



Fotios Barkas

Date of birth: 16/10/1986 | **Nationality:** Greek | **Phone number:** (+30) 6936636376 (Mobile) | **Email address:** fotisbarkas@windowslive.com | **Email address:** f.barkas@ic.ac.uk | **Email address:** f.barkas@uoi.gr | **Facebook:** <https://www.facebook.com/fotis.barkas.3> | **Twitter:** <https://twitter.com/fotisbarkas> | **LinkedIn:** www.linkedin.com/in/fotisbarkas | **Address:** Aouu 21, 45221, Ioannina, Greece (Home)

● FAMILY AND MARITAL STATUS

Married and father of 3 children

● WORK EXPERIENCE

22/08/2023 Ioannina, Greece

ASSISTANT PROFESSOR OF INTERNAL MEDICINE FACULTY OF MEDICINE, SCHOOL OF HEALTH SCIENCES, UNIVERSITY OF IOANNINA, GREECE

01/03/2023 – CURRENT London, United Kingdom

HONORARY RESEARCH ASSOCIATE / RESEARCH FELLOW DEPARTMENT OF PRIMARY CARE AND PUBLIC HEALTH, FACULTY OF MEDICINE, IMPERIAL COLLEGE LONDON

Working at the Imperial Centre for Cardiovascular Disease Prevention and Imperial Clinical Trials Unit under the supervision of Professor Kausik Ray, whose research interests focus on cardiovascular disease prevention, with a special emphasis on lipids and diabetes.

01/09/2022 – 28/02/2023 London, United Kingdom

VISITING RESEARCHER DEPARTMENT OF PRIMARY CARE AND PUBLIC HEALTH, FACULTY OF MEDICINE, IMPERIAL COLLEGE LONDON

Working at the Imperial Centre for Cardiovascular Disease Prevention under the supervision of Professor Kausik Ray, whose research interests focus on cardiovascular disease prevention, with a special emphasis on lipids and diabetes.

19/12/2021 – 21/08/2023 Ioannina, Greece

POSTDOCTORAL RESEARCHER DEPARTMENT OF HYGIENE & EPIDEMIOLOGY, SCHOOL OF MEDICINE, UNIVERSITY OF IOANNINA

Thesis: Investigation of residual cardiovascular risk factors using big data analysis

15/07/2020 – 31/08/2022 Ioannina, Greece

CONSULTANT IN INTERNAL MEDICINE UNIVERSITY HOSPITAL OF IOANNINA, HELLENIC NHS

As a consultant, i participated in the operation and on-call program of the 2nd Department of Internal Medicine, University Hospital of Ioannina, as well as in the research and clinical work of the Outpatient Lipid & Obesity Clinic of the University Hospital of Ioannina.

27/05/2015 – 14/07/2020 Ioannina, Greece

RESIDENT PHYSICIAN IN INTERNAL MEDICINE UNIVERSITY HOSPITAL OF IOANNINA, HELLENIC NHS

During my residency, i actively participated in the operation and on-call program of the 2nd Department of Internal Medicine, University Hospital of Ioannina, as well as in the research and clinical work of the Outpatient Lipid & Obesity Clinic of the University Hospital of Ioannina.

09/2011 – 05/2015 Ioannina, Greece

CLINICAL RESEARCH ASSOCIATE OUTPATIENT LIPID & OBESITY CLINIC, UNIVERSITY HOSPITAL OF IOANNINA

06/2013 – 12/2014 Ioannina, Greece

SHO PHYSICIAN 'OLYMPION', REHABILITATION CLINIC

27/05/2012 – 26/05/2013 Ioannina, Greece

SHO PHYSICIAN HEALTH CENTER OF DERVIZIANA, GENERAL HOSPITAL 'XATZIKOSTA' OF IOANNINA, HELLENIC NHS

08/12/2010 – 16/08/2011 Filiates, Greece

MILITARY SHO PHYSICIAN HELLENIC ARMY

● **EDUCATION AND TRAINING**

09/2017 – 07/2020 Athens, Greece

MSC IN APPLIED NUTRITION AND DIETETICS Department of Nutrition and Dietetics, School of Health Science & Education, Xarokopio University

Final grade Excellent | **Level in EQF** EQF level 7 | **Type of credits** ECTS | **Number of credits** 90 |

Thesis Diet and cardiovascular disease risk among individuals with familial hypercholesterolemia: a systematic review and meta-analysis

03/2012 – 14/01/2020 Ioannina, Greece

PHD IN INTERNAL MEDICINE Department of Internal Medicine, School of Medicine, University of Ioannina

Final grade Excellent | **Level in EQF** EQF level 8 |

Thesis Association of established and novel risk factors with cardiovascular disease in patients with dyslipidemia

09/2004 – 07/2010 Ioannina, Greece

DEGREE OF MEDICINE School of Medicine, University of Ioannina

● **EDUCATIONAL COURSES**

12/04/2023 – CURRENT

SCOPE Fellowship

Declaration as a National Fellow of the SCOPE (Strategic Centre for Obesity Professional Education) programme.

09/2022 – CURRENT

EAS Young Fellows Programme 2022/2023, European Atherosclerosis Society

The EAS Young Fellows programme has recruited a selected group of young scientists from all over Europe working in basic and/or clinical cardiovascular research who are highly committed to pursue a career in academic science. Over the course of two years, we will gain a broad and deep understanding of atherosclerosis, its many aspects and contributing factors.

14/12/2022 – 16/12/2022

Web-based Omics Data Analysis course in Cardiometabolic Diseases (WODA-CMD 2022)

26/05/2021

Certificate of Excellence in Lipidology, European Atherosclerosis Society

30/11/2015 – 01/12/2015

EAS Advanced Course in Familial Hypercholesterolemia, European Atherosclerosis Society, Gothenburg, Sweden

● **TEACHING EXPERIENCE**

2021 – CURRENT

Scientific Supervisor in Courses of Postgraduate Programmes (Master of Science, M.Sc.)

Scientific Supervisor of the course "Continuation and completion of the Master's Thesis - Writing and Presentation of the Master's Thesis" which is the main course of the 3rd semester of the MSc Programme "Medical Chemistry" of the University of Ioannina in Greece

2020 – CURRENT

Lectures in Courses of Postgraduate Programmes (Master of Science, M.Sc.)

Lectures in the following courses of the MSc Programme "Medical Chemistry" of the University of Ioannina in Greece:

- "Treatment of Dyslipidemias and other Metabolic Diseases"
- "Pathophysiology of Chronic and Metabolic Diseases"

Lectures in the following courses of the MSc Programme "Cardiovascular Disease" of the Aristotelio University of Thessaloniki in Greece:

- "Lipidology-Atherosclerosis and its pathophysiology"

2020 – CURRENT

Adjunct teaching in undergraduate courses

Participation in the following undergraduate courses of the Faculty of Medicine of the University of Ioannina in Greece:

- Internal Medicine
- Metabolic Diseases
- Pathophysiology
- Nosology

LECTURES IN INTERNATIONAL CONGRESSES

20/05/2021 – 22/05/2021

ALPIC 2021, Advanced Learning on Platelets & Thrombosis International Course

Pathogenesis of ischemic stroke: Heart and Vessels

Lipid lowering treatment in the secondary prevention of ischemic stroke

21/03/2019 – 23/03/2019

ALPIC 2019, Advanced Learning on Platelets & Thrombosis International Course

Clinical trials and top publications of antithrombotic therapy in 2018 - 2019: AVERT, CASSINI

