



**401 GENERAL ARMY HOSPITAL of ATHENS  
OPHTHALMOLOGY DEPARTMENT**

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TO WHOM IT MAY CONCERN

I was asked by Dr. Gountis Christoforos to act as his referee and it is with pleasure that I accepted. I met him at the beginning of the first year of his residency, in October 2010. He came to our department, at the 401 General Army Hospital of Athens, Department of Ophthalmology. He was adjusted easily and quickly in the very demanding environment of our Department, which, apart from its academic function, is the single referral hospital for army personnel stationed in Athens and Southern Greece.

Dr. Gountis Christoforos is a highly motivated young doctor. He worked long hours to our department, exceeding by far the time his official duties required and excelled in his performance in the outpatients clinics, the ward and the Eye Casualties Department. I was constantly impressed by his academic abilities and gratified to see him gaining a deep knowledge and a solid experience in all fields of Clinical Ophthalmology.

He also developed his surgical skills to a significant extend, performing anterior segment operations. These include a large number of refractive surgery operations and phacoemulsification cataract operations. He worked closely with me and I found in him a valuable assistant in more than three hundred operations including refractive surgery operations, phacoemulsification cataract operations and trabeculectomies.

Although his duties as a resident were heavy, both in outpatient clinics and in the operating theatre, he conducted clinical Ophthalmological research with real enthusiasm and participated in national meetings. He also showed great zeal in giving lectures to medical students and participated in their practical training in Ophthalmology.

Dr. Gountis Christoforos is an enthusiastic, talented and hardworking young resident in Ophthalmology, with excellent surgical abilities, broad knowledge and significant experience in Ophthalmology and a lot of understanding and care for the patients. He is a really kind and gentle person, interacting with great responsibility, dedication and geniality with colleagues and patients. I was fortunate to have him as my assistant in the Ophthalmology Department, of which I am the head, and in the operating theatre. I strongly recommend him for your residency program and I genuinely believe that, given his dedication and aptitude, his academic progress in ophthalmology will be rapid and his future in Ophthalmology will be a bright one.

Yours sincerely,

Dr. med. Nikolaos Karamaounas, M.D., Ph.D., Colonel.  
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