
CURRICULUM VITAE

PERSONAL INFORMATION

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Email Address: kyriakos.kazakos@gmail.com, kkazakos@ihu.gr
Nationality: Greek
Marital status: Married (two children)



EDUCATION AND TRAINING

Studies-titles

- MD:Medical Degree, Aristotle University of Thessaloniki (1981)
- Diploma of Military Corps Officers School (1981)
- PhD: Doctor of Aristotle University of Thessaloniki (Title Dissertation "The impact of autonomic neuropathy in the incretin effect in non-insulin dependent diabetic patients" (1999)

Training

- License to practice Medicine (1981)
- Bachelor on Healthcare Application (1992)
- Title Specialty of Internal Medicine (1990)
- Training for a year in Diabetology (1993-1994)
- Training for a year in Angiology (1992-1993)

Member of Scientific Associations-Societies

- Member of the Medical Association of Great Britain (1988)
- Member of the Diabetes Association of Northern Greece (from 1990 to date)
- Board member of the Diabetes Association of Northern Greece (from 1998 to 2014) and President of the Diabetes Association of Northern Greece (from 27/2/2011 to 09/03/2014)
- Member of the Diabetes Association of Great Britain (1992)
- Member of the European Diabetes Association (1993)
- Member of the Hellenic Diabetes Association (1993 until today)
- Member of the Hellenic Medical Association of Obesity (1997)
- Member of the American Diabetes Association (2001, 2004)

PROFESSIONAL EXPERIENCE

Present position

11/2017 to date: Professor, Nursing Department/School of Health of International Hellenic University (IHU)
2008 to date: Manager of Medical and Clinical Laboratory Sector of the Nursing Department/ School of Health of International Hellenic University (IHU)
2012 to date: Director/Principal of Postgraduate Master Program "Diabetes Care" (<http://www.diabetes.ihu.gr>)

Previous experience - Appointments

- 1/1982 to 1/1983: Emergencies - First Aid at 401 General Military Hospital, Athens.
- 1/1983 to 8/1983: Assistant at Anaesthesiology Department, 424 General Military Training Hospital, Thessaloniki
- 9/1983 to 8/1984: General physician at the Military recruitment Center of Kilkis.
- 9/1984 to 8/1985: Resident at Internal Medicine Department, 424 General Military Training Hospital, Thessaloniki.
- 9/1985 to 8/1988: Resident at the 2nd University Department of Internal Medicine, Hippocrates Hospital of Thessaloniki.
- 1984-1987: Teaching nursing courses (anatomy, physiology and nutrition) in a Private Health School.
- 9/1988 to 1/1989: Physician of Internal Medicine Department, ST. HELIER HOSPITAL London, UK
- 2/1989 to 8/1989: Physician of Internal Medicine Department MACCLESFIELD D.G. HOSPITAL UK.
- 9/1989 to 8/1991: Chief manager at Military Hospital of Drama - Director of Internal Medicine Department
- 8/1991 to 7/1993: Doctor at the Higher Education Military College and Internal Medicine Consultant at 424 General Military Hospital, Thessaloniki
- 11/1999 to 11/2002: Occupational physician for the staff of the Greek Post Services (ELTA), Thessaloniki.
- 8/1993 to 12/2008: Research Fellow at Diabetes Center, Internal Medicine Department, Aristotle University of Thessaloniki, AHEPA Hospital.
- 3/2008 to 12/2013: Assistant Professor at Nursing Department / School of Health and Medical Care of Alexander Technological Educational Institute of Thessaloniki (ATEI)
- 1/2014 to 11/2017: Associate Professor, Nursing Department/School of Health and Medical Care of Alexander Technological Educational Institute of Thessaloniki (ATEI)

TEACHING EXPERIENCE

Educational activity -Teaching to Undergraduate students

- Participation in the educational program- academic year 2006-2007- of the Medical School, Aristotle University of Thessaloniki (AUTH) on "New trends in the treatment of Diabetes Mellitus"
- Participation in the educational program- academic year 2007-2008- of the Medical School Aristotle University of Thessaloniki (AUTH) on "Incretin mimetics in Diabetes Mellitus"
- Teaching at School of Health and Medical Care of Alexander Technological Educational Institute of Thessaloniki (ATEI) from the academic year 2007-2008 until today, the following courses: Internal Medicine I & II, Physiology I & II, Anatomy II, Epidemiology - Public Health, Diabetes Mellitus, Biology / Genetics
- Supervisor on 64 dissertations of Nursing Department students

Educational activity-Teaching to Postgraduate Students

- Chief Manager of the postgraduate Master program "Diabetes Mellitus Care" at Nursing Department, School of Health International Hellenic University (IHU)
- Head in the following courses: Epidemiology-Pathogenesis of Diabetes, Microvascular and macrovascular complications of Diabetes, Oral medication in Diabetes, Insulin injections and insulin pumps, Patient education on diabetes and on insulin therapy, Diabetes in special patient groups, Self-monitoring in diabetes, Health education to prevent diabetes, Children and teens-School and Diabetes, Nutritional care and Physical exercise in diabetes, Nutritional Care in Diabetes
- Supervisor on twenty five (25) dissertations of the Postgraduate Master Program "Diabetes Care."

REVIEW OF SCIENTIFIC-RESEARCH ACTIVITY

a. Research activity

- Establishment and operation of the research laboratory 'Diabetes and Metabolism "in Nursing Department of IHU.
- Scientific responsible/project manager of the project (funded by private pharmaceutical company), entitled "The effect of self management on glycemic control and quality of life of people with Diabetes Mellitus" (Code: 80 088) (01/07/2010 to 30/06/2011) .
- Participation in a European research project (funded by the European Union) entitled: "Risk Management of natural and man-made landslides in the Greek-Bulgarian border region-scientific responsible/ project manager: Theodosios Papaliangas, Professor of Civil Infrastructure Engineering Department. (01/01/2012 to 31/05/2012).
- Scientific responsible/project manager of the project entitled "Diabetes and Alzheimer's Disease" -Archimedes III: STRENGTHENING RESEARCH GROUPS IN TEI- (01/07/2012 - 30/06/2015).
- Participation in research protocols as scientific cooperator at first Internal Medical Clinic of AUTH.
- Scientific primary investigator in clinical study 28431754 DIA 3006 (funding from multinational pharmaceutical company) entitled "Double blind randomized placebo and active drug, 4-parallel-group, multicenter international study, which examined the efficacy, safety and tolerance of JNJ-28431754 (Kanagliflozini) in comparison with Sitagliptin and Placebo in patients with Diabetes Mellitus type 2, not well controlled with metformin alone. "
- **Scientific primary investigator -Lead partner- of the project with the title "COntinuity of MEtabolic diseases through modern TEChnology (COMETECH)" -within the frame: European INTRREG Program, GREECE-FYROM 2014-2020-. (April 2018 to date)**
- **Principal/Conductor of the Postgraduate Master Programme entitled "Care in Diabetes Mellitus" (01/03/2012 to date)**

b. Editorial boards - Review of scientific articles

- Member of the editorial board of the journal " Hellenic Diabetological Chronicle"-original title ".
- Reviewer of 14 papers published in the journal Hellenic Diabetological Chronicle -years 2007-2011.
- Reviewer of article entitled: "A normal response of active GLP-1 level like substances to test meal in Non-Obese Type 2 Diabetic Japanese Patients with Complications and Receiving Treatments" for the Journal of Diabetes and Metabolism, 2011.

c. Writing-edition of books

1. **Antiplatelet therapy in Diabetes Mellitus**

K. Kazakos

Chapter in the book: "Diabetes, Metabolic Syndrome and Atherosclerosis" Printing by "page", editor in chief Melidonis Andreas, Athens 2004

2. **Guide for People with Diabetes**

K. Kazakos

Participation as author and editor in chief, by "Diabetes Association of Northern Greece", Thessaloniki 2004

3. **Insulin treatment in type 2 diabetes**

K. Kazakos

Chapter in volume: "New Directions in Diabetes Mellitus and Nutrition: A modern view to old problems," printing by "Diktyna Ltd.", editor in chief Andreas Melidonis, Athens 2005

4. **Does focus on normoglycemia improve the outcome of cardiovascular disease?**

K. Kazakos

Chapter in volume "Metabolic issues. From diagnosis to modern treatment" printing by "Diktyna Ltd.", editor in chief Andreas Melidonis, Athens 2007

5. **Diabetology-Theory and practice in the treatment of diabetes**

K. Kazakos

Three chapters -The pancreatic islets / Secretion of insulin / The phenomenon of inkretins- in the book: "Diabetology - Theory and practice in the treatment of diabetes," printing by "Siokis" editor in chief Dimitris Karamitsos, Thessaloniki 2009

6. **Principles of Internal Medicine, Frank H.Netter**

K. Kazakos

Co-editor, co-author in Greek edition of the book: "Principles of Internal Medicine", edited by Marscall S.Runge, M.Andrew Creganti, printing by" P.Ch.Paschalidis », ISBN 978-960-489-278-5, Athens 2009.

