

Michalis Kontos

Curriculum Vitae

Address: 1st Department of Surgery
University of Athens
Laiko Hospital
17 Agiou Thoma Street
11527
Athens
Greece

Email address: mhkontos@med.uoa.gr

Tel: +302107456457,
+306945491642

Current position

Dr Michalis Kontos is Assistant Professor in General and Breast Surgery at the University of Athens. He is the Lead of the Breast Unit of the 1st Department of Surgery of the University of Athens, Laiko Hospital since 2009.

Training and Clinical Experience

He graduated from the Medical School of the University of Athens in 1995 and was trained as General Surgeon at Laiko University Hospital. He completed his MD in 2005 at the University of Athens. Post specialisation he worked in the UK as Consultant Breast and Oncoplastic Surgeon.

Current clinical practice and interest

His main field of interest is the surgical treatment of breast diseases and he was of the first to offer sentinel node biopsy and oncoplastic breast conservation in Greece. As a specialised Breast Surgeon, he has extensive experience in the whole range of breast operations, including sentinel node biopsy, silicon based and LD breast reconstruction and oncoplastic conservation.

Research experience and publications

He has significant research experience and has worked as researcher at King's College London and the University of Athens. He has participated or lead research protocols in Greece and abroad and has more than 40 publications in PubMed indexed journals.

Currently he is participating in research involving HER-2 and androgen receptors in breast cancer, diagnosis and treatment of infections in silicon based reconstruction and psychological implications of diagnosis and treatment of breast cancer in the Greek population.

Teaching and training

He is also responsible for the breast training of surgical registrars in his Hospital and has taught undergraduate medical students in Greece and the UK. He supervises MD theses on breast cancer and surgical research and is a member of the faculty of Master's programmes in the University of Athens.

Research projects

1. MD (Res), Lactamic Esters and Breast Cancer. University of Athens, Dec 2001 - Oct 2005: Laboratory study on the in vitro effect of lactamic esters of chlorambucil on fresh breast cancer tissue and breast cancer cell lines.
2. Scinigraphy of axillary lymphatics. Principal Investigator. University of Athens, 2010-2012. Clinical Trial on the preoperative lymphatic scintigraphy in the detection of sentinel node in breast cancer patients.
3. TeraHertz Pulsed Imaging and breast cancer. King's College London, Guy's & St Thomas' Foundation Trust, Apr 2007 - Jan 2008: Preclinical Study on the use of TeraHertz Pulsed Imaging for the intraoperative breast cancer detection.
4. Harmonic scalpel and breast surgery. Principal investigator: Guy's & St Thomas' Foundation Trust, Aug 2005 - Aug 2006: Clinical study on the use of Harmonic scalpel in and its impact on intraoperative and postoperative parameters.
5. Digital Thermographic Imaging and breast cancer. Guy's & St Thomas' Foundation Trust, Jun 2006 - Jun 2007: Clinical study on the use of Digital Thermographic Imaging in the diagnosis of breast cancer.
6. Radio Frequency Ablation. University of Athens, 2002-2005: Series of projects focusing on the use of the internally cooled radio frequency electrodes in haemostasis after solid organ injuries, laparoscopic liver resection and laparoscopic partial splenectomy.
7. Surgical Haemostatic Devices. University of Athens, 2002-2005: Study of efficacy and safety of haemostatic surgical instruments including monopolar and bipolar electrocoagulation, different models of electronically controlled bipolar electrocoagulation and different models of harmonic scalpel.
8. Small for Size Syndrome after Liver Resection and methods for reduction of Mortality and Morbidity. Principal Investigator. University of Athens, 23 September 2011 (approval date).

Project in progress: Surgical experimental protocol on the liver failure observed after major liver resections and surgical methods of prevention.

9. Microwave assisted liver resection. Principal Investigator. University of Athens, 21 January 2009 (approval date). Experiment in progress: Microwave assisted parenchymal partial resection of solid organs.

