

CURRICULUM VITAE

PERSONAL INFORMATIONS

First Name: Nikolaos

Last Name: Benardos

Medical Office Address: 71, Vasilissis Sofias Average, 11528 Athens Greece

Medical Office Number: (+30) 210 7243270

Email: info@nikolaosbenardos.com

ACADEMIC CAREER

- **1988-1994:** University of Crete, Medical Degree.
- **1983-1987:** Technological Educational Institute of Athens, Physiotherapy Degree.

EXPERIENCE (HOSPITALS & MEDICAL)

- **2010-until Today:** Athens Medical Group, Doctor's Hospital
- **2008-2010:** Team Leader of Robotic Spine Surgery Department, Diagnostic & Therapeutic Center of Athens Hygeia S.A., Greece.
- **September 1, 2007-May 25, 2008:** Director in the department of Spine Surgery, Medical Centre of Athens, Paleo Faliro, Greece.
- **June 27, 2005-August 23 2007:** Tutor Orthopaedic Consultant in the department of Scoliosis & Spine Surgery, General Hospital of Attica : "KAT", Athens, Greece.

During my specialization I was assistant to :

- **February 10, 2004-August 10 2004:** Orthopaedic department, Department of Spine Surgery, at the Hospital of the University in Cologne, Germany.
- **1998-2004:** Orthopaedic (fifth department) and to Scoliosis & Spine Surgery department, General Hospital of Attica : "KAT", Athens, Greece.
- **October 25, 1995-July 30, 1996:** Neurosurgery department, General Military Hospital of Athens, Greece.

ACTIVITY RESEARCH

- **January 21, 2004-until Today:** Ph. D candidate in University of Athens in Medical School, Department of Physical Anthropology. Topic : "Palaiopathology of Spine".

TRAININGS/WORKSHOPS/CONGRESSES

- **February 23, 2011:** Certificate of Attendance this is to certify that Dr. Benardos has attended a visitation for Full-Endoscopic Spine Surgery on February 23rd 2011 at the Department of Spine Surgery and Pain Therapy. Center of Orthopaedics and Traumatology St. Anna-Hospital Herne, Germany.
- **2011:** Yess (Yeung Endoscopic Spine Surgery: This is to certify that Nikolaos Benardos M.D. Successfully completed Post-Doctoral training in diagnostic and therapeutic spinal injection evocative Chromo-Discography and Minimally Invasive Endoscopic Spine Surgery, from 24 May 2010-31 May 2010, 20 October 2008-21 October 2008 to Continual training in 2011.
- **December 25, 2010 to January 14, 2011:** Yess, Disc (Desert Institute for Spine

Care): this is to certify that Nikolaos Benardos, M.D. Successfully completed Post-Doctoral training in diagnostic and therapeutic spinal Injections, evocative Chromo-Discography and minimally Invasive endoscopic spine surgery/. From December 25,2010 to January 14, 2011 Antony Yeung , M.D. Fellowship Director.

