

# Nikolaos Theodorakis, M.D., Ph.D.(c)

CEO & Founder, NT-CardioMetabolics

Cardiology Resident

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Valedictorian of the Athens Medical School Class of 2021 with a GPA of 9.8/10 and a Ph.D. Candidate. CEO and Founder of NT-CardioMetabolics, with a strong scientific background in preventive cardiology, cardiometabolic medicine, anti-aging, rehabilitation, and precision medicine. Special research interest in hormonal therapy for cardiometabolic diseases, including heart failure. Dedicated to advancing cardiometabolic care through holistic and personalized approaches, incorporating nutrition, exercise, and optimization of hormonal and metabolic profiles. With extensive experience in clinical practice, research, and teaching, he has a rich portfolio of publications and presentations at international and national conferences. He serves as a Guest Editor for multiple special issues related to cardiometabolic medicine and anti-aging. Additionally, he is a postgraduate student in Data Science and Machine Learning at the Hellenic Open University.

## Work experience

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**01/2025 – currently**

### **CEO at NT-CardioMetabolics**

*47 Tirteou Str., 17564 Palaio Faliro, Greece*

**10/2023 – currently**

### **Cardiology Resident**

*Amalia Fleming General Hospital - Melissia, Greece*

**01/2022 – 04/2023**

### **Internal Medicine Resident**

*Limassol General Hospital - Limassol, Cyprus*

**10/2021 – 12/2021**

### **Accident and Emergency (A&E) Physician**

*Mediterranean Hospital of Cyprus - Limassol, Cyprus*

## Education

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09/2024 – currently	<b>Master of Science (M.Sc.) in Data Science and Machine Learning</b> <i>Hellenic Open University, School of Science and Technology - Patras, Greece</i>
01/2024 – currently	<b>Doctor of Philosophy (Ph.D.) in Medicine</b> <i>National and Kapodistrian University of Athens, School of Medicine - Athens, Greece</i> Preoperative Comprehensive Geriatric Assessment of Patients that will Undergo General Surgical Operations.
09/2015 – 07/2021	<b>Doctor of Medicine (M.D.)</b> <i>National and Kapodistrian University of Athens, School of Medicine - Athens, Greece</i> Valedictorian of the 2021 class with a grade of “excellent” 9,8/10 (recited the Hippocratic Oath).
09/2012 – 06/2015	<b>High School Degree</b> <i>High School of Vouliagmeni - Vouliagmeni, Greece</i> Valedictorian of the 2015 class with a grade of “excellent” 19,8/20. Excelled in the Panhellenic Examinations of 2015 with a grade of 19,47/20.

## Internships

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07/2019 – 08/2019	<b>Internal Medicine &amp; Rheumatology</b> <i>University College London - Royal Free Hospital, London, UK</i> Prof. Christopher Denton
09/2016 – 09/2016	<b>Nuclear Medicine</b> <i>Hygeia Hospital, Athens, Greece</i> Dr. Prasopoulos Vasileios
01/2016 – 06/2016	<b>Psychophysiology</b> <i>Aiginiteio University Hospital, Athens, Greece</i> Prof. Ch. Papageorgiou

## Publications in Peer-Reviewed Journals

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1. Theodorakis N, Nikolaou M. From Cardiovascular-Kidney-Metabolic Syndrome to Cardiovascular-Renal-Hepatic-Metabolic Syndrome: Proposing an Expanded Framework. *Biomolecules*. 2025; 15(2):213. <https://doi.org/10.3390/biom15020213>

