



# Digital Resume

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Panagiotis Skouras

# Personal Infos:

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## Birth Date

15-03-1977



## Recidence

Heraklion Crete

PC.71500



## CONTACT

2810-761586

6945123179



## Email

panos@beelive.gr

Linkedin: Panos Skouras

# Professional Journey

## Σπουδές

Πτυχίο Computer Graphics Animation

Πτυχίο Marketing & Επικοινωνίας

Κολέγιο ΑΚΤΟ

Απολυτήριο Τεχνικού Λυκείου Ηλεκτρονικός

Σιβτανίδειος επαγγελματική Σχολή

## Επαγγελματική Εμπειρία

Ξενοδοχειακός υπάλληλος 4 έτη

Εμπόριο τροφίμων ΕΛΑΪΣ-Unilever 3 έτη

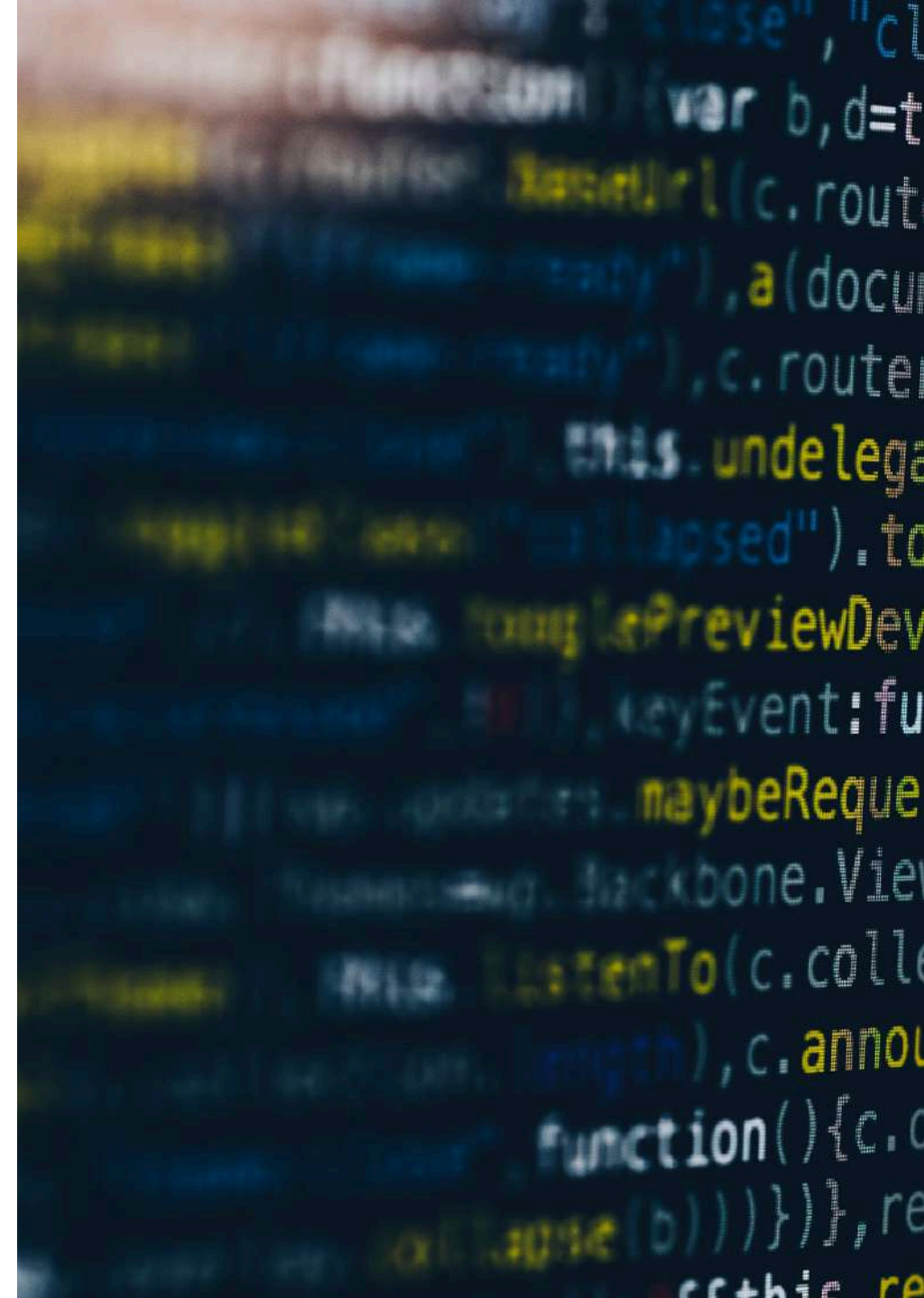
**Ίδρυση** KTS Simply Foods IKE χονδρικό εμπόριο τροφίμων

