

## ***ΒΙΟΓΡΑΦΙΚΟ ΣΗΜΕΙΩΜΑ***

### **Στοιχεία Επικοινωνίας**

**Όνομα:** Δημήτριος Π. Μπεσίνης

**Διεύθυνση:** 25<sup>ης</sup> Μαρτίου 27, Νέα Σμύρνη, 17121

**Τηλέφωνο:** +30210 9353585

**E-mail:** info@besinis.gr

### **Προσωπικές Πληροφορίες**

**Ημερομηνία Γέννησης:** 11 Μαρτίου 1984

**Τόπος Γέννησης:** Αθήνα, Αττικής

### **Εκπαίδευση**

- 2016: Τίτλος Ειδικότητας Οφθαλμολογίας
- 2016: Εξετάσεις Ευρωπαϊκής Επιτροπής Οφθαλμολογίας - Fellow of the European Board of Ophthalmology (**FEBOphth**)
- 2010-2013: **Ph.D** Διδακτορική Διατριβή, εκπόνηση στο Εργαστήριο Πειραματικής Φαρμακολογίας της Ιατρικής Σχολής του Πανεπιστημίου Αθηνών με τίτλο «Νευροχημική και Νευροβιολογική μελέτη της επίδρασης του εμπλουτισμένου περιβάλλοντος στη φυσιολογία της όρασης των επίμυων»
- 2007-2009: **M.Sc.** Μεταπτυχιακό Δίπλωμα στη Μοριακή Ιατρική – Νευροβιολογία της Ιατρικής σχολής του Πανεπιστημίου Αθηνών και εκπόνηση διπλωματικής εργασίας με τίτλο «Συμπεριφορική και νευροχημική μελέτη των διαφυλικών διαφορών κατά την κρίσιμη περίοδο για την ανάπτυξη του οπτικού συστήματος».
- 2001-2007: **M.D.** , Πτυχίο Ιατρικής, Πανεπιστήμιο Πατρών
- 1998-2001: Απολυτήριο Λυκείου, Εκπαιδευτήρια Δούκα

### **Ξένες Γλώσσες**

- Αγγλικά: Certificate of Proficiency in English University of Cambridge, Certificate of Proficiency in English University of Michigan, Certificate of Translation from and to English University of Cambridge, IELTS Band 8.0 (Speaking 7.5 Listening 8.5 Writing 7.5 Reading 8.0, September 2015)
- Γαλλικά

### **Λοιπή Εκπαίδευση**

- Πιάνο: Ανώτατο Επίπεδο
- Κιθάρα: Μέσσοιο Επίπεδο

### **Εργασιακή Εμπειρία**

- Μάρτιος 2018 – Σήμερα: Ιδιώτης Οφθαλμίατρος στην κεντρική πλατεία της Νέας Σμύρνης
- Ιούνιος 2016 – Φεβρουάριος 2018: Κλινικός Επιμελητής Γλαυκώματος (Clinical Fellow), Western Eye Hospital, Imperial College NHS Healthcare Trust, London, UK
- Ιούνιος 2016 – Φεβρουάριος 2018: Κλινικός Επιμελητής Γλαυκώματος (Clinical Fellow), The Hillingdon Hospitals NHS Foundation Trust, Uxbridge, Greater London, UK
- Δεκέμβριος 2013 – Ιούνιος 2016: Ειδικευόμενος Οφθαλμίατρος, Νοσοκομείο «ο Ευαγγελισμός»
- Σεπτέμβριος 2010 - Δεκέμβριος 2011: Ειδικευόμενος Οφθαλμίατρος, Γενικό Νοσοκομείο Χαλκίδας

- Αύγουστος 2009 – Αύγουστος 2010: Ιατρός Υπόχρεος Υπηρεσίας Υπαίθρου, Π.Ι Λιβανατών και Κ.Υ. Αταλάντης, Φθιώτιδα

### **Clinical Attachments**

- 1 – 12 Ιουνίου 2015: Τμήμα Γλαυκώματος Western Eye Hospital, London, UK υπό την επίβλεψη της Miss Laura Crawley
- Δεκέμβριος 2007 – Ιούλιος 2009 : Οφθαλμολογικό τμήμα του ΓΝΑ «ο Ευαγγελισμός», μία ημέρα την εβδομάδα στα Τακτικά Εξωτερικά Ιατρεία και μία ημέρα την εβδομάδα στα χειρουργεία υπό την επίβλεψη του Διευθυντή Δρ Εμμανουήλ Πελεγγρίνη

