



Ευρωπαϊκό
Πανεπιστήμιο Κύπρου

LAUREATE INTERNATIONAL UNIVERSITIES

ΒΙΟΓΡΑΦΙΚΑ ΣΗΜΕΙΩΜΑΤΑ

1. **Δρ. Ειρήνη Τζανετάκου**
2. **Δρ. Ήβη Αντωνιάδου**

IRENE TZANETAKOU - BOGRAKOU

PERSONAL INFORMATION

- Date of Birth: 28/08/1978
- Tel: +306970147157
- Email: itzanetakoy@yahoo.gr, etzanet@gmail.com

EDUCATION AND TRAINING

2009-2013 PhD in Developmental Biology and Nutrition

Laboratory for Experimental Surgery and Surgical Research (LESSR), Medical School, National and Kapodistrian University of Athens (please see “Research” section).

Grade: Distinction

2004-2005 State Registration - Human Nutrition and Dietetics, RD

Barts and The London NHS Trust Clinical placement and NHS Professional Exams for State Registration in Human Nutrition and Dietetics (Health Professions Council, UK).

Grade: Distinction (83.5/100)

2000 – 2004 BSc Human Nutrition & Dietetics,

London Metropolitan University, London, UK

Awarded Bursary

Grade: Hons 2.1

1997 – 2000 BSc Biomedical Sciences

University of Brighton, Sussex, UK

Title of Final year project: “Primary Prevention of colon cancer; with specific reference to fruits and vegetables” Grade of thesis: 78/100.

Grade: Hons 2.2

1993 – 1996 High school Diploma

Lyceum of Agios Stefanos, Athens, Greece

Grade of Greek Apolytirion: 17.3/20.

PROFESSIONAL EXPERIENCE

05/2014- Today Treasurer & founding member of the Hellenic Society for the Study and Research of Ageing (EEMEG)

Informing and educating on issues related to the Geriatric and Gerontology Science, with an emphasis on research. Conducting conferences, workshops and post-graduate courses for medical and health professionals. Athens, Greece.

09/2014 – Today Freelance Medical Writer

Home-based. Write and coordinate clinical and experimental study reports for regulatory submission, research and write manuscripts for publication, edit preclinical and clinical manuscripts.

10/2006 -08/2014 Research Associate, Lecturer

Laboratory for Experimental Surgery and Surgical Research “N.S. Christeas”, (LESSR) Medical School University of Athens. Greece.

01/ 2007 – 07/2012 Consultant Dietitian

Consultant Clinical Dietitian in “Ygeias Arogos”: Mind-Body Medicine and Obesity-Surgery Medical Centre. Athens, Greece.

02/2008- 12/2011 Bariatric Research Associate & Head Specialist Bariatric Dietitian

Bariatric Surgical Department, Laparoscopy Unit, “Hippokrateio” University Hospital of Athens

09/2010-10/2011 Clinical Associate (Volunteer work)

Non-government-organization “Be Strong” for Cancer patients, survivors and their relatives, Athens, Greece.

10/2006 –01/2008 Research Assistant

Paediatric University Hospital “Agia Sofia”, Intensive Care Unit of premature infants and the Department of Metabolic Diseases in “Choremeio” Research Centre, Athens Greece.

02/2005 – 01/2007 Clinical Dietitian

Private Psychotherapeutic Clinic «Art De Psychotherapie», Glyfada, Greece.

10/2005 – 04/2006 Clinical Dietitian (Volunteer work)

Outpatient Clinics, “Agia Sofia” General Children’s Hospital, Athens Greece.

RESEARCH***Past & Current Research Projects:***

- **LESSR, University of Athens Medical School, Greece (2006-2014)**

Main investigator, coordinator or research team member in the following studies:

1. PhD Thesis, Title: “The effect of maternal amylose and amylopectin starch consumption before and during pregnancy, on reproductive ability and metabolic profile of CBL/6 mice and their offspring.” Part of the on-going project of LESSR titled: “Nutrigenomics and Fetal Growth. The effect of maternal nutrition on the offspring’s metabolic profile, telomere regulation and lifespan.”
2. “Telomere dynamics clinical study in Obesity and Cardiovascular disease”; an on-going multicenter clinical study of LESSR. This case-control study measures TL in various human tissues simultaneously, from bariatric obesity patients.
3. Other experimental and clinical research studies:
 - A. Evaluation of Chios mastic gum on lipid and glucose metabolism in diabetic mice. (Experimental study)
 - B. Vitamin E administration and adrenal cortical hormones. (Experimental study)
 - C. Immunonutrients and cellular autophagic processes in surgical oncology. (Clinical study)
 - D. Diets rich in omega-3 fatty acids, body weight control and appetite regulation. (Experimental study)
 - E. Circulating microRNAs in obesity, cardiovascular disease and diabetes. (Clinical study)

- **Bariatric Surgery Outpatient and Inpatient Clinic, Laparoscopy Unit, “Hippokrateio” University Hospital of Athens (2008-2011)**

Researcher in the departmental research activities of 1st Propaedeutic Surgical Clinic, University of Athens. The research focus of the dietetic department was obesity therapy, perioperative macro- and micronutrient deficiencies screening and the use of nutritional sip-feed supplements, on metabolism, immune system and post-surgical complications.

