

# Elena Poulos, BSc, MD, FRCPC, DABD

Medical Director, Kingsway Clinical Research

---

**Business Address:** Kingsway Clinical Research  
1243 Islington Avenue, Suite 1000, Etobicoke, Ontario, Canada  
M8X 1Y9

**Business Phone:** 416-231-0100

**Business Facsimile:** 416-231-0109

**E-mail:** epoulos@yahoo.com

---

## Current Employment & Positions

Associate Investigator	Probity Medical Research, Dermatology – Waterloo, Ontario	2012 – Present
Investigator	Kingsway Clinical Research – Etobicoke, Ontario	2012 – Present
Medical Director	Kingsway Clinical Research a division of Kingsway Dermatology & Cosmetic Centre Inc. – Etobicoke, Ontario	2012 – Present
Co-Founder / Dermatologist	Kingsway Dermatology & Cosmetic Centre Inc. – Etobicoke, Ontario	2006 – Present
Dermatologist	Private Practice – Etobicoke, Ontario	2002 – Present

---

## Degrees

M.D.	University of Ottawa – Ottawa, Ontario <i>Graduated magna cum laude</i>	1993 – 1997
B.Sc. (Immunology)	University of Toronto, Trinity College – Toronto, Ontario	1990 – 1993

## Post-Graduate Training

Resident	Department of Medicine, Division of Dermatology, University of Toronto – Toronto, Ontario	1997 – 2002
Elective Trainee	Department of Dermatology, University of San Francisco – San Francisco, California, USA	2001

---

## Certification & Licensure

American Board of Dermatology, <i>Diplomate</i>	2003 – Present
Royal College of Physicians and Surgeons of Canada, <i>Dermatology</i>	2002 – Present
College of Physicians and Surgeons of Ontario, <i>License # 71309</i>	2002 – Present

# Elena Poulos, BSc, MD, FRCPC, DABD

College of Physicians and Surgeons of Ontario, *Postgraduate Education Certificate*

1997

---

## Languages

Fluent in Greek

---

## Past Employment & Positions

Elected Representative	University Senate, University of Ottawa – Ottawa, Ontario	1995 – 1996
Vice President of Academics	Aesculapian Society Executive Council, University of Ottawa – Ottawa, Ontario	1994 – 1995
Chairperson	Student Curriculum Committee, Faculty of Medicine, University of Ottawa – Ottawa, Ontario	1994-1996
Representative	Undergraduate Curriculum Committee, Faculty of Medicine, University of Ottawa – Ottawa, Ontario	1993 – 1996
Representative	Faculty Council, Faculty of Medicine, University of Ottawa – Ottawa, Ontario	1994 – 1995
Coordinator	Speaker's Series, Faculty of Medicine, University of Ottawa – Ottawa, Ontario	1994 – 1995
Member	Student Advisory Group, University of Ottawa – Ottawa, Ontario	1993 – 1996
Elected Head of First Year Students	Trinity College Student's Administrative Council, University of Toronto, Trinity College – Toronto, Ontario	1991

---

## Research Activity & Clinical Trials

1. 2005 – Study to evaluate the use of Aldara, a topical immunomodulator, in the treatment of actinic keratosis
- 

## Clinical Trials Training

PMR Good Clinical Practice Training (Version 1.1): Health Canada Food and Drug Regulations & ICH Harmonised Tripartite Guideline for Good Clinical Practice, *Self Review of Training Slides*  
*Probit Medical Research Inc.* Jan 2013

---

# Elena Poulos, BSc, MD, FRCPC, DABD

## Publications

1. **Poulos E**, Taylor C, Solish N. Effectiveness of dermasanding (manual dermabrasion) on the appearance of surgical scars: a prospective, randomized blinded study. *J Am Acad Dermatol* 2003 Jun; 48(6):897-900. PMID: # 12789182
  2. Kuruvilla A, Putcha G, **Poulos E**, Shearer WT. Tyrosine phosphorylation of phospholipase C concomitant with its activation by platelet-activating factor in a human B cell line. *J Immunol* 1993 Jul 15; 151(2):637-648. PMID: # 8393037
  3. Kuruvilla A, Putcha G, **Poulos E**, Shearer WT. Tyrosine phosphorylation of phospholipase C is essential for its activation by platelet-activating factor in a human B cell line. *J Immunol* 1993; 150(168A).
- 

