Surgeon at the Hammersmith Hospital, Imperial College, London, UK
“The Future of Healthcare in Europe”

Chairs: Dr. Vakis Papanastasiou, Dr. Konstantinos A. Gounaris

EXTRAORDINARY PARTICIPATION

17:40 – 18:00 KEYNOTE SPEAKER (HYBRID)



Professor Dr. Constantinos G. Hadjipanayis
L. Dade Lunsford Professor of Neurosurgery. Executive-Vice Chairman, Dept. of Neurological Surgery. Director, Center for Image-Guided Neurosurgery, Co-Director, UPMC Brain Tumor Program, Director, Brain Tumor Nanotechnology Laboratory at the Hillman Cancer Center
“Can innovation succeed in the fight against brain cancer?”

18:00 – 18:20 FROM THE LAB OF:



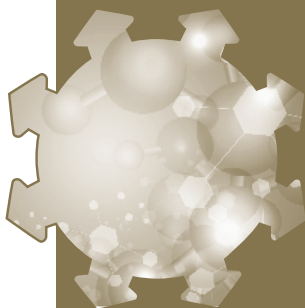
Professor Dr. Alfredo Quiñones-Hinojosa (Dr. Q)
Netflix Series THE SURGEON'S Cut
A surgeon without borders. Brain Tumor Stem Cell Research Laboratory, Mayo Clinic Florida



Dr. Loizos Michaelides
Postdoctoral Fellow, Neurosurgery, Mayo Clinic Florida
“Across Seas, Across Cells: Engineering Therapies for Brain Cancer”

18:40 – 19:30 Reception





13th International Multithematic Scientific Bio-Medical Congress (IMBMC) “Bio-medical Scientific Cyprus”

SATURDAY, 8 NOVEMBER 2025

Program

08:00 – 08:30 Registration

08:30 – 09:00 SELECTED ABSTRACTS

(8 min each
presentation)

ORAL PRESENTATIONS

(The Presenting Authors are underlined)



“The Cyprus Haemoglobinopathy Patient Registry”

Anna Minaidou¹, Soteroula Christou², Irene Savvidou², Anna Rekleiti², George Rotsides², Katerina Pyrovolaki³, Natasa Constantinou³, Stella Tamana¹, Carsten W Lederer¹, Petros Kountouris¹

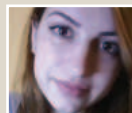
¹Molecular Genetics Thalassemia Department, The Cyprus Institute of Neurology and Genetics, Nicosia, Cyprus; ²Nicosia Thalassemia Clinic, Archbishop Makarios III Hospital, Nicosia, Cyprus; ³Larnaca Thalassemia Clinic, Larnaca General Hospital, Larnaca, Cyprus



“Disk harmonic map of cardiac geometry for the visualization of arrhythmogenic patterns”

Nicolas Hadjittoouli¹, Kathleen Curran², Alfonso Bueno Orivio³, Carles Garcia-Cabrera², James Coleman³, Costas Pitris¹

¹KIOS Research and Innovation Center of Excellence, University of Cyprus, Cyprus; ²University College Dublin; ³Oxford University



“A Case of Heterozygous LDLR-Linked Familial Hypercholesterolemia with Inclisiran Resistance and Statin Intolerance”

Angeliki Mouzarou¹, Despo Melanarkiti¹, Vasileios Dimou¹, Chariton Sapouridis¹, Nikolaos Delis¹, Theodora-Eleni Plakomyti¹

¹Department of Cardiology, Paphos General Hospital, State Health Organization Services

Chairs: Dr. Katerina Menelaou, Prof. Dr. Elpida Nikoloussi

SESSION XIII

INTERACTIVE WORKSHOP IV

SATELLITE SESSION BY THE 1ST CYPRUS-GREECE WORKING GROUP CONGRESS ON AMYLOIDOSIS

Coordinated by: Vis. Prof. Dr. Filippos Triposkiadis and Clin. Prof. Dr. Petros Agathagelou

Chairs: Prof. Dr. Dennis V. Cokkinos, Dr. Spyros Papaioannou

09:00 – 09:15 “Transthyretin amyloidosis (ATTR): is it really a rare disease?”