- **Paediatric University Hospital “Agia Sofia”, Intensive Care Unit of premature infants and the Department of Metabolic Diseases in “Choremeio” Research Centre, Athens Greece (2006-2008)**

Contributed to the on-going research regarding screening, assessment and evaluation of related oxidative stress, antioxidant activity and inflammation. Designed protocols and dietary food frequency questionnaires for infants born prematurely, as well as children with Familial Hypercholesterolemia. Main researcher in the protocol titled: “The effect of anthropometric characteristics, lipid profile and nutritional habits on pregnancy complications and outcome.” General Hospital of the rural area of Serres, Greece. Results were presented in 07/2007 Nutrition Society, Annual Summer Meeting hosted by the Irish Section, Dublin, Ireland.

Laboratory Techniques:

- **LESSR, University of Athens Medical School, Greece (2006-present)**

Trained in:

- Automatic biochemical analysers
- Enzyme-linked Immuno-sorbent assays (ELISAs)
- Isolation of genomic DNA from cells and tissues of eukaryotes (both salting out system and phenol – chloroform method)
- RNA extraction
- Integrity testing for DNA/RNA/Proteins
- PCR
- Histopathology and immunohistochemistry techniques

- **Department of Geriatrics, CHU of Nancy, INSERM Unit U961, Faculty of medicine, Université Nancy, Nancy, France (22/05/2013 – 01/06/2013)**

Trained in human tissue and blood collection and storage techniques for molecular investigations, and molecular biology laboratory techniques such as nucleic acid extraction from blood and tissues and genomic integrity testing.

- **INSERM, U773, Centre de Recherché Bichat Beaujon, Paris, France; Université Paris 7 Denis Diderot, site Bichat, Paris, France (01/11/2011-10/12/2011)**

Participated in a project investigating the activity of α -mannosidase gene (Man2C1) in autophagy, under the supervision of Dr. Stuart E. Moore. Training in culturing human liver carcinoma cell lines (Hep G2) and Western-blotting techniques

Medical writing:

- PhD protocols: Authored and Co-authored various clinical and experimental research protocols intended for PhD thesis in the following areas of study:
 - a) Hypertension and comparative pharmacology
 - b) Hypolipidaemic medication and omega-3 fatty acids
 - c) Oral tumour resection and immunonutrition

- d) Alzheimer's disease and monounsaturated fatty acids
- e) Embryonic stem cell therapy in breast cancer
- f) Telomere length and cardiovascular disease
- g) Crocus sativus and diabetes
- Master's degree thesis: Co-authored protocol and design of questionnaires (Candidate: Ilianna Michali, Title: Bariatric Surgery and Food Addictions).
- PhD thesis: Co-authored the following PhD thesis "Amiodarone in Left Ventricular Remodelling").
- Training of junior medical doctors in research writing (Medical School of Athens, Hippokrateio Hospital).
- Research Project Proposals: Co-authored various proposals for national and international competitions and platforms (please see funding section).
- Editing & Refereeing: Authored, edited and proofread more than 20 journal articles, 4 European grant programs, 20 experimental and clinical protocols.
- Reviewer for International Scientific Journals: Nutrition Reviews, Journal Of Medicinal Food, European Journal Of Pharmacology, International Journal Of Medicine And Medical Sciences.
- Case report forms (CRF), and patient / participant consent forms design, as well as monitoring the data collection and auditing the content of the filled-in CRFs
- Symposium and exhibition materials, oral and poster presentations and promotional materials for nutraceutical companies (for a range of audiences) experience. (Please see conferences and invited lectures / seminars section).

Skills acquired during the various research posts:

- Research protocol planning and design (experimental, clinical, epidemiological studies)
- Molecular Biology and Biochemistry laboratory techniques
- Animal (mice, rats) handling and experimentation
- Design of experimental disease-specific rodent diets
- Blood and tissue harvesting, collection and storage
- Analysis, evaluation and interpretation of data
- Dissemination of results (Publications and Conferences)

Funding:

- **Programme name:** "Pythagoras II"
 Funded by: Ministry of Education (EIIIEAK II), (2006)
 Representative Leader: Prof. Perrea Despina
 Title of research protocol: "Recognition of Prototypes in Medical Experimental Data. Application in Atherosclerosis Prognosis through Novel Biochemical Parameters, Non-invasive Tests and Technologies of Mechanical Learning and Artificial Intelligence. Development of a Prototype Educational Software of Research Training in Atherosclerosis Development and Progress."
 Direct Cost: 100, 000 euro
 Irene Tzanetakou: Funded Investigator
- **Programme name:** None
 Funded by: Aqua-E, Yasoo Inc. and Hi-maize (2006-present)
 Contribution for experimental research purposes of:
 - (a) Water-soluble vitamin E from Aqua-E, Yasoo Inc.
and
 - (b) Amylose starch from Hi-maize.
 Total indirect funding through the provision of products worth in total: 2,000 euro.
 Irene Tzanetakou: Author of research protocols.

