

CURRICULUM VITAE
Giorgos K. Sakkas Ph.D.
CV Summary

Current Position:



Assistant. Professor in Exercise in Clinical Populations
School of Physical Education, Sports Science and Dietetics ,
University of Thessaly, Greece

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Visiting Professor of Lifestyle Medicine,
School of Sport and Health Sciences
Cardiff Metropolitan University

Cardiff, Wales, UK
https://www.researchgate.net/profile/Giorgos_K_Sakkas

Original Articles	108 (20 First Author/25 Last Author)
Citation Index	4316
H-index/G-index	36/56
Average Impact Factor	4.454 (2021)
Teaching	Various BSc modules related to Exercise and Health Co-Director of the “Therapeutic Exercise Specialization” Co-Director MSc in Lifestyle Medicine (International Master) MSc Exercise and Health: Assessment and Prescription, UTH MSc Military Fitness, UTH MSc Renal Care, UTH MSc Neurorehabilitation, UTH MSc Molecular and Applied Physiology, EKPA
Director of Studies PhD Supervision	5 / 3 completed
PhD supervisor (total)	11
Post-Doctoral Mentorship	5 young researchers / 3 academic staff
External Funding Record	Principal Investigator: 2.5M € Co-PI: >8.5M €
Associate Editor	1. Nutrients (IF:5.7) 2. Frontiers in Physiology (IF: 4.1) 3. BMC Nephrology (IF:2.3) 4. BMC Research Notes (uIF:1.6)
Memberships	Director of the Lifestyle Medicine Laboratory - KEAFA
Current Consortia Actions – Funded COST	1. CA19127 - Cognitive decline in Nephro-Neurology: European Cooperative Target (2020-2024) 2. CA20104 - Network on evidence-based physical activity in old age (2021-2025)

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Advisory Bodies	<ol style="list-style-type: none"> 1. European Brain Council - EBC VALUE of Treatment Project - Case Study Restless Legs Syndrome expert 2. SONG: The Standardized Outcomes in Nephrology (fatigue, vascular access complications, cardiovascular disease and death) Haemodialysis Fatigue Expert, 3. American Society of Nephrology – Exercise in Chronic Kidney Diseases Committee 4. GREX member – Global Renal Exercise Group 5. Exercise is Medicine – Greece regional Elected member (General Secretary) 6. European Restless Legs Syndrome Group – Elected Vice President
External Reviewer, Rapporteur and Vice Chair	<ol style="list-style-type: none"> 1. COST Action – Horizon 2020 – 2015 to present 2. ITN Action – Horizon 2020 – 2015 to 2020 3. Vice Chair - IF MSCA – Horizon 2020 - 2018 to present 4. EASME - European Commission's Executive Agency for Small and Medium-sized Enterprises - 2017-to present 5. Malta Further and Higher Education Authority (MFHEA) 6. Kidney Research UK 7. Fitness Awards – Boussias 8. Sleep Awards – Boussias 9. Executive Agency for Higher Education Research Development and Innovation Funding (UEFISCDI) Romania 10. Nałęcz Institute of Biocybernetics and Biomedical Engineering Polish Academy of Sciences - Poland
Registered Clinical Trials as Principal Investigator (PI)	<ol style="list-style-type: none"> 1. Lifestyle Medicine Strategies for Combating Sleepiness and Fatigue in Professional Drivers (HighWay2Health)- ClinicalTrials.gov Identifier: NCT05096130 (on going) 2. Impact of Cold Dialysis in Combination With Intradialytic Exercise in Aspects Related to Quality of Life and Health (REACD)-ClinicalTrials.gov Identifier: NCT03905551 (completed) 3. Combination Treatment With Green Tea Extract and Statins in Patients With Hypercholesterolemia (GTE-Stat)- ClinicalTrials.gov Identifier: NCT00944827 (completed) 4. Exercise Training in Dialysis Patients with Restless Legs Syndrome (RLS) (HDRLS)- ClinicalTrials.gov Identifier: NCT00942253 (completed) 5. Sleep and Training Aspects in Dialysis Fatigue - Exercise Intervention (StandFirm)- ClinicalTrials.gov Identifier: NCT01721551 (completed) 6. Low- Load- High- Repetitions Training Versus Pilates on Physical Fitness in Inactive Women (GetActive)- ClinicalTrials.gov Identifier: NCT04360499 (completed)

EDUCATION

1997- 2001:

Doctor of Philosophy (PhD)

Manchester Metropolitan University, UK
Centre for Biophysical & Clinical Research into Human
Movement
Field: Clinical Exercise Physiology

1991-1995:

Bachelor of Science (BSc - Hons) (4yrs course)

National & Kapodistian University of Athens, Greece
Department of Physical Education and Sport Science
Field: Exercise Physiology

2017-2018:

Advanced Professional Diploma (AdvProfDip)

Birmingham City University, UK
School of Health Sciences
Field: Clinical Hypnosis and Related Techniques

EMPLOYMENT

Principal Positions Held

Jan 2019 – present

Assistant Professor in Clinical Exercise, University of Thessaly,
Greece

Dec 2017 – Dec 2020

Honorary Public Health Academic Contract – Public Health
England, UK

Dec 2016 – 2019

Associate Professor in Health Sciences, Faculty of Sport, Health and
Wellbeing, Plymouth Marjon University, Plymouth, UK

Dec 2013 – Jan 2016

Lecturer in Clinical Exercise Physiology
Department of Physical Education and Sport Science, School of PE
and Sport Science, University of Thessaly, Trikala, Thessaly Greece

Sept 2011 – Dec 2013

Research Associate Professor in Clinical Exercise Physiology
Institute for Research and Technology Thessaly Centre for Research
and Technology - Hellas (CERTH), Greece

May 2008 – 2011

Research Assistant Professor in Clinical Exercise Physiology
Institute of Human Performance and Rehabilitation Centre for
Research and Technology - Thessaly (CE.RE.TE.TH), Greece

Jan 2005 – 2016

Therapeutic Exercise Research Team Leader
University of Thessaly, School of Health Sciences, Department of
Medicine, Division of Nephrology,
Greece

Jan 2005- Jan 2007

Visiting Researcher Endocrinologist
University of California San Francisco (UCSF), Department of
Medicine, Division of Endocrinology, USA

Jan 2004- Jan 2005

Assistant Researcher Endocrinologist
University of California San Francisco (UCSF), Department of
Medicine, Division of Endocrinology, USA

Jan 2001-Jan 2004

Postdoctoral Researcher,
University of California San Francisco (UCSF), Department of
Medicine, Division of Endocrinology, USA

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Sept.1997 - Dec 2000 Research Associate – Part Time, Directorate of Renal Medicine, North Staffordshire Hospital, Trust, Stoke-on-Trent, UK

Ancillary Positions Held (Teaching)

2019 – Present Course Leader: 502- Μεθοδολογία Παρουσίασης Δεδομένων και Συγγραφής της Διατριβής , 611- Υπερχρήση και κατάχρηση του ανθρωπίνου σώματος, 515-Άσκηση, Πρόληψη και Αποκατάσταση Καρδιοπαθειών, 518-Αξιολόγηση και συνταγογράφηση για κλινικούς πληθυσμούς, ME1118-Άσκηση σε Κλινικούς Πληθυσμούς, ME1126-Συμπληρωματικές και Εναλλακτικές θεραπείες στην υγεία και στην Απόδοση, ME1139-Κλινική Εργοφυσιολογία, KE2021-Άσκηση & Υγεία: Θεραπευτική Άσκηση I, KE2022- Άσκηση & Υγεία: Θεραπευτική Άσκηση II.

2017 – 2018 Program Leader for the Master of Public Health, Plymouth Marjon University, Faculty of Sports Health and Wellbeing

Jan 2016 – 2018 Various module within the Faculty of Sports, Health and Wellbeing.