LANGUAGE SKILLS

Mother tongue(s): **GREEK**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C2	C2	C2	C2	C2
GERMAN	B2	B2	B2	B2	B2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

PUBLICATIONS

1. Barkas F, Liberopoulos E, Kei A, Elisaf M. Electrolyte and acid-base disorders in inflammatory bowel disease. *Ann Gastroenterol.* 2013;26(1):23-28

2. Barkas F, Liberopoulos E, Elisaf M. Impact of compliance with antihypertensive and lipid-lowering treatment on cardiovascular risk – Benefits of fixed-dose combinations. *Hell J Atheroscler.* 2013; 4(1): 31-38

3. Barkas F, Liberopoulos E. Is Pomegranate Juice Readily Available and Useful for the Management of Hypertension and the Improvement of Cardiovascular Health? . *The Open Hypertension Journal* 2013;5:40

4. Barkas F, Rizzo M, DiNicolantonio J, Liberopoulos E. Beyond cholesterol reduction, the pleiotropic effects of statins: is their use in cancer prevention hype or hope? *Clinical Lipidology* 2013;8:273-277

5. Liamis G, Liberopoulos E, Barkas F, Elisaf M. Spurious electrolyte disorders: a diagnostic challenge for clinicians. *American Journal of Nephrology* 2013;38:50-57

6. Liberopoulos EN, Moutzouri E, Rizos CV, Barkas F, Liamis G, Elisaf MS. Effects of manidipine plus rosuvastatin versus olmesartan plus rosuvastatin on markers of insulin resistance in patients with impaired fasting glucose, hypertension, and mixed dyslipidemia. *Journal of cardiovascular pharmacology and therapeutics* 2013;18:113-118

7. Korantzopoulos P, Liberopoulos E, Barkas F, Kei A, Goudevenos JA, Elisaf M. No association between high-density lipoprotein levels and ventricular repolarization indexes in subjects with primary hypercholesterolemia. *Scandinavian journal of clinical and laboratory investigation* 2014;74:53-58

8. Liamis G, Liberopoulos E, Barkas F, Elisaf M. Diabetes mellitus and electrolyte disorders. *World journal of clinical cases* 2014;2:488-496

9. Rizos CV, Barkas F, Elisaf MS. Reaching low density lipoprotein cholesterol targets. *Current medical research and opinion* 2014;30:1967-1969

10. Barkas F, Elisaf M, Milionis H. Statins decrease the risk of stroke in individuals with heterozygous familial hypercholesterolemia: A systematic review and meta-analysis. *Atherosclerosis* 2015;243:60-64

11. Barkas F, Elisaf M, Rizos CV, Klouras E, Kostapanos MS, Liberopoulos E. Proton pump inhibitors and statins: a possible interaction that favors low-density lipoprotein cholesterol reduction? *Hippokratia* 2015;19:332-337

12. Barkas F, Liberopoulos E, Klouras E, Lontos A, Elisaf M. Attainment of multifactorial treatment targets among the elderly in a lipid clinic. *J Geriatr Cardiol* 2015;12:239-245

13. Barkas F, Liberopoulos EN, Kostapanos MS, Liamis G, Tziallas D, Elisaf M. Lipid target achievement among patients with very high and high cardiovascular risk in a lipid clinic. *Angiology* 2015;66:346-353

14. Barkas F, Milionis H, Kostapanos MS, Mikhailidis DP, Elisaf M, Liberopoulos E. How effective are the ESC/EAS and 2013 ACC/AHA guidelines in treating dyslipidemia? Lessons from a lipid clinic. *Current medical research and opinion* 2015;31:221-228

15. Barkas F, Liberopoulos E, Liamis G, Elisaf M. Familial hypercholesterolemia is undertreated in clinical practice. *Hellenic Journal of Atherosclerosis* 2016;7:120-130

16. Barkas F, Elisaf M, Liberopoulos E, Klouras E, Liamis G, Rizos EC. Statin therapy with or without ezetimibe and the progression to diabetes. *Journal of clinical lipidology* 2016;10:306-313

17. Barkas F, Elisaf M, Liberopoulos E, Lontos A, Rizos EC. High triglyceride levels alter the correlation of apolipoprotein B with low- and non-high-density lipoprotein cholesterol mostly in individuals with diabetes or metabolic syndrome. *Atherosclerosis* 2016;247:58-63

18. Filippatos TD, Klouras E, Barkas F, Elisaf M. Cholesteryl ester transfer protein inhibitors: challenges and perspectives. *Expert review of cardiovascular therapy* 2016;14:953-962

19. Milionis H, Barkas F, Ntaios G, Papavasileiou V, Vemmos K, Michel P, Elisaf M. Proprotein convertase subtilisin kexin 9 (PCSK9) inhibitors to treat hypercholesterolemia: Effect on stroke risk. *European journal of internal medicine* 2016;34:54-57

