

# SUMMIT REPORT



**SfEE**  
SUMMIT 2025  
Delivering value in an evolving landscape

24.06.2025

MEGARON THE ATHENS CONCERT HALL

# Foreword



SFEE Summit, held for the second consecutive year on June 24, 2025, has now been established as the annual gathering where the pharmaceutical industry, the State, the scientific and academic community, as well as patient associations, work together to co-shape the priorities of pharmaceutical policy. This annual meeting reaffirms the value of dialogue, collaboration, and consensus as key tools for addressing modern health challenges.

This year's theme, "Delivering value in an evolving landscape," clearly reflects the challenges faced today by the pharmaceutical sector in both Greece and Europe, highlighting the vital importance of pharmaceutical innovation for society, the sustainability of health systems, and the country's development. During the Summit, the evolving needs of health systems and the role of medicines in social and economic well-being were brought to the forefront.

This report presents the main points of the thematic sessions, as well as the key conclusions of the 2<sup>nd</sup> SFEE Summit, with the expectation that they will form a meaningful part of evidence-based health policy for a better tomorrow for patients, the healthcare system, society, and the economy.

# Welcome Remarks



➔ **The President of SFEE, Mr. Olympios Papadimitriou**, opened the 2<sup>nd</sup> SFEE Summit by emphasizing the value of this annual meeting as a platform for institutional dialogue. Its aim is to bring together the State, the pharmaceutical sector, the scientific and academic community, as well as patient associations, in order to design a modern pharmaceutical policy. The theme of this year's Summit, **"Delivering value in an evolving landscape,"** highlights the uncertainty and rapid changes that characterize the health system. The contribution of the pharmaceutical sector goes far beyond its economic dimension, as it constitutes a fundamental pillar for scientific progress, the strengthening of public health, the promotion of prevention, and the continuous improvement of citizens' quality of life. Mr. Papadimitriou noted that despite the growing contribution of pharmaceutical innovation, its recognition by the State has been lacking in recent years. This has resulted in a policy still governed by the mindset of the economic crisis. He called for a substantial reform of pharmaceutical policy, aiming to shape a national pharmaceutical strategy centered on the patient and innovation: one that rewards research and development while acknowledging the added value it brings to patients and society. In conclusion, the vision of the pharmaceutical sector focuses on creating a healthy, resilient, and fair Greece, with an emphasis on prevention, equitable access to innovative therapies, and the continuous improvement of population health.

# Why Innovation Matters Now More Than Ever



→ **Mr. Dennis Ostwald, CEO and founder of the WifOR Institute**, highlighted the importance of medical innovation. He emphasized that health should be viewed as a key driver of development and not merely as a cost, as the lack of investment in it has both social and economic repercussions. Referring to studies in Germany and Brazil, he underlined the impact that diseases have on GDP, while noting that timely investment in innovative treatments and prevention can yield significant benefits for the economy and society. Speaking about Greece, he pointed out that **public health expenditure remains low compared to other European countries, a fact that calls for targeted and “smart” investments.** His proposal focuses on **prioritizing diseases with the greatest socioeconomic burden such as cancer, cardiovascular diseases, and diabetes and on developing strategies that reduce their cost.** Finally, he noted that **a healthy society is a precondition for sustainable development**, especially in countries with an aging population, and concluded with the message that **investing in health is not merely an expense but the most important factor for Europe’s economic and social well-being, both today and in the decades to come.**

# Building a Sustainable Pharmaceutical Future with Patient at its Heart



→ **Professor of Health Economics and Health Technology Assessment at the University of West Attica, Mr. Kostas Athanasakis**, outlined the framework for the sustainability of the health system, noting that this is the key challenge for the future and requires immediate action. **He stressed that sustainability must be supported by policies that concern not only pharmaceuticals but also a range of other initiatives focused on managing morbidity, ensuring early diagnosis, and addressing chronic diseases. He pointed out that, despite prevailing perceptions, prices in Greece are lower than the European average.** According to him, the critical issue is the sustainability of the system: its ability to continue providing the services, products, and care that we expect both now and in the future.

→ **Ms. Elena Chouliara, President and Managing Director of AstraZeneca Greece and Cyprus**, emphasized the importance of innovation for the health system and the need for timely patient access to innovative therapies. However, she noted that the availability of these medicines in Greece is decreasing, while the time required for them to become accessible after their central European approval is increasing. According to her, the main barrier is the insufficient funding of pharmaceuticals, which has created a significant financing gap of more than 1 billion, resulting in excessive paybacks from companies to the state.