Sept 2014 – Jan 2016 Module director in Exercise, Ergospirometry and Rehabilitation, MSc program, University of Thessaly, in conjunction with the Dept of PE and Sports Science, and the Dept of Medicine, Thessaly, Greece (Module Director: MB02 Exercise training in chronic disease patients)

Sept 2014 – Present Module director in Military Fitness & Wellbeing, MSc program, University of Thessaly, Dept of PE and Sports Science, Trikala, Greece (Module Director: MB611 Overuse musculoskeletal injuries)

Dec 2013 – Present Module director in Exercise and Health, MSc program, University of Thessaly, Dept of PE and Sports Science, Trikala, Greece (Module Director: MB515 Cardiac Rehabilitation)

Jan 2006 – 2013 Visiting Lecturer in Clinical Exercise Physiology, BSc program, University of Thessaly, Dept of PE and Sports Science, Trikala, Greece

Jan 2006 – 2013 Visiting Lecturer in Exercise and Health, MSc program, University of Thessaly, Dept of PE and Sports Science, Trikala, Greece

Jan 2006 – 2007 Teaching Instructor in Clinical Biochemistry, BSc program, University of Thessaly, Dept of Biochemistry and Biotechnology, Larissa, Greece

Sept 2003 – Jan 2004 Part-Time Teaching Instructor in Human Physiology University of California Berkley, Extension, USA.

Sept 1997- Dec 2000 Part-time Teaching Instructor in Exercise Testing, Department of Sports Science, Manchester Metropolitan University, UK

Sept 1996 - May1997 Teaching Assistant in Exercise Physiology and Exercise Testing, National & Kapodistian University of Athens, Department of PE and Sport Science, Greece

STUDENT SUPERVISION

PhD: 11(7 completed)

Completed: Grigoriou Stefania (PI)
 Krase Argyro (PI)
 Varveri Danae (PI)
 Giannaki Christoforos (Co-PI, Dept of Medicine)
 Evangelou Christiana (Co-PI – University of Nicosia, Cyprus)
 Mitrou Georgia (Co-PI)
 Zigoulis Paris (Co-PI)

Current: Polyzou Eleni (PI)
 Ntoumas Ilias (PI)
 Kyriakou Gilda (Co-PI, Dept of Medicine)
 Zorz Konstantinos (Co-PI, Dept of Medicine)

MSc: 26 (26 completed)

BSc: >26 (all completed)

EXTERNAL FUNDS – as Principal Investigator (PI)

Note: for funds as a co-PI refer to page 16

2021-2022 Sarantis Trans Ltd for supporting the Highway2Health project
Funding: €4.000

2021-2022 Aegean Highway for supporting the Highway2Health project
Funding: €5.500

2021 – 2022 Delopoulos Ltd for supporting the Highway2Health project
Funding: €2.000

2017 - 2020 DDRC Hyperbaric Medicine Centre funding. Contribution towards the completion of the collaborative PhD project investigating the cardiovascular risk of asymptomatic scuba divers with high cardiovascular risk.
Funding: £37,500

2015 - 2016 Writing a textbook entitled “Physical Evaluation in Special Populations” Third Call: Medical and Life Sciences: Greek Academic E-Books,
Funding: €10.000.

2014 - 2019 ICI-THROUGH: Intersectoral collaboration for innovation in non-invasive techniques to estimate human brown adipose tissue activity (Grant Agreement: 645710). Marie Skłodowska-Curie Actions - Research and Innovation Staff Exchange (RISE), Call: H2020-MSCA-RISE-2014.
Funding €888.205

2013 - 2017 GI-Neu: Impact of colostrum-based nutraceuticals on functional gastrointestinal disorders. EU FP7 People; Marie Curie Industry-Academia Partnership and Pathways (IAPP) call: FP7-PEOPLE-2012-IAP (grant no. 324476). **Funding €646.672**

2011 - 2012 The General Secretariat for Research and Technology, Directorate of the support of Research Programmes of the European Commission - European Social Fund (ESF). **Funding: € 7,000**
 Title: Characteristics and function assessment of innovative diving wetsuits.

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- 2006 - 2008 The General Secretariat for Research and Technology, Directorate of the support of Research Programmes of the European Commission - European Social Fund (ESF). **Funding: € 78,000**
Title: The effect of a dopamine agonist in the quality of life of hemodialysis patients suffering from the restless legs syndrome. Is there a synergy between dopamine agonists and the beneficial effects of exercise in promoting fitness in hemodialysis patients?
- 2005-2007 Greek State Scholarship Foundation – **Funding: € 11,000**
Title: The effect of Restless Legs Syndrome in the functional capacity and quality of life in hemodialysis patients
- 2003 –2004 National Institute of Health – Center for AIDS Research, Mentor Research Scientific Development Award, USA **Funding: \$ 65.000**
Title: Use of Magnetic Resonance Spectroscopy in the Evaluation of Hepatic Lipid Content and Mitochondrial Energy Metabolism in Patients with HIV and HCV Infection
- 1997 – 2001 PhD Research Studentship from the Greek State Scholarship Foundation – **Funding: £35.000**. Title: End Stage Renal Failure and the Composition of Striated Muscle: Pre and Post Exercise Intervention Strategy

AWARDS

- 2018 1st Award in the category of young health professional/researcher from the European Federation of Neurological Associations for my contribution in the field of Restless Legs Syndrome. EFNA 20th November 2018, Brussels, Belgium
- 2018 Oxford Textbook of Sleep Disorders, received both the First Prize in the Neurology Category and the BMA Medical Book of the Year Award at the official BMA Medical Book Awards 2018 ceremony. BMA House in London September 2018, UK.
- 2014 1st Scientific Award at the 4th National Conference of the Hellenic Society of Biochemistry & Physiology of Exercise, 24-26 Oct, Trikala, Thessaly Greece
- 2014 2nd Scientific Award at the 4th National Conference of the Hellenic Society of Biochemistry & Physiology of Exercise, 24-26 Oct, Trikala, Thessaly Greece
- 2013 1st Scientific Award at the 42st EDTNA/ERCA International Conference, 31st – 3rd September, Malmo Konserthus, Sweden.
- 2012 1st Scientific Award at the 41st EDTNA/ERCA International Conference, 15-18 September, Strasbourg, France
- 2010 1st Scientific Award at the 9th Greek Hellenic Nurse Nephrological conference, 27-30 May, Skiathos, Greece
- 2009 1st Endocrine Society and Pfizer, Inc. International Award for Excellence in Published Clinical Research in *The Journal of Clinical Endocrinology & Metabolism* in 2009. This prestigious award recognizes the four best clinical research papers published in JCEM each year (*paper No 23*)*
- 2008 1st Scientific Award at the 37th EDTNA/ERCA International Conference, 6-9 September, Prague, Czech
- 2006 1st Scientific Award at the 35th EDTNA/ERCA International Conference 9-11 September, Madrid, Spain

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2005	Conference Travel Award at the 7 th International Workshop on Adverse Drug Reactions and Lipodystrophy in HIV, 13-16 November, Dublin, Ireland
2003	Travel grant from the 11 th International Society of Magnetic Resonance in Medicine, Toronto, Canada.
2002	Travel grant from the 4 th International Workshop on Adverse Drug Reaction and Lipodystrophy in HIV, San Diego, USA.
2002	5 th Young Scientist Award from the 7 th European College of Sport Science, Athens, Greece.
2002	Travel grant from the 10 th International Society of Magnetic Resonance in Medicine, Hawaii, USA.
2001	Travel grant from the 1 st International Workshop in Non Invasive Investigation of Muscle Function, Marseille, France.
1995	Erasmus Exchange Program Scholarship Award, EU.

