



Curriculum Vitae

Personal information **Evangelos Rizos**

Work experience

December 19, 2022 – present: Associate Professor of Internal Medicine, Department of Nursing, University of Ioannina, Ioannina, Greece.

September 1, 2022 - January 1, 2024: Associate Professor of Pathophysiology, School of Medicine, European University of Cyprus, Nicosia, Cyprus.

10/10/2002 – 19/12/2022 – Ioannina, Greece

CONSULTANT IN INTERNAL MEDICINE, DIABETOLOGIST – UNIVERSITY HOSPITAL OF IOANNINA

Consultant in the Internal Medicine Department (diagnosis and treatment of inpatients)

Consultant in Diabetology, Head of the outpatient Diabetes clinic (diagnosis and treatment of diabetic types 1,2, treatment with insulin pumps, follow-up diabetics with CGM)

Research in diabetes, primary cardiovascular prevention, lipids, hypertension

01/11/2019 – 01/09/2022 – Nicosia, Cyprus

ADJUNCT ASSOCIATE PROFESSOR, SCHOOL OF MEDICINE – SCHOOL OF MEDICINE, EUROPEAN UNIVERSITY OF CYPRUS

Teaching 3rd, 5th and 6th year medical students of EUC (courses: pathophysiology, semiology, primary care /internal medicine, therapeutics, endocrinology, diabetes, respiratory, infectious diseases, gastroenterology, nephrology)

Research activities in diabetes, primary cardiovascular prevention, lipids, hypertension

01/09/2020 – 31/07/2021 – Patras, Greece

PROFESSOR (MSc) – HELLENIC OPEN UNIVERSITY

Teaching MSc students the courses diabetes and anemia

23/01/2017 – 31/05/2017 – Nicosia, Cyprus

ASSISTANT PROFESSOR IN INTERNAL MEDICINE (VISITING, PART TIME) – MEDICAL SCHOOL, UNIVERSITY OF CYPRUS

Teaching 6th year medical students of EUC (courses: primary care/internal medicine, therapeutics, diabetes, respiratory, infectious diseases, gastroenterology, nephrology)

Research activities in diabetes, primary cardiovascular prevention, lipids, hypertension

19/06/2006 – 18/12/2006 – Amsterdam, Netherlands

NATIONAL EXPERT ON SECONDMENT, SCIENTIFIC ADVICE AND ORPHAN DRUGS SECTOR OF THE HUMAN PREAUTHORIZATION UNIT, EUROPEAN MEDICINES AGENCY (EMA) – EUROPEAN MEDICINES AGENCY (EMA)

National Expert on Secondment for the Scientific Advice and Orphan Drugs Sector of the Human Preauthorization Unit in the EMA

Education and training

01/10/1986 – 29/07/1993 – Athens, Greece

MEDICAL DEGREE (MD) – University of Athens School of Medicine

01/11/1999 – 29/11/2005 – Leof. St. Niarhou, Ioannina, Greece

PHD – University of Ioannina School of Medicine

18/11/1993 – 23/03/2001 – Ioannina, Kozani, London, Greece
SPECIALIZATION IN INTERNAL MEDICINE – University Hospital of Ioannina,
Military hospitals of Ioannina/Kozani,
Royal Free Hospital, London

19/09/2009 – 18/09/2010 – Athens, Greece
SPECIALIZATION IN DIABETOLOGY – General Hospital of Nikaia

Additional information

Publications 91 publications (PubMed, up to August 2024), CITATIONS (Google Scholar): 3788, h index: 28