Publications:

1. KONTOS M, ALLEN D, TRAFALIS DT, JONES G, GARMO H, HOLMBERG L, HAMED H. Follow-up may not be beneficial after treatment of grade 1 breast cancer. *Br J Surg*. 2009 Sep;96(9):999-1004.
2. FELEKOURAS E, KONTOS M, KYRIAKOU V, HATZIANASTASIOU D, DIMAROGGONA K, PAPALAMPROS E, KORDOSSIS TH, BASTOUNIS E. Strongyloides Stercoralis Infection as a Cause of Acute Granulomatous Appendicitis in an HIV-positive Patient in Athens-Greece. *Scand J Infect Dis* 2002;34:856-7
3. BRAMIS J, FELEKOURAS E, KONTOS M, LEONARDOU P, GRINIATSOS J, BASTOUNIS E. True giant common hepatic artery aneurysm associated with obstructive jaundice: a case report. *Int Surg* 2002;87:142-6
4. KONTOS M, FENTIMAN IS. Adenoid Cystic Carcinoma of the Breast. *Int J Clin Pract* 2003;57:669-72
5. FELEKOURAS E, KONTOS M, PISSANOU TH, PIKOULIS E, DRAKOS E, PAPALAMBROS E, DIAMANTIS TH, BASTOUNIS E. A new spleen preserving technique using radiofrequency ablation technology. *J Trauma* 2004;57:1225-9.
6. KARAMANAKOS P, MITSIADES C, LEMBESSIS P, KONTOS M, TRAFALIS D, KOUTSILIERIS M. Male Breast Adenocarcinoma in a Prostate Cancer Patient Following Prolonged Anti-androgen Monotherapy. *Anticancer Res* 2004;24:1077-82
7. FELEKOURAS E, KONTOS M, PISSANOU TH, DRAKOS E, PIKOULIS E, PAPALOIS A, BRAMIS J, DIAMANTIS TH, GEORGOPOULOS S, NIKITEAS N, SIGALA F, PAPALAMBROS E, PAPPAS P, BASTOUNIS E. Radio-frequency tissue ablation in liver trauma: an experimental study. *Am Surg* 2004;70:989-93.
8. TRAFALIS D, CAMOUTSIS C, DALEZIS P, PAPAGEORGIOU A, KONTOS M, KARAMANAKOS P, GIANNAKOS G, ATHANASSIOU E. Antitumor effect of an a- and d- lactam androgen nitrogen mustards on non-small cell lung carcinoma. *J BUON* 2004;9:275-82
9. TRAFALIS D, CHRYSOGELOU E, DALEZIS P, GEROMICHALOS G, KONTOS M, ANDREADIS C, ZIRAS N, KOUTSILIERIS M, ATHANASSIOU A, PANGALIS G, PAPAGEORGIOU A. Octreotide neutralizes dexamethasone anti-tumor actions on P388 murine lymphocytic leukemia in vivo. *J BUON* 2005;10:89-94.
10. KONTOS M, FELEKOURAS E, DRAKOS E, PIKOULIS E, MITROPOULOS D, STAIKOU C, HATZIANASTASIOU D, SIGALA F, PAPALOIS A, PAPALAMBROS E, BASTOUNIS E. Radio-frequency tissue ablation in an experimental grade IV renal trauma: A preliminary report. *Surg Endosc* 2005;19:249-53. Epub 2004 Nov 11.
11. PIKOULIS E, FELEKOURAS E, PAPACONSTANTINOU J, KONTOS M, PRASSAS E, GRINIATSOS I, BACOYIANNIS C, PAPPAS P, PAPALOIS A, TSIGRIS C, GIANNOPOULOS A, PAPALAMBROS E,

