

Curriculum vitae

ZISIS TOULOUMIS MD.

General Surgeon

Birthplace Athens, Greece
Citizenship Greek
Languages English (very good), Italian (excellent)

Special interests Surgical Oncology (breast, colorectal, HPB)
Open and Laparoscopic Procedures
Thyroid Surgery, Trauma Surgery

Education - 1999, Graduation from Medical School of Naples Italy "Federico II"

Licensure

- 2018, Saudi Commission for Health Specialties
(18-R-M- 0042212)
- 2009, Hellenic Republic Surgery Board Certification
(license n. 8431/20-5-2009)
- 2000, Hellenic National Board of Medical Examiners
(license n. 14314/28-7-2000)
- 2000, Italian National Board of Medical Examiners
(license n. 6417/27-6-2000)

Professional Experience

2017 - up to now **Consultant General Surgery/Trauma**
at Level I Trauma Center of King Saud Medical City,
Riyadh, Saudi Arabia

- 2012 – 2017 **Consultant General Surgeon** at Athens Medical Group
Health Care Centers, Greece
- 2012 - 2013 **Consultant General Surgeon** at the National Health
Care Organization of Greece (E.O.P.Y.Y.)
- 2011 - 2012 **Consultant General Surgeon** at the Department of General
Surgery of the General Hospital of Halkida, Evoia
Prefecture, Greece
- 2009 - 2010 **Consultant General Surgeon** at the 1st Department of
General Surgery – HPB unit, Konstantopouleio
General Hospital,
N. Ionia, Athens, Greece
- 2003 - 2009 **Resident in Surgery** at the 1st Department of General
Surgery – HPB unit, Konstantopouleio General
Hospital, N. Ionia, Athens, Greece
- 2003 **Staff Physician** of the Private Clinic Agios Georgios,
Athens, Greece
- 2003 **Staff Physician** of the Private Clinic Sotir, Athens, Greece
- 2002 **Primary Care Doctor** Agios Konstantinos Health
Care Unit, Fthiotida Prefecture, Greece
- 2001 **Medical Internship** General Hospital of Lamia, Fthiotida
Prefecture, Greece
- 1999 - 2001 **Surgical Internship** of the 1st Orthopedic Department
of the 401 General Military Hospital of Athens during
military service.

Professional Organizations & Societies

- Hellenic Association of Digestive Surgery
- Hellenic Association of Endoscopic Surgery and Other Interventional Techniques.
- European Association for Endoscopic Surgery and Other Interventional Techniques (EAES).
- European Association for Digestive Surgery.

Peer Reviewer

- World Journal of Surgical Oncology
- American Journal of Case Reports
- International Clinical Case Reports
- BMJ Case Reports
- International Journal of Surgery Open
- Annals of Transplantation
- Medical Science Monitor
- Oncology Letters
- Cureus
- Journal of International Medical Research

Post-graduate courses

- Course and Laboratory session in **Basic Laparoscopic Surgery** (Athens, 26-28 May 2004).
- **Advanced Trauma Life Support (ATLS)**; American College of Surgeons Hellenic Chapter (Athens, 2-3 April 2005).
- Postgraduate Course on **Gastro-Oesophageal Cancer** (Athens, 10 November 2005).
- **Bard KUGEL HERNIA TECHNIQUE** Training by Dr. Franky Vansteenkiste (Athens, 18 November 2005).

