

CURRICULUM VITAE

GEORGIOS KOLIOS

IOANNINA 2012

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PERSONAL

Place of birth: Veria, Greece

Date: 26 September 1960

Family Status: Married, four children

Nationality: Greek citizen

Obligatory military service: 12/1982 - 4/1985 as Officer

STUDIES

1978 - 1982: BSc in Chemistry, Department of Chemistry, University of Ioannina, Greece

1985 - 1992: PhD on Biochemistry, Department of Chemistry, University of Ioannina, Greece

POSITIONS

1988 - 1991: Teaching and Laboratory Assistant in Biochemistry and Organic Chemistry, Department of Chemistry, University of Ioannina,

1991 - 1992: High School Teacher

1992- today: Clinical Biochemist, Biochemical Laboratory, University General Hospital of Ioannina, (Responsible of Planning and Documentation from 2000 and Quality Manager from 2005 of the ISO 9001/2000 of the Laboratory)

2000- 2005: Assistant Professor (by contract) in Biochemistry, Department of Biological Applications and Technologies, University of Ioannina.

2008- today: Assessor - Technical Expert of ESYD for ISO 15189 (Clinical Laboratories)

LANGUAGES: Greek, English

PROFESSIONAL EXPERIENCE:

During my work in the Biochemical Laboratory of University General Hospital of Ioannina I was trained in the different fields of Clinical Chemistry and Laboratory Medicine as well as in all techniques applied in the laboratory such as:

- Determinations of biochemical parameters in human fluids (photometric methods, ion-selective electrodes, e.t.c.)
- Determinations of hormones, tumor markers, vitamins, cytokines, lipoproteins e.t.c by immuno- or radio-immunoassays
- Gel or Capillary electrophoresis and Immunofixation of human plasma, urine and cerebrospinal fluid proteins
- Techniques of Molecular Biology (PCR, Sequencing, 2-D electrophoresis Western Blotting e.t.c.)
- Aminoacid analysis by HPLC
- Quality assessment and Statistics
*(Capillary electrophoresis, 2-D electrophoresis, Western Blotting and many immuno- and radio-immunoassays have been introduced by myself)

OTHER ACTIVITIES:

- Representative of the Postgraduate Students in the Senate of University of Ioannina (1989-1991)
- Representative of the Postgraduate Students in the Department of Chemistry, University of Ioannina (1989-1991)
- Secretary of the organizing committee of 5th and 9th BCLF Meeting of Balkan Clinical Laboratories Federation which were held at Ioannina on 1997 and 2001 respectively.
- Teaching and Laboratory Assistant in Clinical Chemistry for the Undergraduate Study Program "Biochemistry" of University of Ioannina
- Teaching of "Clinical Biochemistry" at the Continued Education Seminars for Nurses (1999-2000, and each year up to now)
- Secretary of the organizing committee of 14th Congress of Greek Society of Clinical Chemistry-Clinical Biochemistry which were held at Ioannina on 2016
- Invited Speaker in various International and Greek Congresses in the field of Clinical Chemistry

