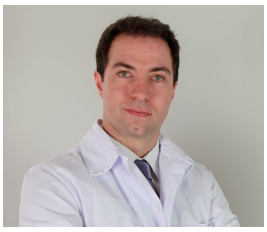
SWISS MEDICAL NETWORK



Dr. med. Nikolaos Samaras

Spécialiste en médecine interne générale et en gériatrie, membre FMH

Ausbildung

2018	Diploma in "Laboratory practice in the practice (CMPR)".
2014	Certified by the American Board of Anti-Anging Medicine (ABAARM)
2013	ERAS Certificate (Enhanced recovery after surgery)
2011	Intensive management course for heads of clinics, Geneva University Hospitals
2011	FMH title of advanced training in Geriatrics
2010	FMH title of specialist in Internal Medicine
2009	Advanced Cardiac Life Support Diploma (ACLS)
2008	University Diploma in "Geronto-psychiatry" - Faculté de médecine Pitié-salpêtrière, Paris
2007	Inter-university diploma in "In-depth studies of polyarthritis and systemic diseases" - Strasbourg Faculty of Medicine
2006	Continuing education: Statistics for doctors
2005	Capacity in "Gerontology" - Strasbourg Faculty of Medicine
2004	Inter-university diploma entitled "Memory and psycho-behavioural disorders in elderly subjects" - Faculté de médecine Pitié-salpêtrière, Paris
2003	Diplôme Universitaire de "Diabétologie" -Faculté de médecine de Strasbourg
2003	"DIPLÔME D'ETAT" in medicine following the defence of a thesis entitled "Diagnostic and therapeutic means for cardiac autonomic neuropathy in diabetic patients. Interêt du dépistage" - Strasbourg Faculty of Medicine
2003	Qualification in General Medicine - Strasbourg Faculty of Medicine
2000	Medical degree - Strasbourg Faculty of Medicine

Berufserfahrung

seit 2017	Consultant, Clinique Générale Beaulieu
seit 2013	Clinique Générale Beaulieu - Medical practice, Internal Medicine and Geriatrics
seit 2013	Consultant Physician Department of Internal Medicine, Rehabilitation and Geriatrics - University Hospitals of Geneva
2013–2014	Associate Doctor, Memory Clinic - Department of Internal Medicine, Rehabilitation and Geriatrics - Geneva University Hospitals, Pr Perrier, Head of Department - Pr Gold, Head of Department
2010–2013	Senior Registrar in the Department of Internal Medicine, Rehabilitation and Geriatrics - Geneva University Hospitals, Pr Perrier, Head of Department - Dr Gold, Head of Department

2009–2010	Resident, Department of Primary Care Medicine, Community Geriatrics Unit - Geneva University Hospitals, Dr Gaspoz, Head of Department
2008–2009	Internist in the Department of Internal Medicine, Centre Hospitalier Universitaire Vaudois - Pr Waeber, Head of the Department of Internal Medicine
2007–2008	Resident in the Department of Geriatric Psychiatry, Geneva University Hospitals - Prof. Glannakopoulos, Head of the Department of Psychiatry
2007	Head of Clinic, Department of Rehabilitation and Geriatrics Bone Diseases Service
2006–2007	Resident in the Department of Rehabilitation and Geriatrics - Geneva University Hospitals, Prof. Rizzoli, Head of the Department of Rehabilitation and Geriatrics - Prof. Gold, Head of Department
2006	Resident in the Department of Rehabilitation and Geriatrics 80% research - 20% clinical: cognition consultation (Clinique mémoire - Hôpital des Trois-Chêne) Pr Gold, Head of Department
2004–2005	Non-commissioned doctor, Greek Air Force - rank of sergeant
2004	Volunteer as "Spectators Doctor" Athens Olympic Games
2003–2004	Resident in the Geriatric Rehabilitation Follow-up Care Department, University Hospitals of Strasbourg (FR), Pr Berthel - Dr Vogel
2003	Internist, Geriatric Internal Medicine Department, Strasbourg University Hospitals (FR), Pr Berthel - Dr Vogel
2002–2003	Internal doctor, outpatient medicine, private general practice, Erstein (FR) - Dr Baranger
2002	Internist, Internal Medicine B - Hôpital de Sélestat (FR)
2001–2002	Resident in the Department of Geriatrics - Clinique du Diaconat, Colmar (FR) - Dr Niederberger
2001	Resident at the "Médicale A" Department of Internal Medicine - University Hospitals of Strasbourg (FR), Pr Storck - Pr Weber
2000–2001	Internal doctor at the Cardiology Department of the Colmar Civil Hospital (FR), Dr Arnold

