

# ***CURRICULUM VITAE***

## **ANASTASSIOS PHILIPPOU, Ph.D., FACSM**

### **PERSONAL DATA**

Name: Anastassios Philippou  
Date & place of birth: 07.19.1970, Karditsa, Greece  
Contact details: [ffilipou@med.uoa.gr](mailto:ffilipou@med.uoa.gr) / Tel. & Fax: +30-210-7462690  
Work address: Department of Physiology, Medical School, National and Kapodistrian University of Athens, Mikras Asias 75, 11527, Athens, Greece

### **EDUCATION**

2009 **PhD**, Department of Physiology, School of Medicine, National and Kapodistrian University of Athens, Greece  
2001 **MSc** in Biology of Exercise, Faculty of Physical Education and Sport Science, National and Kapodistrian University of Athens, Greece  
1997 **BSc** in Physical Therapy (Physiotherapy), Technological Educational Institute of Athens, Greece  
1992 **BSc** in Sports Science and Physical Education, Faculty of Physical Education and Sport Science, National and Kapodistrian University of Athens, Greece

### **WORK EXPERIENCE IN SCIENTIFIC POSITIONS**

4/2019 - Present Associate Professor in Physiology – Exercise Physiology, Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece  
Assistant Professor in Experimental Physiology, Department of Physiology, Medical School, National and Kapodistrian University of Athens, Greece  
1/2015 - 3/2019  
1/2013 – 1/2015 Lecturer in Experimental Physiology, Department of Physiology, Medical School, National and Kapodistrian University of Athens, Greece  
1/2010 - 8/2011 Postdoctoral Fellow, Department of Anatomy and Cell Biology, School of Dental Medicine, University of Pennsylvania, PA, USA  
9/2000 - 7/2009 Master Thesis student (2000-2001), Faculty of Physical Education and Sport Science and PhD student (2003-2009), Department of Experimental Physiology, Medical School, National & Kapodistrian University of Athens, Greece.

### **TEACHING / SUPERVISING EXPERIENCE**

4/2019 – Present Teaching as Associate Professor in Physiology – Exercise Physiology, Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece  
2017 – Present Director/teacher of the semester’s lessons in “Exercise Physiology”, Graduate Program “Ergospirometry, Exercise and Rehabilitation”  
2015 - 2019 Teaching as Assistant Professor in Experimental Physiology, Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece  
2015 – Present Supervision of ten (10) PhD candidates; Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece  
2013 - 2015 Teaching as Lecturer in Experimental Physiology, Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece  
2013 – Present Supervision of over eighty (90) Master students; Medical school, National and Kapodistrian University of Athens, Greece

- 2012 – Present      Supervision of twenty (20) graduate research students in the frame of the international Research Exchange Project, through the International Federation of Medical Students' Associations (IFMSA) and the Hellenic Medical Students' International Committee (HelMSIC); Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece
- 2010 – 2011      Supervision of three (3) graduate research students; Department of Anatomy & Cell Biology, University of Pennsylvania, PA, USA
- 2002 - Present      Teaching in graduate and postgraduate programs:
- Medical school, National and Kapodistrian University of Athens, Greece
    - Department of Critical Care Medicine
    - Department of Neurology
    - Department of Orthopaedics
    - Department of Pathology
    - Department of Physiology
    - Department of Rheumatology
  - Faculty of Physical Education and Sport Science, Department of Sports Medicine and Biology of Physical Activity, National and Kapodistrian University of Athens, Greece
  - Faculty of Physical Education and Sport Science, University of Thessaly, Greece
  - Harokopio University of Athens, Greece
  - Faculty of Physiotherapy, Technological Educational Institute of Athens, Greece

## **SCHOLARSHIPS**

- Scholarship for graduate studies

Annual scholarship for graduate studies financed by the Greek State Scholarships Foundation (I.K.Y.), (1989)

- Scholarship for post-graduate studies

Post-graduate studies in Biology of Exercise, co-financed by the European Regional Development Fund and national resources and the Hellenic Ministry of National Education and Religious Affairs, Operational Program for Education and Initial Vocational Training, (1998-2000)