LIST OF PUBLICATIONS IN PEER REVIEWED JOURNALS

1. **Kolios G.**, Lekka M., Typas M., and Drainas C.(1989): Bioconversion of fruit and sugar-beet extracts by *Zymomonas mobilis* to ethanol and other fine chemicals. *J. Ferment. Bioeng.* 67(5), p. 363-365.
2. **Kolios G.**, Papadopoulos G.K, Roussis I., and Drainas C.(1991): Immunological versatility and carbon regulation of *Cellulomonas fimi* endo-1,4- β -glucanases. *Biotechnol. Appl. Biochem.* 14, p. 365-377.
3. **Kolios G.** & Drainas C. (1993): Differential effect of ethanol and methanol on *Cellulomonas fimi* NRRL B-402 carboxymethylcellulase production. *Biotechnol. Appl. Biochem.* 18, p. 45-55.
4. Messinis I., Lolis D., Zikopoulos K., Milingos S., **Kolios G.**, Seferiadis K. and Templeton A.A. (1996): Effect of follicle stimulating hormone or human chorionic gonadotrophin treatment on the production of gonadotrophin surge attenuating factor (GnSAF) during the luteal phase of the human menstrual cycle. *Clin. Endocrinol.* 44(2), p. 169-175.
5. Messinis I., Milingos S., **Kolios G.**, Seferiadis K., Papanikolaou N., and Lolis D. (1996): Changes in pituitary response to gonadotropin-releasing hormone following bilateral ovariectomy in women with follicle-stimulating hormone. *Gynecol. Endocrinol.* 10, p. 383-390.
6. Alexandris, E., Milingos, S., **Kolios G.**, Seferiadis K., Lolis, D. and Messinis I.E. (1997). Changes in gonadotrophin response to gonadotrophin releasing hormone in normal women following bilateral ovariectomy. *Clinical Endocrinology*, 47, p.721-726.
7. Bourantas K.L., Tsiara St., Makis A., Chaidos A., Christou L., Konstantinidou P., **Kolios G.**, Seferiadis K. (1997). Recombinant human erythropoietin for the treatment of anemia in chronic myelogenous leukemia. *Eur. J. Haematol.* , 59, p. 263-265.
8. Messinis I.E., Milingos S., Zikopoulos K., **Kolios G.**, Seferiadis K., Lolis D. (1998). Leptin concentrations in the follicular phase of spontaneous cycles and cycles superovulated with follicle stimulating hormone. *Human Reprod.* 13(5), 1152-1156.
9. Messinis I.E., Milingos S., Alexandris E., Kariotis I., **Kolios G.**, Seferiadis K.(1999). Leptin concentrations in normal women following bilateral ovariectomy. *Human Reprod.* , 14(4), 913-918.
10. Peclaris G.M., Koutsotolis K., Seferiadis K., Mantzios A., Nikolaou E., **Kolios G.** (1999). Effect of monensin and progesterone priming on ram-induced reproductive performance of boutsiko mountain breed ewes. *Theriogenology*, 51(3), 531-540.
11. Voulgari P., **Kolios G.**, Papadopoulos G., Katsaraki A., Seferiadis K., Drosos A.A. (1999). Role of cytokines in the pathogenesis of anemia of

- chronic disease in rheumatoid arthritis. *Clinical Immunology*, 22(2), 153-160.
12. Arvanitis N., Pappas K.-M., **Kolios G.**, Afendra A.S., Typas M.A. and Drainas C. (2000). Characterization and replication properties of the *Zymomonas mobilis* ATCC 10988 plasmids pZMO1 and pZMO2. *Plasmid*, 44, 127-137.
 13. Hatzimichael E.C., Christou L., Bai M., **Kolios G.**, Kefala L., Bourantas K.L. (2000). Serum levels of IL-6 and its soluble receptor (sIL-6R) in Waldenström's macroglobulinemia. *Eur. J. Haematol.* 65, 1-6.
 14. Messinis I.E., Kariotis I., Milingos S., **Kolios G.**, Seferiadis K. (2000). Treatment of normal women with oestradiol plus progesterone prevents the decrease of leptin concentrations induced by ovariectomy. *Hum.Reprod.* 15 (11), 2383-2387.
 15. Messinis I.E., Papageorgiou I., Milingos S., Asproдини E., **Kolios G.**, Seferiadis K. (2001). Oestradiol plus progesterone treatment increases serum leptin concentrations in normal women. *Hum Reprod*, 16(9), 1827-32.
 16. **Kolios G.**, Bairaktari. E., Tsolas O., Seferiadis K. (2001). Routine differential diagnosis of proteinurias by capillary electrophoresis. *Clin Chem Lab Med.* 39(9), 784-8.
 17. Messinis IE, Milingos S, Alexandris E, Mademtzis I, **Kolios G**, Seferiadis K. (2002) Evidence of differential control of FSH and LH responses to GnRH by ovarian steroids in the luteal phase of the cycle. *Hum Reprod.* 17(2), 299-303.
 18. Katsanos K.H., Tzambouras N., Baltayiannis G., Kondodimou K., **Kolios G.**, Christodoulou D., Katsaraki A., Kitsanou M., Seferiadis K., Tsianos EV. (2002). The true value of serum elastase-1 in endoscopic retrograde cholangiopancreatography (ERCP). *Eur J Intern Med.* 13(5), 329-335.
 19. Kalambokis G., Kitsanou M., Kalogera C., **Kolios G.**, Seferiadis K., Tsianos E. (2002). Inherited bisalbuminemia with benign monoclonal gammopathy detected by capillary but not agarose gel electrophoresis. *Clin Chem.* 48 (11), 2076-7.
 20. Karamouti M., Kollia P., Karligiotou E., Kallitsaris A., Prapas N., **Kolios G.**, Seferiadis K., Vamvakopoulos N., Messinis I.E. (2003). Absence of leptin expression and secretion by human luteinized granulosa cells. *J Mol Endocrinol.* 31(1), 233-9.
 21. Makis AC, Hatzimichael EC, **Kolios G**, Bourantas KL. Circulating endothelin-3 levels in patients with sickle cell disease during hydroxyurea treatment. *Haematologica.* 2004 Mar;89(3):360-1.
 22. Papageorgiou I, Messinis Ie, Milingos S, Boli A, **Kolios G**, Seferiadis K. Relation between leptin and cortisol values in umbilical vessels at