### **Wet lab – Training Courses**

- *1<sup>st</sup> Eastern European Ophthalmic Summer Academy (Anterior Segment Surgery): Phaco Chop Technique, MICS, Small Pupil Management, Intravitreal Injections, Capsular Tension Rings, Toric/Multifocal IOLs, PC IOL Scleral suturing and fixation, Artificial iris insertion, Aphakic Iris-Claw (Artisan/Artiflex IOL), Combined Cataract – Glaucoma operations, Shunts and Valves, 11-15 September 2013, Athens, Greece*
- *14<sup>th</sup> European Ultrasound Training Course: A-scan, B-scan, UBM, Immersion Biometry with three hands-on sessions, 19 November 2016, London, UK*

### **Δημοσιεύσεις σε περιοδικά μετά από κρίση**

- Kokras, N., I. Sotiropoulos, ***D. Bessinis***, E. L. Tzouveka, O. F. X. Almeida, N. Sousa and C. Dalla (2019). "Neuroplasticity-related correlates of environmental enrichment combined with physical activity differ between the sexes." *Eur Neuropsychopharmacol* **29**(1): 1-15.
- ***Bessinis, D.P.***, Dalla, C., Kokras, N., Pitychoutis, P.M., Papadopoulou-Daifoti, Z., 2013. Sex-dependent neurochemical effects of environmental enrichment in the visual system. *Neuroscience* 254C, 130-140

- **Bessinis, D.P.**, Dalla, C., Daifoti, Z.P., Tiligada, E., 2012. Histamine involvement in visual development and adaptation. Invest Ophthalmol Vis Sci 53, 7498-7503

#### **Δημοσιεύσεις σε λοιπά περιοδικά**

- **Besinis, D.P.** The role of TAGS study in the management of advanced glaucoma (official journal of the Hellenic Society of Intraocular Implants and refractive Surgery HSIOIRS), 2021
- **Besinis, D.P.** Glaucoma Drainage Devices (GDDs) (official journal of the Hellenic Society of Intraocular Implants and refractive Surgery HSIOIRS), 2020
- **Besinis, D.P.** Laser Trabeculoplasty (LT) and its role in glaucoma treatment, Ophthalmic Surgical Notes (official journal of the Hellenic Society of Intraocular Implants and refractive Surgery HSIOIRS), 2020
- **Besinis, D.P.** Angle Closure Glaucoma: the role of Lens Extraction (LE), Ophthalmic Surgical Notes (official journal of the Hellenic Society of Intraocular Implants and refractive Surgery HSIOIRS), 2019
- **Besinis, D.P.** Μικροεπεμβατική Χειρουργική Γλαυκώματος (MIGS) – διαθέσιμες επιλογές, Ophthalmic Surgical Notes (official journal of the Hellenic Society of Intraocular Implants and refractive Surgery HSIOIRS), 2018
- **Besinis, D.P.** Icare rebound tonometer for the estimation of intraocular pressure, Ophthalmic Surgical Notes (official journal of the Hellenic Society of Intraocular Implants and refractive Surgery HSIOIRS), 2017

#### **Εκπαιδευτής – Παρουσίαση Μαθημάτων**

- Cyclodestructive procedures, September 2021, Webinar of the Greek College of Ophthalmologists
- Phaco+ procedures in the treatment of glaucoma, Webinar for Greek trainees, July 2021

- The role of iridotomy in treating angle closure: June 2021, Webinar of the Greek College of Ophthalmologists
- Cataract and ocular diseases, Society of retired employees of aviation companies, Athens, Greece 2019
- Moderator for the glaucoma poster session: EVER 2019, Nice, France
- Instructor in Alcon European Glaucoma Course: May 2018 Barcelona
- What is Glaucoma? London North West Pharmacists Forum, London 2017
- Course instructor – Ophthalmic ultrasound (a/b scan), Postgraduate Diploma in Ophthalmology, University of Middlesex, London 2017
- Gonioscopy: Counting Stripes – Teaching session for Trainees in Ophthalmology of the North Thames Deanery, Western Eye Hospital, London 2017
- Glaucoma and Ethnicity: 9<sup>th</sup> IGA (International Glaucoma Association) Forum, The Hillingdon Hospitals, London 2016
- Glaucoma Epidemiology/Diagnosis: RILA and Middlesex University Postgraduate Diploma in Ophthalmology, London 2016 (*invited speaker*)
- Ocular Manifestations of Hematological Diseases. “21<sup>st</sup> Congress of Continuous Medical Education of Evangelismos Hospital”, Athens 2016
- Cataract and the modern surgical approach, “Laikon Panepistimion” Athens 2015 (*invited speaker*)

#### **Ανακοινώσεις σε Συνέδρια**

- **D.P.Besinis**: Centurion with Active Sentry for cataract surgery, 53<sup>rd</sup> Congress of the Greek Ophthalmological Society, Thessaloniki, Greece 2020 (*invited speaker*)
- **D.P.Besinis** and G.Tsolkas: Refashioning a trabeculectomy flap with the use of pericardium graft in a disesthetic bleb, 34<sup>th</sup> International Congress of the

Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, July 2020 (*video presentation*)

- **D.P.Besinis**: Lumenis Optima IPL M22 for the treatment of dry eye, 1<sup>st</sup> Congress of the Hellenic Society of Ocular Surface and Dry Eye, Athens, Greece 2019
- **D.P.Besinis**: Questioning compliance in glaucoma patients, EVER 2019, Nice, France
- **D.P.Besinis**: How to manage the failing tube, EVER 2019, Nice, France
- **D.P.Besinis**: Redefining glaucoma treatment with prostaglandin analogues, Congress of Ophthalmic Clinic Ipapanti, Athens April 2019
- **D.P.Besinis**: Glaucoma Diagnosis and Treatment, 25<sup>th</sup> Annual Conference of the Greek Glaucoma Society, Athens April 2019
- **D.P.Besinis**: Phacoemulsification Combined with Endoscopic Cyclophotocoagulation, Annual Congress of Ophthalmic Clinic Ipapanti, Athens February 2019
- **D.P.Besinis**: Phacoemulsification Combined with Endoscopic Cyclophotocoagulation – P+ procedures session, EVER 2018, Nice, France
- **D.P.Besinis**: ALPI, Post EAGLE to PI or not to PI – Lasers in Glaucoma session, EVER 2018, Nice, France
- **D.P.Besinis**: Debate - We need more IOP lowering therapies, Position Yes, 9<sup>th</sup> Annual Congress of Controversies in Ophthalmology Europe, Athens 2018 (*invited speaker*)
- **D.P.Besinis**: Debate - Access to OCT angiography can improve outcomes in glaucoma, Position No, 9<sup>th</sup> Annual Congress of Controversies in Ophthalmology Europe, Athens 2018 (*invited speaker*)
- **D.P.Besinis** and P.A.Bloom: Saluting the Argentinian flag, 32<sup>nd</sup> International Congress of the Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, March 2018 (*video presentation*)

- **D.P.Besinis** and P.A.Bloom: Cypass Bypass for glaucoma treatment, 32<sup>nd</sup> International Congress of the Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, March 2018 (*video presentation*)
- **D.P.Besinis** and P.A.Bloom: Phacoemulsification with combined endoscopic cyclophotocoagulation for the treatment of glaucoma, 31<sup>st</sup> International Congress of the Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, March 2017 (*video presentation*)
- **D.P. Besinis**, I. Khan and P.A.Bloom: Evaluation of icare rebound tonometer in the setting of a busy glaucoma clinic, 31<sup>st</sup> International Congress of the Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, March 2017 (*presenting author*)
- **D.P. Besinis**: The Pathophysiology of Optic Neuritis, 2<sup>nd</sup> Interdisciplinary Congress on Pediatric and Adolescent Multiple Sclerosis, Athens, Greece, 2016
- **D.P. Bessinis**, V. Passa, E. Bartsi, E. Archontakis and I.K. Lamprinakis: “Unilateral, gradual vision loss due to cerebral aneurysm:a case report”, 48<sup>th</sup> Congress of the Hellenic Society of Ophthalmology, Olympia, Greece May 2015 (*oral presentation – presenting author*)
- P.A. Papadopoulos, **D.P. Bessinis**, A.P. Papadopoulos, K. Kakoulidis and A. Cernak: ”Long term (10 Year) refractive alterations after small incision phacoemulsification” 19<sup>th</sup> Winter Meeting of the European Society for Cataract and Refractive Surgeons, Istanbul, Turkey, February 2015 (*oral presentation*)
- N. Kokras, I. Sotiropoulos, E.L. Tzouveka, **D. P. Bessinis**, O.F.X. Almeida, N. Sousa, Z. Papadopoulou-Daifoti, C. Dalla “ Sex differences in the rat hippocampus and prefrontal cortex following rearing in an enriched environment”, Society for Neuroscience Annual meeting, Washington, USA, November 2014.
- **D.P. Bessinis**, P.A. Papadopoulos, A.P. Papadopoulos, K. Kakoulidis and A. Cernak: “Corneal biomechanical properties and their association with

intraocular pressure (IOP) and central corneal thickness (CCT)”, 32<sup>nd</sup> Congress of the European Society for Cataract and Refractive Surgeons, London, UK, September 2014