7. **Medical Physiology, Canongs**

K. Kazakos

Co-editor, co-author in Greek edition of the book: "Medical Physiology Canongs", Edited by Kim E. Barrett, Susan M. Barman, Scott Balano, Heddwen L.Brooks, printing by "Broken Hill Publishers Ltd.", ISBN 978-960-489-250-1, Nicosia, Cyprus, 2014.

8. **Diabetes- Modern view**

K. Kazakos

Editor in chief and writing 11 Chapters of the book : "Diabetes- Modern view" printing by "Broken Hill Publishers Ltd.", ISBN 978-9963-258-55-0, Nicosia, Cyprus, 2016.

d. Scientific publications

Overall 61, out of which 13 in Greek and 48 in English language journals

1. **The impact of autonomic neuropathy in incretin effect in non-insulin dependent diabetic patients**

K.Kazakos

PhD thesis, Thessaloniki, April 1999

2. **Diagnostic value of antithrombin-III and serum bile salts (SBS) in liver disease**

*I. Kountouras, I. Magoula, **K. Kazakos**, C., Hoes N. Anastasiadis P. Boura*

Published in *Materia Medica Graeca*, 15 (4) 301-304, 1987

Part of the study announced on gastroenterology days, Athens 3-5 April 1987

3. **Psittacosis and Arthritis**

*G. Tsapas, I. Klonizakis, **K. Casakos**, L. Koncouris*

Published in *Chemotherapy*, 37:143-145, 1991

4. **Unusual case of abdominal tuberculosis**

K.Kazakos, *Ph. Papadopoulou I.Klonizakis, C., Hoes D. Melidis*

Published in *Galen*, 34 (4): 398-403, 1992

5. **The diabetic foot**

K.Kazakos

Published in *Hellenic Diabetological Chronicle*, 8, 1: 22-32, 1995

6. **The diabetic patient at work**

K.Kazakos, *T. Mouslech*

Published in *Hellenic Diabetological Chronicle*, 9, 2: 113-117, 1996

7. **Psychiatric Morbidity and Metabolic Control in Diabetic Patients**

*J. Mousleh, A. Iacovides, J. Yovos, K. Fountoulakis, **K. Kazakos**, M. Karagianni, A. Vlachogiannis, G. Kaprinis, C. Ierodiakonou*

Published in *German Journal of Psychiatry*, 3, 1:1-13, 2000

8. **Ambulatory blood pressure reduction after rosiglitazone treatment in patients with type 2 diabetes and hypertension correlates with insulin sensitivity increase**

*P.Sarafidis, A. Lasaridis, P. Nilsson, E. Pagkalos, A. Hitoglou-Makedou, C. Plikaos, **K. Kazakos**, J. Yovos, P. Zebekakis, I. Tziolas, A. Tourkantonis*

Published in *Journal of Hypertension*, 22, 9: 1769-1777, 2004

9. **The effect of rosiglitazone on novel atherosclerotic risk factors in patients with type 2 diabetes mellitus and hypertension. An open-label observational study**

- Sarafidis PA, Lasaridis AN, Nilsson PM, Mouslech TF, Hitoglou-Makedou AD, Stafylas PC, **Kazakos KA**, Yovos JG, Tourkantonis AA.*
Published in Metabolism, Sep; 54, 9: 1236-1242, 2005
10. **Changes in the levels of insulin and C-peptide in people with type 2 diabetes and autonomic neuropathy**
K. Kazakos
Published in Hellenic Diabetological Chronicle 19, 2: 130-134, 2006.
 11. **Glucagon like peptide-1 is closely related to glucagon in patients with type 2 diabetes and autonomic neuropathy**
K. Kazakos
Published in Hellenic Diabetological Chronicle 19, 2: 140-144, 2006.
 12. **Rosiglitazone treatment improves beta-cell function in patients with type 2 diabetes already treated with a sulphonylurea**
*Sarafidis PA, Lasaridis AN, **Kazakos KA**, Yovos J, Nilsson PM.*
Published in Diabetes & Vascular Disease Research, March, Vol 4, Suppl 1; 5161, 2007
 13. **The effect of rosiglitazone on body composition in patients with type 2 diabetes and hypertension**
*Sarafidis PA, Lasaridis AN, Mouslech T, **Kazakos KA**, Yovos J, Nilsson PM.*
Published in Diabetes & Vascular Disease Research, March, Vol4, Suppl 1; 5161, 2007
 14. **Validity and reproducibility of HOMA-IR, 1/HOMA-IR, QUICKI and McAuley's indices in patients with hypertension and type II diabetes**
*Sarafidis PA, Lasaridis AN, Nilsson PM, Pikilidou MI, Stafylas PC, Kanaki A, **Kazakos K**, Yovos J, Bakris GL.*
Published in Journal of Hypertension, 22, 9: 709-716, 2007.
 15. **Water retention during rosiglitazone treatment in patients with type 2 diabetes and hypertension is associated with insulin sensitivity increase**
*Sarafidis P, Zebekakis P, Tziolas I, Hatzistavri L, Hatzioannidis L, **Kazakos K**, Yovos J, Lazaridis A.*
Published in The Journal of Clinical hypertension, Supplement A, Vol 10, No 5:A50, 2008.
 16. **The impact of diabetic autonomic neuropathy on the incretin effect**
Kazakos KA, *Sarafidis PA, Yovos JG,.*
Published in Medicine Science Monitor, 14; 4: CR213-220, 2008.
 17. **Insulin sensitivity increase after calcium supplementation and change in intraplatelet calcium and sodium -hydrogen exchange in hypentensive patients with Type 2 diabetes**
*Pikilidou MI, Lasaridis AN, Sarafidis PA, Befani CD, Koliakos GG, Tziolas IM, **Kazakos KA**, Yovos JG, Nilsson PM.*
Published in Diabetes Medicine, 26, 3: 211-219, 2009
 18. **The incretin effect. Action of GLP-1, GIP, DPP4.**
K. Kazakos
Published in Hellenic Diabetological Chronicle 22, 2: 102-107, 2009.
 19. **Genetic variation in the visfatin (PBEF1/NAMPT) gene and type 2 diabetes in the Greek population**
*Paschou P, Kukuvitis A, Yavropoulou MP, Dritsoula A, Giapoutzidis V, Anastasiou O, **Kazakos K**, Yovos JG*
Published in Cytokine, 51, 1: 25-27, 2010.
 20. **The incretin effect and secretion in obese and lean woman with polycystic syndrome: a pilot study.**
*Pontikis Ch, Yavropouloy MP, Toulis K, Kotsa K, **Kazakos K**, Papazisi A, Gotzamani-Psarakou, Yovos JG*
Published in J Womens Health (LArchmt) 20, 6:971-6, 2011.
 21. **Incretin effect: GLP-1, GIP, DPP4**
Kazakos K
Published in Diabetes Research and Clinical Practice, 93:S32-S36, 2011.
 22. **The role of glycemic index in diabetes and obesity.**
K. Kazakos

