

Albano Ramos, Radiologista e Professor Universitário de Excelência

Albano Ramos, Radiologist and University Professor of Excellence

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Resumo

Introdução: Albano Ramos foi um dos pioneiros da Radiologia em Portugal. Dedicou-se de forma irrepreensível à prática clínica e à formação universitária. Esta dissertação tem como objetivo enaltecer o Médico e Professor Universitário de enorme relevo na história da Radiologia portuguesa e da Faculdade de Medicina da Universidade do Porto (FMUP).

Material e Métodos: A pesquisa bibliográfica foi fundamentada tanto no acervo documental da Biblioteca da FMUP e do Museu de História da Medicina “Maximiano Lemos” da FMUP, em conteúdos disponíveis online, como em entrevistas realizadas a uma das suas filhas.

Resultados: Iniciou o seu percurso clínico no Hospital Geral de Santo António (HGSA) e nas enfermarias da Patologia Médica da FMUP. Conciliou de forma brilhante a vertente académica com a clínica, tendo sido o primeiro diretor do serviço de Radiologia do Hospital Escolar de São João (HESJ), e percorrido todos os graus académicos até Professor Catedrático.

Discussão: Promoveu a formação de médicos e de técnicos na especialidade, organizou e pertenceu aos corpos de gestão de inúmeros congressos e não descurou a formação cultural que preencheu com a pintura e a leitura.

Conclusão: Aprendeu com o Professor Roberto de Carvalho a arte da Radiologia e modernizou-a ao acompanhar os avanços da especialidade no estrangeiro. Exemplo de um gosto incommensurável pelo conhecimento, o Professor Albano Ramos é lembrado como uma personalidade médica dotada de extraordinárias capacidades de gestão e inovação aliadas a uma dedicação total, atributos que personificam em pleno os indivíduos dedicados à ciência e à Escola Médica onde professou.

Palavras-chave

Radiologia; História da medicina; Biografia médica.

Abstract

Background: Albano Ramos was one of the pioneers of Radiology in Portugal. He dedicated himself irreproachably to clinical practice and university education. This dissertation aims to extol this extremely important Medical Doctor and University Professor of the history of Portuguese Radiology and of the Faculty of Medicine of the University of Porto (FMUP).

Methods and Materials: The bibliographic research was based on the documents of the FMUP Library and of the Museum of History of Medicine “Maximiano Lemos” of FMUP, on online content available, as in interviews with one of his daughters.

Results: He began his clinical practice at the Hospital Geral de Santo António (HGSA) and in the Medical Pathology wards of FMUP. He brilliantly reconciled the academic aspect with the clinic, being the first director of the Radiology Department of the Hospital Escolar de São João (HESJ), and going through all the academic steps up to Full Professor.

Discussion: He promoted the training of doctors and technicians in the specialty, organized and belonged to the management bodies of numerous congresses and did not forget the cultural training he filled with painting and reading.

Conclusion: He learned with Professor Roberto de Carvalho the art of Radiology and updated it by following the specialty's advances abroad. Professor Albano Ramos, an example of immeasurable fondness for knowledge, is remembered as a medical personality endowed with extraordinary management and innovation skills coupled with total dedication, attributes that fully embody individuals dedicated to science and to the Medical School where he taught.

Keywords

Radiology; History of medicine; Medical biography.

Introduction

Albano Ramos was one of the pioneers of Radiology in Porto. He graduated in Medicine and Surgery at the Faculty of Medicine of the University of Porto (FMUP) in 1938. Keen on knowledge, he was able to reconcile his clinical activities with the Sanitary Medicine course and the Climatology and Hydrology course. It was during this time that he had the most contact with Radiology and Physiotherapy and became a Volunteer Assistant in these medical areas.

