

**DR GEORGE ASTRAS**

# Curriculum Vitae

MEDICAL ONCOLOGY

CONSULTANT

2017

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## Summary

I developed an interest in Oncology and Cancer care following a series of cancer cases that involved lots of my close relatives, the more I read about it the more it interested me in finding out the pathology and treatment of the disease and thus I decided to follow this field.

Throughout the years I have attended numerous Oncological conferences and training days on top of the Medical Oncology Specialist Registrar Training Days. I have a strong clinical background and training in Medical Oncology attending peripheral clinics and participating multidisciplinary team meetings and reviewed more than 30,000 patients. I have been exposed to the full range of medical oncology sub-specialties and have considerable skills in managing a wide range of malignancies as well as firm grounding in rarer malignancies such as sarcomas and Syndromes such as the Steward Traves Syndrome and Li-Fraumeni Syndrome .

My main interest is primarily lung, gastro-intestinal and breast cancers as well as melanomas, while I have been involved with recruiting patients into many international Phase II and Phase III trials.

I have previous experience in service development as I was involved in Acute Oncology Service (AOS) Setup and created e-learning modules for doctors as well as an informational DVD about Neutropenic Sepsis. Also I contributed in the development of IQEMO an electronic chemotherapy prescribing system.

I have a particular interest in education and have been active in teaching medical students, junior doctors and nurses. I also participated in the Dorset Cancer Network Nurses teaching program and developed the Medical Oncology Handbook for RBCH, NHS trust.

I have also created, developed and led the Oncology Department at the American Medical Centre creating chemotherapy protocols, Acute Oncology Protocols and organising Multi-Disciplinary Team meetings. Starting from September of 2017 I will also be the head of the Medical Oncology department at the new German Oncology Center in Limassol, Cyprus.

I am well aware of the outstanding service provided for patients and my principal focus would be to provide excellent patient care in collaboration with my other colleagues and enhance cancer care within Cyprus.

## Personal Details

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GCP: Sept 2014(yearly updates)

ALS: Oct 2012 (updated every 4 years)

## Professional Qualifications

**Medical Oncology** General Medical Council

**MSc (Oncology)** University of Newcastle upon Tyne

**MRCP**

**MD** Semmelweis University of Medicine

**MD Diploma work** - Cholinomimetic treatment of Alzheimer's disease

## Membership of Professional Organizations

- General Medical Council – UK
- British Medical Association – UK
- Cyprus Medical Association – CY
- Hellenic Society of Medical Oncology (HESMO)
- European Society of Medical Oncology (ESMO)
- Cypriot Society Of Oncology
- Founding member of Cyprus Movember Foundation
- Committee Member of Thorax Foundation
- Vice President of The Cyprus Brain Tumour Association

**Current/Most Recent Post**

<b>September 2017</b>	<b>Head of the Medical Oncology Department</b>	<b>German Oncology Center Limassol</b>
	(Also having Satellite units in American Medical Center and St George Clinic)	
<b>September 2013 -2017</b>	<b>Consultant in Medical Oncology</b>	<b>St.George &amp; Blue Cross Hospital / Evangelismos Hospital/ Ygia Polyclinic</b>
<b>September 2012 - present</b>	<b>Lead Consultant in Medical Oncology</b>	<b>American Medical Center /Apollonion Private Hospital</b>
<b>August - September 2012</b>	<b>Locum Consultant in Medical Oncology</b>	<b>Royal Bournemouth Hospital NHS</b>
	Lung/Sarcomas/Renal Cancers	
<b>May - July 2012</b>	<b>Locum Specialist Registrar Medical Oncology</b>	<b>Royal Marsden Hospital NHS London</b>
	Melanoma - Prof Martin Gore, Dr James Larkin GI - Prof David Cunningham, Dr Ian Chau Lung - Dr Popat Sarcomas - Prof Ian Judson	
<b>March - April 2012</b>	<b>Locum Specialist Registrar Medical Oncology</b>	<b>St James University Hospital NHS Leeds</b>
	Breast Cancer - Prof Chris Twelves, Dr Tim Perrin, Prof Velikova	
<b>Oct 2011- March 2012</b>	<b>Locum Specialist Registrar Medical Oncology</b>	<b>Royal Marsden  Hospital NHS London</b>