- Scholarship for postdoctoral research

Post-doctoral research in Physiology, University of Pennsylvania, PA, USA, (2010-2011)

## **AWARDS / HONORS**

- 1<sup>st</sup> Award for oral presentation (2021), received from The Hellenic Society of Oral & Maxillofacial Surgery, Athens, Greece
- Award «S. Pitoulis» (2020), received from The Hellenic Endocrine Society, Athens, Greece
- 2<sup>nd</sup> Award for oral presentation (2018), received from The Hellenic Society of Biochemistry and Physiology of Exercise, Athens, Greece
- 3<sup>rd</sup> Award for oral presentation (2017), received from The Hellenic Society of Biochemistry and Physiology of Exercise, Athens, Greece
- Award for best poster presentation (2015, shared), 44th European Muscle Conference, Warsaw, Poland
- 1<sup>st</sup> Award for oral presentation (2015), received from The Hellenic Society for the Study and Research of Heart Failure, Athens, Greece
- Awards for the best oral presentation (2013, 2014 & 2015), received from The Hellenic Society for the Study and Research of Heart Failure, Athens, Greece
- 1<sup>st</sup> Award for oral presentation (2013), received from The Hellenic Society of Biochemistry and Physiology of Exercise, Athens, Greece

- Award for the best poster presentation (2012, shared), received from the 41st European Muscle Conference, Rhodes, Greece
- Award «Ioannis Vlissidis» (2011), received from the Academy of Athens, Greece
- Award «Alexandros Kalos» (2010), received from The Hellenic Society for the Study of Bone Metabolism, Athens, Greece

### **SOCIETY MEMBERSHIPS**

1. Fellow of the American College of Sports Medicine
2. European College of Sport Science
3. European Society for Muscle Research
4. IGF Society (The International Society for IGF Research)
5. Hellenic Endocrine Society
6. Hellenic Physiological Society
7. Hellenic Society of Biochemistry and Physiology of Exercise
8. Hellenic Society of Ergospirometry, Exercise and Rehabilitation

### **MAJOR RESEARCH COLLABORATIONS**

Dr. Elisabeth Barton, Department of Anatomy & Cell Biology, University of Pennsylvania, PA, USA

*Topics:*

- Mechanically sensitive signaling processes associated with muscle membrane complexes
- Skeletal muscle adaptations (atrophy phenotype) of the mice brought back from the final shuttle mission into space (STS-135).

Both projects were conducted in collaboration with and/or funded by the National Air and Space Association (N.A.S.A.), USA.

### **SCIENTIFIC AND INSTITUTIONAL RESPONSIBILITIES**

2022 - 2025	President of the Greek National Center –“Exercise is Medicine”
2018 – 2019	President of the Administrative Committee of the Greek National Center – “Exercise is Medicine”
2016 – Present	General Manager and member of the Board of Directors of the Greek National Center “Exercise is Medicine”, hosted in Medical School, National and Kapodistrian University of Athens, Greece
2021 – 2022	President of the Hellenic Society of Ergospirometry, Exercise and Rehabilitation
2019 – 2020	Vice-President of the Hellenic Society of Ergospirometry, Exercise and Rehabilitation
2017 – 2020	Secretary General of the Institution of Applied Physiology and Exercise in Medicine
2017 - 2018	Secretary General of the Hellenic Society of Ergospirometry, Exercise and Rehabilitation
2017 - 2019 & 2021-2023	Member of the Board of Directors of the Hellenic Physiological Society
2013 – Present	Faculty Member, Medical school, National and Kapodistrian University of Athens,

Greece

2002 Member of the Abstract Editing Committee, 7<sup>th</sup> Annual Congress of the European College of Sport Science, Athens, Greece.