→ **Ms. Antonella Levante, Vice President and General Manager of IQVIA Greece and Italy**, presented international best practices for prevention and the effective management of the patient health journey, stressing that **governments are trying to balance innovation, system sustainability, and social impact**. She also emphasized that innovation is not limited to medicines but also concerns the proper management of therapeutic regimens, as around 20% of healthcare expenditure is lost due to inappropriate use of treatments and diagnostic tools. **Finally, she highlighted that investment in clinical research yields multiple economic and scientific benefits (every \$1 invested in clinical research by industry returns \$3 to the state) and that Greece must act quickly to position itself as a reference country by leveraging the available European funding.**

→ **Mr. Richard Robinson, Executive Director, European Policy and Government Affairs at Bristol Myers Squibb**, highlighted the value of pharmaceutical innovation. He presented examples of progress in treatments for melanoma, lung cancer, and cell therapies (CAR-T), emphasizing that these **represent major breakthroughs and noting that innovation has a broader socioeconomic impact by reducing hospitalizations and boosting productivity**. He made special reference to the value of clinical research in Greece, which yields multiple economic benefits and supports growth. However, he sounded the alarm regarding the declining availability of innovative medicines, stressing the **need to increase public pharmaceutical funding, accelerate digital reforms, and address the issue of clawback, which makes Greece uncompetitive.**

→ **The President of the Greek Patients' Association, Ms. Vasiliki-Rafaela Vakouftsi**, through a personal testimony, highlighted the critical importance of timely and equitable access to medicines for all citizens. She emphasized **that pharmaceutical innovation has value only when it reaches the patient in time**, and she called for a comprehensive review of policy so that new medicines become immediately available. Finally, she stressed that the health system must be effective and patient-centered, providing the necessary care at the moment it is needed.

→ **The Minister of Health, Mr. Adonis Georgiadis**, presented the government's overall strategy for pharmaceutical policy, acknowledging the challenges arising from increasing innovation and fiscal pressures. He emphasized that the government has already increased funding for pharmaceuticals compared to 2020 and has implemented a series of measures to control expenditure. **He recognized the difficulties caused by the high level of clawback imposed on pharmaceutical companies** and noted that there is a goal for its gradual rebalancing and reduction. **He highlighted the importance of dialogue with the pharmaceutical industry and transparency in decision-making**, while announcing the forthcoming implementation of the "Transitional Reimbursement Scheme" to strengthen access to innovative medicines.

→ **The President of SFEE, Mr. Olympios Papadimitriou**, acknowledged the Minister of Health's positive intentions regarding the sector's issues, but expressed **the need for more tangible results**. Although steps have been taken in the right direction, the industry has not yet seen substantial improvement, which hampers investment planning and the introduction of new medicines to the market. In closing, he stressed that the direction must be clear and realistic in order **to ensure patient access to innovative medicines while also safeguarding the sustainability of the system**.

# Live First Aid Demonstration Session



→ The volunteers of the Red Cross highlighted the importance of a holistic approach to health, as defined by the World Health Organization, placing particular emphasis on mental well-being and the value of mental health first aid as a tool for prevention, support, and empowerment of individuals experiencing a crisis. **Through the training of citizens, institutions, and communities, skills of recognizing and responsibly intervening in dangerous situations are cultivated, strengthening mental resilience and social cohesion.** It was emphasized that mental health first aid is a necessary practice, grounded in the principle of humanitarianism, which can prevent the escalation of crises and offer meaningful support. At the same time, the practical dimension of first aid was presented through the technique of cardiopulmonary resuscitation (CPR), underscoring the need for proper preparation, safety, and consistency in providing assistance until specialized personnel arrive.



# The Cost of Care: Funding a Fair and Resilient Healthcare System



→ The **Deputy Minister of Health, Mr. Marios Themistocleous**, in his remarks, presented an overall picture of the evolution of funding and financial management within the health system. He emphasized that from 2019 to today, there has been a 120% increase in total health funding and a 74% increase for hospitals. He highlighted as a significant achievement the implementation of hospital budgets starting in 2024, which enabled better financial planning and execution without the need for additional funding. He also referred to the containment of pharmaceutical expenditure, which in 2024 closed with zero growth, while for 2025 an increase of 4–5% is projected below the European average. **Finally, he underscored the implementation of DRGs for hospital reimbursement as an important step toward transparency and expenditure control, aiming for the gradual reduction of the clawback and the sustainability of the system.** However, he noted that structural weaknesses remain, and that better targeting of resources is needed, alongside strengthening prevention and primary care.