20. Barkas F, Elisaf M, Klouras E, Dimitriou T, Tentolouris N, Liberopoulos E. Statin escape phenomenon: Fact or fiction? *World J Exp Med* 2017;7:25-30
-
21. Barkas F, Elisaf M, Korantzopoulos P, Tsiara S, Liberopoulos E. The CHADS2 and CHA2DS2- VASc scores predict atrial fibrillation in dyslipidemic individuals: Role of incorporating low high-density lipoprotein cholesterol levels. *International journal of cardiology* 2017;241:194-199
-
22. Barkas F, Elisaf M, Liberopoulos E. Low high-density lipoprotein cholesterol levels improve the performance of the CHADS2 and CHA2DS2-VASc scores for the prediction of new-onset atrial fibrillation. *International journal of cardiology* 2017;247:18
-
23. Barkas F, Elisaf M, Tsimihodimos V, Milionis H. Dipeptidyl peptidase-4 inhibitors and protection against stroke: A systematic review and meta-analysis. *Diabetes & metabolism* 2017;43:1-8
-
24. Barkas F, Milionis H. Treating Dyslipidemia for the Primary and Secondary Prevention of Stroke. *Semin Neurol* 2017;37:286-293
-
25. Barkas F, Elisaf M. National hyperlipidemia management policies improve lipid target attainment in clinical practice. *Current medical research and opinion* 2018;34:301-303
-
26. Barkas F, Elisaf M. Serum Potassium Levels and Mortality in Acute Myocardial Infarction: Myth or Fact? *Angiology* 2018;69:657-659
-
27. Barkas F, Elisaf M, Liberopoulos E, Kalaitzidis R, Liamis G. Uric acid and incident chronic kidney disease in dyslipidemic individuals. *Current medical research and opinion* 2018;34:1193-1199
-
28. Barkas F, Liberopoulos E, Kei A, Makri A, Megapanou E, Pantazi A, Elisaf M, Liamis G. Clinical application of PCSK9 inhibitors in a specialized lipid clinic. *Hellenic Journal of Medicine* 2018;120:229-237
-
29. Barkas F, Elisaf M, Liamis G. High-Density Lipoprotein Cholesterol and Hyponatremia: An Unsolved Gordian Knot. *The American journal of medicine* 2019;132:e47-e48
-
30. Barkas F, Elisaf M, Liberopoulos E, Liamis G, Ntzani EE, Rizos EC. Atherogenic dyslipidemia increases the risk of incident diabetes in statin-treated patients with impaired fasting glucose or obesity. *J Cardiol* 2019;74:290-295
-
31. Barkas F, Elisaf M, Milionis H. Protection against stroke with glucagon-like peptide 1 receptor agonists: a systematic review and meta-analysis. *European journal of neurology* 2019;26:559-565
-
32. Barkas F, Elisaf M, Rizos EC, Liberopoulos E. Bridging the treatment gap in patients at 'extreme' cardiovascular risk: Evidence from a lipid clinic. *Atherosclerosis* 2019;281:216-218
-
33. Barkas F, Liamis G, Milionis H. Hyponatremia in Acute Stroke: To Treat or Not to Treat? *Journal of stroke and cerebrovascular diseases : the official journal of National Stroke Association* 2019;28:104421
-
34. Liamis G, Barkas F, Megapanou E, Christopoulou E, Makri A, Makaritsis K, Ntaios G, Elisaf M, Milionis H. Hyponatremia in Acute Stroke Patients: Pathophysiology, Clinical Significance, and Management Options. *Eur Neurol* 2019;82:32-40
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35. Barkas F, Anastasiou G, Liberopoulos E. Incidence of diabetes according to metabolic and weight status in postmenopausal women treated with statins: a 6-year study. *Menopause (New York, NY)* 2020;27:1196
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36. Barkas F, Filippas-Ntekouan S, Lontos A, Kosmidou M, Kalambokis G, Milionis H. Multifaceted persistent hypokalaemia in a patient with coronavirus disease 2019. *Internal medicine journal* 2020;50:1289-1291
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37. Barkas F, Liamis G, Elisaf M, Anastasiou G, Liberopoulos E. Metabolically healthy obesity and risk of incident type 2 diabetes in 1077 statin-treated individuals: A six-year retrospective study. *Eur J Prev Cardiol* 2020;27:2341-2344
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38. Barkas F, Liberopoulos E, Rizos EC. Author's Reply: Risk factors for diabetes mellitus in patients with dyslipidemia. *J Cardiol* 2020;75:217
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41. Barkas F, Lontos A, Svarna E, Tsili A, Christaki M, Rapti I, Argyropoulou MI, Milionis H. Clinical and Radiologic Improvement Following Tocilizumab Administration in Patients With SARS-CoV-2. *Clinical Pulmonary Medicine* 2020;27:154-156
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39. Barkas F, Nomikos T, Liberopoulos E, Panagiotakos D. Diet and Cardiovascular Disease Risk Among Individuals with Familial Hypercholesterolemia: Systematic Review and Meta- Analysis. *Nutrients* 2020;12
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40. Sfairopoulos D, Tsiara S, Barkas F, Margariti PN, Agouridis AP, Tsioutis C, Ntzani EE, Rizos EC. Is brucellosis a great mimic of tuberculosis? A case report. *Eur J Clin Microbiol Infect Dis* 2020;39:1711-1715
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42. Barkas F, Milionis H, Anastasiou G, Liberopoulos E. Statins and PCSK9 inhibitors: What is their role in coronavirus disease 2019? *Medical Hypotheses* 2021;146:110452
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43. Barkas F, Styla CP, Bechlioulis A, Milionis H, Liberopoulos E. Sinus Bradycardia Associated with Remdesivir Treatment in COVID-19: A Case Report and Literature Review. *Journal of Cardiovascular Development and Disease* 2021; 12;8(2):18
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51. Filippas-Ntekouan S, Lontos A, Barkas F, Maniatopoulou T, Konstantopoulou R, Dimitriou T, Manthou G, Milionis H. Euglycemic Diabetic Ketoacidosis in a Patient with SARS-COV-2 Infection, a Stress Induced Complication or a Coronavirus Related Complication? *Journal of Endocrinology and Diabetics Research* 2021; 7: 2
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44. Barkas F, Filippas Ntekouan S, Liberopoulos E, Filippatos T, Milionis H. Sodium-glucose cotransporter-2 inhibitors and protection against stroke in patients with type 2 diabetes and impaired renal function: a systematic review and meta-analysis. *J Stroke Cerebrovasc Dis* 2021;30(5): 105708
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45. Barkas F, Milionis H, Liberopoulos E. Authors' Reply to: Do All Gliflozins Reduce Stroke in Patients with Type 2 Diabetes Mellitus and Impaired Renal Function? *J Stroke Cerebrovasc Dis* 2021;30(7): 105810
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46. Barkas F, Filippas-Ntekouan S, Kosmidou M, Liberopoulos E, Milionis H. Anakinra in hospitalized non-intubated patients with coronavirus disease 2019: a systematic review and meta-analysis. *Rheumatology (Oxford)* 2021;60(12):5527-5537
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47. Barkas F, Anastasiou G, Milionis H, Liberopoulos E. Sodium-glucose cotransporter inhibitors may reduce the risk of pneumonia: an updated meta-analysis of cardiovascular outcome trials. *Diabetol Int* 2021;1-5
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50. Barkas F, Bechlioulis A, Milionis H, Liberopoulos E. Bradycardia and coronavirus disease 2019: what is behind? *Clinical Cardiology* 2021; 44(9):1187
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52. Barkas, F, Adamidis P, Koutsogianni AD, Liamis G, Liberopoulos E. Statin-associated side effects in patients attending a lipid clinic: evidence from a 6-year study. *Arch Med Sci Atheroscler Dis* 2021; 6: e182-e187
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48. Lontos A, Koumpis E, Barkas F, Hatzimichael E, Liamis G. Fever of unknown origin as the only manifestation of multiple myelom. *Archives of Hellenic Medicine* 2021; 38(6):795-797
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53. Barkas F, Christaki E, Liberopoulos E, Kosmidou M, Milionis H. Anakinra in COVID-19: A step closer to the cure. *Eur J Intern Med* 2021; 11:S0953-6205(21)00379-4

49. Barkas F, Koutsogianni AD, Adamidis P, Anastasiou A, et al. Blood pressure target attainment according to the recent cardiovascular prevention guidelines issued by the European Society of Cardiology. *Arterial Hypertension* 2022; 31(2): 122-125

54. Quaranta V, Kyriakopoulos C, Lontos A, Barkas F, et al. Baseline characteristics and outcome predictors in patients hospitalized with COVID-19 in the University General Hospital of Ioannina, Greece. *Pneumon* 2022; 35(1):9

55. Koutsogianni AD, Adamidis PS, Barkas F, Liberopoulos E, Su TC, Yamashita S, Liamis G, Rizzo M. Familial Hypercholesterolemia and Lipoprotein(a): A Gordian Knot in Cardiovascular Prevention. *Metabolites* 2022; 12: 1065

56. Makris A, Barkas F, Sfrikakis PP, Liberopoulos E, Agouridis AP. The Effect of Upadacitinib on Lipid Profile and Cardiovascular Events: A Meta-Analysis of Randomized Controlled Trials. *J. Clin. Med.* 2022; 11: 6894

57. Anastasiou G, Liberopoulos E, Petkou E, Koutsogianni AD, Adamidis PS, Liamis G, Ntzani E, Barkas F. Association of Fatty Liver Index with Incident Diabetes Risk in Patients Initiating Statin-Therapy: A 6-Year Retrospective Study. *Diagnostics (Basel)* . 2023;13(3):503

58. Barkas F, Anastasiou G, Liamis G, Milionis H. A step-by-step guide for the diagnosis and management of hyponatraemia in patients with stroke. *Therapeutic advances in endocrinology and metabolism.* 2023;14:20420188231163806.

