

RECENT ACTIVITIES

- 03 January 2022: Our vision becomes reality: The new HYGEIA IVF – Embryogenesis Unit, in which I proudly have the post of Scientific Director, is inaugurated. This is the greatest investment in the private assisted reproduction field in Greece; all the latest laboratory technology along with the clinical excellence will place 'HYGEIA IVF' as a reference Unit not only in Greece but in whole Europe.
- January 2021 – December 2021: I am honored to accept the post of Scientific Director of the new and innovative Assisted Reproduction Unit 'HYGEIA IVF', Athens. Until premises were ready, we offered our services in MITERA Hospital IVF unit. In this period I was invited to give lectures in six congresses; among them, the international '5th SSRHR meeting: Recent Advances in Reproduction', the '15th National Congress of the Hellenic Society of Obstetrics and Gynecology' and the '8th National Congress of the Hellenic Society of Gynecological Endocrinology'. I attended the virtual annual congresses of ESHRE (the European official society for reproduction) in June, that of ASRM (the respective American society) in October, as well as the joined congress of ESHRE and ASRM in April. Finally, I was participated in an international project for establishing a toolkit for the diagnosis and treatment of premature ovarian insufficiency, which was published in the two leading medical journal in the field, Maturitas and Climacteric. Last but not least, I was the main author of the official guidelines of the Hellenic Society of Obstetrics and Gynecology on the topic of investigation of the infertile couple, and this was published in the respective textbook.
- February 2020 – now: I am honored to be the Scientific Director of the Assisted Reproduction Unit at the 3rd Department of Obstetrics and Gynecology of the University of Athens. It is a great opportunity for me to offer clinical and research work in the University era, reflecting an ultimate personal achievement.
- September 2020: I performed the first (and only until now) oocyte retrievals in two patients with COVID-19 in the Assisted Reproduction Unit of the 3rd Department of Obstetrics and Gynecology of the University of Athens. It was a unique experience that I will never forget...



- April 2020 – June 2020: Participation with lectures in the **educational program of the undergraduate 6-year medical students of the University of Athens** during their clinical practice in the **3rd Department of Obstetrics and Gynecology**, at Attikon Hospital. My participation in the teaching of medical students in the two out of three University Departments of Obstetrics and Gynecology is a great honor for me and I would like to thank the Directors of the Departments for their trust on me.

- September 2019 – June 2020: Participation with lectures in the **educational program of the undergraduate 6-year medical students of the University of Athens** during their clinical practice in the **2nd Department of Obstetrics and Gynecology**, at Aretaieion Hospital. Undoubtedly, teaching of future doctors is the ultimate task of an unique value.

- In year 2020, five publications in which I had author activities, were accepted in the medical journals: Maturitas, Climacteric, Annals of New York Academy of Science, Diagnostics, Journal of Clinical Hypertension

- January 2020 – τώρα: The Covid-19 pandemic has dramatically changed the facts in the global academic and scientific activities. After my February lectures in the **Symposium of the Hellenic Society for Fertility and Sterility** (topics: ‘Success Rates in IVF: Myths and Truths’ and ‘The role of Hysteroscopy In Subfertility’) as well as in the **4th Hellenic Congress of the Greek Society of Specialists in Assisted Reproduction** (topic: ‘Clinical Evidence of Gonadotrophin use: Protocols and Patient categories’), all the congresses with physical presence were cancelled. Scientific meetings are taking place in the form of webinars. So, in the period April-June, I had the opportunity to give lectures in **three webinars organized by the 3rd Academic Department of Obs & Gynae, University of Athens and the Hellenic Association of Clinical Embryologists** on the topics of necessary modification on practice of IVF units during the pandemic, the restarting of IVF practice and the safe running of the Units. In May, I participated with lecture in the teaching of the **Postgraduate Course on ‘Reproductive and Regenerative Medicine’** of the University of Athens. In July I attended the virtual congress **‘The 36th Annual Meeting of ESHRE’**. In October, I gave a lecture as invited speaker in the **‘4th SSRHR meeting: challenges in human reproduction’** and I attended the virtual congress **‘Annual Meeting of the American Society of Reproductive Medicine’**. In November, I participated with lecture in the teaching of the **Postgraduate Educational Course “Bioethics”**, organized by the Universities of Crete and Athens. In December, I gave lectures as invited speaker in the webinar on Assisted Reproduction organized by Vanex, in the Postgraduate Seminars of 3rd Department of Obstetrics and Gynecology, Medical School, University of Athens (Assisted Reproduction: A journey in Time and Soul. History and Bioethics’), in the 2nd Web Seminar: The art of A.R.T. by the IVF Unit of Naval Athens Hospital (Recurrent Implantation Failures. Solutions: Donor oocytes) and in the Clinical Cases and Guidelines in the era of COVID-19 pandemic, Webinar, Attikorama, 3rd Department of Obstetrics and Gynecology (‘Oocyte retrieval, fertilization and cryopreservation in a couple positive for SARS-CoV-2’)