- Published in Hellenic Diabetological Chronicle 24, 2: 99-103, 2011.
23. **The role of aspirin in primary prevention of cardiovascular events in people with diabetes.**
K. Kazakos
Published in Hellenic Diabetological Chronicle 24, 4: 245-250, 2011.
24. **Familial clustering strongly suggests that the phenotypic variation of the 8344 A>G Lys mitochondrial tRNA mutation is encoded in cis.**
Kazakos K, Kotsa K, Yavropoulou M, Dionyssopoulos A, Grabs R, Yovos J, C.Polychronakos.
Published in Annals of Human Genetics, 76:296-300, 2012.
25. **Differences between patients initiating insulin and exenatide in clinical practice in Greece (The CHOICE Study).**
The Greek CHOICE team
Published in ARCHIVES OF HELLENIC MEDICINE, 29(3): 336-344, 2012
26. **Disease-specific knowledge and lifestyle behavior in patients with diabetes mellitus**
*Digliou L, **Kazakos K**, Kotsa K, Goulis D.*
Published in Obesity Medicine 1:29-32,2016
27. **Liraglutide and Cardiovascular Outcomes in Type 2 Diabetes (LEADER The Greek team)**
Published in NEJM 375, 4: 311-322, 2016
28. **Diabetes knowledge among Greek Type 2 Diabetes Mellitus patients**
*Plouimeneas D, Grammatikopoulou MG, Bougioukli V, Iosifidou P, Vasiloglou MF, Gerama MA, Mitsos D, Chrysanthakopoulou I, Tsigga M, **Kazakos K**.*
Published in Endocrinol Nutr. 63, 7:320-326, 2016
29. **Comparison between a trunk training machine and conventional exercises for trunk extensors and effect on stance weight distribution of young adults: a pilot study**
*Kara G, **Kazakos K**, Tsaklis P.*
Published in Turkish Journal of Physiology and Rehabilitation.27(2):34-41, 2016
30. **Adherence and quality of life in patients with type II diabetes mellitus in Northern Greece**
*Zioga E, **Kazakos K**, Dimopoulos E, Koutras C, Marmara K, Marmara E, Marmaras A, Lavdaniti M*
Published in Mater Sociomed.28(4): 258-262, 2016
31. **Residual B-cell function. The glucagon-glucose (G-G) test.**
Kazakos K, Yovos I, Mousleh T, Limenopoulos V.
Published in Diabetologia vol.43, Suppl.1: A141-A141, 2000
32. **Rosiglitazone lowers Apolipoprotein A and Apolipoprotein B levels and increases LDL/ApoB ratio in patients with type 2 diabetes and hypertension.**
*Sarafidis P, Lasaridis A, Yovos I, Mousleh T, **Kazakos K**, Macedou-Hitoglou A, Pliakos C.*
Published in Atherosclerosis vol.6, Suppl.1:139-139, 2005
33. **Rosiglitazone improves insulin sensitivity and glycemic control in patients with both poorly controlled type 2 diabetes and hypertension.**
*Sarafidis P, Lasaridis A, Pagkalos E, Yovos I, **Kazakos K**, Mousleh T, Tourkantonis A, Nilsson P*
Published in Diabetes vol.54, Suppl.1: A522-522, 2005
34. **The effect of rosiglitazone on safety parameters of patients with type 2 diabetes and hypertension.**
*Sarafidis P, Lasaridis A, Yovos I, **Kazakos K**, Pagkalos E, Tourkantonis A, Nilsson P.*
Published in Diabetes vol.54, Suppl.1: A522-522, 2005
35. **Interrelationship of intracellular calcium and sodium-hydrogen exchanger activity on blood pressure in patients with hypertension and type 2 diabetes.**
*Pikilidou M, Sarafidis P, Befani C, Koliakos G, Tziolas I, **Kazakos K**, Yovos I, Lasaridis A.*
Published in Journal of Hypertension vol.25, Suppl.2: S274-S274, 2007
36. **Effects of oral calcium supplementation on ambulatory blood pressure in patients with hypertension and type 2 diabetes.**
*Pikilidou M, Befani C, Koliakos G, Tziolas I, **Kazakos K**, Yovos I, Lasaridis A.*
Published in Journal of Hypertension vol.26, Suppl.1: S392-S392, 2008
37. **Change in C-reactive protein and fibrinogen levels after oral supplementation in hypertensive subjects with type 2 diabetes.**

- Pikilidou M, Befani C, Koliakos G, Tziolas I, Hitoglou-Makedou A, **Kazakos K**, Yovos I, Ptinopoulou A, Koprass A, Lasaridis A.*
Published in Journal of Hypertension vol.26, Suppl.1: S207-S207, 2008
38. **Natriuresis increase after calcium supplementation in subjects with hypertension and type 2 diabetes Mellitus.**
*Pikilidou M, Befani C, Koliakos G, Tziolas I, **Kazakos K**, Yovos I, Lasaridis A.*
Published in Journal of Hypertension vol.27: S242-S242, 2009
39. **Oral calcium supplementation ambulatory blood pressure and relation to changes in intracellular ions and sodium-hydrogen exchange.**
*Pikilidou M, Befani C, Sarafidis P, Nilsson P, Koliakos G, Tziolas I, **Kazakos K**, Yovos I, Lasaridis A.*
Published in Am Journal of Hypertension 22(12): 1263-1269, 2009
40. **Telenursing is a useful tool to optimize metabolic control in patients with type 1 diabetes mellitus.**
*Kotsa K, Kotsani K, Tsaklis P, **Kazakos K**.*
Published in Diabetes vol 64 Suppl.1: A355-A355, 2015
41. **Glycated Hemoglobin is more important in predicting bone mineral density than bone related parameters in healthy premenopausal women.**
*Kotsa K, Sachinidou A, Tsaklis P, Chrisogonidis I, Gotzamani-Psarrakou A, **Kazakos K**.*
Published in Diabetes vol 64 Suppl.1: A536-A536, 2015
42. **Knowledge about diabetes associated with increased adherence to the Mediterranean diet.**
*Poulimeneas D, MA Gerama, V.Mpougioukli, I.Chrysanthopoulou, M.Vinou, M.Tsinga, M.G. Grammatikopoulou, **K. Kazakos**.*
Published in Hellenic Diabetological Chronicle 29, 2: 99-106, 2016.
43. **Birth weight of infants and factors that affect it: what is the effect of gestational diabetes mellitus?**
*M.P.Papadopoulou, K.Kotsa, D.Vavilis, **K.Kazakos**, D.G.Goulis.*
Published in Hellenic Diabetological Chronicle 29, 2: 117-122, 2016.
44. **Use of the Diabetes Medication Choice Decision Aid in patients with type 2 diabetes in Greece: a cluster randomized trial.**
*Th Karagiannis, A Liakos, ME Branda, E Athanasiadou, M Mainou, P Boura, DG Goulis, A LeBlanc, VM Montori, A Tsapas. Collaborators S Alexiadis, M Benroumpi, T Chatziadamidou, E Giannakopoulos, S Irakleianou, **K Kazakos**, I Mygdalis, E Pagkalos, D Papazoglou, N Tentolouris.*
Published in BMJ Open 2016;6:e012185. doi:10.1136/bmjopen-2016-012185
45. **Disease-specific knowledge and lifestyle behavior in patients with diabetes mellitus**
*Laskarina Digliou, **Kyriakos Kazakos**, Kaliopi Kotsa, Dimitrios Goulis.*
Published in Obesity Medicine 1:29-32, **2016**
46. **Liraglutide and Cardiovascular Outcomes in Type 2 Diabetes (**LEADER The Greek team**)**
Published in NEJM 375, 4: 311-322, **2016**
47. **Diabetes knowledge among Greek Type 2 Diabetes Mellitus patients**
*Plouimeneas D, Grammatikopoulou MG, Bougioukli V, Iosifidou P, Vasiloglou MF, Gerama MA, Mitsos D, Chrysanthakopoulou I, Tsigga M, **Kazakos K**.*
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48. **Comparison between a trunk training machine and conventional exercises for trunk extensors and effect on stance weight distribution of young adults: a pilot study**
*Kara G, **Kazakos K**, Tsaklis P.*
Published in Turkish Journal of Physiology and Rehabilitation.27(2):34-41, **2016**
49. **Adherence and quality of life in patients with type II diabetes mellitus in Northern Greece**
*Efrosini Zioga, **Kyriakos Kazakos**, Evangelos Dimopoulos, Christos Koutras, Kalliopi Marmara, Eleni-Efrosini Marmara, Athanasios Marmaras, Maria Lavdaniti.*
Published in Mater Sociomed.28(4): 258-262, **2016**
50. **The effect of using interactive communication tools in adults with type-2 diabetes**
*Sofia Akritidou, Gitte Reventlov Husted, **Kyriakos Kazakos**, Kasper Olesen*
Published in Nursing Reports **2017**; volume 7:6155