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59. Critselis E, Tsiampalis T, Damigou E, Georgousopoulou E, Barkas F, Chrysohoou C, et al. High fish intake rich in n-3 polyunsaturated fatty acids reduces cardiovascular disease incidence in healthy adults: The ATTICA cohort study (2002-2022). *Frontiers in physiology.* 2023;14:1158140

60. Damigou E, Kouvari M, Chrysohoou C, Barkas F, et al. Lifestyle Trajectories Are Associated with Incidence of Cardiovascular Disease: Highlights from the ATTICA Epidemiological Cohort Study (2002-2022). *Life (Basel).* 2023;13(5):1142

61. Akinosoglou K, Schinas G, Bletsas E, Bristianou M, Lanaras L, Michailides C, Katsikas T, Barkas F, et al. COVID-19 Outcomes and Diabetes Mellitus: A Comprehensive Multicenter Prospective Cohort Study. *Microorganisms.* 2023;11(6):1416

62. Barkas F, Ray KK. The global diagnostic network: what can we learn from half a billion lipid measurements between 2018 and 2020? *Eur Heart J.* 2023 ;44(25):2319-2321

63. Barkas F, Bathrellou E, Nomikos T, Panagiotakos D, Liberopoulos E, Kontogianni MD. Plant Sterols and Plant Stanols in Cholesterol Management and Cardiovascular Prevention. *Nutrients.* 2023;15(13): 2845

64. Damigou E, Kostis RI, Anastasiou C, Chrysohoou C, Barkas F, et al. Associations between meat type consumption pattern and incident cardiovascular disease: The ATTICA epidemiological cohort study (2002-2022). *Meat Sci.* 2023;205:109294

65. Makris A*, Barkas F*, Sfrikakis P, Liberopoulos E, Filippatos T, Ray K, Agouridis A. Lipoprotein(a), Interleukin-6 Inhibitors, and Atherosclerotic Cardiovascular Disease: Is There an Association? *Atheroscler Plus.* 2023;54:1-6

66. Panagiotakos D, Chrysohoou C, Damigou E, Barkas F, Liberopoulos E, Tsioufis C, Sfrikakis PP, Pitsavos C; ATTICA Study Group. Prediction of lifetime risk for cardiovascular disease, by risk factors level: the ATTICA epidemiological cohort study (2002-2022). *Ann Epidemiol* . 2023;87:17-24

67. Damigou E, Kouvari M, Chrysohoou C, Barkas F, Kravvariti E, Dalmyras D, Koutsogianni AD, Tsioufis C, Pitsavos C, Liberopoulos E, Sfikakis PP, Panagiotakos D. Diet Quality and Consumption of Healthy and Unhealthy Foods Measured via the Global Diet Quality Score in Relation to Cardiometabolic Outcomes in Apparently Healthy Adults from the Mediterranean Region: The ATTICA Epidemiological Cohort Study (2002-2022). *Nutrients*. 2023;15(20):4428
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68. Damigou E, Detopoulou P, Antonopoulou S, Chrysohoou C, Barkas F, Vlachopoulou E, Vafia C, Tsioufis C, Liberopoulos E, Sfikakis PP, Pitsavos C, Panagiotakos D. Food Compass Score predicts incident cardiovascular disease: The ATTICA cohort study (2002-2022). *J Hum Nutr Diet* . 2024;37(1):203-216
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69. Georgoulis M, Damigou E, Chrysohoou C, Barkas F, Kravvariti E, Tsioufis C, Pitsavos C, Liberopoulos E, Sfikakis PP, Panagiotakos DB; ATTICA study group. Food Compass Score predicts incident cardiovascular disease: The ATTICA cohort study (2002-2022). *J Hum Nutr Diet* . 2024;37(1):203-216.
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70. Georgoulis M, Damigou E, Chrysohoou C, Barkas F, Anastasiou G, Kravvariti E, Tsioufis C, Liberopoulos E, Sfikakis PP, Pitsavos C, Panagiotakos DB; ATTICA study group. Mediterranean diet trajectories and 20-year incidence of cardiovascular disease: The ATTICA cohort study (2002-2022). *Nutr Metab Cardiovasc Dis* . 2024;34(1):153-166
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71. Damigou E, Chrysohoou C, Vafia C, Barkas F, Kravvariti E, Vlachopoulou E, Kyrili K, Tsioufis C, Pitsavos C, Liberopoulos E, Sfikakis PP, Panagiotakos D. Mediterranean Diet and Cardiovascular Disease: The Moderating Role of Adequate Sleep-Results from the ATTICA Cohort Study (2002-2022). *Nutrients* . 2023;16(1):12.
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72. Papanikolaou A, Anastasiou G, Barkas F, Tellis C, Zikopoulos K, Liberopoulos E. Effects of Serum Estradiol on Proprotein Convertase Subtilisin/Kexin Type 9 Levels and Lipid Profiles in Women Undergoing In Vitro Fertilization. *J Cardiovasc Dev Dis* . 2024 ;11(1):25
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73. Barkas F, Rizos CV, Liamis G,, et al. Obesity and atherosclerotic cardiovascular disease in adults with heterozygous familial hypercholesterolemia: An analysis from HELLAS-FH registry. *J Clin Lipidol* . 2024:S1933-2874(24)00005-9
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74. Agouridis AP, Ntzani EE, Anastasiou G, Barkas F, Rizos EC. Unravelling Beau's Lines as a Potential Indicator of Severe Immune Response in Covid-19 and Reinfection. *Eur J Case Rep Intern Med* . 2024;11(2):004281
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75. Kouvari M, Chrysohoou C, Damigou E, Barkas F, Kravvariti E, Liberopoulos E, Tsioufis C, Sfikakis PP, Pitsavos C, Panagiotakos D, Mantzoros CS; ATTICA Study group. Non-invasive tools for liver steatosis and steatohepatitis predict incidence of diabetes, cardiovascular disease and mortality 20 years later: The ATTICA cohort study (2002-2022). *Clin Nutr* . 2024; 43(3):900-908.
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76. Bäck M, Banach M, Braunschweig F, De Rosa S, Flachskampf FA, Kahan T, Ketelhuth DFJ, Lancellotti P, Larsson SC, Mellbin L, Nagy E, Savarese G, Szummer K, Wahl D; European Heart Journal Open Section Editors. Editors' highlight picks from 2023 in EHJ Open. *Eur Heart J Open* . 2024;4(1):oeae008
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77. Adamidis PS, Florentin M, Liberopoulos E, Koutsogianni AD, Anastasiou G, Liamis G, Milionis H, Barkas F. Association of Alkaline Phosphatase with Cardiovascular Disease in Patients with Dyslipidemia: A 6-Year Retrospective Study. *J Cardiovasc Dev Dis* . 2024;11(2):60
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78. Barkas F, Liberopoulos E, Rizzo M. Exploring the Landscape of Familial Hypercholesterolemia: Unraveling Genetic Complexity and Clinical Implications. *Eur J Intern Med* . 2024:S0953-6205(24)00087-6
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79. Barkas F, Ray K. An update on inclisiran for the treatment of elevated LDL cholesterol. *Expert Opin Pharmacother* . 2024 Mar 28
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80. Terentes-Printzios D, Dima I, Benardos P, Mitrou P, Mathioudakis K, Tsolakidis A, Barkas F, Tsioufis K, Sfikakis PP, Liberopoulos E, Vlachopoulos C. Real-world data on treatment patterns in at least high cardiovascular risk patients on dual and triple lipid lowering therapy in a Hellenic nationwide e-prescription database. *Int J Cardiol Cardiovasc Risk Prev* 2024;21:200261
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81. Kechagia I, Tsiampalis T, Damigou E, Barkas F, Anastasiou G, Kravvariti E, Liberopoulos E, Sfikakis PP, Chrysohoou C, Tsioufis C, Pitsavos C, Panagiotakos D. Long-Term Adherence to the Mediterranean Diet Reduces 20-Year Diabetes Incidence: The ATTICA Cohort Study (2002-2022). *Metabolites* 2024;14
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82. Georgoulis M, Damigou E, Derdelakou E, Kostis RI, Chrysohoou C, Barkas F, Kravvariti E, Tsioufis C, Pitsavos C, Liberopoulos E, Sfikakis PP, Panagiotakos DB. Adherence to the Mediterranean diet and 20-year incidence of hypertension: the ATTICA prospective epidemiological study (2002-2022). *Eur J Clin Nutr* 2024
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83. Damigou E, Georgoulis M, Chrysohoou C, Barkas F, Vlachopoulou E, Adamidis PS, Kravvariti E, Tsioufis C, Pitsavos C, Liberopoulos E, Sfikakis PP, Panagiotakos D. Mediterranean-Type Diet Adherence and Body Mass Index through 20 Years of Follow-Up: Results from the ATTICA Cohort Study (2002-2022). *Nutrients* 2024;16.
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84. Adamou A, Barkas F, Milionis HJ, Ntaios G. Glucagon-Like Receptor-1 Agonists and Stroke: a Systematic Review and Meta-Analysis of Cardiovascular Outcome Trials. *Int J Stroke* 2024;17474930241253988.
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85. Panagiotakos D, Sigala E, Damigou E, Loukina A, Dalmyras D, Mentzantonakis G, Barkas F, Adamidis PS, Kravvariti E, Liberopoulos E, Sfikakis PP, Tsioufis C, Pitsavos C, Chrysohoou C. The burden of cardiovascular disease and related risk factors, in Greece; the ATTICA epidemiological study (2002-2022). *Hellenic J Cardiol* 2024.
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86. Barkas F, Sener YZ, Goloroush PA, Kheirkhah A, Rodriguez-Sanchez E, Novak J, Apellaniz-Ruiz M, Akyea RK, Bianconi V, Ceasovschiu A, Chee YJ, Cherska M, Chora JR, D'Oria M, Demikhova N, Kocyigit Burunkaya D, Rimbert A, Macchi C, Rathod K, Roth L, Sukhorukov V, Stoica S, Scicali R, Storozhenko T, Uzokov J, Lupo MG, van der Vorst EPC, Porsch F. Advancements in risk stratification and management strategies in primary cardiovascular prevention. *Atherosclerosis* 2024;395:117579
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87. Stevens CAT, Vallejo-Vaz AJ, Chora JR, Barkas F, Brandts J, Mahani A, Abar L, Sharabiani MTA, Ray KK. Improving the Detection of Potential Cases of Familial Hypercholesterolemia: Could Machine Learning Be Part of the Solution? *J Am Heart Assoc* 2024;13:e034434
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88. Karakasis P, Patoulas D, Barkas F, Theofilis P, Milionis H, Doumas M, Kassimis G, Tsioufis K, Fragakis N. Long-term cardiovascular safety of inclisiran: a pooled analysis of phase 3 randomized trials. *Hellenic J Cardiol* 2024. doi: 10.1016/j.hjc.2024.06.005
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89. Giannakopoulou SP, Chrysohoou C, Antonopoulou S, Damigou E, Barkas F, Vafia C, Kravvariti E, Tsioufis C, Pitsavos C, Liberopoulos E, Sfikakis PP, Panagiotakos D. Discrimination and net-reclassification of cardiovascular disease risk with Lipoprotein(a) levels: The ATTICA study (2002-2022). *J Clin Lipidol* 2024
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90. Giannakopoulou SP, Antonopoulou S, Chrysohoou C, Barkas F, Tsioufis C, Pitsavos C, Liberopoulos E, Sfikakis PP, Panagiotakos D. The Impact of Dietary Carbohydrates on Inflammation-Related Cardiovascular Disease Risk: The ATTICA Study (2002-2022). *Nutrients* 2024;16
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● CHARACTERISTICS OF PUBLICATIONS

