



Curriculum Vitae

Personal information **Georgia Valsami**

Work experience

1. Employer: Hellenic Ministry of Mercantile Marine
 - Start date: 01/1986
 - End date: 08/1987
 - Position: Pharmacist
 - Activities: Pharmacist at MARINERS' RETIREMENT FUND
 - Country: Greece
2. Employer: Uni_Pharma S.A. Pharmaceutical Laboratories
 - Start date: 10/1990
 - End date: 11/1996
 - Position: Head of the Regulatory Affairs Department
 - Activities: Contact person with the National Agency for Medicines Responsible for the preparation of submission_relevant documents relating to company's development activities: new files and renewals for marketing authorization of pharmaceutical products, label extensions, Clinical trial applications etc.
 - Country: Greece
3. Employer: Sisamnoglio General Hospital of Athens
 - Start date: 11/1996
 - End date: 12/1999
 - Position: Head of the Pharmacy Department
 - Activities: _ Dispensing and procurement of medicinal products and supplies used in the hospital _ Ensuring the safe and secure storage of all medicines and hospital supplies _ Provide information on expenditure on drugs _ Checking of prescriptions for the absence of errors to ensure they are appropriate and safe for the patients _ Provide advice on the dosage of medicines as well as the most appropriate dosage form (e.g. solid oral forms, injectable, topical, inhaled etc) _ Supervise the work of the Pharmacy Department staff
 - Country: Greece
4. Employer: Department of Pharmacy, School of Health Sciences, National & Kapodistrian University of Athens
 - Start date: 01/2000
 - End date: 09/2012
 - Position: Assistant Professor of Biopharmaceutics
 - Activities: Teaching and research activities: Teaching and research on the fields of Biopharmaceutics and Pharmacokinetics at undergraduate and graduate (MSc, PhD) level
 - Administrative activities: Member of the Internal Evaluation Committee of the Department of Pharmacy, NKUoA; Member of the Educational Program Committee of the Department of Pharmacy, NKUoA
 - Country: Greece
5. Employer: Department of Pharmac, National & Kapodistrian University of Athens, School of Health Sciences
 - Start date: 10/2012
 - End date: 10/2019
 - Position: Associate Professor of Biopharmaceutics & Pharmacokinetics
 - Activities: _ Teaching and research activities: Teaching and research on the fields of Biopharmaceutics and Pharmacokinetics at undergraduate and graduate (MSc, PhD) level _
 - Administrative activities: Director of the Division of Pharmaceutical Technology, Department of Pharmacy, UoA; Member of the Internal Evaluation Committee of the Department of Pharmacy, UoA (2012_2017); Co-ordinator of the Internal Evaluation Committee of the Department of Pharmacy, UoA (2018_today); Member of the Educational Program Committee of the Department of Pharmacy
 - Country: Greece
6. Employer: Department of Pharmacy, National & Kapodistrian University of Athens, School of Health Sciences
 - Start date: 10/2019
 - End date:
 - Position: Professor of Biopharmaceutics & Pharmacokinetics
 - Activities: Teaching and research activities: Teaching and research on the fields of Biopharmaceutics and Pharmacokinetics at undergraduate and graduate (MSc, PhD) level _
 - Administrative activities: Director of the Laboratory of Biopharmaceutics & Pharmacokinetics, Department of Pharmacy, UoA, (2023-today); Director of the MSc Program in "Clinical Pharmacy" (2022-2024); Director of the Division of Pharmaceutical Technology, Department of Pharmacy, UoA, (2015_2020); Co_ordinator of the Internal Evaluation Committee of the Department of Pharmacy, UoA (2018_2024)
 - Country: Greece

Education and training

1. Subject: Department of Pharmacy, School of Health Sciences, Aristotle University of Thessaloniki
 - Start date: 10/1979
 - End date: 06/1984
 - Qualification: Bachelor Degree in Pharmacy
 - Organisation: Knowledge and experience to actively contribute in: _ Community Pharmacy,

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- Hospital Pharmacy, _ State Health offices and Administration, _ National Medicines Agency, _ Pharmaceutical Industry,
- Country: Greece
2. Subject: Department of Pharmacy, School of Health Sciences, National & Kapodistrian University of Athens
- Start date: 08/1987
 - End date: 06/1990
 - Qualification: PhD in Biopharmaceutics
 - Organisation: Drug_protein binding Drug_macromolecules (cyclodextrins) interactions _ effect on physicochemical properties Ion Selective Electrode analysis
 - Country: Greece
3. Subject: Department of Pharmacy, School of Health Sciences, National & Kapodistrian University of Athens
- Start date: 09/1990
 - End date: 12/1999
 - Qualification: Post Doctoral Research
 - Organisation: drug protein binding; drug_macromolecule binding; drug solubility and dissolution studies and modeling (study design, analytical measurements e.g. HPLC_UV/fluorescence, phase solubility technique, data analysis and modeling)
 - Country: Greece

