

CURRICULUM VITAE

Giorgos K. Sakkas Ph.D.

Current Position:



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

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www.livelab.eu

www.ypnosi.com

www.dr-apnea.com

CV Summary

Original Articles	82 (19 First Author/25 Last Author)
Submitted /Under review	7 (7 Last Author)
Citation Index	3918
H-index/G-index	35/60
Teaching	Various BSc modules related to Exercise and Health Director of the “Therapeutic Exercise Specialization” MSc Exercise and Health: Assessment and Prescription MSc Military Fitness MSc Renal Care
PhD Supervision /Completed	11/7
Post-Doctoral Mentorship	5 young researchers / 3 academic staff
External Funding Record	Principal Investigator: 2.5M € Co-PI: >8.5M €
Associate Editor	1. BMC Nephrology (IF:2.3) 2. BMC Research Notes (uIF:1.6)
Memberships	Director LIVE Lab
Funded Consortia – COST Actions	1. CA15111 - European Network on Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (EUROMENE) – 2016-2020
Advisory Bodies	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 board member
External Reviewer, Rapporteur and Vice Chair	1. COST Action – Horizon 2020 – 2015 to present 2. ITN Action – Horizon 2020 – 2015 to present 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

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

Aug 2019 – present

Professor in Lifestyle Medicine, Cardiff Metropolitan University,
Wales, UK

Jan 2019 – present

Ass Professor in Clinical Exercise Physiology, 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

Jan 2016 - 2019

Visiting Professor in Clinical Exercise Physiology, School of PE and
Sports Sciences, University of Thessaly, Trikala, Greece

Dec 2013 – Jan 2016

Ass Professor 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

CURRICULUM VITAE

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
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 Co-program leader for the specialization of “Exercise is Medicine”,
Dept of PE and Sport Science, University of Thessaly, Greece
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 (8 completed)

MSc: 30 (26 completed)

BSc: >24 (all completed)

EXTERNAL FUNDS – as Principal Investigator (PI)

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

- 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 neutraceuticals 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.
- 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

CURRICULUM VITAE

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

WORKSHOPS / PROFESSIONAL DEVELOPMENT

- GHR Accredited Clinical Hypnotherapist, November 2018
- BSCAH Accredited Clinical Hypnotherapist, September 2018

CURRICULUM VITAE

- 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
- 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): 82

Submitted: 7

Citation Index: 3918 (PoP)

H-Index: 35

G-Index: 50

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: 6.105]
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: 5.242]
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: 2.214]
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:3.56]
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:3.56]
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: 3.676]
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: 2.214]
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: 4.613]
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
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: 3.28]
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: 5.242]
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: 8.288]

CURRICULUM VITAE

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:1.422]
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. Further evidence for 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 3.765]
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: 0.0]
16. PL Gordon, **GK Sakkas**, JW Doyle, T Shubert and KL Johansen The Relationship between Vitamin D and Muscle Size and Strength in Patients on Haemodialysis. *J Ren Nutr.* **2007** Nov;17(6):397-407 [ImpFact: 1.480]
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: 3.56]
18. ***GK Sakkas**, GM Hadjigeorgiou, C Karatzaferi, MD Maridaki, CD Giannaki, PR Mertens, C Rountas, M Vlychou, V Liakopoulos, and I Stefanidis. “Aerobic exercise training ameliorates Restless Legs Syndrome symptoms and improves functional capacity in patients receiving dialysis therapy”. *Journal of American Society of Artificial Internal Organs,* **2008** Mar-Apr;54(2):185-90 [ImpFact: 1.221]
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: 7.141]
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: 3.564]
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: 0.790]
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:3.284]
23. ***G. K Sakkas**, K. Mulligan, M. DaSilva, J. W Doyle, H. Khatami, J. A Kent-Braun, M. Schleich T, Schambelan M. Creatine Supplementation Fails to Augment the Benefits Derived from Resistance Exercise Training in Patients with HIV Infection. *PLoS ONE.* **2009**;4(2):e4605 [Imp Fact: 4.441].
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-

