

## **Mr Stefanos Kachrilas MD, FEBU, FHUA, FES**

### **Consultant Urological Surgeon**

Mr Kachrilas completed his Urology training in both Greece and UK. In addition to this extensive level of experience, he continued his post Qualification training at the internationally renowned Endourology Department, Barts Health NHS Trust, London UK, the first Endourology training centre in Europe recognised by the European Board of Urology (EBU). He sharpened to an excellence, his skills in complex minimally invasive surgical procedures for treatment of urinary tract stones. He also completed a Honorary Fellowship at the internationally renowned Andrology Department at University College London Hospital NHS Trust, where he enhanced his skills and knowledge in Male infertility, Erectile Dysfunction and Male Health.

He became Consultant Urological Surgeon five years ago in Athens/Greece, where he is practising in private practice, and in 2014 he was appointed as L.Consultant Urological Surgeon at Barts Health NHS Trust. He is currently appointed as L.Consultant Urological Surgeon at Princess Royal University Hospital, King's College NHS Trust. He is proud starting a co-operation with the Functional Medicine Team at the Hale Clinic, aiming to provide accurate diagnosis and high quality holistic treatment for the all range of urological diseases.

Mr Kachrilas is dealing with all the diseases of the urinary tract as Prostatic Hyperplasia, Tumors of Urinary Bladder/Prostate/Kidney/Testicular, Urinary Incontinence, Reccurent Urinary tract infections and Chronic Prostatitis, Strictures of the Urethra and Ureter. He has a special interest in the treatment of urinary tract stones, Endourology, prostate cancer, male infertility, erectile dysfunction and male health. He performs the all range of core urology surgical procedures and he is expert in rigid/flexible ureteroscopy and laser stone fragmentation, key hole surgery for large renal stones, extracorporeal lithotripsy, long term metal stents of the urinary tract, minimal invasive procedures for renal outlet obstruction, laser treatment of intrarenal and ureteric tumors, and minimal invasive surgical procedures for the treatment of prostate cancer.

He enjoys cooperation as a researcher with the University of Athens 2nd Department of Urology 'Sismanogleio' Hospital, and National Research Centre 'Democritus' Institute of Biology, Athens Greece, completing his PhD in Molecular Biology of Bladder Cancer.

He is registered in the U.K Specialist Register since 2012, member of multiple Urological Associations, Fellow of the European and Greek Board of Urology, holder of licence to practice as Consultant Urological Surgeon in Greece, United Kingdom and United Arab Emirates.

He is an author of more than fifty scientific articles and book chapters in world-class scientific journals. He is an expert reviewer for a number of international medical journals, with active involvement in Medical Education. He was awarded various grants and awards.

He provides mentoring in complex Endourological procedures, as Metal Stents of the urinary tract and Endoscopic Combined Intrarenal Surgery.

### **Special Interests**

Endourology

Stone Disease

Prostate Cancer

Andrology – Male Infertility and Erectile Dysfunction

### **Treatments**

#### Kidney

Nephrectomy

Pyelolithotomy

#### Ureter

Ureterolithotomy

#### Bladder

Bladder diverticulectomy

Suprapubic catheter insertion

#### Prostate

Transvesical adenomatectomy

#### External Genitalia

#### Penis

Circumcision

Excision of penile warts

Penile biopsies

Frenuloplasty

Meatotomy

Penile grafting

#### Testis

Radical Orchiectomy

Scrotal Orchiectomy

Orchidopexy

Testicular biopsy

Insertion of Testicular Prosthesis

Epididymis/Spermatic cord/Scrotum

Epididymectomy

Excision of epididymal cyst

Epididymal biopsy

Hydrocelectomy

Vasectomy

Scrotal exploration

**Endoscopic procedures – Keyhole Surgery**

Percutaneous Upper tract Kidney/Ureter

Percutaneous Nephrolitholopaxy

Ultra-mini Percutaneous Nephrolitholopaxy

Percutaneous fulguration of TCC

Percutaneous Endopyelotomy ( Laser and Cold Knife)

Percutaneous Alcohol ablation of renal cysts

Percutaneous Nephrostomy insertion

Antegrade insertion of ureteric stent

ECIRS (Endoscopic Combined Intrarenal Surgery) - Combined Antegrade and Retrograde procedures