Additional information

Publications

1. **N. Valsami**, P.E. Macheras, M.A. Koupparis, "Construction of a Naproxenate Ion-Selective Electrode and its Application to Pharmaceutical Analysis", *Analyst*, **114**:387-391, **1989**. <https://doi.org/10.1039/an9891400387> (IF 5.227)
2. **G.N. Valsami**, P.E. Macheras, M.A. Koupparis, "Binding Studies of Ions with Cyclodextrins Using Ion-Selective Electrodes", *J. Pharm. Sci.*, **90**:1087-1990, **1990**. <https://doi.org/10.1002/jps.2600791210> (IF 3.7)
3. **G. Valsami***, «Cyclodextrins: Molecular structure characteristics, Properties and Pharmaceutical applications» *Farmakeutiki*, **3(II)**:71-83, **1990**. (Review paper)
4. **G.N. Valsami**, P.E. Macheras, M.A. Koupparis, "Binding Study of the Fluorescence Probe 1-Anilino-8-naphthalenesulfonate to Human, Bovine Serum Albumin Using potentiometric Titration", *Pharm. Res.*, **8(7)**:888-892, **1991**. <https://doi.org/10.1023/a:1015855613083> (IF 3.5)
5. **G.N. Valsami**, M.A. Koupparis, P.E. Macheras, "Complexation Studies of Cyclodextrins with Tricyclic Antidepressants Using Ion-Selective Electrodes", *Pharm. Res.*, **9(1)**:94-100, **1992**. <https://doi.org/10.1023/a:1018940013006> (IF 3.5)
6. A. Angelakou, **G. Valsami**, M. Koupparis, P. Macheras, "Use of 1-Anilino-8-naphthalenesulfonate as an Ion Probe for the Potentiometric Study of Sulfonamides to Bovine Serum Albumin and Plasma", *J. Pharm. Pharmacol.*, **45**:434-438, **1993**. <https://doi.org/10.1111/j.2042-7158.1993.tb05571.x> (IF 2.8)
7. E.E. Sideris, **G.N. Valsami**, M.A. Koupparis, P.E. Macheras, "Determination of Association Constants in Cyclodextrin/Drug Complexation Using the Scatchard Model. Application to β -Cyclodextrin-Anilino-naphthalenesulfonates Model Systems", *Pharm. Res.*, **9(12)**:1568-1574, **1992**. <https://doi.org/10.1023/a:1015808307322> (IF 3.5)
8. C. Georgiou, **G. Valsami**, P. Macheras, M. Koupparis, "Automated Flow-

- Injection Colorimetric Determination for Iron(II) Based on Ferozine for Dissolution Studies of Slow Release Formulations”, *J. Pharm. Biomed. Anal.*, **12(5)**:635-641, **1994**. [https://doi.org/10.1016/0731-7085\(93\)e0015-f](https://doi.org/10.1016/0731-7085(93)e0015-f) (IF 3.1)
9. A.Th. Angelakou, E.E. Sideris, **G.N. Valsami**, M.A. Koupparis, P.E. Macheras, “General Treatment of Competitive Binding as Applied to the Potentiometric Ion Probe Technique: Application to the Interaction of Nonsteroidal Anti-Inflammatory Drugs with Bovine Serum Albumin”, *J. Pharm. Sci.*, **83(8)**:1150-1154, **1994**. <https://doi.org/10.1002/jps.2600830816> (IF 3.7)
10. **G. Valsami**, P. Macheras. “Determination of Fractal Reaction Dimension in Dissolution Studies”, *Eur. J. Pharm. Sci.*, **3**:163-169, **1995**. [https://doi.org/10.1016/0928-0987\(95\)00005-x](https://doi.org/10.1016/0928-0987(95)00005-x) (IF 4.3)
11. **G. Valsami**, P. Macheras. “The Geometric Mean Functional Relationship Approach to Linear Regression in Pharmaceutical Studies: Application to the Estimation of Binding Parameters”, *Pharm. Sci.*, **1**:551-554, **1996**. <https://doi.org/10.1111/j.2042-7158.1995.tb00377.x> (Incorporated into *J. Pharm. Pharmacol* IF 2.8)
12. E.E. Sideris, **G.N. Valsami**, M.A. Koupparis, P.E. Macheras. "Studies on the interaction of diflunisal ion with cyclodextrins using ion selective electrode potentiometry", *Eur. J. Pharm. Sci.*, **7**:271-278, **1999**. [https://doi.org/10.1016/s0928-0987\(98\)00035-9](https://doi.org/10.1016/s0928-0987(98)00035-9) (IF 4.3)
13. **G. Valsami**, A. Dokoumetzidis and P. Macheras. "Modeling of Supersaturated Dissolution Data", *Int. J. Pharmaceut.* 181:153-157, **1999**. [https://doi.org/10.1016/s0378-5173\(99\)00020-4](https://doi.org/10.1016/s0378-5173(99)00020-4) (IF 5.3)
14. A. Agelakou, **G. Valsami**, P. Macheras and M. Koupparis. "A Displacement Approach for Competitive Drug-Protein Binding Studies Using the Potentiometric Anilino-8-naphthalene-sulfonate Probe Technique”, *Eur. J. Pharm. Sci.*, **9**:123-130, **1999**. [https://doi.org/10.1016/s0928-0987\(99\)00036-6](https://doi.org/10.1016/s0928-0987(99)00036-6) (IF 4.3)
15. **G. Valsami**, A. Iliadis, P. Macheras. “Non-linear regression analysis with errors in both variables: Estimation of co-operative binding parameters”, *Biopharm. Drug Dispos.*, **21**:7-14, **2000**. [https://doi.org/10.1002/1099-081x\(200001\)21:1<7::aid-bdd210>3.0.co;2-f](https://doi.org/10.1002/1099-081x(200001)21:1<7::aid-bdd210>3.0.co;2-f) (IF 1.7)
16. E. Rinaki, **G. Valsami**, P. Macheras, “The Power Law can describe the ‘entire’ drug release curve from HPMC-based matrix tablets: A hypothesis”, *Int. J. Pharmaceut.*, **225**:199-207, **2002**. [https://doi.org/10.1016/s0378-5173\(03\)00079-6](https://doi.org/10.1016/s0378-5173(03)00079-6) (IF 5.3)
17. E. Rinaki, G. Valsami, P. Macheras “Quantitative Biopharmaceutics Classification System: The Central Role of Dose/Solubility Ratio”,