CURRICULUM VITAE

- associated lipoatrophy and hypoleptinemia. *J Clin Endocrinol Metab.* **2009** Apr;94(4):1137-44. [PMID: 1917450] [ImpFact:6.495]- **International Award**
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]
 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]
 27. Giannaki CD, **Sakkas GK**, Karatzaferi C, Hadjigeorgiou GM, Liakopoulos V, Lavdas E, Koutedakis Y, Stefanidis I. A non-pharmacological approach for counteracting motor restlessness during dialysis session. *The Journal of American Society of Artificial Internal Organs* **2010** Nov-Dec;56(6):538-42. [ImpFact 1.221]
 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]
 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].
 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: 4.441]
 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: 4.441]
 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 [ImpFact: not yet announced]
 33. Karatzaferi C and **Sakkas GK**. Editorial on special issue “Lifestyle and ageing in muscle disease”. *J Muscle Res Cell Motil.* **2012** Aug;33(3-4):153-4. [Imp Fact: 1.981]
 34. ***Sakkas GK** and Karatzaferi C. Hemodialysis fatigue: just ‘simple’ fatigue or a syndrome on its own right? *Front Physiol.* **2012**;3:306. [ImpFact 3.500]
 35. Rao MN, Schambelan M, Tai VW, Abrams DI, Khatami H, Havel PJ, **Sakkas G**, Mulligan K. Assessing the Association between Leptin and Bone Mineral Density in HIV-Infected Men. *AIDS Res Treat.* **2012**;2012:103072. [ImpFact: 1.841]
 36. Gkizlis V, Giannaki CD, Karatzaferi C, Hadjigeorgiou GM, Mihos C, Koutedakis Y, Stefanidis I, **Sakkas GK**. Uremic versus Idiopathic Restless Legs Syndrome: Impact on Aspects Related to Quality of Life. *ASAIJ.* **2012** Nov;58(6):607- [ImpFact: 1.221]
 37. *Giannaki CD, Zigoulis P, Karatzaferi C, Hadjigeorgiou GM, George KP, Koutedakis Y, Stefanidis I, **Sakkas GK**. Periodic limb movements in sleep as a potential cardiovascular risk factor in hemodialysis patients: association with cardiac structure and function. *J Clin Sleep Med.* **2013** Feb 1;9(2):147-53. [Imp Fact: 3.21]

CURRICULUM VITAE

38. Lavdas E, Mavroidis P, Kostopoulos S, Glotsos D, Roka V, Koutsiaris AG, Batsikas G, **Sakkas GK**, Tsagkalis A, Notaras I, Stathakis S, Papanikolaou N, Vassiou K. Elimination of motion, pulsatile flow and cross-talk artifacts using blade sequences in lumbar spine MR imaging. *Magn Reson Imaging*. **2013** Jul;31(6):882-90. [Imp Fact: 2.022]
39. Mitrou GI, Grigoriou SS, Konstantopoulou E, Theofilou P, Giannaki CD, Stefanidis I, Karatzaferi C, **Sakkas GK**. Exercise Training and Depression in ESRD: A Review. *Semin Dial*. **2013** Sep;26(5):604-13. [Imp Fact: 2.070]
40. Giannaki CD, Karatzaferi C, Hadjigeorgiou GM, George KP, Stefanidis I, **Sakkas GK**. Periodic limb movements in sleep and cardiovascular disease: time to act. *Front Neurol*. **2013**;4:97. [Imp Fact: 0.00]
41. Giannaki CD, Hadjigeorgiou GM, Karatzaferi C, Maridaki MD, Koutedakis Y, Founta P, Tsianan N, Stefanidis I, **Sakkas GK**. A single-blind randomized controlled trial to evaluate the effect of 6 months of progressive aerobic exercise training in patients with uraemic restless legs syndrome. *Nephrol Dial Transplant*. **2013** Nov;28(11):2834-40. [Imp Fact: 3.488]
42. Giannaki CD, **Sakkas GK**, Karatzaferi C, Hadjigeorgiou GM, Lavdas E, Kyriakides T, Koutedakis Y, Stefanidis I. Effect of exercise training and dopamine agonists in patients with uremic restless legs syndrome: a six-month randomized, partially double-blind, placebo-controlled comparative study. *BMC Nephrol*. **2013** Sep 11;14(1):194. [Imp Fact: 1.520]
43. Giannaki CD, Hadjigeorgiou GM, Karatzaferi C, Pantzaris MC, Stefanidis I, **Sakkas GK**. Epidemiology, impact, and treatment options of restless legs syndrome in end-stage renal disease patients: an evidence-based review. *Kidney Int*. **2014** Jun;85(6):1275-82. [Imp Fact: 8.563]
44. I. Stefanidis, A. Vainas, E. Dardiotis, C.D. Giannaki, P. Gourli, D. Papadopoulou, P. Vakianis, E. Patsidis, T. Eleftheriadis, V. Liakopoulos, S. Pournaras, **Sakkas GK**, E. Zintzaras, G.M. Hadjigeorgiou. Restless legs syndrome in hemodialysis patients: an epidemiologic survey in Greece. *Sleep Med*. **2013** Dec;14(12):1381-6. [Imp Fact: 3.100]
45. **Sakkas GK**, Giannaki CD, Karatzaferi C, Maridaki M, Koutedakis Y, Hadjigeorgiou GM, Stefanidis I. Current trends in the management of uremic restless legs syndrome: a systematic review on aspects related to quality of life, cardiovascular mortality and survival. *Sleep Med Rev*. **2015** Jun;21:39-49.. [Imp Fact: 9.141]
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Books