- February 2019 – December 2019: Year 2019 was very fruitful and busy in clinical and scientific activities. I gave **11 lectures as invited speaker** in Congresses: in the **7th Hellenic Congress on Gynecological Endocrinology** (topic: ‘Infertility treatment in Polycystic Ovarian Syndrome), in a Sponsored **Symposium on PCOS** (topic: ‘A new therapeutic approach of Polycystic Ovarian Syndrome’), in the **Athens Naval Hospital** (topic: ‘Clinical data on the use of recombinant human LH’), in the **4th National Congress of the Hellenic Society of Obstetricians and Gynecologists in collaboration with the Royal College of Obstetricians and Gynaecologists** (topic: ‘Recent data on the modern ovarian stimulation for IVF’), in the **27th Meeting of the Hellenic Society of Obstetrics and Gynecology** (topic: ‘Thin Endometrium: Treatment options’), in a **webinar sponsored by MSD** (topic: ‘Highlights from the 2019 Annual Fertility Meeting of ESHRE’), in a **Small Group Meeting sponsored by Merck** (topic: ‘ESHRE 2019 Highlights: Connecting the details that create life’), in the **19th Annual Congress of the Hellenic Society for Studying Obesity, Metabolism and Eating Disorders** (topic: ‘Obesity and Assisted Reproduction’), in the **International Meeting of ‘The Scientific Society of Research in Human Reproduction** (topic: ‘Toppling Established Perceptions in the Treatment of High Responder’), in the **Hellenic Congress ‘New Advances in the Diagnosis and Treatment of Infertility’** (topic: ‘Success Rates in IVF’) and in the **Scientific Symposia of Mitera Hospital** (topic: Infertility in Polycystic Ovarian Syndrome: From ovulation Induction to In Vitro Fertilization). Finally, I participated in **11 scientific congresses**, among them in the **‘35th Annual Meeting of ESHRE’** held at Vienna, Austria, in the **‘8TH International IVIRMA Congress’** held at Palma de Mallorca, Spain, and in **‘International Meeting of The Scientific Society of Research in Human Reproduction’**, held at Creta, Greece.
- January 2019: Lecture as invited speaker in the 7th Hellenic Congress on Gynecological Endocrinology. The topic of my lecture was ‘Infertility treatment in Polycystic Ovarian Syndrome’. It was an honor for me to be invited by the Hellenic Society of Gynecological Endocrinology to give this lecture. I had the opportunity to present the new revised guidelines by ESHRE regarding the treatment strategies in PCOS as many things have been changed and/or introduced. In addition, I had the great pleasure and honor to be elected in the new Directory Board of the Society.
- December 2018: Lecture as invited speaker in the Scientific Symposia at the Hospital ‘MITERA’. The topic of my lecture was the ‘Success rates after IVF: Evidence and interventions for improvements’. It was an updated state-of the art lecture covering the most interesting innovations in the field of Assisted Reproduction along with the world-wide registered true success rates.
- November 2018: Lecture as invited speaker in the 2nd Congress on Reproductive Medicine which was organized by the Academic Department of Obstetrics and Gynecology of the University of Thessalia in Larissa on 30/11-02/12/2018: The topic of my lecture was ‘‘Clinical Evidence for the use of recombinant human LH’. The addition of recombinant LH in the ovarian stimulation protocols may improve IVF outcomes in certain women undergoing IVF. Individualization of the management of subfertile couples is essential in order to obtain the best results.