1. **Rizos EC**, Tagkas CF, Asimakopoulos AI, Tsimihodimos V, Anastasiou G, Rizzo M, Agouridis AP, Ntzani EE. The effect of SGLT2 inhibitors and GLP1 receptor agonists on arterial stiffness: A meta-analysis of randomized controlled trials. *J Diabetes Complications*. 2024 Jul;38(7):108781. doi: 10.1016/j.jdiacomp.2024.108781.
2. Agouridis AP, Mastori-Kourmpanti C, Antoniou P, Konstantinou P, **Rizos EC**, Tsioutis C. Beau's Lines and COVID-19; A Systematic Review on Their Association. *Pathogens* 2024.
3. Agouridis AA, Ntzani EE, Anastasiou G, Barkas F, **Rizos EC**. Unraveling beau lines as a potential indicator of severe immune response in covid-19 and re-infection: a case report. *Eur J Case Report Intern Med* 2024.
4. **Rizos EC**, Kanellopoulou A, Filis P, Markozannes G, Chaliasos K, Ntzani EE, Tzamouranou A, Tentolouris N, Tsilidis KK. Difference on glucose profile from continuous glucose monitoring in people with prediabetes vs. normoglycemic individuals: a matched-pair analysis. *JDST* 2024 Mar;18(2):414-422. doi: 10.1177/19322968221123530.
5. Bechlioulis A, Markozannes G, Chionidi I, Liberopoulos E, Naka KK, Ntzani EE, Liatis S, Rizzo M, **Rizos EC**. The effect of SGLT2 inhibitors, GLP1 agonists, and their sequential combination on cardiometabolic parameters: A randomized, prospective, intervention study. *J Diabetes Complications*. 2023 Apr;37(4):108436. doi: 10.1016/j.jdiacomp.2023.108436.
6. Markozannes G, Pantavou K, **Rizos EC**, Sindosi OA, Tagkas C, Seyfried M, Saldanha IJ, Hatzianastassiou N, Nikolopoulos GK, Ntzani E. Outdoor air quality and human health: An overview of reviews of observational studies. *Environ Pollut*. 2022 Aug 1;306:119309. doi: 10.1016/j.envpol.2022.119309
7. Markozannes G, Ntzani EE, Tsapas A, Mantzoros CS, Tsiara S, Xanthos T, Karpettas N, Patrikios I, **Rizos EC**. Dose-related meta-analysis for Omega-3 fatty acids supplementation on major adverse cardiovascular events. *Clin Nutr*. 2022 Apr;41(4):923-930. doi: 10.1016/j.clnu.2022.02.022
8. Markozannes G, Ntzani EE, Tsiara S, Xanthos T, Patrikios I, **Rizos EC**. Dose-related meta-analysis for Omega-3 fatty acids supplementation on major adverse cardiovascular events: Reply - Letter to the editor. *Clin Nutr*. 2022 Aug;41(8):1857-1858. doi: 10.1016/j.clnu.2022.06.018.
9. Markozannes G, Ntzani EE, **Rizos EC**. Response to: Correspondence on 'Omega-3 supplementation and cardiovascular disease: formulation-based systematic review and meta-analysis with trial sequential analysis' by Kountouras et al. *Heart*. 2022 Apr;108(8):657-658. doi:

- 10.1136/heartjnl-2022-320822.
10. Kanellopoulou A, Koskeridis F, Markozannes G, Bouras E, Soutziou C, Chaliasos K, Doumas MT, Sigounas DE, Tzouvaras VT, Panos A, Stergiou Y, Mellou K, Papamichail D, Aretouli E, Chatzidimitriou D, Chatzopoulou F, Bairaktari E, Tzoulaki I, Evangelou E, **Rizos EC**, Ntzani E, Vakalis K, Tsilidis KK. Awareness, knowledge and trust in the Greek authorities towards COVID-19 pandemic: results from the Epirus Health Study cohort. *BMC Public Health*. 2021 Jun 12;21(1):1125. doi: 10.1186/s12889-021-11193-x.
 11. Laiou E, Rapti I, Schwarzer R, Fleig L, Cianferotti L, Ngo J, **Rizos EC**, Wetle TF, Kahlmeier S, Vigilanza A, Tsilidis KK, Trichopoulou A, Serra-Majem L, Brandi ML, Ntzani EE. Nudge interventions to promote healthy diets and physical activity. *Food Policy* 102 (2021) 102103. DOI: 10.1016/j.foodpol.2021.102103.
 12. Agouridis AP, Pagkali A, Zintzaras E, **Rizos EC**, Ntzani EE. High-density lipoprotein cholesterol: A marker of COVID-19 infection severity? *Atheroscler Plus*. 2021 Oct;44:1-9. doi: 10.1016/j.athplu.2021.08.007. Epub 2021 Aug 24.
 13. Koutsonida M, Kanellopoulou A, Markozannes G, Gousia S, Doumas MT, Sigounas DE, Tzouvaras VT, Vakalis K, Tzoulaki I, Evangelou E, **Rizos EC**, Ntzani E, Aretouli E, Tsilidis KK. Adherence to Mediterranean Diet and Cognitive Abilities in the Greek Cohort of Epirus Health Study. *Nutrients*. 2021 Sep 25;13(10):3363. doi: 10.3390/nu13103363.
 14. Rontogianni MO, Kanellopoulou A, Markozannes G, Bouras E, Derdemezis C, Doumas MT, Sigounas DE, Tzouvaras VT, Vakalis K, Panagiotakos DB, Aretouli E, Tzoulaki I, Evangelou E, **Rizos EC**, Ntzani E, Tsilidis KK. Prevalence and Determinants of Sex-Specific Dietary Supplement Use in a Greek Cohort. *Nutrients*. 2021 Aug 20;13(8):2857. doi: 10.3390/nu13082857.
 15. Pearson-Stuttard J, Papadimitriou N, Markozannes G, Cividini S, Kakourou A, Gill D, **Rizos EC**, Monori G, Ward HA, Kyrgiou M, Gunter MJ, Tsilidis KK. Type 2 diabetes and cancer: an umbrella review of observational and Mendelian randomisation studies. *Cancer Epidemiol Biomarkers Prev*. 2021 Mar 18;cebp.EPI-20-1245-E.2020. doi: 10.1158/1055-9965.EPI-20-1245.
 16. Sindosi O, Hatzianastassiou N, Markozannes G, **Rizos EC**, Ntzani E, Bartzokas A. PM10 Concentrations in a Provincial City of Inland Greece in the Times of Austerity and Their Relationship with Meteorological and Socioeconomic Conditions. *Water Air Soil Pollut* 2021 232;77:1-19. DOI: 10.1007/s11270-021-05008-3.
 17. **Rizos EC**, Markozannes G, Tsapas A, Mantzoros CS, Ntzani EE. Omega-3 supplementation and cardiovascular disease: formulation-based systematic review and meta-analysis with trial sequential analysis. *Heart*. 2021 Jan;107(2):150-158. doi: 10.1136/heartjnl-2020-316780.
 18. Sfairopoulos D, Tsiara S, Barkas F, Margariti PN, Agouridis AP, Tsioutis C, Ntzani EN, **Rizos EC**. Is brucellosis a great mimic of tuberculosis? A case report. *Eur J Clin Microb & Infect Dis* 2020, Apr 24. doi: 10.1007/s10096-020-03902-y.
 19. Papadokostaki E, **Rizos E**, Tigas S, Liberopoulos EN. Canagliflozin and Amputation Risk: Evidence So Far. *Int J Low Extrem Wounds*. 2020 Mar;19(1):21-26. DOI: 10.1177/1534734619878090.
 20. Barkas F, Liberopoulos E, **Rizos EC**. Author's Reply. *J Cardiol*. 2020 Feb;75(2):217. DOI: 10.1016/j.jjcc.2019.08.009.