Visiting Assistant Professor Dr. Dimitrios Chatzis
Consultant Cardiologist, Clinical Hypertension Specialist (ESH), Sports Cardiology Specialist
School of Medicine, European University Cyprus

09:15 – 09:30 “Amyloid A amyloidosis (AA) and light chain (AL) amyloidosis”



Clinical Professor Dr. Manolis Nikolousis
Consultant Hematologist and Bone Marrow Transplantation Program Director for Acute Leukemia and Stem Cell Transplantation at American Hospital in Dubai (part of Mayo clinic network)

09:30 – 09:45 “Diabetic nephropathy: the role of amyloid A and inflammation”



Clinical Assistant Professor Dr. Argyrios Tsakalis
School of Medicine, European University Cyprus, Consultant in Internal Medicine and Diabetologist and offers, Medical services at Melathron Agoniston EOKA Medical Center, Limassol, Cyprus

09:45 – 10:00 “Lipids, amyloid and atherosclerosis”



Clinical Associate Professor Dr. Andreas Synetos
School of Medicine, European University Cyprus
Interventional Cardiologist at Hippokrateion Hospital and Consultant at the First Department of Cardiology at the Medical School of Athens, Greece

Coordinated by: Dr. Panagiotis Avraamides, Dr. Dimitrios Chatzis

10:00 – 10:15 “Biomarkers in diagnosis and risk categorization”



Clinical Associate Professor Dr. Era Heracleous Moustra
School of Medicine, European University Cyprus, Consultant Cardiologist

10:15 – 10:30 “Neurohormonal activation and conventional pharmacological treatment of amyloid heart failure”



Assistant Professor Dr. Andreas Xanthopoulos
University General Hospital of Larissa, Larissa, Greece

10:30 – 10:45 “Amyloidosis, aortic stenosis and TAVI”



Professor Dr. Konstantinos Toutouzas
National and Kapodistrian University of Athens, Head of the Department of Structural Cardiopathies and Cardio-Oncology, First University Cardiology Clinic, Hippocrates Hospital

10:45 – 10:55 10 min Interactive Discussion

SESSION XIV:

SATELLITE SESSION BY THE CYPRUS-GREECE INVASIVE CARDIOLOGY AND CARDIOTHORACIC SURGERY WORKING TEAMS

ENCOUNTER WITH THE PIONEERS

STATE OF THE ART THERAPEUTIC INTERVENTIONAL /SURGICAL METHODS & CASE STUDIES

Coordinated by: Associate Professor Dr. Georgios P. Georgiou and Assoc. Prof. Dr. Konstantinos Lampropoulos

Chairs: Dr. George Kanellopoulos, Dr. Michalis Demosthenous, Dr. Konstantinos Diplaris

10:55 – 11:10 “Utilisation of drug coated balloons in contemporary percutaneous intervention”



Dr. Savvas Constantinides

Interventional Cardiologist, German Medical Institute and American Heart Institute /
American Medical Center

11:10 – 11:25 “How to diagnose and manage Myocardial Infarction with Non-obstructive Coronary Arteries”



Dr. Athanasios Kartalis

Interventional Cardiologist, Director of Cath Lab / Director of Coronary, Heart Failure and
Electrophysiology Unit, Chios General Hospital

11:25 – 11:40 A Special Case Report: “Chest wall reconstruction after rib and muscle resections: Newer techniques”



Dr. Panos Chountis

Chief Cardiac and Thoracic Surgeon, Chief of Thoracic Surgery Clinic
Athens Naval and Veterans Hospital

Deloitte.

ANTIMICROBIAL RESISTANCE

11:50 – 12:10 “Antimicrobial Resistance in the ICU: Old Enemy, New Threats”

Dr. Dimitris Koukios

Internal Medicine, Intensive Care & Infectious Diseases Limassol General Hospital

Chairs: Dr. Giorgos Mina, Intensive Care, President of Cyprus Society of Intensive Care (CYSIC)

Dr. Giorgos Kouliatsis, Intensive Care, Nicosia General Hospital

12:10 – 12:40 SATELLITE SESSION



Dr. Maria Theodorakopoulou

Surgeon-Intensive Care Specialist, Head of ICU I, General Hospital of Attika “KAT”, Athens, Greece. President of the Hellenic Society of Intensive Care Medicine. Treasurer ESICM