- BRAMIS J, BASTOUNIS E. A novel spleen preserving laparoscopic technique using radio-frequency ablation in a porcine model. *Surg Endosc* 2005;19:1329-32. Epub 2005 Jul 21
12. FELEKOURAS E, PAPACONSTANTINO I, PIKOULIS E, KONTOS M, GEORGOPOULOS S, PAPALOIS A, DIAMANTIS T, BRAMIS J, PAPALAMBROS E, BASTOUNIS E. Laparoscopic liver resection using Radio Frequency Ablation (RFA) in a porcine model. *Surg Endosc* 2005;19:1237-42. Epub 2005 Jul 28.
 13. KONTOS M, NIKOLOPOULOU M, TRAFALIS D, GEROMICHALOS G, KOUKOULITSA C, CAMOUTSIS C, BASTOUNIS E, KARAMANAKOS P. The Effect of an Estrone d-Lactam Steroid Ester Derivative on Breast Cancer Cells and Its Predicted Binding Interactions with the Ligand Binding Domain of Estrogen Receptor- α . *Oncol Res* 2005;16:129-42.
 14. TRAFALIS D, GEROMICHALOS G, BOUNTOUROGLOU N, KOUMBI D, KONTOS M, SOUGIAS D, DALEZIS P, KARAMANAKOS P, PAPAGEORGIOU A, CAMOUTSIS C, ATHANASIOU A. A preclinical survey of efficacy of Lactandrate in the treatment of colon carcinoma. *J BUON* 2005;10:163-234.
 15. KONTOS M, FENTIMAN IS. Perioperative endocrine status and prognosis in early breast cancer. *Breast J* 2006;12:518-525.
 16. FILIS K, KONTOS M, PIKOULIS E, BAKOYANNIS C, LEPPANIEMI A, BASTOUNIS E. Expanding ulnar artery aneurysm presenting with signs of threatened rupture. *Acta Chir Belg* 2006;106:101-3.
 17. DIAMANTIS T, KONTOS M, ARVELAKIS A, SYROUKIS S, KORONARCHIS D, PAPALOIS A, AGAPITOS E, BASTOUNIS E, LAZARIS A. Comparison of monopolar electrocoagulation, bipolar electrocoagulation, Ultracision, and Ligasure. *Surg Today*, 2006;36:908-13.
 18. FELEKOURAS E, PRASSAS E, KONTOS M, PAKKOSTANTINO I, PIKOULIS E, TSIGRIS C, TZIVRAS M, BAKOGIANNIS C, SAFIOLEAS M, PAPALAMBROS E, BASTOUNIS E. Liver Tissue Dissection: Ultrasonic or RFA Energy? *W J Surg* 2006;30:2210-6.
 19. PAPACONSTANTINO I, KONTOS M, PRASSAS E, KARAVOKYROS J, BAKOYIANNIS C, PIKOULIS E, SAFIOLEAS M, GIANNOPOULOS A, BASTOUNIS E, FELEKOURAS E. Radio frequency ablation (RFA)-assisted pericystectomy for hepatic echinococcosis: an alternative technique. *Surg Laparosc Endosc Percutan Tech* 2006;16:338-41.
 20. KALAHANIS N, PIKOULIS E, KONTOS M, PAKKONSTANTINO I, TZOGIOS I, GOUGOUDI E, PRASSAS E, BAKOYANNIS C, GRINIATSOS J, BASTOUNIS E. Erhaltung der vorhandenen Colostomie bei Reoperation des Dickdarms. How I do it. *Zentralbl Chir* 2007;132:151-4.
 21. KONTOS M, HAMED H. Why individualize breast cancer survivors' follow-up? *J BUON*, 2007 Oct-Dec;12(4):553-4.
 22. KONTOS M, FELEKOURAS E, FENTIMAN IS. Radiofrequency ablation in the treatment of primary breast cancer: no surgical redundancies yet. *Int J Clin Pract*. 2008 May;62(5):816-20.
 23. FELEKOURAS E, ARGYRIADIS-ROUSSOS L, KONTOS M, MICHAEL O, PIKOULIS E, PAPALAMBROS E. Intermittent Pringle manoeuvre in interhospital transfer for liver trauma. *ANZ J Surg* 2008 Jul;78(7):620.
 24. DIAMANTIS T, GIALIKARIS S, KONTOS M, GAKIOPOULOU C, FELEKOURAS E, PAPALOIS A, AGROGIANNIS G, PATSOURIS E, BASTOUNIS E. Comparison of safety and efficacy of ultrasonic and bipolar thermal energy: an experimental study. *Surg Laparosc Endosc Percutan Tech*. 2008 Aug;18(4):384-90.