Scopus Citations

Google Scholar Citations

REVIEWER SUMMARY

Verified reviews on Publons; Web of Science ResearcherID: AAG-4045-2020

(33) Diabetes, Obesity and Metabolism
(9) Current Medical Research and Opinion
(8) Nutrients
(6) European Journal of Preventive Cardiology
(5) Therapeutic Advances in Chronic Disease
(4) Expert Review of Cardiovascular Therapeutics
(3) Lipids in Health and Disease
(3) Journal of General Internal Medicine
(2) Hospital Practice
(2) Journal of Clinical Medicine
(1) Angiology
(1) BMC Geriatrics
(1) Clinical Drug Investigation
(1) European Stroke Journal

ABSTRACTS IN INTERNATIONAL CONGRESSES

21/05/2023 – 24/05/2023

91st EAS Congress, Mannheim, Germany

- **F. Barkas**, G. Anastasiou, A.-D. Koutsogianni, P.S. Adamidis, E. Petkou, K. Kyrili, G. Liamis, C. Milionis, E. Liberopoulos. Correlation of fatty liver index with incident diabetes risk in statin-treated patients: a 6-year retrospective study.
- **F. Barkas**, A.-D. Koutsogianni, G. Anastasiou, P.S. Adamidis, K. Kyrili, G. Liamis, E. Ntzani, C. Milionis, E. Liberopoulos. Distribution and variation of lipoprotein(a) in patients attending a lipid clinic in Greece.
- A.-D. Koutsogianni, **F. Barkas**, C. Tellis, P.S. Adamidis, A. Tselepis, G. Liamis, E. Liberopoulos. Hypolipidemic treatment in patients with elevated lipoprotein (a).
- P.S. Adamidis, D. Pantazi, **F. Barkas**, I. Moschonas, A.-D. Koutsogianni, G. Liamis, A. Tselepis, E. Liberopoulos. The effect of statin monotherapy or add-on ezetimibe treatment on netosis in dyslipidemic patients.
- G. Anastasiou, **F. Barkas**, N. Papanas, N. Tentolouris, G. Liamis, A. Bechlioulis, et al. Prevalence of distal sensory peripheral neuropathy and albuminuria in individuals with prediabetes.
- A. Elshorbagy, A. Vallejo-Vaz, **F. Barkas**, C. Stevens, A. Lyons, K. Dharmayat, J. Brandts, A. Catapano, T. Freiburger, G.K. Hovingh, P. Mata, F. Raal, R. Santos, H. Soran, G. Watts, K. Ray. Prevalence of overweight and obesity among paediatric and adult patients with homozygous or heterozygous hypercholesterolaemia, and association with coronary artery disease.
- **F. Barkas**, A. Vallejo-Vaz, A. Elshorbagy, C. Stevens, A. Lyons, K. Dharmayat, J. Brandts, A. Catapano, T. Freiburger, G.K. Hovingh, P. Mata, F. Raal, R. Santos, H. Soran, G. Watts, K. Ray. Lipoprotein (a) and atherosclerotic cardiovascular disease in adults with heterozygous familial hypercholesterolaemia: a cross-sectional study from the EAS Familial Hypercholesterolaemia Studies Collaboration (FHSC).
- **F. Barkas**, C. Rizos, G. Liamis, I. Skoumas, A. Garoufi, L. Rallidis, G. Kolovou, K. Tziomalos, E. Skolidis, G. Sfikas, V. Kotsis, M. Doumas, P. Anagnostis, V. Lambadiari, G. Anastasiou, I. Koutagiar, A. Attilakos, E. Kiouri, V. Kolovou, A.-D. Koutsogianni, E. Zacharis, C. Koumaras, C. Antza, C. Boutari, E. Liberopoulos. Overweight/obesity and prevalent atherosclerotic cardiovascular disease in patients with heterozygous familial hypercholesterolemia: an analysis from HELLAS-FH registry

