



Dr. med. Nikolaos Samaras

Specialist in general internal medicine and geriatrics, member FMH

Education

2018	Diploma in "Laboratory practice in the practice (CMPR)".
2014	Certified by the American Board of Anti-Aging Medicine (ABAARM)
2013	ERAS Certificate (Enhanced recovery after surgery)
2011	Intensive management course for heads of clinics, Geneva University Hospitals
2011	FMH title of advanced training in Geriatrics
2010	FMH title of specialist in Internal Medicine
2009	Advanced Cardiac Life Support Diploma (ACLS)
2008	University Diploma in "Geronto-psychiatry" - Faculté de médecine Pitié-salpêtrière, Paris
2007	Inter-university diploma in "In-depth studies of polyarthritis and systemic diseases" - Strasbourg Faculty of Medicine
2006	Continuing education: Statistics for doctors
2005	Capacity in "Gerontology" - Strasbourg Faculty of Medicine
2004	Inter-university diploma entitled "Memory and psycho-behavioural disorders in elderly subjects" - Faculté de médecine Pitié-salpêtrière, Paris
2003	Diplôme Universitaire de "Diabétologie" - Faculté de médecine de Strasbourg
2003	"DIPLOME D'ETAT" in medicine following the defence of a thesis entitled "Diagnostic and therapeutic means for cardiac autonomic neuropathy in diabetic patients. Interêt du dépistage" - Strasbourg Faculty of Medicine
2003	Qualification in General Medicine - Strasbourg Faculty of Medicine
2000	Medical degree - Strasbourg Faculty of Medicine

Work Experience

since 2017	Consultant, Clinique Générale Beaulieu
since 2013	Clinique Générale Beaulieu - Medical practice, Internal Medicine and Geriatrics
since 2013	Consultant Physician Department of Internal Medicine, Rehabilitation and Geriatrics - University Hospitals of Geneva
2013-2014	Associate Doctor, Memory Clinic - Department of Internal Medicine, Rehabilitation and Geriatrics - Geneva University Hospitals, Pr Perrier, Head of Department - Pr Gold, Head of Department
2010-2013	Senior Registrar in the Department of Internal Medicine, Rehabilitation and Geriatrics - Geneva University Hospitals, Pr Perrier, Head of Department - Dr Gold, Head of Department
2009-2010	Resident, Department of Primary Care Medicine, Community Geriatrics Unit - Geneva University Hospitals, Dr Gaspoz, Head of Department

- 2008–2009 Internist in the Department of Internal Medicine, Centre Hospitalier Universitaire Vaudois - Pr Waeber, Head of the Department of Internal Medicine
- 2007–2008 Resident in the Department of Geriatric Psychiatry, Geneva University Hospitals - Prof. Glanakopoulos, Head of the Department of Psychiatry
- 2007 Head of Clinic, Department of Rehabilitation and Geriatrics Bone Diseases Service
- 2006–2007 Resident in the Department of Rehabilitation and Geriatrics - Geneva University Hospitals, Prof. Rizzoli, Head of the Department of Rehabilitation and Geriatrics - Prof. Gold, Head of Department
- 2006 Resident in the Department of Rehabilitation and Geriatrics 80% research - 20% clinical: cognition consultation (Clinique mémoire - Hôpital des Trois-Chêne) Pr Gold, Head of Department
- 2004–2005 Non-commissioned doctor, Greek Air Force - rank of sergeant
- 2004 Volunteer as "Spectators Doctor" Athens Olympic Games
- 2003–2004 Resident in the Geriatric Rehabilitation Follow-up Care Department, University Hospitals of Strasbourg (FR), Pr Berthel - Dr Vogel
- 2003 Internist, Geriatric Internal Medicine Department, Strasbourg University Hospitals (FR), Pr Berthel - Dr Vogel
- 2002–2003 Internal doctor, outpatient medicine, private general practice, Erstein (FR) - Dr Baranger
- 2002 Internist, Internal Medicine B - Hôpital de Sélestat (FR)
- 2001–2002 Resident in the Department of Geriatrics - Clinique du Diaconat, Colmar (FR) - Dr Niederberger
- 2001 Resident at the "Médicale A" Department of Internal Medicine - University Hospitals of Strasbourg (FR), Pr Storck - Pr Weber
- 2000–2001 Internal doctor at the Cardiology Department of the Colmar Civil Hospital (FR), Dr Arnold