- Pharm. Res.*, **20**:1917-1925, **2003**.
<https://doi.org/10.1023/b:pham.0000008037.57884.11> (IF 3.5)
18. E. Rinaki, A. Dokoumetzidis, **G. Valsami**, P. Macheras, “Identification of Biowaivers among Class II Drugs: Theoretical Justification and Practical Examples”, *Pharm. Res.*, **21**:1567-1572, **2004**.
<https://doi.org/10.1023/b:pham.0000041450.25106.c8> (IF 3.5)
19. M. Vertzoni, Th. Kartezini, Ch. Reppas, H. Archontaki, **G. Valsami***. “Solubilization and quantification of lycopene in aqueous media in the form of cyclodextrin binary systems”, *Int. J. Pharmaceut.*, **309**:115-122, **2005**. <https://doi.org/10.1016/j.ijpharm.2005.11.021> (IF 5.3)
20. M. Vertzoni, **G. Valsami**, Ch. Reppas. “Plasma profiles of lycopene after single oral and intravenous administrations in dogs”, 2006, *J. Pharm. Pharmacol.* **58**:1211-1217, **2006**. <https://doi.org/10.1211/jpp.58.9.0007> (IF 2.8)
21. A. Davilas, M. Koupparis, P. Macheras, **G. Valsami***. “In vitro study on the competitive binding of diflunisal and uremic toxins to serum albumin and human plasma using a potentiometric ion probe technique”, *J. Pharm. Pharmacol.* **58**:1467-1474, **2006**.
<https://doi.org/10.1211/jpp.58.11.0007> (IF 2.8).
22. A. Dokoumetzidis, **G. Valsami** and P. Macheras. “Modeling and simulation in drug absorption process”, *Xenobiotica*, **37(10-11)**:1052-1065, **2007**. <https://doi.org/10.1080/00498250701502114> (IF 1.997).
(Review paper)
23. A. Dokoumetzidis, V. Papadopoulou, **G. Valsami** and P. Macheras. Development of a reaction-limited model of dissolution: Application to official dissolution tests experiments. *Int. J. Pharmaceut.* **355**:114-125, **2008**. <https://doi.org/10.1016/j.ijpharm.2007.11.056> (IF 5.3)
24. V. Papadopoulou, **G. Valsami**, A. Dokoumetzidis, P. Macheras. «Biopharmaceutic Classification Systems for New Molecular Entities (BCS-NMEs) and Marketed Drugs (BCS-MD): Theoretical Basis and Practical examples», *Int. J. Pharmaceut.*, **361**:70-77 **2008**.
<https://doi.org/10.1016/j.ijpharm.2008.05.021> (IF 5.3)
25. Ch. Alexanian, E. Papademou, M. Vertzoni, H. Archontaki and **G. Valsami***. “Effect of pH and water-soluble polymers on the aqueous solubility of Nimesulide in the absence and presence of β -cyclodextrin derivatives”, *J. Pharm. Pharmacol.*, **60**:1433-1439, **2008**.
<https://doi.org/10.1211/jpp/60.11.0003> (IF 2.8)
26. S. Maragos, H. Archontaki, P. Macheras and **G. Valsami***. “Effect cyclodextrin complexation on the aqueous solubility and solubility/dose ratio of praziquantel” *AAPS PharmSciTech.* **10**:1444-1451, **2009**.

- <https://doi.org/10.1208/s12249-009-9346-7> (IF 3.4).
27. G. Charkoftaki, A. Dokoumetzidis, **G. Valsami**, P. Macheras. “Biopharmaceutical classification based on Solubility and Dissolution: A re-appraisal of hypotheses-models-criteria in the light of the experimental observations”. *Journal of AOAC INTERNATIONAL*, **106(3)**;168-172, **2010**. <https://doi.org/10.1111/j.1742-7843.2009.00506.x> (IF 2.7)
28. K. Zorpas, **G. Valsami**, E. Vryonis, A. Skoutelis and H. Archontaki. “Robust and Sensitive Liquid Chromatographic/UV detection technique for the determination of tigecycline in rabbit plasma”, *Journal of AOAC INTERNATIONAL*, **94**:847-856, **2011**. <https://doi.org/10.1093/jaoac/94.3.847> (IF 1.7)
29. G. Charkoftaki, A. Dokoumetzidis, **G. Valsami** and P. Macheras. “Supersaturated dissolution data and their interpretation: The TPGS-carbamazepine model case”, *J. Pharm. Pharmacol.*, **63**: 352–361, **2011**. <https://doi.org/10.1111/j.2042-7158.2010.01226.x> (IF 2.8)
30. K. Margetis, E. Dimaraki, G. Charkoftaki, E. Vryonis, S. Markantonis, N. Boutos, H. Archontaki, D. E. Sakas, **G. Valsami**, A. Skoutelis. “Penetration of intact blood-brain barrier by doripenem”, *Antimicrobial Agents and Chemotherapy*, **55**: 3637-3638, **2011** <https://doi.org/10.1128/AAC.01634-10> (IF 4.1).
31. **G. Valsami**, P. Macheras. “Computational-regulatory developments in the prediction of oral drug absorption”. *Mol. Inform.*, **30**:112-121, **2011**. <https://doi.org/10.1002/minf.201000171> (IF 2.8) (*Review paper*)
32. R. Nalda-Molina, A. Dokoumetzidis, G. Charkoftaki, H. Dimaraki, K. Margetis, E. Vryonis, N. Boutos, D. E. Sakas, A. Skoutelis, S. Markantonis, H. Archontaki, **G. Valsami***. “Pharmacokinetics of doripenem in CSF of patients with non-inflamed meninges”, *J. Antimicrob. Chemoth.*, **67(7)**: 1722-1729, **2012** <https://doi.org/10.1093/jac/dks106> (IF 3.9).
33. G. Charkoftaki, A. Dokoumetzidis, **G. Valsami**, P. Macheras. Elucidating the role of dose in the biopharmaceutics classification of drugs: The concepts of critical dose, effective *in vivo* solubility and dose dependent BCS. *Pharm. Res*, **29(11)**:3188-98, **2012** <https://DOI.org/10.1007/s11095-012-0815-4> (IF 3.5).
34. G. Charkoftaki, **G. Valsami**, P. Macheras. «From supersaturated drug delivery systems to the rising era of paediatric formulations». *CABEQ*, **26** (4) 427–434, **2012**. <https://hrcak.srce.hr/94205> (IF 1.6). (*Review paper*)
35. P. Macheras, V. Karalis, **G. Valsami**. “Keeping a Critical Eye on the Science and the Regulation of Oral Drug Absorption: A Review”, *J.*