WORKSHOPS / PROFESSIONAL DEVELOPMENT

- Executive Business Coaching Training, Lead on Board – Dupon, January 2021
- GHR Accredited Clinical Hypnotherapist, November 2018
- BSCAH Accredited Clinical Hypnotherapist, September 2018
- Remote and Offshore Diving Medicine (D1), Royal College of Surgeons of Edinburgh, UK (ongoing)
- Diving Medical Technician, European Hyperbaric Association, ddr HealthCare, Plymouth, Devon, UK 2018
- European Basic Hyperbaric Medicine course: ddr HealthCare, Plymouth, Devon, UK 2018
- Hyperbaric Chamber Operator course: ddr HealthCare, Plymouth, Devon, UK 2018
- Hyperbaric Safety Director course: ddr HealthCare, Plymouth, Devon, UK 2018
- Echosonography online course: 123Sonography.com, Medical University of Vienna 2014-2015
- Task Management: How to become an efficient leader. November 2nd 2011, Trikala, Greece
- Intensive seminar in Research for SME (R4SME) and SME Association groupings in the FP7 calls (funding for industry & research community endeavors) April 2011, Trikala, Greece.
- Interactive Digital Language IDL Seminars – First level – September 2008 Athens Greece
- Clinical Polysomnography course – Hellenic Society for Sleep Disorders, 1-3 February 2008, Thessaloniki, Greece
- European Funding Academy, 7th Framework programme + CIP Workshop, 26-30 November 2007 Budapest, Hungary
- Training course in Clinical Polysomnography – SOMNOmedics GmbH, 18-19 October Randersacker, Germany
- Seminars for the Seventh Framework Program for research and technological development (FP7), Dec 2006 to April 2007, Athens, Greece
- Summer School on MRI and MRS, International Society of Magnetic Resonance in Medicine in collaboration with the Clinical Imaging Center, MRI Department, Central Military Hospital, 20-24 June 2005, Bucharest, Romania

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- Dynamic Spectroscopy and Measurements of Physiology, Metabolism and Function, organized by the International Society for Magnetic Resonance in Medicine 6-8th September 2003, Orlando, Florida, USA
- Managing Success: Management Skills for Scientists, May 17 2003, UCSF, USA
- Effective and Dynamic Oral Presentations for Scientists (UCSF, April 19, 2003).
- Writing, Publishing and Creating Open Access to Scientific Literature March 15, 2003, UCSF, USA
- Regulations and Ethics in the Use of Human and Animal Subjects February 21 2003, UCSF, USA
- Fostering Creativity and Inventing Your Research Identity February 15 2003, UCSF, USA
- Research Techniques in Human and Aerospace Physiology Workshop, organized by the Physiological Society, December 2000, University College London, UK
- Smooth muscle contraction workshop, August 2000, Liverpool University, UK
- Full attendance (part-time) of the MSc course entitled: Molecular Pathology and Toxicology, 1998-2000, Leicester University, UK.

PUBLICATIONS

Original Articles (Peer Reviewed): 110

Citation Index: 4316

H-Index: 36

G-Index: 56

Average Impact Factor: 4.454

1. K.L. Johansen, T. Shubert, J. Doyle, B. Soher, **Sakkas GK**, J.A. Kent Braun. "Muscle atrophy in patients receiving hemodialysis: Effect on muscle strength, muscle quality, and physical function". *Kidney Int.* **2003 Jan**;63(1):291-297. [*ImpFact*: 10.612], [cited by 454]
2. K.L. Johansen, **Sakkas GK**, J. Doyle, T. Shubert, and R.A. Dudley. "Exercise Counseling Practices among Specialists Caring for Patients with Chronic Disease: The Example of Nephrologists". *Am J Kidney Dis.* **2003 Jan**;41(1):171-8. [*ImpFact*: 8.860]. [citations: 147]
3. **Sakkas GK**, D. Ball, T.H. Mercer and P.F. Naish. "An alternative histochemical method to simultaneously demonstrate muscle nuclei and muscle fibre type". *Eur J Appl Physiol.* **2003 Jun**;89(5):503-5. [*ImpFact*: 3.078]. [citations: 4]
4. **Sakkas GK**, A.J. Sargeant, D. Ball, T. Mercer, P. Koufaki, C. Karatzaferi and P.F. Naish. "Changes in muscle morphology in dialysis patients after 6 months of aerobic exercise training". *Nephrology Dialysis Transplantation* **2003 18**:1854-1861 [*ImpFact*: 5.992]. [citations: 211]
5. **Sakkas GK**, D. Ball, T. Mercer, K. Tolfrey, A.J. Sargeant and P.F. Naish. "Atrophy of Non-locomotory muscle in patients with end stage renal failure". *In Nephrology Dialysis Transplantation* **2003 18(10)**:2074-81. [*ImpFact*: 5.992]. [citations: 133]
6. K.S. Topp, P.L. Painter, S. Walcott, J.B. Krasnoff, D. Adey, **Sakkas GK**, J. Taylor, K. McCormick, M. teNyenhuis, M. Iofina, S. Tomlanovich, P. Stock. "Alterations in Skeletal Muscle Structure are Minimized with Steroid Withdrawal Following Renal Transplantation". *Transplantation* **2003, 27**;76(4):667-673. [*ImpFact*: 4.939]. [citations: 45]
7. J.S.M. Pringle, J.H. Doust, H. Carter, K. Tolfrey, I.T. Campbell, **Sakkas GK**, A.M. Jones. "Oxygen uptake kinetics during moderate, heavy and severe intensity submaximal exercise in humans: the influence of muscle fibre type and capillarisation. *Eur J Appl Physiol.* **2003, 89**:289-300. [*ImpFact*: 3.078]. [citations: 247]
8. **Sakkas GK**, D. Ball, A.J. Sargeant, T.H. Mercer, P. Koufaki & P.F. Naish. "Skeletal muscle morphology and capillarisation of renal failure patients receiving different dialysis therapies". *Clinical Science* **2004, 107**, 617-623. [*ImpFact*: 6.124]. [citations: 39]

