

Name, Family name:

Maria Kosmidou, MD, PhD

Present Position:

Assistant Professor of Internal Medicine
University of Ioannina School of Medicine, Greece

Nationality:

Greek

Affiliation:

Dept. of Internal Medicine
School of Medicine
University of Ioannina
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Qualification:

1989 – 1995

Medical Degree
Aristotle's University of Thessaloniki
“Very Good”
27th July 1995

Medical licence:

2/08/1995

24/Γ1/40519, 2/08/1995 Prefecture of Thessaloniki

Academic Points:

2/11/2007

PhD Thesis
Aristotle's University of Thessaloniki, School of Medicine
« Study of Atorvastatin in red blood cells Na-Li pump in patients with hypertension and dyslipidemia»
“Excellent”

Rural service:

08/12/1995 – 07/12/1996

Rural Surgery of Nea Zihni,
Prefecture of Serres
Greece

Specialty training:

5/01/1998 – 21/01/2000

Dept of Internal Medicine
General Hospital of Edessa
2 years Internal Medicine

22/01/2000 – 25/05/2003

First Propedeutic Dept of Internal Medicine, A.U.TH.
AHEPA Hospital, Thessaloniki
3 years Internal Medicine

3/10/2003

Consultant Internist
Γ2/14658, 3/10/2003
Prefecture of Thessaloniki

Post Doc training:

1/09/2003- 1/08/2004	Training in Diabetes Mellitus First Propedeutic Dept of Internal Medicine A.U.TH AHEPA, Thessaloniki
1/9/2003 – 5/7/2006	Training in Vascular Diseases First Propedeutic Dept of Internal Medicine A.U.TH AHEPA, Thessaloniki
2004 – 2005	Education for the educators Seminars, A.U.TH

Sabbatical - Visiting Award:

1/10/2008 – 30/06/2009	Mechanisms of steatohepatitis - NIH funded Marion Bessin Research Liver Center, Albert Einstein College of Medicine, NY, USA
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Responsibilities/ Hospital appointments:

7/6/2006 – 30/01/2012	Consultant Internist 1 st Division of Internal Medicine University Hospital of Ioannina
31/01/2012 – 27/4/2014	Lecturer in Internal Medicine 1 st Division of Internal Medicine University Hospital of Ioannina
28/04/2014 – Today	Assistant Professor of Internal Medicine 1 st Division of Internal Medicine University Hospital of Ioannina

Academic appointments:

31/01/2012 – 27/4/2014	Lecturer in Internal Medicine Dept of Internal Medicine University of Ioannina School of Medicine
28/04/2014 – Today	Assistant Professor of Internal Medicine 1 st Division of Internal Medicine University Hospital of Ioannina

Teaching Experience:

2004 – 2006	Educational Program for pre-graduated students First Propedeutic Dept of Internal Medicine A.U.TH
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2007 – 2008	Post Doctoral Training - Nursing in Medicine Dept of Internal Medicine, University of Ioannina
2009- 2012	Post Doctoral Training - Nursing in Medicine Dept of Internal Medicine, University of Ioannina
2007 – 2008	Educational Program for pre-graduated students Dept of Internal Medicine, University of Ioannina
2009-2012	Educational Program for pre-graduated students Dept of Internal Medicine, University of Ioannina
2012-today	Full teaching responsibility as faculty member Dept of Internal Medicine, University of Ioannina
2018-2019 2 nd semester	Full responsibility - Introduction to Medical Practice

Society Memberships:

Hellenic Association of Atherosclerosis
Association of Hypertension and Renal Diseases
Association of Infection Diseases
European Crohn's and Colitis Organisation

Reviewer for Scientific Journals:

Medical Principles and Practice
Journal of Neuroimaging
Journal of Negative Results in BioMedicine

Honorary Editorial Comments:

J Neurol Neurosurg Psychiatry 2007;78:916	Caplan LR. Arterial Occlusions: Does size matter? Editorial commentaries
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Publications:

a.book

PhD Thesis Aristotle's University of Thessaloniki, School of Medicine

« Study of Atorvastatin in red blood cells Na-Li pump in patients with hypertension and dyslipidemia»

b. full articles

1. Hatzitolios A, Savopoulos Ch, Apostolopoulou M, **Kosmidou, M**, Dimitroula Ch, Baltatzi M, Giannakoulas G, Zioutas G, Ziakas G. Efficacy and Safety of the Imidapril (IM) in Elderly Patients with high Cardiovascular Risk. Review of Clinical Pharmacology and Pharmacokinetics, International Edition, 2004;18 (1):123-124.
2. Savopoulos VG, Apostolopoulou MI, Hatzitolios AI, Tzalokostas VD, **Kosmidou MS**, Baltazi MS, Kaifa GD, Karamitsos DT. Chickenpox in a geriatric patient. J Am Geriatric Soc 2006;54(4):713-5
3. Giannopoulos S, **Kosmidou M**, Sarmas I, Markoula S, Pelidou SH, Lagos G, Kyritsis AP. Patient compliance with SSRIs and gabapentin in painful diabetic neuropathy. Clin J Pain 2007;23(3): 267-9.
4. Giannopoulos S, Pelidou SH, Kyritsis AP, **Kosmidou M**. Burden of illness in painful diabetic peripheral neuropathy. J Pain. 2007;8(6):530.
5. Giannopoulos S, **Kosmidou M**, Pelidou SH, Kyritsis AP. Vertebral artery hypoplasia: a predisposing factor for posterior circulation stroke? Neurology 2007;68(22):1956.
6. Giannopoulos S, **Kosmidou M**, Pelidou SH, Kyritsis AP. Cognitive Impairment in Patients with Neuropathic Pain. J Pain Symptom Manag. 2007;34:3-4.
7. Giannopoulos S, Markoula S, **Kosmidou M**, Pelidou SH, Kyritsis AP. Lateral medullary ischemic events in young adults with hypoplastic vertebral artery. J Neurol Neurosurg & Psychiatry 2007;78:987-989.
8. Savopoulos C, Hatzitolios A, Panagopoulou P, **Kosmidou M**, Tsirogianni E, Konstantinou V. Hypothyroidism in Prader-Willi syndrome: a case report and review of the literature. J Endocrinol Invest 2007;(9):804-5
9. **Kosmidou MS**, Hatzitolios AI, Adamidou A, Giannopoulos S, Raikos N, Parharidis G, Millionis HJ. Effect of atorvastatin on red-blood cell Na(+)/Li(+) countertransport in hyperlipidemic patients with and without hypertension. Am J Hypertens 2008 21(3):303-9
10. Goulas A, **Kosmidou M**, Hatzitolios AI, Raikos N, Molyva D, Sanopoulos C, Giannopoulos S, Fidani L. An association study of sodium-lithium countertransport activity with glutathione (GST) T1 and GST M1 null polymorphism in Greek dyslipidemic patients and controls. Clin Chem Lab Med 2008;46(3): 306-10
11. Goulas A, **Kosmidou M**, Hatzitolios Ai, Molyva D, Fidani L, Giannopoulos S, Mirtsou V. Glutathione S- transferase null cholesteryl ester transfer protein TaqI B polymorphism and lipid response to atorvastatin in Greek dyslipidemic patients. Basic Clin Pharmacol Toxicol 2008;102(6):559-62
12. Giannopoulos S, **Kosmidou M**, Kyritsis AP. Patients compliance with neuropathic pain. Pain 2008;136(3):447
13. Giannopoulos S, **Kosmidou M**, Hatzitolios AI, Savopoulos CS, Ziakas A, Caramouzis M. Measurements of Endothelin -1, C-reactive protein and Fibrinogen plasma levels in patients with Acute Ischemic Stroke. Neurol Res. 2008;30(7):727-30
14. Kosmidis C, Efthimiadis C, Anthimiadis G, Levva S, Ioannidou G, Zaramboukas T, Emmanouilidis C, Baka S, **Kosmidou M**, Basdanis G, Fachantidis E Adrenectomy for solitary adrenal metastasis from colorectal cancer: A case report. Cases J 2008 18;(1)49
15. Savopoulos Ch, Hatzitolios A, Katsiki N, Baltatzi M, **Kosmidou M**, Raikos N, Mikhailidis D, Ziakas A, Kaiafa G, Tsesmeli N. Sodium- Lithium countertransport activity in healthy, dyslipidemic and hypertensive individuals. Angiology 2008;59(6):727-35