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## Employment Summary

<b>March 2011 – Oct 2011</b>	<b>Consultant in Medical Oncology Poole Hospital NHS Trust, UK Colorectal, Breast, Sarcomas, Skin, Renal cancers</b>
<b>Aug 2008 – March 2011</b>	<b>Specialist Registrar - SpRD Medical Oncology RBCH NHS Trust, UK</b>
<b>Aug 2006 – Aug2008</b>	<b>Specialist Registrar/Clinical Research Fellow Medical Oncology Royal Bournemouth Hospital, NHS Trust, UK</b>
<b>Aug 2004 – Aug 2006</b>	<b>Senior House Officer Royal Bournemouth Hospital, NHS Trust, UK</b>
<b>Aug 2003 – Aug 2004</b>	<b>Senior House Officer, Oncology Bank of Cyprus Oncology Centre (BOCOC)</b>
<b>Sep 2002 – Aug 2003</b>	<b>Senior House Officer General Medicine Nicosia Polyclinic, CY</b>
<b>Sep 2001 – Sept 2002</b>	<b>Pre Registration House Officer Nicosia General Hospital, CY Surgery and Pathology</b>

## Clinical Experience

### Acute Oncology

- Extensive oncology experience: SHO in Haematology and Oncology, SpR in Medical Oncology / Clinical Research Fellow, Consultant in Medical Oncology.
- In-patient care of neutropenic sepsis for a wide range of tumour sites including Lymphoma, Sarcoma, Germ cell tumours.
- Management of other acute oncological emergencies such as tumour lysis, acute and impending spinal cord compression, SVCO, metabolic abnormalities secondary to underlying malignancy and chemotherapy, treatment related toxicities including anaphylaxis.
- Participate in acute oncology services, when on call offering advice and guidance.

### General Oncology

- Care and management of inpatients with a wide variety of oncological conditions
- Daily ward rounds when onsite and supervision of junior staff
- Prescribing systemic chemotherapy regimes, concomitant chemo-radiotherapy, molecular targeted therapies and hormonal manipulation
- Management of toxicities of both radiotherapy and chemotherapy
- Attendance to journal clubs, regional training days, updates, continuous CPD and attendance in Local and International Oncological conferences.
- Actively recruiting to and managing patients on international clinical trials (Phase II & Phase III Clinical Trials)



## Publications

- Kourounis, G. et al. (2017). Irreversible electroporation (Nanoknife® treatment) in the field of hepatobiliary surgery: Current status and the future perspectives. *JBUN* 2017;22(1):141-149.
- Feghaly, J. et al. (2016). Primary paraganglioma of the Thyroid gland: Clinical and immunohistological analysis with review of literature. *EMJ Oncol.* 2016; 4(1).
- Dunlop, M. G. et al. (2012). Common variation near CDKN1A, POLD3 and SHROOM2 influences colorectal cancer risk. *Nat Genet* 2012; 44(7): 770-776.
- Astras, G., Hickish, T., Purandare, L., (2012). Diagnosis and management of Isolated Pituitary Metastasis from adenocarcinoma of unknown origin presenting as loss of libido. *CMJ* 2012;
- Astras, G., Purandare, L., (2012). Use of Avastin in cutaneous metastatic breast cancer. *CMJ* 2012;
- Geldart, T., Astras, G. (2011). Isolated CNS relapse in human epidermal growth factor receptor 2-positive esophagogastric cancer: effective treatment with Trastuzumab after failure of surgery and radiotherapy. *J Clin Oncol* 29(23): e664-665.
- Seymour et al. (2011) " Chemotherapy options in elderly or frail patients with metastatic colorectal cancer(MRC FOCUS2)" *Lancet* 377 :1749-1759
- Hickish, T., G. Astras, et al. (2009). "Glucose intolerance during adjuvant chemotherapy for breast cancer." *J Natl Cancer Inst* **101**(7): 537.
- An epidemiological assesement of the lifestyle Factors which may be associated with the development of Barretts oesophagus-CARBO study- Dr David Kerr,Dr T.Hickish,Dr.G.Astras,Dr.J.Ainley Jan 2007 - still recruiting-preliminary data