**Ίδρυση** Beelive Health IKE εισαγωγή ιατροτεχνολογικών συσκευών IoT και δημιουργίας ιατρικού Software Ai/machine Learning

Δημιουργία **Project Kalchas (δείτε σε συνημμένο)**

## Δεξιότητες

- |             |  |               |  |
|-------------|--|---------------|--|
| • Windows   |  | • Ψευδογλώσσα |  |
| • Office    |  | • C, C++      |  |
| • Internet  |  | • Java        |  |
| • Wordpress |  | • Assembly    |  |



# Yesterday

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My career path has been a fascinating blend of business acumen, technological innovation, and a deep-seated passion for healthcare. It all began in 2004 when I entered the tourism industry, gaining valuable experience in customer service and business operations. This early exposure to diverse clientele and business models laid the foundation for my future entrepreneurial endeavors.

- In 2010, I transitioned to the commercial sales department at Elais-Unilever, honing my skills in strategic planning and market analysis. This experience proved invaluable when I returned to the tourism sector from 2013 to 2015, specializing in food service businesses in Crete.
- The year 2015 marked a significant turning point in my career. I established my first company, focusing on food imports and distribution to catering businesses. This venture not only sharpened my business acumen but also ignited my interest in the food and health sectors. In 2018, I co-founded Simply Foods IKE, where I held a 49% stake. Under my leadership, we achieved remarkable growth, increasing turnover to over €2 million. This success story culminated in the strategic sale of my share, demonstrating my ability to build and scale businesses effectively.
- Following this, I founded Beelive Health PC, a company specializing in the import of diabetological consumables. This venture marked my entry into the healthcare technology sector, a field that would become my primary focus and passion. Concurrently, I collaborated with a team of experts from FORTH to design and implement the KALCHAS project. This innovative platform connects doctors and patients, providing access to wearable medical devices and leveraging artificial intelligence to maintain comprehensive patient medical records. This project exemplifies my commitment to bridging the gap between healthcare and technology.



# Skills

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## Communication Skills

I am an attentive listener with a keen ability to understand and address the needs and perspectives of others. My expressive capability allows me to articulate ideas, thoughts, and emotions clearly and effectively. I excel in collaborative environments, communicating efficiently and managing differences constructively.



## Professional Flexibility

I demonstrate an enhanced ability to adapt quickly to new demands in the professional sphere. I am adept at creating opportunities and adjusting to new challenges, roles, and responsibilities, giving me a competitive edge in dynamic work environments.



## Scientific Knowledge

My expertise spans biotechnology and new technologies in diabetes management. I have experience in developing and implementing pioneering techniques and technologies related to biotechnology, including AI/ML (Artificial Intelligence/Machine Learning) design.

# Today

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- Currently, I serve as an insulin pump trainer for Hemoglobe Hellas, where I educate medical staff and patients on advanced diabetes management technologies. My dedication to this role has resulted in the installation of over 140 OmniPod Dash pumps in the Crete region within just 24 months. Moreover, my initiatives led to the establishment of the Pediatric Diabetes Clinic in Chania, significantly improving access to specialized care for young patients.
- In addition to my role as an insulin pump trainer, I also serve as the CGM Scientific Manager for Hemoglobe Hellas, specifically for the DEXCOM Diabetes CGM. This position allows me to stay at the forefront of continuous glucose monitoring technology, further enhancing my expertise in diabetes management.
- Driven by a desire to address the social aspects of chronic diseases, I designed and developed an application that promotes socialization and mutual support among individuals with chronic conditions. I had the honor of presenting this application as an official guest at the Cretan Diabetes Congress in 2022, in collaboration with the Pancretan Association of Young People with Diabetes (PASYNED). In 2023 and 2024, I shared my expertise as a diabetes technology trainer at an educational seminar for school nurses.