He worked with Professor Roberto de Carvalho (1893-1944) until 1944, when he began his independent clinical practice and acquired his own office. That year, he received the titles of specialist in Radiology and Physiotherapy by the Portuguese College of Medicine (OM). In 1945, he was appointed 2nd Assistant of Radiology and Physiotherapy of FMUP and, simultaneously, was responsible for these two courses. In 1958, he became 1st Assistant and got his PhD in this university. In the year of the official inauguration of the Hospital Escolar de São João (HESJ),

he became the first director of the Radiology Service, whose service he had already equipped, and implemented the course of Radiological Semiotics as an individual course and earned the title of Associate Professor of Radiological Semiotics. In 1961, he was appointed Extraordinary Professor and directed the Physiotherapy Service until then. In 1972, obtained the title of University Professor.^{3,4} An example of an incalculable taste for medical knowledge, Professor Albano Ramos passed away on January 8, 2001. He was a medical personality with extraordinary management and innovation skills combined with total dedication, attributes that fully embody individuals dedicated to science and technology and to the medical school he professed.

Material and Methods

This work was developed through the reading of numerous prints filed in the FMUP Library, which included articles and reflections written over the years by the Professor. In the same place it was possible to access his Curriculum Vitae, which included very valuable information about his career. Reading the collection of the Museum of Medical History “Maximiano Lemos” of FMUP complemented the information collected. At the same time, the UP Thematic Repository, the São João Hospital Center Portal and the information about distinguished former students of the University of Porto, available at this institution, were consulted. Of particular note is the vital contribution of the interview to one of his daughters, the university professor and director of the HSJ Radiology Service, Professor Isabel Ramos, retired on 19 January 2019.

Results

Origin and familiar life

Albano dos Santos Pereira Ramos, born of the relationship of Lino Pereira Ramos, a building contractor, and Maria Francisca dos Santos, housekeeper, was born on January 15, 1914, in the parish of Fajozes, in the municipality of Vila do Conde. He lived there until he went to the university.³

After the war, he married Isabel Amorim Faia (1918-1996), housekeeper, with whom he had two daughters and a son. The first ones followed their medical vocation: Maria Inês specialized in Radiotherapy; and Isabel in Radiology. Their professional career was accomplished at HSJ. His son Gabriel went on to management.

Just like his parents had given him complete freedom to choose a career, Professor Albano Ramos knew not to condition or influence the nature of his children's studies. He always provided opportunities, as much as possible, as long as the ambition was to learn. He saw his family increase with the arrival of two granddaughters, Patricia and Ana Isabel, who cherished his existence.

Early studies and academic background

At Fajozes's Primary School, he began his studies and continued at the Eça de Queirós High School, in Póvoa de Varzim, where he completed his secondary studies from 1925 to 1930. From this year until 1932 he attended the Liceu Rodrigues de Freitas in Porto and completed his Complementary Science Course. He entered the Faculty of Sciences of University of Porto, and enrolled in Medical Preparatory courses, Higher Algebra, Analytical Geometry and Spherical Trigonometry and Rigorous Design. He had

success in all of them, with distinction in some. In the academic year 1933-1934, he began his career at FMUP, even though Medicine was not unquestionably his initial dream.³ His curiosity included Aerospace Engineering. However, since there was no degree in Portugal, in the first year at the university, he decided to take Engineering and Medicine courses simultaneously, in an attempt to find out which one would he related better with. He was an exemplary student, distinguished at a School Council meeting on 25 November 1937 with the Barão Castelo de Paiva Award, meant for the student with the highest classification in Anatomy and Operations.⁵ In the last year of the medical course he attended the Sanitary Medicine course, where he had a score of 18. In 1938, he graduated in Medicine and Surgery with a final grade of 17.³ Immediately after graduation, he began his academic career. In 1945, he was led to 2nd Assistant Radiology and Physiotherapy of FMUP, unanimously by the School Board. He was in charge of Radiology and Physiotherapy courses. In 1958, he became 1st Assistant and, on February 24 and 25, 1958, he was examined for his doctoral degree. He presented and defended the first thesis entitled “Radiodiagnosis of Chronic Appendicopathies”.⁶ The jury was chaired by the university Dean, Professor Amândio Tavares (1900-1974), also including Prof. Luís de Pina (1901-1972) and Sousa Pereira (1904-1991), Professors at the Faculty of Medicine of Porto, Professor at the Faculty of Medicine of Coimbra Lúcio de Almeida (1896-1980) and Associate Professor at the Faculty of Medicine Alfeu Saldanha (1897-1967).^{1,2} The discussion of the second thesis – “A diagnosis of hyperthyroidism established by careful clinical examination cannot be invalidated by any laboratory information” and “To the progressive need for a shared professional secret we have to respond by striving increasingly for the absolute secret”⁷ was argued by Professors Lúcio de Almeida and Luís de Pina.^{1,2} Obtained the final grade of 19.⁷ Abdominal pain was a current issue, reason for choosing the theme for dissertation. Abdominal pain was thought to be a chronic appendicopathy and radiological studies were done in this regard.