- Pharm. Sci.* **102**(9):3018-3036, **2013**. <http://DOI10.1002/jps.23534> (IF 3.7). (Review paper)
36. Christodoulou E, Kadoglou NPE, Kostomitsopoulos N, Moustardas P, Balafas V, Kostakis A, **Valsami G**, Liapis CD. The impact of Saffron administration on atherosclerosis development in an experimental animal model. *Hellenic Diabetol Chron* **2013**; 4:253-261.
37. I. Athanasiadou, Y. Angelis*, E. Lyris, H. Archontaki, C. Georgakopoulos, **G. Valsami**. «Gas chromatographic–mass spectrometric quantitation of busulfan in human plasma for therapeutic drug monitoring: A new on-line derivatization procedure for the conversion of busulfan to 1,4-diodobutane». *J. Pharm. Biomed. Anal.* **90**:207–214, **2014**. <http://dx.doi.org/10.1016/j.jpba.2013.12.004> (IF 3.1).
38. T. Kellici, D. Ntountaniotis, G. Leonis, M. Chatziathanasiadou, J. Becker-Baldus, C. Glaubitz, A. Tzakos, K. Viras, P. S. Chadzigeorgiou, S. Tzimas, E. Kefala, **G. Valsami***, H. Archontaki*, M. Papadopoulos, T. Mavromoustakos*. «Investigation of the interactions of silybin with 2-hydroxypropyl- β -cyclodextrin through biophysical techniques and computational methods» *Mol. Pharmaceutics*, **2015**, *12* (3), 954–965. <http://doi.org/10.1021/mp5008053> (IF 4.5).
39. E. Christodoulou, N. Kadoglou, N. Kostomitsopoulos, **G. Valsami*** «SAFFRON: A NATURAL PRODUCT WITH POTENTIAL PHARMACEUTICAL APPLICATIONS», *J. Pharm. Pharmacol.*, **2015**, *67*:1634-1649, <https://doi.org/10.1111/jphp.12456> (IF 4.2.8). (Review paper)
40. E. Christodoulou, I.A. Kechagia, N. Kostomitsopoulos, E. Balafas, E. Archontaki, A. Dokoumetzidis, **G. Valsami***. «Serum and tissue pharmacokinetics of silibinin after per os and i.v. administration to mice, as a HP- β -CD lyophilized product», *Int. J. Pharmaceut.*, **2015**, *493*:366-373. <http://dx.doi.org/10.1016/j.ijpharm.2015.07.060> (IF 5.3)
41. Kalliopi Dritsakou, Georgios Liosis, **Georgia Valsami**, Evangelos Polychronopoulos, Maria Skouroliakou. Human milk banking: a bridge between the preterm mother and infant; the experience from a greek public perinatal center. *Journal of Advanced Nutrition and Human Metabolism* 2015; *2*: e978. <http://doi.org/10.14800/janhm.978>
42. Maria Siopi, Efthymios Neroutsos, Kalliopi Zisaki, Maria Gamaletsou, Maria Piroynaki, Panagiotis Tsirigotis, Nikolaos Sipsas, Aristides Dokoumetzidis, Evgenios Goussetis, Loukia Zerva, **Georgia Valsami**, and Joseph Meletiadis. "A bioassay for determining voriconazole serum levels in patients receiving combination therapy with echinocandins"

- Antimicrob. Agents Chemoth.* **2016**, 60(1):632-636. <https://doi.org/10.1128/AAC.01688-15> (IF 4.1)
43. Apostolos Papachristos, Chara Kani, Panagiota Litsa, **Georgia Valsami**, Kyriakos Souliotis, Maria Saridi, Sophia Markantonis. Drug Utilization Patterns and Costs of Erythropoiesis-Stimulating Agents in an Outpatient Setting in Greece. *The Consultant Pharmacist*, **2016**, 31:271-281. <https://doi.org/10.4140/TCP.n.2016.271> (IF 0.800).
44. Tahsin F. Kellici, Maria V. Chatziathanasiadou, Dimitris Diamantis, Alexandra V. Chatzikonstantinou, Ioannis Andreadelis, Eirini Christodoulou, **Georgia Valsami**, Thomas Mavromoustakos, Andreas G. Tzakos. Mapping the interactions and bioactivity of quercetin—(2-hydroxypropyl)- β -cyclodextrin complex. *Int. J. Pharmaceut.* **2016**, 511:303–311. <https://doi.org/10.1016/j.ijpharm.2016.07.008> (IF 5.3).
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46. Kalliopi Dritsakou, Georgios Liosis, **Georgia Valsami**, Evangelos Polychronopoulos, Kyriakos Souliotis, Maria Skouroliakou. Mother's breast milk supplemented with donor milk reduces hospital and health service usage costs in low-birth weight infants. *Midwifery* **2016**, 40:109–113. <http://dx.doi.org/10.1016/j.midw.2016.06.015> (IF 2.6).
47. Kalliopi Dritsakou, Georgios Liosis, **Georgia Valsami**, Evangelos Polychronopoulos & Maria Skouroliakou. The impact of maternal- and neonatal-associated factors on human milk's macronutrients and energy. *J. Matern Fetal Neonatal Med*, **2017**; 30(11): 1302–1308, <http://dx.doi.org/10.1080/14767058.2016.1212329>. (IF 1.8)
48. Adamantia S Lioffi; Dimitrios Ntountaniotis; Tahsin F Kellici; Maria V Chatziathanasiadou; Gregory Megariotis; Maria Mania; Johanna Becker-Baldus; Manfred Kriechbaum; Andraž Krajnc; Eirini Christodoulou; Clemens Glaubitz; Michael Rappolt; Heinz Amenitsch; Gregor Mali; Doros N. Theodorou; **Georgia Valsami**; Marinos Pitsikalis; Hermis Iatrou; Andreas G. Tzakos, Thomas Mavromoustakos. Exploring the interactions of irbesartan and irbesartan-2-hydroxypropyl- β -cyclodextrin complex with model membranes. *BBA-Biomembranes*, 1859(6):1089-1098, **2017** <http://dx.doi.org/10.1016/j.bbamem.2017.03.003> (IF 2.8)
49. Panagiotis Efentakis, Anna Rizakou, Eirini Christodoulou, Athanasia Chatzianastasiou, Manuela G. López, Rafael León, Evangelos Balafas,