- November 2018: Participation in the 26th World Congress on Controversies in Obstetrics, Gynecology & Infertility (COGI), which was held in London, UK on 23-25/11/2018. The COGI Congresses are organized annually, and are characterized by the high scientific impact of lectures and presentations. This year's Congress fulfilled our aims; many hot topics in the field of Reproductive Medicine were discussed and analyzed.
- October 2018: Lecture in the '18th Annual Congress of the Hellenic Society for Studying Obesity, Metabolism and Eating Disorders, which was held in Kalampaka, Greece on 26-28/10/2018. The topic of my lecture was 'Reproduction after Bariatric Surgery'. During the works of the Congress I was honored to be elected in the Directory Board of the Hellenic Society for Studying Obesity, Metabolism and Eating Disorders; this is a broad spectrum Society, members of which are medical practitioners of several specialties, like endocrinologists, gynecologists, pediatricians, psychiatrists etc. with the aim to cover all the diverse health aspects of patients with weight and metabolic disorders.
- October 2018: Lecture as invited speaker in 'The XV Annual Meeting of The Mediterranean Society for Reproductive Medicine', which was held in Heracleion, Crete, Greece, on 19-21/10/2018. The topic of my lecture was 'The daily practice in ovarian stimulation'. The congress had a great impact and success with the participation of many distinguished International and Greek scientists.



- September 2018: I had the honor to be the chairman of the 2nd FERTILITY MASTER CLASS which was organized in Athens in continuation of the previous April's one. It was a very interesting meeting with participation of many specialists in IVF. I also gave the introductory and conclusive lecture.
- September 2018: Welcome lecture as a representative of the Hellenic Society of Fertility and Sterility (as a member of the directory board) in the Opening Ceremony of the National Congress on Infertility and Assisted Reproduction which was organized in the city of Ioannina, Greece. In the same Congress I gave a lecture as invited speaker on the topic 'Rates of Success in in vitro fertilization'.



- July 2018: Participation in the 'The 34th Annual Meeting of ESHRE', which was held in Barcelona, Spain, on 1-4/7/2018. I had also the honor to be invited in the private ceremony for the 'Grants for Fertility Innovation'; there I had the chance to meet and speak to Louise Brown, the first IVF baby (by now, she is 40 years old)
- June 2018: Participation in the '14th Hellenic Congress in Obstetrics and Gynecology', which was held in Athens, on 31/5/2018 – 3/6/2018. This Congress, that is organized once every 3 years, is the top national scientific meeting in the field of Obstetrics and Gynecology. I was invited as a chairman to coordinate the session 'Luteal Phase after In Vitro Fertilization'
- May 2018: our Unit participated with a presentation in the 'International Summit on Assisted Reproduction and Genetics in Israel (SARG)', which was held in Tel Aviv, Israel, on 27-29/5/2018. The topic of our presentation was 'Gonadotropin-releasing hormone (GnRH) agonist versus GnRH antagonist protocol – differential effects on frozen-thawed embryo transfers'.
- May 2018: I had the honor to be the chairman/coordinator of the Fertility Master Class which was organized in Athens. In this exceptional meeting, experts on the field of IVF were invited to participate. Invited speakers were: S.Ribeiro (from IVI Unit in Spain), J. Llacer (from the University of Bernabeu), and D. Stoop (fertility specialist from Switzerland). I gave the introductory and conclusive lectures. We will meet again in September for a second Master Class. Scientific meetings like this are of great value and interest in order to keep our knowledge on high standards.
- In February 2018, I had the honor to be a member of the Scientific and Organizing

Committee of the 3rd Congress of the Hellenic Society of Specialists in Assisted Reproduction, which was held in Athens, Greece, on 22-24/02/2018. The Congress's lectures and presentations had a high scientific standard with a great participation of doctors and embryologists. In addition, I gave a lecture in the satellite symposium 'IVF Today and Beyond' on the topic 'Corifollitropin alfa: an update on ovarian stimulation, and I joined the panel of a 'meet the experts' session along with Professor B. Tarlatzis and my co-speaker S .dos Santos-Ribeiro, in order to discuss and answer the questions of the invited doctors.