# Certified Omnipod DASH<sup>®</sup> Trainer

Σκούρας Παναγιώτης

is qualified to educate new and upgrading Omnipod<sup>®</sup> users about pump therapy with NO TUBING

Aspen Mittler, MA, RD, CDCES

3/11/2022

Training Representative

Date



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## Ηλεκτρονικά Αναρτημένες Ανακοινώσεις

- P25 Η ΕΠΙΔΡΑΣΗ ΤΟΥ ΑΠΑΓΟΡΕΥΤΙΚΟΥ (LOCKDOWN) ΛΟΓΩ ΤΗΣ ΠΑΝΔΗΜΙΑΣ COVID-19 ΣΤΟ ΓΛΥΚΑΙΜΙΚΟ ΕΛΕΓΧΟ ΠΑΙΔΙΩΝ ΜΕ ΣΑΚΧΑΡΩΔΗ ΔΙΑΒΗΤΗ ΤΥΠΟΥ 1**  
 Ιωάννης-Ανάργυρος Βασιλάκης<sup>1</sup>, Παρασκευή Χαραλαμπίδη<sup>2</sup>, Μαρία Καλαφάτη<sup>2</sup>, Χριστίνα Κανακά-Gantenbein<sup>1</sup>  
<sup>1</sup>Διαβητολογικό Κέντρο, Μονάδα Ενδοκρινολογίας, Μεταβολισμού και Διαβήτη, Α΄ Παιδιατρική Κλινική Ιατρικής Σχολής Εθνικού και Καποδιστριακού Πανεπιστημίου Αθηνών, ΝΠ «Η Αγία Σοφία», <sup>2</sup>Τμήμα Νοσηλευτικής, Εθνικό και Καποδιστριακό Πανεπιστήμιο Αθηνών
- P26 ΑΝΑΛΥΣΗ ΤΟΥ ΠΟΛΥΜΟΡΦΙΣΜΟΥ -174 G/C ΤΟΥ ΓΟΝΙΔΙΟΥ ΤΗΣ IL-6 ΚΑΙ ΠΟΣΟΤΙΚΟΣ ΠΡΟΣΔΙΟΡΙΣΜΟΣ ΤΗΣ ΕΚΦΡΑΣΗΣ ΤΩΝ ΓΟΝΙΔΙΩΝ ΤΟΥ VEGF ΚΑΙ ΤΟΥ ΥΠΟΔΟΧΕΑ VEGF-R ΣΤΙΣ ΕΓΚΥΕΣ ΓΥΝΑΙΚΕΣ**  
 Δήμητρα Χούκουλα<sup>1</sup>, Ειρήνη Προύντζου<sup>1</sup>, Θεοδώρα Τσοκάκη<sup>2</sup>, Βασίλης Τσιτσάς<sup>2</sup>, Αντρέας Τσαντές<sup>3</sup>, Ροζέτα Σώκου<sup>4</sup>, Κωνσταντίνα Τσαντέ<sup>5</sup>, Δέσποινα Βουγιουκλάκη<sup>1</sup>, Αλίκη Τσάκνη<sup>1</sup>, Παναγιώτης Κουλουβάρης<sup>6</sup>, Παναγιώτης Χαλβατσάκης<sup>7</sup>  
<sup>1</sup>Τμήμα Επιστήμης και Τεχνολογίας Τροφίμων, Πανεπιστήμιο Δυτικής Αττικής, Αιγάλεω, Αθήνα, <sup>2</sup>Μαιευτική Γυναικολογική Κλινική ΓΝ Ηλείας, <sup>3</sup>Εργαστήριο Αιματολογίας και Μονάδα Αιμοδοσίας, Νοσοκομείο «Αττικόν», Ιατρική Σχολή, ΕΚΠΑ, Αθήνα, <sup>4</sup>Μονάδα Εντατικής Νοσηλείας Νεογνών, Γενικό Νοσοκομείο Νίκαιας «Άγιος Παντελεήμων», <sup>5</sup>Τμήμα Βιοϊατρικών Επιστημών, Τομέας Ιατρικών Εργαστηρίων, Πανεπιστήμιο Δυτικής Αττικής, Αιγάλεω, Αθήνα, <sup>6</sup>Α΄ Ορθοπαιδική Κλινική ΕΚΠΑ, ΠΓΝ «Αττικόν», <sup>7</sup>Προπαιδευτική Παθολογική Κλινική ΕΚΠΑ ΠΓΝ «Αττικόν»
