

## CURRICULUM VITAE

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### PERSONAL INFORMATION

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### EDUCATION

1. **1971-1978:** *Medicine* Athens Medical School, Athens University
2. **1978-1980:** *Greek Army*, Health Department.
3. **1980-1983:** *Director:* Akrata's Health Center, Patra, Greece
4. **1984-1986:** *Residency:* IM ,CD, PUD, University of Athens, Athens ,Greece.
5. **1984-1988:** *Ph.D. Athens University*, School of Medicine, Department of Pathologic Physiology «Dissertation title:β- thromboglobulin and platelet factor-4 plasma levels in steady state sickle cell patients and those on crisis.»  
Dissertation director: Professor Anthi Travlou

### PROFESSIONAL EXPERIENCE:

1. **1977-1978:** Graduate Teaching Assistant, Department of Pathophysiology
2. **1984-1986:** Teaching Assistant, 1<sup>st</sup> Department of Internal Medicine, Athens University, Athens.
3. **1984-1986:** Research Assistant Department of Pathophysiology Athens University, Athens.
4. **1986-present:** Private Practice, Internal Medicine, Athens.
5. **1990-present:** Director, Athens Medical Center Hospital, Internal Medicine Department, Athens.

## HONORS AND AWARDS

1. Fellow International Academy of Chest Physician and Surgeon's, American College of Chest Physicians.
2. American Heart Association, Council member.
3. Scientific Council: Clinical Cardiology.(AHA)
4. American Diabetes Association.
5. American Hypertension Society.
6. Vista Link International Medical Consultants Network member. (internet based continuing medical education program development)
7. Editorial Advisory Board ,Vita ,1999-2001
8. Editorial Advisory Board, Medical World, 1996-present.
9. Hellenic Society of Internal Medicine
10. Hellenic Thoracic Society
11. Hellenic anti Cancer Society
12. American College of Chest Physicians
13. Chron's and Colitis Foundation of America
14. European Association for the Study of Obesity
15. American Association of Clinical Endocrinologists
16. Chairman of scientific protocol approval committee, Athens Medical Center
17. Chairman of the scientific Society of Athens Medical Center
18. Chairman of scientific committee on medicinal products, Athens Medical Center
19. The American Biographical Institute (since:2005)
20. Hellenic Medical Assosiation for Obesity
21. Heart Failure Association –The European Society of Cardiology
22. American Stroke Association /Vascular Biology Member
23. Behavioral Medicine and Biology –ASC
24. Case report Immunoglobulin A deficiency in patients with juvenile rheumatoid arthritis.
25. Selective IgA deficiency in patients with Hasimoto Thyroid.
26. Director of Iatropaedia Medical Portal.

## PUBLISHED ARTICLES

1. Application of full therapy with the administration of primaquine in malaria from P. falciparum in countries where the anopheles is endemic but not the disease.  
Nicosia , Cyprus./ G. Panos , A . Greka, A. Nastos , G . Tsikkinis, M A Astriti, E . Giannatou, S. Adamidis .  
1<sup>st</sup> Cyprus Congress of Chemotherapy and Infectious Diseases , 31/3 – 2/4/2000,
2. Statistical model depicting the rate of change of CD4 cells and viral load from initiation of antiretroviral therapy in experienced HIV (+)

Patients .I. Karidis , I Giannakopoulou , A. Trikalinou, E . Giannatou , S. Adamidis , V . Vasdekis , G. Panos.

13<sup>th</sup> Panhellenic AIDS Congress , page 52 ,Athens Oct/Nov 2001

3. Total recording of primary and secondary mutations in HIV seropositive patients ; a comparison with the international bibliographic data  
E . Giannatou , I . Karidis , A. Trikalinou, S. Adamidis , G. Panos.

Hellenic Archives of AIDS , Vol .9 , Issue 2,page 89- 92, 2001.

4. Record of primary and secondary mutations of ZDV and LMV in HIV seropositive patients ; comparison with the international bibliographic data.