51. **Fixed ratio combinations of glucagon like peptide 1 receptor agonists with basal insulin: a systematic review and meta-analysis**
*Paraskevi Liakopoulou, Aris Liakos, Despoina Vasilakou, Eleni Athanasiadou, Eleni Bekiari, **Kyriakos Kazakos**, Apostolos Tsapas*
 Published in Endocrine **2017**; DOI 10.1007/s12020-017-1293-6
52. **Impact of the environment on health.**
*Tzilini M., Lavdaniti M., **Kazakos K.***
 Published in Interdisciplinary Health Care **2017**; 9, 1, 1-7.
53. **Once-weekly dipeptidyl peptidase-4 inhibitors for type 2 diabetes: a systematic review and meta-analysis**
*Stoimenis D, Karagiannis T, Katsoula A, Athanasiadou E, **Kazakos K**, Bekiari E, Matthews DR, Tsapas A.*
 Published in Expert Opin Pharmacother. **2017** Jun;18(9):843-851.
54. **Depression and self-efficacy in patients with type 2 diabetes in Northern Greece**
Sympa, P., Vlachou, E., Kazakos, K., ...Stamatiou, G., Lavdaniti, M.
 Endocrine, Metabolic and Immune Disorders - Drug Targets, 2018, 18(4), pp. 371–378
55. **The role of telenursing in the management of Diabetes Type 1: A randomized controlled trial**
Kotsani, K., Antonopoulou, V., Kountouri, A., ...Kazakos, K., Kotsa, K.
 International Journal of Nursing Studies, 2018, 80, pp. 29–35
56. **A Greek registry of current type 2 diabetes management, aiming to determine core clinical approaches, patterns and strategies**
Liatis, S., Iraklianiou, S., Kazakos, K., ...Andromachi, V., Apostolos, X.
 BMC Endocrine Disorders, 2019, 19(1), 39
57. **Gestational diabetes mellitus and quality of life during the third trimester of pregnancy**
Pantartzis, K.A., Manolopoulos, P.P., Paschou, S.A., ...Kotsa, K., Goulis, D.G.
 Quality of Life Research, 2019, 28(5), pp. 1349–1354
58. **Fasting insulin levels correlate with the frequency of hypoglycemic events in people with type 2 diabetes on treatment with sulfonylureas: A pilot study**
Kolokas, K., Koufakis, T., Avramidis, I., ...Kazakos, K., Kotsa, K.
 Indian Journal of Pharmacology, 2020, 52(1), pp. 44–48
59. **The Impact of Comorbid Diabetes Type 2 on Quality of Life in Cancer Patients Undergoing Chemotherapy.**
M. Lavdaniti, S. Michalopoulou, D.A. Owens, E. Vlachou, K. Kazakos
 Endocrine, Metabolic & Immune Disorders Drug Targets, 2020
60. **CN40 The effect of type 2 diabetes on health-related quality of life in colon cancer patients**
A Karagiozidou, K Kazakos, I Chatzi, E Vlachou, DA Owens, A Ouzouni, ...
 Annals of Oncology, 2020 31, S1139
61. **CN39 Depression and its impact on quality of life in lung cancer patients with comorbid diabetes type 2**
M Lavdaniti, P Charitopoulos, DA Owens, I Chatzi, E Vlachou, ...
 Annals of Oncology 31, S1138-S1139

CITATION INDEXES

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SCIENTIFIC ANNOUNCEMENTS (ORAL PRESENTATIONS AND POSTERS) IN GREEK AND INTERNATIONAL CONFERENCES

Overall 98, out of which 76 in Greek and 22 in Conferences Abroad

1. **Two cases of retroperitoneal disease manifested as a buttock lesion**
F. Papadopoulou, S. Efremidis, G. Grolios, K. Sarandidou, A. Kourri, K. Kazakos, A. Anastasiou
Poster, Section II, 29th Congress of the European Society of Pediatric Radiology, Boudapest April 27-May 1, 1992
Published in the proceedings p. 211
2. **The glucagon-glucose test to assess the beta cells reserve in patients with diabetes.**
K. Kazakos Z. Mouslech, E. Tiggs, M. Kukuriku, The. Georgiades K. Samartzidou, A. Kanakis, I. Giovos
Announced (oral presentation) at: 9th Annual Conference Diabetes Association of Northern Greece, Thessaloniki, November 10-11, 1995
Published in the proceedings p. 27
3. **Problems of diabetic patients at work.**
K. Kazakos
Announced (oral presentation) at: IV Symposium Physiatry & Physiotherapy Kefalonia, 6-8 September 1996
4. **The contribution of obesity and hypertension on lipid parameters in patients with non-insulin dependent diabetes mellitus (NIDDM).**
B. Limenopoulos, Ph. Epivatianou-Tzioga, D. Amoutzias, pp. Theodoridou T. Mouslech, K. Kazakos, E. Tiggs, I. Giovos
Announced (oral presentation) at: 10th Annual Conference Diabetes Association of Northern Greece, Thessaloniki, 8-10 November 1996
Published in the proceedings p. 32
5. **Championship and Diabetes.**
A. Galli-Tsinopoulou, E. Efstratios K. Kazakos B. Peristeris
Announced (oral presentation) at: 10th World Congress of the International College of Paediatrics & Child Care, Adolescent Medicine, Athens, 6-10 October 1996
Published in the proceedings p. 131
6. **The importance of measuring antithyroid antibodies in patients with IDDM.**
T. Mouslech, K. Kazakos B. Limenopoulos, E. Tiggs, M. Sytmalidou, K. KOTSOU, I. Giovos
Announced (oral presentation) at: 5th National Diabetes Congress, Athens, 21-23 March 1997
Published in Proceedings of the 5th Panhellenic Diabetes Congress.
7. **Psychiatric Morbidity and Metabolic Control in Diabetic Patients**
J. Mousleh, A. Iacovides, J. Yovos, K. Fountoulakis, K. Kazakos, M. Karagianni, A. Vlachogiannis, G. Kaprinis, C. Ierodiakonou
Announced (oral presentation) at: 16th World Congress of Diabetes (IDF), 20-25 July 1997, Helsinki
Published in: Diabetologia, 40, 1: 640
8. **Intracerebroventricular (ICV) neuropeptide Y increases GIP secretion in the dog**
A. Kessisoglou, J. Yovos, J. Mouslech, K. Kazakos, K. Kotsa, A. Aldonopoulos
Announced (oral presentation) at: 4th International NPY Conference, London, 13-14 October 1997
Published in the proceedings p. 233
9. **The effect of intracerebroventricular injection of neuropeptide Y on the endocrine function of the pancreas**
K. Kotsa, M. Sytmalidou, E. Vfeiadou, Z. Mouslech, K. Kazakos I. Kessisoglou, I. Giovos
Announced (oral presentation) at: 25th National Congress of Endocrinology & Metabolism, Athens, 19-22 March 1998
Published in the proceedings p. 69
10. **The joint mobility in patients with non-insulin dependent diabetes mellitus.**
K. Kazakos Ch. Kousidis, K. Giotakos, M. Sytmalidou T. Mouslech, I. Giovos
Announced (oral presentation) at: 12th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 13-14 November 1998
Published in the proceedings p. 36
11. **The incretin effect in non-insulin dependent diabetic patients**