Publikationen

Original articles in newspapers with editorial policies

Frangos E, Trombetti A, Graf CE, Lachat V, Samaras N, Vischer UM, Zekry D, Rizzoli R, Herrmann FR. Malnutrition in Very Old Hospitalized Patients: A New Etiologic Factor of Anemia? J Nutr Health Aging. 2016;20(7):705-13. IF 2.996

Noble S, Frangos E, Samaras N, Ellenberger C, Frangos C, Cikirikcioglu M, Bendjelid K, Frei A, Myers P, Licker M, Roffi M. Transcatheter aortic valve implantation in nonagenarians: effective and safe. Eur J Intern Med. 2013 Dec;24(8):750-5. IF 2.049

Samaras N, Herrmann FR, Samaras D, Lang PO, Canuto A, Forster A, Hilleret H, Gold G. The Hospital Anxiety and Depression Scale: low sensitivity for depression screening in demented and non demented hospitalized elderly. Int Psychogeriatr. 2013 Jan;25(1):82-7. IF 2.24

Samaras D, Samaras N, Ferlay O, Papadopoulou MA, Pichard C. Cauliflower bowel: a tumor-induced mesenteric retraction Am J Med Sci. 2014 Apr;347(4):330. IF 1.257

Forster A, Samaras N, Graf C, Tille JC, Samaras D. Giant Mucinous Ovarian Tumor. Am J Med Sci. 2012 May 23. IF 1.257

Samaras D, Papadopoulou MA, Forster A, Samaras N. Lingua villosa nigra. Intern Med. 2012;51(11):1453. IF1.04

Samaras N, Frangos E, Forster A, Graf C, Samaras D. Back pain : A case of ivory vertebrae and ribs. Eur Ger Med. 2012 Jun ;3(3) :184-185. IF 0.57

Samaras N, Rossi C. Images in clinical medicine. Tophaceous gout. N Engl J Med. 2012 Jan; (3): 366. IF 53.48

Samaras D, Samaras N, Bertrand PC, Forster A, Herrmann F, Lesourd B, Lang PO. Comparison of the Interobserver Variability of 2 Different Methods of Dietary Assessment in a Geriatric Ward: A Pilot Study. J Am Med Dir Assoc. 2012 Mar;13(3):309 IF 4.49

Samaras N, Dimopoulou A, Forster A, Samaras D. Asymptomatic giant tuberculoma in an elderly patient. A case report. Eur Ger Med. 2011 Oct; (2): 303-304. IF 0.57

Samaras D, Stravodimou A, Rossi G, Samaras N. A case of misplaced stomach bubble? Eur Ger Med. 2010 Dec;6(1):369-371. IF 0.57

Samaras D, Samaras N, Antonini P, Ferrier C, Vogt-Ferrier N. Determining drug causation from geriatric clinical observations: The case study of a suspected hypersensitivity vasculitis with glomerular involvement associated with lansoprazole. Eur Ger Med. 2010 Oct;5(1): 310-313. IF 0.57

Tessitore E, Luzi M, Lobrinus JA, Samaras N, Trombetti A. Cervical Paget disease of bone with spinal cord compression due to atlanto-axial instability: a case report and review of the literature. Spine. 2008 Feb 1;33(3):E85-9. IF 2.793

Review articles in journals with editorial policies

Thibault R, Samaras N, Samaras D, Chambellan A, Pichard C. Respiratory rehabilitation in chronic obstructive pulmonary disease (COPD): androgen therapy, why? Why? For whom? For whom? Nutrition Clinique et metabolism. 2016 Mar 30;1: 74-82. IF 0.4

Samaras N, Papadopoulou M-A, Samaras D, Ongaro F. Off-label use of hormones as an antiageing strategy: a review. Clin Interv Aging. 2014 Jul 23;9:1175-86. IF 2.7

Samaras N, Samaras D, Chambellan A, Pichard C, Thibault R. Pulmonary Rehabilitation: The Reference Therapy for Undernourished Patients with Chronic Obstructive Pulmonary Disease. Biomed Res Int. 2014;2014:248420. Epub 2014 Feb 19.