- **November 25, 2010:** CME Certificate CME of Participation TESSYS, Transforaminal Endoscopic Surgical System, Visitation Program for professionals in Spine Surgery Rugkliniek Ipreburg Hospital Veenhuizen, The Netherlands.
- **October 25 to 29, 2010:** " the 64th International Minimally Invasive Spinal Surgery" (MISS) course', Wooridul Hospital, Seoul, Korea, August 29, 2010 (WSH: Wooridul Spine Hospital).
- **June 1-4, 2010 :** Participation in the Scientific program at the 2nd world congress of Minimally Invasive Spine Surgery & Techniques MGM Grand Hotel, Las Vegas, Nevada, USA. (WCMISSST)
- **May 31, 2010 :** Participation in the Richard Wolf and Elliquence hands on Cadaver Workshops at the 2nd world congress of Minimally Invasive Spine Surgery & Techniques MGM Grand Hotel, Las Vegas, Nevada, USA. (WCMISSST)
- **March 26-27, 2010:** 18th International training course for full endoscopic operation of the Lumbar, Thoracic and Cervical Spine, Herne, Cologne, Germany.
- **March 20-21, 2009:** 13th International training course for full endoscopic operation of the Lumbar, Thoracic and Cervical Spine, Herne, Cologne, Germany.
- **February 2009:** Completion of training in Percutaneous Endoscopic Discectomy, Saint Anna Hospital in Herne, Cologne, Germany.
- **September 2008:** Training in Percutaneous Endoscopic Discectomy, Desert Spine Institute Arizona, Phoenix, USA.
- **June 2008:** Training course in new techniques of minimal invasive spine surgery as XLIF and AXIALF , University Medical Center Hospital, Las Vegas, USA.
- **June 2008:** Nuvasive training course in the minimal invasive surgery of the spine techniques – XLIF, San Diego. California, USA.
- **January-February 2008:** Mazor training course in Robotic Spine Surgery, Israel.
- **February 18, 2006:** "Minimally invasive & new techniques in spine surgery", University of Athens, Athens, Greece.
- **May 2003:** Cadaver Workshop for Transforaminal Intervertebral Spinal Fusion using Hedrocel Trabecular Metal, Leiden University Medical Center, Leiden, Holland.
- **May 2003:** "Thoracolumbar fractures, Bone grafts, Fusion of cervical spine", Inspiration Scientific Meeting, Nice, France.

- **2003:** “Transforaminal Lumbar Interbody Fusion”, (Cadavers Laboratory), Leiden University, Leiden, Holland.
- **September 2002:** Participation in the 28th annual Spine Congress, "N. Giannestras – P. Smirnis", Chersonisos Iraklio, Crete, Greece.
- **April 1999 :** Biomechanic of the spine, Greek Society of Orthopaedic Surgery and Traumatology. (EEOX)

ORAL ANNOUNCEMENTS-STUDY

- **October 2004:** “The Surgical Treatment of Juvenile Kyphosis (SCHEURMANN'S)” , K.Zaxariou, P. Aggourakis, L. Kollintzas, K. Zodiatis, G. Kelalis, N. Benardos, Em. Tsafantakis. 16th Cyprus Orthopaedic Congress. Cyprian Society of Orthopaedic Surgery and Traumatology, Pafos, Cyprus.
- **October 2004:** “Treatment of Fractures in Thoracolumbar spine with minimal posterior instrumentation”, G.Ch.Kelalis, A. Christodoulidis, N. Benardos, A. Siderakis, A. Mpountis, Em. Tsafantakis, K. Zaxariou. 15th Cyprus Orthopaedic Congress, Nicosia, Cyprus.
- **October 2004:** “Autologous transfusion and Spine Surgery”, G. Ch. Kelalis, N. Benardos, L. Kollintzas, B. Nikolaidis, A. Mpountis, Em. Tsafantakis, K. Zaxariou. 15th Cyprus Orthopaedic Congress, Nicosia, Cyprus.
- **October 2004:** “Surgical treatment of Idiopathic Scoliosis in adults. The age determines the rate of scoliosis correction?” , K.Zaxariou, Em. Tsafantakis, A. Mpountis, P. Aggourakis, Th. Damaskinou, N. Benardos. 59th Hellenic Orthopaedic Congress, Greek Society of Orthopaedic Surgery and Traumatology. (EEOX), Athens, Greece.
- **September 2001:** “Single Plasmatocitoma Cervical Spine”, K. Zaxariou, Em. Tsafantakis, L. Kollintzas, I. Chatzikomninos, M. Konstantinidou, N. Benardos. 57th Hellenic Orthopaedic Congress, Athens, Greece.

LANGUAGES

- ENGLISH
- GERMANY

COMPUTERS

- WINDOWS
- WORD
- EXCEL
- INTERNET