- P27 ΔΙΑΒΗΤΙΚΗ ΚΕΤΟΞΕΩΣΗ: ΠΡΟΣΟΧΗ ΚΑΙ ΣΤΟΥΣ ΝΟΣΗΛΕΥΟΜΕΝΟΥΣ ΑΣΘΕΝΕΙΣ**  
 Ειρήνη Χρυσοβαλάντου Κατσούλη<sup>1</sup>, Ιωάννα-Πηνελόπη Δαβία<sup>1</sup>, Νίκων Βασιλάκος<sup>1</sup>, Παναγιώτα Χατζηγιαννάκη<sup>1</sup>, Βασιλική Τζαβάρη<sup>1</sup>  
<sup>1</sup>Α΄ Παθολογική Κλινική ΓΝΑ Κοργαλένιο-Μπενάκειο ΕΕΣ
- P28 ΓΝΩΣΗ ΚΑΙ ΣΤΑΣΗ ΤΩΝ ΑΤΟΜΩΝ ΜΕ ΣΑΚΧΑΡΩΔΗ ΔΙΑΒΗΤΗ ΤΥΠΟΥ 1 ΣΤΟΝ ΚΑΘΟΡΙΣΜΟ ΤΩΝ ΓΛΥΚΑΙΜΙΚΩΝ ΣΤΟΧΩΝ, ΤΗΝ ΠΡΟΛΗΨΗ ΚΑΙ ΔΙΑΧΕΙΡΙΣΗ ΤΗΣ ΥΠΟΓΛΥΚΑΙΜΙΑΣ**  
 Άννα Μωυσιδίη<sup>1</sup>, Αθανασία Παπαζαφειροπούλου<sup>1</sup>, Φιρούζα Κουρτίδου<sup>1</sup>, Ι. Κουνελάκης<sup>1</sup>, Ελευθερία Καγκελάρη<sup>1</sup>, Χριστίνα Ταστάκη<sup>1</sup>, Ν. Τεντολούρης<sup>2</sup>, Σ. Αντωνόπουλος<sup>1</sup>  
<sup>1</sup>Α΄ Παθολογικό Τμήμα & Διαβητολογικό Κέντρο ΓΝΠ «Τζάνειο», <sup>2</sup>Α΄ Προπαιδευτική Παθολογική Κλινική της Ιατρικής Σχολής του Πανεπιστημίου Αθηνών, ΓΝΑ «Λαϊκό»
- P29 Η ΑΞΙΑ ΤΟΥ ΠΡΟΣΥΜΠΤΩΜΑΤΙΚΟΥ ΕΛΕΓΧΟΥ ΣΤΗΝ ΕΓΚΑΙΡΗ ΔΙΑΓΝΩΣΗ ΤΟΥ ΣΑΚΧΑΡΩΔΟΥΣ ΔΙΑΒΗΤΗ ΤΥΠΟΥ 2**  
 Αναστάσιος Ανυφαντάκης<sup>1</sup>, Αναστάσιος Καϊσιόδης<sup>1</sup>, Μαλαματένια Κουμάκη<sup>1</sup>, Εμμανουήλ Μαρκάκης<sup>2</sup>, Μαρία Αυλωνίτη<sup>1</sup>, Σοφία Τριανταφύλλου<sup>3</sup>, Παναγιώτης Σκούρας<sup>1</sup>, Κατερίνα Λαυρεντάκη<sup>1</sup>, Ευρυδίκη Κυρλάκη<sup>1</sup>  
<sup>1</sup>Διαβητολογικό Κέντρο ΓΝ Βενιζέλιο-Πανάειο Ηράκλειο Κρήτης, <sup>2</sup>Κέντρο Υγείας Καστελλίου Πεδιάδος, 7<sup>η</sup> Υ.ΠΕ Κρήτης, <sup>3</sup>Κέντρο Υγείας Βιάννου, 7<sup>η</sup> Υ.ΠΕ Κρήτης