- P.A. Papadopoulos, **D.P. Bessinis**, A.P. Papadopoulos, K. Kakoulidis and A. Cernak: “Glaucoma Screening with a New Non-Contact Air Impulse Tonometer”, 32<sup>nd</sup> Congress of the European Society for Cataract and Refractive Surgeons, London, UK, September 2014
- I. Sotiropoulos, E. Tzouveka, N. Kokras, **D. Bessinis**, O.F.X. Almeida, N. Sousa, Z. Papadopoulos-Daifoti, C. Dalla: “Sex Differences in Brain Plasticity: Lessons from Enriched Environment”, 9<sup>th</sup> FENS Forum of Neuroscience, Milan, Italy, July 2014
- E.L. Tzouveka, I. Sotiropoulos, N. Kokras, **D.P. Bessinis**, O.F.X Almeida, Z. Papadopoulou – Daifoti and C. Dalla: “Sex differences in response to environmental enrichment: Behavioral, neurochemical and brain plasticity findings”, 8<sup>th</sup> Congress of the Hellenic Society for Basic and Clinical Pharmacology, Athens, Greece, March 2014
- P.A. Papadopoulos, K.Kakoulidis, **D.P.Bessinis**, A.P. Papadopoulos and A. Cernac: “Clinical evaluation of a new non-contact tonometer (Corvis ST)”, 28<sup>th</sup> International Congress of the Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, February 2014 (*presenting author*)
- E.Tzouveka, **D.P.Bessinis**, N.Kokras, I.Sotiropoulos, C.Dalla and Z.Papadopoulou-Daifoti: “Sex differences in Brain Plasticity: Lessons from Enriched Environment”, 26<sup>th</sup> Meeting of the Hellenic Neuroscience Society, Athens, Greece 2013
- **D.P.Bessinis**, C.Dalla, N.Kokras, D.Papassava, P.M.Pitychoutis and Z.Papadopoulou-Daifoti: “Environmental Enrichment affects the visual system in a sex-related way” 26<sup>th</sup> Meeting of the Hellenic Neuroscience Society, Athens, Greece 2013



- **D.P.Bessinis**, C.Dalla, Z.Papadopoulou - Daifoti and E.Tiligada: “ A novel role of histamine in the visual system” COST BM0806 Final Conference, Athens, Greece, March 2013
- **D.P.Bessinis**, C.Dalla, N. Kokras and Z.Papadopoulou – Daifoti: “Effects of early and late environmental enrichment in the visual system: sex differences revealed” 11<sup>th</sup> Biannual Meeting of The Greek Pharmacologic Society, Athens, Greece, February 2013
- **D.P.Bessinis**, C.Dalla, Z.Papadopoulou - Daifoti and E.Tiligada: “Effect of enriched environment on tissue histamine levels in the visual system”, Neuroscience Days, Athens, Greece, November 2012 (*selected speaker*)
- **D. P.Bessinis**, C. Dalla, P.Pitychoutis, E.Tiligada and Z.Papadopoulou - Daifoti: “Sex differences in the influence of environmental enrichment in the developing visual system” Hellenic Congress of Neurosciences, Athens, Greece, November 2010
- Zigoura V., Legaki A., Morfopoulos A., Litos I., **Bessinis D.**, Pelegrinis E.: “Our experience in intravitreal injection of Ranibizumab in the outpatient Eye Clinic”, Evangelismos General Hospital, 42<sup>nd</sup> Congress of the Hellenic Society of Ophthalmology, Crete, Greece, May 2009

### **Κεφάλαια σε Βιβλία**

- Chapter 14: D.P. Besinis and M.C. Anagnostouli: *Cerebrospinal Fluid Markers in Neuroinflammation, the paradigm of Optic Neuritis. Histamine Receptors as Drug Targets*, Methods in Pharmacology and Toxicology Series DOI 10.1007/978-1-4939-6843-5, 2017

### **Μέλος επιστημονικής επιτροπής περιοδικών**

- European Journal of Ophthalmology
- British Journal of Pharmacology
- British Journal of Ophthalmology (BJO, BMJ Group)

- British Journal of Pharmacology
- BMJ Case Reports

### **Βραβεία**

- *Special Note of Appreciation for the Novel View in Histamine Research, COST BM0806 Final Conference, Athens 2013, by the European Histamine Research Society (EHRS)*
- *Greek Bursary Winner for the 32<sup>nd</sup> Congress of the European Society of Cataract and Refractive Surgeons, London 2014*

### **Μέλος Επιστημονικών Κοινοτήτων**

- Ελληνική Εταιρεία Ενδοφακών και Διαθλαστικής Χειρουργικής
- Ευρωπαϊκή Εταιρεία Καταρράκτη και Διαθλαστικής Χειρουργικής

### **Χρήση Ηλεκτρονικών Υπολογιστών**

- MS Word, MS Excel, MS Powerpoint
- SPSS
- SigmaPlot
- GraphPad Prism
- End Note
- Medisoft