- **Conference participation grants** (2007-present): 2 per year.
Average amount received: 400euro/year
- **Travel grants** (2008-2014), Conferences and Training in: Paris France, Nancy France, Ireland Cork, Thessaloniki Greece, Ioannina Greece, Barcelona Spain, Lyon France.
Total amount received: 12,000 euro
- **Programme name:** None
Donation of medical scales in the department of bariatric surgery by Abbott representative Company in Athens, Greece, (2010)
Cost of medical scales donated: 1, 400 euro.
Irene Tzanetakou: Initiative for the clinical dietetic department equipment donation.
- **Programme name:** “K.A. 70/3/6911”, 1st Propaedeutic Surgical Clinic, University of Athens.
Funded by: Department of Health (2010)
Representative Leaders: Prof. Emanouil Leandros
Title of research protocol: «Reinforcement of the Clinical, Research and Educational Activities of the Laparoscopic Unit, of 1st Propaedeutic Surgical Clinic, University of Athens».
Direct Cost: 15, 000 euro
Irene Tzanetakou: Funded researcher
- **Programme name:** None
Funded by: Accepted by Merck global pharmaceutical, (2014)
Representative Leaders: Prof. Perrea Despina, Prof Katsilambros Nikolaos
Title of research protocol: “The effect of Sitagliptin on glycaemia, lipaemia as well as indexes of pancreatic function, on insulin resistant rats fed diets differing in the quality of lipids.”
Direct Cost: 50, 000 euro
Irene Tzanetakou: Co-author of the proposal

Mentoring and Teaching:

- **Post-graduate Course Instructor** (2014-2015): Hellenic Society for the Study and Research of Ageing (EEMEG), Athens, Greece.
Course Leader: Prof. Athanase Benetos
Tasks: Educating on issues related to the Geriatric and Gerontology Science, with an emphasis on research for medical and health professionals.
- **Graduate Teaching** (2008-2014): Lecturer, 5th year Medical School’s Module: “Experimental Surgery”, National and Kapodistrian University of Athens, Greece.
Course Leader: Professor Perrea Despina.
Tasks: Evaluate others’ performance, e.g., grade exams, monitor and train the work of students in the lab and/or classroom.
- **Post-graduate Teaching** (2009-2014): Lecturer, Postgraduate Masters Degree (MSc) titled: “Minimum Invasive Surgery, Robotic Surgery and Telesurgery”. Medical School, National and Kapodistrian University of Athens, Greece.
Title of module: “Basic Surgical Research and Experimental Surgery: Designing Experimental and Clinical Protocols”. Lectures delivered to surgical trainees. Course Leader: Professor Tsigris Christos.
Tasks: Delivered Lectures, Evaluated students performance, e.g. set exam questions, grade exams or edited research papers.

- **Undergraduate Research Mentoring** (2010-2014): With Ilias Doulamis (5th year medical student), we have co-authored 2 papers and participated in 6 conferences. I have participated in his training of in vivo and in vitro techniques and designing and conducting both clinical and experimental research.
- **Professional Training** (2009-2011): Professional Specialty Training to Dietitian Ilianna Michali in bariatric surgery dietetics clinical practice and research methods in both outpatient and inpatient departments of the Laparoscopy Unit, “Hippokrateio” University Hospital of Athens.
- **Lecturing (visiting lecturer)** (2009-2013): Delivered lectures on how to conduct bariatric research to the 2nd and 3rd year surgical trainees of the 1st Department of Propaedeutic Surgery, National and Kapodistrian University of Athens.

RESEARCH MANAGEMENT

- Organized and coordinated seminars, mini-conferences and invited lectures in LESSR.
- Designed and organized my PhD study experiment and other research and clinical studies (Budget, Timescale, Coordination).
- Organized and coordinated the multicenter Telomere study.
- Founding dietitian of bariatric surgery dietetic department in Hippokrateio university hospital (organized and led the department).

CLINICAL SKILLS

Consultant Dietitian in “Ygeias Arogos: Mind-Body Medical Centre” and “Obesity-Surgery Medical Centre” (2007-2012)

Organized the dietetic department. Performed bariatric perioperative personalized nutritional assessments and therapy in this outpatient medical centre. Carried out consultations to obesity, diabetes, cardiovascular disease, and sub-fertility patients and supervised dietitian Ilianna Michali, who is now working as a bariatric specialist dietitian.

Head Bariatric Dietitian at Bariatric Surgery Outpatient and Inpatient Clinic, Laparoscopy Unit, “Hippokrateio” University Hospital of Athens (2008-2011)

Organized the dietetic department of the bariatric clinic and designed the follow up interview and the bariatric dietary questionnaire for bariatric surgery patients of Evgenidio Hospital. Produced dietary guidelines for medical staff and patients. Performed malnutrition screening and post-surgical therapy in patients who underwent malabsorptive or restrictive types of surgery. Instructed, trained and supervised student dietitians in nutritional assessment, malnutrition and under-nutrition screening, therapy (oral and artificial nutrition).

Clinical Dietitian - Outpatient Clinics of “Agia Sofia” General Children’s Hospital, Athens Greece – Voluntary (2005-2006)

Volunteered in the following outpatient and inpatient clinics/departments: Obesity, Cystic Fibrosis, HIV, Oncology, and Eating Disorders. Performed dietary assessments, therapy and follow-up, as well as editorial support in leaflets for patient education purposes. Liaised with paediatricians, psychologists, speech and language therapists, nurses, and managerial staff.