Publications

Original articles in newspapers with editorial policies

- Frangos E, Trombetti A, Graf CE, Lachat V, Samaras N, Vischer UM, Zekry D, Rizzoli R, Herrmann FR. Malnutrition in Very Old Hospitalized Patients: A New Etiologic Factor of Anemia? *J Nutr Health Aging*. 2016;20(7):705-13. IF 2.996
- Noble S, Frangos E, Samaras N, Ellenberger C, Frangos C, Cikirikcioglu M, Bendjelid K, Frei A, Myers P, Licker M, Roffi M. Transcatheter aortic valve implantation in nonagenarians: effective and safe. *Eur J Intern Med*. 2013 Dec;24(8):750-5. IF 2.049
- Samaras N, Herrmann FR, Samaras D, Lang PO, Canuto A, Forster A, Hilleret H, Gold G. The Hospital Anxiety and Depression Scale: low sensitivity for depression screening in demented and non demented hospitalized elderly. *Int Psychogeriatr*. 2013 Jan;25(1):82-7. IF 2.24
- Samaras D, Samaras N, Ferlay O, Papadopoulou MA, Pichard C. Cauliflower bowel: a tumor-induced mesenteric retraction *Am J Med Sci*. 2014 Apr;347(4):330. IF 1.257
- Forster A, Samaras N, Graf C, Tille JC, Samaras D. Giant Mucinous Ovarian Tumor. *Am J Med Sci*. 2012 May 23. IF 1.257
- Samaras D, Papadopoulou MA, Forster A, Samaras N. Lingua villosa nigra. *Intern Med*. 2012;51(11):1453. IF1.04
- Samaras N, Frangos E, Forster A, Graf C, Samaras D. Back pain : A case of ivory vertebrae and ribs. *Eur Ger Med*. 2012 Jun ;3(3) :184-185. IF 0.57
- Samaras N, Rossi C. Images in clinical medicine. Tophaceous gout. *N Engl J Med*. 2012 Jan; (3): 366. IF 53.48

Samaras D, Samaras N, Bertrand PC, Forster A, Herrmann F, Lesourd B, Lang PO. Comparison of the Interobserver Variability of 2 Different Methods of Dietary Assessment in a Geriatric Ward: A Pilot Study. *J Am Med Dir Assoc*. 2012 Mar;13(3):309 IF 4.49

Samaras N, Dimopoulou A, Forster A, Samaras D. Asymptomatic giant tuberculoma in an elderly patient. A case report. *Eur Ger Med*. 2011 Oct; (2): 303-304. IF 0.57

Samaras D, Stravodimou A, Rossi G, Samaras N. A case of misplaced stomach bubble? *Eur Ger Med*. 2010 Dec;6(1):369-371. IF 0.57

Samaras D, Samaras N, Antonini P, Ferrier C, Vogt-Ferrier N. Determining drug causation from geriatric clinical observations: The case study of a suspected hypersensitivity vasculitis with glomerular involvement associated with lansoprazole. *Eur Ger Med*. 2010 Oct;5(1): 310-313. IF 0.57

Tessitore E, Luzi M, Lobrinus JA, Samaras N, Trombetti A. Cervical Paget disease of bone with spinal cord compression due to atlanto-axial instability: a case report and review of the literature. *Spine*. 2008 Feb 1;33(3):E85-9. IF 2.793

Review articles in journals with editorial policies

Thibault R, Samaras N, Samaras D, Chambellan A, Pichard C. Respiratory rehabilitation in chronic obstructive pulmonary disease (COPD): androgen therapy, why? Why? For whom? For whom? *Nutrition Clinique et metabolism*. 2016 Mar 30;1: 74-82. IF 0.4

Samaras N, Papadopoulou M-A, Samaras D, Ongaro F. Off-label use of hormones as an antiageing strategy: a review. *Clin Interv Aging*. 2014 Jul 23;9:1175-86. IF 2.7

Samaras N, Samaras D, Chambellan A, Pichard C, Thibault R. Pulmonary Rehabilitation: The Reference Therapy for Undernourished Patients with Chronic Obstructive Pulmonary Disease. *Biomed Res Int*. 2014;2014:248420. Epub 2014 Feb 19.

