



MILTADIS K. TSILIMBARIS
Professor of Ophthalmology
Short CV (as per June 2024)

DATE OF BIRTH	May 21 1962
PLACE OF BIRTH	Corfu, Greece
CURRENT POSITION	Professor of Ophthalmology, Director of the University Eye Clinic of Heraklion
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PubMed	<a ><="" >http:="" +or+"tsilimbaris+m"+or+"tsilimparis+m"="" ?term="Tsilimbaris" a="" href="http://www.ncbi.nlm.nih.gov/pubmed/?term=" pubmed="" tsilimbaris"+or+"tsilimbaris+m"+or+"tsilimparis+m"="" www.ncbi.nlm.nih.gov="">

Studies/License

- Medical Degree: University of Patras Medical School (1987)
- Residency in Ophthalmology: University Eye Clinic, Heraklion, Crete, Greece (1994)
- PhD Thesis: “Photodynamic thrombosis of corneal neovascularization using phthalocyanine and a diode laser”. University of Crete Medical School, Crete, Greece (1994)
- Board certification in Ophthalmology (1994)

University positions

- Lecturer in Ophthalmology, University of Crete Medical School. (1995)
- Assist Prof of Ophthalmology, University of Crete Medical School. (2000)
- Assoc. Prof of Ophthalmology, University of Crete Medical School (2010 - 2015).
- Professor of Ophthalmology, University of Crete Medical School (2015 – today)

Clinical positions (present)

- Consultant Ophthalmologist, University Eye Clinic Of Heraklion, Crete. (Retina)
- Main posterior segment surgeon in University Eye Clinic of Heraklion

Sabbaticals:

- Laser Lab., Mass. Eye and Ear Infirmary, Harvard University Medical School. Research in vascular microsurgery, in collaboration with Prof. DJ D’Amico. (2001)
- Visiting Professor, University of Geneva Medical School, Dept of Ophthalmology. Research in retinal vascular diseases in collaboration with Prof. CJ Pournaras. (2009)

Short Visits

- Vitreoretinal Service, University Eye Clinic of Bonn, Germany (1994)
- Retina Service, Mass. Eye and Ear Infirmary, Harvard University Medical School (1995)
- Laboratory of Physics, University of Dijon, France. (1997, 1999)
- Vitreoretinal Dept of the Institute of Ocular Microsurgery of Barcelona, (IMO) Spain (1998)

Administrative positions

- *Director (present) of the University Eye Clinic of Heraklion, Crete*
- Director (present) of the Postgraduate Program “Optics and Vision”
- President of the Scientific Committee (present), University Hospital of Heraklion
- Member of Ethics committee (present), University Hospital of Heraklion
- President of the Operating theatre committee (past), University Hospital of Heraklion
- Director of the 2nd Surgical Section (past), University Hospital of Heraklion
- Representative (past) in the Senate, University of Crete

- Member of post-graduate committee (past), University of Crete Medical School
- President (past), Cretan Ophthalmological Society
- Member (past) of MIT committee, ARVO

Teaching

- Undergraduate teaching in University of Crete Medical School (30 years)
- Postgraduate teaching and mentoring. Supervision of more than 35 MSc Theses, 12 PhD Theses.
- Residents Teaching and mentoring (30 years)
- Erasmus Fellow (Faculty Mobility) in the University Eye Clinic of Geneva, Switzerland

Research (main areas)

- Drug therapy for retinal diseases (more than 17 publications in PubMed peer-reviewed journals)
- Study of ocular PDT. Alternative applications. (15 publications in PubMed peer-reviewed journals. One patent.)
- Scleral rigidity and its correlation with eye disease (10 publications in PubMed peer-reviewed journals. One patent)
- Ophthalmic Imaging (15 publications in PubMed peer-reviewed journals)
- Vision metrics and psychophysics (more than 8 publications in PubMed peer-reviewed journals. One copyright)
- Global Burden of Disease. Member of the multinational group involved in the GBD project of Washington University (15+ publications in PubMed peer-reviewed journals)

Involvement in multicenter Clinical Trials (industry sponsored)

- Principal Investigator in numerous Clinical trials sponsored by Pharma industry during the last 20 years