Clinical Placements, Trainee Dietitian - Barts and The London NHS Trust, Nutrition and Dietetics Department, London, UK (2004-2005)

Received training in the following dietetic specialties: Paediatrics, GP and Outpatients clinics, Community dietetics, Weight management clinics, Diabetes clinics, Lipid clinics, Oncology, Cardiology, Surgery and ICU. Trained in artificial nutrition (enteral, parenteral nutrition). Participated in National Nutrition Policy and Public Health Governance meetings.

SPECIAL SKILLS & LANGUAGES

2007 ECDL Certificate

European Computer Driving License. Units: Word processing, Spread sheets, Information & communication

12/1994 University of Cambridge

Certificate of Proficiency. Excellent use of the English language both spoken and written. Official teaching permit.

6/1995 University of Cambridge

Certificate of Translation Proficiency.

06/1995 Certificate DELF of the French language

Units A1, A2, A3, A4

Advanced knowledge of Microsoft® Windows environments, and Office package (Word, Excel, Access, PowerPoint, FrontPage and Outlook). Excellent use of Nutritionist Pro, Nutribase, Compeat, Foodbase. Good knowledge of SPSS statistical package, basic knowledge of Minitab, and Adobe Photoshop and Illustrator software packages. Ability to work with several operating systems, including Windows and Mac OSX.

PUBLICATIONS

1. Laskarina-Maria Korou, George Agrogiannis, Christos Koros, Efthimia Kittraki, Ioannis S. Vlachos, **Irene Tzanetakou**, Theodore Karatzas, Vasilios Pergialiotis, Dimitrios Dimitroulis, and Despina N. Perrea. Impact of N-acetylcysteine and sesame oil on lipid metabolism and hypothalamic-pituitary-adrenal axis homeostasis in middle-aged hypercholesterolemic mice. Accepted in Scientific Reports Journal, 30/5/2014. Ahead of print.
2. **Tzanetakou I**, Nzietchueng R, Perrea D, Benetos A. Telomeres and their role in aging and longevity. Current Vascular Pharmacology 2013 Dec 18. [Epub ahead of print]. PMID: 24350925.
3. Kolovou G, Barzilai N, Caruso C, Sikora E, Capri M, **Tzanetakou IP**, Bilianou H, Avery P, Katsiki N, Panotopoulos G, Franceschi C, Benetos A, Mikhailidis DP The Challenges in Moving from Ageing to Successful Longevity. Curr Vasc Pharmacol. 2013 Dec 18. [Epub ahead of print] PMID: 24350930.
4. Avery P, Barzilai N, Benetos A, Bilianou H, Capri M, Caruso C, Franceschi C, Katsiki N, Mikhailidis DP, Panotopoulos G, Sikora E, **Tzanetakou IP**, Kolovou G. Ageing, Longevity, Exceptional Longevity and Related Genetic and non Genetics Markers: Panel Statement. Curr Vasc Pharmacol. 2013 Dec 18. [Epub ahead of print] PMID: 24350929.
5. Georgiadis I, Karatzas T, Korou LM, Agrogiannis G, Vlachos I, Pantopoulou A, **Tzanetakou IP**, Katsilambros N, Perrea DN. Evaluation of Chios mastic gum on lipid and glucose metabolism in diabetic mice. J Med Food. 2014; 17(3): 393-9.
6. Korou LM, Doulamis I, **Tzanetakou IP**, Agrogiannis G, Vlachos IS, Pantopoulou A, Mikhailidis DP, Patsouris E, Vlachos I, Perrea DN. "The effect of biological age on the metabolic responsiveness of mice fed a high fat diet". Lab Anim. 2013; 47(4): 241-4.
7. Perelas A, Safarika V, Vlachos IS, **Tzanetakou I**, Korou LM, Konstantopoulos P, Doulamis I, Ioannidis I, Kornezos I, Gargas D, Klonaris C, Perrea DN, Chatziioannou A. Correlation between mesenteric fat thickness and serum apolipoproteins in patients with peripheral arterial occlusive disease. Lipids Health Dis. 2012; 11: 125.

8. **Tzanetakou IP**, Doulamis I, Korou LM, Agrogiannis G, Vlachos IS, Pantopoulou A, Mikhailidis DP, Patsouris E, Vlachos I, Perrea DN. Water soluble vitamin E administration in Wistar rats with non-alcoholic fatty liver disease. *Open Cardiovasc Med J*. 2012; 6: 88-97.
9. **Tzanetakou IP**, Katsilambros NL, Benetos A, Mikhailidis DP, Perrea DN. “Is obesity linked to aging?” Adipose tissue and the role of telomeres. *Ageing Res Rev*. 2012; 11(2): 220-9.
10. **Tzanetakou IP**, Mikhailidis DP, Perrea DN. “Nutrition During Pregnancy and the Effect of Carbohydrates on the Offspring's Metabolic Profile: In Search of the "Perfect Maternal Diet". *Open Cardiovasc Med J*. 2011; 5: 103-9.
11. Arapostathi C, **Tzanetakou IP**, Kokkinos AD, Tentolouris NK, Vlachos IS, Donta IA, Perrea KN, Perrea DN, Katsilambros NL. “A Diet Rich in Monounsaturated Fatty Acids Improves the Lipid Profile of Mice Previously on a Diet Rich in Saturated Fatty Acids.” *Angiology*. 2011; 62(8): 636-40.
12. Apostolou H, Tsekoura E, Bouza H, Anatolitou F, **Tzanetakou I**, Panousopoulou C, Koumenidou M, Anagnostakou M. “Lipid Profile of Premature Infants up to the age of 3 years”. *Pediatrics*. 2008; 121(2): S136.

