

# Christos E. Kalfountzos

Researcher at Society of Junior Doctors

chrkalf@yahoo.gr

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## Experience

**Instructor/Demonstrator of Anatomy at University of Ioannina, Faculty of Medicine, Department of Anatomy-Histology-Embryology**

March 2013 - Present (3 years 3 months)

**Undergraduate Medical Student at Faculty of Medicine, University of Ioannina**

October 2010 - Present (5 years 8 months)

**Researcher at Society of Junior Doctors**

January 2016 - Present (5 months)

**Secretary of the Organizing Committee at Society of Junior Doctors**

November 2015 - Present (7 months)

**Speaker at 53rd Panhellenic Paediatric Congress**

May 2015 - May 2015 (1 month)

Food Protein Induced Enterocolitis Syndrome (FPIES): A Food Allergy Syndrome Often Misdiagnosed by Pediatricians

S. Tsabouri, C. Kalfountzos, M. Mpaziou, E. Aggeli, N. Chaliasos, A. Siamopoulou

Outpatient Department of Pediatric Allergology, Department of Pediatrics, University Hospital of Ioannina

**Public Speaker at Scientific Society of the Greek Medical Students (EEFIE), Department of Ioannina**

December 2014 - December 2014 (1 month)

Title of the project: the treatment of obese patients with diabetes mellitus type 2

Chairman: Dr Konstantinos P. Vlachos MD, PhD, FACS, FICS,

Assistant Professor of Surgery at University of Ioannina, Medical School, Surgical Department

Title of my speech: Metabolic Surgery---> the surgical treatment of obese patients with diabetes mellitus type

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**Clinical Intern at University Hospital of Larissa, Department of General Surgery**

July 2014 - August 2014 (2 months)

**Speaker at 20th Scientific Congress of the Greek Medical Students (20th ESFIE)**

May 2014 - May 2014 (1 month)

Round Table of General Surgery

Title of the round table: How attractive is General Surgery as a specialty in the 21st century?

Title of presentation: Transplantations, the latest advances and their ethical issues

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## Projects

### **2nd Surgical Suturing Workshop, HELMSIC, Department of Ioannina**

February 2014 to March 2014

Members: Christos E. Kalfountzos, Ioannis Evgenidis

This seminar was a triple day workshop about basic skills & techniques of suturing, organized by HelMSIC, in collaboration with the Departments of the University Hospital of Ioannina and the General Hospital of Ioannina "G. Xatzikosta".

We trained about 300 undergraduate medical students in cadaveric tissues (human arms), which were granted to the Anatomy Laboratory by the Microsurgery Laboratory.

### **Learning Strategies about Drugs - LSD , HELMSIC, Department of Ioannina**

May 2014 to June 2014

Members: Christos E. Kalfountzos, Ioannis Evgenidis

The project was accomplished with the collaboration of KETHEA ( <http://www.kethea.gr/en-us/home.aspx> ). The goal of our project was 25 medical students to get in touch and empathize with former drug addicts, who currently are currently detoxing and trying to learn new skills, so that they can find a real job and a safe house to stay and try to build their lives from the beginning.

After that social intercourse these med students had to make a street action. This street action involved students' effort to make a short briefing about drug addicts etc in other citizens, and their visit in drug addicts' ghettos where they could actually see how a drug addict lives.

This project lasted 5 weeks.

### **Comparison of effectiveness of bariatric procedures against intensive medical therapy in patients with Diabetes mellitus Type 2 with BMI<35.**

October 2015 to Present

Members: Christos E. Kalfountzos, Sioka Eleni, Zachari Eleni, Katsogridaki Georgia, Tzovaras George, Zacharoulis Dimitris

9th Panhellenic Congress of Bariatric Surgery

[http://www.execongress2015.gr//articlefiles/final\\_28sel\\_1\\_res%20\(1\).pdf](http://www.execongress2015.gr//articlefiles/final_28sel_1_res%20(1).pdf)

### **Evaluation of parents' perception about allergies and allergy immunotherapy in childhood**

October 2015 to Present

Members: Christos E. Kalfountzos, Maria Mpaziou, Sophia Tsabouri, Nikos Chaliasos, Evangelia Ntzani

6th Panhellenic Congress of Pediatric Allergology and Pediatric Pulmonology

## Honors and Awards

### **2010 Honorary Award for My Entrance In Medical School**

Cosmote-OTE

2010

On this link below you can find my name in the catalogs of the 2010 Cosmote Scholars

<http://www.ote-cosmote-scholarships.gr/ypotrofoi>

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## Certifications

### **BLS/AED**

ERC European Resuscitation Council      December 2014

### **BSS (Basic Surgical Skills)**

The Royal College of Surgeons of England      November 2014

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## Courses

### **Independent Coursework**

11th Hand Surgery Seminar

[www.microsurgery.gr](http://www.microsurgery.gr)

1st Trauma Suturing Techniques for Medical Students, 12 March 2013, University of Ioannina

1st SEERSS Seminar for Medical Students, Da Vinci Robotic Surgical Simulation

2nd Trauma Suturing Techniques for Medical Students, 23th February-1st March-8th March of 2014, University of Ioannina (Member of the Organizing Committee-OC)

BLS/AED

Intercollegiate Basic Surgical Skills Course (BSS)

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## Organizations

### **Society of Junior Doctors (SJD)**

Member

November 2015 to Present

## **Scientific Society of Hellenic Medical Students, Department of Ioannina**

Member

## **HelMSIC, Department of Ioannina**

Member

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## Education

### **2nd High School of Larissa, Greece**

Biology, Chemistry, Physics, Mathematics, Modern Greek Language, 2001 - 2010

Grade: Diploma's Grade: 19,7/20

Activities and Societies: Swimming, Water Polo, History studying, Travelling

### **Undergraduate Medical Student, University of Ioannina, Faculty of Medicine**

2010 - 2016

Activities and Societies: Member of HelMSIC, Department of Ioannina Member of Scientific Society of the Greek Medical Students, Department of Ioannina Member of FOEA ( Students' Organization for Voluntarily Blood Donation in University of Ioannina)

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## Languages

**Greek**

(Native or bilingual proficiency)

**English**

(Professional working proficiency)

**German**

(Limited working proficiency)

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## Interests

Medicine, Medical Education, General Surgery, Pediatrics, Pediatric Surgery, Surgical Research, World History, Politics, Investing

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## Skills & Expertise

**General Surgery**

**Medicine**

**Research**

**Clinical Research**

**PowerPoint**

**Teamwork**

**Microsoft Excel**

**Microsoft Word**

**English**

**Public Speaking**

**Medical Education**

**Microsoft Office**

**Customer Service**

**Time Management**

**Windows**

**Healthcare**

**Surgery**

**Photoshop**  
**Social Media**  
**C**  
**Hospitals**  
**Public Health**  
**Medical Research**  
**Cancer**  
**EndNote**

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## 1 person has recommended Christos E.

"Christos is an excellent future doctor and one of the best and most hard-working people one would have the opportunity to work with. I only have the best to say a for his efficiency and dedication to his goals! "

— **Ioannis Evgenidis**, *Local Exchange Officer (LEO), HelMSIC*, worked directly with Christos E. at Faculty of Medicine, University of Ioannina

[Contact Christos E. on LinkedIn](#)