- In January 2018, the Hellenic Society for Fertility and Sterility (of which I have the honor to be a member of the Directory Board) organized the first of a series of scientific symposia aiming to inform and update gynecologists on infertility diagnostic approach and management. The symposium was held on 20/1/18 in Portaria city of Greece and I gave two lectures: 'Success Rates in IVF: Myths and Truths' and 'The role of Hysteroscopy In Subfertility'. In my first lecture I underlined the need for careful evaluation of the information spread through social media and non-scientific sources which may not reflect the actual truth about the success rates in IVF.
- In December 2017, we started up a scientific group named 'Oncofertility'. The group is joined by five gynecologists-specialists in Reproductive Endocrinology and five Oncologists, and our aim is to inform the medical/oncology society for the option of fertility preservation of women facing cancer. The latest improvements in the field of oocyte and ovarian tissue cryopreservation are extremely favorable and new stimulation protocols have been developed and tested to be safe even for women with estrogen-dependent cancers (like breast cancer). As a result, all women who are going to have gonadotoxic treatments should be informed and advised to follow such preservation strategies. We are planning to organize meetings and platforms for passing all the adequate information to health providers that manage women with cancer.
- In October 2017 we had the honor to be the one and only IVF Unit from Greece with an accepted presentation in the Annual Meeting of the American Society for Reproductive Medicine which was held in San Antonio, Texas, USA. Our research presentation "Does a low-quality blastocyst impair implantation when it is transferred along with a high-quality one?" by **E. Makrakis**, V. Dinopoulou, S. Liarmakopoulou, C. Anagnostopoulou, M.Fligou, T. Moustakarias, D.Giannaris" was selected to be uploaded in the official application of the congress and was the 17th in row among the most viewed! That was a honored recognition of our work....
- **EMBRYO A.R.T. – NEW HORIZONS: September 2017:** After 11 successful years of running our IVF Unit, we decided to move ahead in new larger and modern premises, without compromising our ideas and dedications for offering the best for our patients. I would like to thank all the couples who trusted us all these years and I commit that I will continue to stand by them in order to help them fulfill their expectations. I would also like to thank my collaborators, physicians, embryologists, midwives,

administrators and fertility counselors; I strongly believe that any success is the result of a team work. Fortunately, I will continue to have them by my side. The new address of the Unit is: 7, Sohou str and Andrianiou, Neo Psychico, Athens (near Kifisias avenue). Telephone number is the same 00302106450364 plus an extra one 00302106776700.

- Continuous education and knowledge updates are essential in order to offer the best and newest to the couples the trust us. So, in July 2017 I attended the 33rd Annual Meeting of the European Society for Human Reproduction and Embryology, which was held in Geneva, Switzerland with the participation of thousands of scientists. A great Meeting indeed...
- In June 2017, I was honored to be one of the members of the scientific committee of the International Symposium: IVF, a demanding and exciting Journey, which was held in Thessaloniki, Greece. Great scientists were invited, and among them Alan DeCherney, Bart Fauser, and Andrea Genazzani gave excellent lectures. It was a unique experience to listen to and discuss with such great scientists of our era. Finally, I had the honor to be chairman in the session 'Less is more – IVF in 2017 and New Aspects in Sertoli cell function'.
- In May 2017 I gave a lecture as invited speaker in the IVF symposium organized by the 3RD Department of Obstetrics and Gynecology of the University of Athens. The topic of my lecture was the new trends in the management of women with poor response in ovarian stimulation. I emphasized on the fact that these women should know all about the difficulties in their management and must be very critical to advertised 'magic and innovative' treatments that actually offer nothing.
- In May 2017, I attended the international workshop of the European Society for Human Reproduction and Embryology (ESHRE), for the challenges in fertility and general health of women of advanced maternal age. The workshop was held in Athens with great participation.
- In February 2017, I attended in Paris the 'Best of ESHRE and ASRM' Congress, which is being organized every 2 years by the two main scientific societies in the field of Assisted Reproduction, the European (ESHRE) and the American (ASRM). The Congress was very interesting as for all the current trends and practices, the opinions from both sides were discussed, whereas the debates between Europeans and Americans were really challenging.
- In February 2017, I was invited to give a lecture in the 6th Hellenic Congress of Gynecological Endocrinology, which was organized with success in Athens by the Hellenic Society of Gynecological Endocrinology. The topic of my lecture was 'The Treatment of Infertility in Polycystic Ovarian Syndrome'. I had the opportunity to highlight the importance of following a specific strategy for these women, starting with changes in lifestyle (mainly by the means of losing weight), proceeding to ovulation induction therapies with clomiphene citrate, letrozole or gonadotropins, and ending with the application of in vitro fertilization techniques. Following the above, the vast majority of women with polycystic ovarian syndrome will achieve their desire of having children.
- In December 2016, I gave a lecture in the 5TH Hellenic Congress for Fertility and Sterility on the topic of 'Fertility Preservation for Non-Medical Reasons. The Congress was organized by the

Hellenic Society of Fertility and Sterility which is the official scientific authority in the field of Assisted Reproduction in Greece. The lecture was attended by a big audience due to the popularity of the topic as more and more women postpone childbearing mainly because of their career demands. The most recent data about the effectiveness of egg freezing were presented in the lecture, along with the social and psychological implications of the procedure. If you have any queries or you need more detailed information, do not hesitate to contact me.