Samaras N, Samaras D, Frangos E, Forster A, Philippe J. A review of age-related dehydroepiandrosterone decline and its association with well-known geriatric syndromes: is treatment beneficial? *Rejuvenation Res*. 2013 Aug;16(4):285-94. IF 2.7

Samaras D, Samaras N, Lang PO, Genton L, Frangos E, Pichard C. Effects of widely used drugs on micronutrients: a story rarely told. *Nutrition*. 2013 Apr;29(4):605-10. IF 3.02

Samaras N, Forster A, Frangos E, Samaras D. Prevention of dementia. What is the role of exercise? *NPG*. 2013 Jun;13(75):172-178. (no IF)

Samaras N, Samaras D, Lang PO, Forster A, Pichard C, Frangos E, Meyer P. A view of Geriatrics through hormones. What is the relation between andropause and well-known geriatric syndromes? *Maturitas*. 2013 Mar ;74(3) :213-219. IF 2.77

Lang PO, Samaras N, Samaras D. Does vitamin D deficiency contribute to further impinge the state of vulnerability to infections of aging and aged adults? *Eur Ger Med*. 2013 Mar ; 4(1):59-65. IF 0.57

Forster A, Samaras N, Notaridis G, Samaras D. Assessment and screening of swallowing disorders. *NPG*. 2013 Apr ;13(74) :107-116. (no IF)

Lang PO, Samaras N, Aspinall R, Samaras D. How important is Vitamin D in preventing infections? *Osteoporos Int*. 2013 May;24(5):1537-53. IF 4.8

Samaras N, Frangos E, Forster A, Lang PO, Samaras D. Andropause: A review of the definition and treatment. *Eur Ger Med*. 2012 Nov; 6 (3):368-373.

IF 0.57 Lang PO, Samaras D, Samaras N. Testosterone replacement therapy in reversing "andropause": What is the proof-of-principle? *Rejuvenation Res.* 2012 Oct;15(5):453-65. IF 4.2

Lang PO, Samaras D, Samaras N, Aspinall R. Influenza vaccination in the face of immune exhaustion: Is herd immunity effective for protecting the elderly? *Influenza Res Treat.* 2011;2011:419216 (no IF)

Forster A, Samaras N, Gold G, Samaras D. Oropharyngeal dysphagia in older adults: a review. *Eur Ger Med.* 2011 Nov;(2):356-362. IF 0.57

Samaras N, Chevalley T, Samaras D, Gold G. Older Patients in the Emergency Department: A Review. *Ann Emerg Med.* 2010 Sep;56(3):261-269. IF 4.232

Samaras N, Rossi G, Giannakopoulos P, Gold G. Vascular depression. An age-related mood disorder. *Eur Ger Med.* 2010 Sep;4(1):220-225. IF 0.57

Letters to newspapers with editorial policies

Samaras N, Schneider A, Frangos E, Forster A, Samaras D. A rare case of adrenal insufficiency induced by inhaled corticosteroids. *J Am Geriatr Soc.* 2013 May;61(5):841-2. IF 3.913

Forster A, Assir N, Notaridis G, Samaras D, Samaras N. Mycobacterial arthritis. *J Am Geriatr Soc.* 2012 Oct;60(10):1976-8. IF 3.913

Soroken C, Samaras N, Samaras D, Huber P. An unusual case of cholecystitis and liver abscesses in an older adult. *J Am Geriatr Soc.* 2012 Jan;60(1):160-1. IF 3.913

Articles, letters in journals without editorial policy

Samaras N, Samaras D, Forster A, Frangos E, Jacques Philippe. Decrease in dehydroepiandrosterone (DHEA) with age: clinical relevance and therapeutic interest. *Rev Med Suisse.* 2015 Jan 28;11(459):321-4.

Samaras N, Samaras D, Frangos E, Forster A. Prevention of dementia. How to target patients at risk and potential treatments. *Rev Med Suisse.* 2013 May 22;9(387):1116-9.

Samaras N, Samaras D, Lang PO, Bridevaux PO, Gex G, Janssens JP, Pichard Claude. Chronic obstructive pulmonary disease: risks and benefits of testosterone treatment. *Rev Med Suisse.* 2012 Nov 21;8(363):2224-7.