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9. **G.K.Sakkas**, Stefanidis I, Liakopoulos V, Johansen KL. “Male dialysis patients are subject to a higher rate of muscle wasting and weakness than female counterparts” *HIPPOKRATIA* **2004**, *8*, 4:155-160.[*ImpFact*: 0.471] [citations: 5]
10. K.L. Johansen, J. Doyle, **Sakkas GK**, J. Kent-Braun. “Neural and Metabolic Mechanisms of Excessive Muscle Fatigue in Maintenance Hemodialysis Patients”. *American Journal of Physiology Regulatory, Integrative and Comparative Physiology* **2005**, 289:805-813. [*ImpFact*: 3.619]. [citations: 116]
11. **Sakkas GK**, J. Kent-Braun , T. Shubert , J. Doyle and K.L. Johansen. “Effect of diabetes mellitus on muscle size and strength in patients receiving dialysis therapy. *Am J Kidney Dis.* **2006** May;47(5):862-9. [*ImpFact*: 8.860]. [citations: 44]
12. *K. L. Johansen, P. L. Painter, **Sakkas GK**, P. Gordon, J. Doyle, T. Shubert. “Effects of Resistance Exercise Training and Nandrolone Decanoate on Body Composition and Muscle Function among Patients Receiving Hemodialysis: A Randomized, Controlled Trial”. *J Am Soc Nephrol.* **2006** Aug;17(8):2307-14 [*ImpFact*: 10.121]. [citations: 531]
13. X Li, JF. Youngren, B Hyun, **GK. Sakkas**, K Mulligan, S Majumdar, UB. Masharani, M Shambelan, ID. Goldfine. Technical evaluation for In-Vivo abdominal fat and IMCL quantification using MRI and MRSI at 3T. *Magn Reson Imaging* **2008** Feb;26(2):188-97. [*ImpFact*: 2.546]. [citations: 38]
14. G M. Hadjigeorgiou, I Stefanidis, E Dardiotis, K Aggellakis, **Sakkas GK**, S Konitsiotis, K Paterakis, A Poultsidou, V Tsimourtou, S Ralli, K Gourgoulianis, E Zintzaras. Low prevalence of restless legs syndrome and awareness in South East Europe: An epidemiological survey in Central Greece. *Eur J Neurol.* **2007** Nov;14(11):1275-80 [*ImpFact* 6.089]. [citations: 101]
15. **GK Sakkas**, C Karatzaferi, V Liakopoulos, MD Maridaki, E Lavdas, KI Gourgoulianis and I Stefanidis. “Polysomnographic evidence of sleep apnea disorders in lean and overweight hemodialysis patients”. *Journal of Renal Care* **2007** Oct-Dec;4:159-163 [*ImpFact*: 1.294]. [citations: 12]
16. PL Gordon, **GK Sakkas**, JW Doyle, T Shubert and KL Johansen. Relationship between Vitamin D and Muscle Size and Strength in Patients on Haemodialysis. *J Ren Nutr.* **2007** Nov;17(6):397-407 [*ImpFact*: 3.655]. [citations: 73]
17. **GK Sakkas**, KI Gourgoulianis, C Karatzaferi, V Liakopoulos, MD Maridaki, C Pastaka, E Lavdas, BJ Soher, S Dovas, I Fezoulidis, GM Hadjigeorgiou, and I Stefanidis. “Hemodialysis patients with sleep apnea syndrome experience increased central adiposity and altered muscular composition and functionality”. *Nephrol Dial Transplant.* **2008** Jan;23(1):336-44. [*ImpFact*: 5.992]. [citations: 47]
18. ***GK Sakkas**, GM Hadjigeorgiou, C Karatzaferi, MD Maridaki, CD Giannaki, PR Mertens, C Rountas, M Vlychou, V Liakopoulos, and I Stefanidis. “Intradialytic Aerobic exercise training ameliorates Restless Legs Syndrome symptoms and improves functional capacity in patients receiving dialysis therapy”. *ASAIO J.* **2008** Mar-Apr;54(2):185-90 [*ImpFact*: 2.872]. [citations: 124]
19. Papavasileiou V, Liakopoulos V, **Sakkas GK**, Hadjigeorgiou GM, Koukoulis G, Stefanidis I. Serum levels of adipokine retinol-binding protein-4 in relation to renal function, *Diabetes Care.* **2008** Apr;31(4):e23 [*ImpFact*: 19.112]. [citations: 11]
20. **GK. Sakkas**, V Liakopoulos, C Karatzaferi, I Stefanidis. Sleep quality and dialysis efficacy affect functional capacity in patients receiving hemodialysis therapy. *Nephrol Dial Transplant.* **2008** Aug;23(8):2703-4 [*ImpFact*: 5.992]. [citations: 4]
21. V Liakopoulos, **GK. Sakkas**, CD. Giannaki, M Giannopoulou, T Eleftheriadis, I Stefanidis. Factors affecting quality of sleep in dialysis patients: Preliminary polysomnographic evidence. *Ren Fail.* **2008**;30(4):475-6. [*ImpFact*: 2.606]. [citations: 6]
22. ***Sakkas GK**, Karatzaferi C, Zintzaras E, Giannaki CD, Liakopoulos V, Lavdas E, Damani E, Liakos N, Fezoulidis I, Koutedakis Y, Stefanidis IL. Liver fat, visceral adiposity and sleep disturbances contribute to the development of insulin resistance and glucose intolerance in non diabetic dialysis patients. *Am J Physiol Regul Integr Comp Physiol.* **2008** Dec;295(6):R1721-9. [*ImpFact*:3.17]. [citations: 44]

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23. ***G. K Sakkas**, K. Mulligan, M. DaSilva, J. W Doyle, H. Khatami, J. A Kent-Braun, M. Schleich T, Schambelan M. Creatine Fails to Augment the Benefits Derived from Resistance Exercise Training in Patients with HIV Infection. *PLoS ONE*. **2009**;4(2):e4605 [Imp Fact: 3.240]. [citations: 52]
24. * Mulligan K, Khatami H, Schwarz JM, **Sakkas GK**, DePaoli AM, Tai VW, Wen MJ, Lee GA, Grunfeld C, Schambelan M. The effects of recombinant human leptin on visceral fat, dyslipidemia, and insulin resistance in patients with human immunodeficiency virus-associated lipodystrophy and hypoleptinemia. *J Clin Endocrinol Metab*. **2009** Apr;94(4):1137-44. [PMID: 1917450] [ImpFact:6.495]- **International Award**. [citations: 130]
25. Giannaki CD, **Sakkas GK**, Hadjigeorgiou GM, Liakopoulos V, Anifandis G, Karatzaferi C, Koutedakis Y, Stefanidis I. Quality of life score is primarily affected by the mental rather than the physical component in patients with Restless Legs Syndrome. *Mov Disord*. **2010** Jan 15;25(1):135-6 [ImpFact 4.480]. [citations: 6]
26. **Sakkas GK**, Schambelan M, Mulligan K. Can the use of creatine supplementation attenuate muscle loss in cachexia and wasting? *Curr Opin Clin Nutr Metab Care* **2009** Nov;12(6):623-7. [ImpFact: 4.333]. [citations: 25]
27. Giannaki CD, **Sakkas GK**, Karatzaferi C, Hadjigeorgiou GM, Liakopoulos V, Lavdas E, Koutedakis Y, Stefanidis I. Non-pharmacological management of periodic limb movements during hemodialysis session in patients with uremic restless legs syndrome. *The Journal of American Society of Artificial Internal Organs* **2010** Nov-Dec;56(6):538-42. [ImpFact 1.221]. [citations: 37]
28. Giannaki CD, Stefanidis I, Karatzaferi C, Liakos N, Roka V, Ntente I, **Sakkas GK**. The effect of prolonged intradialytic exercise in hemodialysis efficiency indices. *The Journal of American Society of Artificial Internal Organs*, May-Jun;57(3):213-8. **2011** [Imp Fact: 1.221]. [citations: 67]
29. *Schormair B, Plag J, Kaffe M, Groß N, Czamara D, Samtleben W, Lichtner P, Ströhle A, Stefanidis I, Vainas A, Dardiotis E, **Sakkas GK**, Gieger C, Müller-Myhsok B, Meitinger T, Heemann U, Hadjigeorgiou GM, Oexle K, Winkelmann J. MEIS1 and BTBD9 - genetic association with RLS in ESRD patients. *J Med Genet*. 2011 Jul;48(7):462-6., **2011** [Imp Fact: 7.037]. [citations: 74]
30. Umesh B. Masharani, Betty A. Maddux, Xiaojuan Li, **GK. Sakkas**, Kathleen Mulligan, Morris Schambelan, Ira D. Goldfine, Jack F. Youngren. Insulin Resistance in Non-Obese Subjects is Associated with Activation of the JNK Pathway and Impaired Insulin Signaling in Skeletal Muscle. *PLOS One* May 11;6(5):e19878, **2011** [Imp Fact: 3.240]. [citations: 69]
31. *Giannaki CD, **Sakkas GK**, Karatzaferi C, Hadjigeorgiou GM, Lavdas E, Liakopoulos V, Tsianas N, Koukoulis GN, Koutedakis Y, Stefanidis I. Evidence of increased muscle atrophy and impaired quality of life parameters in patients with uremic Restless Legs Syndrome. *PLoS One*. **2011**;6(10):e25180. [Imp Fact: 3.240]. [citations: 72]
32. **Sakkas GK**. Visceral Adiposity and not Only Total Body Fat Content Should be Viewed as a Critical Parameters in Health Prognosis in Renal Failure. *Nephro-Urol Mon*. **2012**; 4(1):393-4. DoI: 10.5812/kowsar.22517006.2028. [Imp Fact: 0.35]. [citations: 2]
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105. Zoccali C, Ortiz A, Blumbyte IA, Rudolf S, Beck-Sickinge AG, Malyszko J, Spasovski G, Carriazo S, Viggiano D, Kurganaite J, Sarkeviciene V, Rastenyte D, Figurek A, Rroji M, Mayer C, Arici M, Martino G, Tedeschi G, Bruchfeld A, Spoto B, Rychlik I, Wiecek A, Okusa M, Remuzzi G, Mallamaci F; **CONNECT Action** (Cognitive Decline in Nephro-Neurology European Cooperative Target). Neuropeptide Y as a risk factor for cardiorenal disease and cognitive dysfunction in CKD: translational opportunities and challenges. *Nephrol Dial Transplant.* 2021 Dec 28;37(Supplement_2):ii14-ii23. doi: 10.1093/ndt/gfab284. [ImpactFactor: 5.992] [citations: 1]
106. Bikbov B, Soler MJ, Pešić V, Capasso G, Unwin R, Endres M, Remuzzi G, Perico N, Gansevoort R, Mattace-Raso F, Bruchfeld A, Figurek A, Hafez G; **CONNECT Action** (Cognitive Decline in Nephro-Neurology European Cooperative Target). Albuminuria as a risk factor for mild cognitive impairment and dementia-what is the evidence? *Nephrol Dial Transplant.* 2021 Dec 28;37(Supplement_2):ii55-ii62. doi: 10.1093/ndt/gfab261. [ImpactFactor: 5.992] [citations: 1]
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109. Capasso G, Wanner C; **CONNECT Action** (Cognitive decline in Nephro-Neurology European Cooperative Target). Present and future of CONNECT: a new and compelling project of modern medicine. *Nephrol Dial Transplant.* 2021 Dec 28;37(Supplement_2):ii1-ii3. doi: 10.1093/ndt/gfab301. [ImpactFactor: 5.992] [citations: 0]