E . Giannatou , Trikalinou A, I . Karidis , S. Adamidis , G. Panos.

5. Genotypic profile of primary and secondary mutations in Greek HIV (+) patients with virologic success while they receive a new HAART combination

E . Giannatou , Trikalinou A, I . Karidis , S. Adamidis , G. Panos

HIV Unit , 1<sup>st</sup> IKA Hospital ,Athens , Greece.

13<sup>th</sup>, Panhellenic AIDS Congress,p.54 Athens Oct/Nov 2001.

6. Fluctuation of viral load under new salvage antiretroviral treatment in multiresistant-multiexperienced to protease inhibitors HIV (+) patients .

I.Karides, A. Trikalinou, A.Filandras, S .Melenikli, S. Adamidis , G.Panos.

HIV Unit 1<sup>st</sup> IKA Hospital

13<sup>th</sup> Panhellenic AIDS Congress ,p . 65, Athens Oct/Nov 2001.

7. Fluctuation of CD4 under new salvage antiretroviral treatment in multiresistant-multiexperienced to protease inhibitors HIV (+) patients .

I.Karides, A. Trikalinou, A.Filandras, S .Melenikli, S. Adamidis , G.Panos.

HIV Unit 1<sup>st</sup> IKA Hospital

13<sup>th</sup> Panhellenic AIDS Congress ,p . 66, Athens Oct/Nov 2001.

8. Co- existence of cutaneous and visceral Leishmaniasis in a HIV seropositive patient.

A. Trikalinou, I.Karides, Giannatou E, A.Filandras, S. Adamidis ,G.Kontelis , G.Panos.

HIV Unit 1<sup>st</sup> IKA Hospital

13<sup>th</sup> Panhellenic AIDS Congress ,p . 67, Athens Oct/Nov 2001.

9. Double protease ( PI ) and NNR1( Iopinavir/Vitozevir/Saquinavir-HG/Delaverdine) as a successful salvage therapy in HIV (+) patients with lactic acidosis and multiple genotypic resistance in NNRTIs and PIs

A. Roussou , F. Syrokosta, I. Karides, S. Melenikli, S. Adamidis, G. Panos

HIV Unit ,1<sup>st</sup> IKA Hospital,Penteli ,Athens .

Common 18<sup>th</sup> Pancyprrian Medical Congress and 2<sup>nd</sup> Pancyprrian Congress of Chemotherapy and Infectious Diseases, 12-15 Sept 2002, Nicosia Cyprus,

p. 28, No 10.

10. Cystic adenomatoid hyperplasia of an embryo in a HIV (+) pregnant woman receiving HAART from the 10<sup>th</sup> week of pregnancy and for 4 weeks when the diagnosis was made .

A. Roussou , F. Syrokosta,I. Karides,S.Melenikli, S.Adamidis,D. Haritatos,D.Papanikolaou,G.Panos

Common 18<sup>th</sup> Pancyprian Medical Congress and 2<sup>nd</sup> Cyprus Congress of Chemotherapy and Infectious Diseases, 12-15 Sept 2002, Nicosia Cyprus,

p. 33, No 17.

11. Staphylococcus hominis infection in a HIV(+) patient receiving HAART with pyoderma and respiratory infectia

12. "Inhale drug consumption and asthma mortality in Greece", CHEST - Volume 107, June 6 ,1995

13. "A case of diabetes following tibolone therapy", MATURITAS - December 1993

14. "Evaluation of metaholine bronchial provocation test in asthmatics" Kioto,-Japan, October 1991

15. "A study of  $\beta$ -thromboglobulin and platelet factor -4 plasma levels in steady state sickle cell patients." Blut , July 11, 1990

16. "Nocturnal Asthma and biological (circadian) rhythms", Greek Medical Chronicles , Volume 1984

17. High incidence of celiac disease in Greek patients with digestive symptoms" 9<sup>th</sup> Pan-Hellenic congress of internal medicine, October 6-11,2003 Athens

18. "Automatic pneumomediastinum in adults 20 years" " 12<sup>th</sup> Pan-Hellenic congress of Pulmonary Diseases, December 3-7,2003 Athens

19. Reload Clinical Study " Glycaemic Control in patients suffering from Type II Diabetes under metformin treatment" 2016.

