

Short CV (March 2024)

Dr Konstantinos Kostikas, MD, PhD, FCCP, FERS



Professor of Respiratory Medicine, University of Ioannina

Head Respiratory Medicine Department, University Hospital of Ioannina, Greece

Professor Respiratory Medicine, Observational and Pragmatic Research Institute, Singapore

Editor-in-Chief Pneumon Journal

Dr. Kostikas was born in Athens on February 19, 1971.

He is married with Athena Gogali, MD, PhD (Respiratory Physician) and has two 22-year-old twin daughters from a previous marriage.

Medical Training and PhD Thesis

Dr. Kostikas received an MD degree from the University of Athens Medical School on 1996 and his Medical License (12531 – 6/6/1996) from the Prefecture of Athens, Greece.

He was trained in Respiratory Medicine at the Respiratory Medicine Department of the University of Athens Medical School. He is a Respiratory Medicine specialist since 2004.

He has also been a Clinical Fellow at the Royal Brompton Hospital, London, UK.

He completed his PhD on Markers on Exhaled Air in Patients with Inflammatory Airways Diseases (asthma and COPD) at the University of Athens in 2005 (honors).

Academic and Clinical Roles and Experience

Dr. Kostikas practiced Respiratory Medicine from 2004 in Academic settings (University of Thessaly, Athens and Ioannina Medical Schools, Greece) and private practice. Specifically, he was a Lecturer in Respiratory Medicine at the University of Thessaly (2004-2009), and an Academic Associate of the 2nd Respiratory Medicine Dept. University of Athens Medical School (2010-2014), Hygiene and Epidemiology Lab University of Thessaly Medical School (2011-2014) and Respiratory Medicine Dept. University Hospital Basel Switzerland (2017-2018). He has also taught in Postgraduate Courses of the Universities of Athens and

Thessaly. He was also a Research Associate of the Respiratory Medicine Department of the University Hospital Basel Switzerland (2017-2018).

He was elected Associate Professor of Respiratory Medicine at the University of Ioannina in 2019 and was appointed Head of the Respiratory Medicine Department of the University Hospital of Ioannina in Greece (<https://respiratory-ioannina.com>), with more than 15 physicians reporting to him. During the COVID-19 pandemic he was also the Head of 2 COVID departments. Since 2022 he is **Professor of Respiratory Medicine at the University of Ioannina**. He is also honorary **Professor of Respiratory Medicine at the Observational and Pragmatic Research Institute (OPRI), Singapore**.

Experience in the Pharmaceutical Industry

Dr. Kostikas joined Novartis Pharma between 2015 and 2018 in leadership Medical Affairs roles. During his time as Medical Director and afterwards Medical Head Respiratory Region Europe (2015-2016), Dr. Kostikas supported the successful launch of the LABA/LAMA combination of indacaterol/glycopyrronium (Ultibro) and was responsible for the full portfolio of Novartis Pharma, including omalizumab (Xolair). Consequently, he undertook the role of Worldwide Brand Medical Director Respiratory COPD (2017-2018), with up to 5 direct reports, being responsible for the COPD portfolio of the company, including the support of the exclusive license agreement of Novartis and Sunovion for the commercialization of Utibron Neohaler in the US. He supported the development of a machine learning/artificial intelligence algorithm for the differentiation between asthma and COPD (AC/DC), as well as the development of the Air Next portable spirometer together with the start-up company NuvoAir. He organized several educational activities, including Masterclasses and Preceptorship programs, including the BREATHING COPD Edition 2-day conference, one of the first Hybrid events of the company with more than 800 participants in 3 live hubs and in 6 countries online. Dr. Kostikas was responsible for the conduct of several Phase III-IV clinical trials, including the large pragmatic CRYSTAL trial on real-life switch to long-acting bronchodilators (NCT01985334), and the landmark SUNSET trial on the withdrawal of inhaled corticosteroids from triple therapy in COPD (NCT02603393). He was an author/co-author and supported more than 60 publications on asthma and COPD in PubMed, related to his role.