## **COMMISSIONS OF TRUST**

### Ad hoc Grant Reviewer:

2021 - 2022 State Scholarship Foundation (IKY) – ERASMUS+ program: “Key Action 2: Cooperation partnerships in higher education”

2020 - 2021 State Scholarship Foundation (IKY) – ERASMUS+ program: “Key Action 2: Strategic Partnerships”

2018 - 2019 Action of State Support for Research, Technological Development & Innovation “RESEARCH - CREATION - INNOVATION”

2018 – 2019 State Scholarship Foundation (IKY) – “Postdoctoral Researchers Support” program

2017 – Present Cyprus Research Promotion Foundation's (RPF) Innovation and Research Information System (IRIS)

2017 – 2018 Post-doctoral Fellowships, Stavros Niarchos Foundation

2014 – 2015 State Scholarship Foundation (IKY) and the German Society for Academic Exchanges (Deutscher Akademischer Austauschdienst – DAAD) IKYDA program

2017 & 2021 Basic Scientific Research, Czech Science Foundation

2019 - Present Member of the Editorial Board of the Journal of Oncology and Case Reports

2017 - Present Member of the Editorial Board of the International Journal of Pediatric Health Care & Advancements (IJPA)

2017 – Present Member of the Editorial Board of the Journal of Clinical Case Reports and Case Studies  
Guest Associate Editor, Frontiers in Experimental Endocrinology, Research topic: “Regulation of IGF-1 pre-mRNA splicing, pro-protein processing, and bioactivity”

2013 – Present Member of the Editorial Board of the electronic journal of the Hellenic Society of Biochemistry and Physiology of Exercise

2013 - Present Research Editor, Open Access (OA) Case Reports Journal

2012 - Present Ad hoc Reviewer of over 50 Scientific Journals including Ageing Research Reviews, Cellular Physiology and Biochemistry, Clinical Cardiology, European Journal of Applied Physiology, Exercise Immunology Review, Experimental Biology and Medicine, Frontiers in Clinical and Translational Physiology, Growth Factors, Growth Hormone & IGF Research, International Journal of Sports and Exercise Medicine, Journal of Biomechanics, Journal of Musculoskeletal and Neuronal Interactions, International Journal of Sports Medicine, Journal of Inflammation, Journal of Molecular Endocrinology, Journal of Physiology and Biochemistry, Mutation Research – Reviews, PlosONE, Journal of Rehabilitation Medicine, Journal of Sports Sciences, Sports Medicine.

## **BOOK CHAPTERS**

Invited Chapters:

- Exercise for Health-Prevention and Rehabilitation: Konstantaras Medical Books. Title: Exercise and Cancer. 2021, pp. 425-458 (In Greek).  
**A. Philippou**, A. Papadopetraki, M. Maridaki, M. Koutsilieris

- Sports Medicine: Open Access eBooks. Title: Exercise As Complementary Therapy for Cancer Patients During and After Treatment, 2020, pp. 1-24.  
**A. Philippou**, A. Papadopetraki, M. Maridaki, and M. Koutsilieris
- Cardiorespiratory Fitness in Cardiometabolic Diseases: Springer. Title: Exercise Metabolism in Health and Disease, 2019, pp. 57-96.  
**A. Philippou**, C. Chryssanthopoulos, M. Maridaki, G. Dimitriadis, and M. Koutsilieris
- Iamatic Medicine: Complementary Therapies: Doctors MEDIA. Title: Iamatic Hydrokinesiotherapy – Therapeutic Exercise. 2019, pp. 182-206 (In Greek).  
**A. Philippou** and M. Koutsilieris
- Introduction to Translational Cardiovascular Research: Springer. Title: The multiple actions of the insulin-like growth factor-I signaling in the myocardium, 2015, pp. 187-204.  
**A. Philippou**, M. Maridaki, T. Karatzas and M. Koutsilieris
- Advances in Clinical Chemistry, Burlington, Academic Press. Title: Cytokines in Muscle Damage. 2012, pp. 49-87.  
**A. Philippou**, M. Maridaki, A. Theos, and M. Koutsilieris.