- 1st Meeting of post-graduate courses on **Colorectal Surgical Pathology**. (Heraklion, Crete, 9-11 February 2006)
- **BLS/AED** Provider Course by the European Resuscitation Council (Athens, 14 April 2006).
- 2nd Meeting of post-graduate courses on **Colorectal Surgical Pathology**. (Heraklion, Crete 4 October 2006)
- 8th Postgraduate Seminar on **Gastro-intestinal Motility and Sensibility**. Unity: Stomach – Small Intestine – Biliary Tract (Kamena Vourla, 30 November- 2 December 2006)
- 14th International Postgraduate Course, 2006 Athens Olympic Surgical – Medical Festival: **Advances in the Diagnosis & Management of Abdominal Diseases** (Athens, 7-9 December 2006).
- **HPB Surgery**. Postgraduate courses 2006-2007, 1st Cycle (Nafplio 14-17 December 2006)
- 5th International Update & Postgraduate Seminar in **Gastroenterology** (Athens, 2nd February 2007).
- 3rd Meeting of post-graduate courses on **Colorectal Surgical Pathology**. (Delfi Greece 22-24 February 2007)
- **HPB Surgery**. Postgraduate courses 2006-2007, 2nd Cycle (Athens Greece 7-8 March 2007)
- **HPB Surgery**. Postgraduate courses 2006-2007, 3rd Cycle. (Athens Greece (-10 March 2007)
- **HPB Surgery**. Postgraduate courses 2006-2007, 4th Cycle. (Volos Greece Autumn 2007)
- 4th Meeting of post-graduate courses on **Colorectal Surgical Pathology**. (Nafplio Greece 4-6 October 2007)
- Postgraduate Seminar of the Hellenic Association of Digestive Surgery “**Gastric Cancer**. Where West meets East. (Athens Greece 11 June 2010).
- Workshop on **endoscopic inguinal hernia repair TEP**. St. Josef Krankenhaus Wipperfurth (Germany, 28-29 November 2012).
- **Trauma Reception and Resuscitation Training Program**. King Saud Medical City (Riyadh, KSA, 11 December 2017).

- **BLS/AED** Provider Course by KSMC Training & Skills Development Center (Riyadh, KSA, 7 February 2018).
- **BLS/AED** Provider Course by KSMC Training & Skills Development Center (Riyadh, KSA, 9 August 2020).
- **BLS/AED** Provider Course by KSMC Training & Skills Development Center (Riyadh, KSA, 10 May 2022).
- **BLS/AED** Provider Course by KSMC Training & Skills Development Center (Riyadh, KSA, 30 May 2024).
- **Advanced Trauma Life Support (ATLS)**; Academy of Sciences (Riyadh, KSA, 25 October 2024).

Research-Multicenter studies

Multicenter Randomized Double Blind Control Trial with Placebo which evaluates the response of two doses of the antagonist of vasopressin (SR 121463 B) to the blood levels of sodium (Na) in patients suffering dilutional hyponatraemia – EFC 5816-DILIPO. (CPR-EFC5816-EN-E01,6.1.2005. & CPRAM01-EFC5816_EN-E01,10.3.2005).

Presentations

1. K.C. Xarchas, **Z. Touloumis**, N. Theocharis. ***The use of the lateral V-V promotional flap (Cutler) in the management of the onychoforos phalanx amputation.*** 21st Annual Congress of the Orthopaedic and Traumatologic Association of Makedonia – Thrace Greece (Thessaloniki, 9-12 May 2002).
2. S. Delis, C. Avgerinos, G. Rallis, **Z. Touloumis**, C. Dervenis. ***Bloodless Hepatectomies with the use of Radiofrequency.*** 24th Panhellenic Congress of Surgery – International Surgical Forum 2004 (Thessaloniki Greece, 2-5 October 2004).
3. S. Delis, K. Sofianou, C. Avgerinos, **Z. Touloumis**, C. Triantopoulou, A. Michalopoulou, C. Dervenis. ***A case of partial Hepatectomy for Liver central G.I.S.T. tumour.*** 24th Panhellenic Congress of Surgery – International Surgical Forum 2004 (Thessaloniki Greece, 2-5 October 2004).
4. P. Maniatis, C. Triantopoulou, S. Delis, I. Siafas, A. Bakoyiannis, **Z. Touloumis**, A. Gorantonaki, C. Dervenis, I. Papailiou. ***Percutaneous CT guided treatment with***

radiofrequency (RF) in 3 patients with liver metastasis of primary pancreatic neoplasm who underwent a Whipple procedure. 2nd Panhellenic Congress of the Hellenic Association of Digestive Surgery (Athens Greece 10-13 November 2005).

5. Surgical access of digestive stromal tumours. Intersectoral meetings of continuing medical education of Konstantopouleio General Hospital N. Ionia Athens Greece “Agia Olga” with topic: **Haemorrhage of the upper GI: not always the usual causes – cases presentation.** Department of Gastroenterology 21/12/2005).

6. S.G. Delis, A. Bakoyiannis, K. Athanassiou, **Z. Touloumis**, A. Bourli, C. Dervenis. **Hepatic resection vs transplantation in patients with HCC who fulfill the Milan criteria. Experience from a single centre.** 7th World Congress of IHPBA, 10th Annual Meeting of AUGIS (3-7 September 2006, Edinburgh, Scotland).

