

CURRICULUM VITAE

Anastasios Vamvakis

Education

2002

Bachelor's Degree (BSc) in Nutrition & Dietetics Technology, Alexander Technological Educational Institute of Thessaloniki (ATEITH)

2003

Master of Science (MSc) in Sports Nutrition, Biomedical Sciences, University of Aberdeen, Scotland, UK

2014

Master of Science (MSc) in Medical Research Methodology (Clinical Research Track), School of Medicine, Aristotle University of Thessaloniki (AUTH)

2016

Postgraduate Training in Clinical Trials Good Clinical Practice (GCP) Certification – University of Cambridge / Medical School of Athens / Medical School AUTH

2021

PhD, School of Medicine, Aristotle University of Thessaloniki
Dissertation Title: *Arterial Hypertension, Nutrition and Exercise*
3rd Department of Internal Medicine, AUTH – Papageorgiou General Hospital of Thessaloniki

2025–Present

Assistant Professor, Department of Nutritional Sciences & Dietetics, Hellenic Mediterranean University (HMU)

2021

Continuing Education Program – Food Safety (HACCP) & Food Quality: ISO 22000:2005 and ISO 9001:2015 Standards (National & Kapodistrian University of Athens)

2022

International Certification in Anthropometry – ISAK Level 3

2023

SWEET Registry – External Reviewer Certification as Center of Reference (Pediatric Endocrinology Unit, 3rd University Pediatric Clinic, AUTH)

2023

E-Learning Seminar Certification in Good Clinical Practice

2009

Volleyball Coach License – Category B (General Secretariat of Sports)

2021

European Resuscitation Council (ERC) – Basic Life Support Certification

Academic & Teaching Experience

Hellenic Mediterranean University (HMU)

Assistant Professor (10/2025–Present)

Courses:

- Pediatric & Adolescent Clinical Nutrition

- Nutrition Quality in Healthcare Units
- Nutritional Assessment
- Sports Nutrition

Academic Years 2024–2025

- Pediatric & Adolescent Clinical Nutrition
- Nutrition Quality in Healthcare Units
- Nutritional Assessment
- Sports Nutrition

Academic Year 2023–2024

- Pediatric & Adolescent Clinical Nutrition
- Nutritional Assessment
- Sports Nutrition

Academic Year 2022–2023

- Sports Nutrition
- Nutrition Quality in Healthcare Units
- Nutritional Assessment
- Food & Beverage Legislation
- Pediatric & Adolescent Clinical Nutrition

Interdepartmental MSc Program

- "Interdisciplinary Management of Chronic Diseases, Disability and Aging" (2023)
Lecture: Evidence-Based Dietetic Practice (3 hours). Hellenic Mediterranean University (HMU)

D'Annunzio University of Chieti–Pescara, Italy (2020)

- MSc Program: Sciences and Techniques of Preventive and Adapted Physical Activities
Lecture: Body Composition Analysis (5 hours)
- Certified Investigator in multicenter, multinational Phase 3A clinical trial (NOVONORDISK – REAL 8 study) evaluating weekly somapacitan versus daily Norditropin® in children with short stature (Turner syndrome, Noonan syndrome, SGA, idiopathic short stature). 2023–Present (ongoing)
- Clinical Trial NN9536-7752: Long-term weight maintenance in adolescents with obesity – weekly semaglutide 2.4 mg. 2025–Present (ongoing)
- Research Study: Growth comparison, pubertal development and nutritional assessment in swimmers and rowers. 2023–2024

Research Activity – Clinical Trials

- European Center for the Study & Prevention of Obesity – “Addressing Child Obesity: Strengthening Primary, Secondary and Tertiary Prevention.”
2026–Present (ongoing)

**Professional
Experience &
Academic
Clinical
Appointments**

- 2012–2020
Head Sports Dietitian, ARIS Football Club (Professional Division)
- 2011–Present
Sports Nutrition Consultant, Nautical Club of Thessaloniki – Rowing Division
- 2016–Present
Sports Nutrition Consultant, Track & Field Club “Megas Alexandros”
- 2021–2022
Head Dietitian, NPS Veria Football Club

Sports Organizations (2003–2012)

- Sports Dietitian, Iraklis Volleyball Club (Men's Team) – 2 years
- Sports Dietitian, Iraklis Gymnastics Club – Synchronized Swimming – 3 years
- Sports Nutrition Consultant, YMCA Thessaloniki (Basketball, Volleyball, Dance, Table Tennis) – 5 years
- Sports Dietitian, Megas Alexandros Gymnastics Club – Men's Volleyball – 4 years
- Sports Dietitian, Makedonikos Neapolis – Men's Volleyball – 1 year
- Sports Dietitian, Makedones Axios – Women's Volleyball – 1 year
- Sports Dietitian, PAOK Basketball Club – 1 year
- Sports Dietitian, ARIS Athletic Club – Women's Volleyball (2 years) & Men's Volleyball (4 years)
- Sports Dietitian, GAS Vasilikon – 4 years