- Nikolaos P.E. Kadoglou, Ioulia Tseti, Helen Skaltsa, Nikolaos Kostomitsopoulos, Efstathios K. Iliodromitis, **Georgia Valsami**, Ioanna Andreadou. Saffron (*Crocus sativus*) intake provides nutritional preconditioning against myocardial ischemia-reperfusion injury in wild type and Apo-E(-/-) mice: involvement of Nrf2 activation. *Nutr. Metab. Cardiovasc. Dis.* **2017**, 27, 919-929, (<http://dx.doi.org/10.1016/j.numecd.2017.08.005>) (IF: 3.5).
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51. Ei. Christodoulou, N. Kadoglou, M. Stasinopoulou, O. Konstandi, Ch. Kenoutis, Z. Kakazanis, A. Rizakou, N. Kostomitsopoulos, **G. Valsami***. *Crocus sativus* L. aqueous extract reduces atherogenesis, increases atherosclerotic plaque stability and improves glucose control in diabetic atherosclerotic animals. *Atherosclerosis*, **2018**, 268:207-214 <https://doi.org/10.1016/j.atherosclerosis.2017.10.032> (IF: 4.9)
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54. Dimitrios A. Diamantis, Sarka Ramesova, Christos M. Chatzigiannis, Ilaria Degano, Paraskevi S. Gerogianni, Constantina Karadima, Sonia Perikleous, Dimitrios Rekkas, Ioannis P. Gerothanassis, Dimitrios Galaris, Thomas Mavromoustakos, **Georgia Valsami**, Romana Sokolova, Andreas G. Tzakos. Exploring the oxidation and iron binding profile of a cyclodextrin encapsulated quercetin complex unveiled a

- controlled complex dissociation through a chemical stimulus. *BBA-General Subjects* 1862:1913–1924, **2018**. <https://doi.org/10.1016/j.bbagen.2018.06.006> (IF 2.8).
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113. Efstathia Triantafyllopoulou, Diego Romano Perinelli, A Aleksander Forys, Pavlos Pantelis, Vassilis Gorgoulis, Nefeli Lagopati, Barbara Trzebicka, Giulia Bonacucina, **Georgia Valsami**, Natassa Pippa, Stergios Pispas. Unveiling the performance of co-assembled hybrid nanocarriers: moving towards the formation of a multifunctional lipid/random copolymer nanoplatfrom. *Pharmaceutics*, **2024**, 16, 1204. <https://doi.org/10.3390/pharmaceutics 16091204>. (IF 5.4).
114. Paraskevi Papakyriakopoulou, Vangelis Balafas, Nikolaos Kostomitsopoulos, Dimitrios M. Rekkas, Kumlesh K. Dev*, **Georgia Valsami***. Pharmacokinetic Study of Fingolimod Nasal Films Administered via Nose-to-Brain Route in C57BL/6J Mice as Potential Treatment for Multiple Sclerosis. *Pharm. Res.* **2024**, 41, 1951–1963, <https://doi.org/10.1007/s11095-024-03745-8> (IF 3.5)
115. Paraskevi Chatzidopavlaki, Efstathia Triantafyllopoulou, Natassa Pippa*, **Georgia Valsami**, Paraskevas P. Dallas. Recent advances in the technology of effervescent tablets: lessons learned and future perspectives. *RSC Pharmaceutics*, October **2024**, <https://doi.org/10.1039/D4PM00229F>. (IF n/a)
116. Ioannis Katsaros, Maria Sotiropoulou, Michail Vailas, Emmanouil Ioannis Kapetanakis, **Georgia Valsami**, Alexandra Tsaroucha, Dimitrios Schizas. Quercetin’s Potential in MASLD: Investigating the Role of Autophagy and Key Molecular Pathways in Liver Steatosis and Inflammation *Nutrients*, **2024**, 16(22), 3789. <https://doi.org/10.3390/nu16223789> (IF 4.8)
117. Ioannis Katsaros, Maria Sotiropoulou, Michail Vailas, Fotini Papachristou, Paraskevi Papakyriakopoulou, Marirena Grigoriou, Nikolaos Kostomitsopoulos, Alexandra Giatromanolaki, **Georgia Valsami**, Alexandra Tsaroucha and Dimitrios Schizas. The effect of Quercetin on Non-Alcoholic Fatty Liver Disease (NAFLD) and the role of Beclin1, P62 & LC3: An experimental study. *Nutrients*, **2024**, 16, 4282, 2024. <https://doi.org/10.3390/nu16244282> (IF 4.8)
118. Zoe Athanassa#, Paraskevi Papakyriakopoulou#, Silvia Marquez Megias#, Elmina-Marina Saitani, Sofia Manioudaki, Irina Petsa, Katerina

Dimoula, **Georgia Valsami**, Aikaterini Sakagianni, Vassiliki Koumaki, Aristides Dokoumetzidis, Athanassios Tsakris. Population Pharmacokinetic Model of Oral Minocycline in Critically Ill Adult Patients with ventilator-associated pneumonia. *J. Antimicrob. Chemoth.*, accepted for publication, March **2025** (IF 3.9)

119. Nikoletta Zoupanou, Paraskevi Papakyriakopoulou Nikitas Georgiou, Antigoni Cheilari, Uroš Javornik, Peter Podbevšek, Demeter Tzeli, **Georgia Valsami**, Thomas Mavromoustakos. Spectroscopic characterization using Nuclear Magnetic Resonance and Computational analysis of the complex of Donepezil with 2,6-Methyl- β -Cyclodextrin and Hydroxy propyl methyl cellulose. *Molecules*, Special Issue “Unlocking the Formulation Potential of Cyclodextrins and Their Derivatives—Volume II”, **2025**, 30, 1169. <https://doi.org/10.3390/molecules30051169>. (IF 4.2)

Projects

She has contributed in 12 research grants as PI or collaborator (total financial support 700KC)

Indicative projects: _ Influence of athlete’s hyperhydration on sample collection procedure in terms of urine pharmacokinetics of representative prohibited substances (WADA Research Grant, Reference number: 10D21CG) _ INDIVIDUALIZED DRUG THERAPY IN GREEK HOSPITALS BASED ON PHARMACOKINETIC MATHEMATICAL MODELING: FOCUS ON GENERICS (Cooperation 2011, MIS: 11SYN_10_1152) _ IN VITRO CHARACTERISATION AND IN VIVO PHARMACOKINETIC_FARMACODYNAMIC STUDY OF THE BIOACTIVE COMPONENTS OF *Crocus sativus* L. SOLID EXTRACTS: FOCUS ON THEIR POSSIBLE ANTI_ATHEROSCLEROTIC AND CARDIOPROTECTIVE EFFECTS AND THE DEVELOPMENT OF ORALLY ADMINIS_TERED DOSAGE FORMS (PABET 2013, MIS: 710_BET_2013); PRECISION INSIGHTS TO PNEUMONIA CARE - PRO-SCAP (CODE NUMBER: TAEDR-0541976)