7. S.G. Delis, A. Bakoyiannis, C. Avgerinos, K. Athanassiou, G. Papailiou, E. Samadas, **Z. Touloumis**, C. Dervenis. **New applications in the surgical treatment of liver metastases.** 2nd International Symposium, Colorectal Games (5-7 October 2006, Hersonissos, Heraklion Crete, Greece).

8. C. Manes, S. Delis, C. Avgerinos, A. Bakoyiannis, **Z. Touloumis**, C. Athanassiou, D. Litras, C. Dervenis. **One hundred pancreatectomies without mortality.** 25th Panhellenic Congress of Surgery – International Surgical Forum 2006 (Athens Greece 22-26 November 2006).

9. Masgala A. Schizas V, **Touloumis Z**, Nikolopoulos G, Dervenis C, Kakavoulis T. **Post-operative infections end risk factors: register of a semester.** 10th Panhellenic Congress of Surgical Infections (Athens Greece 7-9 December 2007).

10. C. Triantopoulou, **Z. Touloumis**, P. Porfyridis, I. Fagadaki, P. Maniatis, I. Sifas, J. Papailiou, C. Dervenis. **Primary and secondary pancreatic lymphoma: Diagnostic criteria on imaging.** European Congress of Radiology - ECR 2008 (Vienna – Austria, 7-11 March 2008).

11. S. Delis, A. Bakoyiannis, N. Tassopoulos, C. Avgerinos, I. Papailiou, C. Triantopoulou, C. Paraskeva, V. Kostis, C. Athanassiou, **Z. Touloumis**, E. Samantas, C. Dervenis. **Comparative study of cross-section of the liver parenchyma with pinchers or RF Ablation for the treatment of hepatic malignancies.** 3rd Panhellenic Congress of the Greek Association of Digestive Surgery (Athens Greece 4-6 April 2008).

12. A. Masgala, G. Nikolopoulos, **Z. Touloumis**, V. Schizas, C. Dervenis, T. Kakavoulis. **Risk factors and surgical site infection in a tertiary care hospital in Greece.** European Congress of Clinical Microbiology and Infectious Diseases (Barcelona, Spain, 19-22 April 2008).

13. A. Masgala, G. Nikolopoulos, **Z. Touloumis**, V. Schizas, T. Kakavoulis, C. Dervenis. **Post-surgical infections and risk factors**. 21st Annual Congress of the Surgical Infection Society Europe (Antalya, Turkey, 1-3 May 2008).
14. A. Masgala, **Z. Touloumis**, V. Schizas, G. Nikolopoulos, T. Kakavoulis, C. Dervenis. **Post-operative infections and risk factors**. 26th Panhellenic Congress of Surgery – International Surgical Forum 2008 (Athens Greece 12-15 November 2008).
15. C. Triantopoulou, **Z. Touloumis**, P. Maniatis, I. Sifas, J. Papailiou, C. Dervenis. **Intraductal papillary mucinous tumors of the pancreas: an imaging challenge**. 6th Balkan Congress of Radiology (Vrnjacka Spa – Serbia, 18-20 November 2008).
16. S. Delis, A. Sofianidis, A. Bakoyiannis, C. Athanassiou, **Z. Touloumis**, D. Kelgiorgi, C. Dervenis. **Portal Cholangiocarcinoma: conduct of left hepatectomy, end to end anastomosis of the right hepatic artery and hepato – jejunal anastomosis**. 26th Panhellenic Congress of Surgery – International Surgical Forum 2008 (Athens Greece 12-15 November 2008).
17. S. Delis, C. Athanassiou, A. Bakoyiannis, **Z. Touloumis**, D. Karakaxas, C. Avgerinos, C. Dervenis. **Hepatectomy in sizeable Hepatocellular Carcinomas**. 26th Panhellenic Congress of Surgery – International Surgical Forum 2008 (Athens, Greece 12-15 November 2008).
18. C. Triantopoulou, P. Maniatis, **Z. Touloumis**, E. Kolliakou, I. Sifas, C. Avgerinos, J. Papailiou, C. Dervenis. **Pancreatic metastases: An imaging challenge**. European Congress of Radiology - ECR 2009 (Vienna – Austria, 6-10 March 2009).
19. **Z. Touloumis**. **Fast Track in Colorectal Surgery – Application to the Greek Hospital situation**. 4th Panhellenic Congress of the Greek Association of Digestive Surgery (Athens Greece 11-13 June 2010).
20. M. Chalasti, **Z. Touloumis**, C. Stergios, N. Kavouras, V. Giannakopoulos, C. Kountouris, G. Sofos, L. Lavant. **Solitary cecal diverticulum – a rare entity of pain to the right iliac fossa**. 4th Panhellenic Congress of the Greek Association of Colorectal Surgery - Anus Surgery (Thessaloniki 19-22 May 2011).
21. M. Chalasti, C. Stergios, G. Thiveos, G. Levidou, G. Chrissoulas, N. Kavouras, C. Palogos, **Z. Touloumis**, C. Dietis. **Rare case of mixed stomach carcinoma**. 10th Greek – Cyprus Congress of Surgery (Nicosia, Cyprus 18-20 November 2011).