25. KONTOS M, KOTHARI A, HAMED H. Effect of Harmonic Scalpel on seroma formation following surgery for breast cancer: a prospective randomized study. *J BUON*, 2008 Apr-Jun;13(2):223-30.
26. KONTOS M, PETROU A, PRASSAS E, TSIGRIS C, ROY P, TRAFALIS D, BASTOUNIS E, KARAMANAKOS P. Pressure dressing in breast surgery: is this the solution for seroma formation? *J BUON*, 2008 Jan-Mar;13(1):65-7
27. KONTOS M, FENTIMAN IS. Systemic lupus erythematosus and breast cancer. *Breast J*. 2008 Jan-Feb;14(1):81-6.
28. TOMOS P, FELEKOURAS E, POUPALOU A, KONTOS M, PAPPAS P, KAVATZAS N, PAVLOPOULOS D, KOSTAKIS A, PAPALOIS A, TSIGRIS C. Video-assisted lung resection using radiofrequency ablation in a porcine model. *J Surg Res*. 2009 Jun 15;154(2):279-83. Epub 2008 Jul 11.
29. HAMED H, KONTOS M. Follow-up of breast cancer, time for further debate? *BMJ* 2008 1st Feb, Epub μόνο, <http://www.bmj.com/cgi/eletters/336/7636/107#188754>
30. LEWIS RS, KONTOS M. Autologous tissue immediate breast reconstruction: desired but oncologically safe? *Int J Clin Pract*. 2009 Nov;63(11):1642-6.
31. KONTOS M, LEWIS RS, LÜCHTENBERG M, HOLMBERG L, HAMED H. Does immediate breast reconstruction using free flaps lead to delay in the administration of adjuvant chemotherapy for breast cancer? *Eur J Surg Oncol*. 2010 Aug;36(8):745-9.
32. PAPPAS PC, KONTOS M. New intraoperative gamma camera for the sentinel lymph node localization in breast cancer. From radio to TV? *J BUON*. 2010 Apr-Jun;15(2):396-7.
33. KONTOS M, AGBAJE OF, RYMER J, FENTIMAN IS. What can be done about hot flushes after treatment for breast cancer? *Climacteric*. 2010 Feb;13(1):4-21.
34. STAIKOU C, PARASKEVA A, DRAKOS E, ANASTASSOPOULOU I, PAPAIOANNOU E, DONTA I, KONTOS M. Impact of graded hypothermia on coagulation and fibrinolysis. *J Surg Res*. 2011 May 1;167(1):125-30. Epub 2009 Aug 26.
35. GEROMICHALOS GD, GEROMICHALOU E, CAMOUTSIS C, KONTOS M, DALEZIS P, PAPAGEORGIOU A, GRIVAS AA, TSIGRIS C, TRAFALIS DT. In silico/in vitro study of hybrid D-modified steroidal alkylator anticancer activity using uridine phosphorylase as target protein. *Anticancer Res*. 2011 Mar;31(3):831-42.
36. KONTOS M, ROY P, RIZOS D, HAMED H. An evidence based strategy for follow up after breast conserving treatment for breast cancer. *J Surg Oncol*. 2011 Sep 1;104(3):223-7. doi: 10.1002/jso.21747. Epub 2011 Mar 2.
37. STAIKOU C, PARASKEVAL A, DONTA I, THEODOSSOPOULOS T, ANASTASSOPOULOU I, KONTOS M. The effects of mild hypothermia on coagulation tests and haemodynamic variables in anaesthetized rabbits. *West Indian Med J*. 2011 Oct;60(5):513-8.
38. KONTOS M, ALLEN DS, AGBAJE OF, HAMED H, FENTIMAN IS. Factors influencing loco-regional relapse in older breast cancer patients treated with tumour resection and tamoxifen. *Eur J Surg Oncol*. 2011 Dec;37(12):1051-8. Epub 2011 Aug 16.
39. KONTOS M, WILSON R, FENTIMAN I. Digital infrared thermal imaging (DITI) of breast lesions: sensitivity and specificity of detection of primary breast cancers. *Clin Radiol*. 2011 Jun;66(6):536-9. Epub 2011 Mar 5.
40. PAZAITI A, KONTOS M, FENTIMAN IS. ZEN and the art of breast health maintenance. *Int J Clin Pract*. 2012 Jan;66(1):28-36. doi: 10.1111/j.1742-1241.2011.02805.x. Epub 2011 Dec 6. Review. Erratum in: *Int J Clin Pract*. 2012 May;66(5):518.

41. PETROU A, KONTOS M, PRASSAS E, BRAMIS K, PAPALAMBROS A, BRENNAN N, MIHAS C, FELEKOURAS E. The three-surgeon technique for liver tissue dissection: towards real bloodless hepatectomy. *J BUON*. 2012 Apr-Jun;17(2):304-9.
42. MANZELLI A, QUARESIMA S, ROSSI P, PETROU A, RICCIARDI E, BRENNAN N, KONTOS M, PETRELLA G. Solitary skin metastasis from sarcomatoid carcinoma of the bladder: a case report. *J Med Case Rep*. 2011 Sep 28;5:484.
43. KONTOS M, KARLES D, PETROU A, ALEXANDROU PT. Adenoid cystic carcinoma intermingled with ductal carcinoma of the breast: a case report and review of the literature. *J Med Case Rep*. 2011 Sep 6;5(1):437. [Epub ahead of print]
44. PETROU A, ALEXANDROU P, PAPALAMBROS A, SAETTA A, FRAGKOU P, KONTOS M, BRENNAN N, MANZELLI A, BRAMIS K, FELEKOURAS E. A Malignant Gastrointestinal Stromal Tumor of the Gallbladder Immunoreactive for PDGFRA and Negative for CD 117 Antigen (c-KIT). *HPB Surg*. 2011;2011:327192. Epub 2011 Apr 14.