21. Archontogeorgis K, Papanas N, **Rizos EC**, Nena E, Zissimopoulos A, Tsigalou C, Voulgaris A, Mikhailidis DP, Elisaf MS, Froudarakis ME, Steiropoulos P. Reduced Serum Vitamin D Levels Are Associated with Insulin Resistance in Patients with Obstructive Sleep Apnea Syndrome. *Medicina*. 2019 May 20;55(5). doi: 10.3390/medicina55050174.
22. Sindosi OA, Markozannes G, **Rizos E**, Ntzani E. Effects of economic crisis on air quality in Ioannina, Greece. *J Environ Sci Health A Tox Hazard Subst Environ Eng*. 2019;54(8):768-781. doi: 10.1080/10934529.2019.1592534.
23. Barkas F, Elisaf M, Liberopoulos E, Liamis G, Ntzani EE, **Rizos EC**. Atherogenic dyslipidemia increases the risk of incident diabetes in statin-treated patients with impaired fasting glucose or obesity. *J Cardiol*. 2019 Sep;74(3):290-295. doi: 10.1016/j.jjcc.2019.02.009.
24. **Rizos EC**, Panagiotopoulou T, Liberopoulos E, Elisaf M, Tsili AC, Argyropoulou MA, Tigas SK. Is mesenteric panniculitis a sign for latent autoimmune diabetes in adults? *AACE Clinical Case Reports* 2019 Apr 25;5(3):e181-e183. doi: 10.4158/ACCR-2018-0239.
25. Barkas F, Elisaf M, **Rizos EC**, Liberopoulos E. Bridging the treatment gap in patients at 'extreme' cardiovascular risk: Evidence from a lipid clinic. *Atherosclerosis*. 2019 Feb;281:216-218. doi: 10.1016/j.atherosclerosis.2018.11.022.
26. Windhaber T, Koula ML, Ntzani E, Velivasi A, **Rizos E**, Dumas MT, Pappas EE, Onder G, Vetrano DL, Roudriguez Laso A, Roudriguez Manjas L, Illario M, Roller-Wirnsberger RE; ADVANTAGE JA WP8 group. Educational strategies to train health care professionals across the education continuum on the process of frailty prevention and frailty management: a systematic review. *Aging Clin Exp Res* 2018 Dec;30(12):1409-1415. doi: 10.1007/s40520-018-0918-9.
27. Geoga EI, Principe JC, **Rizos EC**, Fotiadis DI. Kernel-based adaptive learning improves accuracy of glucose predictive modelling in type 1 diabetes: A proof-of-concept study. *Conf Proc IEEE Eng Med Biol Soc*. 2017 Jul;2017:2765-2768. DOI: 10.1109/EMBC.2017.8037430.
28. Gogolos GI, Geoga EI, **Rizos EC** Fotiadis DI. An mhealth Platform to Evaluate Glycaemic Variability in Type 1 Diabetes- 2017 IEEE 17th International Conference on Bioinformatics & Bioengineering, 2017, 2471-7819/17/31.00 - ieexplore.ieee.org, doi 10.1109/BIBE.2017.00053
29. **Rizos EC**, Elisaf MS. Does Supplementation with Omega-3 PUFAs Add to the Prevention of Cardiovascular Disease? *Curr Cardiol Rep*. 2017 Jun;19(6):47. doi: 10.1007/s11886-017-0856-8.
30. **Rizos EC**, Elisaf M. Omega-3 supplements and cardiovascular disease. *Curr Med Res Opin*. 2016;32(3):583-4. doi: 10.1185/03007995.2015.1134462.
31. Barkas F, Elisaf M, Liberopoulos E, Liontos A, **Rizos EC**. High triglyceride levels alter the correlation of Apolipoprotein B with low- and non-high-density lipoprotein cholesterol mostly in individuals with diabetes or metabolic syndrome. *Atherosclerosis*. 2016 Apr;247:58-63. DOI: 10.1016/j.atherosclerosis.2016.02.001.
32. Barkas F, Elisaf M, Liberopoulos E, Klouras E, Liamis G, **Rizos EC**. Statin therapy with or without ezetimibe and the progression to diabetes. *J Clin Lipidol*. 2016 Mar-Apr;10(2):306-13. DOI:

- 10.1016/j.jacl.2015.11.015.
33. Christopoulou F, **Rizos EC**, Kosta P, Argyropoulou MI, Elisaf M. Does this patient have hypertensive encephalopathy? *J Am Soc Hypertens*. 2016 May;10(5):399-403. DOI: 10.1016/j.jash.2016.01.020.
 34. Christou GA, Christou KA, Korantzopoulos P, **Rizos EC**, Nikas DN, Goudevenos JA. The Current Role of Omega-3 Fatty Acids in the Management of Atrial Fibrillation. *Int J Mol Sci* 2015 Sep 22;16(9):22870-8722870-87. DOI: 10.3390/ijms160922870.
 35. Liakos A, Athanasiadou E, Mainou M, Bekiari E, Haidich AB, **Rizos EC**, Tsapas A. Effects of Proprotein Convertase Subtilisin/Kexin Type 9 Antibodies in Adults with Hypercholesterolemia. *Ann Intern Med*. 2015 Aug 4;163(3):241. DOI: 10.7326/L15-5118.
 36. Kei A, **Rizos EC**, Elisaf M. Statin use in prediabetic patients: rational and results to date. *Ther Adv Chronic Dis* 2015 Sep;6(5):246-51. doi: 10.1177/2040622315596118.
 37. Rizos CV, Kostapanos MS, **Rizos EC**, Tselepis AD, Elisaf MS. The Effect of Rosuvastatin on Low-Density Lipoprotein Subfractions in Patients with Impaired Fasting Glucose. *J Cardiovasc Pharmacol Ther*. 2015 May;20(3):276-83. doi: 10.1177/1074248414549419.
 38. Tsilidis KK, Capothanassi D, Allen NE, **Rizos EC**, Lopez DS, van Veldhoven K, Sacerdote C, Ashby D, Vineis P, Tzoulaki I, Ioannidis JP. Metformin Does Not Affect Cancer Risk: A Cohort Study in the U.K. Clinical Practice Research Datalink Analyzed Like an Intention-to-Treat Trial. *Diabetes Care*. 2014 Sep;37(9):2522-32. doi: 10.2337/dc14-0584.
 39. **Rizos EC**, Ntzani EE. ω -3 Fatty acids and lutein + zeaxanthin supplementation for the prevention of cardiovascular disease. *JAMA Intern Med*. 2014 May;174(5):771-2. doi: 10.1001/jamainternmed.2013.13734.
 40. **Rizos EC**, Elisaf MS. Sodium-glucose co-transporter 2 inhibition in diabetes treatment: Current evidence and future perspectives. *Curr Pharm Des*. 2014;20(22):3647-56. doi: 10.2174/13816128113196660677.
 41. Christou GA, **Rizos EC**, Mpechlioulis A, Penzo C, Pacchioni A, Nikas DN. Confronting the residual cardiovascular risk beyond statins: the role of fibrates, omega-3 fatty acids, or niacin, in diabetic patients. *Curr Pharm Des*. 2014;20(22):3675-88. DOI: 10.2174/13816128113196660674.
 42. **Rizos EC**, Elisaf MS. Dietary habits, pharmacogenomics and treatment of diabetes and its complications: where do we stand? Editorial. *Curr Pharm Des*. 2014;20(22):3607-9. doi: 10.2174/13816128113196660681.
 43. Filippatos TD, **Rizos EC**, Tsimihodimos V, Gazi IF, Tselepis AD, Elisaf MS. Small High-Density Lipoprotein (HDL) Subclasses are Increased with Decreased Activity of HDL-Associated Phospholipase A2 in Subjects with Prediabetes. *Lipids*. 2013 Jun;48(6):547-55. doi: 10.1007/s11745-013-3787-1.
 44. Filippatos TD, **Rizos EC**, Gazi IF, Lagos K, Agouridis D, Mikhailidis DP, Elisaf MS. Differences in metabolic parameters and cardiovascular risk between American Diabetes Association and World Health Organization definition of impaired fasting glucose in European Caucasian subjects: a cross-sectional study. *Arch Med Sci*. 2013 Oct 31;9(5):788-95. doi: 10.5114/aoms.2013.38671.
 45. **Rizos EC**, Elisaf MS. Current evidence and future perspectives of