Articles submitted and awaiting editor's decision:

1. **Tzanetakou IP**, Katsilambros N, Doulamis IP, Rodopoulou S, Tentolouris N, Vlachos IN, Korou ML, Tzanetakou K, Perrea K, Perrea D. The effect of different glycaemic index polysaccharides before and during pregnancy, on reproductive ability and metabolic profile of CBL/6 mice and their offspring. Submitted 11/2014 to *Hormone and Metabolic Research Journal*. Awaiting editor's decision.
2. **Tzanetakou IP**, Doulamis IP, Michali I, Doulami GI, Tzani A, Konstantopoulos P, Marougkas M, Menenakos E, Theodorou D, Perrea DN. Immunonutrition, cancer and tumor resection: Implication of autophagic cellular processes. Submitted 01/2015 to *Journal of medicinal Food*. Awaiting editor's decision.

AWARDS

- 03/2013 13th Hellenic Diabetes Association Conference, Hellenic Diabetes Society. Award for best research study. Korou LM, Georgiadis I, Karatzas T, Agrogiannis G, Vlachos I, Tzanetakou IP, Doulamis IP, Padopoulou A, Katsilambros NL, Perrea D. “Effect of Chios Mastic on glucose and lipid metabolism in diabetic C57BL/6 mice”.
- 05/2011 37th Panhellenic Medical Conference, Athens Greece. Award for best experimental research. Doulamis I, Tzanetakou I, Agrogiannis G, Vlachos I, Pantopoulou A, Patsouris E, Perrea D, Vlachos I. “Study of the Hepato-protective action of Vitamin E in an experimental rodent model fed a high-fat Western-type-diet”.
- 05/2011 7th Panhellenic Conference of Bariatric Surgery. Athens, Greece. Award for best clinical research. Natoudi M, Tzanetakou I, Panousopoulos SG, Memos N, Almpanopoulos K, Leandros M, Zografos G, Menenakos G. “Laparoscopic Sleeve gastrectomy and anaemia markers with or without the use of dietary supplements. A randomized prospective study”.
- 04/2008 “Haralampos Hatzithanasiou award”, 7th Panhellenic Medical Conference on Obesity, Athens Greece. Award for clinical research. Tzanetakou I, Vlachos IS, Tsitsilonis SI, Bampali A, Poulakou M, Daskalaki M, Papadopoulos D, Antoniou K, Kostakis, M, Revenas K, Votteas V,

Perrea DN. “The effect of dietary protein and fat on markers of inflammation, peripheral artery disease and visceral obesity”.

INVITED LECTURES – SEMINARS

02/2015 Invited lecturer in the Panhellenic Educational Workshops of Primary Care Practice «G. Papadakis», Athens, Greece. “Nutrition in Elderly Patients”

10/2014 Invited lecturer in the Multidisciplinary workshop of Primary Care Health, Association of Gen/Family Medicine Cyprus, Nicosia, Cyprus. “Protein and supplements in Elderly Patients”

04/2014 Invited lecturer in the training seminar: “Advances in the field of atherosclerosis therapy”, Greek College for the therapy of Atherosclerosis, Athens, Greece. “Nutritional supplements and non alcoholic fatty liver disease”

11/2013 Invited speaker and instructor for the Postgraduate course of the IAGG - International Association of Gerontology and Geriatrics, “Specific Nutritional Problems in the Elderly”, Athens, Greece. “Nutritional supplements in the elderly.”

11/2013 Invited speaker in the 5th Symposium of the Atherosclerosis working groups, Athens, Greece. “Cardiovascular aging; The role of diet and telomeres”

11/2013 Invited lecturer in the training seminars of the Hellenic Surgical Society, Athens, Greece. “The role of research diets in experimental surgical protocols.”

07/2013 Invited speaker in the: “Lipids in Clinical Practice” Conference in Onassis Cardiac Surgery Center (O.C.S.C.), Athens, Greece. “Nutrient programming of offspring’s metabolic profile during gestation.”

02/2013 Invited lecturer, Working Groups of the Panhellenic Cardiovascular Society, Conference held in Thessaloniki, Greece. “Diet, Genes And Cardiovascular Disease.”

05/2012 Invited Speaker, International Longevity and Aging Research Expert Panel, Athens, Greece. “Oxidative Stress, Telomere Length And Longevity.”

2010-2012 Lecturer, 1st Department of Propaedeutic Surgery in Hippokratio University Hospital, Athens, Greece. “Bariatric Nutrition for surgical trainees.” Lectures delivered to surgical trainees.

12/2011 Invited departmental presentation, Centre de Recherche Bichat Beaujon, INSERM, U773, Université Paris 7 Denis Diderot, Bichat, Paris, France. “Autophagy of Glycogen.” Presented to research staff.