K. Kazakos T. Mouslech, I. Giovos, Ch.Kousidis

Announced (oral presentation) at: 26th National Congress of Endocrinology & Metabolism, Athens, 18-21 March 1999

Published in the proceedings p. 90

12. **Changes of GIP levels in diabetic autonomic neuropathy**

K. Kazakos T. Mouslech, I. Giovos, Ch.Kousidis

Announced (oral presentation) at: 6th National Diabetes Congress, Athens, 2-4 April 1999

Published in the proceedings p. 21

13. **The incretin effect in non-insulin dependent diabetic patients with autonomic neuropathy**

K. Kazakos T. Mouslech, I. Giovos

Announced (oral presentation) at: 13th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 5-6 November 1999

Published in the proceedings p. 46

14. **Influence of diabetic autonomic neuropathy on the incretin effect**

K. Kazakos, J. Yovos, Z. Mousleh

Announced (oral presentation) at: 10th Balkan Congress on Endocrinology, Belgrade, 21-24 November 1999

Published in the proceedings of the conference p. 39.

15. **Residual b-cell function. The glucagon-glucose (GG) test.**

K. Kazakos, J. Yovos, Z. Mousleh, V. Limenopoulos

Poster No546: 36o European Congress of Diabetes (EASD), Jerusalem, 17-21 September 2000

Published in the conference proceedings.

16. **Effect of insulin therapy on diabetic parameters**

K. Kazakos, P. Douitsis, D. Karagounis T. Mouslech, I. Giovos

Announced (oral presentation) at: 15th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 15-18 November 2001

Published in the proceedings p. 9

17. **Knowledge-Self-management and control of diabetes**

K. Kazakos, P. Douitsis, D. Karagounis T. Mouslech, I. Giovos

Announced (oral presentation) at: 15th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 15-18 November 2001

Published in the proceedings p. 7

18. **The role of education and compliance of individuals with diabetes type 2, in the setting of diabetes**

K. Dolianitis, K. Kazakos A. Benis, D. Karagounis, K. Kotsa, T. Mouslech, I. Giovos

Announced (oral presentation) at: 17th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 13-15 November 2003

Published in the proceedings p. 43

19. **Diabetes and the joints**

K. Kazakos A. Benis, K. Dolianitis T. Mouslech, K. Kotsa, I. Giovos

Announced(oral presentation) at: 17th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 13-15 November 2003

Published in the proceedings p. 70

20. **Smoking and neuropathy in type 2 diabetes**

A. Benis, K. Kazakos K. Dolianitis T. Mouslech, K. Kotsa, I. Giovos

Announced (oral presentation) at: 17th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 13-15 November 2003

Published in the proceedings p. 77

21. **The continuous subcutaneous pump infusion of insulin in patients with type 1 diabetes in Northern Greece. Multicenter Study**

T. Didangelos, I. Rather, T. Mouslech, Ch. Manes, A. Vlachogiannis, N. Dimitsikoglou, E. Marino, A. Satsoglou, K. Kazakos K. Karatzidou, K. KOTSOU, I. Giovos, E. Pangalos, D. Karamitsos

Announced (oral presentation) at: 17th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 13-15 November 2003

Published in the proceedings p. 95

22. **Rosiglitazone treatment lowers insulin resistance and blood pressure in patients with Type 2 diabetes and hypertension**

P. Sarafidis, A. Lazaridis, P. Nilsson, E. Pagkalos. H. Makedou, K. Kazakos, J. Yovos, A. Tourkantonis.
Announced (oral presentation) at: EGIR-RISC CONGRESS, Amsterdam, 26-29 February 2004

Published in the proceedings

23. **Rosiglitazone treatment lowers insulin resistance and blood pressure in patients with Type 2 diabetes and hypertension**

P. Sarafidis, A. Lazaridis, P. Nilsson, E. Pagkalos. H. Makedou, K. Kazakos, J. Yovos, A. Tourkantonis.
Announced (oral presentation) at: 9th Scientific Meeting of the EASD Hypertension in Diabetes Study Group, Austria, April 29th-May 1st, 2004

Published in the proceedings

24. **Fall of hemoglobin levels by rosiglitazone: Due to water retention?**

II. Sarafidis, A. Lazaridis, A. Chitoglou-Macedonians, T. Mouslech, K. Kazakos I. Giovos, A. Papalexandri, A. Tourkantonis

Announced (oral presentation) at: 10th National Congress of Medicine, Athens, 4-9 October 2004

Published in: Hospital Chronicles, Volume 66, pp. 32, 2004

25. **Effect of acute hyperglycemia on glycosylated hemoglobin**

K. Kazakos K. Dolianitis, A. Romanidou, I. Giovos

Announced (oral presentation) at: 18th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 11-13 November 2004

Published in the proceedings p. 43

26. **The effect of acute hyperglycemia on QT interval in patients with diabetes mellitus type 2**

K. Kazakos A. Romanidou, K. Dolianitis, I. Giovos

Announced (oral presentation) at: 18th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 11-13 November 2004

Published in the proceedings p. 49

27. **Rosiglitazone improves insulin sensitivity and glycemic control in patients with type 2 diabetes mellitus and arterial hypertension**

P. Sarafidis, A. Lazarides, E.. Pangalos, A. Chitoglou-Macedonian K. Kazakos I. Giovos, pp. Karras, A. Tourkantonis

Announced (oral presentation) at: 18th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 11-13 November 2004

Published in the proceedings p. 67

28. **The effect of rosiglitazone on safety factors in patients with diabetes mellitus type 2 and hypertension**

P. Sarafidis, A. Lazaridis, A. Chitoglou-Macedonian K. Kazakos I. Giovos, T.Mouslech, Av. Chatzistavros, A. Tourkantonis

Announced (oral presentation) at: 18th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 11-13 November 2004

Published in the proceedings p. 69

29. **Quality of life, depression, demographics and control of type 2 diabetes**

P. Pita, A. Theophilidis, C. Kioseoglou, K. Kazakos I. Giovos

Announced (oral presentation) at: 18th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 11-13 November 2004

Published in the proceedings p. 72

30. **Rosiglitazone improves levels of 24-hour blood pressure in patients with diabetes mellitus type 2 and hypertension**

P. Sarafidis, A. Lazarides, E.. Pangalos, A. Chitoglou-Macedonians, Ch. Pliakos, K. Kazakos I. Giovos, P. Zempkakis, I. Tziolas, A. Tourkantonis

Announced (oral presentation) at: 9th National Conference Arterial Hypertension, Athens, 17-19 March 2005

Published in the proceedings p.21

31. **The effect of rosiglitazone on fibrinogen levels and platelet count in patients with type 2 diabetes and hypertension**

P. Sarafidis, A. Lazaridis, J. Yovos, T. Mousleh, K. Kazakos, H. Makedou, C. Pliakos, P. Stafilas, A. Tourkantonis, P. Nilsson