Books

1. **Giorgos K. Sakkas.** Translation and Scientific Editing in Greek. Manual of Freediving – Underwater on a single breath by Umberto Pelizzari and Stefano Tovaglieri. APNEA publisher, ISBN 978-618-80050-0-6, May **2012**
2. **Giorgos K. Sakkas.** Manual of Exercise Testing in Special Populations. **2016**, e-book. Hellenic Academic Electronic Books – Kallipos, Hellenic Academic Electronic Libraries Link <https://repository.kallipos.gr/handle/11419/4892>

Book Chapters

1. **Sakkas GK,** Giannaki CD, Karatzaferi C, Stefanidis I. Exercise and Chronic Kidney Disease. Chapter 12, pp375. Gerodimos V and Karatrantou K. Exercise for Health: Prevention and Rehabilitation. 2021, Kostadaras Medical Publications, ISBN:978-960-608-051-7.
2. Giannaki CD, Krase A, Hadjigeorgiou G, Pantzaris M, **Sakkas GK.** Exercise and Multiple Sclerosis. Chapter 15, pp459. Gerodimos V and Karatrantou K. Exercise for Health: Prevention and Rehabilitation. 2021, Kostadaras Medical Publications, ISBN:978-960-608-051-7.
3. **Sakkas GK,** Giannaki CD, Karatzaferi C, Stefanidis I. Exercise in Transplant Recipients. Chapter 16, pp483. Gerodimos V and Karatrantou K. Exercise for Health: Prevention and Rehabilitation. 2021, Kostadaras Medical Publications, ISBN:978-960-608-051-7.
4. **Giorgos K. Sakkas** and Christoforos D. Giannaki. Chapter 42. Sleep in Other Medical Disorders Including Medication-Related Sleep Dysfunction. Sleep in Chronic Renal Insufficiency. Book Title: Oxford Textbook of Sleep and its disorders; by Sudhansu Chokroverty And Luigi Ferini-Strambi. ISBN: 9780199682003, Published 13th July **2017** by Oxford University Press.
5. **Giorgos K. Sakkas** and Ioannis Stefanidis. Chapter entitled “Emergent issues in Sleep related to renal disease and management” in “Acute and Emergent events in Sleep” by Sudhansu Chokroverty & Pradeep Sahota MD, published on the 27th January **2011** by Oxford University Press, ISBN: 978-0-19-537783-5.
6. Stefania S. Grigoriou Christina Karatzaferi and **Giorgos K. Sakkas.** Assessing Health - Related Quality of Life in Chronic Kidney Disease Patients: The Use of General and Specific Instruments , Pp. 25-46 (22) in “Outcomes Assessment in End-Stage Kidney Disease - Measurements and Applications in Clinical Practice” published by BENTHAM SCIENCE PUBLISHERS in **2013 DOI: [10.2174/97816080573511130101](https://doi.org/10.2174/97816080573511130101)**; **eISBN: 978-1-60805-735-1, 2013; ISBN: 978-1-60805-736-8.**
7. **Sakkas GK,** Tsianas N, Karatzaferi C. Exercise and Chronic Renal Diseases. Chapter 7. Exercise as a mean of prevention and rehabilitation for chronic diseases 2013. <http://www.exerciseforhealth.gr/index.php?mod=content&cid=e-book>
8. Dipla K, Zafeiridis A, **Sakkas GK,** Karatrantou K, Nikolaidis M. Exercise and Diabetes Mellitus. Chapter 5. Exercise as a mean of prevention and rehabilitation for chronic diseases 2013. <http://www.exerciseforhealth.gr/index.php?mod=content&cid=e-book>
9. Stavropoulos-Kalinoglou A, Karatzaferi C, **Sakkas GK.** Body composition assessment. Chapter 2, Manual of Exercise Testing in Special Populations. **2016**, e-book. Hellenic Academic Electronic Books – Kallipos, Hellenic Academic Electronic Libraries Link https://repository.kallipos.gr/bitstream/11419/4894/2/02_chapter_02.pdf
10. Kaltsatou A, Giannaki CD, Karatzaferi C, Maridaki MD, **Sakkas GK.** Functional Capacity Assessment. Chapter 3, Manual of Exercise Testing in Special Populations. **2016**, e-book. Hellenic Academic Electronic Books – Kallipos, Hellenic Academic