## Presentations at Meetings and Conferences

Sept 2017	Women, Lust for life - Charity Lectures	(Karaiskakion Foundation)
May 2017	Prevention, diagnosis, treatment of lung cancer – White Ribbon campaign	(“Thorakas” Foundation Cyprus)
May 2017	Interventional Oncology Seminar	
May 2017	Cannabis: Alternative uses in medicine	(University of Nicosia)
March 2017	“Just Breath” Fashion show - White Ribbon campaign	(“Thorax” Foundation Cyprus)
Nov 2016	Movember 2016 - Lecture Series: “Epidemiology and diagnosis of prostate cancer” “Prevention is the cure” “New therapies for the treatment of prostate cancer”	
March 2016	Management of Metastatic Melanoma	(Grand Resort Limassol)
Feb 2016	Personalised Breast Cancer Care	(Apollonion Private Hospital)
Dec 2015	“Skin cancer - Melanoma” Scientist Day	(Christina Apostolou Foundation)
Nov 2015	Movember 2015 - Lecture Series: “New therapies for the treatment of prostate cancer”	(American Medical Center)
April 2015	Oncological and Palliative Care	(University Of Nicosia)
Feb 2015	Advanced Cancer Care - Lecture Series	(Neapolis University Paphos)
Sept 2014	Advances in Prostate Cancer Care	(Europa Uomo Conference)
Nov 2014	Movember 2014 - Lecture Series: “State-of-the-art Management of Advanced Prostate Cancer”	(American Medical Center)
Jan 2014	Chemotherapy Advances in Colorectal Cancer	(American Medical Centre)
Nov 2013	Movember 2013- Lecture Series “Prostate Cancer and its treatment”	(Keynote Speaker)
Nov 2013	Testicular Cancer Awareness Talk	(Barclays Bank Conference)
March 2013	Personalised Oncology / Optimising Treatment & Enhancing survival	(American Medical Center)
Feb 2013	Care of the Oncological Patient	(American Medical Centre)

Oct 2011	Skin Cancers: Oncology Study Days	(Dorset Oncology Course)
Oct 2011	Oncologic Emergencies: Oncology Study Days	(Dorset Oncology Course)
Sept 2011	Effective communication Skills in Oncology	(Poole and RBCH Hospital)
Aug 2011	Oncological Emergencies	(Dorset A&E Medicine Meeting)
July 2011	Treatment of Malignant Mesothelioma	(Royal Bournemouth Hospital)
Sept 2010	Chemotherapy Toxicities: The pre-chemo clinic	(Dorset Nurses Teaching)
April 2010	Targeted Therapies in RCC	(Royal Bournemouth Hospital)
Feb 2010	Beyond Herceptin: Lapatinib presentation	(Royal Bournemouth Hospital)
Jan-2009	Colorectal Cancer path staging and treatment	(Dorset Nurses Teaching)
June-2008	Irinotecan –the Piccolo trial	(Dorset Research Meeting)
May-2008	Breast Cancer Pathology presentation	(Royal Bournemouth Hospital)
April 2008	Superior Vena Cava Syndrome presentation	(Royal Bournemouth Hospital)
Dec-2007	Malignant Ascites presentation	(Royal Bournemouth Hospital)
Sept 2007	Osteonecrosis of the Jaw and Biphosphonates presentation / case investigation	(Royal Bournemouth Hospital)

## Audit

- Acute Oncology Admissions Audit January 2013 (American Medical Hospital)
  - Sutinitib Audit 2011 (Poole Hospital)
  - Temsirolimus audit and presentation 2009 (Royal Bournemouth Hospital)
  - Chemotherapy toxicity audit monthly ongoing audit 2005-2007 (RBCH)
  - Chemotherapy and blood glucose levels Research study 2007 (Royal Bournemouth Hospital)
  - Barrett's Oesophagus and carbonated soft drinks Research study 2005-2006 (Royal Bournemouth Hospital)
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## Service Development

- Oncology Department Setup/Service development at the American Medical Centre and Ygia Polyclinic
- Acute Oncology Service setup and Neuro-Oncology guidelines
- End of Treatment Assessment –Oncology follow up and assessment guidelines
- Oncology Review System-Oncology Triage guidelines
- Neutropenic Sepsis DVD development, e-learning module and interactive DVD
- Medical Oncology Handbook for the Royal Bournemouth and Christchurch Hospital
- Extravasation Protocol for Cytotoxic Drugs
- Actively member of the Dorset Chemotherapy Cancer Group 2009-2011

## Management experience

Throughout my career I have worked in different sorts of teams; the classical vertical team structure of the medical firm; the multi-disciplinary team and the ward or clinical team of a group of juniors working together.

Both my personality and the demands of Medical Oncology have given me particular aptitude in multi disciplinary team working. I had extensive interaction with ward, specialist and research nurses, medical physicists, radiographers, surgeons and physicians amongst others that my daily work involves. I would bring this experience and aptitude to this post.

I use the communication and mediation skills I have acquired through work and personal life to ensure my contribution to the teams I work in is both positive and constructive.