- In October 2016, I was invited to give a lecture on the topic 'Assisted Reproductive Technologies in Overweight and Obese Women' in the 16th Annual Congress of the Hellenic Society for Studying Obesity, Metabolism and Eating Disorders, which was held in Karpenisi, Greece (21-23/10/2016). It was a real challenge to give such a lecture in an audience of experts in Endocrinology and Internal Medicine and this invitation was a great honor for me.
- In September 2016, I had the honor to participate as an invited chairman in sessions as well as a member of the scientific committee and faculty in the international congress '10th Athens Congress on Women's Health and Disease: Preconception to Menopause', which was organized with great success in Athens between 1 and 3 September 2016. Many distinguished Scientists from all over the world participated in this Congress where were discussed all the recent achievements in our field.
- In July 2016 an original scientific paper from our Unit was accepted and published in the 'Endocrinology and Metabolism International Journal'. The paper describes the current status on selecting the best IVF embryos for transfer; it is obvious that by applying the best selection criteria we can improve the success rates. In the particular paper we refer to our experience and policies on the field and we describe the future perspectives. (**E. Makrakis**, V. Dinopoulou, D. Giannaris: 'The path of embryo selection for improving IVF success rates'"Endocrinol Metab Int J 2016, 3(2): 00041)
- In July 2016, I had the opportunity to attend the Annual Meeting of the European Society of Human Reproduction and Embryology (ESHRE) which was held in Helsinki, Finland. In this meeting which is the most essential scientific event in the field of Assisted Reproduction in Europe, our Unit had the honor to present a research project focusing on the quality of embryos created after the use of GnRH agonist (instead of the traditionally used HCG, Pregnyl or Ovitrelle) for the final maturation of oocytes in IVF protocols; this method resulted in a greater percentage of top quality embryos, promising improved success outcomes. Our research project was selected for presentation after peer review among thousands of submissions, reflecting a reward for our efforts to offer the best scientific and clinical services.
- In October 2015, I visited the United States of America for scientific reasons. My first stop was the New York City, where I (with my colleagues in EMBRYO A.R.T. Unit) had the opportunity to visit two well known local IVF units, the 'University Reproductive Associates' in New Jersey, and the 'New York Fertility Services' in Manhattan. We met the scientific staff and we exchanged experience. We were happy to realize that the standards, services, and success rates in our Unit are similar to those well running units (except the costs that in Greece are remarkably lower). We also had extended discussion regarding the application of assisted hatching and the biopsy at the blastocyst stage and we are going to adapt our practice and observe the results. After

New York, we flew to Baltimore and I attended the Annual Meeting of the American Society for Reproductive Medicine (ASRM) which is the major event in our field. I had the opportunity to update my knowledge in all the recent advances in Assisted Reproduction.

- Invited Speaker in the Satellite Symposium 'Increasing pregnancy rates: present and future' which was organized during the works of the 'In Vitro Fertilization: 2nd Congress of the Greek Society of Specialists in Assisted Reproduction', in Athens, Greece (19-21/11/2015). The topic of the lecture was 'Triggering of final follicular maturation with GnRH agonist' and I had the opportunity to present the latest advances in this new method which dramatically eliminates the incidence of the ovarian hyperstimulation syndrome (a serious complication of ovarian stimulation protocols for IVF). In addition, I presented very recent data that this method, when applied in certain cases may lead to the collection of more mature oocytes and to the creation of more good quality embryos, a finding that needs further evaluation as it may be a key-factor for increasing pregnancy rates. The symposium achieved great attendance and my co-speakers were Prof Sesh K. Sunkara from UK (known from her high acclaimed systematic reviews in the field of IVF) and Ms Florencia Barrios Abraham, an experienced embryologist from Italy. In the same congress I was invited as a chairman to the opening lecture of Prof Tarlatzis on the topic of 'Low Birth Numbers in Greece'. In addition our team from EMBRYO A.R.T. Unit presented an oral presentation about the poor quality day2-3 embryos, the extended culture of which, may lead to good quality blastocysts that can be cryopreserved and used in subsequent thaw cycles; we presented successful pregnancies following this strategy.
- Invited Chairman in the 6th session of the 1st Congress of Reproductive Medicine of Central Greece: Advances in Assisted Reproduction, which was held in Larissa, Greece, 5-6/12/2015. The topics that were discussed in the session were the role of ghrelin in reproduction, the effect of adenomyosis in fertility and its management, the new techniques for embryo evaluation and finally the modern applications of PGD and PGS.
- Invited Speaker in the 13th Hellenic Congress of Obstetrics and Gynecology which was held in Volos, Greece (28-31/05/2015). The Congress which is organized every 3 years is the biggest national scientific event in Obstetrics and Gynecology. The topic of the lecture was 'Corifollitropin Alfa: the new prolonged ovarian stimulator', and all the latest data from the use of this one-shot gonadotropin (Elonva) were presented. Of special interest are the promising results from the use of Elonva in women of advanced age and in poor responders to ovarian stimulation.
- Participation in the '6th International IVI Congress: Reproductive Medicine and Beyond' which was held in Alicante, Spain (23-25/4/2015). The congress, which was organized by the largest IVF Unit of Spain, was attended by hundreds of scientists from all over the world. All the latest clinical and laboratory advances were presented and discussed.
- Participation in the International Congress 'Best Practices of ESHRE and ASRM' which was held in New York, USA (05-07/03/2012). This Congress was organized by the two leading Societies in Assisted Reproduction, the American and the European ones and hundreds of scientists exchanged knowledge and experience. The meeting was extremely interesting as the