“Cefiderocol: Modern prospects for treating multidrug-resistant Gram-negative infections”

Cefiderocol: Σύγχρονες προοπτικές στη θεραπεία πολυανθεκτικών Gram-αρνητικών λοιμώξεων

Chairs: Dr. Giorgos Mina, Intensive Care, Nicosia Polyclinic, President of Cyprus Society of Intensive Care (CYSIC)

Dr. Giorgos Kouliatsis, Intensive Care, Nicosia General Hospital



**12:40 – 13:05 INTERACTIVE DISCUSSION
PANEL**

Dr. Maria Theodorakopoulou

Surgeon-Intensive Care Specialist, Head of ICU I, General Hospital of Attika “KAT”, Athens, Greece. President of the Hellenic Society of Intensive Care Medicine. Treasurer ESICM

Dr. Patroula Manolopoulou, Intensive Care, Nicosia General Hospital

Dr. Spyridon Triantafyllis, Intensive Care, Larnaca General Hospital

Dr. Dimitris Koukios, Internal Medicine, Intensive Care & Infectious Diseases, Limassol General Hospital

Chairs: Dr. Giorgos Mina, Intensive Care, Nicosia Polyclinic, President of Cyprus Society of Intensive Care (CYSIC)

Dr. Giorgos Kouliatsis, Intensive Care, Nicosia General Hospital

**13:05 – 13:40 Lunch Buffet
POSTER SESSION**

SATELLITE SESSION OF 9TH INTERNATIONAL CONGRESS ON CARDIOVASCULAR IMAGING IN CLINICAL PRACTICE

A Glimpse of imaging and practice in valve disease: Starting from Basics

Dr. P. Nihoyannopoulos, Dr. G. Athanasopoulos

(All Speakers in HYBRID FORMAT)

PART I: IMAGING IN VALVE DISEASE

12:30 – 12:40 What is the contribution of MRI?

D. Klettas

Consultant Cardiologist, Cardiac Imaging Specialist (dklettas@gmail.com)

12:40 – 12:50 What is the role of cardiac CT?

T. Vrachiotis

Director of Radiology, Onassis Cardiac Surgery Center (vrachiotis@gmail.com)

12:50 – 13:00 Is there any place for cardiac scintigraphy?

M. Koutelou

Director Nuclear Medicine Department, Onassis Cardiac Surgery Center (marinucl@hotmail.com)

PART II: EVOLVING CONCEPTS IN CLINICAL PRACTICE

13:00 – 13:20 When to intervene in tricuspid regurgitation

L. Badano

Professor of Cardiovascular Medicine, University of Milano-Bicocca (luigi.badano@unimib.it)

13:20 – 13:40 Bicuspid aortic valve and ascending aorta disease. An association with genetic basis or a haemodynamic consequence?

A. Evangelista @

Director of Aortahub, Past-Vicepresident of the Spanish Society of Cardiology

(arturevangelistamasip@gmail.com)

13:40 – 14:00 Artificial intelligence in valve disease

J. Oh

Consultant Mayo Clinic, Rochester USA, President of the Asian-Pacific Association of

Echocardiography (oh.jae@mayo.edu)

14:00 – 14:15 DISCUSSION



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SESSION XV:
HEART FAILURE
CARDIOLOGY TODAY AND WHERE THE FUTURE TAKE US
FOCUS ON TODAY TO ENLIGHTEN THE FUTURE
“PERSONALISING CARDIOVASCULAR CARE”

ENCOURAGING PATIENTS THROUGH TAILORED TREATMENTS TO IMPROVE OUTCOMES, REDUCE RISK,
AND REDEFINE THE STANDARD OF CARE

Chairs: Dr. Kyriakos Yiangou, Dr. Angeliki Mouzarou

13:40 – 13:55 “Balancing Efficacy and Safety: Controversies and Unresolved Challenges in Antithrombotic Therapy for Cardiac Thrombosis”



Associate Professor Dr. Kallirroi Kalantzi

Associate Professor of Cardiology, Department of Nursing, School of Health Sciences
University of Ioannina

13:55 – 14:10 “When to Worry: Controversies in the Management of Acute Heart Failure—Guidelines vs. Real-World Practice”



Professor Dr. Katerina Naka

Professor of Cardiology at Faculty of Medicine, School of Health Sciences, University of Ioannina,
2nd Department of Cardiology, University Hospital of Ioannina, Greece

14:10 – 14:25 “The gut microbiota: The next level in prognosis and treatment of cardiovascular diseases?”



