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**TAKIS NIKOLAOS KAROULAS**  
**SPECIALIST IN CARDIOLOGY**  
**NHS DIRECTOR 1<sup>ST</sup> AHEPA UNIVERSITY CARDIOLOGY CLINIC**  
**ARISTOTLE UNIVERSITY OF THESSALONIKI AHEPA GENERAL HOSPITAL**

Dr. Takis Karoulas was born in Sparti, Famagousta Cyprus and graduated from the first Famagousta High school. During his military service he served as a reserved midshipman. He graduated from the Faculty of medicine Aristotle University of Thessaloniki in 1976 with the average grade of "very good".

Following the Turkish invasion in 1974 he returned to Cyprus enlisted and served from 17 August to 26 October as physician at the medical center for refugees in Xylotymvou, Larnaca. He returned to Greece where he completed his rural medical service at the Cardiology clinic of the General Hospital of Kavala.

He started his residency in internal medicine at the Papanikolaou General Hospital (1976-1977) and confirmed his residency in Internal medicine at the Ippocrateio General Hospital of Thessaloniki for the following two years. He specialized in Cardiology at the General Hospital of Kavala until 1980 when he received his title of specialist in Cardiology. He served as an assistant at the cardiology clinic of the General Hospital at the social insurance institute (IKA) of Kavala (1981-1983).

On December 1983, he was appointed assistant at the Hemodynamic General Hospital of the 1<sup>st</sup> Surgery clinic of AHEPA General Hospital and following the establishment of the NHS he took the office of supervising physician B (1986). Thereafter, he was appointed supervising Physician A at the 1<sup>st</sup> Cardiology clinic of AHEPA General Hospital and then he served as NHS Director till 2015 when he resigned. He was trained in angioplasty of vessels at the Hemodynamic Laboratory of AHEPA General Hospital by consultant John Bresnahan of MAYO Clinic.

He attended and was trained in angioplasty of coronary vessels and cardiac catheterization at the London Hospital (Whitechapel).

He was trained in M-Mode and two-dimensional (2D) echocardiogram and attended many trans-esophagus (TOE), as well as many exercise stress tests.

### **Educational Activities**

- Lectures to the nursing staff of the AHEPA Hospital
- Lectures to medical students in the position of assistant Cardiologist of the Hemodynamic Laboratory of the 1<sup>st</sup> surgery clinic of the AHEPA General Hospital and then the 1<sup>st</sup> Cardiology clinic
- Head of the ward department for many years and training of Cardiology residents
- Active participation in many activities of the Cardiology clinic, visits of patient's wards, lectures to residents, outpatient clinics, coronary intensive care unit and teaching heart catheterizations, coronary angiopathy and angioplasty of coronary vessels to residents and specialists in cardiology
- Member of the committee of the Annual Postgraduate program in Cardiology of Heart Surgery clinic, Hemodynamic Laboratory and 1<sup>st</sup> Cardiology clinic from 1985 to 1991 and speaker of various cardiology issues

- Participation in Postgraduate cardiology courses at the 1<sup>st</sup> Cardiology clinic of the Aristotle University of Thessaloniki, AHEPA General hospital from 1997 and for many years as a speaker of panelist on various interesting cardiology issues
- Active participation in regular scientific meetings and presentations of many cardiology issues. Participation in many scientific roundtables, one-day conferences and various seminars either as a speaker or a panelist

### **Medical work**

From 198, as a cardiologist of the 1<sup>st</sup> Surgery Clinic and then as the Heart surgery clinic, he participated in various scientific activities. Ongoing provision of services to the wards of the clinic, active on-call duties, outpatient clinics. Active and substantial follow-up of heart and heart surgery patients at the coronary unit, performance of ultrasounds and placement of temporary or permanent pacemakers.

Along with professors G.Louridas and P.Spanos he participated and substantially contributed to the performance of the first coronary angiographies at the AHEPA General Hospital since 1984 and in Northern Greece.

In 1986, at the Hemodynamic Laboratory they started performing angioplasties and gradually placing stents and this became an everyday routine of the clinic. He continued working at the clinic and performed approximately 1.800 right and left catheterizations for the diagnosis of congenital and acquired heart diseases approximately 12.000 coronary angiographies for the diagnosis of coronary disease and approximately 3500 angioplasties, 200 of which were primary angioplasties performed in the last 6 years in patients who suffered an acute myocardial infarction and who often had a severe clinical symptoms or many times they were intubated, such as patients who suffered a cardiogenic shock, coma, severe heart or respiratory failure or severe cardiac arrhythmias.

In 1989, as a member of the University Heart Surgery Clinic of the AHEPA Hospital, in cooperation with the cardiologists of the Nicosia General Hospital, Cyprus, then performed the 1<sup>st</sup> coronary angioplasties on patients with coronary disease.

In the year 1989, he completed his doctoral thesis on the Angiographic study of occlusive damages and collateral circulation in patients with stable and unstable angina pectoris.

Since 1983 with the beginning of the coronary angiographic, many scientific and research papers were published on the population of Northern Greece. He participated in the BENESTENT II and ROSE protocols regarding the placement of STENTS in coronary vessels.

In 2005 he participated in the multinational and multicenter study ENDEAVOR V on the placement of STENTS covered with a pharmaceutical substance in patients with coronary disease. Since 2014, he participated in the multicenter and multinational study TOTAL, in patients with acute myocardial infarction and performed primary angioplasties with STENT or thrombosuction with or without STENT.

Since 2014, he also participated in the multicenter and multinational study COMPLETE in patients with acute myocardial infarction and full or no reperfusion of the myocardium with the placement of STENT in all coronary arteries with severe stenosis of their lumen.

He has elaborated a large number of scientific papers some of which have been published in Greek and foreign reliable cardiology journals.

He is a member of the medical society of Thessaloniki, the society of Cardiology of Northern Greece, the Hellenic society of Cardiology, the society of sports medicine of Northern Greece and British Cardiovascular Intervention society.