differences in attitudes and strategies for all the emerging topics between Europe and USA were revealed and discussed allowing for fruitful conclusions.

- Invited Speaker in the 5th Hellenic Congress of Gynecological Endocrinology which was organized in Athens, Greece (31/01 – 01/02/2015). The topic of the lecture was 'Ovulation Induction in women with Polycystic Ovarian Syndrome'. In this lecture, the strategies for inducing ovulation in this particular subgroup of anovulatory women were analyzed, focusing on any new available medications as well as on the need to avoid the hyperstimulation of the ovaries. Additionally, data regarding the IVF in these women were presented. Due to the particular interest and success, the lecture was repeated a few days later (20/02/2015) to an audience of gynecologists at the 'Lito' Maternity Unit, Athens.
- Invited Speaker in the Scientific Symposia of 'Mitera' Hospital (27/11/2014). The topic of the lecture was 'Myomas and In Vitro Fertilization'. Myomas (known as fibroids) are the commonest benign tumors of the uterus. Consequently, myomas are frequently observed in women undergoing IVF. Recently, many studies have tried to examine if myomas have a negative impact on the IVF results and fertility. Regarding these myomas that distort the uterine cavity (where embryo implantation takes place) there is evidence that they negatively affect fertility and IVF results; these myomas should be removed before any IVF attempt by operative hysteroscopy. This procedure, when performed by an experienced surgeon, can give excellent results. Regarding those myomas that do not distort the uterine cavity (intramural and subserosal myomas) the evidence is conflicting: some studies report a potential adverse effect on IVF results (especially for large myomas), but the most powerful studies have failed to confirm such an effect. Additionally, there is not enough evidence to support any beneficial effect on IVF after the surgical removal of those myomas. Consequently, any decision should be individualized according to the specific circumstances of each patient.
- Invited Chairman in the Session 'The value of producing more oocytes in ART' at the International Joint Meeting 'Reproductive Medicine across the Atlantic' which was organized by the Mediterranean Society for Reproductive Medicine (MSRM) in collaboration with the Canadian 'Association des Obstetriciens et Gynecologues du Quebec' at Heraclion, Crete, Greece, on 19-21/09/14. In this session, the most recent updates regarding the innovative strategy of freezing all the embryos which are produced after ovarian stimulation in an IVF cycle and transferring them in subsequent natural or artificial cycles were presented and discussed. By following this strategy we can bypass the potentially adverse effects of ovarian stimulation on the endometrium, we can eliminate the ovarian hyperstimulation syndrome (OHSS), we can prevent some pregnancy complications that have been associated with IVF (like babies with low birth weight and some placenta abnormalities), while we can achieve similar (or even better) success rates compared to fresh' cycles (where embryo transfer follows ovarian stimulation and oocyte retrieval) . More interestingly, women with multiple implantation failures in 'fresh' cycles could have a particular benefit with this strategy as the adverse effects of the stimulation on their endometrium may be more remarkable.
- Lecture as invited speaker in the 9th Athens Congress on Women's Health and Disease, which was held in Athens on 30/08/2014. The topic of the lecture was: B-Lynch suture. This Congress was an International Congress with more than 500 participants from all over the world that

covered all the latest updates in all the fields of Obstetrics and Gynecology from Puberty to Menopause.