- **Barkas F**, Rizos E, Anastasiou G, Adamidis P, Koutsogianni AD, Christopoulou E, Florentin M, Liamis G, Liberopoulos E. Lipid profile of patients with dyslipidemia depends on their glycemic status.
- **Barkas F**, Anastasiou G, Adamidis P, Koutsogianni AD, Styla C, Rizos C, Kyrili K, Liamis G, Liberopoulos E. Joint effect of familial hypercholesterolemia and hyperlipoproteinemia(a) on the risk of atherosclerotic cardiovascular disease.
- **Barkas F**, Prifti I, Maggiorou E, Apostolou F, Koutsogianni AD, Adamidis P, Anastasiou G, Sakkou SF, Liamis G, Liberopoulos E. Effect of a hypocaloric Mediterranean Diet on body composition and metabolic profile in overweight and obesity individuals.
- **Barkas F**, A. Koutsogianni AD, Adamidis P, Anastasiou G, Sakkou SF, Kyrili K, Liamis G, Liberopoulos E. Lipoprotein(a) and prevalent atherosclerotic cardiovascular disease in patients with type 2 diabetes.
- **Barkas F**, Adamidis P, Sakkou SF, Koutsogianni AD, Anastasiou G, Kyrili K, Liamis G, Liberopoulos E. Effect of statins on alkaline phosphatase in patients with dyslipidemia: a 6-year retrospective study.
- **Barkas F**, Maggiorou E, Kokkinos A, Tentolouris N, Liberopoulos E. Comparison of the effect of a hypocaloric Mediterranean Diet combined with intermittent fasting against classic hypocaloric Mediterranean Diet on body composition and metabolic parameters in obese individuals.
- Lontos A, Biros D, Tsourlos S, Athanasiou L, Milionis O, Papanthanasios A, Veliani C, Kolios NG, Pappa C, Samanidou V, Siopis G, Pargana E, Nasiou M, Anagnostopoulou SP, Armata NN, Pouloupoulou A, Filippas-Ntekouan S, Klouras E, Christaki M, Rapti I, Kosmidou M, Panteli A, **Barkas F**, Papamichael G, Tsiakas I, Vagias I, Liberopoulos E, Christaki E, Milionis H. Thrombotic and thromboembolic events in COVID-19 patients: association with clinical presentation, progression and laboratory findings. Data analysis of a 681 patient cohort.

- Biros D, Lontos A, Chronis C, Tatsis K, Konstantinidis K, **Barkas F**, et al. Lipid profile alterations in COVID-19 patients during and 90 days post-hospitalization.
- Lontos A, Biros D, **Barkas F**, et al. Inflammatory markers, disease severity and prognosis in COVID-19 hospitalized patients: Experience from a large Greek Academic Center during four epidemic waves.

- **Barkas F**, Koutsogianni A-D, Adamidis P, Anastasiou G, Liberopoulos E, Liamis G. Blood pressure target attainment according to the recent cardiovascular prevention guidelines of the European Society of Cardiology.
- **Barkas F**, Sakkou S-F, Styla C, Anastasiou G, Koutsogianni A-D, Liamis G, Liberopoulos E. Clinical application of the new cardiovascular risk prediction algorithms SCORE2 and SCORE2-OP in patients with dyslipidemia.

- **Barkas F**, Adamidis P, Koutsogianni A-D, Anastasiou G, Liamis G, Elisaf M, Liberopoulos E. Statin associated muscle symptoms in clinical practice: evidence from a 6-year retrospective study.
- **Barkas F**, Anastasiou G, Adamidis P, Koutsogianni A-D, Rizos C, Liamis G, Elisaf M, Liberopoulos E. Increased lipoprotein(a) multiplies coronary heart disease risk in patients with familial hypercholesterolemia
- **Barkas F**, Anastasiou G, Adamidis P, Koutsogianni A-D, Liamis G, Elisaf M, Liberopoulos E. Residual cardiovascular risk of patients with dyslipidemia receiving multifactorial cardiovascular prevention therapy.

- **Barkas F**, Anastasiou G, Koutsogianni A-D, Liamis G, Elisaf M, Liberopoulos E. Adverse effects associated with lipid-lowering therapy: evidence from a 6-year real world study
- **Barkas F**, Filippas Ntekouan S, Liberopoulos E, Milionis H. Sodium-glucose cotransporter inhibitors protect against stroke in patients with type 2 diabetes and impaired renal function: a systematic review and meta-analysis
- **Barkas F**, Filippas Ntekouan S, Liberopoulos E, Milionis H. Effect of sodium-glucose cotransporter inhibitors on different subtypes of stroke in patients with type 2 diabetes: a systematic review and meta-analysis
- **Barkas F**, Anastasiou G, Liamis G, Gartzonikas H, Milionis H, Liberopoulos E. Residual cardiovascular risk in patients with dyslipidemia receiving multifactorial cardiovascular prevention therapy
- **Barkas F**, Anastasiou G, Adamidis P, Liamis G, Elisaf M, Koutsogianni A-D, Liberopoulos E. Incidence of cardiovascular disease in patients with dyslipidemia receiving multifactorial cardiovascular prevention therapy

- **Barkas F**, Liamis G, Anastasiou G, Sakkas N, Liberopoulos E. Cholesterol target attainment according to the recent ESC/EAS guidelines: evidence from clinical practice.
- **Barkas F**, Liberopoulos E, Filippas Ntekouan S, Milionis H. Sodium-glucose transport protein 2 inhibitors and risk of incident stroke: a systematic review and meta-analysis.
- Papanikolaou A, **Barkas F**, Liberopoulos E. Effect of estradiol E2 on serum PCSK9 levels and lipid profile in women undergoing in vitro fertilization.

- **Barkas F**, Elisaf M, Dimitriou T, Liamis G, Rizos E, Liberopoulos E. Distance To Targets Of Low-Density Lipoprotein Cholesterol And Eligibility For Treatment With Pcsk9 Inhibitors In Patients At High Cardiovascular Risk.
- **Barkas F**, Elisaf M, Filippatos T, Ntekouan SF, Sakkas N, Liberopoulos E. Lipid And Glycemic Profile Of Overweight And Obese Patients.
- **Barkas F**, Elisaf M, Liamis G, Anastasiou G, Christopoulou E, Rizos E, et al. Metabolically Healthy Obesity And Risk Of Incident Diabetes In Patients Treated With Statins.
- **Barkas F**, Elisaf M, Filippas-Ntekouan S, Klouras E, Milionis H. Glucagon-like peptide 1 receptor agonists protect against stroke in patients with diabetes: a systematic review and meta-analysis.
- **Barkas F**, Klouras E, Lontos A, Megapanou E, Liamis G, Milionis H. Hyponatremia is associated with increased the mortality in patients with acute stroke: a systematic review and meta-analysis.