In 1959, he received the title of Associate Professor of Radiological Semiotics and was again unanimously approved. To date, his activities had taken place at the Santo António General Hospital (HGSA).³ That same year, with the opening of the HESJ, he accepted the challenge of revolutionizing the way of teaching Radiology at FMUP

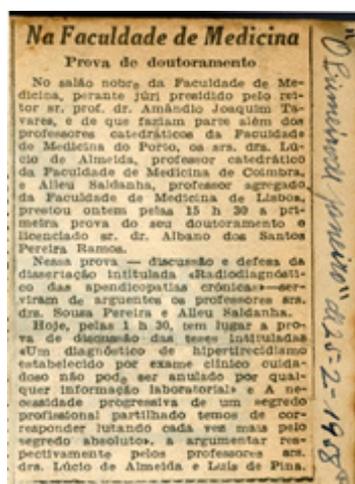


Image I – Beginning of first part of doctoral examination in Medicine requested by Dr. Albano dos Santos Pereira Ramos.²



Image II - Approval of Dr. Albano Ramos at doctoral examination in Medicine with classification of 19, after arguing and defending final theses.¹

and implemented the course of Radiological Semiotics, creating an individual course.^{8,9}

He was in charge of planning and organizing the Radiology Service at HESJ. At the time, Professor Hernâni Monteiro (1891-1963) was chairman of the HESJ Installation Committee and Professor Ernesto Morais (1905-1986), Coriolano Ferreira (1916-1996) and the Hospital Director, Dr. João Rodrigues, were also members.⁵

He was appointed Extraordinary Professor in 1961 and University Professor in 1972.^{3,4} In the academic years 1962-1963 and 1963-1964 he was responsible for the Physiotherapy course aimed at students of the former reform.³

Thus, he went through all academic degrees, from Voluntary Assistant to University Professor, which was a unique example in Portugal.³

Clinical career and relationship with Professor Roberto de Carvalho

He had his first contact with the clinical and research area as an intern at the FMUP Medical Pathology wards in 1938, under the direction of Professor Azevedo Maia. At the same time, he began his activity at the HGSA Emergency Service. That year, while Volunteer Assistant, he was invited to join the faculty of the Pharmacology course under the supervision of Professor Oliveira Lima (1875-1950).³ At the same time, he conciliated the course of Climatology and Hydrology, with a final grade of 18.³

It was while working in the Pharmacology Laboratory that he met Professor Malafaya Baptista (1903-1966), at the time responsible for the management, and through him, he began working with Professor Roberto de Carvalho. The two of them had already met during the classes taught at HGSA by Professor Roberto de Carvalho, a very important figure in the life of Professor Albano Ramos.

Malafaya Baptista acknowledged his high skills, which justified the invitation made by the Professor to the position of Pharmacology Assistant. At this point, Albano Ramos confessed his interest in Radiology, having been accompanied by Professor Malafaya Baptista to Professor

Roberto de Carvalho's office. At the time, this distinguished Portuguese Radiologist worked at HGSA, taught at the Faculty of Medicine and had his own office. In Portugal, his office might have been among the first to be established and is due to him that the organization of many radiology services in the country and the support to the students at the faculty and other clinics emerged. In fact, the first allusions to the application of X-rays in the anatomical study date back to the collaboration between Hernâni Monteiro, radiologist Sousa Feiteira, second director of the HGSA Electro-Radiology Service and Roberto de Carvalho.⁵ It was at his clinic that they began the first studies to identify a method of radiographic visualization of the lymphatic system in living animals (1931).⁵