2. Theodorakis N, Nikolaou M. Integrated Management of Cardiovascular-Renal-Hepatic-Metabolic Syndrome: Expanding Roles of SGLT2is, GLP-1RAs, and GIP/GLP-1RAs. *Biomedicines*. 2025 Jan 8;13(1):135. doi: 10.3390/biomedicines13010135. PMID: 39857719; PMCID: PMC11760485.
3. Theodorakis N, Kreouzi M, Pappas A, Nikolaou M. Beyond Calories: Individual Metabolic and Hormonal Adaptations Driving Variability in Weight Management-A State-of-the-Art Narrative Review. *Int J Mol Sci*. 2024 Dec 15;25(24):13438. doi: 10.3390/ijms252413438. PMID: 39769203; PMCID: PMC11676201.
4. Theodorakis N. Comment to the Manuscript “Chronic Positive Mass Balance is the Actual Etiology of Obesity: A Living Review”. 2025 (in press).
5. Theodorakis N, Kreouzi M, Hitas C, Anagnostou D, Nikolaou M. Adipokines and Cardiometabolic Heart Failure with Preserved Ejection Fraction: A State-of-the-Art Review. *Diagnostics (Basel)*. 2024 Nov 27;14(23):2677. doi: 10.3390/diagnostics14232677. PMID: 39682585; PMCID: PMC11640255.
6. Theodorakis N, Feretzakis G, Kreouzi M, Anagnostou D, Hitas C, Verykios VS, Nikolaou M. Growth Hormone Therapy in Chronic Heart Failure: a Systematic Review and Meta-Analysis of Randomized Controlled Trials. *J Clin Endocrinol Metab*. 2024 Nov 21:dgae814. doi: 10.1210/clinem/dgae814. Epub ahead of print. PMID: 39566897.
7. Theodorakis N, Kreouzi M, Hitas C, Anagnostou D, Nikolaou M. Growth Hormone and Heart Failure: Implications for Patient Stratification, Prognosis, and Precision Medicine. *Diagnostics (Basel)*. 2024 Dec 16;14(24):2831. doi: 10.3390/diagnostics14242831. PMID: 39767192; PMCID: PMC11675863.
8. Theodorakis N, Feretzakis G, Kreouzi M, Anagnostou D, Hitas C, Verykios VS, Nikolaou M. Ghrelin: An Emerging Therapy for Heart Failure. *Clin Endocrinol (Oxf)*. 2025 Jan 5. doi: 10.1111/cen.15196. Epub ahead of print. PMID: 39757711.
9. Theodorakis N, Feretzakis G, Vamvakou G, Verykios VS, Polymeris A, Nikolaou M. Testosterone therapy for functional hypogonadism in middle-aged and elderly males: current evidence and future perspectives. *Hormones (Athens)*. 2024 Dec;23(4):801-817. doi: 10.1007/s42000-024-00587-2. Epub 2024 Jul 26. PMID: 39060901.
10. Anagnostou D, Theodorakis N, Hitas C, Kreouzi M, Pantos I, Vamvakou G, Nikolaou M. Sarcopenia and Cardiogeriatrics: The Links Between Skeletal Muscle Decline and Cardiovascular Aging. *Nutrients*. 2025 Jan 14;17(2):282. doi: 10.3390/nu17020282. PMID: 39861412; PMCID: PMC11767851.
11. Theodorakis N, Hitas C, Vamvakou G, Kalantzi S, Spyridaki A, Kollia Z, Feretzakis G, Nikolaou M. Complexities in Geriatric Cardiology: Clinical Dilemmas and Gaps in Evidence. *J Geriatr Cardiol* 2025; 22(1): 190–209. DOI: 10.26599/1671-5411.2025.01.004.
12. Kreouzi M, Theodorakis N, Nikolaou M, Feretzakis G, Anastasiou A, Kalodanis K, Sakagianni A. Skin Microbiota: Mediator of Interactions Between Metabolic Disorders and Cutaneous Health and Disease. *Microorganisms*. 2025 Jan 14;13(1):161. doi: 10.3390/microorganisms13010161. PMID: 39858932; PMCID: PMC11767725.
13. Kreouzi M, Theodorakis N, Feretzakis G, et al. Deep Learning for Melanoma Detection: A Deep Learning Approach to Differentiating Malignant Melanoma from Benign Melanocytic Nevi. *Cancers (Basel)*. 2024 Dec 25;17(1):28. doi: 10.3390/cancers17010028. PMID: 39796659; PMCID: PMC11718884.
14. Theodorakis N, Feretzakis G, Kreouzi M, et al. Predicting Body Fat Percentage from Simple Anthropometric Measurements: A Machine Learning Approach. *Stud Health Technol Inform*. 2024 (in press).
15. Theodorakis N, Feretzakis G, Kreouzi M, et al. Forecasting Hospitalization Trends in the Greek Elderly Population. *Stud Health Technol Inform*. 2024 (in press).
16. Sakagianni A, Koufopoulou C, Koufopoulos P, Kalantzi S, Theodorakis N, Nikolaou M, Paxinou E, Kalles D, Verykios VS, Myrianthefs P, Feretzakis G. Data-Driven Approaches in Antimicrobial Resistance: Machine Learning Solutions. *Antibiotics (Basel)*. 2024 Nov 6;13(11):1052. doi: 10.3390/antibiotics13111052. PMCID: PMC11590962.
17. Theodorakis N, Feretzakis G, Hitas C, Kreouzi M, Kalantzi S, Spyridaki A, Boufeas IZ, Sakagianni A, Paxinou E, Verykios VS, Nikolaou M. Antibiotic Resistance in the Elderly: Mechanisms, Risk Factors, and Solutions. *Microorganisms*. 2024 Sep 30;12(10):1978. doi: 10.3390/microorganisms12101978. PMID: 39458286; PMCID: PMC11509523.