Professor Dr. Karsten Kristiansen

Laboratory of Integrative Biomedicine, Department of Biology, University of Copenhagen,
Denmark and Institute of Metagenomics, BGI-Research, Shenzhen, China and Institute
of Metagenomics, Qingdao-Europe, Advanced Institute for Life Sciences, Qingdao, China

Chairs: Clin. Prof. Dr. Evagoras Economides, Dr. Theodoros Christodoulidis

14:25 – 14:40 “Controversies in heart failure 2025”



Professor Dr. Gerasimos Filippatos

Professor and Chairman of the Department of Cardiology and Director of the Heart Failure and
Cardioncology Unit at the Attikon University Hospital, Athens, Greece

14:40 – 14:55 “Functional mitral regurgitation: diagnosis and management”



Professor Dr. Lambros Michalis

Professor of Cardiology in the School of Medicine, University of Ioannina, Greece; Director
of University Hospital of Ioannina 2nd Department of Cardiology; President of the UEMS
Cardiology Section and Vice President Elect of Hellenic Society of Cardiology

14:55 – 15:15 KEYNOTE SPEAKER



Professor Dr. Randall C. Starling

Professor of Medicine; Cleveland Clinic Lerner College of Medicine of the Case Western Reserve University, Kaufman Center for Heart Failure Treatment and Recovery Cleveland Clinic Foundation, Cleveland, Ohio USA

“Optimizing the Treatment of Heart Failure with Effective Implementation of Guideline Recommended Therapies”

DISTINGUISHED LECTURE

Chairs: Clinical Professor Dr. Petros Agathaggelou, Professor Dr. Konstantinos Toutouzas

15:15 – 15:55 HONORARY KEYNOTE SPEAKER



Professor Dr. Valentin Fuster

President of Mount Sinai Fuster Heart Hospital General Director of the National Center for Cardiovascular investigation Physician-in-Chief of The Mount Sinai Hospital

“2025 – Challenges for Cardiovascular Prevention - The Two Extremes of Life”

15:55 – 16:05 COFFEE BREAK

**SESSION XVI:
HYPERTENSION**

Coordinated by: Visiting Professor Dr. Andreas Pittaras

HYPERTENSION THE CURSING DEMON OF THE HEART; TRUE OR FALSE

A NOTE BY THE SPECIALISTS

Chairs: Dr. Giorgos Miltiadous, Dr. Stelios Hadjistyllis, Dr. Costakis Aroditis

16:05 – 16:20 “Beyond Blood Pressure: Addressing the Unrecognized Contributions of Endothelial Dysfunction in Treatment-Resistant Hypertension”



Adj. Prof. Dr. Charalambos Grassos

Coordinating Director Cardiology dept G.O.N.K “Agioi Anargyroi; Former Director Cardiologist General Hospital of Attica “KAT,” Adjunct Professor, School of Medicine, European University Cyprus

16:20 – 16:35 The Great Debate: Re-evaluating the Role of Dietary Sodium in Hypertension Management—New Evidence, Old Questions”



Adj. Prof. Dr. Andreas Pittaras

Clinical Hypertension Specialist ESH George Washington University, Washington DC, USA Adjunct Professor, School of Medicine, European University Cyprus

16:35 – 16:50 “Emerging antihypertensive medications”



Prof. Dr. Konstantinos Makaritsis

Professor of Internal Medicine University of Thessaly Medical School Larissa, Greece

SESSION XVII: ARRHYTHMIAS

WAYS OF TREATMENT FOR PROPER THERAPY: IS THERE SUCH A THING? MEETING THE EXPERTS

Chairs: Dr Charalampos Kriatselis, Dr. Eleftherios Nicolaides, Dr. Ilias Papassavas

16:50 – 17:05 “Managing Arrhythmias in Patients with Multimorbidity”