- Publication of a new scientific manual entitled: **'In vitro Fertilization: Recent Developments and Updated Data'** edited by the Hellenic Society of Gynecological Endocrinology in June 2014. This is a comprehensive manual of 90 pages covering all recent clinical and laboratory innovations in the field of in vitro fertilization (IVF). Taking in account all the latest data from relevant publications along with the personal experience the manual describes in a systematic and evidence based way how the modern in vitro fertilization (IVF) methods and techniques should be applied. The reader can also find answers in critical questions and debates. The edition was made after an honorary invitation by the Hellenic Society of Gynecological Endocrinology and it is added to the well established and scientifically acclaimed series of scientific manuals edited the Society (<http://www.hsge.gr/>).
- Invited speaker in the scientific meeting 'Corifollitropin Alfa: Results – Clinical Experience – New Developments' which was held in Athens, on 31/05/14. The topic of the lecture was: 'Introduction to Corifollitropin Alfa – Interesting Case Reports'. Corifollitropin Alfa (ELONVA) is the newest drug for the controlled ovarian stimulation during IVF programs. Its remarkable benefit is that it is administered just once in the beginning of the cycle as a single subcutaneous injection which replaces the injections of the 7 first days of the stimulation protocol. In EMBRYO ART Unit, we were among the first who used the new medication just after its release in Greece; consequently we have gained a lot of experience in its use. Indeed the ELONVA protocols, if applied correctly and where indicated are at least equally effective to the traditional protocols of daily injections while women are happier having fewer injections. Obviously, once again, the gold standard of individualization allows for the most effective, safe and patient friendly infertility treatment.
- Invited Speaker in the 2nd Scientific Seminar: Recent Advances in Hysteroscopy-New Techniques-Hands On, which was held on the 26th of April 2014 in the Maternity Hospital 'REA' in Athens, Greece, under the auspices of the 2nd Department of Obstetrics and Gynecology of the University of Athens. The topic of my lecture was 'Submucous Myomas and Infertility'. Submucous are those of the myomas that protrude into the endometrial cavity causing its distortion. There is solid evidence that these myomas exert negative effects on fertility through a variety of mechanisms and their removal is recommended in women who are trying to conceive or follow IVF programs. In the majority of the cases their removal can be done hysteroscopically. Hysteroscopy is a minimal invasive endoscopic technique with no surgical scars, and the patient can be discharged home on the same day of the operation.
- The 1st Congress of the Hellenic Society of Assisted Reproduction Practitioners entitled 'In Vitro Fertilization, Past-Present and Future' took place in Athens, Greece on 22-24/11/13. As a member of the Scientific and Organizing Committees as well as a member of the Board of the Society I had the chance to receive the pleasure of its great success. More than 300 participants kept the auditorium full even during the 'difficult' hours, listening to lectures and presentations of high standards and proving the scientific conscience of doctors, embryologists, midwives and psychologists who are practicing in the field of Assisted Reproduction in Greece. Nearly all the Private and Academic IVF Units presented their experience. The topic of my lecture was 'Recurrent Implantation Failures: Anatomical and Functional Factors' and I had the opportunity to present data from my research projects which have been published in international Medical Journals, like the value of hysteroscopy in these cases, the importance of treating hydrosalpinges, the evaluation/improvement of uterine receptivity and others.

