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Name: Christos G. Milaras
Country of residence: Greece
Country of visiting fellowship: Greece
Name of the host: Dr. George Macheras
Dates of visiting fellowship: 30/04/2018 – 29/10/2018

Athens , 11 November 2018

To whom it may concern

Re: EFORT FOUNDATION Medacta Visiting Fellowship Program

First of all, I would like to thank EFORT FOUNDATION and MEDACTA International for giving me this great opportunity to attend this long term visiting fellowship in "KAT" General Hospital Athens, the biggest Orthopaedic hospital in Greece. It was a once in a lifetime experience that helped me so much to improve my knowledge and my surgery skills, especially in the field of Joint Reconstruction. I also wish to thank Dr George Macheras personally, not only for accepting me, but also for taking personal care of all the details regarding my stay, ensuring a high quality educational program and a trouble free stay in Athens.

The general impression from this visiting fellowship is excellent. The 4th Orthopaedic Department, chaired by Dr Macheras, is a reference center for Joint Reconstruction both for primary and revision surgery, and most of all is the most known department in Greece for total hip arthroplasty with the anterior minimal invasive surgery technique. Dr Macheras has the biggest series of THA with anterior approach in Greece and he is a well known surgeon to the Greek and European Orthopaedic Society dealing every day with a large volume of cases both simple and complicated. It was impressive that he was always there for me, giving me his advice and instructions to improve myself. Whenever I asked for hints and tips, he could give me that on such a short notice, which made my fellowship trajectory so much more efficient. I feel grateful for having him as a teacher in my fellowship and his advices will always help me in my career. Not forget to mention that he was very kind to me and his enthusiasm and humor in clinic were unmatched.

During my fellowship I worked as Dr Macheras first or only assistant, in all operations he performed. I had the opportunity to get a full education in Minimal Invasive Hip Replacement with the AMIS technique, Minimal Invasive Knee Replacement , Patient Specific Instrumentation TKA , THA and TKA Revision Surgery and Knee Arthroscopy as well, which included:

- Theoretical education of the selected surgical exposure with special focus on the anterior hip anatomy
- Teaching total hip arthroplasty templating



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- Teaching, in theory and practice, of tricks and tips and specific surgical steps of the procedures
- Patient examination preoperatively under supervision of Dr Macheras
- Video performing total hip arthroplasty with the AMIS technique and steps
- Participation and assisting in all hip replacement operations performed with the AMIS technique, and the majority of the rest cases
- Participation in all Department's activities every day
- Participation and presentation of cases in the annual Congress of the Hellenic Association of Orthopaedic Surgery and Traumatology
- Hands – on practice in selected cases under Dr Macheras supervision
- Patient follow up and estimation of the result or discussion of specific adverse results or complications
- Travelling abroad with Dr Macheras and participating in both EFORT Annual Congress in Barcelona (May 2018) and EHS Annual Congress in the Hague (September 2018).

I strongly believe that this visiting fellowship has offered me a great educational opportunity, both in theoretical and practical fields. It was an intensive training program, that taught me how to perform a surgery under the state of the art rules and following up the patient after the operation. I feel grateful for the hospitality and the co – operation with the nursing and medical staff of the 4th Orthopaedic Department. The training I had and the experiences i gain from this fellowship are sufficient enough to allow me include new techniques and skills in my medical practice, thus improving my medical services.

Once again, a big THANK YOU to EFORT Foundation, to Medacta International and to Dr George Macheras for this amazing Visiting Fellowship.

With respect,

Christos Milaras MD,MSc