Learning Radiology and Physiotherapy specialties started in 1939. He was appointed Volunteer Assistant of these areas by the FMUP School Board, as indicated by Professor Roberto de Carvalho, and began to collaborate as an assistant in his private practice, which was located at Santa Teresa Square n°33, presently Praça Guilherme Gomes Fernandes, 92.¹⁰

After the discovery of X-rays, Radiology had a huge evolution in Porto thanks to Professor Roberto de Carvalho, in such a way that, at the time, the office was considered the best at European level, housing doctors from other countries, who came there in order to have an internship and take a specialty in Radiology. His office was a place for classes and evaluations of FMUP medical students, and Professor Albano Ramos began teaching there as a Volunteer Assistant, using slides, x-ray originals and radiological equipment, for lack of appropriate material resources in the Medical School. It was the availability of these resources that made it possible to train students and doctors in the field of radiology in a more qualified manner until the opening of the HESJ and even afterwards.³

They worked together until the time of Roberto de Carvalho's death. With him he had the unique opportunity to graduate in the areas of Roentgenology and Electrolgy 3. His daughter remembers that "the relationship was like father and son." Professor Roberto de Carvalho was a prominent figure in the medical career of Professor Albano Ramos, having been one of his masters and the greatest example.

Following the death of Professor Roberto de Carvalho on 27 November 1944, Professor Albano Ramos applied to OM for the titles of Specialist in Radiology and Physiotherapy and, according to his 1971 Curriculum Vitae, they were granted "with the same ease of those of recognized merit, attested not only by his curriculum, but by his medical consensus, and therefore did not have to take any exam". From that moment on, he began his private practice.³ He bought the premises of Professor Roberto de Carvalho at the time of his death, acquiring his first office. In 1964, he moved to one that still exists today and is located at Rua de Ceuta 19, on the ground floor of the same building where he lived. To this day it remains unchanged and it was Professor Albano Ramos' wish that his private clinic's office should be handed over to the Maximiano Lemos Museum of FMUP.

He was the immediate successor of Roberto de Carvalho, as there were no other offices of the specialty in Porto.

Opening of the Hospital Escolar de São João; HESJ Radiology Service installation

The HESJ was officially inaugurated on June 24, 1959, and the Faculty of Medicine moved there. The engineer of

the Technical Commission was Manuel Tavares Cardoso and the architect who conceived the project was Hermann Distel (1875-1945).⁵

Since then and until 1984, the direction of the Radiology and Radiotherapy Service was under the responsibility of Professor Albano Ramos, at which time the services were grouped. He managed the Physiotherapy service, which was then a service attached to Radiology, until 1961, when it was separated.^{3,11}

With the creation of the new school hospital, there was the challenge of equipping and defining the operation of the service, as well as to adequately prepare the technical staff. Thus, he equipped and defined its operation, boosted and modernized it through the introduction of new equipment and techniques, such as drainage cholangiography and oral cholecystography, and engaged in the preparation of technical staff, having organized and directed several courses where more than a hundred technicians graduated - for several years he was a member of the HESJ Clinical Services Preparation Center for Technical and Auxiliary Staff.³

The hospital was inaugurated only with conventional radiology examinations: chest and bone radiographs, contrast radiography of the digestive tract, pulmonary tomography, radiographs with air injection.¹² Over the years, he boosted and modernized the service, introducing, for example, the computerized axial tomography scans, in the first instance of the brain and later on of the whole body.¹² Some equipments were purchased new and others were taken from the old facility. Since it was built, and until today, the basic structure of the service has not changed. It maintains a central corridor and two perpendicular ones. The Radiology service was installed in a central manner close to Traumatology and Pediatrics to facilitate access to inpatients and outpatient consultations. In addition to these communications, there was a door that communicated with the Infectious Disease Service; direct access to pediatrics to facilitate children's displacement; a corridor that belonged to radiotherapy and a specific office for radiotherapy for dermatophytosis patients. There were a total of four exits, which was in accordance with the rules, given the knowledge of radiation hazards. The examinations were easily performed both in the service and in the various inpatient settings of the different specialties, as portable devices for the study of bedbound patients were available.