Engagement in Medical Societies

Dr. Kostikas is a member of major Scientific Societies (European Respiratory Society, American Thoracic Society, American College of Chest Physicians, Hellenic Thoracic Society). He has been involved in several posts of the European Respiratory Society (ERS) (e-Learning Resources Director, member of the HERMES examination committee for the European Diploma in Respiratory Medicine and member of the European Board for Accreditation for Pneumology). He has participated in the Task Forces of ERS and EAACI on biomarkers in airways diseases.

He is an elected Fellow of the American College of Chest Physicians (FCCP, since 2008) and an elected Fellow of the European Respiratory Society (FERS, since 2020).

He is a member of the Global Initiative for Chronic Obstructive Lung Disease (GOLD) Assembly since 2019.

Editorial Experience

Dr Kostikas is the Editor-in-Chief of Pneumon, the official journal of the Hellenic Thoracic Society (<http://www.pneumon.org>) since 2021.

He is also an Associate Editor of COPD: Journal of Chronic Obstructive Pulmonary Disease (since 2021) and a member of the editorial boards of PLoS One, Frontiers in Medicine and Diagnostics. He was previously a member of the Editorial Board of the ERS journal Breathe and the American Journal of Respiratory and Critical Care Medicine.

He is a reviewer in >65 international peer-reviewed journals, including all the major respiratory journals.

Research Interests and Activities

Dr. Kostikas' research activities focus on asthma and COPD (biomarkers, phenotyping, endotyping, comorbidities and exacerbations), sleep medicine and non-invasive ventilation.

Briefly, his publication record is as follows (accessed February 7, 2024):

PubMed: 283 publications (indexed as Kostikas K)

Scopus: 318 publications with 7,255 citations and **h-index=46**.

Google Scholar: 11014 citations, h-index 55 and i10 index 171 (since 2019, 5519 citations, h-index 35 and i10 index 134).

He has also several contributions to medical textbooks in Greek and English.

He has performed **over 400 presentations in Greek and English**, many in International Congresses and events (including the ATS and ERS congresses).

Experience in Clinical Trials

Dr Kostikas has run over 20 clinical trials as Principal Investigator in the past 5 years, in COPD, asthma, and interstitial lung disease.

He has received grants for his department from several pharmaceutical companies, including an unrestricted grant for the conduct of a minimally interventional trial evaluating the role of inhaled extrafine triple therapy on small airways function (MASCOT, Chiesi).

He holds a GCP certificate from Global Health Training Centre (online, 19 MAR 2024) and has completed the e-learning course ICH GOOD CLINICAL PRACTICE E6 (R2) - Certificate Number 6f0e4467-f3bd-447a-95d6-d4ef9d975df4.

Appendix

List of selected publications in the last 3 years (2021-2024)