Professor Dr. Michael Efremidis

Electrophysiologist Head of the Department of Electrophysiology and Pacing Onassis Cardiac Surgery Center, Athens (Greece)

17:05 – 17:20 “Navigating the Silent Storm: Innovative Strategies for the Management of Asymptomatic Atrial Fibrillation”



Professor Dr. Nikolaos Fragakis

Professor of Cardiology in Aristotle University of Thessaloniki Medical School and Director of 2nd Department of Cardiology Hippokrateion General Hospital, Thessaloniki

17:20 – 17:35 “Pacing Strategies for Heart Failure: CRT vs. conduction system pacing—Is There a Clear Winner?”



Dr. George K. Andrikopoulos

President of the Hellenic Arrhythmia Institute, Director of Cardiology and the Department of Electrophysiology and Pacing, Henry Dunant Hospital

17:35 – 17:50 “The Role of Wearable Technology in Arrhythmia Detection: Are We Ready to Trust Algorithms Over Clinicians?”



Professor Dr. Vasilis Vasilikos

Aristotle University of Thessaloniki, Director of 3rd Cardiology Clinic Cardiology Department Hippokrateion General Hospital, Thessaloniki

17:50 – 18:00 **BREAK**

AstraZeneca 

18:00 – 18:10 POSTER AWARDS

Congress Poster Award Committee:

Professor Dr. Graier F. Wolfgung

Gottfried Schatz Research Center, Head of the NIKON-Center of Excellence,
Medical University of Graz, Graz, Austria

Professor Dr. Achilleas Gravanis

School of Medicine, University of Crete

Professor Dr. Kyriakos Kypreos

School of Medicine, University of Patra

Closing Remarks

Professor Dr. Ioannis Patrikios

Founder and Organizing/Scientific Committee Chairman

18:30 – 19:15 DOCTOR HONORIS CAUSA CEREMONY



Professor Dr. Valentin Foster

Inauguration Lecture

19:15 – 19:45 RECEPTION

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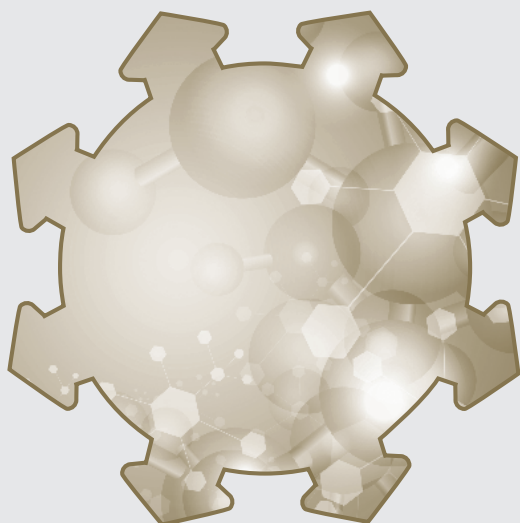


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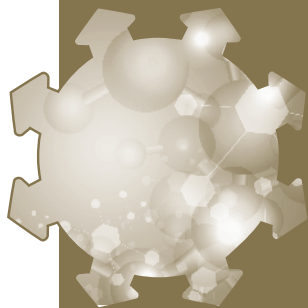
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και επαγγελματίες στον τομέα της υγείας*

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Bio-medical Scientific Cyprus

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WORKSHOPS

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ENERGON

PARALLEL WORKSHOP I

6-8 NOVEMBER 2025, IMBMC

Venue: Room OMEGA, European University Cyprus

Seminar Language: English



For IMBMC, the One Health One Road Alliance are organising a track of sessions. We are looking forward to welcoming these issues into the conversation about biomedical research and in the context of future EU policy in life science, research, balancing quality of care and quality of life.

