

Dr. Dimitris Lyras, MD, MSc, PhD

Certified Trauma and Orthopaedic Surgeon

Hip and Knee Specialist

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Brief CV

Dr Lyras is a Trauma and Orthopaedics Surgeon, fellowship trained in Minimal Invasive Hip and Knee Arthroplasty (Skyridge Medical Center, Denver, Colorado, USA), and in Trauma Surgery (Poole NHS Hospital, UK).

His main focus is reconstruction surgery of hip and knee degenerative conditions, using the modern Direct Anterior Approach (the only true muscle sparing technique) and Patient Specific Instruments Total Knee Replacement (PSI). He also perform revision hip surgeries through anterior approach.

Certified surgeon for AMIS (https://www.medacta.com/de/all/all/surgeon-info-page?id=4636&country=22&joint=All%20joints&sn=DIMITRIOS%20LYRAS,%20MD&country_name=USA)

and MyKnee (<https://www.medacta.com/el/all/patients-and-caregivers/find-your-surgeon?country=23&specialty=0&joint=knee&surgeonsurname=Surgeon+surname&zipcode=Zip+code>)

Dr Lyras is also the first author worldwide who studied the influence of Platelet Rich Plasma on tendon healing. His published work has a Citation Index of more than 1,000 and he is using PRP in clinical practice.

EDUCATION: MEDICAL DEGREE: 1996-2002, Democritus University of Thrace, Medical School of Alexandroupolis, Greece, **QUALIFIED AS ORTHOPAEDIC SURGEON:** 2010, **MASTER OF SCIENCE (MSc):** 2008-2010, National Kapodistrian University of Athens, Medical School, Department of Osteoporosis Thesis: «Metabolic Diseases of Bones», **DOCTOR OF PHILOSOPHY (PhD):** 2005-2010, Democritus University of Thrace, Medical School of Alexandroupolis, Greece Thesis: «The influence of autologous growth factors on tendon healing. An experimental study in rabbits»

FELLOWSHIPS

MINIMAL INVASIVE HIP AND KNEE FELLOWSHIP:

12/2013 to 06/2015, Skyridge Medical Center, Lone Tree, Denver, Colorado, USA

Attending Consultants: Dr R. Greenhow and Dr. C. Loucks

TRAUMA FELLOWSHIP:

07/2010-07/2011, Senior Trauma Fellow, Poole NHS Hospital, Dorset, United Kingdom

Attending Consultants: Mr. R. Middleton, Mr. S. Richards

ACADEMIC WORK

Fellow worker in the Department of Trauma and Orthopaedics, Democritus University of Thrace, Medical School, Lecturer in Department of Anatomy, Democritus University of Thrace, Medical School, Reviewer in the following Journals: Growth Hormone & IGF Research, The Knee, Acta Biomaterialia, International Journal of Orthopaedics, Basic Research Journal of Medicine and Clinical Sciences, International Journal of Medicine and Medical Sciences, International Research Journal of Pharmacy and Pharmacology, International Research Journals of Biochemistry and Bioinformatics, Universal Journal of Medicine & Dentistry, World Journal of Orthopedics, Member of Editorial Board in the Journals: World Journal of Orthopedics και International Journal of Orthopaedics, Fellow worker in EME experts (Expert Medical Education)

MEDICAL LICENCURE

1. Colorado Medical Board since 2013
2. British Medical Council since 2009
3. Hellenic Medical Association since 2002

PUBLICATIONS

<https://www.ncbi.nlm.nih.gov/pubmed/?term=lyras+dn>

More at www.dimitrislyras.com