Oct 2011	Educational Supervision Course Roles of an educational supervisor, changes in medical education, trainee appraisal	Dorset
Sept 2010	Challenging conversations & conflict resolution To explore different techniques to manage difficult situations in the work environment	Dorset
Oct 2009	Leadership and management course  Discovering personal management skills in dealing with important non clinical situations	Dorset
2008-2009	Specialist Registrar Medical Oncology Rota	Royal Bournemouth Hospital

## Teaching

Throughout my career I have had extensive involvement in undergraduate clinical teaching where I organized bedside teaching and presentations for medical students, junior doctors and nurses.

I have regularly provided Medical Oncology teaching to SHOs and I have developed the Medical Oncology Handbook for the Royal Bournemouth Hospital.

2012-present	Ward round teaching, communication, history taking supervision of procedures ascitic, chest drains and LPs. Awareness of different learning priorities of medical & nursing staff.	
2007-2011	Ward round teaching, communication, history taking, supervision of procedures ascitic, chest drains and LPs. Awareness of different learning priorities of medical & nursing staff.	Hospital-based teaching
2007-2013	Teaching in Medical Oncology for Nurses	Study days/Courses
2007-2011	Oncology SHO weekly teaching program	RBCH NHS

Courses/Conferences

Sept 2017	ESMO Congress 2017	Madrid, Spain
Oct 2016	ESMO Congress 2016	Copenhagen, Denmark
July 2016	18 <sup>th</sup> World Congress on Gastrointestinal Cancer	Barcelona, Spain
April 2016	European Lung Cancer Conference	Geneva, Switzerland
Sept 2015	ESMO Congress 2015	Vienna, Austria
May 2015	GIST Conference Archeolo-GIST Conference	Munich, Germany Monaco
Nov 2013	Chemotherapy Foundation Symposium	New York, USA
Nov 2012	Interventional Oncology Symposium	American Medical Centre Nicosia, Cyprus
Sept 2012	Recent Advances in Multidisciplinary Management of NSCLC	Nicosia, Cyprus
Nov 2011	Chemotherapy Foundation Symposium: Innovative Cancer therapy for tomorrow	New York, USA
Oct 2010	Leadership and Management	Wessex Deanery
July 2010	Communication Skills in clinical Practice Course	Bournemouth UK
May 2010	5 <sup>th</sup> European International Kidney Cancer Symposium	London UK
Nov 2009	Practical Management of Lung Cancer	London, UK
Nov 2008	Chemotherapy Foundation Symposium: Innovative Cancer therapy for tomorrow	New York, USA
Nov 2008	Good Clinical Practise	Bournemouth, UK
Oct 2008	Advanced Life Support Course (ALS)	Salisbury, UK
2007-2011	Regional Training Days	Wessex, UK
Jan 2007	Clinical Cancer Chemotherapy course	Sheffield, UK
Nov 2006	Chemotherapy Foundation Symposium: Innovative Cancer therapy for tomorrow	New York, USA

May 2006	1239.3 Prostate Study Investigator meeting	London,UK
Feb 2006	Internal Jugular Central Line Insertion	Bournemouth ,UK
Mar 2005	Malignant ascites meeting	Munich,Germany
May 2004	4 <sup>th</sup> Breast Cancer Conference	Nicosia ,Cyprus
Oct 2001	5 <sup>th</sup> Greek Cypriot Surgical Conference	Nicosia,Cyprus
Sept 2001	1 <sup>st</sup> Surgical Seminar Concerning hernias	Nicosia ,Cyprus



## Computer Skills

I am full competent in the use of Microsoft Office Word, Power Point and Excel. I frequently use online resources and in the clinical environment use a number of software packages to access patient data, chemotherapy prescribing both on Chemo care, Mosaiq and HOPS(Haematology/Oncology Prescribing System). I currently participate in the development of an online chemotherapy prescribing system called IQEMO which is due to be released by end of 2013.

## Outside interests

Scuba Diving

IT-computers/gadgets

Digital Photography

Cinema/Movies

Tennis

## Referees

### **1) Dr. Mark Linch - Medical Oncology Consultant-Sarcoma**

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### **2) Dr. Charlotte Benson - Medical Oncology Consultant-Sarcoma**

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### **3) Dr. Christos Georgiades MD PhD FSIR - Director of Vascular & Interventional Radiology**

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### **4) Dr. Tamas Hickish - Medical Oncology Consultant**

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**5) Dr. Stelios Kakoullis - Consultant in Thoracic Medicine/Intensive care**

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**6) Dr. Tom Geldart - Medical Oncology Consultant**

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