18. Theodorakis N, Feretzakis G, Hitas C, Kreouzi M, Kalantzi S, Spyridaki A, Kollia Z, Verykios VS, Nikolaou M. Immunosenescence: How Aging Increases Susceptibility to Bacterial Infections and Virulence Factors. *Microorganisms*. 2024 Oct 11;12(10):2052. doi: 10.3390/microorganisms12102052. PMID: 39458361; PMCID: PMC11510421.
19. Theodorakis N, Nikolaou M, Hitas C, Anagnostou D, Kreouzi M, Kalantzi S, Spyridaki A, Triantafylli G, Metheniti P, Papaconstantinou I. Comprehensive Peri-Operative Risk Assessment and Management of Geriatric Patients. *Diagnostics (Basel)*. 2024 Sep 27;14(19):2153. doi: 10.3390/diagnostics14192153. PMID: 39410557; PMCID: PMC11475767.
20. Theodorakis N, Feretzakis G, Tzelvels L, Paxinou E, Hitas C, Vamvakou G, Verykios VS, Nikolaou M. Integrating Machine Learning with Multi-Omics Technologies in Geroscience: Towards Personalized Medicine. *J Pers Med*. 2024 Aug 31;14(9):931. doi: 10.3390/jpm14090931. PMID: 39338186; PMCID: PMC11433587.
21. Feretzakis G, Theodorakis N, Vamvakou G, Hitas C, Anagnostou D, Kalantzi S, Spyridaki A, Kollia Z, Christodoulou M, Kalles D, Gkontzis AF, Verykios VS, Nikolaou M. Advancing Cardiovascular Mortality Trend Analysis: A Machine Learning Approach to Predict Future Health Policy Needs. *Stud Health Technol Inform*. 2024 Aug 22;316:868-872. doi: 10.3233/SHTI240549. PMID: 39176930.
22. Nikolaou M, Theodorakis N, Feretzakis G, et al. Nationwide mortality trends from 2001 to 2020 in Greece: Health policy implications under the scope of aging societies. *Hellenic J Cardiol*. 2024 Aug 28(24):00177-5. DOI: 10.1016/j.hjc.2024.08.009.
23. Theodorakis N, Vamvakou G, Konstantopoulou A, et al. A Very Rare Case of Primary Mural Endocarditis of the Right Atrium due to *Candida Albicans*. *J Clin Med Img Case Rep*. 2024; 4(1): 1608. doi: 10.55920/2771-019X/1608
24. Kreouzi M, Theodorakis N, Constantinou C. Lessons Learned From Blue Zones, Lifestyle Medicine Pillars and Beyond: An Update on the Contributions of Behavior and Genetics to Wellbeing and Longevity. *Am J Lifestyle Med*. 2022 Aug 20;18(6):750-765. doi: 10.1177/15598276221118494. PMID: 39507913; PMCID: PMC11536469.
25. Kreouzi M, Theodorakis N, Prokopiou E, Thomaidou E. Efficacy and safety of dupilumab in adult moderate-to-severe atopic dermatitis: An update narrative literature review. *Our Dermatol Online*. 2021;13(1):1-10. doi: 10.7241/ourd.20221.2