Poster: 75o European atherosclerosis Congress (EAS), Prague, 26-29 April 2005

32. **Rosiglitazone lowers apolipoprotein A1 and apolipoprotein B levels and increases LDL / apolipoprotein B ratio in patients with type 2 diabetes and hypertension**
P. Sarafidis, A. Lazaridis, J. Yovos, T. Mousleh, K. Kazakos, H. Makedou, C. Pliakos, P. Stafilas, A. Tourkantonis, P. Nilsson
 Poster: 75o European atherosclerosis Congress (EAS), Prague, 26-29 April 2005
33. **Low-dose aspirin and blood pressure in patients with diabetes mellitus type 2**
P. Koutsidis, K. Kazakos I. Giovos, A. Romanides, A. Mitsianis, K. Kotsa, T. Mouslech.
 Announced (oral presentation) at: 19th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 10-12 November 2005
34. **Evaluation of the HOMA-IR index and 1 / HOMA-IR as a measure of insulin resistance and insulin sensitivity**
P. Sarafidis, A. Lazaridis, M. Poikilidou, E. Pangalos, M. Sidiropoulou, P. Stafilas K. Kazakos I. Giovos.
 Announced (oral presentation) at: 19th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 10-12 November 2005
35. **QUICKI index is a simple and reliable tool for determining insulin sensitivity in patients with type 2 diabetes mellitus and arterial hypertension**
P. Sarafidis, A. Lazaridis, M. Poikilidou, E. Pangalos, P. Stafilas K. Kazakos I. Giovos.
 Announced (oral presentation) at: 19th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 10-12 November 2005
36. **The effect of rosiglitazone on level of serum uric acid in patients with diabetes mellitus type 2 and hypertension**
P. Sarafidis, A. Lazaridis, A. Kanakis, A. Chitoglou-Macedonian K. Kazakos I. Giovos, A. Tourkantonis.
 Announced (oral presentation) at: 19th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 10-12 November 2005
37. **Reproducibility of HOMA-IR, 1 / HOMA-IR, QUICKI and MC AULEY'S indices in patients with hypertension and type 2 diabetes**
P. Sarafidis, A. Lazaridis, J. Yovos, K. Kazakos, T. Mousleh, M. Pikilidou, A. Kanaki
 Poster: 1st World Congress on Controversies in Obesity, Diabetes and Hypertension, Verolono, 26-29 October 2006
Published in the proceedings p. 26-A
38. **Evaluation of the validity of McAley's index as a measure of insulin sensitivity in hypertensive type 2 diabetic patients**
P. Sarafidis, A. Lazaridis, J. Yovos, K. Kazakos, T. Mousleh, M. Pikilidou, A. Kanaki
 Poster: 1st World Congress on Controversies in Obesity, Diabetes and Hypertension, Verolono, 26-29 October 2006
Published in the proceedings p. 66-A
39. **Compliance of patients on insulin therapy**
A. Pechlivanidis, K. Kazakos T. Mouslech, M. Giavropoulos, I. Giovos.
 Announced (oral presentation) at: 20th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 9-11 November 2006
40. **Improved glycemic control after putting the insulin pump: experience of 51 cases**
A. Pechlivanidis T. Mouslech, I. Giovos, K. Kazakos A. Romanides, Ch. Tzouvara
 Announced (oral presentation)at: 20th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 9-11 November 2006
41. **The effect of rosiglitazone in white blood cells of patients with type 2 diabetes and hypertension**
P. Sarafidis, A. Lazaridis, A. Chitoglou-Macedonians, P. Zempekakis, K. Kazakos I. Giovos, A. Tourkantonis.
 Announced (oral presentation) at: 10th National Congress Arterial Hypertension, Thessaloniki, 1-3 February 2007
Published in the proceedings pp. 103-104
42. **The relationship of the exchange Na + / H + with 24hour blood pressure, insulin sensitivity and intracellular calcium in patients with type 2 diabetes mellitus**

M. Poikilidou, Ch. Befana, P. Sarafidis, C. Koliaki, I. Tziolas, K. Kazakos II. Zempekakis, Av. Chatzistafri, A. Chitoglou-Macedonians, I. Giovos, A. Lazaridis.

Announced (oral presentation) at: 10th National Congress Arterial Hypertension, Thessaloniki, 1-3 February 2007

Published in the proceedings pp. 20-21

43. Assessment of credibility McAuley index as a measure of insulin sensitivity in patients with type 2 diabetes mellitus and arterial hypertension

P. Sarafidis, M. Poikilidou, K. Kazakos T. Mouslech, I. Giovos, A. Lazaridis.

Announced (oral presentation) at: 10th National Diabetes Congress, Athens, February 28th - March 4th, 2007

44. Rosiglitazone improves the function of beta cells in patients with type 2 diabetes mellitus and arterial hypertension

P. Sarafidis, A. Lazaridis, K. Kazakos I. Giovos, A. Tourkantonis.

Announced (oral presentation) at: 10th National Diabetes Congress, Athens, February 28th - March 4th, 2007

45. Repeatability of HOMA-IR index, 1 / HOMA-IR, QUICKI and McAULEY in patients with diabetes mellitus type 2 and hypertension

P. Sarafidis, M. Poikilidou, K. Kazakos I. Giovos, A. Lazaridis.

Announced (oral presentation) at: 10th National Diabetes Congress, Athens, February 28th - March 4th, 2007

46. 46. The effect of rosiglitazone on body composition in patients with type 2 diabetes and hypertension

Sarafidis PA, Lasaridis AN, Mouslech T, Kazakos KA, Yovos J, Nilsson PM.

Oral presentation in the: 2nd International Congress on "Prediabetes" and the Metabolic Syndrome, Barcelona, 25-28 April 2007

47. Rosiglitazone treatment improves beta-cell function in patients with type 2 diabetes already treated with a sulphonylurea

Sarafidis PA, Lasaridis AN, Kazakos KA, Yovos J, Nilsson PM.

Oral presentation in the: 2nd International Congress on "Prediabetes" and the Metabolic Syndrome, Barcelona, 25-28 April 2007

48. The supplementation of calcium per os lowers intraplatelet calcium and improves insulin sensitivity in patients with hypertension and type 2 diabetes mellitus

M. Poikilidou, Ch. Befana, P. Sarafidis, C. Koliaki, I. Tziolas, K. Kazakos I. Giovos, A. Lazaridis.

Announced (oral presentation) at: 21st Annual Conference Diabetes Association of Northern Greece, Thessaloniki, 8-10 November 2007

49. The intraplatelet magnesium following calcium administration per os and the change in insulin sensitivity in patients with hypertension and type 2 diabetes mellitus

M. Poikilidou, Ch. Befana, C. Koliaki, I. Tziolas, K. Kazakos I. Giovos, A. Michael A.. Lazaridis.

Announced (oral presentation) at: 21st Annual Conference Diabetes Association of Northern Greece, Thessaloniki, 8-10 November 2007

50. The role of glucose variability in people with diabetes

B. Tapazidis, Ch. Tzouvara, B. Giapoutzidis, A. Drymonitis, K. Kazakos I. Giovos.

Announced (oral presentation) at: 21st Annual Conference Diabetes Association of Northern Greece, Thessaloniki, 8-10 November 2007

51. The effect of additional per os calcium administration on lipid profile of patients with hypertension and type 2 diabetes mellitus

M. Poikilidou, Ch. Befana, C. Koliaki, A. Chitoglou-Macedonians, I m. Tziolas, K. Kazakos I. Giovos, A. Ptinpoulou, A. Lazaridis.

Announced (oral presentation) at: 4th Annual Atherosclerosis Congress, Thessaloniki, 21-23 February 2008

Published in the proceedings p. 78

52. C-reactive protein and fibrinogen levels after per os calcium administration to diabetic hypertensive population

M. Poikilidou, Ch. Befana, C. Koliaki, A. Chitoglou-Macedonians, I m. Tziolas, K. Kazakos I. Giovos, A. Ptinpoulou, A. Lazaridis.