Related research work:

- Extensive work on *in vitro* bioequivalence methodology (biowaiver) (see publications #17, #18, #24, #26, #27, #33)
- Extensive experimental and computational work on procedures related to GI absorption and PK modeling (see publications #10, #13, #16-18, #22-24, #27, #29, #31, #33-35, #56, #58-59, #61, #65-67, #74, #82, #91-92, #97, #100, #103, #118)
- Collaboration with the Biomedical Research Foundation of the Academy of Athens (BRFAA) in pre-clinical pharmacokinetic-pharmacodynamic studies (protocol design, data analysis modelling and implementation) (see publications #40, #49-52, #56-57, #63, #69, #72-73, #75, #78-80, #84, #86, #92-95, #97, #103-104, #114, #117)
- Collaboration with Greek Hospitals in Clinical Pharmacokinetic-Pharmacodynamic studies (protocol design, data analysis modelling and implementation) with emphasis in dose individualization (see publications #30, #32, #41-42, #45-48, #66-69, #74, #82, #91, #118).
- Collaboration with Trinity College Dublin, Ireland. School of Medicine, Prof. Kumlesh Dev, (Development and preclinical evaluation of nasal products for CNS diseases, see publications #110, #114, patents #4-5)

Patent ownership:

1. A method for the improvement of water solubility of silibinin as ingredient of sylimarin. GR20150100312
2. Method for cold extraction and development of stable aqueous extracts from the stigmas of the Greek plant *CROCUS SATIVUS* L. and application for the prevention and treatment of atherosclerosis. GR1008908-19/12/2016.
3. A new dosage form of echinochrome A and a method for its production. Αριθμός κατάθεσης OBI: 20220101012
4. Treatment of leukodystrophy. Priority patent application filed September 2023, Reference: KD02-1046-01.
5. "Treatment of disorders using sphingosine-1-phosphate receptor modulators" Priority patent application filed October 2024, Reference: KD 1117-01.

Memberships

_Greek National Organization of Medicines (NOM): External Evaluator (2011-today) and member of the Scientific Board of Approvals (2015_2020)

- Member of the Organising and Scientific committees of 8 international conferences (one as chair organizer)

- Association Memberships: Panhellenic Association of Pharmacists; Controlled Release Society (CRS) [President of the Greek Local Chapter 2000_2011]; American Association of Pharmaceutical Scientists

- Editorial Activities: as Referee: Basic & Clinical Pharmacology & Toxicology; Biomedicine & Pharmacotherapy; European Journal of Pharmaceutical Sciences; European Journal of Pharmaceutics & Biopharmaceutics; Journal of Pharmacy & Pharmacology; Molecular Pharmaceutics; Antimicrobial Agents and Chemotherapy; Phytotherapy Research; AAPS Pharmaceutical Science and Technology; Journal of Drug Delivery Science and Technology etc; as Member of the Editorial Board: Molecules; as Guest Editor: Molecules Special Issue on "Cyclodextrins and Their Derivatives: A Basis for New Drug Formulations"; Molecules Special Issue on "Unlocking the Formulation Potential of Cyclodextrins and Their Derivatives—Volume II"

- Distinctions_Awards: 1987, Greek State Scholarship Foundation (IKY). Scholarship for postgraduate studies (36 months) awarded after examinations; 2012, Best oral presentation award, 1st Congress of Pharmaceutical Sciences, 27-30 April, Athens, Greece (PHARMACOKINETICS OF SILIBININ AFTER ADMINISTRATION TO MICE AS A LYOPHILIZED HP- β -CD PRODUCT); 2013, Best research work award, 27th Congress of the Diabetes Association of Northern Greece, Thessaloniki, November, 14-16, 2013 (THE IMPACT OF SAFFRON ADMINISTRATION ON ATHEROSCLEROSIS DEVELOPMENT IN AN EXPERIMENTAL ANIMAL MODEL); 2014, poster Prize from ChemMedChem, 32nd Cyprus – Noordwijkerhout Camerino symposium, May 18-22, 2014 (INTERACTIONS OF SILYBININ WITH CYCLODEXTRINS DERIVATIVES USING SOLID AND LIQUID STATE NMR SPECTROSCOPY, DIFFERENTIAL SCANNING CALORIMETRY, AND ISOTHERMAL TITRATION CALORIMETRY AS WELL AS MOLECULAR DYNAMICS SIMULATIONS); 2014, Best poster presentation award, from the Greek Society of Haematology, 25th Hellenic Congress in Haematology, November, 2014 (DEVELOPMENT AND IMPLEMENTATION IN HELLENIC HOSPITALS OF A PLATFORM FOR THE INDIVIDUALIZATION OF THE DOSE OF INTRAVENOUSLY ADMINISTERED BUSULFAN); 2016, oral presentation Prize from Greek Association of Nephrologists, 19th Hellenic Nephrology Conference, May 2016 (MEASUREMENT OF PLASMA MYCOPHENOLIC ACID LEVELS IN PATIENTS AFTER KIDNEY TRANSPLANTATION AND INVESTIGATION OF THE NEED FOR DOSAGE INDIVIDUALIZATION); BEST ABSTRACT AWARD from the American Association of Pharmaceutical Scientists (AAPS), 6/2022 (Nose to Brain Delivery of Donepezil after the Administration of HPMC-Me- β -CDPEG400 Based Nasal Films in C57BL/6J Mice).