## Editor in Peer-Reviewed Journals

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- Guest editor for the special issue “Cardiometabolic Diseases: Molecular Basis and Therapeutic Approaches” of *Biomedicines*, MDPI (2024-2025).
- Guest editor for the special issue “Integrated Approaches Between Metabolomics and Cellular Aging” of *Cells*, MDPI (2024-2025).
- Guest editor for the special issue “Metabolic Disorders: Insights into Pathogenesis and Novel Therapeutic Strategies” of *Diseases*, MDPI (2024-2025).
- Guest editor for the special issue “Diagnosis and Management of Cardiovascular Diseases” of *Diseases*, MDPI (2025).

## Roles as a Reviewer

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- Promoting Health and Longevity Through Lifestyle Medicine: The Impact of the Healthy Lifestyle Community Program (Cohort 2) on Oxidative Stress Biomarkers in the German Population. *Am J Lifestyle Med*. 2024;0(0).
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## Conference presentations

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1. Δ. Αναγνώστου<sup>1,2</sup> , N. Θεοδωράκης<sup>1,2</sup> , Σ. Καλαντζή<sup>2,3</sup> , Κ. Σπυριδάκη<sup>2,3</sup> , Χ. Χήτας<sup>1,2</sup> , Β. Μηλιώνης<sup>2</sup> , Έ. Γουρζουλίδου<sup>2</sup> , Σ. Αθηναίου<sup>2</sup> , Ι. Νέλλα<sup>2</sup> , Α. Σπαθάρα<sup>2</sup> , Ζ. Κόλλια<sup>2</sup> , Μ. Χριστοδούλου<sup>2</sup> , Γ. Τριανταφύλλη<sup>2</sup> , Γ. Βαμβάκου<sup>1,2</sup> , Μ. Νικολάου<sup>1,2</sup>. Εκτίμηση Κλινικών Συσχετίσεων Σαρκοπενίας σε Ηλικιωμένους Ασθενείς. 51<sup>ο</sup> Πανελλήνιο Ιατρικό Συνέδριο, 2025.
2. Σοφία Καλαντζή, Ζωή Κόλλια, Αικατερίνη Σπυριδάκη, Αργυρώ-Μαρία Αγκαβανάκη, Χρήστος Χήτας, Νικόλαος Θεοδωράκης, Γεωργία Βαμβάκου, Βασίλειος Μηλιώνης, Σοφία Αθηναίου, Μιχαλίτσα Χριστοδούλου, Ιωάννα Νέλλα, Αγγελική Σπαθάρα, Γεσθημανή Τριανταφύλλη, Μαρία Νικολάου. ΜΗ ΣΥΜΜΟΡΦΩΣΗ ΑΣΘΕΝΩΝ ΑΝΩ ΤΩΝ 65 ΕΤΩΝ ΣΕ ΘΕΡΑΠΕΥΤΙΚΗ ΑΓΩΓΗ ΜΕ ΣΤΑΤΙΝΕΣ. 51<sup>ο</sup> Πανελλήνιο Ιατρικό Συνέδριο, 2025.
3. Σοφία Καλαντζή, Σοφία Αθηναίου, Βασίλειος Μηλιώνης, Αικατερίνη Σπυριδάκη, Αργυρώ-Μαρία Αγκαβανάκη, Χρήστος Χήτας, Νικόλαος Θεοδωράκης, Γεωργία Βαμβάκου, Μιχαλίτσα Χριστοδούλου, Ιωάννα Νέλλα, Ζωή Κόλλια, Αγγελική Σπαθάρα, Γεσθημανή Τριανταφύλλη, Μαρία Νικολάου. ΨΥΧΙΚΕΣ ΔΙΑΤΑΡΑΧΕΣ ΣΤΗΝ ΤΡΙΤΗ ΗΛΙΚΙΑ- Ο ΡΟΛΟΣ ΤΟΥ ΙΑΤΡΕΙΟΥ 65+. 51<sup>ο</sup> Πανελλήνιο Ιατρικό Συνέδριο, 2025.
4. Spyridaki A., Kalantzi S., Agavantaki A., Hitas C., Theodorakis N., Nikolaou M. Risk of Falls and Fracture Risk in the 65+ Clinic. 31<sup>st</sup> Panhellenic Congress of the Hellenic Society for the Study of Bone Metabolism. November 2024.