## Hellenic Diabetes Association

AS A CERTIFIED INSULIN PUMP TRAINER, I DEVELOPED SOFTWARE FOR PRE-SYMPTOMATIC SCREENING OF TYPE 2 DIABETES FOR THE DIABETES CENTER OF VENIZELEIO HOSPITAL IN HERAKLION. THIS SOFTWARE, NAMED FIND RISC, WAS PRESENTED AT THE 21ST PANAHELLENIC DIABETES CONGRESS UNDER THE AUSPICES OF THE HELLENIC DIABETES ASSOCIATION, SHOWCASING MY ABILITY TO CREATE PRACTICAL, INNOVATIVE SOLUTIONS IN HEALTHCARE.

- P29 Η ΑΞΙΑ ΤΟΥ ΠΡΟΣΥΜΠΤΩΜΑΤΙΚΟΥ ΕΛΕΓΧΟΥ ΣΤΗΝ ΕΓΚΑΙΡΗ ΔΙΑΓΝΩΣΗ ΤΟΥ ΣΑΚΧΑΡΩΔΟΥΣ ΔΙΑΒΗΤΗ ΤΥΠΟΥ 2**  
 Αναστάσιος Ανυφαντάκης<sup>1</sup>, Αναστάσιος Καϊσιόδης<sup>1</sup>, Μαλαματένια Κουμάκη<sup>1</sup>, Εμμανουήλ Μαρκάκης<sup>2</sup>, Μαρία Αυλωνίτη<sup>1</sup>, Σοφία Τριανταφύλλου<sup>3</sup>, Παναγιώτης Σκούρας<sup>1</sup>, Κατερίνα Λαυρεντάκη<sup>1</sup>, Ευρυδίκη Κυρλάκη<sup>1</sup>  
<sup>1</sup>Διαβητολογικό Κέντρο ΓΝ Βενιζέλιο-Πανάειο Ηράκλειο Κρήτης, <sup>2</sup>Κέντρο Υγείας Καστελλίου Πεδιάδος, 7<sup>η</sup> Υ.ΠΕ Κρήτης, <sup>3</sup>Κέντρο Υγείας Βιάννου, 7<sup>η</sup> Υ.ΠΕ Κρήτης





### **“Education and Additional Roles:**

My educational background includes studies in CGI at AKTO College, which has provided me with a unique perspective on visual communication and technology integration.

This knowledge has proven invaluable in developing user-friendly interfaces for healthcare applications.

I am proud to serve as the Secretary of the NGO "Innovation and Technology for Health" (HealthVolution), where I contribute to initiatives that promote the integration of cutting-edge technology in healthcare solutions.

Furthermore, I am a member of the Primary Education Committee of the Municipality of Heraklion. This role allows me to influence educational policies and promote health awareness from an early age, contributing to a more health-conscious future generation.”



You Tube



# Vision for the Future...

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My passion for health and biotechnology serves as my driving force and primary source of inspiration.

Throughout my professional journey, I have cultivated significant scientific knowledge in biotechnology and metabolism, working tirelessly to promote innovation and development in the healthcare sector.

The prospect for tomorrow is filled with hope and possibilities for a community of healthy individuals, supported by advanced biotechnological applications. With my experience in biotechnology and diabetes management, I aim to contribute to the development and implementation of innovative solutions for the prevention, diagnosis, and treatment of diseases, thereby promoting human health and well-being.

Through my dedication to developing innovative technologies, collaborating with other professionals, and continuous education, I strive to create a positive impact in the healthcare sector.

My goal is to contribute to the advancement of scientific and technological progress, fostering innovation and paving new paths for improving human health and quality of life. As we look to the future, I am committed to leveraging my unique blend of skills in technology, healthcare, and education to drive meaningful change.

Whether it's through developing new diabetes management tools, creating platforms for patient support, or influencing health education policies, I am dedicated to making a lasting impact on global health outcomes.

PANOS SKOURAS