- omega-3 polyunsaturated fatty acids for the prevention of cardiovascular disease. *Eur J Pharmacol.* 2013 Apr 15;706(1-3):1-3. doi: 10.1016/j.ejphar.2013.02.050.
46. Kostapanos MS, **Rizos EC**, Papanas N, Maltezos E, Elisaf MS. Mitochondrial triglyceride transfer protein inhibition: new achievements in the treatment of dyslipidemias. *Curr Pharm Des.* 2013 May 1;19(17):3150-60. doi: 10.2174/1381612811319170023.
47. **Rizos EC**, Ntzani EE, Elisaf MS. Omega-3 fatty acid supplementation and cardiovascular disease events--reply. *JAMA.* 2013 Jan 2;309(1):29. doi: 10.1001/jama.2012.116657.
48. **Rizos EC**, Ntzani EE, Papanas N, Tsimihodimos V, Mitrogianni Z, Maltezos E, Elisaf MS. Combination Therapies of DPP4 Inhibitors and GLP1 Analogues with Insulin in Type 2 Diabetic Patients: A Systematic Review. *Curr Vasc Pharmacol.* 2013 Jun 22. doi: 10.2174/15701611113119990103.
49. **Rizos EC**, Ntzani EE, Bika E, Kostapanos MS, Elisaf MS. Association between omega-3 fatty acid supplementation and risk of major cardiovascular disease events: a systematic review and meta-analysis. *JAMA.* 2012 Sep 12;308(10):1024-33. doi: 10.1001/2012.jama.11374.
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51. Elisaf MS, **Rizos EC**. Current topics on the epidemiology, pathogenesis, and treatment of diabetes mellitus and its complications. *Curr Vasc Pharmacol.* 2012 Mar;10(2):138-9. doi: 10.2174/157016112799305067.
52. Moutzouri E, Tsimihodimos V, **Rizos E**, Elisaf M. Prediabetes: to treat or not to treat? *Eur J Pharmacol.* 2011 Dec 15;672(1-3):9-19. doi: 10.1016/j.ejphar.2011.10.007.
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54. **Rizos EC**, Agouridis AP, Elisaf MS. The effect of statin therapy on arterial stiffness by measuring pulse wave velocity: a systematic review. *Curr Vasc Pharmacol* 2010 Sep;8(5):638-44. doi: 10.2174/157016110792006950.
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56. **Rizos EC**, Tsouli S, Doumas M, Kostapanos M, Lagos K, Tselepis AD, Elisaf M. Improvement of the lipid profile with zofenopril in hypertensive patients with the metabolic syndrome. *Open Clin Chem J* 2008;1:64-68. DOI: 10.2174/1874241600801010064.
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59. Spirou A, **Rizos E**, Liberopoulos EN, Kolaitis N, Achimastos A, Tselepis AD, Elisaf M. Effect of barnidipine on blood pressure and serum metabolic parameters in patients with essential hypertension: a pilot study. *J Cardiovasc Pharmacol Ther.* 2006 Dec;11(4):256-61. doi: 10.1177/1074248406296108.
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61. Milionis HJ, **Rizos E**, Kostapanos M, Filippatos TD, Gazi IF, Ganotakis ES, Goudevenos J, Mikhailidis DP, Elisaf MS. Treating to target patients with primary hyperlipidemia: comparison of the effects of ATOrvastatin and ROSuvastatin (the ATOROS study). *Curr Med Res Opin.* 2006;22(6):1123-31. doi: 10.1185/030079906X112462.
62. Milionis HJ, **Rizos E**, Goudevenos J, Seferiadis K, Mikhailidis DP, Elisaf MS. Components of the metabolic syndrome and risk for first-ever acute ischemic nonembolic stroke in elderly subjects. *Stroke* 2005 Jul;36(7):1372-6. doi: 10.1161/01.STR.0000169935.35394.38.
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79. **Rizos E**, Mikhailidis DP. Are high-density lipoprotein and triglyceride levels important in secondary prevention: impressions from the BIP and VA-HIT trials. *Int J Cardiol*. 2002 Mar;82(3):199-207. doi: 10.1016/s0167-5273(01)00625-8.
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89. Liamis G, **Rizos E**, Elisaf MS. Reversible proximal tubular dysfunction in a patient with acute febrile illness and normal renal function: evidence towards leptospirosis. *Clin Nephrol*. 2000 Apr;53(4):316. PMID: 10809424.
90. **Rizos E**, Basioukas K, Elisaf M. Heterozygous familial hypercholesterolemia. *Consultant* 2000;40(8):1562.
91. Milionis HJ, **Rizos E**, Elisaf MS. Neurofibromatosis. *Consultant* 1999;39(6):1868.