Publications

(in indexed journals)

1. S.G.Delis, Z. Touloumis, A. Bourli, J. Madariaga, C. Dervenis. **Can exchange transfusions treat postoperative intrahepatic colestasis in patients with sickle cell anaemia?** Transplantation Proceedings 2006; 38:1385-1386.
2. S.G. Delis, A. Bakoyiannis, K. Athanassiou, Z. Touloumis, A.Bourli, C. Dervenis. **Hepatic resection vs transplantation in patients with HCC who fulfill the Milan criteria. Experience from a single center.** HPB: The official Journal of the International Hepato-Pancreato-Biliary Association, Vol 8 supplement number 2, Sep2006, ISSN1651-5323(abstract).
3. S. Delis, Z. Touloumis, A. Sofianou, C. Averinos, C. Triantopoulou, V. Kostis, A. Michalopoulou, N. Kalogeropoulos, C. Dervenis. **A case of partial Hepatectomy cause of central tumour G.I.S.T of the liver.** Greek Clinical Oncology Tribune 2006;5(3):280-285.
4. S. Delis, Z. Touloumis, A. Sofianou, C. Averinos, C. Triantopoulou, V. Kostis, A. Michalopoulou, N. Kalogeropoulos, C. Dervenis. **A case of partial Hepatectomy cause of central tumour G.I.S.T of the liver.** Greek Clinical Oncology Tribune 2006;5(3):280-285.
5. D. Lytras, K.I. Paraskevas, C. Avgerinos, C. Manes, Z. Touloumis, K.D. Paraskeva, C. Dervenis. **Therapeutic strategies for the management of delayed gastric emptying after pancreatic resection.** Langenbecks Arch Surg. 2007 Jan;392(1):1-12.
6. Delis SG, Madariaga J, Bakoyiannis A, Avgerinos C, Touloumis Z, Vasileios V, Dervenis C. **Combined liver and lung metastasectomy through an exclusive transthoracic approach.** J SurgOncol.2007Aug1;96(2):178-82.
7. Delis SG, Touloumis Z, Bakoyiannis A, Tassopoulos N, Paraskeva K, Athanassiou K, Safioleas M, Dervenis C. **Intrahepatic biliary cystadenoma: a need for radical resection.** Eur J Gastroenterol Hepatol.2008Jan;20(1):10-4.
8. C. Triantopoulou, Z. Touloumis, P. Porfyridis, I. Fagadaki, P. Maniatis, I. Sifas, J. Papailiou, C. Dervenis. **Primary and secondary pancreatic lymphoma: Diagnostic criteria on imaging.** European Radiology Supplements – ECR 2008 Book of Abstracts/ Volume 18/ Supplement 1/ February 2008).
9. Koliopanos A, Avgerinos C, Paraskeva C, Touloumis Z, Kelgiorgi D, Dervenis C. **Molecular aspects of carcinogenesis in pancreatic cancer.** Hepatobiliary Pancreat Dis Int. 2008 Aug;7(4):345-56.
10. Avgerinos C, Kelgiorgi D, Touloumis Z, Baltatzi L, Dervenis C. **One thousand Laparoscopic Cholecystectomies in a single Surgical Unit using the “Critical View of Safety” Technique.** J GastrointestSurg.2008Nov14.