Ureter

Retrograde study

Extraction of foreign body

Endoureterotomy

Retrograde Endopyelotomy

Balloon dilatation of the ureter

Rigid Ureteroscopy and stone fragmentation

Flexible Ureteroscopy and stone fragmentation

Rigid Diagnostic Ureteroscopy and ureteric biopsy and tumour fulguration

Flexible Diagnostic Ureteroscopy and ureteric biopsy and tumour fulguration

Ureteral Metal stent ( Memokath, Resonance) insertion/removal/exchange

Double-J stent insertion

### Bladder

Transurethral resection of bladder tumour

Bladder biopsies

Bladder washout

Cystolitholopaxy

Percutaneous cystolitholopaxy

Intravesical botox injection

Transurethral incision of ureterocele

Bladder hydrodistension

### Prostate

Prostatic metal stents (Memokath)

Transurethral resection of the prostate

Transurethral bladder neck incision

### Urethra

Internal Urethrotomy

Urethral metal stents (Memokath)

Rail-roading of the urethra/ Rendez- vous procedure

Urethral dilatation

### Extracorporeal Lithotripsy

Kidney

Ureter

**Diagnostic and minor procedures Endoscopic:**

Urethrocystoscopy

Nephrostogram

Urethrogram

**Ultrasound studies**

Kidney

Ureter

Bladder

Prostate

Testis

Transrectal ultrasounds

Prostate biopsies

Template biopsies

**Urodynamics**

**Video Urodynamics**

**Education and Residencies**

MD - Victor Babeş University of Medicine and Pharmacy, Timișoara, Romania

Residency - Policlinical Hospital of Athens, Greece Residency - General Hospital of Nikaia-Piraeus, "Agios Panteleimon", Athens, Greece

Post Qualification Endourology Fellowship, Barts Health NHS Trust, London, UK

Post Qualification Honorary Andrology Fellowship University College London Hospital

Consultant Urological Surgeon, Greece – private practice

L.Consultant Urological Surgeon Barts Health NHS Trust, London UK

L.Consultant Urological Surgeon Ipswich NHS Trust

L.Consultant Urological Surgeon King's College NHS Trust, London UK

## **Awards**

2012 : Winter Short Papers Prize for: Goyal A, Zaman F, Kachrilas S, Bach C, Buchholz N, Masood J: Inferior distraction of the kidney to aid upper pole and supracostal punctures during percutaneous renal access. Clinical Uro-Radiological meeting, Royal Society of Medicine, London/ UK

2012: Best poster award: Zaman F, Bach C, Kumar P, Kachrilas S, Buchholz N, Masood J, Junaid I: Acceleration of competency in renal access skills by using virtual reality Perc-Mentor trainer. Poster #103, EAU Paris/ France, 2012

2006: Award in the 6th Hellenic Congress of Tumor Markers and Gene Therapy for : Stefanos Kachrilas, Dimitra Anastasiou, Vasileios Nikas, Konstantinos Livadas, Gerasimos Alivizatos and Gerasimos Voutsinas, Structural and transcriptional analysis of PIK3CA in bladder cancer, Athens Greece

## **Fellowships**

Fellow of the European Board of Urology Board (FEBU)

Fellow of the Greek Board of Urology (FHUA)

Fellow of the Endourology Society (FES)

## **Certifications**

UK Board certified in Urology

Hellenic Board certified in Urology

Sri Lanka Board certified in Urology

United Arab Emirates Board certified in Urology

## **Registrations**

2002: Licence to practise Medicine, Registration No:20689, Hellenic Republic, Unified Prefectural Authority of Athens Piraias, Prefecture of Athens, Division of Eastern Athens, Greece. Registration with the Hellenic Medical Association

Registration with the Hellenic Association of Urology - Fellow of the Hellenic Urological Association (FHUA) - 2007

Registration European Association of Urology - 2008

Registration British General Medical Council GMC (#7096712) - 2010

Registration Sri Lanka Medical Association - 2011

Registration International Endourology Society - 2011

Registration as a Specialist Urologist with the Hellenic Medical Specialist Registration Commission - 2012

Registration as a Specialist Urologist at the Specialist Register of the British General Medical Council – GMC - 2012

Registration Emirates Medical Association (EMA) Nr: 2261 - 2013

Registration and License to practise at Dubai Health Care City, Specialist Urology - 2014

**Expert reviewer**

Invited reviewer for Journal of Endourology

Invited reviewer for Arab Journal of Urology

Invited reviewer for Open Access Journal of Science and Technology

Invited reviewer for Medical & Surgical Urology Journal

Invited reviewer for F1000 Research journal

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Consultation: 160 £ - 1 Hour