### **BOOKS PUBLISHED**

#### ***1. Patristic Therapeutics and Psychoanalysis***

Stamoulis publications, University press , 2002Athens Greece

#### ***2. Obesity ,Metabolic Syndrome and Diabetes, 2010***

Stamoulis Publ. 2010, Athens Greece

#### ***3. Poetry collection Armos Editions, July 2012***

### **PRESENTATIONS AS A SPEAKER IN NATIONAL AND INTERNATIONAL CONGRESS**

1. Hellenic Lipid Management Series ,Amirandes , Herakleion , Greece

Managing Cholesterol Levels: Awareness, Treatment , and Control Of Hypercholesterolaemia May 2005

2. «Recent developments in prevention and treatment of cardiovascular risk/ hypertension and hyperlipidemia» June 26,2006 Greece

3. Sildenafil plus Atorvastatin in patients with Metabolic Syndrome and Erectile Dysfunction: Effectiveness and safety Issues.  
Vascular Biology Working Group meeting.  
October 19 , 2006 , Milan Italy

4. The role of TZDs in the prevention and treatment of T2D  
10 years history of TZDs, Important Data for Clinical Practice.  
Nov 19 ,2010 , Krakovia Poland  
International Endocrinology Congress

5. Pathophysiology of T2D .Insulin Resistance and Beta Cell Function .The role of sitagliptin in the therapeutic Algorhythm  
Aldemar ,Olympia , Greece .Sept 30,2011.

#### NATIONAL AND INTERNATIONAL CONGRESSES

1. "A new oral therapy for pulmonary arterial hypertension via phosphodiesterase-5 (PDE 5 ) inhibition" 12<sup>th</sup> October
2. "ESC Congress 2004" September 2004, Munich - Germany
3. "XVII<sup>th</sup> Congress of the European Society of Cardiology" Amsterdam Netherlands 19-24 August 1995
4. XXII<sup>th</sup> Congress of the European Society of Cardiology" Netherlands 26-30 August 2000
5. "66<sup>th</sup> Scientific Session - American Diabetes Association Annual Meeting" 9-13 June 2003 - Washington
6. "Towards a better outcome in the management of UCAD" Open live telesymposium, Thursday 12 December 1996
7. International Diabetes Federation - Le Palais de Congress, Paris 24-29 August 2003
8. "1<sup>st</sup> Balkan Congress on Obesity - 5<sup>th</sup> Pan-Hellenic Medical Congress on Obesity" February 6-9,2003 Athens Greece
9. "6<sup>th</sup> International Symposium on "Global Risk of Coronary Heart Disease and Stroke: Assessment, Prevention and Treatment" Florence, June 12-15,2002
10. International Association of Obesity, International Diabetes Federation " Orchestrating Success" Berlin, March 25-28,2004
11. "International Symposium " Calcium antagonism plus beta- blockade - opposites or synergism?"
12. "XX<sup>th</sup> Congress of the European Society of Cardiology" 22-26 August 1998 - Vienna