→ **Mr. Anthony Aouad, General Manager of Sanofi Greece, Hungary, and Ukraine**, emphasized that health should be treated as an investment rather than a cost, as it substantially contributes to patient well-being, reduces hospitalizations, and enhances productivity. **He compared the strategic importance of the pharmaceutical sector to that of national defense, noting that the health of citizens is critical for national resilience.** He placed particular emphasis on the importance of transparency in funding and on the need to attract investments in the

health sector. **He explained that Greece can benefit from new models of public-private collaboration that allow better utilization of innovation, especially in biotechnology, digital applications, and clinical trials.** Finally, he stressed the need for a clear and sustainable fiscal framework, with predictability regarding the clawback, in order to foster the development and stability of the pharmaceutical sector.

→ **Mr. Fabrizio Bocchetti, General Manager of Merck Greece and Cyprus,** highlighted the importance of alignment with European health policies and the exchange of best practices, stressing that Greece can strengthen its role as a regional hub for research and innovation. He presented the Italian model for the assessment and reimbursement of innovative medicines as an example of effective pharmaceutical policy. This model has led to the launch of 156 innovative medicines in eight years, bringing benefits both to patients and to the health system by reducing waiting lists and long-term costs. Additionally, it boosts pharmaceutical industry investment, as no clawback is imposed during the first three years. Referring to Greece, he proposed solutions such as increasing **public pharmaceutical funding, creating a national patient registry, and establishing a unified pharmaceutical budget to address inequalities and enhance access to innovation.**

→ **The General Secretary of Fiscal Policy at the Ministry of National Economy & Finance, Ms. Pavlina Karasiotou,** stressed that building a fair and resilient health system requires a sound and stable fiscal framework. She emphasized that the issue does not lie solely in the overall level of funding, but also in the effectiveness of resource allocation. She noted that **although investment in health is recognized as strategic, the benefits it generates must be well-documented in order to justify further financial support.** In closing, she highlighted the need for better targeting and enhanced cooperation among all health-sector stakeholders.

→ **Mr. Georgios Kourepis, Principal at Deloitte,** presented the need to revise and update the framework for financing pharmaceutical policy in Greece, based on new conditions and the rapid evolution of innovation. He emphasized that the solution is not necessarily more money, but the creation of a resilient and sustainable framework through collaboration between the State, industry, patients, and the scientific community, making use of effective international practices. **The approach, he noted, must be grounded in seven principles: a State-industry relationship centered on the patient, forward-looking planning with mechanisms to manage deviations, fair and equal treatment of medicines, flexibility through balancing mechanisms, attractive conditions for investment, transparency in the use of personal data, and rational management with a focus on the effectiveness of treatments rather than merely their cost.**

→ **Professor of Health Policy at the University of the Peloponnese, Mr. Kyriakos Souliotis,** in his remarks, analyzed the complexity of health financing, emphasizing that although resources for health are increasing, Greece's initially low funding base due to the crisis makes convergence with Europe slow and difficult. He highlighted the need for deeper analysis of the spending mix, as distortions persist, such as

excessive hospital expenditure and high out-of-pocket payments by households. He proposed incentives to strengthen private insurance, better use of data, and a reduction of bureaucracy that hinders investment, particularly in clinical research. **He stressed that health is a front-loaded investment that requires political will, and concluded that central administration must adopt a “save by spending” mindset in order to enhance access, innovation, and overall development.**

# Greece as a Regional Leader: Building a Life Sciences & Innovation Ecosystem



→ **Mr. Stratos Simopoulos, Member of Parliament for New Democracy and Chairman of the Special Permanent Committee on Research and Technology of the Hellenic Parliament**, emphasized that Greece has made progress in research and clinical trials but still ranks low in terms of innovation. He highlighted the need for regional innovation hubs and better networking between universities, research centers, and businesses. **He stressed that resources are available, but what is lacking is an organized mechanism for channeling and evaluating them specifically, how research is transformed into innovation with social impact.** Finally, he proposed allocating part of the investment clawback toward strengthening research and clinical trials.

