



Stand upright in Athens

HAVE YOU EVER THOUGHT OF MAKING A STEP FURTHER FOR YOUR HEALTH WHILE ENJOYING A VISIT IN ATHENS? IT IS TIME TO DO IT AND BENEFIT FROM THE SPINE SURGERY.

Why should I have my spine surgery in Greece? Deciding to have surgery abroad is not easy, especially when it comes to having spinal surgery in Greece. It can be an eyebrow-raising decision. Or not. It depends on who is going to perform your operation and, of course, where and how.

Safety is the number-one issue. Feeling safe is of paramount importance. But what makes you feel safe? Is it the surgeon's training and experience, a low complication rate record, the technology that is implemented to secure safety, the institute's reputation, the healthcare system in general, accountability? It's probably all of them. Dr K.A. Starantzis, MD, PhD, is a fully qualified spine surgeon trained in the UK who works as a consultant spine surgeon in the University Hospitals of North Midlands (UHNM). At the same time, he is the director of the 5th Orthopaedic Department at the Metropolitan General Hospital (Hellenic Healthcare group) in Athens. UHNM is a tertiary referral centre for Spinal Deformities and Complex Spine Surgery in the UK, and Hellenic Healthcare Group is the leading private healthcare group in Greece.

Dr Starantzis has a very low complication rate, and he was revalidated by the General Medical Council (UK) in February 2018. His surgery outcomes are recorded in the British Spine Registry to ensure that he consistently achieves

efficacy and safety. He is fully registered with the GMC and Athens' Medical Association, and he holds a valid indemnity as part of his statutory obligation. On top of standard safety measures (such as intraoperative neuromonitoring and an image intensifier), he uses navigation and robotic-assisted navigation for complex and very complex cases. Surprisingly, the latter is currently available only in his Greece facility!

Efficacy is another crucial factor that would affect your decision. Patients' reported outcome measures are far more reliable than any individual experiences reported in groups or on websites. While a very positive or negative review can reflect a true experience, it contains a lot of subjective views and can be emotionally biased. The only reliable way to judge a surgeon's efficacy record is to look at his or her overall patient-reported outcome measures as recorded in an official registry. Dr Starantzis' record demonstrates excellent results as compared to the national average, and his patients' satisfaction scores are really high.

Cost is of no less importance. The cost of spinal surgery in Greece can be half the price of the same operation in the UK and possibly up to five times less compared to the USA. Finally, the overall experience does count. You could combine your visit in Athens and Acropolis with an elective spinal operation to be performed in style in the homeland of Hippocrates and Asclepius.



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