16. Hatzitolios A, Savopoulos C, Ntaios G, Paradidaskalou F, Dimitrakoudi E, **Kosmidou M**, Baltatzi M, Karamitsos D. Stroke and conditions that mimic it: a protocol secures a safe early recognition. *Hippocrates* 2008;2:98-102
17. **Kosmidou M**, Hatzitolios A, Molyva D, Raikos N, Savopoulos C, Daferera N, Kokkas B, Goulas A. An Association Study between Catalase -262 C > T gene polymorphism with Sodium-Lithium countertransport, insulin resistance, blood lipids parameters and their response to atorvastatin in Greek dyslipidaemic patients and normolipidaemic controls. *Free Radical Res* 2009;9:1-5
18. **Kosmidou M**, Kyritsis AP, Markoula S, Giannopoulos S Adherence/compliance with the treatment in chronic non malignant pain. *Pain* 2009; 13(7):776
19. Milionis HJ, Giannopoulos S, **Kosmidou M**, Panoulas V, Manios E, Kyritsis AP, Elisaf MS, Vemmos K. Statin therapy after the first stroke reduces the 10-year stroke recurrence and improves survival. *Neurology* 2009;72:112-113
20. **Kosmidou M**, Gaitanis G, Nomicos K, Sioga A, Katsanos K, Bassukas ID, Tsianos EV. Severe Rosacea in patient on infliximab for ulcerative colitis: Case report and pathological considerations. *Acta Derm Venereol* 2009;89:523-25
21. Katsanos KH, Saougos V, **Kosmidou M**, Doukas M, Kamina S, Asproudis I, Tsianos EV. Sjogren's syndrome in a patient with ulcerative colitis and primary sclerosis cholangitis: Case report and review of the literature. *Journal of Crohn's and Colitis* 2009;3(3):200-3
22. Katsanos KH, Christodoulou DK, Kamina S, **Maria K**, Lambri E, Theodorou S, Tsampoulas K, Vasiliki M, Tsianos EV. Diagnosis and endoscopic treatment of esophago-bronchial fistula due to gastric heterotopy. *World J Gastrointest Endosc.* 2010;2(4):138-42
23. Zois C., Katsanos KH, **Kosmidou M** , Tsianos E.V., Manifestations in Inflammatory Bowel Diseases: current knowledge and novel insights: *Journal of Crohn's and Colitis* 2010;4:115-24
24. Katsanos KH, Katopodis KP, **Kosmidou M**, Siamopoulos, KC, Tsianos EV. Leptospira interrogans icterohaemorrhagiae in a patient with Crohn's disease. *Inflamm Bowel Dis* 2010;16:1824-5
25. **Kosmidou M**, Milionis HJ, Giannopoulos S C-reactive protein, highly selective C-reactive protein, endothelin-1 and ischemic stroke. *Am J Emerg Med* 2011;29(4):470-1.
26. Basiukas ID, **Kosmidou M**, Gaitanis G, Tsiouri G, Tsianos E. Patients with psoriasis are more likely to be treated for latent tuberculosis infection prior to biologics than patients with inflammatory bowel disease. *Acta Dermato- Venereologica* 2011;91(4):444-6.
27. Katsanos AH, Korantzopoulos P, Tsivgoulis G, Kyritsis AP, **Kosmidou M**, Giannopoulos S. Electrocardiographic abnormalities and cardiac arrhythmias in structural brain lesions. *Int J Cardiol.* 2013;167(2):328-34
28. Katsanos AH, **Kosmidou M**, Giannopoulos S. Vertebral artery hypoplasia in posterior circulation cerebral ischemia. *Clin Neurol Neurosurg.* 2013;115(7):1194-5.
29. Katsanos AH, Katsanos KH, **Kosmidou M**, Giannopoulos S, Kyritsis AP, Tsianos EV. Cerebral sinus venous thrombosis in inflammatory bowel diseases. *Q J Med.* 2013;106(5):401-13.
30. **Kosmidou M**, Katsanos AH, Giannopoulos S. On the trail of cerebral sinus venous events in inflammatory bowel diseases. *J Neurosci Rural Pract.* 2013;4(1):7-8.
31. Christou L, **Kosmidou M**. Hepatitis E virus in the Western world-a pork-related zoonosis. *Clin Microbiol Infect.* 2013;19(7):600-4.
32. Katsanos AH, **Kosmidou M**, Kyritsis AP, Giannopoulos S. Vertebral Artery Hypoplasia a Predisposing Factor for Posterior Circulation Cerebral Ischemic Events? A Comprehensive Review. *Eur Neurol.* 2013;70(1-2):78-83.
33. **Kosmidou M**, Vagias I, Katsanos KH, Tsianos EV. Agitation as the only symptom of cerebral venous sinus thrombosis in a patient with Crohn's disease. *Ann Gastroenterol.* 2013;26(4):373.
34. Fiolaki A, Tsamis K, Milionis HJ, Kyritsis AP, **Kosmidou M**, Giannopoulos S. Atherosclerosis, biomarkers of atherosclerosis and Alzheimer's disease. *Int J Neurosci* 2014;124(1):1-11.