Other clinical studies (state funded or own funds, partial list)

- Retinal remodeling after retinal detachment
- Sustained release formulations of NSAID and antibiotics for intravitreal administration
- Perifoveal capillary network quantification
- Evaluation of reading using eye-tracking techniques
- Study on the role of macular pigment in the pathophysiology of age-related macular degeneration.
- Study on the effect of panretinal photocoagulation in the quality of life of diabetic patients.
- Study on imaging of corneal nerve plexus in diabetes and correlation with diabetic retinopathy.
- The effect of anti-VEGF medications in retinal pigment epithelium detachment in wet AMD.
- Comparison of the combination of PDT and anti-VEGF with anti-VEGF monotherapy in wAMD.
- Study of the factors leading to incomplete visual recovery after successful retinal detachment surgery.
- Use of ciliary body PDT for the reduction of Intraocular pressure in refractive glaucoma
- Study of scleral rigidity in patients with diabetic retinopathy
- Study of the role of endothelial progenitor cells in diabetic retinopathy.

Funds (during the last 15 years)

- General Secretariat of Research and Technology: ~600.000 Euros from competitive research projects
- University of Crete Research Account: ~1.200.000 Euros from third party (services) projects, donations and contracted clinical research projects

Accomplishments:

- Organised and directs the Retina Service of the University Eye Clinic of Heraklion. Currently the Service occupies 2 consultants, 2 residents, 2 research fellows, 1 optometrist, 1 photography technician and 2 nurses. It is one of the best organized Retina Services in Greece. It services the island of Crete and southern Aegean islands as well as patients from different locations of Greece. It covers medical retina, vitreoretinal surgery, and retina electrophysiology. It hosts the only DNA bank for retinal inherited diseases in the country. Aside to the clinical work, the Retinal Service has earned credibility from the Medical Departments of several Pharma companies that trust it for several Clinical Trials. Moreover, several young clinicians have been trained both in medical retina and vitreoretinal surgery.
- Organized the biomedical research lab of the University Eye clinic that permits research in ophthalmic drugs pharmacokinetics and toxicity. Several MSc students have worked in the lab and have helped to run protocols and establish collaborations with similar Labs in Greece and abroad (collaborations with pharmacology lab, University of Crete Medical School, University of Patras Dept of Pharmacology, MEEI Angiogenesis Lab).
- Participated in design and actively involved in operation of "Optics and Vision" postgraduate study program. Currently serving as Director of the Program. Unique multidisciplinary Master course for Greece. One of the few in Europe to address the topic of visual optics. Operates approx. 10 years, remains very popular. It accepts students with various backgrounds (medicine, sciences, optometry, engineering) and aims to make them able to communicate the common language of visual optics.

Publications and Metrics

Publications in PubMed peer reviewed journals: 207

Total number of citations (Google Scholar, June 2024): 77,762

H Index (June 2024): Google Scholar: 49, Scopus: 37

Selected publications (last 10 years)

Plainis S, Ktistakis E, Tsilimbaris MK, Gleni A, Simos P. Implementing silent reading speed and oculomotor behaviour as a clinical measure of functional reading performance. *Clin Exp Optom*. 2025 Jul 22;1-12.

Kaminska K, Cancellieri F, Quinodoz M, et.al Bi-allelic variants in three genes encoding distinct subunits of the vesicular AP-5 complex cause hereditary macular dystrophy. *Am J Hum Genet*. 2025 Apr 3;112(4):808-828.

Kataoka K, Gale R, Li X, Şermet F, Qian CX, Cheung CMG, Tsilimbaris MK, Kozak I. Simultaneous GA and CNV/MNV: incidence, characteristics, and treatments. *Graefes Arch Clin Exp Ophthalmol*. 2025 May;263(5):1197-1212.

Vision Loss Expert Group of the Global Burden of Disease Study; GBD 2019 Blindness and Vision Impairment Collaborators. Global estimates on the number of people blind or visually impaired by diabetic retinopathy: a meta-analysis from 2000 to 2020. *Eye (Lond)*. 2024 Aug;38(11):2047-2057.