Academic & Clinical Appointments

- 2010–Present
Scientific Associate, Pediatric Diabetes & Pediatric–Adolescent Obesity Clinics,
Pediatric Endocrinology Unit, 3rd Department of Pediatrics,
Aristotle University of Thessaloniki (AUTH), Hippokration General Hospital
- 2017–Present
SWEET Registry Communication & Implementation Officer,
Certified SWEET Reference Center, Pediatric Endocrinology Unit, AUTH

- 2013–2020
Scientific Associate, Hypertension Laboratory of Small & Large Vessels,
3rd Department of Internal Medicine, AUTH, Papageorgiou General Hospital
 - 2011–2013
Scientific Associate, Hypertension Clinic,
2nd Propaedeutic Department of Internal Medicine, AUTH
 - 2011–Present
Associate, Diabetes Center,
2nd Propaedeutic Department of Internal Medicine, AUTH
 - 2010–2017
Administrative & Research Coordinator, Anthropometry Laboratory, Pediatric
Endocrinology Unit, AUTH
(Research protocol management, ELKE procedures, clinical documentation,
prescription processing)
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Clinical Practice

- 2004–Present
Private Practice Dietitian
Specializing in:
 - Elite and competitive athletes
 - Obesity management
 - Gestational nutrition
 - Metabolic disorders
 - Pediatric and adolescent nutrition
 - 2009–Present
Clinical Dietitian, Genesis Clinic
 - 2021–Present
Clinical Dietitian, EUROMEDICA “Kyanous Stavros” Clinic
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Leadership & Educational Roles

- 2018–Present
Head of Nutrition Education, Anahata Yoga Studio – Yoga Teachers Training Program
- 2016
Member, Sports Nutrition Committee, Hellenic Dietetic Association (HDA)

- 2018
Member, Official Translation Working Group for International Sports Nutrition Guidelines, HDA
 - 2014–2018
Scientific Director of Sports Nutrition, GROUP SOCCER (Athlete Development & Management Company)
 - 2019–2021
Scientific Director of Sports Nutrition, High Tech Camp International (Youth Athletic Performance Enhancement Program)
 - 2006–2010
Sports Nutrition Instructor & Certification Examiner, OEEK Thessaloniki (Vocational Training Institute for Dietetics Graduates)
 - 2007
Lecturer, Wrestling Coaches Certification Program, General Secretariat of Sports
-

Coaching Experience

- Assistant Coach, ARIS Women's Volleyball Team (2007–2008)
 - Assistant Coach, ARIS Men's Volleyball Team (2008–2012)
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YMCA Leadership & Camp Administration

- 2018–2022
Camp Director, YMCA Agios Ioannis Pelion (2nd Camp Period)
 - 2007–Present
Head of Child Nutrition & Meal Planning, YMCA Camps
 - 2000–2009
Senior Camp Staff Member (up to Deputy Director), YMCA Agios Ioannis Pelion
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Medical Team Participation

- Head Dietitian, Pediatric Diabetes Summer Camp Program
Organized by the Pediatric Endocrinology Unit, AUTH
(2011, 2014, 2015, 2016, 2018, 2019, 2022, 2023, 2024, 2025)
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Media & Scientific Communication

**Other
Professional &
Scientific
Collaborations**

- Columnist, *Makedonia Newspaper* (Nutrition & Dietetics), 2007–2010
- Nutrition Contributor, ET3 National Television – Morning News Program (2007–2012)
- Nutrition Columnist, www.gyn.gr (Women's Health Platform), 2007–2010
- Collaboration with the Laboratory of Forensic Medicine & Toxicology, School of Medicine, Aristotle University of Thessaloniki, on issues related to athletes' nutrition.
- Nutritionist–Dietitian, 350 PKB Hellenic Air Force (SEDEs Gym, Thessaloniki).
- Internship: Laboratory of Metabolism & Energy, Department of Nutrition, ATEI of Thessaloniki.
- Scientific consultant in a dietary supplements company.
- Technical editor in the writing of the educational and scientific book entitled "Nutrition for Health, Exercise and Sport" by Maria Hasapidou, Professor at ATEI of Thessaloniki, and Anna Fachantidou, Professor at the School of Physical Education & Sport Science, Aristotle University of Thessaloniki.
- Presentations at workshops and television appearances on nutrition topics for different population groups (health education programs in schools, sports clubs, elderly individuals, patients, pregnant women, etc.).