- normal vaginal delivery. *J Matern Fetal Neonatal Med.* 2004 Nov;16(5):303-7.
23. Kalambokis G, **Kolios G**, Seferiadis K, Tsianos EV. Serum oligoclonal immunoglobulin bands in cirrhotic patients. *Am J Gastroenterol.* 2005 Nov;100(11):2602-3.
24. Papafaklis MI, Naka KK, Papamichael ND, **Kolios G**, Sioros L, Sclerou V, Katsouras CS, Michalis LK. The impact of renal function on the long-term clinical course of patients who underwent percutaneous coronary intervention. *Catheter Cardiovasc Interv.* 2007 Feb 1;69(2):189-97
25. Dafopoulos K, Boli A, Kallitsaris A, Malamitsi-Puchner A, **Kolios G**, Messinis IE. Endothelin-3 and PRL levels in the maternal and fetal circulation at delivery. *J Endocrinol Invest.* 2007 Jan;30(1):41-5.
26. Chatzikyriakidou A, Vakalis KV, Kolaitis N, **Kolios G**, Naka KK, Michalis LK, Georgiou I. Distinct association of SLC19A1 polymorphism -43T>C with red cell folate levels and of MTHFR polymorphism 677C>T with plasma folate levels. *Clin Biochem.* 2008 Feb;41(3):174-6.
27. Karamouti M, Kollia P, Kallitsaris A, Vamvakopoulos N, **Kolios G**, Messinis IE. Growth hormone, insulin-like growth factor I, and leptin interaction in human cultured lutein granulosa cells steroidogenesis. *Fertil Steril.* 2007 Dec 13.
28. Xita N, Georgiou I, Lazaros L, Psofaki V, **Kolios G**, Tsatsoulis A. The synergistic effect of sex hormone-binding globulin and aromatase genes on polycystic ovary syndrome phenotype. *Eur J Endocrinol.* 2008 Jun;158(6):861-5.
29. Xita N, Georgiou I, Lazaros L, Psofaki V, **Kolios G**, Tsatsoulis A. The role of sex hormone-binding globulin and androgen receptor gene variants in the development of polycystic ovary syndrome. *Hum Reprod.* 2008 Mar;23(3):693-8. Epub 2008 Jan 11.
30. Giapros V I, V Schiza, A S Challa, V K Cholevas, P D Theocharis, **G Kolios**, C Pantou, S K Andronikou. Vitamin D and parathormone levels of late-preterm formula fed infants during the first year of life. *European journal of clinical nutrition* 09/2011; 66(2):224-30.
31. Hatzi E., Ioanna Bouba, Anna Galidi, Leandros Lazaros, Nectaria Xita, Prodromos Sakaloglou, **Georgios Kolios**, Eleni Bairaktari, Apostolos Kaponis, Konstantinos Zikopoulos, Agathocles Tsatsoulis, Ioannis Georgiou Association of serum and follicular fluid SHBG levels and SHBG (TAAAA)n polymorphism with follicle size in women undergoing ovarian stimulation. *Gynecological Endocrinology* 01/2011; 27(1):27
32. Vasiliki Psofaki, Chryssoula Kalogera, Nikolaos Tzambouras, Dimitrios Stephanou, Epameinondas Tsianos, Konstantin Seferiadis, **Georgios Kolios**. Promoter methylation status of hMLH1, MGMT, and