Discussion

National and international participation

One of his great enthusiasms was to travel. Whether alone, accompanied or in family. He must have visited the main national and international radiology services that had the best facilities at the time.³ Rarely visited the same places twice. He liked to know the innovations and to understand the organization and a single contact was enough for him. In these travels one of his great wishes was to visit some factories producing radiology and physiotherapy equipment, an interest he shared with Roberto de Carvalho. He visited Siemens in Erlangen, a city chosen by both Albano Ramos and Roberto de Carvalho for an internship, and Philips in Eindhoven. His areas of interest were also extended to places dedicated to the production of photographic material. He liked to photograph new devices that did not exist in Portugal and at the hospital locksmiths produced

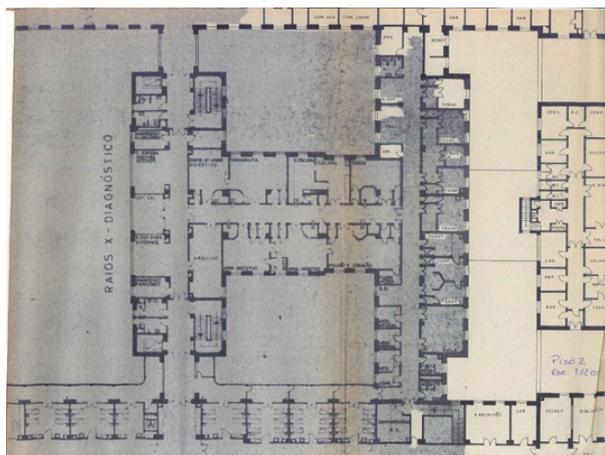


Image III – Radiology Service plant of Hospital Escolar de São João in 1959 – photograph kindly lent by Professor Isabel Ramos.

them with the help of the staff. Parts were used on a daily basis and there are still some available in the service.

Throughout his career, he participated in various congresses, meetings, conferences, roundtables, presenting works as simple assistant, critic or secretary. Constantly exposing his personal observations as at the II Portuguese-Brazilian Congress of Radiology (Porto, 1968).³ He chaired the Ibero-American Congress in Rio de Janeiro in 1970 and joined other organizing committees such as the I Portuguese-Spanish Congress of Radiology (Lisbon, 1950) and the II Portuguese-Brazilian Congress of Radiology (Lisbon, Coimbra and Porto 1968).^{3,7}

His activity was also extended at national level. He was President of the Portuguese Society of Radiology and Nuclear Medicine in 1958 and 1978 and was part of the Governing Bodies of the Northern Regional Council of OM in 1950-1952, as Regional Vice President (chaired by Frazão Nazareth); 1953-1955, as Delegate to the General Assembly (chaired by Frazão Nazareth); 1956-1958, as Delegate to the General Assembly (chaired by Álvaro Mendonça); 1962-1964, as President of the Regional Assembly (chaired by José Ruiz de Almeida Garret); 1965-1967, as Delegate to the General Assembly (chaired by Rolando Van Zeller (1906-1989)); and in 1968-1970, as Delegate to the General Assembly (chaired by José da Silva Meireles).

Research and teaching - the fascination with learning

Throughout his career a taste for writing has always accompanied him and published hundreds of works of a different kind: lessons, conferences, notes on radiology, Radio-anatomy, Physical Medicine and Rehabilitation, Radiotherapy, contrast studies, radiation protection,¹³ preparation of auxiliary staff, congress reports, history of radiology, biographies of medical teachers, among other topics.^{3,13}