Projects 01/01/2006 – 30/08/2024

Principal or Co-Investigator

INVESTIGATOR FOR CLINICAL TRIALS

Principal investigator: AGREEMENT - DIREGL06565, Boehringer 1218.149, Boehringer 1245.72, Boehringer 1245.78, OBS13780. CoInvestigator: VESALIUS-CV, SELECT, EFC 14875/SCORED, EGNATIA, SUSTAIN7, ONSET 9, MK-8835-004/B1521021, NN9924-42 80, Mediterranean Group for the Study of Diabetes (MGSD), EFC11570 – ODYSSEY, GLP116174 (HARMONY), XALIA-XARELTO, AMG 145 – AMGEN, FOURIER, Pfizer 210224, EXAMINE, ONTARGET, TRANSCEND, CHARISMA, AVANDAR YL, NIS-CEU-DUM-2008/1 EURIKA, MK-3577-009-00, CLMF237AGR01/09-07.2009, REACH REGUSTR - C8903, L-TAP, AT TEMPT

FUNDED RESEARCH PROJECTS (Investigator)

1. March 2024 – March 2027: "EU-Wastewater Integrated Surveillance for Public Health" (**EU WISH**). Co-funded from the European Union's EU4Health program under Grant Agreement Nr 101140460. Role: investigator.
2. 2023 – 2026: Health Professionals' and the "Digital team" Skills advancement" (**H-PASS**). Topic EU4H-2022-PJ-06, Type of Action EU4H-PJG Call EU4H-2022-PJ, Type of Model Grant Agreement EU4H-AG.
3. 2020–3: Certification of Causes of Death in Europe (CODA-EU), funded by the European Union (Erasmus+)
4. 2018–21: Health Study of Epirus. ΕΣΠΑ, Operational program "Epirus" 2014-2020
5. 2020: Systematic review and Meta-analysis of the consequences from pesticides and fertilizers on human health, Department of Hygiene & Epidemiology, University of Ioannina School of Medicine, co-funded by UN-WHO
6. 2018–9: Air Quality and Health-related Outcomes: An Evidence-based System for Education and Awareness Raising Funder: European Social Fund & Youth Employment Initiative; Operational programme "Human Resources Development, Education and Life Lifelong Learning; Action: "Supporting research: emphasis on junior researchers"
7. 2013-6: Credits for Health (C4H), EU funded research project: 'Credits-based, people-centric approach for the adoption of healthy life-styles and balanced Mediterranean diet in the frame of social participation and innovation for health promotion'
8. 2006: "Evaluation of guidelines in electronic form for the region of Epirus", for the European research project "Building knowledge driven and dynamically adaptive networked communities within European healthcare systems - COCOON"
9. 2005: Patient recruitment for: "Effect of lipidlowering and hypertensive treatment drugs in the lipid profile and in metabolic parameters", funded by the Research Committee of the University of Ioannina
10. 2004: Patient recruitment for: "Effect of lipidlowering and hypertensive