→ **Mr. Alexandros Tzoukas, Partner & Co-founder of Kos Biotechnology Partners**, presented the key findings of a study conducted by distinguished Greek scientists working in the pharmaceutical industry in the United States, aimed at strengthening innovation in Greece. The study proposed strategic interventions in basic research, education, clinical trials, pharmaceutical manufacturing, and the use of data and artificial intelligence. He emphasized that health should be viewed as a driver of growth rather than a cost, and that Greece has significant opportunities for innovation in the pharmaceutical sector. **Finally, he highlighted**

**the distinction between the role of the state (in research and education) and that of entrepreneurship (in innovation), stressing that Europe relies too heavily on subsidies and central planning, in contrast to examples such as California and Boston, where innovation has developed primarily through private initiatives.**

→ **Ms. Kavita Patel, General Manager of Roche Greece and Cyprus**, emphasized the need for Greece to move swiftly and decisively to strengthen its position in pharmaceutical research and development (R&D), as Europe lags behind the United States and China. Although Greece has political will, strong intellectual property protection, and a highly skilled scientific workforce, achieving progress in research and development **requires faster regulatory and administrative processes for clinical trials, as well as more effective incentives such as better utilization of the clawback offset mechanism.**

→ **Mr. Christos Sotiriou, General Manager of WinMedica**, emphasized that the pharmaceutical sector is a strategic pillar of both the Greek and European economy, with a strong economic and social footprint. He stressed the necessity of formulating a national pharmaceutical strategy as well as **establishing a transparent and stable framework for the pharmaceutical sector. At the same time, he highlighted the importance of extroversion, the employment of highly skilled personnel, and the cooperation of all stakeholders-factors that will strengthen the country's competitiveness, always with the patient at the center, along with prevention and the improvement of quality of life.**

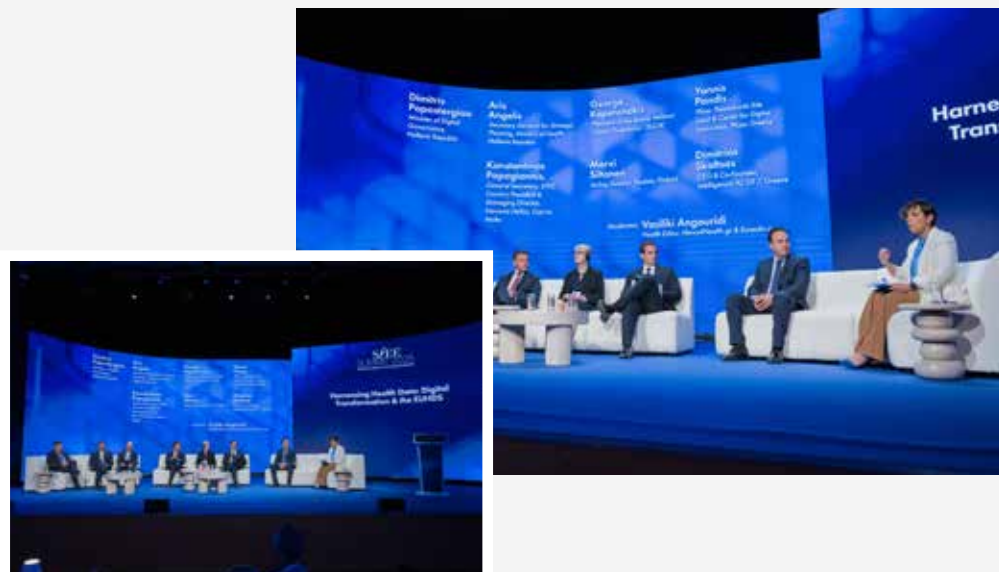
→ **Mr. Konstantinos Panagoulas, Vice President of VIANEX**, focused on the importance and the potential for improving the investment clawback, describing it as the most effective investment tool ever established by the Greek state. He proposed three key improvements: **first, revising the regional aid framework in order to increase subsidies for the pharmaceutical industry in Attica, where the majority of production is concentrated; second, providing incentives to multinational companies to transfer part of their manufacturing to Greece through partnerships with Greek enterprises; and third, expanding the eligibility of investments to include other health-related sectors, such as medical devices.** At the same time, he emphasized the need for a cultural shift in the collaboration between universities and businesses so that research can be transformed into innovation. He also proposed the creation of special innovation zones with strong tax incentives and exemption from bureaucratic barriers, in order to attract researchers and companies.