5. Kalantzi S., Spyridaki A., Vamvakou G., Agavantaki A.M., Hitas C., Theodorakis N., et al. Vaccination coverage of the 65+ clinic-results of educational intervention. 27<sup>th</sup> Panhellenic Congress of Internal Medicine. October 2024.
6. Kalantzi S., Christopoulos K., Spyridaki A., Vamvakou G., Agavantaki A.M., Hitas C., Theodorakis N., et al. Polypharmacy among patients of the outpatient 65+ clinic and patients hospitalized in the internal medicine ward. 27<sup>th</sup> Panhellenic Congress of Internal Medicine. October 2024.
7. Theodorakis N., Anagnostou D., Vamvakou G., et al. Panhellenic Study of Cardiovascular Hospitalizations. 45<sup>th</sup> Panhellenic Cardiology Congress, October 2024.
8. Theodorakis N., Anagnostou D., Kalantzi S., et al. Analysis of therapeutic targets in hypertensive elderly patients: data from the 65+ clinic. 45<sup>th</sup> Panhellenic Cardiology Congress, October 2024.
9. Theodorakis N., Hitas C., Anagnostou D., et al. Analysis of parameters associated with postural hypotension in elderly patients: data from the 65+ clinic. 45<sup>th</sup> Panhellenic Cardiology Congress, October 2024.
10. Hitas C., Theodorakis N., Kalantzi S., et al. Diagnostic algorithm for Heart Failure with Preserved Ejection Fraction according to the H2FPEF and HFA-PEFF scores. 45<sup>th</sup> Panhellenic Cardiology Congress, October 2024.
11. Nikolaou M., Vamvakou G., Theodorakis N., et al. Analysis of parameters associated with frailty in patients that are candidates for tAVI: data from the 65+ clinic. 45<sup>th</sup> Panhellenic Cardiology Congress, October 2024.
12. Anagnostou D., Kalantzi S., Spyridaki A., Theodorakis N., et al. Prevalence of Elderly Patients Meeting Absolute Therapeutic Targets for LDL-C: Data from Clinic “65+”. 45<sup>th</sup> Panhellenic Cardiology Congress, October 2024.
13. Kollia Z., Christodoulou M., Nella I. Spathara A., Theodorakis N., et al. Evaluation of Adherence with Medical Recommendations by Telephone Follow-up Calls of Patients at the Clinic 65+. 45<sup>th</sup> Panhellenic Cardiology Congress, October 2024.
14. Theodorakis N., Vamvakou G., Konstantopoulou A., et al. Nationwide temporal mortality trends for clinically significant causes from 2001-2020 in Greece focusing on the elderly. 20<sup>th</sup> EuGMS Congress, September 2024.
15. Theodorakis N., Kalantzi S., Spyridaki A., et al. Analysis of on-treatment targets in hypertensive elderly patients: data from the 65+ outpatient clinic. 20<sup>th</sup> EuGMS Congress, September 2024.
16. Theodorakis N., Hitas C., Kalantzi S., et al. Analysis of parameters associated with postural hypotension in elderly patients: data from the 65+ outpatient clinic. 20<sup>th</sup> EuGMS Congress, September 2024.