11. **Touloumis Z**, Delis SG, Triantopoulou C, Giannakou N, Avgerinos C, Dervenis C. ***Primary hepatic carcinoid; a diagnostic dilemma: a case report.*** Cases J. 2008 Nov 17;1(1):314.
12. C. Triantopoulou, **Z. Touloumis**, D. Apessou, I. Scotiniotis, D. Rodogianni, J. Papailiou, C. Dervenis. ***Solid Pseudopapillary Tumor of the Pancreas : An Enigmatic Tumor.*** Case Rep Gastroenterol 2008;2:486-493.
13. C. Triantopoulou, P. Maniatis, **Z. Touloumis**, E. Kolliakou, I. Sifas, C. Avgerinos, J. Papailiou, C. Dervenis. ***Pancreatic metastases: An imaging challenge.*** European Radiology, ECR 2009 Book of Abstracts/ Volume 19/ Supplement 1/ March 2009.
14. Fagkrezos D, **Touloumis Z**, Giannila M, Penlidis C, Papaparaskeva K, Triantopoulou C. ***Extra-gastrointestinal stromal tumor of the omentum: a rare case report and review of the literature.*** Rare Tumors 2012 Jun 26;4(3):e44.
15. **Z. Touloumis**, G. Galyfos, N. Kavouras, M. Menis, L. Lavant. ***Aggressive Pseudomyxoma Peritonei: A Case report with an Unusual Presentation.*** Case Rep Oncol Med 2013; 2013:926963.
16. Galyfos G, **Touloumis Z**, Palogos K, Stergios K, Chalasti M, Kavouras N, Lavant L. ***Oversized pseudocysts of the spleen: Report of two cases: Optimal management of oversized pseudocysts of the spleen.*** Int J Surg Case Rep. 2014;5(2):104-7. doi: 10.1016/j.ijscr.2013.11.006. Epub 2014 Jan 8.
17. **Touloumis Z**, Giannakou N, Sioros C, Trigka A, Cheilakea M, Dimitriou N, Griniatsos J. ***Retroperitoneal perivascular epithelioid cell tumours: A case report and review of literature.*** World J Clin Cases.2019 Nov 6;7(21):3524-2534.
18. **Touloumis Z**, Lazaris A. Griniatsos J. ***The prognostic significance of Caspase-3 and Survivin expression in colorectal cancer patients.*** J BUON.2020 Sep-Oct;25(5) :2160-2170.
19. Meaigel MA., Haider MA., **Touloumis Z**. ***Right Diaphragmatic Rupture: A Case Report of a Rare Surgical Trauma Emergency.*** Cureus. 2023, Aug; doi:10.7759/cureus.42828.
20. **Z.Touloumis**, SM Chowdhury, MC Fitzgerald, MJ Aljabri, ME Lodge, JE Ford, JK Mathew, CJ Groombridge. ***Comparison of the epidemiology of elderly trauma between major trauma centres in Riyadh, Saudi Arabia and Melbourne, Australia.*** Saudi Med J. 2024 Oct;45(10):1080-1086. doi: 10.15537/smj.2024.45.10.20240307.
21. F. Abdulkareem, F. Aldarsouni, S. Alomar, **Z.Touloumis**, HM. Alhassan, GZ. AlRamahi, T. Alsabahi, K. Twier, M. Alsenani, E. Alamoudi. ***Resolution is not the end: The Macklin effect after chest tube removal in a trauma patient with aging and comorbidities: a case report.*** J Trauma Inj. 2025 March; doi:10.20408/jti.2024.0090.

(Book chapters)

1. **Z.Touloumis**, C. Avgerinos, C. Dervenis. **General aspects –Diagnosis and Stadiation**. Clinical Oncology 2007, Vol.A:401-406. Athens. Pub Greek Pathologist-Oncologist Association
2. C. Avgerinos, **Z. Touloumis**, C. Dervenis. **Complications of biliary lithiasis**. HPB Surgery 2007,Vol.A, Pasxalidis Medical Publications Athens Greece .
3. C. Avgerinos, **Z. Touloumis**, C. Dervenis. **Laparoscopic Surgery of Pancreatic Neuroendocrine Tumours**. HPB Surgery 2007, Vol. B, Chap. K – Neuroendocrine Tumours - Diagnosis and Treatment, Pasxalidis Medical Publications Athens Greece
4. G. Ktenas, M. Gkioka, **Z. Touloumis**, L. Grigorakos. Upper GI haemorrhage. Intensive Care Unit – **Respiratory Failure and Mechanical Respiration – Before, On, After**. Chap. 76:965-970. Grigorakos Publications 2014 Athens Greece.