→ **Mr. Ioanna Koukli, President of HBio, Owner & CEO of Pharmassist**, emphasized the need to create a dynamic innovation zone in Greece, highlighting the importance of extroversion, networking with European clusters, and participation in international exhibitions. She also underscored the necessity of funding start-ups and spin-offs in the pharmaceutical and biotechnology sectors, as well as the development of high-standard infrastructure (such as Skel Labs). **She argued that Greece can evolve into an innovation hub by strengthening basic research, leveraging European funding instruments, and creating special zones with**

**tax incentives and reduced bureaucracy, thereby attracting researchers and investment.**

→ **Mr. Stefanos Kollias, Chairman of the Board of GRNET**, emphasized the crucial role of artificial intelligence (AI) in strengthening pharmaceutical innovation and research activity in Greece. He stressed the need for controlled access to state health data so that they can be utilized for the development of new services and solutions. At the same time, she highlighted **the educational and professional challenges, such as the integration of AI into pharmacy curricula and the training of employees in the use of these tools**. Finally, he proposed the development of language models tailored to the Greek context, enabling businesses to use AI productively and become creators of innovation, thereby reinforcing the national strategy for digital development.

# Harnessing Health Data: Digital Transformation & EUHDS



→ **The Minister of Digital Governance, Mr. Dimitris Papastergiou**, presented the key initiatives regarding the digital transformation of health, focusing on the **National Electronic Health Record, which now serves as a modern tool for policy-making and improving healthcare delivery**. He emphasized the importance of collaboration with the Ministry of Health and IDIKA for the implementation of the European Health Data Space (EHDS), as well as the need for access to and utilization of data through the Data Governance Act. **He referred to the new capabilities offered by the upgraded e-prescription system** and the preparation underway for data utilization through artificial intelligence, supported by infrastructures such as the “Daedalus” supercomputer and AI factories. **At the same time, he highlighted the need for a shift in mindset within public administration regarding GDPR, so that it is viewed as a tool for data utilization rather than a barrier.**

→ **Mr. Aris Angelis, General Secretary for Strategic Planning at the Ministry of Health**, presented the developments and priorities regarding the secondary use of health data within the framework of the EHDS. He explained that **the goal is the safe and institutionally secured utilization of data for research, innovation, health policy, and regulatory interventions**. He referred to the progress already made, such as the mapping of available data and the development of the necessary digital infrastructure for the health data access body. Finally, he presented an ongoing project related **to e-prescription that leverages artificial intelligence tools, aiming to use machine learning algorithms** for the automated assessment of



prescription necessity before the prescription is executed. As he noted, this project forms part of a broader strategy to harness health data and enhance the quality of services through innovative digital tools.

→ **Ms. Mervi Siltanen, Acting Director at Findata**, presented Finland's experience with the secondary use of health data, noting that the country has a long tradition of collecting and utilizing national and regional registries dating back to the 1950s. **The gradual digitalization of these data was supported by citizens, who recognize its benefits for healthcare and innovation.** Referring to the EHDS, she emphasized the significant opportunity it offers for harmonizing access procedures and enabling cross-border collaboration, **while also warning about the risk of excessive restrictions that could isolate Europe from cooperation with the United States and Asia.**

→ **Mr. Konstantinos Papagiannis, General Manager of Novartis Greece, Cyprus, and Malta**, focused on the need **to shift from digital readiness to digital maturity**, noting that Greece has made significant progress in infrastructure and technological preparedness, but must now leverage data for meaningful interventions that benefit patients and support the sustainability of the system. He emphasized the **importance of the secondary use of data and the application of technologies such as artificial intelligence for the prevention and management of chronic diseases, which absorb the largest share of the healthcare budget.** He underlined that prevention can significantly reduce hospitalizations and free up resources for the introduction of innovative medicines. Finally, he highlighted the need to establish a strong framework that rationally utilizes data, while simultaneously ensuring their protection and maintaining public trust.