## **PUBLICATIONS**

### **A) Overview**

Number of publications: >110

Citations (Google scholar): >3,600

H-index (Google scholar): 29

### **B) List of Selected Recent Publications**

1. **Anastassios Philippou**, Fabio Minozzo, Janelle M. Spinazzola, Lucas R. Smith, Hanqin Lei, Dilson Rassier, and Elisabeth R. Barton. *Masticatory muscles of mouse do not undergo atrophy in space*. FASEB J. 29: 2769-79, 2015.
2. Georgios Tzanis, **Anastassios Philippou**, Eleftherios Karatzanos, Stavros Dimopoulos, Elisavet Kaldara, Emmeleia Nana, Theodoros Pitsolis, Dimitra Rontogianni, Michael Koutsilieris, Serafim Nanas. *Effects of high intensity interval exercise training on skeletal myopathy of chronic heart failure*. Journal of Cardiac Failure, 23:36–46, 2017.
3. Kalliopi Adraskela, Eleftheria Veisaki, Michael Koutsilieris, **Anastassios Philippou**. *Physical Exercise Positively Influences Breast Cancer Evolution*. Clinical Breast Cancer, 17(6), 408-17, 2017.
4. Krystallenia I. Alexandraki, **Anastassios Philippou**, Georgios Boutzios, Eirini Theohari, Michael Koutsilieris, Ioanna Kassiani Delladetsima and Gregory A. Kaltsas. *IGF-IEc expression is increased in secondary compared to primary foci in neuroendocrine neoplasms*. Oncotarget, 8: 79003-79011, 2017
5. Athanasios Moustogiannis\*, **Anastassios Philippou\***, Evangelos Zevolis, Orjona Taso, Antonios Chatzigeorgiou and Michael Koutsilieris. Characterization of Optimal Strain, Frequency and Duration of Mechanical Loading on Skeletal Myotubes' Biological Responses. In Vivo, 34: 1779-1788, 2020 \*: **Equal First Author**
6. Dallas K, Dinas PC, Chryssanthopoulos C, Dallas G, Maridaki M, Koutsilieris M, **Philippou A**. The effects of exercise on VO<sub>2</sub>peak, Quality of Life and Hospitalization in heart failure patients: A Systematic Review with Meta-analyses. Eur J Sport Sci. 3:1-26, 2020.
7. Tryfonos A, Tzanis G, Pitsolis T, Karatzanos E, Koutsilieris M, Nanas S, **Philippou A**. Exercise Training Enhances Angiogenesis-Related Gene Responses in Skeletal Muscle of Patients with Chronic Heart Failure. Cells. 2021;10(8):1915.
8. **Philippou A**, Tryfonos A, Theos A, Nezos A, Halapas A, Maridaki M, Koutsilieris M. Expression of tissue remodelling, inflammation- and angiogenesis-related factors after eccentric exercise in humans. Mol Biol Rep. 2021;48(5):4047-4054.
9. Moustogiannis A, **Philippou A\***, Taso O, Zevolis E, Pappa M, Chatzigeorgiou A, Koutsilieris M. The Effects of Muscle Cell Aging on Myogenesis. Int J Mol Sci. 2021;22(7):3721. \*: **Equal First Author**
10. Zevolis E, **Philippou A\***, Moustogiannis A, Chatzigeorgiou A, Koutsilieris M. Optimizing mechanical stretching protocols for hypertrophic and anti-apoptotic responses in cardiomyocyte-like H9C2 cells. Mol Biol Rep. 2021 Jan;48(1):645-655. \*: **Equal First Author**