35. Katsanos AH, **Kosmidou M**, Giannopoulos S, Katsanos KH, Tsivgoulis G, Tsianos EV, Kyritsis AP. Cerebral arterial infarction in inflammatory bowel diseases. *Eur J Intern Med*. 2014;25(1):37-44.
36. Tsivgoulis G, Putaala J, Sharma V, Balucani C, Martin-Schild S, Giannopoulos S, Batala L, Palazzo P, Shahripour R, Arvaniti C, Barlinn K, Strbian D, Haapaniemi E, Flamouridou M, Vadikolias K, MD¹, Heliopoulos I, Voumvourakis K, Triantafyllou N, Azarpazhooh MR, Athanasiadis D, **Kosmidou M**, Vasdekis S, Stefanis L, Stamboulis E, Piperidou Ch, Tatlisumak T, Alexandrov AV. Racial disparities in early mortality in 1134 young patients with acute stroke: an international multicenter study. *Neurol Sci*. 2014;35(7):1041-9.
37. Giannopoulos S, Katsanos AH, **Kosmidou M**, Tsivgoulis G. Statins and vascular dementia: a review. *J Alzheimers Dis*. 2014;42 Suppl 3:S315-20.
38. **Kosmidou M**, Mpolotsis V, Christou L, Tsianos EV. Late onset of Crohn's disease in familial Mediterranean fever: the necessity of anti-TNF treatment. *J Dig Dis*. 2014;15(2):102-4.
39. Katsanos AH, Giannopoulos S, **Kosmidou M**, Voumvourakis K, Parissis JT, Kyritsis AP, Tsivgoulis G. Complex atheromatous plaques in the descending aorta and the risk of stroke: a systematic review and meta-analysis. *Stroke*. 2014;45(6):1764-70.
40. Zikou AK, **Kosmidou M**, Astrakas LG, Tzarouchi LC, Tsianos E, Argyropoulou MI. Brain involvement in patients with inflammatory bowel disease: a voxel-based morphometry and diffusion tensor imaging study. *Eur Radiol*. 2014;24(10):2499-506.
41. Bogdos M, Giannopoulos S, **Kosmidou M**. The conflict on posttreatment Lyme disease syndrome: a clinical mini review. *Neuroimmunol Neuroinflammation* 2016;3:10-3.
42. Katsanos AH, Patsouras D, Tsivgoulis G, **Kosmidou M**, Katsanos KH, Kyritsis AP, Giannopoulos S. The value of transesophageal echocardiography in the investigation and management of cryptogenic cerebral ischemia: a single-center experience. *Neurol Sci*. 2016;37(4):629-32.
43. Katsanos AH, Fiolaki A, Markou S, Markoula S, **Kosmidou M**, Kyritsis AP, Giannopoulos S. Ischemic stroke risk factors during Greek economic crisis. *Atherosclerosis*. 2016;245:118-22.