Samaras N, Samaras D, Frangos E, Forster A, Philippe J. A review of age-related dehydroepiandrosterone decline and its association with well-known geriatric syndromes: is treatment beneficial? Rejuvenation Res. 2013 Aug;16(4):285-94. IF 2.7

Samaras D, Samaras N, Lang PO, Genton L, Frangos E, Pichard C. Effects of widely used drugs on micronutrients: a story rarely told. Nutrition. 2013 Apr;29(4):605-10. IF 3.02

Samaras N, Forster A, Frangos E, Samaras D. Prevention of dementia. What is the role of exercise? NPG. 2013 Jun;13(75):172-178. (no IF)
Samaras N, Samaras D, Lang PO, Forster A, Pichard C, Frangos E, Meyer P. A view of Geriatrics through hormones. What is the relation between andropause and well-known geriatric syndromes? Maturitas. 2013 Mar ;74(3) :213-219. IF 2.77

Lang PO, Samaras N, Samaras D. Does vitamin D deficiency contribute to further impinge the state of vulnerability to infections of aging and aged adults? Eur Ger Med. 2013 Mar ; 4(1):59-65. IF 0.57

Forster A, Samaras N, Notaridis G, Samaras D. Assessment and screening of swallowing disorders. NPG. 2013 Apr ;13(74) :107-116. (no IF)
Lang PO, Samaras N, Aspinall R, Samaras D. How important is Vitamin D in preventing infections? Osteoporos Int. 2013 May;24(5):1537-53. IF 4.8

Samaras N, Frangos E, Forster A, Lang PO, Samaras D. Andropause: A review of the definition and treatment. Eur Ger Med. 2012 Nov; 6 (3):368-373.

IF 0.57 Lang PO, Samaras D, Samaras N. Testosterone replacement therapy in reversing "andropause": What is the proof-of-principle? Rejuvenation Res. 2012 Oct;15(5):453-65. IF 4.2

Lang PO, Samaras D, Samaras N, Aspinall R. Influenza vaccination in the face of immune exhaustion: Is herd immunity effective for protecting the elderly? Influenza Res Treat. 2011;2011:419216 (no IF)
Forster A, Samaras N, Gold G, Samaras D. Oropharyngeal dysphagia in older adults: a review. Eur Ger Med. 2011 Nov;(2):356-362. IF 0.57

Samaras N, Chevalley T, Samaras D, Gold G. Older Patients in the Emergency Department: A Review. Ann Emerg Med. 2010 Sep;56(3):261-269. IF 4.232

Samaras N, Rossi G, Giannakopoulos P, Gold G. Vascular depression. An age-related mood disorder. Eur Ger Med. 2010 Sep;4(1):220-225. IF 0.57

Letters to newspapers with editorial policies

Samaras N, Schneider A, Frangos E, Forster A, Samaras D. A rare case of adrenal insufficiency induced by inhaled corticosteroids. J Am Geriatr Soc. 2013 May;61(5):841-2.IF 3.913

Forster A, Assir N, Notaridis G, Samaras D, Samaras N. Mycobacterial arthritis. J Am Geriatr Soc. 2012 Oct;60(10):1976-8. IF 3.913

Soroken C, Samaras N, Samaras D, Huber P. An unusual case of cholecystitis and liver abscesses in an older adult. J Am Geriatr Soc. 2012 Jan;60(1):160-1. IF 3.913

Articles, letters in journals without editorial policy

Samaras N, Samaras D, Forster A, Frangos E, Jacques Philippe. Decrease in dehydroepiandrosterone (DHEA) with age: clinical relevance and therapeutic interest. Rev Med Suisse. 2015 Jan 28;11(459):321-4.

Samaras N, Samaras D, Frangos E, Forster A. Prevention of dementia. How to target patients at risk and potential treatments. Rev Med Suisse. 2013 May 22;9(387):1116-9.

Samaras N, Samaras D, Lang PO, Bridevaux PO, Gex G, Janssens JP, Pichard Claude. Chronic obstructive pulmonary disease: risks and benefits of testosterone treatment. Rev Med Suisse. 2012 Nov 21;8(363):2224-7.