17. Hitas C., Theodorakis N., Kalantzi S., et al. A proposed diagnostic algorithm for HFpEF combining the H2FPEF and HFA-PEFF scores. 20<sup>th</sup> EuGMS Congress, September 2024.
18. Nikolaou M., Vamvakou G., Theodorakis N., et al. Analysis of parameters correlated with frailty in elderly planned for tAVI: data from the 65+ outpatient clinic. 20<sup>th</sup> EuGMS Congress, September 2024.
19. Anagnostou D., Kalantzi S., Spyridaki A., Theodorakis N., et al. Prevalence of Elderly Patients Meeting Absolute Therapeutic Targets for LDL-C: Data from Outpatient Clinic “65+”. 20<sup>th</sup> EuGMS Congress, September 2024.
20. Kollia Z., Christodoulou M., Nella I., Spathara A., Theodorakis N., et al. Evaluation of Adherence with Medical Recommendations by Telephone Follow-up Calls of Patients at the Outpatient Clinic 65+. 20<sup>th</sup> EuGMS Congress, September 2024.
21. Theodorakis N., Hitas C., Vamvakou G., Anagnostou D., Kalantzi S., Spyridaki A., Kollia Z., Christodoulou M., Nella I., Triantafylli G., Athinaïou S., Spathara A., Feretzakis G., Nikolaou M. Nationwide mortality trends of cardiovascular diseases from 2001 to 2020 in Greece. European Society of Cardiology Congress 2024, August 2024.
22. Theodorakis N., Hitas C., Anagnostou D., Romiou A., Mihailidi E., Konstantopoulou A., Marathonitis A., Feretzakis G., Vamvakou G., Nikolaou M. Nationwide Analysis of all Cardiovascular Hospitalizations in Greece. European Society of Cardiology Congress 2024, August 2024.
23. Spyridaki A., Kalantzi S., Vamvakou G., Theodorakis N., et al. Correlation between Vitamin B12 Levels and Cognitive, Mood, and Sleep Disorders in the Geriatric Population. 35<sup>th</sup> Panhellenic Congress of Neurology. May 2024.
24. Milionis B., Athinaïou S., Christodoulou M., Nella I., Kollia Z., Spathara A., Triantafylli G., Hitas C., Theodorakis N., Kalantzi S., Spyridaki A., Tsakalidou D., Nikolaou M. The assessment of Depression with the Geriatric Depression Scale in the Geriatric Population of the 65+ Clinic. 32<sup>nd</sup> Panhellenic Psychiatric Congress. May 2024.
25. Theodorakis N., Hitas C., Vamvakou G., et al. Heart Failure Temporal Mortality Rates during the Last two Decades in Greece (moderated poster). Heart Failure Congress 2024 (European Society of Cardiology), May 2024.
26. Theodorakis N., Hitas C., Kalantzi S., et al. Temporal Study of Mortality for Clinically Important Diseases in Greece (oral presentation). 50<sup>th</sup> Annual Panhellenic Medical Conference, April 2024.
27. Theodorakis N., Hitas C., Efstathiou I., et al. Temporal Study of Cardiovascular Mortality in Greece Focusing on the Elderly (oral presentation, prize). 50<sup>th</sup> Annual Panhellenic Medical Conference, April 2024.
28. Kalantzi S., Spyridaki A., Vamvakou G., Angavanaki A., Hitas C., Theodorakis N., et al. Vaccination Coverage of Patients in the Outpatient Geriatric Clinic (oral presentation). 50<sup>th</sup> Annual Panhellenic Medical Conference, April 2024.
29. Theodorakis N., Hitas C., Vamvakou G., et al. Temporal Study of the Causes of Death During the Past 20 years in Greece Focusing on Heart Failure (e-poster). 25<sup>th</sup> Panhellenic Congress of Heart Failure, February 2024.
30. Hitas C., Theodorakis N., Kalantzi S., et al. Assessment of frailty and comorbidities in the geriatric population, data from the observational study HOMER (Holistic Management of the Elderly-Registry data) (e-poster). 25<sup>th</sup> Panhellenic Congress of Heart Failure, February 2024.
31. Theodorakis N. Hypercalcemic crisis case presentation (oral presentation). 7<sup>th</sup> Cypriot Congress of Internal Medicine, December 2022.
32. Theodorakis N. Evaluation and management of septic shock (oral presentation). 2<sup>nd</sup> Congress of the Internal Medicine Department of Limassol General Hospital – Emergencies in Internal Medicine, May 2022.
33. Kreouzi M., Theodorakis N., Prokopiou E., Thomaidou E. The Role of Dupilumab in Adult Moderate-to-Severe Atopic Dermatitis (e-poster). 13th Annual DermSchool Virtual Meeting, July 2021.
34. Theodorakis N. Cancer stem cells, role in the formation of tumors, metastasis and treatment (round table, chairman: Dr Maria Roumpelaki). 22nd Scientific Conference of Greek Medical Students (ESFIE), May 2016.