6 NOVEMBER

16:00 EEST Speakers Forum – by invitation – Omega Room Cyprus in the Center of EU Policy

17:15 EEST Opening Ceremony - Plenary

7 NOVEMBER

09:30 EEST – in Plenary 1. EU is ageing. Is the Union ready for longer lives? What is the plan for design, services, cost, and care? The need for a healthy ageing alliance

11:30 EEST – in Omega Room 2. Improving Mental Health Along the Silk Road; Stronger Strategies for Human Wellbeing, Lunch

13:10 EEST – in Omega Room 3. Training Tomorrow's Health Workforce: Integrative Models for a Changing Europe

14:10 EEST – in Omega Room 4. Collaboration is key - EU policies for future life science innovation

15:30 In Plenary TEDx Talks

8 NOVEMBER

09:50 EEST – in Omega Room 5. Bridging Tradition with Future: Knowledge Sharing Between Traditional Chinese and Western Medicine with a Digital Future

11:10 EEST – Omega Room 6. Foresight for Wellbeing: Applying Futures Tools to Societal Transformation

16:30 EEST – Omega Room 7. Global Futures for Gene Therapies: Harnessing HTA for Precision Medicine

18:25 DOCTOR HONORIS CAUSA – in plenary for Dr Q and Dr Fuster

Venue: European University Cyprus, 6 Diogenous Str., Egkomi, 2404, Nicosia

Email: euc.ac.cy

**ΒΕΛΤΙΩΝΟΥΜΕ
ΤΙΣ ΖΩΕΣ
ΤΩΝ ΣΥΝΑΝΘΡΩΠΩΝ ΜΑΣ**



15

υπερσύγχρονες
παραγωγικές
μονάδες

19

γραφεία
παγκοσμίως

122

χώρες
εξαγωγών

2000

εργαζόμενοι
παγκοσμίως

5145

άδειες
κυκλοφορίας

500

συνδυασμούς
φαρμακευτικών
προϊόντων

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Αποστολή μας, να κάνουμε
όλο και περισσότερους ανθρώπους
**να ζουν και να νιώθουν
καλύτερα.**

6 NOVEMBER

16:00

(50 min)

EEST Speakers Forum - Omega Room Cyprus in the Center of EU Policy

Welcome

Takis Kotis, Jun (Helena), Lars Münter

Summary

The session welcomes all the speakers to an informal meeting and a short, informal discussion to explore how shifting towards proactive, person-centred cancer prevention—through lifestyle interventions, early detection, and health literacy—can reduce long-term disease burden and inequalities. The discussion will examine how EU Presidencies can act as critical levers to nudge policy alignment, mobilise resources, and foster implementation of shared goals across Member States. Emphasising the importance of upstream action, digital innovation, and community engagement, this session will offer a forward-looking perspective on how

Europe can lead in embedding prevention into cancer care systems—turning knowledge into action for healthier futures.

17:00

EEST Opening Ceremony - Plenary

Welcome addresses

- Prof. Dr Ioannis Patrikios, Deputy Dean of the School of Medicine, European University Cyprus & Congress Founder and Scientific Committee Chairman
- Prof. Dr Elizabeth Johnson, Dean, School of Medicine, European University Cyprus
- Prof. Andreas Efstathiou, Rector, European University Cyprus
- Clin. Prof. Dr. Petros Agathaggelou, President, Cyprus Medical Association & Congress Scientific Committee Vice Chairman
- Mr. Michael Damianos, Ministry of Health

17:45

Opening Ceremony Lecture

Professor Dr. John Ioannidis



7 NOVEMBER

09:30

EEST – in Plenary

1. EU is ageing. Is the Union ready for longer lives? What is the plan for design, services, cost, and care? The need for a healthy ageing alliance

Speakers

- Takis Kotis, CEO Cambridge Medical Academy
- Diana Arsovic, CEO Danish Life Science Cluster
- Bogi Eliassen, Movement Health Foundation
- Michael Hadjipantela, MEP (EPP), Ex Minister of Health at Cyprus Government

(50 min)

Facilitator: Lars Münter and Adam Skali

Summary

This debate will tackle one of Europe's most pressing questions: as the EU population ages, is the Union truly prepared for longer lives? Three speakers will exchange perspectives on how to redesign communities, services, and care models to meet the needs of an older population, while managing costs and ensuring quality. The session will make the case for building a strong, EU-wide alliance on healthy ageing to coordinate strategy, share best practices, and drive policies that ensure longevity is matched by wellbeing and dignity. Drawing on existing collaborative models from a Nordic perspective and the integrative vision of the One Health One Road Alliance, the discussion will explore the role of cross-sector partnerships, innovative service design, and technology in supporting healthy ageing policies for the coming Cypriot EU Presidency.

