

## Doctor's Brief Curriculum Vitae

### Name and Title:

**Christopoulos George**

### Specialty:

Obstetrician - Gynecologist

### Place of work & Position

HYGEIA IVF EMVRYOGENESIS, obstetrician gynecologist

### Education:

MD(Res) MRCOG PGDip DFSRH

Accredited RCOG Sub-specialist in Reproductive Medicine

Honorary Senior Lecturer, Imperial College London



As an Honorary Senior Lecturer at Imperial College London and faculty member of the MSc in Reproductive and Developmental Biology, Dr Christopoulos delivers lectures and supervises BSc students during their assigned projects. In his role as the Clinical Lead at Thames Valley Fertility, he regularly organised CPD-accredited training days for gynaecologists and general practitioners.

### Professional Experience:

- **Consultant Obstetrician and Gynaecologist** University College London Hospitals NHS Foundation Trust, London, UK
- **Medical Director, Lead Consultant Gynaecologist** Thames Valley Fertility IVF Unit, Maidenhead, UK
- **Honorary Senior Lecturer, Imperial College London, UK**
- **Subspecialty Registrar in Reproductive Medicine and Surgery** Imperial College Healthcare NHS Trust
- **IVF Clinical Research Fellow** IVF Unit, Hammersmith Hospital, Imperial College Healthcare NHS Trust
- Completion of the London Deanery School of Obstetrics and Gynaecology Specialty Training (2007-2017)

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### Publications / Research:

1. Abbara A, Islam R, Clarke SA, Jeffers L, **Christopoulos** G, Comninou AN, Salim R, Lavery SA, Vuong TNL, Humaidan P, Kelsey TW, Trew GH, Dhillon WS. Clinical parameters of ovarian hyperstimulation syndrome following different hormonal triggers of oocyte maturation in IVF treatment. *Clinical Endocrinology (Oxford)*. 2018 Jun;88(6):920-927. doi: 10.1111/cen.13569.
2. Owens LA, Abbara A, Lerner A, O'flinn S, **Christopoulos** G, Khanjani S, Islam R, Hardy K, Hanyaloglu AC, Lavery SA, Dhillon WS, Franks S. The direct and indirect effects of kisspeptin-54 on granulosa lutein cell function. *Human Reproduction* 2018 Feb 1;33(2):292-302. doi: 10.1093/humrep/dex357.
3. Christopoulos G, Vlismas A, Salim R, Islam R, Trew G, Lavery S. Fibroids not distorting the uterine cavity and IVF success rates: an observational study using extensive matching criteria. *British Journal of Obstetrics and Gynaecology (BJOG)*. 2017 Mar;124(4):615-621
4. Christopoulos G, Vlismas A, Carby A, Lavery S, Trew G. GnRH agonist trigger with intensive luteal phase support vs. human chorionic gonadotropin trigger in high responders: an observational study reporting pregnancy outcomes and incidence of ovarian hyperstimulation syndrome. *Human Fertility* 2016;19(3):199-206
5. Christopoulos G, Vlismas A, Barsoum-Derias E, El-Shawarby S, Trew G, Lavery S. Rescue hCG to treat empty follicle syndrome after the use of a GnRH agonist as oocyte maturation trigger: first report on fresh embryo transfer and clinical pregnancy. *Human Fertility* 2015;18(4):248-52
6. Abbara A, Jayasena CN, Christopoulos G, Narayanaswamy S, Izzi-Engbeaya C, Nijher GM, Comninou AN, Peters D, Buckley A, Ratnasabapathy R, Prague JK, Salim R, Lavery SA, Bloom SR, Szigeti M, Ashby DA, Trew GH, Dhillon WS. Efficacy of Kisspeptin-54 to Trigger Oocyte Maturation in Women at High Risk of Ovarian Hyperstimulation Syndrome (OHSS) During In Vitro Fertilization (IVF) Therapy. *Journal of Clinical Endocrinology and Metabolism* 2015;100(9):3322-31
7. Jayasena CN, Abbara A, Comninou AN, Nijher GMK, Christopoulos G, Narayanaswamy S, Sridharan M, Mason A, Warwick J, Ashby D, Ghatei M, Bloom SR, Carby A, Trew G, Dhillon W. Kisspeptin-54 triggers egg maturation in women undergoing in vitro fertilisation. *Journal of Clinical Investigations* 2014; 124(8): 3667-77
8. Christopoulos G, Kelly T, Lavery S, Trew G. Surgical skills of specialty trainees in emergency gynaecological laparoscopic procedures: A national UK survey. *Journal of Obstetrics and Gynaecology* 2014; 34(5):435-8
9. Christopoulos G, Kelly, T. Letter to the Editor: An update on the diagnosis and management of ovarian torsion. *The Obstetrician & Gynaecologist* 2013, 15: 137