## Prizes and Distinctions

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- Selection of the article titled "Antibiotic Resistance in the Elderly: Mechanisms, Risk Factors, and Solutions" for the cover of Volume 12, Issue 10 of the journal *Microorganisms*, MDPI, among 181 articles (2024).
- Selection of the article titled "Integrating Machine Learning with Multi-Omics Technologies in Geroscience: Towards Personalized Medicine" for the cover of Volume 14, Issue 9 of the *Journal of Personalized Medicine*, MDPI, among 123 articles (2024).
- Full scholarship for participation in the course “Clinical Epidemiology: From Theory to Application” provided by Harvard University/National and Kapodistrian University of Athens (2024).
- Prize for the work entitled “Temporal Study of Cardiovascular Mortality in Greece Focusing on the Elderly” in the 50<sup>th</sup> Panhellenic Medical Congress (2024).
- Accomplished the highest grade (93,44%) in the written & oral examinations for entry in medical residency programs in Cyprus (2021).
- Academic excellence award by Athens Medical School, at the welcoming ceremony of the 2021-2022 freshmen students, as the valedictorian of the 2021 class of Athens Medical School (2021).
- Academic excellence award in the Hippocratic Medicine Conference in Kos, as the valedictorian of the 2021 class of Athens Medical School and the graduate with the highest degree grade amongst the graduates from all Greek medical schools (2021).
- Academic excellence award by the State Scholarships Foundation (Greece) and the Greek Ministry of Education and Religious, as the valedictorian of the 2021 class of Athens Medical School (2021).
- Scholarship from the Foundation for Education and European Culture thanks to academic excellence in medicine (2021).
- Scholarship from the shipping society “SYN-ENOSIS” thanks to academic excellence in medicine (2021).
- Scholarship from Eurobank thanks to academic excellence and acquiring the highest grade in the panhellenic examinations of 2015 among students of the Vari-Voula-Vouliagmeni municipality (2015).

## Courses

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- Clinical Epidemiology: From Theory to Application (with full scholarship). Harvard Medical School and Athens Medical School. October 2024.
- Advanced Life Support (ALS) (with instructor potential). October 2021.

## Teaching

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- Member of the academic committee of the online learning program “Cardiogeriatrics” provided by the Ioannina University Medical School (2025).
- Participation in bedside teaching of medical students of the University of Nicosia in the Internal Medicine department of Limassol General Hospital (2022-2023)

- Private tutor in biology and biochemistry in students preparing for the graduate admission examinations for Athens Medical School (2018-2019)
- Private tutor in biology and chemistry in high school students (2016)

## Hobbies

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- Professional sailing athlete in Optimist and Laser 4.7/RDL/STD classes (2004-2014): national champion in laser RDL (2014), 2<sup>nd</sup> in U19 in laser STD nationals (2014), 9<sup>th</sup> in U17 in laser RDL worlds in Oman (2013).
- Equestrian

## Languages

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- Greek (native)
- English (proficiency)