

ΒΙΟΓΡΑΦΙΚΟ ΣΗΜΕΙΩΜΑ

Στοιχεία Επικοινωνίας

Όνομα: Δημήτριος Π. Μπεσίνης

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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 Αθηνων 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 Διευθυντη Δρ Εμμανουήλ Πελεγγρίνη

Wet lab – Training Courses

- *1st 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*
- *14th 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. Besinis***, 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.** ECP – the first MIGS (official journal of the Hellenic Society of Intraocular Implants and refractive Surgery HSIOIRS), 2022
- **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

- Dry lab instructor – Glaucoma Drainage Device course, 30th Congress of the Greek Glaucoma Society, Athens 2026
- Dry lab instructor – trabeculectomy course, 30th Congress of the Greek Glaucoma Society, Athens 2026
- Combined cataract and glaucoma procedures, 6th Ocular Oncology Happy Hour Webinar, Jan 2024
- Endoscopic Cyclophotocoagulation (ECP) European instructional course, September 2023, Parma ESASO Campus, Italy
- Dry lab instructor – trabeculectomy course, 27th Congress of the Greek Glaucoma Society, Athens 2023
- Wet Lab head instructor for the implantation of the Ahmed Valve and Ahmed Clear path, November 2022 Limassol, Cyprus, Congress of the Cypriot Society of Ophthalmology
- Presenting the new Digital duet, Lumenis Annual Sales Meeting, Thessaloniki, Greece, May 2022
- 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: 9th 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. “21st 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** : Corneal biomechanics in glaucoma, Position: Relevant, 30th Congress of the Greek Glaucoma Society, March 2025, Athens, Greece
- **D.P.Besinis** : SLT before MIGS or Trabeculectomy, Position YES, Greek Annual Controversies in Ophthalmology, November 2025 Thessaloniki, Greece
- **D.P.Besinis** : OCT in glaucoma monitoring, Greek Annual Controversies in Ophthalmology, November 2024 Thessaloniki, Greece
- **D.P.Besinis** : Lasers in Glaucoma: Endoscopic Cyclophotocoagulation (ECP), 57th Greek Ophthalmology Congress, May 2024 Thessaloniki, Greece
- **D.P.Besinis** : Innovations in Cataract Surgery, Alcon Satellite Symposium, 57th Greek Ophthalmology Congress, May 2024 Thessaloniki, Greece

- **D.P.Besinis** : SLT as first line treatment, 28th Congress of the Greek Glaucoma Society, April 2024, Athens, Greece
- **D.P.Besinis** : MIGS combined with cataract surgery, 28th Congress of the Greek Glaucoma Society
- **D.P.Besinis** : SLT as first line treatment, Position **YES**: 15th Annual Congress of Controversies in Ophthalmology, March 2024, Athens, Greece (**Invited Speaker**)
- **D.P.Besinis** : MIGS as first line treatment, Position **NO**: 15th Annual Congress of Controversies in Ophthalmology, March 2024, Athens, Greece (**Invited Speaker**)
- **D.P.Besinis** and G.Tsolkas: Minimally invasive tube surgery is it the future? 38th International Congress of the Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, March 2024 (*video presentation*)
- **D.P.Besinis** and G.Tsolkas: Dissassembling the Great White: a story of patience and multiple chops to success, 38th International Congress of the Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, March 2024 (*video presentation*)
- **D.P.Besinis**: Artificial Intelligence in Ophthalmology – anterior segment, 56th Annual Congress of the Greek Ophthalmological Society, June 2023, Ioannina Greece (**invited speaker**)
- **D.P.Besinis** and G.Tsolkas: MIGS and Match, the first ICE2 (iStent inject W – Cataract – ECP) surgery performed in Greece 37th International Congress of the Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, March 2023 (*video presentation*)
- **D.P.Besinis** and K.Chalioulias: Modified 4 flange technique for traumatic IOL dislocation, 37th International Congress of the Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, March 2023 (*video presentation*)

- **D.P.Besinis**: Centurion with Active Sentry for cataract surgery, Annual Congress of the Hellenic College of Ophthalmology, December 2022, Athens, Greece
- **D.P.Besinis** Trabeculectomy: when to do it (Trab VS MIGS) , EVER 2022, Valencia Spain, October 2022
- **D.P.Besinis** Trabeculectomy: Dead art or dead loss? (SIS organizer), EVER 2022, Valencia Spain, October 2022
- **D.P.Besinis** Improve your practice with the new Digital Duet, Lumenis booth talk, ESCRS, Milan Italy, September 2022
- **D.P.Besinis** Sharing New techniques on Glaucoma Treatment, New Technologies in Ophthalmology as an enabler for enhanced surgical outcomes, Athens Greece, 10 September 2022
- **D.P.Besinis** Presenting the new Ahmed Clear Path glaucoma drainage device, 36th International Congress of the Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, March 2022
- **D.P.Besinis** and G.Tsolkas: Chronic watery eye in a patient with previous phacotrab: is it time to revise? 36th International Congress of the Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, March 2022 (*video presentation*)
- **D.P.Besinis** and G.Tsolkas: Implanting the first Ahmed Clear Path 350 in Greece in a complex case with uveitic glaucoma, angle closure with phacomorphic element and previous LASIK corneal surgery 36th International Congress of the Hellenic Society of Intraocular Implants and Refractive Surgery, Athens, Greece, March 2022 (*video presentation*)
- **D.P.Besinis**: Centurion with Active Sentry for cataract surgery, 53rd 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, 34th 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, 1st 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, 25th 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, 9th 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, 9th Annual Congress of Controversies in Ophthalmology Europe, Athens 2018 (*invited speaker*)
- **D.P.Besinis** and P.A.Bloom: Saluting the Argentinian flag, 32nd 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, 32nd 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, 31st 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, 31st 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, 2nd 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”, 48th 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” 19th 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)”, 32nd 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”, 32nd 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”, 9th 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”, 8th 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)”, 28th 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”, 26th 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” 26th 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” 11th 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”, Evaggelismos General Hospital, 42nd 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 32nd 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