11. Tilemachos Koutouratsas, **Anastassios Philippou**, George Kolios, Michael Koutsilieris, Maria Gazouli. Role of exercise in preventing and restoring gut dysbiosis in patients with inflammatory bowel diseases: A review. *World J Gastroenterol* 2021; 27(30): 5037-5046.
12. Evangelos Zevolis\*, **Anastassios Philippou\***, Athanasios Moustogiannis, Antonios Chatzigeorgiou and Michael Koutsilieris. The Effects of Mechanical Loading Variations on the Hypertrophic, Anti-Apoptotic, and Anti-Inflammatory Responses of Differentiated Cardiomyocyte-like H9C2 Cells. *Cells*, 11, 473. \*: **Equal First Author**
13. Dimitra Zisi, Costas Chryssanthopoulos, Serafim Nanas, **Anastassios Philippou**. The effectiveness of the active cycle of breathing technique in patients with chronic respiratory diseases: A systematic review. *Heart & Lung*, 53, 89-98, 2022.
14. Panagiota Kalatzi, Petros C. Dinas, Costas Chryssanthopoulos, Eleftherios Karatzanos, Serafim Nanas, **Anastassios Philippou**. Impact of supervised aerobic exercise on clinical physiological and mental parameters of people living with HIV: a systematic review and meta-analyses of randomized controlled trials. *HIV Res Clin Pract.* 30: 1-13, 2022.
15. Argyro Papadopetraki, Maria Maridaki, Flora Zagouri, Meletios-Athanasios Dimopoulos, Michael Koutsilieris and **Anastassios Philippou**. Physical Exercise Restrains Cancer Progression through Muscle-Derived Factors. *Cancers*, 14: 1892, 2022.
16. Dinas PC, Daveronas A, Chryssanthopoulos C, Nanas S, **Philippou A**. Effect of Exercise on Respiratory Drive in Chronic Obstructive Pulmonary Disease Patients: A Systematic Review and Meta-Analysis. *Explor Res Hypothesis Med* 2022;00(00):00–00. doi: 10.14218/ERHM.2021.00077.
17. Athanasios Moustogiannis\*, **Anastassios Philippou\***, Evangelos Zevolis, Orjona Taso, Antonios Giannopoulos, Antonios Chatzigeorgiou and Michael Koutsilieris. Effect of Mechanical Loading of Senescent Myoblasts on Their Myogenic Lineage Progression and Survival. *Cells*, 11: 3979, 2022. \*: **Equal First Author**
18. Manal Alshamari, Christos Kourek, Despina Sanoudou, Dimitrios Delis, Stavros Dimopoulos, Nikoletta Rovina, Serafim Nanas, Eleftherios Karatzanos, **Anastassios Philippou**. Does the Addition of Strength Training to a High-Intensity Interval Training Program Benefit More the Patients with Chronic Heart Failure? *Rev. Cardiovasc. Med.*, 24: 29, 2023.
19. Andrea Tryfonos, Giorgos Tzanis, Eleftherios Karatzanos, Michael Koutsilieris, Serafim Nanas and **Anastassios Philippou**. Inflammation- and Tissue Remodeling-Related Gene Responses in Skeletal Muscle of Heart Failure Patients Following High-Intensity Interval Training. *Rev. Cardiovasc. Med.*, 24(2): 46, 2023.
20. Eirini Chatzinikita, Maria Maridaki, Konstantinos Palikaras, Michael Koutsilieris and **Anastassios Philippou**. The Role of Mitophagy in Skeletal Muscle Damage and Regeneration. *Cells*, 12, 716, 2023.

#### **TRANSLATIONS AND SCIENTIFIC EDITORSHIP OF BOOKS**

- Translation of the book “The Harvard Medical School Guide to Lowering Your Cholesterol” – M. Freeman Hill, 2005. Paschalidis Medical Publications, (in press)
- Scientific co-editorship of the Greek edition of the book “Neuromechanical basis of kinesiology” - R. Enoka, Human Kinetics Pubs, 1994. Paschalidis Medical Publications, 2007
- Scientific Editorship of the Greek edition of the book “Training Therapy: Prophylaxis and Rehabilitation” - R. Gustavsen and R. Streeck, Thieme, 1993. Parisianos Publications, 2001
- Scientific Editorship of the Greek edition of the book “Aquatic Exercise Therapy” - A. Bates and Hanson N., Saunders Company, 1996. Parisianos Publications, 2000

#### **SCIENTIFIC EDITORSHIP OF BOOK CHAPTERS**

- Scientific editorship of chapters in the Greek edition of the book “Guyton and Hall Textbook of Medical Physiology”, 14th Edition - John E. Hall, Parisianos Scientific Publications, 2023
- Scientific editorship of chapters in the Greek edition of the book “Human Physiology, an Integrated Approach”, 8th Edition - Dee Unglaub Silverthorn, Broken Hill Publishers Ltd, 2018
- Scientific editorship of chapters in the Greek edition of the book “Guyton and Hall Textbook of Medical Physiology”, 13th Edition - John E. Hall, Parisianos Scientific Publications, 2016
- Scientific editorship of chapters in the Greek edition of the book “Ganong's Review of Medical Physiology”, 24th Edition - Kim E. Barrett, Susan M. Barman, Scott Boitano and Heddwen Brooks, Broken Hill Publishers Ltd, 2013