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https://repository.kallipos.gr/bitstream/11419/4895/2/02_chapter_03.pdf
11. Kaltsatou A, Karatzaferi C, Stavropoulos-Kalinoglou A, **Sakkas GK**. Assessment of Oxygen Consumption. Chapter 4. Manual of Exercise Testing in Special Populations. **2016**, e-book. Hellenic Academic Electronic Books – Kallipos, Hellenic Academic Electronic Libraries Link
https://repository.kallipos.gr/bitstream/11419/4895/2/02_chapter_04.pdf
 12. Mitrou G, Kaltsatou A, Pappas A, Karatzaferi C, **Sakkas GK**. Functionality, Flexibility and motor control assessment. Chapter 6, Manual of Exercise Testing in Special Populations. **2016**, e-book. Hellenic Academic Electronic Books – Kallipos, Hellenic Academic Electronic Libraries Link
https://repository.kallipos.gr/bitstream/11419/4895/2/02_chapter_06.pdf
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https://repository.kallipos.gr/bitstream/11419/4895/2/02_chapter_08.pdf
 14. Grigoriou SS, Karatzaferi C, Giannaki CD, **Sakkas GK**. Quality of life Assessment. Chapter 9, Manual of Exercise Testing in Special Populations. **2016**, e-book. Hellenic Academic Electronic Books – Kallipos, Hellenic Academic Electronic Libraries Link
https://repository.kallipos.gr/bitstream/11419/4895/2/02_chapter_09.pdf
 15. Stefanidis I, Kaltsatou A, **Sakkas GK**. Cardiac Function Assessment. Chapter 10, Manual of Exercise Testing in Special Populations. **2016**, e-book. Hellenic Academic Electronic Books – Kallipos, Hellenic Academic Electronic Libraries Link
https://repository.kallipos.gr/bitstream/11419/4895/2/02_chapter_10.pdf
 16. Lavdas E, Roka V, **Sakkas GK**. Osteoporosis Assessment. Chapter 11, Manual of Exercise Testing in Special Populations. **2016**, e-book. Hellenic Academic Electronic Books – Kallipos, Hellenic Academic Electronic Libraries Link
https://repository.kallipos.gr/bitstream/11419/4895/2/02_chapter_11.pdf
 17. Kaltsatou A, Stefanidis I, **Sakkas GK**, Karatzaferi C. Clinical/medical Examination of Athletes. Chapter 1, Manual for exercise testing in competitive athletes. **2016**, e-book. Hellenic Academic Electronic Books – Kallipos, Hellenic Academic Electronic Libraries Link https://repository.kallipos.gr/bitstream/11419/4444/2/02_chapter_01.pdf
 18. Stavropoulos-Kalinoglou A, **Sakkas GK**, Karatzaferi C. Body composition assessment in Athletes. Chapter 3, Manual for exercise testing in competitive athletes. **2016**, e-book. Hellenic Academic Electronic Books – Kallipos, Hellenic Academic Electronic Libraries Link https://repository.kallipos.gr/bitstream/11419/4444/2/02_chapter_03.pdf
 19. Kaltsatou A, Stefanidis I, Karatzaferi C, **Sakkas GK**. Cardiac Functional assessment in athletes. Chapter 4, Manual for exercise testing in competitive athletes. **2016**, e-book. Hellenic Academic Electronic Books – Kallipos, Hellenic Academic Electronic Libraries Link https://repository.kallipos.gr/bitstream/11419/4444/2/02_chapter_04.pdf
 20. Karatzaferi C, Mpogdanis G, Kapnia A, Tsimeas P, **Sakkas GK**, Koutedakis Y. Case studies in Sports, Chapter 12, Manual for exercise testing in competitive athletes. **2016**, e-book. Hellenic Academic Electronic Books – Kallipos, Hellenic Academic Electronic Libraries Link https://repository.kallipos.gr/bitstream/11419/4444/2/02_chapter_12.pdf

Patients Leaflets

1. **Giorgos K. Sakkas.** Translation and Scientific Editing in Greek. Exercise: A guide for the People on Dialysis, by Patricia Painter PhD. **2021** Private Publication
2. **Giorgos K. Sakkas.** Translation in Greek. “Exercise and Quality of Life”, Harvard Medical School. Free distribution by a major Greek News Paper «Εθνος» on 17 -02-**2005**.
3. **Giorgos K. Sakkas.** Nutritional guidelines for patients on dialysis. 2021 Private Publication

INVITED PRESENTATIONS AND CHAIRPERSON

1. **Giorgos K. Sakkas.** Invited Talk: Exercise prescription in chronic diseases patients. 8th National Conference for PE and Sports Science. 7-9 May, Athens, Greece **2004**.
2. **Giorgos K. Sakkas.** Invited Talk: Sleep disorders in sports. 2nd International Congress of Soccer 4-6 May, Trikala, Greece, **2007**
3. **Giorgos K. Sakkas.** Invited Talk: Exercise prescription in end stage renal diseases, 2nd National Congress of Sciences related to chronic diseases 8-11 November, Larissa, Greece, **2007**
4. **Giorgos K. Sakkas.** Invited Talk: Exercise and diabetes. General Practitioner Symposium, 18-20 March, Delphi, Greece, **2011**.
5. **Giorgos K. Sakkas & Ioannis Vogiatzis:** Chairpersons of the Clinical Exercise Physiology Session, 1st National Congress of Exercise Biochemistry and Physiology, 19-20 May, Komotini, Greece, **2011**
6. **Giorgos K. Sakkas:** Invited Talk: Sleep Disorders in End Stage Renal Diseases, CIN 2011, 6th Congress of Nephrology in Internet, November 15-30, 2011
7. Kathy Myburgh and **Giorgos K. Sakkas:** Chairpersons in Striated muscle in health and disease I session in the 41st European Muscle Conference in Rhodes, 1-5 September 2012
8. **Giorgos K. Sakkas:** Invited Talk: Muscle size and metabolism in end stage renal failure patients, 41st European Muscle Conference, 1-5 September 2012, Rhodes, Greece
9. **Giorgos K. Sakkas:** Invited Talk: Uremic myopathy, metabolic acidosis and exercise training in CKD, in CME Morbidity and functional capacity in CKD: exercise training in theory and in practice course, 27 – 28 September, Lund, Sweden, **2012**
10. **Giorgos K. Sakkas & Ioannis Vogiatzis:** Chairpersons of the Clinical Exercise Physiology Session, 2nd National Congress of Exercise Biochemistry and Physiology, 12-13 October, 2012, Athens, Greece
11. **Giorgos K. Sakkas.** Invited Talk: Cardiometabolic syndrome, mortality and Exercise Therapy in patients with Chronic Kidney Disease. 4th International Conference of the Hellenic Society of Biochemistry & Physiology of Exercise, 24-26 Oct, Trikala, Greece **2014**
12. **Giorgos K. Sakkas.** Invited Talk: Under Pressure: How does our body function under water. 4th International Conference of the Hellenic Society of Biochemistry & Physiology of Exercise, 24-26 Oct, Trikala, Greece **2014**
13. **Giorgos K. Sakkas.** Invited Talk: Therapeutic Exercise Training in End Stage Renal Disease. Nephrological Symposium of Central Greece, 12-14 December, Larissa, Greece, **2014**
14. **Giorgos K. Sakkas.** Invited Talk: Fatigue in Hemodialysis. Wales Exercise Medicine Symposium 2016, 30th of January, Cardiff, UK
15. **Giorgos K. Sakkas,** Invited Talk: Sport Nutrition and Supplements in Free Diving, Deepex Expo, 27th of March, Athens, Greece

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16. **Giorgos K. Sakkas:** Invited Talk: Impact of Cold Dialysis in Aspects related to Health and Functional Capacity, The Renal Association, UK Kidney Week 7-10 of June, 2016, Birmingham, UK
17. **Giorgos K Sakkas:** Invited Talk: Human Aquaticity, EuroSciCon Conference, 24-26 January 2017 London (online conference)
18. **Giorgos K. Sakkas:** Chairperson: Exercise Physiology & Nutrition session, EuroSciCon meeting, Day 3, 26 January 2017
19. **Giorgos K. Sakkas:** Keynote Speaker: Nephrological Conference of Central Greece, 7-9 Dec, 2018, Larissa, Greece
20. **Giorgos K. Sakkas:** Keynote Speaker: International Transplantoux Symposium – Time to Move, 8-9 of Feb 2019 Leuven, Belgium.
21. **Giorgos K. Sakkas:** Keynote Speaker: Sleep Show, National Sleep Foundation, March 8-10, 2019, Houston Texas, USA
22. **Giorgos K. Sakkas:** Keynote Speaker: International Transplantoux Symposium – Time to Move, 7-8 of Feb 2020 Leuven, Belgium.
23. **Giorgos K. Sakkas:** Invited Talk: Exercise and Hemodialysis, 1st Conference in Dialysis, 24-26 Sept 2021, Thessaloniki, Greece.
24. **Giorgos K. Sakkas:** Invited Talk: Let's Get Physical – a way of life. 3rd European Lifestyle Medicine Congress 05-07 November 2021 (virtual).
25. **Giorgos K. Sakkas:** Keynote Speaker: International Transplantoux Symposium – Time to Move, 11-12 of Feb 2022 Leuven, Belgium.
26. **Giorgos K. Sakkas:** Invited Talk: Sleep hygiene assessment and its importance in improving chronic renal failure patient's quality of health. Nephrological Symposium 03-05 December 2021, Larisa, Greece
27. **Giorgos K. Sakkas:** Invited Talk: Exercise and sleep disorders. Exercise and the Elderly Round Table. 11th International Congress of Sports Medicine 1-3 April 2022, Thessaloniki Greece.
28. **Giorgos Sakkas:** Chairperson: Lifestyle Medicine and Chronic Renal Diseases. Round Table, Nephrological Symposium 03-05 December 2021, Larisa, Greece
29. **Giorgos K. Sakkas:** Invited Talk: Exercise and Stages of Renal insufficiency. Exercise and Renal Diseases Round Table. 16th Round of Alkyonides meres Nephrologias educational congress, 08 April, 2022.

