



Curriculum Vitae

Personal information Georgios Soulis

Work experience

- **Consultant in Geriatrics**, Outpatient Geriatric Assessment Unit Henry Dunant Hospital Center, Athens, Greece (1/06/2019 - present)
- **Private Practice in Family Medicine**, 01/2014 – present
- **Expert advisor for IDIKA** (e-Government Center for Social Security) for the EU funded project **Up-scaling the global univocal identification of medicines with expertise in designing of e-health services and coding of medical/pharmacological terminology**
 - **Consultant in Insurance Medicine**, INTERAMERICAN Health Insurance Company, Athens Greece (01/10/2015 - 31/5/2023)
 - **Consultant in Family Medicine**, Community Health Care Facilities for the elderly, Community of Agios Dimitrios Athens Greece (From 20/01//2017 - 13/4/2023)
 - **Researcher** in the EU funded HORIZON 2020 Project entitled ATHLOS (Ageing Trajectories of Health: Longitudinal Opportunities and Synergies) <http://athloproject.eu/> (10/2/2016 – 12/12/2017)
 - **Consultant in Family Medicine**, Community Health Care Facilities for the elderly, Community of Nea Ionia, Athens Greece (From 1/12/2014- 30/11/2016)
 - **Consultant in Family Medicine**, Kalyvia Health Care Center (23/07/2013-22/07/2014)
 - **Internship in Family Medicine** at Hippokraton General Hospital of Athens (12/02/2009-31/01/2013)
 - **Rural Service as Medical Doctor**, General Hospital of Volos: (23/5/08 – 3/11/08)
 - **Military Service as Medical Doctor**, Ministry of Defense: (08/05/06 – 08/05/07).

Education and training

- **Board Certification in Clinical Pharmacology** 20 March 2024
- **Board Certification in General Practice/Family Medicine**, 18th January 2013:
- **University Diploma in Gerontology**: Université de Lorraine, Faculté de Médecine de Nancy,, November 2011–2013
- **Clinical training in geriatrics**: 6 months at CHU Nancy in the geriatrics department under the supervision of Pr. Benetos. Implication in clinical research concerning the arterial wall ageing, March 2011-September 2011.
- **Master in Crisis Management**, Faculty of Nursing, University of Athens, November 2011
- **PhD degree**, Medical School, University of Athens February 2008.
- **Diploma in Medicine**, University of Athens, November 2005
- **Master in Neurosciences (D.E.A de Neurosciences)**, Université Piere et Marie Curie, Paris France, September 2000.
- Participation in the student exchange program "ERASMUS" February 1999 – July 1999, Laboratoire de Neurochimie – Anatomie (CNRS – UMR 7624), Université Piere et Marie Curie, Paris France.
- **BSc in Biology**, University of Athens, September 1999

Additional information

Publications

1. Kitraki E, Soulis G, Gerozissis K.

Impaired neuroendocrine response to stress following a short-term fat-enriched diet. Neuroendocrinology. 2004;79(6):338-45.

2. Soulis G, Kitraki E, Gerozissis K.

Early neuroendocrine alterations in female rats following a diet moderately enriched in fat. Cell Mol Neurobiol. 2005 Aug; 25(5):869-80.

3. [Soulis G](#), [Papalexi E](#), [Kittas C](#), [Kitraki E](#).

Early impact of a fat-enriched diet on behavioral responses of male and female rats. *Behav Neurosci*. 2007 Jun;121(3):483-90.

4. [Watfa G](#), [Soulis G](#), [Tartagni E](#), [Kearney-Schwartz A](#), [Borghi C](#), [Salvi P](#), [Benetos A](#).

Relationship between tissue glycation measured by autofluorescence and pulse wave velocity in young and elderly non-diabetic populations, *Diabetes Metab*. 2012.

Nov;38(5):413-9.

5. [Foscolou A](#), [Tyrovolas S](#), [Soulis G](#), [Mariolis A](#), [Piscopo S](#), [Valacchi G](#), [Anastasiou F](#), [Lionis C](#), [Zeimbekis A](#), [Tur JA](#), [Bountziouka V](#), [Tyrovolas D](#), [Gotsis E](#), [Metallinos G](#), [Matalas AL](#), [Polychronopoulos E](#), [Sidossis L](#), [Panagiotakos DB](#).

[The Impact of the Financial Crisis on Lifestyle Health Determinants Among Older Adults Living in the Mediterranean Region: The Multinational MEDIS Study \(2005-2015\)](#). *Prev Med Public Health*. 2017 Jan;50(1):1-9.

6. [Tyrovolas S](#), [Polychronopoulos E](#), [Morena M](#), [Mariolis A](#), [Piscopo S](#), [Valacchi G](#), [Bountziouka V](#), [Anastasiou F](#), [Zeimbekis A](#), [Tyrovolas D](#), [Foscolou A](#), [Gotsis E](#), [Metallinos G](#), [Soulis G](#), [Tur JA](#), [Matalas A](#), [Lionis C](#), [Sidossis LS](#), [Panagiotakos D](#).