Announced (oral presentation) at: 4th Annual Atherosclerosis Congress, Thessaloniki, 21-23 February 2008

Published in the proceedings p. 79

53. The effect of per os administration of calcium on weight and body composition in patients with hypertension and type 2 diabetes

- M. Poikilidou, K. Kazakos I. Giovos, I. Tziolas, P. Zempekakis, Av. Chatzistavros, M. Goat, A. Ptinopoulou, A. Lazaridis.*
Announced (oral presentation) at: 7th Panhellenic Medical Congress on Obesity, Athens, 3-5 April 2008
Published in the proceedings p. 50
54. **Diabetes knowledge test in patients with type 1 and type 2 diabetes mellitus**
V. Bougioukli, M.A. Gerama, K. Kazakos, I. Xrisanthakopoulou, M. Grammatikopoulou, M. Tsigga.
Oral presentation in the: 3rd Balkan Congress on Obesity, Thessaloniki, October 2008
Published in the proceedings p. 79
55. **Effects of calcium supplementation on body weight and composition in patients with hypertension and type 2 diabetes**
M. Pikilidou, K. Kazakos, J. Yovos, I. Tziolas, P. Zebekakis, L. Hadjistavri, M. Katsiou, A. Ptinopoulou, A. Lazaridis.
Oral presentation in the: 2nd World Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension (CODHy), Barcelona, October 26th - November 2nd, 2008
Published in the proceedings p. 78-A
56. **Oral calcium supplementation improves lipid profile in subjects with type 2 diabetes and hypertension**
M. Pikilidou, C. Befani, G. Koliakos, I. Tziolas, A. Hitogloy-Makedou, K. Kazakos, J. Yovos, A. Ptinopoulou, A. Lazaridis.
Oral presentation in the: 2nd World Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension (CODHy), Barcelona, October 26th - November 2nd, 2008
Published in the proceedings p. 78-A
57. **Glucose variability in people with type 1 and 2**
K. Kazakos, The. Kovani, A. Gogos, M. Painter, B. Amperiadou, E. Mouchtaropoulou, M. Giavropoulos, I. Giovos.
Announced (oral presentation) at: 22th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 13-15 November 2008
58. **The amount of water retention during treatment with rosiglitazone in patients with type 2 diabetes mellitus and arterial hypertension is associated with an increase in insulin sensitivity**
P. Sarafidis, P. Stafilas A. Kanakis, A. Lithoxopoulou, Av. Chatziioannidou, K. Kazakos I. Giovos, A. Lazaridis.
Announced (oral presentation) at: 3rd Panhellenic Atherosclerosis Congress, Athens, 3-6 December 2008
59. **Natriuresis increase after calcium supplementation in subjects with hypertension and type 2 diabetes mellitus**
M. Pikilidou, C. Befani, G. Koliakos, I.Tziolas, K. Kazakos, J. Yovos, A.Lazaridis
Oral presentation in the: 19th European Meeting on Hypertension, Milan, 12-16 June 2009
60. **Modern eating habits of individuals with and without type 2 diabetes**
K. Kazakos, E. Pangalos, A. Benis E. Frantzeskos, B. Bougioukli, P. Tsaklis.
Announced (oral presentation) at: 25th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 10-12 November 2011
61. **The effect of proprioception exercises in static equilibrium in patients with diabetic peripheral neuropathy**
P. Tsaklis, K. Kazakos, E. Pangalos.
Announced (oral presentation) at: 25th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 10-12 November 2011
62. **Low incidence of diabetes in a sample of elderly population in Northern Greece**
O. Tsekmekidou, K. Kotsa, A. Katsaros, K. Kazakos I. Giovos.
Announced (oral presentation) at: 25th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 10-12 November 2011
63. **Poor relationship of the degree of retinopathy and the level of renal function in patients with diabetes mellitus.**
K. Dampos, P. Sarafidis, A. Benis, E. Frantzeskos B. Bougioukli, E. Pangalos, K. Kazakos.
Announced (oral presentation) at: 26th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 15-17 November 2012
64. **Type 2 diabetes and mild cognitive impairment.**

M.Gkioka, A.Mousiolis, K.Kazakos, M.Tsolaki.

Announced (oral presentation) at : 9th National Congress interdisciplinary Alzheimer's disease and related disorders and 1st Mediterranean conference Neurodegenerative diseases.

Published in Hellenic Journal of Nuclear Medicine. Hell J Nucl Med May Aug.18 (Suupl), 466 2015 &

65. Apolipoprotein E and Diabetes.

O.Gkatzima, M.Avramika, M.Tsigara, M.Gkioka, A.Mousiolis, E.Frantzeskos, P.Visser, K.Kazakos, M.Tsolaki.

Announced (oral presentation) at: 9th National Congress interdisciplinary Alzheimer's disease and related disorders and 1st Mediterranean conference Neurodegenerative diseases.

Published in Hellenic Journal of Nuclear Medicine. Hell J Nucl Med May Aug.18 (Suupl), 466 2015 &

66. Enterobacteriaceae resistance in patients with type 2 diabetes.

A.Psycha, M.Chatzydimitriou, E. Tserepa-Kripan, S.Mitka, E.Lymperaki, Ch.Petrou, K.Kazakos.

Poster (Poster, P5) in the 5th National Congress of Medical Laboratory Technologists, 21-23 May 2015, where it was awarded.

Published in Proceedings of the National Conference of Medical Laboratory Technologists, sel.102 &

67. Cognitive evoked potentials and cognitive function in individuals with type 2 diabetes.

V.Papaliagkas, K.Kazakos, M.Avramika, Th.Papamitsou, G.Anogeianakis, M.Tsolaki.

Announced (oral presentation) at: 1st Annual National Conference of Internal Medicine, Thessaloniki, 26-28 February 2015

68. Correlation between obesity and arterial hypertension in diabetic outpatients

E.Peletidou, Ch.Savvopoulos, K.Kazakos, F.Iliadis, D.Tsalikakis, E.Fotiadou, A.Chatzitilios.

Announced (oral presentation) at: 1st Annual National Conference of Internal Medicine, Thessaloniki, 26-28 February 2015

69. Nerve velocity and vibration perception in people with type 2 diabetes.

A.Mousiolis, V.Papaliagkas, K.Kazakos, K. Kotsa, E. Frantzeskos.

Announced (oral presentation) at: 27th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 16-18 November 2013

Published in Hellenic Diabetological Chronicle 26, 3: 154, 2013

70. The neurophysiological study of sural nerve in people with type 2 diabetes.

V.Papaliagkas, A.Mousiolis, K.Kazakos, E.Pagkalos, K. Kotsa, E. Frantzeskos.

Announced (oral presentation) at: 27th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 16-18 November 2013

Published in Hellenic Diabetological Chronicle 26, 3: 162, 2013

71. Diabetes Type 2 diabetes and cognitive impairment.

V.Papaliagkas, K.Kazakos, M.Avramika, Th.Papamitsou, M.Tsolaki, M.Tsigara, G.Anogeianakis.

Announced (oral presentation) at: 27th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 16-18 November 2013

Published in Hellenic Diabetological Chronicle 26, 3: 170, 2013

72. Metabolic disorders and cognitive function in people with type 2 diabetes.

K.Kazakos, A.Maladaki, M.Avramika, K.Kotsa, P.Skepastianos, Th.Papamitsou, V.Papaliagkas, M.Tsolaki.

Announced (oral presentation) at: 27th Annual Meeting Diabetes Association of Northern Greece, Thessaloniki, 16-18 November 2013

Published in Hellenic Diabetological Chronicle 26, 3: 187, 2013

73. The influence of death to nurses working in intensive care units.

A.Tsaloglidou, K.Koukourikos, K.Georgoudi, I.Lazaridou, K.Kazakos, L.Kourkouta.

Announced (oral presentation) at: International Healthcare Management Conference (IHMC), Kings College and Cumushane University, Cumusane, Turkey, 15-17 June 2015.

74. Psychological characteristics of sexual exploited children.

L.Kourkouta, V. Bakalopoulou, K.Kazakos, P.Plati, C.Iliadis, M.Lavdaniti.