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10. Christopoulos G, Goubet S, Kelly T. Interleukin-6 for the diagnosis of ovarian torsion: a systematic review and meta-analysis. Journal of Obstetrics and Gynaecology 2013; 33(5):438-41

### Scientific Interests

#### **Clinical Interest:**

Dr Christopoulos is an accredited specialist in laparoscopic gynaecological surgery and his special interests include reproductive endocrinology, menopause and the management of male infertility. As an NHS Consultant at University College Hospital and a clinical director at Thames Valley Fertility he has helped thousands of women and couples going through fertility treatment including IVF, ICSI, oocyte donation and fertility preservation. His philosophy has always been to tailor medical treatment to the individual needs of women and couples through a clear and evidence-based approach.

#### **Research Interest:**

Mr Christopoulos has significant research background. He has published extensively in the field of assisted conception and his research interests include uterine fibroids, polycystic ovarian syndrome and the prevention of ovarian hyper stimulation syndrome. His MD at Imperial College London focused on the use of novel medication, which aimed to decrease complications and improve the safety profile of IVF cycles. This research project received widespread attention from the scientific community and the media both at national and international level.

### Honors & Awards

- **The Clinicians Award for Best Presentation** (British Fertility Society Meeting 2017) For the oral presentation 'Can the transfer of a genetically affected embryo ever be justified? Questions of autonomy and welfare of the child in the case of the transfer of an embryo affected with osteogenesis imperfecta'
- **The Laurence Shaw Medal Award** (Winter Reproductive Symposium 2016) for the oral presentation 'The use of kisspeptin-54 in women at high risk of OHSS'

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- **The Fertility Society of Australia Exchange Award** (ESHRE Annual Meeting 2014) for the oral presentation 'Kisspeptin—a novel physiological trigger for oocyte maturation in IVF'

### **In Summary:**

During his twelve-year career in the United Kingdom, Mr. Christopoulos was accepted into and completed the advanced subspecialty training program in Reproductive Medicine at the Royal College of Obstetricians and Gynaecologists (Subspecialist in Reproductive Medicine). During this period, he worked at major university hospitals, including Hammersmith Hospital in London, a world-renowned reference center for IVF.

He served as Lead Consultant and Director of the Assisted Reproduction Unit at Thames Valley Fertility, achieving outstanding success rates, and as Consultant in Reproductive Medicine and Gynaecology at University College London Hospital, working alongside a team of leading experts in Reproductive Medicine and Assisted Conception.

Mr. Christopoulos specialized in laparoscopic and hysteroscopic surgery and in the management of endometriosis at the Royal Sussex University Hospital. At the same time, he completed his Master's degree in Laparoscopic Surgery at the University of Surrey.

His research in innovative IVF methods attracted international scientific attention, earning recognition from the European Society for Human Reproduction and Embryology (ESHRE), and was featured by major media organizations such as the BBC and The Times of London. For this research work, Mr. Christopoulos was appointed Honorary Associate Professor at Imperial College London.

### **Contact Details:**

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