09/2008 Invited Speaker, 6th PanHellenic Conference For Free Radicals and Oxidative Stress. Ioannina, Greece. Tzanetakou IP. ‘Oxidative Stress, Atherosclerosis, and Glycaemic Index’.

12/2006 Lecturer in continuing education seminars, B’ Neonatal ICU of Children’s General Hospital “Agia Sofia”. Title: “Oxidative stress and antioxidant capacity in premature infants”; Athens, Greece. Delivered to the medical and research staff.

04/2005 Lecturer, Royal London Hospital, Barts and The London NHS Trust, London, UK. “Probiotics and Human Health” Seminar delivered to Infection & Immunity specialized nursing staff.

12/2004 Clinical nutrition instructor, NHS community nutrition seminar in “Diabetes and Healthy Eating” London, UK. Delivered to a Hindu population with the assistance of an interpreter.

11/2004 Speaker for the “Protected Mealtimes Initiative”, NHS, London, UK. Presented in the medical, managerial and nursing staff of the Royal London Hospital, Barts and The London NHS Trust.

INDICATIVE LIST OF CONFERENCE PARTICIPATION

12/2013 19th Conference of the Hellenic Society of Internal Medicine Conference, Athens, Greece. IP Tzanetakou, IP Doulamis, ML Korou, NL Katsilambros, DN Perrea. Glycaemic index and fertility; experimental study in mice. Oral presentation

6/2013 12th FELASA-SECAL Congress, Barcelona, Spain. LM Korou, IP Tzanetakou, IP Doulamis, DP Mikhailidis, DN Perrea. “The effect of biological age on the metabolic responsiveness of mice fed a high fat diet”. Oral presentation.

6/2013 81st Congress of the European Atherosclerosis Society, □Lyon, France. I. Georgiadis, T. Karatzas, G. Agrogiannis, □Laskarina-Maria Korou, I.S. Vlachos, I.P. Tzanetakou, I.P. Doulamis, A. Pantopoulou, N.L. Katsilambros, D.N. Perrea. “Effect of Chios Mastic gum administration on lipid and glucose metabolism in streptozotocin – induced diabetic mice.” Poster presentation.

07/2012 30th International Symposium on Diabetes and Nutrition of the Nutrition Study Group (DNSG) of the EASD, Tzanetakou IP, Doulamis IP, Korou LM, Vlachos IS, Pantopoulou A, Kokkinos D, Perrea DN, Katsilambros NL. “Effect of two different diets rich in saturated and omega-3 fatty acids on weight and metabolic parameters in rats.” Oral presentation.

05/2012 80th European Atherosclerosis Society Congress. Milan Italy. Ioannis S Vlachos, V. Safarika, I.P. Tzanetakou, I. Ioannidis, A. Perelas, I. Kornezos, I.P. Doulamis, D. Gargas, C. Klonaris, D.N. Perrea, A. Chatziioannou. “Investigation of 4 novel biomarkers of cardiovascular health in peripheral artery disease.” Poster presentation.

05/2012 80th European Atherosclerosis Society Congress. Milan, Italy. Apostolos Perelas, V. Safarika, I.P. Tzanetakou, I. Kornezos, I.S. Vlachos, I.P. Doulamis, D. Gargas, I. Ioannidis, C. Klonaris, D.N. Perrea, A. Chatziioannou. “Correlation between mesenteric fat thickness and serum lipoproteins: an ultrasonography study”. Poster presentation.

03/2012 9th PanHellenic Conference for Obesity. Athens, Greece. Tzanetakou IP, Doulamis I, Vlachos I, Korou LM, Pantopoulou A, Konstantopoulos P, Tzivras D, Perrea DN, Katsilambros NL. “Comparison of two diets: one rich in omega – 3 fatty acids and the other in saturated fat regarding weight gain and eating patterns of Wistar rats”. Oral presentation.

12/2011 4th Symposium of the Hellenic Atherosclerosis Company. Athens, Greece. Doulamis I, Tzanetakou IP, Korou LM, Vlachos K, Paraskevas KI, Konstantopoulos D, Tzivras D, Perrea DN. “The Role of ageing in the lipidemic profile of C57BL/6 mice on a hyperlipidaemic diet.” Oral Presentation.