[Is car use related with successful aging of older adults? Results from the multinational Mediterranean islands study](#). *Ann Epidemiol*. 2017 Mar;27(3):225-229.

7. [Caballero FF](#), [Soulis G](#), [Engchuan W](#), [Sánchez-Niubó A](#), [Arndt H](#), [Ayuso-Mateos JL](#), [Haro JM](#), [Chatterji S](#), [Panagiotakos DB](#).

[Advanced analytical methodologies for measuring healthy ageing and its determinants, using factor analysis and machine learning techniques: the ATHLOS project](#). *Sci Rep*. 2017 Mar 10;7:43955.

8 [Topouchian J](#), [Labat C](#), [Soulis G](#), [Tasic N](#), [Udovychenko M](#), [Urazalina S](#), [Wohlfahrt P](#), [Zelveian P](#), [Benetos A](#), [Asmar R](#).

[Effects of metabolic syndrome on arterial function in different age groups: the Advanced Approach to Arterial Stiffness study](#). *J Hypertens*. 2018 Jan 10.

9. [Foscolou A](#), [Magriplis E](#), [Tyrovolas S](#), [Soulis G](#), et al

[Lifestyle determinants of healthy ageing in a Mediterranean population: The multinational MEDIS study](#). *Exp Gerontol*. 2018 Sep;110:35-41.

10. [Soulis G](#), [Kotsani M](#), [Benetos A](#). «Let food and physical activity be your medicine. *Eur Geriatr Med* 2019 Aug;10(4):553-558.

11. [Seppala L.J](#), [Petrovic M](#),.....[Soulis G](#)..... [Cherubini.A](#), [van der Velde N](#).

«STOPPFall (Screening Tool of Older Persons Prescriptions in older adults with high fall risk): a Delphi study by the EuGMS Task and Finish Group on Fall-Risk-Increasing Drugs» *Age Ageing*. 2021 Jun 28;50(4):1189-1199.

doi: 10.1093/ageing/afaa249.

12. [Avgerinou C](#), [Kotsani M](#), [Gavana M](#), [Andreou M](#), [Papageorgiou DI](#), [Roka V](#), [Symintiridou D](#), [Manolaki C](#), [Soulis G](#), [Smyrnakis E](#).

«[Perceptions, attitudes and training needs of primary healthcare professionals in identifying and managing frailty: a qualitative study](#)». *Eur Geriatr Med*. 2021 Apr;12(2):321-332. doi: 10.1007/s41999-020-00420-0. Epub 2020 Oct 30.

13. [Kotsani M](#), [Avgerinou C](#), ... [Soulis G](#), ... [Magda Gavana](#) .

«Feasibility and impact of a short training course on frailty destined for primary health care professionals». *Eur Geriatr Med* 2021 Apr;12(2):333-346. doi: 10.1007/s41999-021-00467-7. Epub 2021 Mar 1 .

14. [Soulis G](#), [Kotovskaya Y](#), [Bahat G](#), [Duque S](#), [Gouiaa R](#), [Ekdahl AW](#), [Sieber C](#), [Petrovic M](#), [Benetos A](#).

«[Geriatric care in European countries where geriatric medicine is still emerging](#)». *Eur Geriatr Med*. 2021 Feb;12(1):205-211. doi: 10.1007/s41999-020-00419-7. Epub 2020 Nov 25.

15. [Pazan F](#), [Petrovic M](#), [Cherubini A](#),[Soulis G](#), [van der Velde N](#), [Wehling M](#). [Current evidence on the impact of medication optimization or pharmacological interventions on frailty or aspects of frailty: a systematic review of randomized controlled trials](#). *Eur J Clin Pharmacol*. 2021 Jan;77(1):1-12. doi: 10.1007/s00228-020-02951-8. Epub 2020 Aug 7.

16. [Kotsani M](#).... [Soulis G](#) ..., [Benetos A](#).

«The Relevance and Added Value of Geriatric Medicine (GM): Introducing GM to Non-Geriatricians» *J Clin Med* 2021 Jul 7;10(14):3018. doi: 10.3390/jcm10143018.

17. [Veronese N](#), [Petrovic M](#), [Benetos A](#), ... [Soulis G](#), [Maqqi S](#), [Cherubini A](#) «Underrepresentation of older adults in clinical trials on COVID-19 vaccines: A systematic review». *Ageing Res Rev*. 2021 Nov;71:101455. doi: 10.1016/j.arr.2021.101455

18. [Soulis G](#), [Inzitari M](#). Medical care emerging challenges for older people during early COVID-19 pandemic. *Eur Geriatr Med*. 2022 Apr;13(2):505-506. doi: 10.1007/s41999-022-00611-x

19. [Soulis G](#). Nutrition as a tool for healthy aging. *Public Health and Toxicology*. 2022;2(Supplement 1):A72. doi:10.18332/pht/149808.