10:55 – 11:30

Coffee Break

Presentations on Integrative Medicine

11:30

EEST – in Omega Room

2. Improving Mental Health Along the Silk Road; Stronger Strategies for Human Wellbeing

Speakers

- Nina Sønderberg, National Director Nordic Wellbeing Academy
- Dr Anna Kudiyarova, Director of the Psychoanalytic Institute for Central Asia
- Dr Christina Michael, Cyprus Institute for Emotion Focused Therapy

(50 min)

Facilitator: Adam Skali

Summary

This debate convenes three experts across regions to map practical pathways for mental-health action across Silk Road countries — from Western Europe to Central Asia and East Asia. Speakers will examine shared challenges consider coordinated responses: national roadmaps, destigmatisation campaigns, and community-led care models. Recent analyses highlight severe stigma and rising mental-health pressures, underscoring the need for primary-care integration, digital outreach, and cross-border knowledge exchange. The session will surface actionable policy levers, scalable digital tools, and

12:10

Lunch

13:10

EEST – in Omega Room

3. Training Tomorrow's Health Workforce: Integrative Models for a Changing Europe

Speakers

- Cris Scotter, WHO Europe, Special Advisor (virtual)
- Carina Dantas, SHINE 2Europe, IHI READI
- Dr Nina Fuller-Shavel, CEO National Integrative Oncology Centre
- Emma Rawson-Te Patu, World Federation of Public Health Associations

(50 min)

Facilitator: Adam Skali

Summary

As Europe faces mounting challenges in elderly care, mental health, and chronic disease management, this session brings together three thought leaders to discuss how EU policy can support the future training of a resilient, culturally competent healthcare workforce. Drawing on the One Health One Road Alliance's proposal for dual-trained family practitioners in Western and Traditional Chinese Medicine the session will explore how to integrate global health perspectives, digital innovation, and person-centred training to create the best conditions for healthy ageing communities. Speakers will debate how EU investments and accreditation pathways can reshape curricula, foster academic mobility, and support the emergence of next-generation primary care leaders—empowered by technology and inclusive values—to meet the needs of diverse populations across Europe.

14:10

EEST – in Omega Room

4. Collaboration is key - EU policies for future life science innovation

Speakers

- Diana Arsovic, Danish Life Science Cluster
- Dr Eva Turk, IHI IMPROVE
- Belinda Lin, Hong Kong-Shenzhen Innovation and Technology Park (tbc)

(50 min)

Facilitator: Lars Münster

Summary

This session explores how strong EU policy frameworks can accelerate partnerships that drive health innovation and implementation. Building on the Danish Life Science Cluster's collaborative model and the One Health One Road Alliance's integrative vision, three expert speakers will debate how EU strategies can empower cross-sector, cross-border alliances. Key topics include aligning public-private research for elderly and mental health care, leveraging ICT and AI for personalised solutions, and creating pathways for practitioner training across medical traditions. Join it to explore how EU policy can and should catalyse resilient, inclusive, and digitally enabled healthcare ecosystems.

15:30

In Omega Room - TEDx Talks

18:30

Reception

8 NOVEMBER

09:50

EEST – in Omega Room

5. Bridging Tradition with Future: Knowledge Sharing Between Traditional Chinese and Western Medicine with a Digital Future

Speakers

- Ms Jun (Helena) Li, CEO One Health One Road Medicine
- Bogi Eliassen, Movement Health Foundation
- Dr Nina Fuller-Shavel, CEO National Integrative Oncology Centre

(50 min)

Facilitator: Lars Münter

Summary

Structured knowledge exchange between Traditional Chinese Medicine (TCM) and Western evidence-based medicine can enhance the personalisation, effectiveness, and cultural relevance of healthcare across Europe. The session will highlight how integrating TCM principles—such as energy balance and herbal therapy—with advanced digital tools and AI-supported diagnostics can foster more resilient, inclusive care models. Participants will consider how international collaboration and Centers of Excellence, can catalyse innovation, improve elderly care, and promote mutual respect between medical traditions for a more comprehensive and human-centered healthcare future.