**Scientific
Publications,
Research
Papers,
Lectures**

Thesis

- Undergraduate thesis entitled "Nutrition & Sport and the Potential of Greece for the Olympic Games of 2004", Department of Nutrition & Dietetics, ATEI of Thessaloniki (2002)
- Master's thesis entitled "Excessive Protein Consumption and the Functions of Muscles and Bones", Department of Biomedical Sciences (Postgraduate Program in Sports Nutrition), University of Aberdeen, Scotland (2003)
- Master's thesis entitled "Investigation of Adherence of Hypertensive Patients to Lifestyle and Dietary Measures and Its Association with Blood Pressure Regulation and Vascular Function", School of Medicine, Aristotle University of Thessaloniki (Postgraduate Program: Clinical Research Methodology) (2014)
- Doctoral dissertation: Investigation of Adherence of Hypertensive Patients to Lifestyle and Dietary Measures and Its Association with Blood Pressure Regulation and Vascular Function. 3rd Department of Internal Medicine, Papageorgiou General Hospital of Thessaloniki, School of Medicine, Aristotle University of Thessaloniki (2021)

Publications

- Impact of Dietary Patterns on the Lipidemic Profile and the Cardiovascular Risk in Stage 1 Hypertension: A Post Hoc Analysis of the HINTreat Trial. Vamvakis A, Lazaridis

- A, Grammatikopoulou MG, Malliora A, Tsiroukidou K, Tzimos C, Di Blasio A, Izzicupo P and Gkaliagkousi E. *Nutrients* 2025, 17, 2632. <https://doi.org/10.3390/nu17162632>
- Serum Concentrations and Dietary Intake of Vitamin B12 in Children and Adolescents on Metformin: A Case–Control Study. Tsiroukidou K, Paschalidou E.G., Grammatikopoulou G.M, Androulakis J., Vamvakis A., Gkouskou A.K., Tzimos C., Sergentanis N.T, Vassilakou T., Roilides E., Bogdanos, Goulis G.D. *Int. J. Mol. Sci.* 2023, 24(4), 4205; <https://doi.org/10.3390/ijms24044205>.
 - 132-OR: Ten-Year Evaluation of Diabetes Categories in Youth Shows a Continuous Increase in Frequency of Newly Diagnosed Type 2 Diabetes—Results from the Worldwide SWEET Registry. Cherubrini V, Eckert A.J., Amed S, Besancon S., Aita F.C., Crimmins N.A, Gevers E.F., Jefferies C.A., Kim J., Shah S., Vamvakis A., Gesuita R. ON BEHALF OF THE SWEET STUDY GROUP. *Diabetes* 2023;72(Supplement_1):132-OR. <https://doi.org/10.2337/db23-132-OR>.
 - Bioelectrical Impedance Vector Analysis of Young Elite Team Handball Players. Di Credico A, Gaggi G, Vamvakis A, Serafini S, Ghinassi B, Di Baldassarre A, Izzicupo P. *Int J Environ Res Public Health* 2021 Dec 8;18(24):12972.
 - Effects of Activity Tracker-Based Counselling and Live-Web Exercise on Breast Cancer Survivors during Italy COVID-19 Lockdown. Di Blasio A, Morano T, Lancia F, Viscioni G, Di Iorio A, Grossi S, Cianchetti E, Cugusi L, Gobbo S, Bergamin M, D'Eugenio A, Masini L, Rinaldi M, Scognamiglio MA, Vamvakis A, Napolitano G. *J Funct Morphol Kinesiol* 2021 Jun 9;6(2):50.
 - The Synergistic Effects of a Complementary Physiotherapeutic Scheme in the Psychological and Nutritional Treatment in a Teenage Girl with Type 1 Diabetes Mellitus, Anxiety Disorder and Anorexia Nervosa. Tsakona P, Dafoulis V, Vamvakis A, Kosta K, Mina S, Kitsatis I, Hristara-Papadopoulou A, Roilides E, Tsiroukidou K. *Children* 2021, 8, 443.
 - Cardiorespiratory Fitness Predicted by Fibrinogen and Leptin Concentrations in Children with Obesity and Risk for Diabetes: A Cross-Sectional Study and a ROC Curve Analysis. Tsiroukidou K, Hatziagorou E, Grammatikopoulou MG, Vamvakis A, Kontouli K, Tzimos C, Tsanakas J, Spiliotis BE. *Nutrients* 2021 Feb 19;13(2):674.
 - The Length and Number of Sedentary Bouts Predict Fibrinogen Levels in Postmenopausal Women. Izzicupo P, Di Blasio A, Di Credico A, Gaggi G, Vamvakis A, Napolitano G, Ricci F, Gallina S, Ghinassi B, Di Baldassarre A. *Int J Environ Res Public Health* 2020 Apr 28;17(9):3051