- Presentations in Scientific Conferences: More than 100 presentations in International and National Conferences as poster presentations and as invited speaker. Indicative presentations (last five years):

- 3rd European Conference on Pharmaceutics, 25 - 26 March **2019**, Bologna, Italy. Water soluble silibinin-HP- β -CD lyophilized product: possible protective effect under surgical liver ischemia/reperfusion conditions in rats, by decreasing TNF- α gene expression in the liver, kidneys and lungs. Anastasia-Eirini Georgakopoulou, Afroditi Betsou, Ourania Konstandi, Christos Kenoutis, C Kostomitsopoulos, Michael Pitsiakoudis, Constantinos E. Simopoulos, Alexandra Tsaroucha, Georgia Valsami. (poster).
- 28th PAGE meeting, June 11-14, **2019**, Stockholm, Sweden. "Hyperhydration effect on pharmacokinetic parameters of recombinant human erythropoietin in urine and serum doping control analysis". I. Athanasiadou, A. Dokoumetzidis, SC. Voss, W. El Saftawy, M. Al-Maadheed, C. Georgakopoulos, G. Valsami. (poster).
- AAPS 2019 PHARMSCI 360, November 3-6, **2019**, San Antonio, Texas, USA. "Ex Vivo Transport Study on Quercetin-Cyclodextrin Inclusion Complexes as Candidates for Nose-to Brain Delivery", Paraskevi Papakyriakopoulou, Konstantina Manta, Dimitrios Spaneas, Eirini Christodoulou, Gaia Colombo, Paraskevas P. Dallas, Dimitrios M. Rekkas, Georgia Valsami. (poster)
- American Thoracic Society International Congress, 15-20 May **2020**, Philadelphia, USA. "Colistin Concentration in Epithelial Lining Fluid (ELF), Following High-Dose Colistimethate Sodium (CMS) Nebulization, Using Two Different Nebulizers". Anna Kyriakoudi, Georgia Valsami, Konstantinos Pontikis, Stavrina Avgeropoulou, Efthimios Neroutsos, Eirini Christodoulou, Eleni Moraitou, Sophia Markantonis, Aristides Dokoumetzidis, Antonia Koutsoukou. (poster)
- 12th World Meeting on Pharmaceutics, Biopharmaceutics and Pharmaceutical Technology, 11-14 May **2021**, Vienna, Austria. "Preparation, thermal analysis and solubility study of a quercetin inclusion complex with methyl- β -cyclodextrin", Konstantina Manta, Paraskevi Papakyriakopoulou, Nikolaos Naziris, Maria Chountoulesi, Costas Demetzos, Georgia Valsami. (poster)
- AAPS 2021 PHARMSCI 360, October 17-20, **2021**, Philadelphia, Pennsylvania, USA. Development and ex vivo evaluation of a novel donepezil film for possible nose-to-brain delivery in Alzheimer's disease: A DoE application. Paraskevi Papakyriakopoulou, Dimitrios M. Rekkas, Georgia Valsami. (poster)
- AAPS 2022 PHARMSCI 360, October 16-19, **2022**, Boston, USA. Design of a personalized nasal device (Matrix-Piston nasal Device, MPD) for nose-to-brain delivery: A 3D-Printing application. Ioanna-Maria Menegatou, Paraskevi Papakyriakopoulou, Dimitrios M. Rekkas, Paraskevas Dallas, Georgia Valsami. (poster)
- AAPS 2022 PHARMSCI 360, October 16-19, **2022**, Boston, USA. Nose to Brain Delivery of Donepezil after the Administration of HPMC-Me- β -CD-PEG400 Based Nasal Films in C57BL/6J Mice. Paraskevi Papakyriakopoulou, Evangelos Balafas, Nikolaos Kostomitsopoulos, Georgia Valsami. (poster)
- 12th Panhellenic symposium on Biomaterials. December 2022, Athens, Greece. Preparation and physicochemical characterization of hybrid PEO-b-PCL/cyclodextrin block copolymer systems. Elmina-Marina Saitani, Dimitrios Selianitis, Natassa Pippa, Georgia Valsami, Stergios Pispas.
- 6th EMJMD NANOMED WORKSHOP-NANOMEDICINES IN THE POST mRNA-VACCINE ERA. 10-12 July **2023**, Patra, Greece. Elmina-Marina Saitani, Paraskevi Papakyriakopoulou, Natassa Pippa, Stergios Pispas, Georgia Valsami. DESIGN AND DEVELOPMENT OF POLOXAMER 407/TWEEN 80/METHYL- β -CYCLODEXTRIN SYSTEM LOADED WITH ROPINIROLE HYDROCHLORIDE FOR NOSE-TO-BRAIN DELIVERY. (poster)
- 6th EMJMD NANOMED WORKSHOP-NANOMEDICINES IN THE POST mRNA-VACCINE ERA. 10-12 July 2023, Patra, Greece. Nose to Brain Delivery of Donepezil Nasal Films. Paraskevi Papakyriakopoulou, Evangelos Balafas, Gaia Colombo, Dimitrios Rekkas, Nikolaos Kostomitsopoulos, Georgia Valsami. (poster)
- 6th EMJMD NANOMED WORKSHOP-NANOMEDICINES IN THE POST mRNA-VACCINE ERA. 10-12 July 2023, Patra, Greece. DUAL-RESPONSIVE DSPC:DOPC:P(OEGMA950-DIPAEMA) NANOSTRUCTURES: EVALUATING THE DESIGN PARAMETERS AFFECTING THEIR PERFORMANCE. Efstathia Triantafyllopoulou, Dimitrios Selianitis, Natassa Pippa, Georgia Valsami and Stergios Pispas. (poster)
- 20th Panhellenic Pharmaceutical Congress, December 16-17, 2023, Athens, Greece. FABRICATING HYBRID PARTICLES FOR POSSIBLE NOSE-TO-BRAIN DELIVERY OF ROPINIROLE. Elmina-Marina Saitani, Natassa Pippa, Paraskevi Papakyriakopoulou, Stergios Pispas, Georgia Valsami. (oral presentation)
- 20th Panhellenic Pharmaceutical Congress, December 16-17, 2023, Athens, Greece. Development, in vitro – ex vivo evaluation and Nose-to-Brain delivery of fingolimod from HPMC- based nasal films in C57BL/6J mice. Paraskevi Papakyriakopoulou, Evangelos Balafas, Nikolaos Kostomitsopoulos, Dimitrios M. Rekkas, Kulmesh K. Dev, Georgia Valsami. (oral presentation)
- Thermal Analysis Symposium, 2024, Athens. Thermal Analysis of Hybrid PEO-b-PCL/Tween 80/Cyclodextrin Systems: Insights from DSC and mDSC Techniques. Elmina-Marina Saitani, Natassa Pippa, Stergios Pispas, Georgia Valsami. (oral presentation)
- 2nd Panhellenic Congress on Medical Physics. 4-6 October 2024, Athens. HYBRID NANOPARTICLES FOR POSSIBLE NOSE-TO-BRAIN DELIVERY OF ROPINIROLE HYDROCHLORIDE. Elmina-Marina Saitani, Natassa