→ **Mr. Giannis Pandis, Site Lead for Pfizer Thessaloniki and Leader of the Center for Digital Innovation**, emphasized that Greece has made significant strides toward digital innovation and the use of data to support evidence-based decision-making in the health sector. He referred to examples from European programs where proper data collection, selection, and analysis enabled disease categorization and personalized treatment. **He stressed the importance of data quality and trust in those data, especially when applying artificial intelligence, in order to avoid incorrect decisions.** As he noted, AI can play a decisive role in drug discovery, in accelerating clinical trials, and in personalized therapy, while it is also crucial to educate patients so they can trust these processes.

→ **Mr. Dimitrios Skaltsas, CEO & Co-founder of Intelligencia AI**, emphasized that the reliability of artificial intelligence depends on the quality of the data that supports it, stressing that data collection, harmonization, and selection are critical processes for developing innovative solutions in the health sector. Referring to Greece, he noted that further development of usable databases is required for the country to keep pace with international advancements. Finally, he suggested adopting a national strategic goal for innovation similar to France's approach so as to inspire society and strengthen the country's technological development.



→ **Mr. George Kapetanakis, President of the Hellenic Cancer Federation,** emphasized the need for the digitalization of the Health System to remain human-centered and not alienate patients from participating in it. He pointed out that **the greatest challenge is integrating the patient experience into the secondary use of health data.** As he concluded, these data are continuously generated but not systematically utilized, even though they can provide substantial value to health policies.

# Fireside Chat



→ Mr. Stefan Oelrich, President of EFPIA and Member of the Board of Management & President Pharmaceuticals of Bayer highlighted the challenges Europe is facing in the pharmaceutical sector, focusing on the revision of the Pharmaceutical Legislation. As he noted, **the changes proposed in relation to the European Commission's initial draft partially address the industry's concerns; however, they remain fragmented and insufficient to ensure the long-term competitiveness and innovation capacity of Europe's pharmaceutical research and development sector.** He also stressed that Europe has lost significant ground to the United States and China in global research and clinical trials, particularly in advanced therapies, due to inconsistent industrial policy and inadequate funding. **He emphasized the need for more ambitious reforms that strengthen incentives for innovation, accelerate clinical trial approvals, and establish a stable, predictable framework that supports investment and ensures rapid patient access to treatments.** Regarding Greece, Oelrich acknowledged the country's potential as an innovation hub, but expressed concern about insufficient pharmaceutical funding, low drug prices, high mandatory returns, and their impact on system sustainability. He called for bold policies that secure sustainable financing, support investment in research and manufacturing, and enhance public-private collaboration. In his closing remarks, he stated that the choices made today will determine not only Europe's role in global pharmaceutical innovation but also the resilience of its health systems for decades to come.

# Collaborative Approaches to Addressing Greece's Major Health Challenges



→ **The Alternate Minister of Health, Ms. Eirini Agapidaki**, presented a comprehensive overview of the strategy being implemented to transform Greece's public health system, with a focus on prevention, equity, access, and the use of new technologies. **She referred to the "Prolamvano" (Prevention) program, which has changed the country's health culture by shifting emphasis from treatment to prevention, bringing more than 3 million citizens to undergo preventive screening.** She also announced new initiatives for the prevention of kidney dysfunction and obesity. In the area of primary care, she announced the establishment of 312 chronic disease clinics and the submission of a bill for the reorganization of primary care structures, aiming to clarify roles and eliminate overlaps. The goal is to create a comprehensive health map and implement standardized SOP procedures, enabling citizens to clearly understand their pathway through the health system. Finally, she emphasized **that health is a matter of democracy and social justice, and that the challenge is to ensure that all citizens, regardless of where they live or their social status, receive equitable treatment in matters concerning their health.**

→ **Ms. Lenio Capsaskis, Technical Officer – Health Systems, WHO Regional Office for Europe**, highlighted the importance of cooperation between governments, health institutions, society, and the scientific community in achieving the goal of “health for all.” She emphasized that WHO actively supports the Ministry of Health in addressing critical challenges through projects with tangible social impact. She referred to the development of a national strategy for quality of care and patient safety, in collaboration with ODIPY and other institutions, as well as the innovative Health IQ program, which focuses on quality indicators in health management. **Finally, she underscored the need for a shift in public mindset from focusing primarily on secondary care and medical tests to prioritizing prevention, the management of risk factors (such as childhood obesity and e-cigarette use), and the provision of healthcare services based on the actual needs of citizens.**

→ **Mr. Michalis Himonas, General Manager of SFEE**, emphasized the need to link prevention with pharmaceutical care, noting that **new needs arising from prevention programs must be supported with corresponding funding.** He also presented the actions and outcomes of SFEE’s Disease Specific Platforms on Cancer, Rare Diseases, and Diabetes, from which key requests emerged: **reimbursement of biomarkers and the establishment of a National Cancer Registry.** Finally, he stated that Greece is on the verge of a pharmaceutical renaissance, but underfunding of medicines remains a challenge. He proposed cooperation among all relevant ministries to ensure a common language and coordination, highlighting that the current leadership of the Ministry of Health demonstrates understanding and a willingness to collaborate.