13. "State of Heart Protection: New Clinical Developments in the treatment of Coronary Heart Disease" Seville, Spain, February 22-23, 2002
14. "Scientific Symposium cox -II inhibition- A clinical Update on Safety and Efficacy" London, April 2001
15. "XXI<sup>st</sup> Congress of the European Society of Cardiology" 22-26 August 1999 - Barcelona- Spain
16. "11<sup>th</sup> Scientific Meeting of the American Society of Hypertension" May 15-18,2006 -New York, USA
17. "Interaktion oder Synergismus zwischen Beta-Rezeptorenblockern und NOCTAMID" August 1984, Deutschland
18. "The second international postgraduate medical symposium, Advances in Cardio-Pulmonary medicine" Salzburg, February 2<sup>nd</sup>,1989
19. "64<sup>th</sup> Scientific Session, June 4-8,2004" Orlando, Florida
20. " The 13<sup>th</sup> European Congress on Obesity" Prague - Czech Republic, May 26-29,2004
21. "74<sup>th</sup> European Atherosclerosis Congress", April 17-20,2004
22. "World Congress on Controversies in Obesity, Diabetes and Hypertension (CODHy). October 26-29, 2007.
23. RC33 6<sup>th</sup> International Conference on Social Science Methodology 2004.
24. "Targeting Cardiovascular Disease in Type 2 Diabetes: Making the Link" 22-24 April, 2004 -Athens, Greece
25. "18<sup>th</sup> Conference of the International Diabetes Federation" Paris, 24-29 August 2003
26. "XV International Congress of Allergology and Clinical Immunology" Annual Meeting, June 26- July 1, 1994 Stockholm - Sweden
27. "XIV International Congress of Allergology and Clinical Immunology" Annual Meeting, October 13-18, 1991
28. "Epidemiology Safety Evaluation of Losec Therapy in patients of Northern Attica" , June 22,1999 - Northern Attica
29. "The Second International Postgraduate Medical Symposium - Advances in Cardio-Pulmonary" January 30<sup>th</sup> - February 2<sup>nd</sup>, 1989, Salzburg - Austria
30. "74<sup>th</sup> EAS Congress" March 18<sup>th</sup>, 2004 , Seville- Spain
31. " Sildenafil plus atrovastatin in patients suffering from E.O. and metabolic syndrome" European Chapter Meeting, October 20-21, Milan, Italy
32. "The acute effect of wood coal production on pulmonary function" ESR Annual Congress, September 25<sup>th</sup> - 29<sup>th</sup>, 1993, Firenze, Italy
33. "Hypertension and Cardiovascular Risk", Thessaloniki ,March 14-16, 2002
34. "New data in the treatment of chronic diseases of the digestive system and application in daily clinical practice" March 10-11,2007 - Greece
35. "High incidence of celiac disease in Greek patients with digestive symptoms" 9<sup>th</sup> Pan-Hellenic congress of internal medicine, October 6-11,2003 Athens

36. Automatic pneumomediastinum in adults 20 years" " 12<sup>th</sup> Pan-Hellenic congress of Pulmonary Diseases, December 3-7,2003 Athens
37. "A study of  $\beta$ -thromboglobulin and platelet factor -4 plasma levels in steady state sickle cell patients." 2<sup>nd</sup> Pan-Hellenic Hematology Congress, November 1-3,1985- Athens
38. "Fibrous dysplasia of temporal bone" 10<sup>th</sup> Pan-Hellenic Otolaryngology Congress, October 6-10,1999 - Greece

### RESEARCH ACTIVITY - SCIENTIFIC PROTOCOLS

1. " Flu Surveillance Program" Tamiflu, Roche Global Team , 1999-2000
2. Training Program Director in Clinic of Internal Medicine in Athens Medical Center
3. Training Program Director in Clinic of Internal Medicine in Semmelweis University , Budapest
4. "Treatment of peptic ulcer with famotidine" (a multicenter study in Greece), Adamidis S. et all
5. "Multicenter study evaluating the clinical efficacy and safety of cefprozil in the treatment of infections of lower respiratory tract" , Adamidis S. et all
6. "Changes in systolic blood pressure index after antihypertensive treatment with quinapril"
7. «Clinical assessment of lipid profiles in patients with type 2 diabetes receiving combined oral treatment»
8. "Program of clinical practice in pharmacy school graduates - MCs in Clinical Practice"2001-2002/2004-2005
- 9.

### OTHER ACTIVITIES

Numerous Published Articles on medical issues in non medical journals  
Newspapers, Health Journals.

*Internet* : Numerous articles on medical issues in the internet.