Announced (oral presentation) at: International Healthcare Management Conference (IHMC), Kings College and Cumushane University, Cumusane, Turkey, 15-17 June 2015.

75. Telenursing is a useful tool to optimize metabolic control in patients with type 1 diabetes mellitus.

K.Kotsa, K.Kotsani, P.Tsaklis, K.Kazakos.

Poster 1367 at the: American Diabetes Association Congress (ADA) 2015 15-17 June 2015.

76. **Glycated hemoglobin is more important in predicting bone mineral density than bone related parameters in healthy premenopausal women.**
K.Kotsa, A.Sachinidou, P.Tsaklis, I.Chrisogonidis, A..Gotzamani-Psarrakou, K.Kazakos.
 Poster 2095 at the: American Diabetes Association Congress (ADA) 2015, 15-17 June 2015.
77. **The beneficial effect of mediterranean diet on Glycemic control in youths with type 1 diabetes mellitus: A controlled study.**
T.Tsachalina, I.Kyrgios, E.Efstratiou, M. Melissinos, K.Kazakos, A.Galli-Tsinopoulou.
 Poster 48 LB in: American Diabetes Association Congress (ADA) 2015 15-17 June 2015.
78. **78. The role of education on the oral cavity hygiene in patient with type 2 diabetes**
S.Tozios, A.Matiakis, K.Kazakos, Th.Mpellali.
 Announced (oral presentation) at the 1st Annual Conference of the Postgraduate Program/Master "Care in Diabetes Mellitus" Thessaloniki 12-14 June 2015
Published in the proceedings of the conference
79. **The effect of the Mediterranean diet in the regulation of type 1 diabetes in children and adolescents.**
Th.Tsachalina, I.Kyrgios, E.Efstratiou, M.Melissinos, K.Kazakos, A.Galli-Tsinopoulou.
 Announced (oral presentation) at the 1st Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 12-14 June 2015
Published in the proceedings of the conference.
80. **Evaluation of the factors affecting the quality of life of prisoners with diabetes: A comparative study.**
N.Mpellali, K.Kafetsios, M.Malliarou, K.Kazakos, Th.Mpellali.
 Announced (oral presentation) at the 1st Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 12-14 June 2015
Published in the proceedings of the conference.
81. **The correlation of the quality of life by adherence to treatment in patients with diabetes.**
E.Zioga, M.Lavdaniti, Ch.Koutras, K.Kazakos.
 Announced (oral presentation) at the 1st Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 12-14 June 2015
Published in the proceedings of the conference.
82. **Depression in people with type 2 diabetes: A research study.**
P.Sympa, M.Lavdaniti, S.Afgeri, E.Mafridis, K.Kazakos.
 Announced (oral presentation) at the 1st Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 12-14 June 2015
Published in the proceedings of the conference.
83. **Continuous ECG recording and evaluation of the QT interval in combination with continuous glucose monitoring in people with type 1 diabetes.**
D.Folinas, K.Kazakos, Ch.Daramilas.
 Announced (oral presentation) at the 1st Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 12-14 June 2015
Published in the proceedings of the conference.
84. **Apolipoprotein E and diabetes.**
O.Gkatzima, M.Avramika, M.Tsigara, M.Gkioka, A.Mousiolis, E.Frantzeskos, P.Visser, K.Kazakos, M.Tsolaki.
 Announced (oral presentation) at the 1st Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 12-14 June 2015
Published in the proceedings of the conference.
85. **The effect of obesity in non - dipping phenomenon in patients with type 2 diabetes.**
A.Theodorou, P.Tsaklis, A.Tsaloglidou, K.Kazakos.
 Announced (oral presentation) at the 1st Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 12-14 June 2015
Published in the proceedings of the conference.
86. **The use of therapeutic communication tools in patients with type 2 diabetes mellitus to improve glycemic control and self-care.**
S.Akritidou, P.Tsaklis, A.Tsaloglidou, K.Kazakos.

Announced (oral presentation) at the 1st Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 12-14 June 2015

Published in the proceedings of the conference.

87. A study evaluating the effect of diabetes on cognitive decline.

A.Mousiolis, K.Kazakos, M.Gkioka, O.Gkatzima, K.Kotsa.

Announced (oral presentation) at the 1st Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 12-14 June 2015

Published in the proceedings of the conference.

88. Assessment of diabetic peripheral neuropathy in people with diabetes.

G.Mpatanis, K.Kazakos, P.Tsaklis, A.Tsaloglidou.

Announced (oral presentation) at the 1st Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 12-14 June 2015

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89. The role of school nurse in the management of type 1 diabetes.

S.Tozios, G.Ntempos, K.Kazakos.

Announced (oral presentation) at the 2nd Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 3-5 June 2016

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90. Effect of gestational diabetes on quality of life of pregnant women during the third trimester of pregnancy.

K.Pantartzis, D.Goulis, K.Kazakos, K.Kotsa.

Announced (oral presentation) at the 2nd Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 3-5 June 2016

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91. The effect of diabetes mellitus on lung function.

Ch.Tsoumleka, A.Dimitriadou, K.Kazakos, A.Tsaloglidou.

Announced (oral presentation) at the 2nd Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 3-5 June 2016

Published in the proceedings of the conference.

92. Evaluation of epicardial adipose tissue and the estimation of risk of developing diabetes mellitus and cardiovascular disease based on Findrisk questionnaire and the Framingham risk score respectively, in Greek population.

I.Gounitsioti, D.Konstantinou, Ch.Savvopoulos, F.Iliadis, E.Fotiadou, K.Kazakos, A.Chatzitoliou

Announced (oral presentation) at the 2nd Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 3-5 June 2016

Published in the proceedings of the conference.

93. Efficacy and safety of a fixed combination of pravastatin - fenofibrate in diabetic patients with dyslipidemia.

A.Karapapazoglou, Ch.Savvopoulos, D.Agapakis, M.Andronoglou, K.Kazakos, I.Kannelos, A.Chatzitoliou.

Announced (oral presentation) at the 2nd Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 3-5 June 2016

Published in the proceedings of the conference.

94. Small Intestine Bacterial Overgrowth (SIBO) in patients with diabetes type 2

P.Perifanos, K.Kazakos, D.Folinas, I.Moschos.

Announced (oral presentation) at the 2nd Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 3-5 June 2016

Published in the proceedings of the conference.

95. Study of cognitive functions in patients with type 2 diabetes.

A.Mousiolis, K.Kazakos, M.Gkioka, M.Tsolaki, K.Kotsa.

Announced (oral presentation) at the 2nd Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 3-5 June 2016

Published in the proceedings of the conference.

96. Heart rate variability (HRV) and orthostatic hypotension in people with type 2 diabetes.

E.Frantzeskos, K.Kazakos, A.Nalmpantis, E.Pagkalos.

Announced (oral presentation) at the 2nd Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 3-5 June 2016

Published in the proceedings of the conference.

97. **Fixed-ratio combination of basal insulin analog and GLP-1Ragonist: systematic review and meta-analysis.**

A.Liakos, P.Liakopoulou, D.Vasilakou, E.Athanasiadou, K.Kazakos, A.Tsapas.

Announced (oral presentation) at the 2nd Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 3-5 June 2016

Published in the proceedings of the conference.

98. **The relationship of Resting Metabolic Rate (RMR) ,obesity and glycosylated hemoglobin in elderly population.**

K.Kalesis, K.Kazakos, X.Tsekmekidou, A.Tagia, P.Tsaklis, K.Kotsa

Announced (oral presentation) at the 2nd Annual Conference of the Postgraduate Program/Master "Diabetes Care" Thessaloniki 3-5 June 2016

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More than 110 SCIENTIFIC LECTURES-PRESENTATIONS and SCIENTIFIC-EDUCATIONAL LECTURES

More than 130 ATTENDANCES: CONGRESSES-CONFERENCES-SEMINARS:

KNOWLEDGE OF LANGUAGES

NATIVE LANGUAGE: Greek

OTHER LANGUAGES: English