- Pippa, Stergios Pispas, Georgia Valsami. (oral presentation)
17. JOINT EUFAPS - ÖPhG MEETING, VIENNA 2025: Pharmaceutical Sciences in the Heart of Europe. 19-22 February 2025, Vienna, Austria. Hybrid Nanoparticles and Lyophilized Powders for Possible Nose-to-brain Delivery of Ropinirole. Elmina-Marina Saitani, Natassa Pippa, Stergios Pispas, Georgia Valsami. (oral presentation)

- Indicative Invited Lectures:

1. «Basic concepts on drug protein binding and distribution» Seminar on «Biopharmaceutics – Pharmacokinetics and their role in pharmacotherapy» 27th Hellenic Medical Congress, 8-12 May **2001**, Athens, Greece.
2. «Monoclonal antibodies in cancer: The pharmacokinetic view» 1st Joint Congress on Cancer, 20-23 Μαρτίου **2003**, Athens, Greece.
3. "Quantitative aspects of Biopharmaceutics Classification System", 2nd International Symposium on Scientific and Regulatory Aspects of Dissolution and Bioequivalence. 3-5, June **2005**, Athens, Greece.
4. "Cyclodextrins and the Biopharmaceutic Classification of Drugs", European IP - Galenos Course on Cyclodextrins and their Use in Life Sciences, University of Lisbon, 5-14 September, Lisbon, Portugal, **2005**.
5. "Solubility Enhancement using Cyclodextrins" Socrates Intensive Programme (29240-IC-1-2002-1-IT-ERASMUS-IPUC-1 3rd Edition) on, Innovative therapeutics: from molecules to medicines, N&K University if Athens, July 3-13, **2006**, Athens, Greece.
6. «Pharmacokinetic-Pharmacodynamic Models: Dose-Pharmacologic effect relationship». Seminars for Community Pharmacists, 02 Απριλίου **2008**. Athens, Greece.
7. «Formulations and GI lumen contents may both be "supersaturated: Do they fit in the Biopharmaceutic Classification Approaches?». International Congress on New Delivery Systems, Biosimilars, Bioequivalence-Bioequivalents: Scientific, Industrial and Regulatory Aspects" July 2-3, **2010**, Athens, Greece.
8. «Bioequivalence studies: Methodology, Statistical analysis, examples», 2nd Scientific Summer Symposium of the Clinic of Rheumatology & Center of Osteoporosis of the 3rd IKA Hospital. 3-5 Ιουλίου **2010**, Elounda-Crete, Greece.
9. «Bio-Similars», Symposium on: Bioequivalence: presence and future, 06 December **2010**, NIMITS.
10. «Bioequivalence – Biologics - Biosimilars», Hellenic Navy Hospital, Educational Seminars **2011**, 12 April 2011, Athens, Greece.
11. «Biosimilars: Current legislation», 1st Conference on Pharmaceutical Sciences: From Research to Society. 27-30 Απριλίου **2012**, Athens, Greece.
12. «Cyclodextrins as carriers in drug delivery» 2nd Conference on Pharmaceutical Sciences: From Research to Society, 9-11 October **2014**, Patra, Greece.
13. "Generics and Biosimilars", 3rd Hellenic Congress on applied Pharmacy. 6-7 May **2017**, Thessaloniki, Greece.
14. «Generic drugs: in vivo evaluation and use in pediatric population». 16th Educational Seminar on Pediatrics. 10 February **2018**, Heraklion, Crete, Greece.
15. «Pediatric Drugs: Current legislation in EU»: 4th Hellenic Congress on applied Pharmacy, 5-6 May **2018**, Thessaloniki, Greece.
16. "Biosimilars: Current legislation in EU", Pharmaceutical Athenian Congress – PharmACon, 20-21 October **2018**, Athens, Greece.
17. "By-passing Blood-Brain-Barrier: Nose-to-Brain drug delivery", 19th Panhellenic Pharmaceutical Congress. December 16-16, **2019**, Athens, Greece.
18. "Formulation and in vitro/ex vivo/in vivo evaluation of natural products with enhanced biopharmaceutical and pharmacokinetic properties", CIVIS Summer School on Natural Products: From Theory to Current Research and Applications. July 4-8, **2022**, Department of Pharmacy, NKUA, Athens, Greece.
19. "Development of nasal formulations for nose-to-brain drug delivery", 6th EMJMD NANOMED WORKSHOP-NANOMEDICINES IN THE POST mRNA-VACCINE ERA. 10-12 July **2023**, Patra, Greece.
20. Clinical studies in adults and children: bioethical issues. 8th Conference in Education and Research. Alexandroupolis, 5-7 April 2024.
21. Nasal Drug Administration: Drug delivery to CNS bypassing Blood-Brain-Barrier (nose-to-brain drug delivery). 10th Panhellenic Congress on Applied Pharmacy, Thessaloniki 18-19 May 2024.
22. "Development of nasal formulations for nose-to-brain drug delivery: focus on natural products". CIVIS BIP: Application of formulation technologies on natural products, 11 October 2024, Department of Pharmacy, NKUA, Athens, Greece.

Other Relevant Information

- Experience on Marketing Authorisation procedures for pharmaceutical products (6year experience as Head of the Regulatory affairs Department of UNIPHARMA S.A. Pharmaceutical Laboratories; External Evaluator and Member of the Scientific Board of Approvals of Greek National Organization of Medicines)

- Registered Pharmacist in Greece