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## Press Release

### **HYGEIA: Comprehensive treatment for nasal, paranasal and skull base conditions**

#### *The first Department in Greece for Endoscopic Paranasal & Skull Base Surgery*

The first comprehensive Department for Endoscopic Paranasal & Skull Base Surgery (Endoscopic Skull base Athens - ESA) in Greece has been inaugurated at HYGEIA Hospital and offers specialized treatment for the entire range of conditions affecting the nose, the paranasal sinuses and the skull base.

ESA forms part of HYGEIA Hospital's Head & Neck Clinic and focuses on the diagnosis and medical or surgical treatment of nasal conditions of all ages. The Department specializes in general rhinology, endoscopic skull base surgery, rhinoplasty and allergy, while it also introduces endoscopic rhino-neurosurgery, a new surgical approach used on select patients (adults and children).

The first endoscopic procedures performed included the endoscopic removal of three pituitary adenomas and the complete endoscopic removal of two juvenile nasopharyngeal angiofibromas (benign bleeding tumors typically affecting adolescents). The procedures were successful and the patients were discharged in a just a few days.

As noted by **Mr Christos Georgalas, ENT Surgeon, Head of ESA, Associate Director of the Hospital's Head & Neck Clinic and Associate Professor at the University of Amsterdam**, "Although traditionally the transnasal approach (i.e. through the nose) is used to remove most pituitary tumors, with endoscopic rhino-neurosurgery, the procedures are performed entirely endoscopically from beginning to end. As a result incisions are avoided and patients experience fewer complications, with shorter hospitalization and recovery times.

The improved visualization offered by the Department's latest technology endoscope assists in the complete removal of tumors, while protecting the natural structures. Furthermore, the absence of scars makes this technique more attractive in terms of aesthetic results." He further added, "By launching ESA (Endoscopic Skull Base - Athens) in Greece, we are aspiring to become a global center of excellence for select inflammatory and neoplastic conditions affecting the paranasal sinuses and the skull base."

Endoscopic surgery can significantly reduce the removal morbidity in patients with certain midline lesions (e.g. chordomas, meningiomas, craniopharyngiomas), as well as patients with malignant tumors (adenocarcinomas, neuroblastomas, carcinomas). Regarding the paranasal sinuses, The use of the endoscope is not only limited to inflammatory conditions, but may also be used to treat benign lesions in the same area (such as osteomas, inverted papillomas, polyps, antrochoanal polyps), as well as malignant tumors located in the nose, paranasal

sinuses, skull base and orbit. This technique is ideal for closure of large skull base defects, as it is less invasive than open surgery, but with high success rates.

#### **For health editors**

- **Useful info about Professor Christos Georgalas**

*He established in 2008 and heads the first multidisciplinary (ENT-Neurosurgery-Endocrinology) Pituitary & Skull Base Clinic in the Netherlands. Along with Dr van Furth, Neurosurgeon, he has created and heads Endoscopic Skull Base Amsterdam (ESA), a joint project among three university hospitals – the Academic Medical Centre (AMC), the Free University Hospital (VU) and the Antoni van Leeuwenhoek, Het Nederlands Kanker Instituut, AvL-NKI – and seven medical specialties (otolaryngology, neurosurgery, endocrinology, pediatrics, oncology, radiology and ophthalmology). This center constitutes a national and international center of excellence, treating patients with benign and malignant tumors of the nose, paranasal sinuses and skull base within a multidisciplinary context. This is where he performed the first complete transnasal endoscopic removal of a craniopharyngioma in a child, along with neurosurgeon Wouter van Furth, as well as the first endoscopic removals of tuberculum sellae and olfactory crest meningiomas in the Netherlands. In 2013, they performed the first transnasal endoscopic craniotomy in Greece for a patient suffering from olfactory neuroblastoma.*