- **Barkas F**, Pappa E, Liberopoulos E, Filippatos T, Florentin M, Christopoulou F, Elisaf M, Liamis G. Lipid target attainment in a specialized lipid clinic.
- **Barkas F**, Elisaf M, Liberopoulos E, Rizos C, Dimitriou T, Sferopoulos D, Rizos E. Atherogenic dyslipidemia increased risk of incident diabetes in statin-treated individuals.
- **Barkas F**, Elisaf M, Liberopoulos E, Klouras E, Kei A, Lontos A, Megapanou E, Lamouri C, Rizos E. Non-alcoholic fatty liver disease and its association with incident diabetes in statin-treated individuals.
- **Barkas F**, Filippas-Ntekouan S, Liberopoulos E, Christopoulou E, Pantazi E, Tzavella E, Elisaf M, Liamis G. Clinical application of PCSK9 inhibitors in a specialized lipid clinic.
- Milionis H, **Barkas F**, Elisaf M. Glucagon-like peptide 1 receptor agonists and protection against stroke: A systematic review and meta-analysis.
- Milionis H, **Barkas F**, Ntaios G, Koromboki R, Papavasileiou V, Vemmos K. Characteristics and ten-year prognosis of patients treated with aspirin prior to a first-ever acute ischemic stroke. Data from the 'Athens stroke outcome project'.
- Rizos C, **Barkas F**, Athyros V, Antza C, Attilakos A, Elisaf M, Zacharis E, Rallidis L, Kiouri E, Kolovou G, Loulakakis M, Boufidou A, Skoumas I, Liberopoulos E. Carbohydrate metabolism in patients with familial hypercholesterolemia: data from the HELLAS-FH registry.

- Milionis H, **Barkas F**, Ntaios G, Koromboki E, Papavasileiou V, Vemmos K. Characteristics and ten-year prognosis of patients treated with aspirin prior to a first-ever acute ischemic stroke. data from the 'athens stroke outcome project'.

- **Barkas F**, Liamis G, Liberopoulos E, Lontos A, Klouras E, Elisaf M. Uric acid levels and risk of incident chronic kidney disease.
- **Barkas F**, Elisaf M, Filippas-Ntekouan S, Pappa E, Liberopoulos E. The CHADS AND CHA₂-VASc scores predict atrial fibrillation in dyslipidemic individuals: role of incorporating low high-density lipoprotein cholesterol levels.
- **Barkas F**, Liberopoulos E, Klouras E, Lontos A, Liamis G, Elisaf M. Correlation between CHADS₂ and CHA₂DS₂-VASc scores and the incidence of cardiovascular disease in individuals without atrial fibrillation and their comparison with Hellenic SCORE and ASCVD risk.

- **Barkas F**, Elisaf M, Liberopoulos E, Liamis G, Pappa E, Filippas-Ntekouan S, Rizos E. Metabolic markers to predict incident diabetes in statin-treated individuals.
- **Barkas F**, Elisaf M, Milionis H. Glucagone-like peptide 1 agonists and protection against stroke: a systematic review and meta-analysis.

28/05/2016 – 31/05/2016

84th EAS Congress, Innsbruck, Austria

- **Barkas F**, Klouras E, Dimitriou T, Liamis G, Elisaf M, Liberopoulos E. Incidence of cardiovascular disease among individuals with and without familial hypercholesterolemia attending a lipid clinic.
- **Barkas F**, Klouras E, Liamis G, Liberopoulos R, Elisaf M. CHADS₂ and CHA₂DS₂-VASc scores predict cardiovascular disease in statin-treated individuals without atrial fibrillation.
- **Barkas F**, Klouras E, Dimitriou T, Liamis G, Liberopoulos E, Elisaf M. Lipid-lowering therapy and target attainment among hyperlipidemic individuals with or without familial hypercholesterolemia: Evidence from a lipid clinic.
- **Barkas F**, Klouras E, T. Dimitriou, Elisaf M, Liberopoulos E. Statin escape phenomenon: does it really exist? Evidence from a lipid clinic.
- **Barkas F**, Elisaf M, Tsimihodimos V, Milionis H. Dipeptidyl peptidase-4 inhibitors and protection against stroke: A systematic review and meta-analysis.
- Klouras E, Tellis C, **Barkas F**, Liberopoulos E, Elisaf M, Tselepis A. Switch to rosuvastatin versus addition of ezetimibe in patients receiving atorvastatin: effect on urine 8-isoprostane levels.

08/10/2015 – 10/10/2015

2nd Joint Meeting on Lipid, Lipoprotein and Hypolipidaemic therapy, Kos, Greece

- Klouras E, Tellis K, **Barkas F**, Liberopoulos E, Elisaf M, Tselepis A. Switch to rosuvastatin versus addition of ezetimibe in patients receiving atorvastatin: effect on urine 8-isoprostane levels.
- **Barkas F**, Klouras E, Dimitriou T, Petrou E, Elisaf M, Liberopoulos E. Burden of ischemic cardiovascular disease among individuals with and without familial hypercholesterolemia attending a lipid clinic.
- **Barkas F**, Klouras E, Dimitriou T, Petrou E, Liberopoulos E, Elisaf M. Differences of metabolic profile between individuals with and without familial hypercholesterolemia attending a lipid clinic.
- **Barkas F**, Liberopoulos E, Klouras E, Dimitriou T, Elisaf M. Individuals with familial hypercholesterolemia are undertreated even in a setting of a lipid clinic.
- **Barkas F**, Klouras E, Dimitriou T, Elisaf M, Liberopoulos E. Which factors increase the prevalence of cardiovascular disease in individuals with familial hypercholesterolemia? evidence from a lipid clinic
- Klouras E, **Barkas F**, Liberopoulos E, Elisaf M. Addition of ezetimibe in patients receiving atorvastatin: effects on lipid and glycemic profile
- Klouras E, Tellis K, **Barkas F**, Liberopoulos E, Elisaf M, Tselepis A. Switching to rosuvastatin or adding ezetimibe in dyslipidemic patients receiving atorvastatin, significantly reduce plasma ApoB/Lp-PLA2 levels

21/03/2015 – 24/03/2015

83rd EAS Congress, Glasgow, UK

- **Barkas F**, Rizos E, Liberopoulos E, Liamis G, Panagiotopoulou T, Elisaf M. Individuals with diabetes, metabolic syndrome or high triglycerides do not achieve optimal apo-B and non-HDL-C levels despite having LDL-C <100 mg/dL
- **Barkas F**, Liberopoulos E, Klouras E, Liontos A, Filippatos T, Elisaf M. Attainment of multifactorial treatment targets among elderly in a lipid clinic.
- **Barkas F**, Liberopoulos E, Kostapanos M, Klouras E, Rizos C, Elisaf M. Proton pump inhibitors and statins: a combination that favors LDL-C reduction?
- **Barkas F**, Liberopoulos E, Liamis G, Liontos A, Panagiotopoulou T, Elisaf M. Target attainment of multifactorial treatment in diabetic patients in a specialized clinic.
- **Barkas F**, Rizos E, Liberopoulos E, Klouras E, Elisaf M. Risk of incident diabetes among patients treated with statins ± ezetimibe: lessons from a lipid clinic after an 8-year follow-up.