CONFERENCE AND WORKSHOP ORGANIZER

- Christina Karatzaferi and **Giorgos Sakkas:** Lifestyle Medicine and Chronic Renal Diseases. Round Table, Nephrological Symposium 03-05 December 2021, Larisa, Greece
- **Giorgos K. Sakkas:** Muscle Fatigue in Transplant patients – Workshop at International Transplantoux Symposium – Time to Move, 7-8 of Feb 2020 Leuven, Belgium.
- Georgios M Hadjigeorgiou, Ioannis Stefanidis and **Giorgos K. Sakkas:** Muscle Research Group Cost Action meeting, 19-21 February, 2009, Larissa, Greece
- Christina Karatzaferi and **Giorgos K. Sakkas:** Organizers of the 41st European Muscle Conference, 1-5 September, 2012 in Rhodes, Greece (<http://www.esmr.org/>, www.emc2012.gr)
- **Giorgos K. Sakkas** and Ioannis Vogiatzis: Organizers of the 1st Clinical Exercise Physiology Workshop of the Hellenic Society of Exercise Biochemistry and Physiology, October 11th 2012, University Respiratory Clinic “Sotiria”, Athens, Greece
- **Giorgos K. Sakkas:** Organizer of the 3rd Clinical Exercise Physiology Workshop of the Hellenic Society of Exercise Biochemistry and Physiology, October 23rd 2014, University

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Hospital of Larissa, Thessaly, Greece. Title: Non invasive methodology in body composition assessment

- **Giorgos K. Sakkas** & Gerasimos Terzis: Organizers of the 2nd Workshop of the Hellenic Society of Exercise Biochemistry and Physiology, November 5th 2015, National Kapodistrian University of Athens, Greece. Title: Cardiac and Skeletal Muscle ultrasound assessment.

OTHER RESEARCH EXPERIENCE

Research Skills / Techniques

- Hyperbaric Oxygen Therapy
- Clinical Hypnosis and Related Techniques (CNHC)
- Echocardiography
- Full night Polysomnography
- Magnetic Resonance Imaging (MRI) and Spectroscopy (H-MRS & P-MRS) in humans and animals
- Image analysis software (IDL)
- Dual X-Ray Energy Absorptiometry (DEXA)
- Insulin Clamps, FSIVGTT and OGTT Techniques
- GeneGhip array preparation and analysis
- Histochemistry & Immunocytochemistry techniques
- SDS-PAGE, Western, Northern and Southern Blotting Techniques
- Extensive experience in statistical analysis of clinical data.

Various combinations of the above techniques have been primarily applied in the study of skeletal muscle (locomotory and non-locomotory), but also in the study of liver, adipose tissue, thymus gland, bone marrow, etc.

RESEARCH PROJECTS INVOLVEMENT (AS PI OR CO-PI)

NIH funded

1. **Ergogenic Effects of Creatine Supplementation in HIV-Associated Wasting (co-PI). (R01-AT00491)**

The goal of this double blind randomized placebo control project is to study the effect of Creatine supplementation on muscle performance in patients with HIV infection. Using MRI and MRS techniques we evaluate the muscle size and metabolites pre and after 2 weeks of creatine supplementation as well as after 12 weeks of resistance exercise training. The goal is to reverse the muscle wasting syndrome often apparent in HIV infected patients [paper 22]

2. **Anabolic steroids and exercise in Haemodialysis patients (co-PI). (DK-56182)**

This study aimed to investigate whether an exercise program during dialysis and a drug called nandrolone decanoate can increase muscle size and strength in patients on dialysis. Using MRI and MRS we evaluate muscle size and metabolites, using DEXA we estimate lean and fat body mass, and using isokinetic dynamometer we evaluate leg muscle torque. The goal is to reverse the neuropathic/myopathic disturbances that appear in muscles of patients undergoing hemodialysis therapy [paper 11].

3. Recombinant human Leptin in the treatment of patients with HIV-associated Lipodystrophy (co-PI). (DK63640)

The aim of this study is to evaluate the effect of recombinant human leptin in the treatment of the metabolic complications in patients with the so-called HIV-associated lipodystrophy syndrome. Specifically, we aim to assess the potential beneficial effect of leptin on insulin resistance, visceral adiposity, dyslipidemia and hepatic steatosis in such patients. Using muscle and liver MRI and MRS we estimate the intramyocellular and intrahepatic lipid composition, and using stable isotope infusion we study the integrated carbohydrate and lipid metabolism (whole-body lipolysis and hepatic glucose production, gluconeogenesis, glycogen synthesis). The goal of this study is to investigate whether leptin injections will reverse the metabolic complications of Lipodystrophy [paper 23, 35].

4. Use of magnetic resonance spectroscopy in the evaluation of hepatic lipid content and mitochondrial energy metabolism in patients with HIV and HCV infection (PI).

In this study the use of magnetic resonance spectroscopy (MRS) as a quantitative tool to replace liver biopsy will be evaluated. MRS will be used for measurement of intrahepatic lipid content and mitochondrial energy metabolism in patients with HIV and/or HCV infection. Studies of the prevalence, pathogenesis and metabolic significance of hepatic steatosis among patients with HIV and HCV infections has been limited by an understandable reluctance to perform liver biopsies as a research tool in such patients. The NMR technology offers a non-invasive means of investigating liver structure and volume, triglyceride content, and mitochondrial metabolism without any risk to the subject.

Nationally funded (with/wo EU contribution)

5. The effect of Restless Legs Syndrome in the functional capacity and quality of life in hemodialysis patients (PI)

In this project the prevalence of RLS in Greek dialysis units is being assessed. Moreover, the possible effects of RLS on the quality of life and functionality are being investigated. Project funded through the Greek State Scholarship Foundation [paper 17, 30].

6. Establishing the Institute for Human Performance and Rehabilitation (PerfoTech) within the Center for Research Technology Thessaly in Greece (working team member and founding member of PerfoTech)

In this application, a team of academics and researchers won competitive funding of 5-year duration to establish PerfoTech within the Center for Research and Technology - Thessaly (CE.RE.TE.TH). Funded by the General Secretariat for Research and Technology, Directorate for the support of Research Programmes of the European Commission

7. The effect of a dopamine agonist in the quality of life of hemodialysis patients suffering from the restless legs syndrome (PI)

In this study we are examining whether there is a synergy between dopamine agonists and the beneficial effects of exercise in promoting fitness in hemodialysis patients Project funded by the General Secretariat for Research and Technology, Directorate for the support of Research Programmes of the European Commission - European Social Fund (ESF) [paper 24,26,32,33, 36, 37, 38].