1. Tryfon S, Papadopoulou E, Bertoli M, Exarchos K, Ginis A, **Kostikas K**. Lung function and exacerbations in patients with COPD escalated to triple therapy: The RETRIEVE real-world study. *Respirology*. 2023 Dec;28(12):1166-1169. doi: 10.1111/resp.14612. Epub 2023 Oct 25. PMID: 37879756.
2. Kallieri M, Papaioannou AI, Zervas E, Fouka E, Porpodis K, Hadji Mitrova M, Tzortzaki E, Makris M, Ntakoula M, Lyberopoulos P, Dimakou K, Koukidou S, Ampelioti S, Papaporfyriou A, Katsoulis K, Kipourou M, Rovina N, Antoniou K, Vittorakis S, Bakakos P, Steiropoulos P, Markopoulou K, Avarlis P, Papanikolaou IC, Markatos M, Gaki E, Samitas K, Glynos K, Papiris SA, Papakosta D, Tzanakis N, Gaga M, Kostikas K, Loukides S. Switching from omalizumab to mepolizumab in severe asthmatics: A post hoc analysis of the RELight study. *Clin Exp Allergy*. 2023 Dec 12. doi: 10.1111/cea.14436. Epub ahead of print. PMID: 38084474. Tryfon S, Papadopoulou E, Bertoli M, Exarchos K, Ginis A, **Kostikas K**. Lung function and exacerbations in patients with COPD escalated to triple therapy: The RETRIEVE real-world study. *Respirology*. 2023 Dec;28(12):1166-1169. doi: 10.1111/resp.14612. Epub 2023 Oct 25. PMID: 37879756.
3. Wechsler ME, Scelo G, Larenas-Linnemann DES, Torres-Duque CA, Maspero J, Tran TN, Murray RB, Martin N, Menzies-Gow AN, Hew M, Peters MJ, Gibson PG, Christoff GC, Popov TA, Côté A, Bergeron C, Dorscheid D, FitzGerald JM, Chapman KR, Boulet LP, Bhutani M, Sadatsafavi M, Jiménez-Maldonado L, Duran-Silva M, Rodriguez B, Celis-Preciado CA, Cano-Rosales DJ, Solarte I, Fernandez-Sanchez MJ, Parada-Tovar P, von Bülow A, Bjerrum AS, Ulrik CS, Assing KD, Rasmussen LM, Hansen S, Altraja A, Bourdin A, Taille C, Charriot J, Roche N, Papaioannou AI, **Kostikas K**, Papadopoulos NG, Salvi S, Long D, Mitchell PD, Costello R, Sirena C, Cardini C, Heffler E, Puggioni F, Canonica GW, Guida G, Iwanaga T, Al-Ahmad M, García U, Kuna P, Fonseca JA, Al-Lehebi R, Koh MS, Rhee CK, Cosio BG, Perez de Llano L, Perng DS, Huang EW, Wang HC, Tsai MJ, Mahboub B, Salameh LIJ, Jackson DJ, Busby J, Heaney LG, Pfeffer PE, Goddard AG, Wang E, Hoyte FCL, Chapman NM, Katial R, Carter V, Bulathsinhala L, Eleangovan N, Ariti C, Lyu J, Porsbjerg C, Price DB. Association Between T2-related Comorbidities and Effectiveness of Biologics in Severe Asthma. *Am J Respir Crit Care Med*. 2024 Feb 1;209(3):262-272. doi: 10.1164/rccm.202305-0808OC. PMID: 38016003.
4. Scelo G, Torres-Duque CA, Maspero J, Tran TN, Murray R, Martin N, Menzies-Gow AN, Hew M, Peters MJ, Gibson PG, Christoff GC, Popov TA, Côté A, Bergeron C, Dorscheid D, FitzGerald JM, Chapman KR, Boulet LP, Bhutani M, Sadatsafavi M, Jiménez-Maldonado L, Duran-Silva M, Rodriguez B, Celis-Preciado CA, Cano-Rosales DJ, Solarte I, Fernandez-Sanchez MJ, Parada-Tovar P, von Bülow A, Bjerrum AS, Ulrik CS, Assing KD, Rasmussen LM, Hansen S, Altraja A, Bourdin A, Taille C, Charriot J, Roche N, Papaioannou AI, **Kostikas K**, Papadopoulos NG, Salvi

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5. Kerr M, Tarabichi Y, Evans A, Mapel D, Pace W, Carter V, Couper A, Drummond MB, Feigler N, Federman A, Gandhi H, Hanania NA, Kaplan A, **Kostikas K**, Kruszyk M, van Melle M, Müllerová H, Murray R, Ohar J, Pollack M, Pullen R, Williams D, Wisnivesky J, Han MK, Meldrum C, Price D. Patterns of care in the management of high-risk COPD in the US (2011-2019): an observational study for the CONQUEST quality improvement program. *Lancet Reg Health Am.* 2023 Jul 28;24:100546. doi: 10.1016/j.lana.2023.100546. PMID: 37545746; PMCID: PMC10400879.
6. Exarchos KP, Gkrepi G, **Kostikas K**, Gogali A. Recent Advances of Artificial Intelligence Applications in Interstitial Lung Diseases. *Diagnostics (Basel).* 2023 Jul 6;13(13):2303. doi: 10.3390/diagnostics13132303. PMID: 37443696; PMCID: PMC10340709.
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8. Miravittles M, **Kostikas K**, Bizymi N, Tzanakis N. A Novel Figure and Algorithm for the Gold ABE Classification. *Arch Bronconeumol.* 2023 Nov;59(11):702-704. English, Spanish. doi: 10.1016/j.arbres.2023.06.001. Epub 2023 Jun 9. PMID: 37355409.
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Wave in Greece. *Respiration*. 2021;100(7):588-593. doi: 10.1159/000515323. Epub 2021 Apr 7. PMID: 33827103; PMCID: PMC8089411.

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