1. **Giorgos K. Sakkas**. Translation and Scientific Editing in Greek. Manual of Freediving – Underwater on a single breath by Umberto Pelizzari and Stefano Tovagliari. 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/pdfviewer/web/viewer.html?file=/bitstream/11419/4892/2/00_master_Sakkas-KOY.pdf

Book Chapters

1. **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.
2. **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.
3. 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.**
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 14. 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
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Patients Leaflets

1. **Giorgos K. Sakkas.** Translation and Scientific Editing in Greek. Exercise: A guide for the People on Dialysis, by Patricia Painter PhD. In Press **2015**
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**.

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
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

CURRICULUM VITAE

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

CONFERENCE AND WORKSHOP ORGANIZER

- 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 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)

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

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**

PEER RECOGNITION

Citation Index: 3918 (PoP)

H-index: 35

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)
- eRepresentative (2018-2022) (<https://www.marjon.ac.uk/research/research-ethics/>)
- **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.

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)

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**

Member of Editorial Boards

- World Journal of Nephrology (www.wjnet.com/2220-6124/edboard.htm)
- World Journal of Clinical Urology (www.wjnet.com/2219-2816/edboard.htm)
- Frontiers in Striated Muscle Physiology (www.frontiersin.org/Striated_Muscle_Physiology/editorialboard)
- Journal of Sleep Disorders & Therapy (www.omicsgroup.org/journals/editorialboardJSDT.php)

- Health Psychology Research Journal (www.healthpsychres.org/)

Reviewer in Scientific Journals with Impact Factor

1. American Journal of Kidney Disease
2. Annals of Medicine
3. Archives of Physical Medicine and Rehabilitation
4. Blood Purification
5. BMC in Alternative Medicine
6. BMC Musculoskeletal Disorders
7. BMC Nephrology
8. BMC Research Notes
9. British Journal of Sports Medicine
10. Clinical Journal of the American Society of Nephrology
11. Clinical Nursing Research
12. Clinical Rehabilitation
13. Clinical Science
14. European Journal of Applied Physiology
15. European Journal of Sports Sciences
16. Frontiers in Physiology
17. Health, Psychology Research
18. Hemodialysis International
19. International Journal of Clinical Cardiology
20. International Journal of Nephrology
21. International Medical Journal for Experimental and Clinical Research (Medical Science MONITOR)
22. Journal of American Society of Nephrology
23. Journal of Renal Nutrition
24. Journal of Science and Medicine in Sport
25. Journal of Sports Medicine
26. Medical Science Technology
27. Medicine and Science and Sports and Exercise
28. Metabolic Brain Diseases Journal
29. Movement Disorders
30. Nephrology Dialysis Transplantation
31. Nephron
32. Nutrients
33. Nutrition Research
34. Open Journal of Nephrology
35. PLOS ONE
36. Renal Failure
37. Sleep Medicine Reviews
38. Sport Medicine
39. World Journal of Nephrology
40. MOJ Gerontology & Geriatrics
41. Cochrane: Kidney and Transplant
42. British Medical Journal (BMJ open)

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**)
- 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 Society of Cardiology

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 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)
- 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
- **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

CURRICULUM VITAE

- 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 – 2014
- Head coach of the Greek Free Diving National Team 2010-2014
- 6th in World Ranking in Free Diving World Championship for 2018
- 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