8. Long Term Exercise Training in End Stage Renal Diseases Patients (PI)

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This study will start in Sept 2011 and it will investigate the chronic effect (12 mo) of exercise training in parameters related to patients survival. This project is funded after a successful private fund-raising event that took place in Feb of 2011.

9. **Mechanisms of muscle function: fatigue and oxidative stress (Muscle Fun)** (Co-PI). **(Total Funding €600K, NSRF/Thales /712)** 2011. The aims of the study is to reveal critical factors and mechanisms regulating function in ureamic skeletal muscle, being directly or indirectly responsible for the extreme fatigue and weakness in renal diseases patients.

10. **Exercise, smoking, & alcohol: investigation of mechanisms, & interventions for prevention, cessation & awareness** (Co-PI) **(Total Funding €600K, NSRF/Thales/730)** 2012. The aim is to develop a theoretical and applied framework of support and self-regulation of smokers and alcoholics. To investigate the effects of different intensity of exercise (low, medium and high) on the psychological, physiological and biochemical factors for smokers and alcoholics, and to design effective programs of prevention and cessation for smoking and alcohol consumption, both for adolescents and adults.

11. **Alliance for Health – Exercise** (Co-PI) (MIS 374077, PI: V. Gerodimos, Hellenic Ministry of Health, **Total Funding €526K**, 2012). Alliance for Health – Exercise: development of exercise programmes as a means for the prevention and rehabilitation of chronic diseases – interventional programmes. Externally funded programme - Support for the development of human resources and Consolidation of the reform of Mental Health, Primary Health Care and the Protection of Public Health of the population in the 8 regions of convergence, Greece.

DIRECTLY EU FUNDED

12. **FUEGO**: Global network of excellence for research on adipose tissue plasticity and human thermogenesis. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2013-IRSES (grant no. 612547). **Total funding: €404,400.**

13. **U-GENE**: Multi-national network of excellence for research on genetic predisposition to cardio-metabolic disorders due to UCP1 gene polymorphisms. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2012-IRSES (grant no. 319010). **Total funding: €410,400.**

14. **SCAFFY**: Bio-scaffold engineered device for brown adipose tissue regeneration (Grant Agreement no: 645640). Marie Skłodowska-Curie Actions - Research and Innovation Staff Exchange (RISE), Call: H2020-MSCA-RISE-2014. **Funding €864.000**

15. **Muscle Stress Relief**: An integrated research program linking together basic research on secondary myopathies in stress states to innovative translation in applied myology. (Grant agreement no: 645648) Marie Skłodowska-Curie Actions - Research and Innovation Staff Exchange (RISE), Call: H2020-MSCA-RISE-2014. **Funding €1.458.000**

Advisory Bodies:

- **European Brain Council** - EBC VALUE of Treatment Project - Case Study Restless Legs Syndrome expert
(<http://www.lse.ac.uk/business-and-consultancy/consulting/assets/documents/The-Value-of-Treatment-Early-intervention.pdf>)
- **SONG**: The Standardized Outcomes in Nephrology (fatigue, vascular access complications, cardiovascular disease and death) Haemodialysis Fatigue Expert, <http://songinitiative.org/projects/song-hd/song-hd-fatigue/>
- **American Society of Nephrology** – Exercise in Chronic Kidney Diseases Committee
- **Euromene** – European Network on Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (2016-2020)
- **External Accreditor for APHEA**: Since 2018 I have been appointed as an external accreditor for the Agency for Public Health Education Accreditation non-profit organization (APHEA) for validating and accrediting the various Public Health degrees around Europe.
- **Global Renal Exercise Group (GREX)**. Founding member of the GREX group promoting exercise rehabilitation regimes for patients with Renal diseases. <http://grexercise.kch.illinois.edu/operating-committee>
- **European Restless Legs Syndrome Group (EURLSSG)**. Elected board member for the period 2019-2022.
- **European Restless Legs Syndrome Group (EURLSSG)**. Elected Vice President for the period 2022-2024 <http://www.eurlssg.org/index.php/executive-committee>

Associate Editor:

BMC Nephrology- Clinical Research Section Editor

(www.biomedcentral.com/bmcnephrol/about/edboard)

BMC Research Notes – Neurology Section Editor

(www.biomedcentral.com/bmcresnotes/about/edboard)

Frontiers in Striated Muscle Physiology

(www.frontiersin.org/Striated_Muscle_Physiology/editorialboard)

Nutrients (<https://www.mdpi.com/journal/nutrients/editors>)

Guest Editor – Special Issues:

1. Journal of Muscle Research and Cell Motility. Series: Lifestyle and ageing in muscle disease. 2012
2. Journal of Oxidative Medicine and Cellular Longevity. Series: Effects of Redox Disturbances on Motility, Contractility and Muscle Tissue Pathogenesis. **2018**

Reviewer of Grant Applications (Expert Evaluator ID: EX2006C102486)

- US-Israel Binational Scientific Foundation 2008
- ERA.NET RUS: Pilot Joint Call 2011
- Horizon 2020 – Health Section 2014 – to present
- COST Action – Horizon 2020 – 2015 to present
- ITN Action – Horizon 2020 – 2016 to present
- IF MSCA – Horizon 2020 – 2015 to present (**Vice Chair LIF panel 2018**)

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- The European Commission's Executive Agency for Small and Medium-sized Enterprises (EASME) 2017 - present
- APHEA - Agency for Public Health Education Accreditation 2018 – present

Active Memberships

- Active Member of the European Restless Legs Syndrome Study Group
- Active Member of the European Muscle Group
- Active Member of the European Association Of Rehabilitation In Chronic Kidney Disease group
- Active Group of the European Renal Association
- Active Group of the European Lifestyle Medicine Organization

External Examiner:

PhD external Examiner:

- Mason Laura, Swansea University, UK, 2017
- Valente Angelica, University of Thessaly, Greece, 2015
- Louvaris Zafeiris, National Kapodistrian University of Athens, Greece, 2015

Consortia

- **Cost Action 2020 - CA19127** - Cognitive decline in Nephro-Neurology: European Cooperative Target
- **Cost Action 2021 - CA20104** - Network on evidence-based physical activity in old age
- **Cost Action 2016 CA15111** - European Network on Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (EUROMENE).
- **Cost Action 2014 CM1306**- Understanding Movement and Mechanism in Molecular Machines
- **Cost Action 2014 BM1306** - Better Understanding the Heterogeneity of Tinnitus to Improve and Develop New Treatments (TINNET)
- **Cost Action 2014 TD 1309** - Play for Children with Disabilities (LUDI)
- **Cost Action 2014 FA1403** - Interindividual variation in response to consumption of plant food bioactives and determinants involved (POSITIVE)
- **Vice President of the Hellenic Society of Biochemistry & Physiology of Exercise**, Director of the Clinical Exercise Physiology team (2015-2017)

Other accolades

- Invited participation in Greek science dissemination efforts (TV, web, interviews, newspaper articles, workshops).

OTHER ACTIVITIES

- Swimming Instructor (National Swimming Federation)
- Lifeguard Instructor (PASXNA)
- Free Diving Instructor (Apnea Academy)
- Baby Swimming Instructor (WABC)
- Member of the Greek Free-Diving National Team 2010 – 2018
- Head coach of the Greek Free Diving National Team 2010-2014
- 6th in World Ranking in Free Diving World Championship for 2018

CURRICULUM VITAE

- Greek National Champion and National Record Holder in Apnea and Free Diving games 2009 – Present
- Member of the management committee of the “Good Samaritan” Charity in Trikala, Thessaly Greece
- Treasurer of the cultural association “The Varousi – the old city of Trikala”, Trikala, Thessaly Greece 2014-2016