

Assistant Professor Yannis V. Simos

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Personal data

Date of birth: August 5, 1979, Place of birth: Ioannina, Greece, Military service: February 2006- November 2006, Marital status: Single

Career milestones

2002	BSc in Dietetics and Nutritional Sciences, Department of Dietetics and Nutritional Sciences, Harokopio University, Athens, Greece
2003	Master of Sciences (Medical Sciences) in Human Nutrition (Sports Nutrition). University of Glasgow, UK
2010	PhD in Physiology (Title: The biological effects of food compounds) Faculty of Medicine, School of Health Sciences, University of Ioannina, Greece
2012-2013	Postdoctoral Fellow, Laboratory of Physiology, Faculty of Medicine, School of Health Sciences, University of Ioannina, Greece
2013-2015	Postdoctoral Fellow, Laboratory of Biological Chemistry, Faculty of Medicine, School of Health Sciences, University of Ioannina, Greece
2018-2021	Adjunct Lecturer, Laboratory of Physiology, Faculty of Medicine, School of Health Sciences, University of Ioannina, Greece
2019-2023	Research Associate, Laboratory of Physiology, Faculty of Medicine, School of Health Sciences, University of Ioannina, Greece
2023-present	Assistant Professor, Laboratory of Physiology, Faculty of Medicine, School of Health Sciences, University of Ioannina, Greece

Research

Dr Simos research focuses on:

- Gut Inflammation and Inflammatory Diseases
- Prediabetes, Type 2 Diabetes Mellitus
- Novel methods of prevention and treatment (nanomedicine)
- The modulation of the functionality of the immune system after supplementation with micronutrients (polyphenols) and herbal extracts

Participation in scientific research programs (last 5 years)

- EPAnEK 2014-2020 Competitiveness - Entrepreneurship - Innovation: "Design and development of a sweat-based glucose monitoring graphene nanodevice (closed-loop) with controlled transdermal nanoemulsion release for hypoglycemic drug delivery"
- OP Epirus 2014-2020: "Development of an interactive e-health database aimed to identify potential interactions among drugs prescribed to CKD patients"
- EPAnEK 2014-2020 Competitiveness - Entrepreneurship - Innovation: "Innovative Biotechnological Production of Antioxidant Products of Plant Origin from Microbial Factories, and Essential Oils from Natural Flora of the Greek Flora for the Creation of New Quality Products and Nutritional Supplements"

Supervision of students

Supervision of undergraduate and PhD students in the laboratory of Physiology and Biological Chemistry, University of Ioannina

Teaching

Physiology (Digestive System), Nutrition and Exercise Physiology, Systems Physiology

Bibliometrics

60 peer-reviewed publications (1047 citations; *h-index* = 18 –google scholar) (Oct-2023)