- Invited Chairman in the Sessions 'Obesity and Woman' and 'The role of Vitamin D in obesity and metabolism' at the 13th Hellenic Congress on Obesity and Metabolic Disorders, Athens, Greece (02/11/13). All the recent updates regarding the impact of obesity on fertility were presented and discussed in the Congress along with the modern therapeutic approaches. You can find valuable information at the Embryo ART website (www.embryoart.gr, link at homepage and powerpoint presentation). It is amazing how simple things, like losing some weight, may improve all the fertility outcomes for those trying to conceive!!!
- Participation in the Annual Congress of the American Society for Reproductive Medicine (ASRM) which was held in Boston, USA (12-17 October 2013) in conjunction with the International Federation of Fertility Societies (IFFS). The conjoined Meeting was undoubtedly the major event of the recent years in the field of IVF worldwide. Indeed, all the top gynecologists, embryologists and researchers were there, to exchange opinions for all the hot topics and to present new developments and improvements. Apart from traditional lectures, many of the sessions were interactive allowing for an ideal communication and fruitful participation. The Congress was a unique experience....
- Invited Chairman in the Session 'Time to personalize: the prospects of individualizing ART' of the International Meeting 'Imaging in Reproductive Medicine' organized by the Mediterranean Society for Reproductive Medicine at Crete, Greece, 20-22/09/13. The speakers and chairmen of the successful session discussed a) the important biochemical differences among the commercial preparations of FSH (the drug that we use for the ovarian stimulation during IVF) and their implication on IVF, and b) the evolving importance of the evaluation of the Antimullerian Hormone (AMH) and how this can aid us to tailor the ideal protocol for every woman undergoing IVF treatment. The important conclusion was that individualization of IVF treatment is feasible and mandatory because such a strategy can improve the success rates of IVF.
- Participation in the '29th Annual Meeting of ESHRE' which was held in London, UK (7-10/07/2013). The ESHRE Meetings are organized in annual basis with world-wide participation and are considered as the top scientific event for Assisted Reproduction in Europe.
- Participation in the International Congress '2013 SSIF CME Annual Meeting in Reproductive Medicine: Improving Success in ART: how to define it and key strategies to get the best outcomes' which was held in Athens, Greece (26-27/04/2013). More than 500 invited participants from all over the world attended the Congress in which recent developments for the ideal management of infertile couples (and especially those for the difficult cases) were discussed. The Congress Sessions were interactive allowing for a fruitful interchange of opinions and thoughts.
- Invited Speaker in the Scientific Symposia of 'Mitera' Hospital (21/02/2013). The topic of the lecture was 'IVF Success: Truths, myths and the value of the details'
- Member of the Scientific Committee of the 4th National Congress of Gynecological Endocrinology which was held in Athens, Greece (2-3/02/2013).

- Invited Chairman in two sessions (Session 1: Diagnosis and Investigations and Session 2: Pain and DIE) of the '2nd International Meeting on Principles and Controversies in the Treatment of Deep Infiltrating Endometriosis' which was held in Athens, Greece (7-8/12/2012). Among the participants and speakers were some of the most distinguished surgeons-specialists in laparoscopic surgery; all the current experience in the laparoscopic management of endometriosis was presented including live theatre sessions and an update on the strategies for the management of the endometriosis-associated infertility was discussed.
- Invited Speaker in the 12th International Congress of Obesity which was held in Corfu Island, Greece (26-27/10/12). The topic of the lecture was: 'Assisted Reproduction in Overweight and Obese women'.
- September 2012: Formal Visit in the Assisted Reproduction Unit **BOSTON IVF** in Boston Massachusetts, USA, which is the second busiest private IVF Unit in the States directed by Harvard University professors (Prof M. Alper and Prof A. Penzias). During the visit, Dr Makrakis and the chief embryologist of the 'EMBRYO A.R.T.' Unit observed the current clinical and laboratory practice in the BOSTON IVF, exchanged experience and trends with the professors and embryologists, and discussed ideas for scientific collaboration between the two units.
- Invited Chairman in a Session of the 12th Hellenic Congress on Obstetrics and Gynecology which was held in Salonika, Greece (17-20/05/2012). In the same Congress, the beneficial results from the application of the IMSI technique for the selection of spermatozoa in the 'EMBRYO A.R.T.' Unit were officially presented.
- Invited Speaker in the Scientific Symposia of 'Mitera' Hospital (05/04/2012). The topic of the lecture was: 'The effect of increased BMI in Assisted Reproductive Technologies outcomes'
- Invited Chairman in the session 'Menopause – Andropause' of the symposium 'From Andrology to Gynecology' which was held in Athens, Greece (31/03/2012).
- Participation in the International Congress 'Best Practices of ASRM and ESHRE' which was held in Cortina d'Ampezzo, Italy (01-03/03/2012). This was the first time that the two leading Societies in Assisted Reproduction, the American and the European ones, co-organized a Congress. The event was extremely interesting as the differences in attitudes and strategies for all the emerging topics between Europe and USA were revealed and discussed allowing for fruitful conclusions.
- Invited Chairman in the Session (Live Theatre-Total Laparoscopic Hysterectomy) of the International Congress 'A complete Reappraisal of Laparoscopic Hysterectomy' which was held in Athens, Greece (20-21/01/2012) with the participation of distinguished laparoscopic surgeons. All the new techniques were presented and discussed.