18/03/2015 – 20/03/2015

7th International Congress of Internal Medicine of Central Greece, Larisa, Greece

- **Barkas F**, Klouras E, Liberopoulos E, Liamis G, Elisaf M, Rizos E. High-intensity statins increase the risk of incident diabetes in prediabetic individuals, whereas ezetimibe has a neutral impact on glucose metabolism: evidence from a lipid clinic.
- **Barkas F**, Klouras E, Milionis H, Liamis G, Elisaf M, Liberopoulos E. The use of ezetimibe boosts the rate of the ESC/EAS LDL-C target achievement together with the rate of ldl-c lowering response suggested by the acc/aha in high risk individuals.

- Filippatos T, **Barkas F**, Lontos A, Klouras E, Tsimihodimos V, Georgoula M, Mitrogianni Z, Tselepis A, Elisaf M. Serum visfatin concentration is associated with an atherogenic metabolic profile.
- Filippatos T, **Barkas F**, Klouras E, Lontos A, Rizos E, Gazi I, Tselepis A, Elisaf M. High-density lipoprotein subclasses in subjects with impaired fasting glucose.

29/08/2014 – 02/09/2014

ESC Congress, Barcelona, Spain

- **Barkas F**, Milionis H, Liberopoulos E, Kostapanos M, Klouras E, Lontos A, Elisaf M. Treat dyslipidemia according to current ESC/EAS and recent ACC/AHA guidelines: evidence from a lipid clinic

30/05/2014 – 02/06/2014

82nd EAS Congress, Madrid, Spain

- **Barkas F**, Liberopoulos E, Kostapanos M, Liamis G, Tzialis D, Elisaf M. Lipid target achievement among very high and high cardiovascular risk patients in a lipid clinic.
- Milionis H, **Barkas F**, Liberopoulos E, Kostapanos M, Klouras E, Elisaf M. Lipid target achievement among patients according to ESC/EAS and ACC/AHA guidelines in a lipid clinic.
- Christogiannis L, Kostapanos M, Agouridis A, **Barkas F**, Klouras E, Tellis C, Tselepis A, Elisaf M. Effect of Valsartan/hydrochlorothiazide combination on low-density lipoprotein particle size and plasma lipoprotein-associated phospholipase A2 activity in hypertensive patients with metabolic syndrome.
- Christogiannis L, Kostapanos M, Kostara C, **Barkas F**, Lontos A, Panagiotopoulou T, Bairaktari E, Elisaf M. Effects of combinations of valsartan with amlodipine or hydrochlorothiazide on renal function and proteinuria in hypertensive patients with metabolic syndrome.

RESEARCH PROJECTS

Participation as a sub-investigator in the following multicenter randomized clinical trials:

1. **LILLY I8F-MC-GPIJ**: A Study of Tirzepatide (LY3298176) on the Reduction on Morbidity and Mortality in Adults With Obesity (SURMOUNT-MMO)
2. **AMGEN 20180244**: Trials of Cardiovascular Events and Lipoprotein(a) Reduction (OCEAN(a)) - Outcomes Trial
3. **NOVO NORDISK EX6018-4758: ZEUS**: A Research Study to Look at How Ziltivekimab Works Compared to Placebo in People With Cardiovascular Disease, Chronic Kidney Disease and Inflammation
4. **NOVARTIS - CTQJ230A12301: HORIZON**: Assessing the Impact of Lipoprotein (a) Lowering With TQJ230 on Major Cardiovascular Events in Patients With CVD
5. **AMGEN - 20170625: VESALIUS CV**: Effect of Evolocumab in Patients at High Cardiovascular Risk Without Prior Myocardial Infarction or Stroke
6. **NOVO NORDISK - EX9536-4388: SELECT**: Semaglutide Effects on Heart Disease and Stroke in Patients With Overweight or Obesity
7. **Amgen - 20150162**: A Multinational Observational Study to Evaluate the Safety of Repatha® in Pregnancy
8. **Amgen - 20130296**: Chart Review of Repatha® in Subjects With Hyperlipidaemia
9. **PFIZER - MK-8835-004/B1521021: VERTIS - CV**: Cardiovascular Outcomes Following Ertugliflozin Treatment in Type 2 Diabetes Mellitus Participants With Vascular Disease
10. **SANOFI - LPS14245: ODYSSEY APRISE**: Safety, Tolerability, and Effect of Alirocumab in High Cardiovascular Risk Patients With Severe Hypercholesterolemia Not Adequately Controlled With Conventional Lipid-modifying Therapies
11. **SANOFI - EFC11570: ODYSSEY Outcomes**: Evaluation of Cardiovascular Outcomes After an Acute Coronary Syndrome During Treatment With Alirocumab
12. **BI 1218.149**: A 24 week randomized, double-blind, placebo-controlled, parallel group, efficacy and safety trial of once daily linagliptin, 5 milligrams orally, as add on to basal insulin in elderly Type 2 Diabetes Mellitus patients with insufficient glycaemic control
13. **BI 1245.72: EASE-3**: A Phase III, randomised, double blind, placebo-controlled, parallel group, efficacy, safety and tolerability trial of once daily, oral doses of empagliflozin as adjunctive to insulin therapy over 26 weeks in patients with Type 1 Diabetes Mellitus
14. **BAYER - XALIA**: Treatment of an Acute Deep Vein Thrombosis (DVT) With Either Rivaroxaban or Current Standard of Care Therapy
15. **FOCUS FH**: A Phase 3, Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Study Followed by an Open-Label Continuation Period to Assess the Safety and Efficacy of Two Different Regimens of Mipomersen in Patients With Familial Hypercholesterolemia and Inadequately Controlled Low-Density Lipoprotein Cholesterol
16. **AMGEN - 20110118: FOURIER**: A Double-blind, Randomized, Placebo-controlled, Multicenter Study Assessing the Impact of Additional LDL-Cholesterol Reduction on Major Cardiovascular Events When AMG 145 is Used in Combination With Statin Therapy in Patients with Clinically Evident Cardiovascular Disease
17. **NK-104-4.02EU**: 52-Week Open-Label Extension and Safety Study of Pitavastatin in High-Risk Hyperlipidaemia in Childhood

● **MEMBER OF EXECUTIVE COMMITTEES**

2022 – CURRENT

Hellenic Atherosclerosis Society, Greece

2022 – CURRENT

Society of Internal Medicine of Northwest Greece

● **MEMBER OF WORKING GROUPS**

2017 – 2023

Hellenic Atherosclerosis Society Working Group on Familial Hypercholesterolemia, Greece

● **NETWORKS AND MEMBERSHIPS**

06/10/2021 – CURRENT

European Society of Cardiology

06/10/2021 – CURRENT

European Association of Preventive Cardiology

30/05/2021 – CURRENT

Hellenic Diabetes Association

23/05/2021 – CURRENT

Hellenic Medical Association for Obesity

2019 – CURRENT

Hellenic Stroke Organization

2018 – CURRENT

Hellenic Society of Internal Medicine

2013 – CURRENT

European Atherosclerosis Society

2011 – CURRENT

Hellenic Atherosclerosis Society