- treatment drugs in the lipid profile and in metabolic parameters”, funded by the Research Committee of the University of Ioannina
11. 2003: Laboratory exams and patient recruitment for: “Effect of lipid-lowering and hypertensive treatment drugs in the lipid profile and in metabolic parameters”, funded by the Research Committee of the University of Ioannina
 12. 2001-3: “Influence of genetic factors on the efficacy of lipid-lowering treatment in patients with primary hypercholesterolemia”, funded by the General Secretariat of Research & Technology and the Research Committee of the University of Ioannina

Memberships

1. European Centre for Disease Prevention and Control (ECDC) expert (from 2015).
2. Diabetes & Cardiovascular disease - D&CVD- EASD study group (from 2012).
3. Hellenic Diabetes Association (from 2010).
4. Study group for Diabetes & Heart of the Hellenic Diabetes Association (from 2015).
5. Hellenic Atherosclerosis Society (HAS), (from 2003).
6. Study group of the Hellenic Atherosclerosis Society (HAS) for the epidemiology and prevention of atherosclerosis (2013-2015).
7. Institute for Research and Education for Diabetes Mellitus and Metabolic Syndromes, Greece (member of the Executive Board 2010-2013).
8. European Association for the Study of Diabetes - EASD (2011-2013).
9. Study group of the Hellenic Atherosclerosis Society (HAS) for the Metabolic Syndrome (2011-2012).

Other Relevant Information

RESEARCH INTERESTS

1. Diabetes mellitus.
2. Lipid disorders.
3. Hypertension.
4. Primary and secondary prevention of cardiovascular disease.
5. Infectious diseases.

HONOURS AND AWARDS

2017

DISTINCTIONS - PRIZES – Hellenic Atherosclerosis Society, Institute of Study, Research & Education for Diabetes/Metabolic

1. Barkas F, Liberopoulos E, Sferopoulos D, Klouras E, Liontos A, Elisaf M, Rizos E. Which metabolic parameters are related to the increased risk for diabetes development in statin-treated patients. 7 congress of the working parties of Hellenic Atherosclerosis Society, 2017, Athens.
2. Klouras E, Barkas F, Elisaf M, Liberopoulos E, Liamis G, Rizos E. Statin therapy with or without ezetimibe and the progression to diabetes. 1 prize, 6 Panhellenic Congress, Institute of Study, Research & Education for Diabetes Mellitus and Metabolic Diseases, 2016.

REVIEWER

01/01/2009 – CURRENT

Reviewer for PubMed medical journals

REVIEWER (for submitted manuscripts in PubMed indexed journals)

1. Journal of Diabetes and Complications (2024,2023)
2. European Journal of General Practice (2023)
3. Current Vascular Pharmacology (2023,2022)
4. Nutrition, Metabolism and Cardiovascular Diseases (2022)
5. Metabolism (2022)
6. Frontiers in cardiovascular Medicine (2022)
7. Diabetes Obesity & Metabolism (2020,2019,2018,2017,2016,2015)
8. European Journal of Clinical Investigation (2018)
9. Expert Opinion on Drug Safety (2015)
10. Case Reports in Vascular Medicine (2015)
11. BMC public health (2015, 2014, 2013)

12. BMC Cardiovascular (2020)
13. BMC endocrinology (2014, 2013, 2012)
14. Medicine (2014)
15. JAMA (2013)
16. J Acad Nutr Diet (2013)
17. Arch Med Sci (2012)
18. Curr Med Res Opin (2012)
19. Drug Saf (2012)
20. Expert Opin Pharmacother (2011)
21. The Open Cardiovasc Med J (2009)