Samaras N, Gold G. What is the role of exercise in the prevention of cognitive impairment? info@gériatrie. (in press)

Samaras D, Samaras N, Lang PO, Genton-Graf L, Pichard C. Vitamin and trace element status: impact of medication. Rev Med Suisse. 2012 Jun 6;8(344):1229-30, 1232-4,1236.

Trombert V, Samaras N. Practical problem on ECG in elderly patient. Case #18. Rev Med Suisse. 2011 Nov 23;7(318):2312-3.

Samaras N, Trombert V. ECG in an elderly patient: trigeminal rhythm. Rev Med Suisse. 2010 Jul 14;6(256):1416-7.

Perone N, Brawand-Bron A, Samaras N, Steiner AS, Jackson Y, Broers B, Pellicciotta S, Durieux-Paillard S, Haller DM, Gaspoz JM. General internal medicine: review of year 2009 from the ambulatory perspective. Rev Med Suisse. 2010 Feb 3;6(234):233-8.

Media

Interview Planète santé 2014: Antivieillissement: Deux clans, deux médecines.
https://www.planetesante.ch/Magazine/Personnes-agees/Medecine-antiage/Antivieillissement-deux-clans-deux-medecines

Interview Planète santé 2014: La medicine anti-age, est-elle le nouvel élixir de vie?
https://www.planetesante.ch/Magazine/Personnes-agees/Medecine-anti-age/Lamedecine-anti-age-est-elle-le-nouvel-elixir-de-vie

Interview Planète santé 2013: L'exercice physique: Un bon moyen pour prévenir la maladie d'Alzheimer.
https://www.planetesante.ch/Magazine/Autour-de-la-maladie/Alzheimer-et-demences/Lexercice-physique-un-bon-moyen-de-prevenir-la-maladied-Alzheimer

Interview Planète santé 2013: L'obesité, un facteur de risqué pour la maladie d'Alzheimer.
https://www.planetesante.ch/Magazine/Autour-de-la-maladie/Vivre-avec-le-diabete/Lobesite-un-facteur-de-risque-pour-la-maladie-d-Alzheimer

Interview Planète santé 2013: La testosterone, un traitement d'avenir?
https://www.planetesante.ch/Magazine/Autour-de-la-maladie/BPCO/La-testosterone-un-traitement-d-avenir

Präsentationen

10éme Congrès annuel de la « European Menopause and Andropause Society **»**, Madrid, Mai 2015.
Présentation Orale: Diagnosing Andropause

Congrès annuel de la « Société Française de Gériatrie et Gérontologie », Paris, Octobre 2012.
Présentation du Poster: Samaras N, Frangos E, Samaras D. «Renutrition chez le patient âgé : l'importance du suivi hormonal illustrée par un cas clinique».

9éme Congrès annuel de la « European Menopause and Andropause Society **»**, Athènes, Mars 2012.
Présentation du Poster: Samaras N, Samaras D. Hormonal profile after intravenous renutrition of a geriatric patient.

Congrès annuel de la « Gerontological Society of America **»**, Boston Novembre 2011.
Présentation du Poster: Samaras N, Samaras D. Hospital Anxiety and Depression Scale for depression screening in elderly inpatients with cognitive disorders.

Congrès annuel de la « European Union Geriatric Medicine Society », Malaga Septembre 2011.
Présentation du Poster: Rossi C, Samaras N, Samaras D. Tophaceous gout and bone destruction as the first symptom of hyperuricemia in an elderly woman. A Case Report.

Congrès annuel de la « American Geriatric Society », National Harbor MD Mai 2011.
Présentation du Poster: Samaras D, Frangos E, Adamopoulos D, Samaras N. Lingua villosa nigra in a geriatric patient.

7éme congrès européen de la « International Association of Gerontology and Geriatrics » (IAGG), Avril 2011.
Presentation du Poster: Samaras D, Samaras N, Rossi G, Coti Bertrand P, Lesourd B. Comparison of the inter-observatory reproducibility of two different methods of dietary assessment in a geriatric ward.

Congrès annuel de la « American Geriatric Society », Orlando Mai 2010.
Présentation du Poster: Samaras D, Samaras N, Rossi G, Coti Bertrand P, Lesourd B. Comparison of the inter-observatory reproducibility of two different methods of dietary assessment in a geriatric ward.

Akkreditierung

Clinique Générale-Beaulieu

Fachgebiete

Allgemeine Innere Medizin

Geriatrie (Altersmedizin)

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