Ríos HA, Lövestam-Adrian M, Plainis S, Tsilimbaris M, et.al Additional measures of macular function beyond visual acuity. *Graefes Arch Clin Exp Ophthalmol*. 2024 Jun;262(6):1723-1736.

Blazaki S, Blavakis E, Chlouverakis G, Bontzos G, Chatziralli I, Smoustopoulos G, Dimitriou E, Stavrakakis A, Kabanarou S, Xirou T, Vavvas DG, Tsilimbaris MK. Evolution of macular atrophy in eyes with neovascular age-related macular degeneration compared to fellow non-neovascular eyes. *Graefes Arch Clin Exp Ophthalmol*. 2023 Dec;261(12):3425-3436.

Tzagournissakis M, Foukarakis E, Samonakis D, Tsilimbaris M, Michaelidou K, Mathioudakis L, Marinis A, Giannakoudakis E, Spanaki C, Skoula I, Erimaki S, Amoiridis G, Koutsis G, Koukouraki S, Stylianos K, Plaitakis A, Mitsias PD, Zaganas I. High Hereditary Transthyretin-Related Amyloidosis Prevalence in Crete: Genetic Heterogeneity and Distinct Phenotypes. *Neurol Genet*. 2022 Sep 9;8(5):e200013.

Tsika C, Tzatzarakis MN, Antimisiaris SG, Tsoka P, Efstathopoulos P, Charalampopoulos I, Gravanis A, Tsilimbaris MK. Quantification of BNN27, a novel neuroprotective 17-spiroepoxy dehydroepiandrosterone derivative in the blood and retina of rodents, after single intraperitoneal administration. *Pharmacol Res Perspect*. 2021 Apr;9(2):e00724.

Giarmoukakis AK, Blazaki SV, Bontzos GC, Plaka AD, Seliniotakis KN, Ioannidi LD, Tsilimbaris MK. Efficacy of Topical Nepafenac 0.3% in the Management of Postoperative Cystoid Macular Edema. *Ther Clin Risk Manag*. 2020 Nov 6;16:1067-1074.

Blazaki S, Pachis K, Tzatzarakis M, Tsilimbaris M, Antimisiaris SG. Novel Liposome Aggregate Platform (LAP) system for sustained retention of drugs in the posterior ocular segment following intravitreal injection. *Int J Pharm*. 2020 Feb 25;576:118987.

Gleni A, Ktistakis E, Tsilimbaris MK, Simos P, Trauzettel-Klosinski S, Plainis S. Assessing Variability in Reading Performance with the New Greek Standardized Reading Speed Texts (IReST). *Optom Vis Sci*. 2019 Oct;96(10):761-767.

Tsoka P, Matsumoto H, Maidana DE, Kataoka K, Naoumidi I, Gravanis A, Vavvas DG, Tsilimbaris MK. Effects of BNN27, a novel C17-spiroepoxy steroid derivative, on experimental retinal detachment-induced photoreceptor cell death. *Sci Rep*. 2018 8(1):10661.

Blazaki S, Tsika C, Tzatzarakis M, Naoumidi E, Tsatsakis A, Tsatsanis C, Tsilimbaris MK. Pharmacokinetics and efficacy of intraocular flurbiprofen. *Graefes Arch ClinExpOphthalmol*. 2017 Dec;255(12):2375-2380

Pachis K, Blazaki S, Tzatzarakis M, Klepetsanis P, Naoumidi E, Tsilimbaris M, Antimisiaris SG. Sustained release of intravitreal flurbiprofen from a novel drug-in-liposome-in-hydrogel formulation. *Eur J Pharm Sci*. 2017 109:324-333.

Tserevelakis GJ, Avtzi S, Tsilimbaris MK, Zacharakis G. Delineating the anatomy of the ciliary body using hybrid optical and photoacoustic imaging. *J Biomed Opt*. 2017 22(6):60501.

GBD 2015 DALYs and HALE Collaborators. Global, regional, and national disability-adjusted life-years (DALYs) for 315 diseases and injuries and healthy life expectancy (HALE), 1990-2015: a systematic analysis for the Global Burden of Disease Study *Lancet*. 2016 388(10053):1603-1658.