- 10/2010 4th PanHellenic Atherosclerosis Conference, Ioannina, Greece. I. Tzanetakou, I. Doulamis, I. Vlachos, A. Pantopoulou, I. Doupis, N. Katsilambros, D.N Perrea. “Experimental Study of the effect of a novel dietary intervention for the manipulation of metabolic profiles in C57BL/6 Mice.” Oral presentation.
- 04/2010 16th Scientific Congress of Hellenic Medical Students – 4th International FORUM of Hellenic Medical Students & Junior Doctors, Athens, Greece. Doulamis I, Doukiantzakis E, Tzanetakou IP, Perrea D. “The effect of dietary alcohol on Diabetes Type 1 and 2.” Oral presentation.
- 06/2009 17th European Association for Endoscopic Surgery Conference, Athens Greece. Menenakos, E., Stamou, K.M. (P), Albanopoulos, K., Papailiou, I., Tzanetakou, I., Golemati, C., Psaltopoulou, T., Leandros, E. “Laparoscopic sleeve gastrectomy in the surgical treatment of morbid obesity. Results on 260 patients.” Oral presentation.
- 05/2009 5th International Greek Biotechnology Forum. Athens, Greece. C. Arapostathi, E. P. Tzanetakou, I. S. Vlachos, A. Kokkinos, K. N. Perrea, D. N. Perrea, N. Katsilambros. “Quantitative determination of 3 types of fatty acids for the reversal of dietary induced dyslipidaemia”. Oral presentation.
- 12/2008 3rd Panhellenic Atherosclerosis Conference. Athens Greece. I. Tzanetakou, I. Vlachos, S. Tsitsilonis, A. Perelas, X. Mpourantas, D. Papadopoulos, A. Bampali, T. Tira, S. Spyropoulos, M. Antoniou, M. Papanikolaou, A. Stefanidou, M. Virvou, K. Revenas, B. Votzas, D. N. Perrea. “Effect of Diet on Peripheral Vascular Disease and Visceral Obesity.” Poster presentation.
- 12/2008 3rd Panhellenic Atherosclerosis Conference. Athens Greece. I. Vlachos, I. Tzanetakou, S. Tsitsilonis, A. Bampali, I. Vlachodimitris, I., A. Perelas, S. Spyropoulos, A. Tsoulkani, P. Kyriakopoulou, P. P. Tsihrintzis, K. Revenas, B. Votzas, D. N. Perrea. “Effect of Protein intake in carotid stenosis and visceral obesity.” Poster presentation.
- 12/2008 3rd Panhellenic Atherosclerosis Conference. Athens Greece. S. Tsitsilonis, I. Vlachos, I. Tzanet, A. Bampali, T. Tira, S. Spyropoulos, A. Tsoulkani, I. Vlachodimitris, I. Moisakis, D. Papadopoulos, V. Votzas, K. Revenas, D.N. Perrea. “Correlation of MMP-9 levels with Cardiovascular Health Markers.” Poster presentation.
- 02/2008 4th International Greek Biotechnology Forum, Athens Greece. Tsitsilonis SI, Vlachos IS, Bampali A, Poulakou M, Tzanetakou I, Lionakis N, Moisakis I, Revenas K, Votzas V, Perrea DN. “NT-proBNP measurements with Multiplex Immunoassay correlate with Ultrasonographic Indices of Visceral Fat, Carotid Arteries and Heart.” Poster presentation.
- 02/2008 4th International Greek Biotechnology Forum, Athens Greece. Tzanetakou I, Vlachos IS, Tsitsilonis SI, Bampali A, Poulakou M, Daskalaki M, Papadopoulos D, Antoniou M, Revenas K, Votzas V, Perrea DN. “Western Type Diet Increases Visceral Fat Deposits, Circulating Cytokine Levels and Biochemical Markers of Cardiovascular Disease.” Poster presentation.
- 12/2007 Symposium of the work groups of the Atherosclerosis Society, Athens Greece. Tzanetakou I, Mpampali A, Poulakou M, Vlachos I, Daskalaki M, Tsitsilonis S, Antoniou M, Revenas K, Votzas B, Perrea DN. “Association of dietary habits and visceral fat in an overweight population undergoing coronary angiography.” Oral presentation.

08/2007 25th International Pediatrics Conference. Athens, Greece. Tzanetakou I, Stamatelopoulos K, Kostopoulou A, Papakonstantinou I, Anagnostakou M. "Effects of Diet on lipidaemic profile and Intima Media Thickness (IMT) in children born preterm." Poster presentation.

07/2007 Nutrition Society, Annual Summer Meeting hosted by the Irish Section, Dublin, Ireland. Tzanetakou E, Kostopoulou A, Papakonstantinou I, Pantelis A, Theodoridis C, Vlachos I, Anagnostakou M. "The effect of anthropometric characteristics, lipid profile and nutritional habits on pregnancy complications and outcome". Oral presentation.

MEMBERSHIPS

Health Professions Council, UK (since 2005) - Registration Number DT1446

British Dietetic Association, UK (since 2005), Member

Hellenic Atherosclerosis Society, Greece (since 2006), Member

Hellenic Dietetic Association, Greece (since 2005), Member

European Association for the Study of Diabetes, EU (since 2009), Member

REFERENCES

PROF. BENETOS Athanase.

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1. Scientific background

July 2014-present Post-doctoral Researcher, Biomedical research foundation, Academy of Athens,
Dr Vekrellis group
Research project: Limiting the total burden of alpha-synuclein: An obvious
therapeutic approach for Parkinson's Disease

March 2015-October 2015 Post-doctoral Researcher, National Hellenic Research foundation
Dr Skretas group
Research project: Investigation of the inhibitory effect of cyclic peptides on amyloid
beta and superoxide dismutase 1 oligomerization and toxicity

October 2014 DPhil in Pharmacology, Dept of Pharmacology, Oxford University
Supervisors: Prof Trevor Sharp and Dr Grant Churchill
Research project: Investigation of the neurochemical, molecular and behavioural
properties of the putative lithium-mimetic, ebselen

2010 MSc in Pharmacology, Oxford University. Grade 66% with Distinction in Oral
presentation and Essay Paper exam.
Research project: Inflammation induces acute changes in the serotonin
transporter in the rat brain

2008 Degree in Pharmacy, National and Kapodistrian University of Athens. Grade
7.08/10 (= top 5%)

2007 Erasmus scholar, Pompeu Fabra University, Barcelona.
Diploma thesis. Grade 10/10
Research project: Modulation of Protein Kinase C phosphorylation by
cannabinoids in the mouse brain

2. Teaching experience

Practical Demonstrator; delivering practical sessions in pharmacology at University of Oxford
(2010-2014) for groups up to 10 students.