## Posters/Abstracts

1. **Poulos E**, Solish N. Effectiveness of Dermasanding (Manual Dermabrasion) on the Appearance Of Surgical Scars: A Prospective, Randomized Blinded Study. [Oral Presentation] 20th World Congress of Dermatology, Paris, France, Jul 2002.
  2. **Poulos E**, Pope E, Krafchik B. Papulonecrotic Tuberculid – First Case in North America. [Oral Presentation] 60th Annual Meeting of the AAD, New Orleans, Louisiana, USA, Feb 2002.
  3. Poulos E, Assaad D, Sauder D. Atypical Herpes Infection in a patient with Chronic Lymphocytic Lymphoma. [Oral Presentation] 58th Annual Meeting of the AAD, San Francisco, California, USA, Mar 2000.
  4. Kuruvilla A, Putcha G, **Poulos E**, Shearer WT. Tyrosine phosphorylation of phospholipase C is essential for its activation by platelet-activating factor in a human B cell line. [Poster] American Association of Immunology/Clinical Immunology Society Joint Meeting, Denver, Colorado, USA, May 1993.
- 

## Professional Memberships & Affiliations

Royal College of Physicians and Surgeons of Canada, <i>Fellow</i>	2002 – Present
Canadian Dermatology Association, <i>Member</i>	2002 – Present
Ontario Medical Association, <i>Member</i>	2002 – Present
Canadian Medical Protective Association, <i>Member</i>	2002 – Present
Canadian Medical Association, <i>Member</i>	1997 – Present
American Academy of Dermatology, <i>Member</i>	1997 – Present

---

## Select CME Presentations

Laser Update Course The New Women's College Hospital, Dermatology Laser Centre, Toronto, Ontario	2011
---	------

# Elena Poulos, BSc, MD, FRCPC, DABD

Advanced Management of Psoriasis Faculty Training Program Abbott, Niagara on the Lake, Ontario	2010
Update on Dermatology Society of Urological Surgeons of Ontario, Niagara on the Lake, Ontario	2009
Update on Dermaotlogy Leo Pharmaceuticals, Family Medicine Speaker Series, Mississauga, Ontario	2009
FACES Advanced Training, Botox and Filler techniques Allergan, Toronto, Ontario	2009
FACES Advanced Training, Botox and Filler techniques Allergan, Toronto, Ontario	2008
Skin Care in Atopic Dermatitis Roche Posay, Dermatological Lectures, North York, Ontario	2008
Treatment of Skin Cancer with Topical Immunomodulators 3M Family Medicine Conference, Mississauga, Ontario	2007

---

## Honours & Awards

The American Academy of Dermatology Travel Award <i>Awarded through the Women's Dermatologic Society for study of hair disorders with Vera Price, M.D.</i>	2001
The British Association of Dermatologists Scholarship <i>Awarded for travel to the British Association of Dermatologists meeting.</i>	2000
The Kurdyak International Health Elective Travel Grant <i>Volunteer physician in public medical clinics in Dominica, West Indies.</i>	1999
Hippocrates Association Scholarship <i>Awarded to the top medical students in the Greek community</i>	1995
Ivan H. Smith Fellowship, The Hospital for Sick Children, Toronto, Ontario <i>Awarded for clinical and research training in pediatric oncology. Reviewed the role of Mesna in patients treated with cyclophosphamide.</i>	1995
Society for Pediatric Research Fellowship, Stanford University, Department of Pediatrics <i>Studied the role of HLA peptides in inhibiting cytotoxic T lymphocyte function and their role in the prevention of graft versus host disease.</i>	1994
University of Toronto Undergraduate Fellowship, The Hospital for Sick Children, Toronto, Ontario <i>Awarded to the highest-ranking students. Characterized Graft versus Host Disease induced in the SCID mouse in terms of the effects on bone marrow.</i>	1993
Penn State University Research Scholarship – <i>declined</i>	1992

# Elena Poulos, BSc, MD, FRCPC, DABD

Baylor College of Medicine 'SMART' Program, Texas Children's Hospital, Houston, Texas 1992  
*Studied the signal transduction pathway of a human B Cell line induced by platelet-activating factor.*

Mount Sinai Hospital, University of Toronto 1991  
*Characterized functional CNS defects through SPECT brain scans.*

Frederick K. Ashbaugh Scholarship 1991 – 1993  
*Awarded in recognition of high academic achievement at Trinity College, University of Toronto*

Government of Canada Scholarship 1990 – 1993  
*Awarded to the top 10% of science students admitted to the University of Toronto*

Faculty Scholar of Arts and Science 1990 – 1993  
*Awarded in recognition of academic work accomplished with "High Distinction" at the University of Toronto*

University of Toronto Entrance Scholarship 1990  
*Awarded to the top-ranking 1% of incoming students, University of Toronto*

McMaster Scholar Entrance Scholarship – *declined* 1990

University of Toronto Chemistry Award 1990  
*Awarded for highest academic standing in Chemistry, by the University of Toronto*

Leadership, Scholarship and Games Award 1990  
*Nominated by classmates for excellence in academics, sports, and leadership*