20. Veronese N, Custodero C, Demurtas J, Smith L, Barbagallo M, Maggi S, Cella A, Vanacore N, Aprile PL, Ferrucci L, Pilotto A; Special Interest Group in Systematic Reviews of the European Geriatric Medicine Society (EuGMS); Special Interest Group in Meta-analyses and Comprehensive Geriatric Assessment of the European Geriatric Medicine Society (EuGMS).

[Comprehensive geriatric assessment in older people: an umbrella review of health outcomes.](#) Age Ageing. 2022 May 1;51(5):afac104. doi: 10.1093/ageing/afac104.

21. Pazan F, Petrovic M, Cherubini A, Cruz-Jentoft AJ, Denking M, van der Cammen TJM, Stevenson JM, Ibrahim K, Rajkumar C, Bakken MS, Crome P, Guðmundsson A, Knol W, Snijders BMG, O'Mahony D, Serra-Rexach JA, Soulis G, van Marum RJ, Ziere G, Mair A, Burkhardt H, Neumann-Podczaska A, Wiczorowska-Tobis K, Fernandes MA, Gruner H, van der Velde N, Wehling M.

[A Systematic Review of the Current Evidence from Randomised Controlled Trials on the Impact of Medication Optimisation or Pharmacological Interventions on Quantitative Measures of Cognitive Function in Geriatric Patients.](#) Drugs Aging. 2022 Nov;39(11):863-874. doi: 10.1007/s40266-022-00980-9.

22. van Poelgeest EP, Seppala LJ, Lee JM, Bahat G, Ilhan B, Lavan AH, Mair A, van Marum RJ, Onder G, Ryg J, Fernandes MA, Garfinkel D, Guðmundsson A, Hartikainen S, Kotsani M, Montero-Errasquin B, Neumann-Podczaska A, Pazan F, Petrovic M, Soulis G, Vankova H, Wehling M, Wiczorowska-Tobis K, van der Velde N; EuGMS SIG Pharmacology.

Deprescribing practices, habits and attitudes of geriatricians and geriatricians-in-training across Europe: a large web-based survey. Eur Geriatr Med. 2022 Nov 2. doi: 10.1007/s41999-022-00702-9

23. Toupance S, Karampatsou SI, Labat C, Genitsaridi SM, Tragomalou A, Kassari P, Soulis G, Hollander A, Charmandari E, Benetos A. Longitudinal Association of Telomere Dynamics with Obesity and Medical Disorders in Young Children. Nutrients. 2022 Dec 6;14(23):5191. doi: 10.3390/nu14235191.

24. van Poelgeest E, Seppala L, Bahat G, Soulis G, Tournoy J, Masud T, Wehling M, van der Velde N; EuGMS SIG Pharmacology. Optimizing pharmacotherapy and deprescribing strategies in older adults living with multimorbidity and polypharmacy: EuGMS SIG on pharmacology position paper. Eur Geriatr Med. 2023 Dec;14(6):1195-1209. doi: 10.1007/s41999-023-00872-0. Epub 2023 Oct 9. PMID: 37812379; PMCID: PMC10754739.

25. Soulis G, Kyriakopoulou E, Leventouri A, Zigkiri E, Efthymiou V, Kentros Z, Koutsouri A. Pilot Testing of Useful Tools' Validity for Frailty Assessment in Greece: Translated PRISMA-7 Tool, Modified Fried Criteria and Clinical Frailty Scale. Healthcare (Basel). 2024 Apr 30;12(9):930. doi: 10.3390/healthcare12090930. PMID: 38727487; PMCID: PMC11083930.

26. Đukić L, Soulis G, Janssens B, Müller F, Petrovic M, Kossioni A. Appropriate use of antibiotics for oral/dental conditions in older adults: a narrative review. Acta Clin Belg. 2024 May 25:1-12. doi: 10.1080/17843286.2024.2359182. Epub ahead of print. PMID: 38795066.

Projects

European Projects

EU Funded COST Programme

PROMoting GeRiAtric Medicine IN countries where it is still eMerGing-PROGRAMMING

UNICOM (HORIZON 2020)

Clinical Studies

- Clinical Researcher in the EVOKE και EVOKE+ sponsored by Novo Nordisk (ongoing study)
- Medical Monitor for Accelsiors CRO for the CAHtalyst Study (1/12/2020 - present)

Memberships

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- Athens Medical Association
- Federation of European Neuroscience Societies (FENS)
- European Geriatrics Society (EuGMS)

Boards and other Working Groups

- Global Europe Initiative (EuGMS)
- SIG of Pharmacology (EuGMS)
- SIG of Frailty and Resilience (EuGMS)
- SIG of Comprehensive Geriatric Assessment (EuGMSO)
- **Task force on Pharmaceutical strategy** European Geriatric Medicine Society (EuGMS)
- **EuGMS Task and Finish Group on Fall-Risk-Increasing Drugs**

Other Relevant Information

- Member of the committee invited by the Greek Ministry of Health, entitled to edit the **National Guidelines for the Diagnosis and Treatment of Alzheimer disease and other dementias** (2014)
- **Member of the Scientific Board** of the Greek Health Technology Assessment (HTA) Organization

27/6/2018- 09/1/2020.