Supervisor; day-to-day supervision of a visiting lecturer, MSc students (5) and undergraduate
students (3)

Tutor; teaching of biology and physiology to International Baccalaureate students, groups of 3
students (SAES, Oxford). Teaching of neuroscience to secondary and high school students of up to
20 students (Debate Chamber, London)

3. Research Techniques

Post-doctoral training; isolation and culture of primary cortical neurons of the mouse, ELISA, adenoviral overexpression of proteins involved in Chaperone-mediated autophagy pathway *in vivo* in the mouse and *in vitro* in primary cortical neurons

PhD; gene mRNA expression measurement by *in situ* hybridization, behavioural models of anxiety, neuropharmacological models of 5-HT_{2A} and 5-HT_{2C} receptor function, HPLC, microdialysis in awake mice, stereotaxic intracerebral surgery, cell cultures, calcium release using fluorescent dye

MSc; RT-qPCR, immunohistochemistry, *in vivo* tracheostomy and blood vessel cannulation of anaesthetised rodents

BSc; gel electrophoresis

4. Relevant training

IT skills; Microsoft word (professional documents and reports), Powerpoint (talks, poster), Excel (data analysis), SPSS (statistical analysis)

British Association of Psychopharmacology preclinical certificate in psychopharmacology (4 out of 5 modules completed)

Presentation skills; talk in department of Pharmacology, University of Oxford; oral presentations in prestigious scientific meetings

Languages: Greek (native tongue), English (Proficiency of Michigan)

5. Awards and prizes

2013	Rosetrees Trust top-up funding for PhD project
2012	Poster Presentation award , EC Workshop on 'Drugs and the Brain'
2011	Onassis Foundation Scholarship (contribution to PhD stipend and fees for 3 years)
2009	Papadakis Foundation Scholarship (contribution to MSc/PhD stipend and fees for 4 years). Awarded on basis of written examination (ranked 6 th of ~100 candidates)
2009	BBSRC Studentship (stipend for MSc Pharmacology)
2007	Erasmus Scholarship , awarded for exceptional academic performance

6. Conference presentations

2015	Alpha-synuclein and the lysosomes in Parkinson's disease: a complicated relationship, Athens, Oral presentation
2013	Winter meeting of the British Pharmacological Society, Oral presentation
2013	26 th meeting of the Hellenic Society for Neuroscience, Oral presentation
2013	Summer meeting of the British Association for Psychopharmacology, Poster presentation
2013	26 th European College of Neuropsychopharmacology Congress, Barcelona, Poster presentation
2012	Winter meeting of the British Pharmacological Society, Poster presentation
2012	EC workshop on 'Drugs and the brain', Braga, Poster Presentation
2011	Winter meeting of the British Pharmacological Society, Poster presentation

7. Publications/conference proceedings

1. Singh N, Halliday A, Thomas J, Kuznetsova O, Baldwin R, Woon E, Aley P, **Antoniadou I**, Sharp T, Vasudevan S, Churchill G (2013) A safe lithium mimetic for bipolar disorder. *Nature Communications*
2. **Antoniadou I**, Johal E, Kouskou M, Sharp T (2013) Effect of lithium and ebselen, a novel inhibitor of inositol monophosphatase on molecular markers of neuronal plasticity in the mouse brain. *Proceedings of the British Pharmacological Society*
3. **Antoniadou I**, Fowler T, Cardici E, Arsiwala T, Sharp T (2013) Effect of the putative lithium-mimetic ebselen on 5-HT neurochemistry in the mouse brain. *Proceedings of the European College for Neuropsychopharmacology*
4. **Antoniadou I**, Arsiwala T, Buchmueller D, Kouskou M, Singh N, Vasudevan S, Churchill G, Sharp T (2013) Evidence for lithium-like effects of ebselen on 5-HT_{2A} receptor function mediated via IMPase inhibition. *Proceedings of the British Association for Psychopharmacology*
5. **Antoniadou I**, Buchmueller D, Singh N, Vasudevan S, Churchill G, Sharp T (2012) Effect of ebselen, a putative lithium mimetic on 5-HT_{2C} receptor function in the mouse brain. *Proceedings of the British Pharmacological Society*
6. **Antoniadou I**, Arsiwala T, Serres F, Singh N, Vasudevan S, Halliday A, Churchill G, Sharp T (2011) Effect of ebselen, a putative lithium mimetic on central 5-HT_{2A} receptor function in the mouse. *Proceedings of the British Pharmacological Society*

8. Referees

Prof Sharp Trevor, University of Oxford, Department of Pharmacology, Mansfield Road, OX1 3QT
e-mail: trevor.sharp@pharm.ox.ac.uk, tel: (+44) 1865271850

Dr Vekrellis Kostas, Biomedical research foundation academy of Athens, Soranou Efessiou 4, 11527, Athens; e-mail: vekrellis@bioacademy.gr, tel: (+30) 2106597523