

# Dr. Georgios Matis

Exploring the Impact of Neuromodulation on Quality of Life



**N**euromodulation involves targeted interventions that modify nerve activity and adjust neural circuits to alleviate chronic pain, spasticity and various neurological conditions. This technique is also used to treat epilepsy, psychiatric disorders, brain modulation, cardiovascular issues, and genitourinary disorders. With minimal side effects, neuromodulation presents a promising option for managing a broader range of conditions.

**Dr. Georgios Matis, MD, MSc, PhD, FINR(CH)**, is a leading expert in neuromodulation. A **Senior Consultant of Neurosurgery and Head of the Pain/Spasticity Section—Department of Stereotactic and Functional Neurosurgery**

at **University Hospital Cologne**, he specializes in functional neurosurgery. He is dedicated to enhancing his patients' quality of life through advanced neuromodulation techniques.

Dr. Matis views neuromodulation as an active and progressive field of medicine. He utilizes techniques like spinal cord stimulation and targeted drug delivery to manage conditions that are resistant to traditional therapies. By modulating the electrical activity of specific neural pathways, these methods offer relief where other treatments fall short. Combining the understanding of physiological mechanisms with the latest technological advancements, he tailors each treatment to the unique requirements of his patients.

Dr. Matis employs a comprehensive and personalized approach to neuromodulation, conducting detailed assessments for each patient, especially those with chronic pain and spasticity. By integrating emerging technologies and prioritizing patient-centered care with clear communication, he ensures advanced treatments. His commitment extends to ongoing education, collaborative research and social media awareness.

### Transforming Lives through NMD Techniques

Dr. Matis' passion for Neuromodulation (NMD) was inspired by a deep-seated desire to provide lasting relief to patients suffering from chronic pain and spasticity—conditions that often undermine their quality of life. Early in his medical career, he encountered patients who, despite exploring numerous therapies, continued to experience debilitating symptoms.

The frustration and helplessness these patients faced motivated him to examine in detail about NMD solutions. He was captivated by neuromodulation due to its potential to directly target and modulate the nervous system. He was particularly drawn to the precision and

adaptability of these techniques, which enable the tailoring of treatments to meet each patient's unique needs.

### Enhance Patient Quality of Life

Early in his career, Dr. Matis had a pivotal moment while treating a patient with severe chronic back pain. This patient had been enduring significant discomfort for years, which had not only compromised his physical abilities but also had a profound impact on his emotional well-being and family life.

Dr. Matis and his team decided to incorporate spinal cord stimulation into the patient's treatment plan. The outcomes were extraordinary—he experienced substantial pain relief and regained much of his functional ability.

However, what particularly stood out to him was the transformation in the patient's overall quality of life. Not only did he recover the ability to engage in daily activities, but his emotional health also saw a dramatic improvement. His family, who had witnessed his prolonged suffering, expressed immense relief and joy at seeing him actively participating in life once more.

This experience underscored for Dr. Matis the significance of a holistic treatment approach, addressing not just the

physical aspects of pain but also the emotional and cognitive dimensions. By treating the patient, he was able to achieve outcomes

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that were profoundly life-changing for both the patient and his loved ones.

**Maintaining Composure Under Pressure**

Dr. Matis tackles setbacks and challenges in his professional and personal life with resilience, reflection and growth. In functional neurosurgery, he views obstacles as opportunities for learning and improvement, seeing each challenge as a stepping stone toward better patient care.

He is inspired by the Ancient Greek philosopher Epictetus, who emphasized that "It's not what happens to you, but how you react to

it that matters." This perspective encourages him to face difficulties with composure, adapt quickly and maintain a forward-looking mindset.

Whether in the operating room or in daily life, he considers challenges essential to his journey, driving him to refine his skills and deepen his understanding while remaining committed to the well-being of his patients and himself.

**Passion and Innovation in Neuromodulation Therapy**

The potential to restore function, reduce pain and ultimately improve lives is

an immense source of motivation for Dr. Matis. The field of neuromodulation is continuously advancing, with new technologies and approaches emerging regularly.

This environment drives Dr. Matis to remain at the forefront of innovation, ensuring that his patients benefit from the most advanced treatments available. His passion is fueled by the remarkable outcomes he has witnessed—seeing patients regain control over their lives and knowing that he has played a significant role in their journey to recovery is profoundly rewarding for him.

**The Art of Collaboration in Healthcare**

Dr. Matis views the patient-physician relationship as a collaborative process, where close and harmonious teamwork is essential. He guides and supports patients toward their health goals, adapting to their needs while maintaining trust.

His practice is shaped by core values: commitment to excellence through staying current with advancements and meticulous planning; empathy, by actively listening and tailoring approaches to each patient's journey; and transparency and honesty, by providing clear, truthful



“Dr. Matis aspires to bridge the gap between science and patient care while inspiring the next generation of neurosurgeons to innovate and advocate for their patients.”

information about treatment risks and outcomes. These values develop trust and empower patients to make informed decisions about their care.

**The Importance of Continuous Learning in Neuromodulation**

Dr. Matis views staying updated with advancements in neuromodulation (NMD) as crucial for providing the most effective treatments. He adopts a multifaceted approach to stay current, regularly attending international congresses and symposia to learn from experts and discuss

emerging techniques. He also participates in webinars and online courses for global insights and attends cadaver courses to refine his skills and experience new devices.

Reading high-impact journals like *Neuromodulation: Technology at the Neural Interface* and *Pain Practice* is a key part of his education. These journals, with impact factors of 3.2 and 2.5, respectively, offer valuable insights into NMD, ensuring Dr. Matis remains informed about the latest advancements in the field.

**Empowering Patients through Technology and Education**

Dr. Matis' role in social media and web content consulting has deepened his understanding of technology's impact on healthcare. Engaging with a diverse online audience has shown him how technology can bridge complex medical concepts with public understanding. Social media has allowed him to make neuromodulation and other advanced techniques more accessible and less intimidating.

This experience has reinforced his belief in technology as a treatment tool and a medium for education and empowerment. He advocates for integrating technology not just in treatment but also in patient education and engagement, enhancing both his clinical practice and the patient community.

**A Key to Professional Success**

Dr. Matis balances work demands with effective strategies. He takes regular short vacations to recharge and return with renewed energy, cherishing quality time with his family and their dog, Bini. These breaks, whether spent on long walks or simply relaxing, help him disconnect from work stress.

Additionally, he values the support of his wife, who manages practical daily tasks and schedules, allowing him to focus more on his medical practice and research. Her support is crucial for maintaining his work-life balance and ensuring he can fully engage in his professional and personal life.

**Inspiring the Next Generation of Neurosurgeons**

Looking ahead, Dr. Matis aims to advance neuromodulation (NMD) by refining techniques for more effective, personalized treatments for chronic pain and spasticity, focusing on underserved or resistant conditions.

He seeks to leverage his expertise and social media presence to educate the public and healthcare professionals about NMD's benefits, raising awareness about its potential.

He plans to enhance collaborations with industry leaders and academic institutions to foster multidisciplinary research and development. Ultimately, he aspires to bridge the gap between science and patient care while inspiring the next generation of neurosurgeons to innovate and advocate for their patients. 📧