→ **Mr. Christos Daramilas, President of the Panhellenic Federation of Associations of People with Diabetes**, emphasized the importance of prevention as a key tool for improving quality of life and reducing healthcare costs. He acknowledged the positive progress of the “Prolamvano” program and the State’s intention to expand prevention into new areas, such as kidney function, highlighting the significance of this action for people with diabetes due to the serious complications they face. He underscored the need for **meaningful participation of patient representatives in decision-making and stressed the importance of continuous communication with the State, so that decisions incorporate both scientifically documented perspectives and the practical experience of patients.**

→ **Mr. Konstantinos Toutouzas, President of the Hellenic Society of Cardiology**, emphasized that cardiovascular diseases remain the leading cause of death in our country, carrying a significant economic burden, and highlighted the need for a long-term national strategy aligned with the European framework. He also stressed that **prevention requires continuous information and communication, and is not solely the responsibility of the Ministry of Health but also of other bodies, such as the Ministry of Education and the media.** In closing, he expressed his optimism that the current circumstances are suitable for the creation of a National Strategic Health Plan, with the participation of all relevant stakeholders.

→ **Mr. Giannis Tsimaris, Member of Parliament for PASOK-KINAL**, acknowledged the positive contribution of the “Prolamvano” program, but pointed out that there are serious weaknesses in patient participation in the Health System and in their access to treatment. He emphasized the need for State oversight and reliable data which are currently lacking in order to design effective policies. He argued that **health should be treated as an investment, with front-loaded and targeted increases in spending. He highlighted the need for the equal participation of all stakeholders in decision-making and for long-term strategic planning instead of fragmented, reactive interventions.** Finally, he stressed that health is a cross-sectoral issue requiring cooperation among multiple ministries and the equal involvement of all stakeholders, with the aim of ensuring the sustainability of the National Health System and safeguarding social cohesion.

# Finding the Dynamic Balance of Mental & Physical Health



→ **Professor of Pediatrics and Endocrinology at the University of Athens, Mr. George Chrousos** analyzed the deep connection between stress and health, drawing examples from ancient Greek philosophy and modern science. **As he explained, stress is not necessarily harmful. *Eustress* can enhance creativity and pleasure, while *distress* leads to psychological and physical dysregulation.** He placed particular emphasis on the role of digital technology as a source of stress, especially for children and adolescents. According to the professor, resilience to stress is crucial and depends 50% on genetic factors and 50% on early life experiences, with special importance placed on the prenatal and childhood periods. Professor Chrousos presented the long-term effects of chronic stress, which is responsible for the onset of non-communicable diseases such as depression, obesity, metabolic syndrome, cardiovascular disease, and cancer. However, he stressed that **practical solutions exist: healthy nutrition, moderate exercise, consistent sleep and meal schedules, and daily activities that provide joy and meaning.** He noted that having a sense of purpose in life is the strongest factor for happiness and psychological resilience. In closing, he emphasized that managing stress is both possible and essential for building a healthy and resilient society.

## Closing Remarks

The 2<sup>nd</sup> SFEE Summit highlighted the importance of cooperation among all stakeholders in the health sector for addressing emerging challenges. Health should not be viewed as a cost, but as a strategic investment and a foundation for strengthening the national economy and improving patient health. At the same time, **the Summit underscored the need for a new national pharmaceutical policy that includes adequate funding, ensures access for all citizens to both new and innovative therapies as well as existing treatments, strengthens investment in clinical studies, makes optimal use of data, and places strong emphasis on prevention.**

WE LOOK FORWARD SEEING YOU AT THE  
**3<sup>rd</sup> SFEE SUMMIT**,  
WHICH WILL TAKE PLACE ON  
**JUNE 11, 2026**,  
AT THE MEGARON INTERNATIONAL  
CONFERENCE CENTER



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