- CDKN2A/p16 in colorectal adenomas. *World Journal of Gastroenterology* (Impact Factor: 2.55). 07/2010; 16(28):3553-60.
33. Vakalis K, Bechlioulis A, Naka KK, Chatzikyriakidou A, Gartzonika K, Vezyraki P, **Kolios G**, Pappas K, Katsouras CS, Georgiou I, Michalis LK. Role of 9p21 and 2q36 variants and arterial stiffness in the prediction of coronary artery disease. *Eur J Clin Invest*. 2014 Aug;44(8):784-94. doi: 10.1111/eci.12295.
 34. Giapros V, Vavva E, Siomou E, **Kolios G**, Tsabouri S, Cholevas V, Bairaktari E, Tzoufi M, Challa A Low-birth-weight, but not catch-up growth, correlates with insulin resistance and resistin level in SGA infants at 12 months. *J Matern Fetal Neonatal Med*. 2017 Aug;30(15):1771-1776
 35. Balomenou F, Siomou E, **Kolios G**, Bairaktari E, Tzoufi M, Giapros V. Are thyroid function tests in neonates born to mothers with hypothyroidism clinically useful? *Early Hum Dev*. 2019 Dec;139:104877.
 36. Nita E, Bairaktari E, **Kolios G**, Migkos MP, Somarakis GP, Markatseli T, Archimandriti D, Tsaousi C, Voulgari PV Role of Hepcidin in Anemia of Chronic Disease in Rheumatoid Arthritis. *J Lab Physicians*. 2021 Jul 15;13(4):317-322.
 37. Samara I, Tsiara S, Papafaklis MI, Pappas K, **Kolios G**, Vryzas N, Michalis LK, Bairaktari ET, Katsouras CS. Elderly patients with non-cardiac admissions and elevated high-sensitivity troponin: the prognostic value of renal function. *World J Cardiol*. 2021 Oct 26;13(10):566-573.
 38. Kalambokis GN, Tsiakas I, Christaki M, Despotis G, Fillipas-Ntekuan S, Xourgia X, Fotopoulos A, Bargiota A, Stilopoulou S, Tigas S, Bairaktari E, **Kolios G**, Koustousi C, Aggelis N, Sergianiti F, Milionis H. Assessment of adrenal response in patients with stable cirrhosis and ascites using different short Synacthen tests and definitions. *Eur J Gastroenterol Hepatol*. 2021 Dec 1;33(15 Suppl 1):e540-e547.

BOOKS AND LAB-NOTES (IN GREEKS)

1. **Cellulose degradation by *Cellulomonas fimi*: study of endo-1,4- β -glucanases**, **G. Kolios**, Ioannina 1992, (PhD Thesis, Department of Chemistry University of Ioannina, pp 205).
2. **Topics of Clinical Biochemistry**, **G. Kolios**, K. Seferiadis, G. Chassiotis Ioannina 2000. (Notes for the Continued Education Seminars for Nurses, pp 106).

3. **Laboratory Experiments of Clinical Biochemistry**, K. Seferiadis (Coordinator), Ch. Kalogera, **G. Kolios**, E. Bairaktari, I. Sdranis, **G. Chassiotis**, Ioannina 2001. (A laboratory guide for the students of Undergraduate Study Program of "Biochemistry" of University of Ioannina, pp.108)
4. **Laboratory Experiments of Biochemistry I**, **G. Vartholomatos**, C. Drinas, **G. Kolios**, Ioannina, 2002, (A laboratory guide for the students of 4th Semester of the Department of Biological Application and Technology of University of Ioannina, pp. 202)
5. **Laboratory Experiments of Biochemistry II**, **G. Vartholomatos**, **G. Kolios**, D. Lazari, H. Stamatis, Ioannina, 2003 (A laboratory guide for the students of 5th Semester of the Department of Biological Application and Technology of University of Ioannina, pp. 76)
6. **Tumor Markers**, **G. Kolios** and K. Seferiadis, Ioannina 2002 (A multimedia approach which make easy the understanding and use of tumor markers)