44. **Kosmidou M**, Katsanos AH, Katsanos KH, Kyritsis AP, Tsivgoulis G, Christodoulou D, Giannopoulos S. Multiple sclerosis and inflammatory bowel diseases: a systematic review and meta-analysis. *J Neurol*. 2017;264(2):254-259.
45. **Kosmidou M**, Milionis H. Diabetes mellitus and non-alcoholic fatty liver disease: the thread of Ariadne. *Minerva Endocrinol*. 2017;42(2):109-121.
46. Fiolaki A, Katsanos AH, Kyritsis AP, Papadaki S, **Kosmidou M**, Moschonas IC, Tselepis AD, Giannopoulos S. High on treatment platelet reactivity to aspirin and clopidogrel in ischemic stroke: A systematic review and meta-analysis. *J Neurol Sci*. 2017;376:112-6.
47. Katsanos AH, **Kosmidou M**, Konitsiotis S, Tsivgoulis G, Fiolaki A, Kyritsis AP, Giannopoulos S. Restless legs syndrome and the risk of cerebrovascular/cardiovascular events: a systematic review and meta-analysis. *Acta Neurol Scand*. 2018 ;137(1):142-148.
48. Virvidaki IE, Nasios G, **Kosmidou M**, Giannopoulos S, Milionis H. Swallowing and Aspiration Risk: A Critical Review of Non Instrumental Bedside Screening Tests. *J Clin Neurol*. 2018;14(3):265-274
49. Kosmidis CS, Koimtzis GD, Anthimidis G, Varsamis N, Atmatzidis S, Koskinas IS, Koletsa T, Zampouka K, Georgakoudi E, Baka S, Efthimiadis C, **Kosmidou MS**, Kouklakis G. Endoscopically Assisted Laparoscopic Gastric Resection for Benign and Malignant Lesions: A Report of Two Cases. *Am J Case Rep*. 2019;19:884-890.
50. Kosmidis C, Sapalidis K, Koletsa T, **Kosmidou M**, Efthimiadis C, Anthimidis G, Varsamis N, Michalopoulos N, Koulouris C, Atmatzidis S, Liavas L, Strati TM, Koimtzis G, Tsakalidis A, Mantalovas S, Zampouka K, Florou M, Giannakidis DE, Georgakoudi E,

- Baka S, Zarogoulidis P, Man YG, Kesisoglou I. Interferon- γ and Colorectal Cancer: an up-to date. *J Cancer*. 2018;9(2):232-238.
51. Kosmidis CS, Koimtzis GD, **Kosmidou MS**, Ieridou F, Koletsa T, Zarampouka KT, Georgakoudi E, Kesisoglou I. Gallbladder Hypoplasia, a Congenital Abnormality of the Gallbladder: A Case Report. *Am J Case Rep*. 2017;18:1320-1324.
52. Fousekis FS, Katsanos KH, Theopistos VI, Baltayiannis G, **Kosmidou M**, Glantzounis G, Christou L, Tsianos EV, Christodoulou DK. Hepatobiliary and pancreatic manifestations in inflammatory bowel diseases: a referral center study. *BMC Gastroenterol*. 2019;19(1):48.