He wrote for several magazines, among which the following stand out: *The Doctor* where he made numerous publications; the *Bibliographic Bulletin* where he collaborated regularly; and *The Cancerological Iberian Radiological Act* of which he was secretary of the editorial office.³ His interests extended from the digestive tract, particularly the biliary tract to vascular explorations; to radiographic anatomy studies; to gynecological radiology; to dentistry; to Medical Education and to the History of Radiology. Undoubtedly a certain propensity for radio-

anatomy, hepato-biliary radiology and phlebography.³ Next to Hernâni Monteiro, he developed his radio-anatomic knowledge while with Professors Sousa Pereira, Joaquim Bastos (1909-1996), Álvaro Rodrigues (1904-1987), Aguiar Nogueira and Casimiro Azevedo (1926-2005) he explored lymphangiography, the biliary tract and the appendix. The interest in these areas was shared with Roberto de Carvalho.¹⁰ It was with the collaboration of Professor João Silva Carvalho that he studied the area of gynecological radiodiagnosis.³

He lived his life with a desire to learn but also to teach, even mentioning in the Curriculum Vitae that “by ‘writing’ one had the desire to instruct rather than to ‘publish’.”³ He expressed his will by organizing specialization courses in medical training centers, in inpatient exposures, participating as a lecturer in dissertations for the undergraduate and also guiding the doctoral theses of numerous surgeons and internists in the area of Radiology of the 1959 to 1984 generation. He wished to use the resources he had to investigate areas that would extend to the fullest the various general specialties of which Radiology is composed, rather than to devote himself to a more specific and strict subject in order to be “more useful to the school where we teach, to the hospital in which we work and to the region where the profession is practiced”.³

Other Interests: Literature and Painting

He was a man of wide and varied knowledge, devoted not only to writing but also to reading and painting. As far as literature is concerned, he had a beautiful library that still exists today. He was above all a collector of books of Portuguese writers. He appreciated the works of his friend Miguel Torga (1907-1995), Camilo Castelo Branco (1825-1890) and kept a good collection of Eça de Queirós (1845-1900). He had no particular predilection for the international writers, but he was definitely an admirer of Winston Churchill’s writings (1874-1965) and although he had no particular tastes, he enjoyed reading biographies, which was in accordance with his taste for writing about relevant medical personalities. He did not exactly have a “bedside book” - he had several and he cultivated the habit of reading and reviewing them simultaneously.

As far as painting is concerned, he was an admirer of art not with the intention of possessing it but of being able to enjoy it, being able to travel specifically to observe a particular work of art.

Conclusão

The only period of interruption he had was on 25 April 1974 when he was removed from office, together with other big names in the medical profession. He was forced to discontinue his role as a university professor but continued to pursue his medical activity at HESJ. In 1976, he received a document that cleared him of all charges allowing him to return to teaching at FMUP.

He retired on his 70th birthday in 1984 and a tribute ceremony was held in Lisbon at the Portuguese Society of Radiology. In the absence of other doctorate in the service, the solution found by the Board to replace him in teaching was to invite Dr. Adolfo Pinto Leite (N.1942), a renowned specialist, who studied at FMUP and specialized in the Faculty of Medicine of the University of Paris.¹⁴ The successor in the Radiology Service direction of the HESJ was Dr. José Carqueja, until 1993. That year, his

daughter, Professor Isabel Ramos, after completing her doctorate in the United States of America with Professor Kenneth Taylor (1939-2003), one of the world’s most renowned specialists in the field of ultrasound, assumed the institutional commitments that were once of Professor Albano Ramos. She reveals that she found in the Professor an exemplary and successful figure who motivated her professionally. The dedication to the profession was always impeccable and the happiness unquestionable, even in the most demanding moments, as recalled at the time when the Professor took the doctoral examination.

Professor Albano Ramos died at the age of 87, on January 8, 2001, at the Carmo Hospital, in Porto. With those who contacted him, he shared inordinate surrender to the medical profession and fascination for the arts. He became one of the pioneers of Radiology in Porto and will be remembered as a virtuous man, an example of a University Professor and a radiologist of singular organizational, innovative and clinical capacity.



Image IV – Professor Albano Ramos during his participation in a Radiology Congress – photograph kindly lent by Professor Isabel Ramos.

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