11:50

Satellite Session by Sobi Innopro

13:05 – 13:40 **Lunch and posters**

13:40

EEST – Omega Room

6. Foresight for Wellbeing: Applying Futures Tools to Societal Transformation

Speakers

- Carina Dantas, SHAFE Foundation
- Bogi Eliassen, Director Movement Health Foundation
- Dr Eva Turk, IHI IMPROVE

(80 min)

Facilitator: Adam Skali and Lars Münter

Summary

In an era of complex health and societal challenges, this session explores how the Futures Frameworks can guide strategic foresight and systems thinking to support long-term transformations toward a wellbeing economy. Three speakers will examine how futures thinking can inform EU health and social policy. The discussion will address how to identify emerging signals of change, challenge dominant paradigms, and build capacity for transformative innovation across sectors. Through practical examples and participatory approaches, the session will explore how the integration of health, digitalisation, and community empowerment within a Futures model can help navigate uncertainty, inspire cross-sector partnerships, and shape inclusive, sustainable futures for health and wellbeing in Europe and beyond. Cases - SHAFE Foundation, IHI READi, IHI Improve Project, WHO Strategic Partners Initiative

16:30

EEST – Omega Room

7. Global Futures for Gene Therapies: Harnessing HTA for Precision Medicine

Speakers

- Terry Pirovolakis, Elpida Therapeutics
- Dr Eva Turk, IHI IMPROVE
- Adam Skali, Institute for Human Centered Health Innovation

(50 min)

Facilitator: Lars Münter

Summary

This session brings together three leading experts to discuss how insights from Health Technology Assessment (HTA) can inform a globally aligned, ethically grounded approach to the evaluation and implementation of emerging gene therapies. Speakers will explore how health technology assessment (HTA) can ensure equitable access, clinical value, and system readiness. The session will include integration of AI in evidence generation and decision-making, cross-border regulatory collaboration, and the importance of inclusive, transparent evaluation processes. Emphasizing a need for EU and global alignment, the discussion will highlight how robust HTA frameworks supported by digital tools and stakeholder engagement — can guide rollout of transformative gene therapies across health systems.

18:30

DOCTOR HONORIS CAUSA – in plenary for Dr Q and Dr Fuster

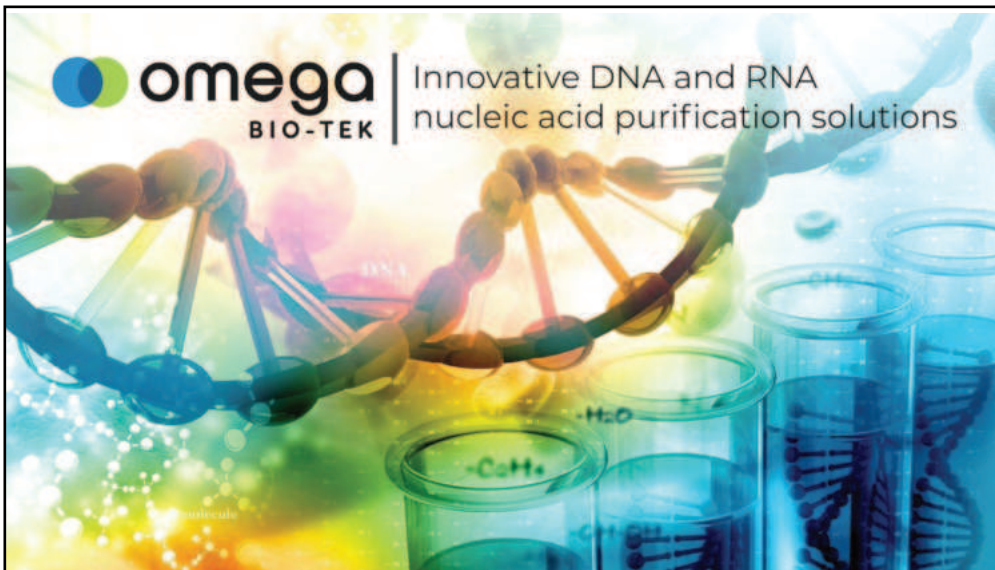
19:00

Reception





Innovative DNA and RNA
nucleic acid purification solutions



affectory