Samaras N, Gold G. What is the role of exercise in the prevention of cognitive impairment? *info@gériatrie.* (in press)

Samaras D, Samaras N, Lang PO, Genton-Graf L, Pichard C. Vitamin and trace element status: impact of medication. *Rev Med Suisse.* 2012 Jun 6;8(344):1229-30, 1232-4, 1236.

Trombert V, Samaras N. Practical problem on ECG in elderly patient. Case #18. *Rev Med Suisse.* 2011 Nov 23;7(318):2312-3.

Samaras N, Trombert V. ECG in an elderly patient: trigeminal rhythm. *Rev Med Suisse.* 2010 Jul 14;6(256):1416-7.

Perone N, Brawand-Bron A, Samaras N, Steiner AS, Jackson Y, Broers B, Pellicciotta S, Durieux-Paillard S, Haller DM, Gaspoz JM. General internal medicine: review of year 2009 from the ambulatory perspective. *Rev Med Suisse.* 2010 Feb 3;6(234):233-8.

Media

Interview Planète santé 2014: Anti-ageing: Two clans, two medicines.
<https://www.planetesante.ch/Magazine/Personnes-agees/Medecine-antiage/Antivieillissement-deux-clans-deux-medecines>

Interview Planète santé 2014: Is anti-ageing medicine the new elixir of life?
<https://www.planetesante.ch/Magazine/Personnes-agees/Medecine-anti-age/Lamedecine-anti-age-est-elle-le-nouvel-elixir-de-vie>

Interview Health Planet 2013: Physical exercise: A good way to prevent Alzheimer's disease.
<https://www.planetesante.ch/Magazine/Autour-de-la-maladie/Alzheimer-et-demences/Lexercice-physique-un-bon-moyen-de-prevenir-la-maladie-d-Alzheimer>

Interview Health Planet 2013: Obesity, a risk factor for Alzheimer's disease.
<https://www.planetesante.ch/Magazine/Autour-de-la-maladie/Vivre-avec-le-diabete/Lobesite-un-facteur-de-risque-pour-la-maladie-d-Alzheimer>

HealthInterview 2013: Testosterone, a treatment for the future?
<https://www.planetesante.ch/Magazine/Autour-de-la-maladie/BPCO/La-testosterone-un-traitement-d-avenir>

Handouts Presentations

10th Annual Congress of the European Menopause and Andropause Society , Madrid, May 2015.

Oral presentation: Diagnosing Andropause

Annual Congress of the "Société Française de Gériatrie et Gérologie", Paris, October 2012.

Poster presentation: Samaras N, Frangos E, Samaras D ."Renutrition in the elderly patient: the importance of hormonal monitoring illustrated by a clinical case".

9th Annual Congress of the European Menopause and Andropause Society , Athens, March 2012.

Poster presentation: Samaras N, Samaras D .Hormonal profile after intravenous renutrition of a geriatric patient.

Gerontological Society of America **Annual Meeting** , Boston November 2011.

Poster presentation: Samaras N, Samaras D .Hospital Anxiety and Depression Scale for depression screening in elderly inpatients with cognitive disorders.

Annual Congress of the European Union Geriatric Medicine Society, Malaga September 2011.

Poster Presentation: Rossi C, Samaras N, Samaras D. Tophaceous gout and bone destruction as the first symptom of hyperuricemia in an elderly woman. A Case Report.

American Geriatric Society Annual Meeting, National Harbor MD May 2011.

Poster presentation: Samaras D, Frangos E, Adamopoulos D, Samaras N. Lingua villosa nigra in a geriatric patient.

7th European Congress of the International Association of Gerontology and Geriatrics (IAGG), April 2011.

Poster Presentation: Samaras D, Samaras N, Rossi G, Coti Bertrand P, Lesourd B.
Comparison of the inter-observatory reproducibility of two different methods of dietary assessment in a geriatric ward.

American Geriatric Society Annual Meeting, Orlando May 2010.

Poster presentation: Samaras D, Samaras N, Rossi G, Coti Bertrand P, Lesourd B.
Comparison of the inter-observatory reproducibility of two different methods of dietary assessment in a geriatric ward.

Accreditation

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Specialties

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Contact

Avenue Eugène Pittard-34
1206 Genève

T +41 22 346 89 54

[Download vCard](#)