- Impact of Intensive Lifestyle Treatment (Diet Plus Exercise) on Endothelial and Vascular Function, Arterial Stiffness and Blood Pressure in Stage 1 Hypertension: Results of the HINTreat Randomized Controlled Trial. Vamvakis A, Gkaliagkousi E, Lazaridis A, Grammatikopoulou MG, Triantafyllou A, Nikolaidou B, Koletsos N, Anyfanti P, Tzimos C, Zebekakis P, Douma S. *Nutrients* 2020 May 7;12(5):1326.
- The Beneficial Effect of the Mobile Application Euglyca in Children and Adolescents with Type 1 Diabetes Mellitus: A Randomized Controlled Trial. Chatzakis C, Floros D, Papagianni M, Tsiroukidou K, Kosta K, Vamvakis A, Koletsos N, Hatziagorou E, Tsanakas I, Mastorakos G. *Diabetes Technol Ther* 2019 Nov;21(11):627-634. Epub 2019 Sep 27
- Stress management among families of children and adolescents with diabetes mellitus type 1 with physiotherapeutic techniques. Tsakona P, Tsiroukidou K, Vamvakis A, Papagianni M, Anna K, Onoufrios P, Hristara-Papadopoulou A. *International Research Journal of Public and Environmental Health* 2019 Jan Vol.6 (1), pp. 7-14,
- Association of Urinary Sodium Excretion with Vascular Damage: A Local Kidney Effect, Rather Than a Marker of Generalized Vascular Impairment. Triantafyllou A, Anyfanti P, Gkaliagkousi E, Zabulis X, Vamvakis A, Gkolias V, Petidis K, Aslanidis S, Douma S. *Int J Hypertens* 2018 Dec 16;2018
- Clinical impact of dipping and nocturnal blood pressure patterns in newly diagnosed, never-treated patients with essential hypertension. Gkaliagkousi E, Anyfanti P, Lazaridis A, Triantafyllou A, Vamvakis A, Koletsos N, Dolgyras P, Douma S. *J Am Soc Hypertens* 2018 Dec;12(12):850-857
- Asymmetric dimethylarginine levels are associated with augmentation index across naïve untreated patients with different hypertension phenotypes. Gkaliagkousi E, Gavriilaki E, Triantafyllou A, Nikolaidou B, Anyfanti P, Koletsos N, Vamvakis A, Dipla K, Lazaridis A, Douma S. *J Clin Hypertens (Greenwich)* 2018 Apr;20(4):680-685
- Aldosterone as a mediator of microvascular and macrovascular damage in a population of normotensive to early-stage hypertensive individuals. Gkaliagkousi E, Anyfanti P, Triantafyllou A, Gavriilaki E, Nikolaidou B, Lazaridis A, Vamvakis A, Douma S. *J Am Soc Hypertens* 2018 Jan;12(1):50-57
- Beneficial effects of nonpharmacological interventions in the management of essential hypertension. Vamvakis A, Gkaliagkousi E, Triantafyllou A, Gavriilaki E, Douma S. *JRSM Cardiovasc Dis* 2017 Jan 1;6
- Member of the translation authoring team: Position Stand of the Academy of Nutrition & Dietetics, Dietitians of Canada, and the American College of Sports

Medicine: Nutrition and Athletic Performance. Official Translation for the Hellenic Dietetic Association (HDA). Translation License Number: 3920230424224. Initiative of the Scientific Committee of Sports Nutrition of HDA (2017).

- Mediterranean Diet and Essential Hypertension. Vamvakis A, Gkaliagkousi E, Doumas M, Petidis K. Arterial Hypertension 2011; 20(1).
- The association of increased body weight with the development of arterial hypertension. Gkaliagkousi E, Vamvakis A, Doumas M, Douma S. Arterial Hypertension 2011;20(1).
- Member of the authoring team for the writing of a Practical Guide to Sustainable Nutrition for Young People – Changing our dietary habits: from animal to plant products. WWF Greece, European Programme EAT 4 Change.

External Reviewer

- Diabetology Chronicles
- MDPI Journals

Oral Presentations

- Parathyroid adenoma in a 13-year-old girl with MEN syndrome. Toulia I, Adamidou HF, Papavramidis Th, Tsikopoulos G, Bourboun N, Kosta K, Vamvakis A, Kanari H, Roilides E, Tsiroukidou K (61st Panhellenic Pediatric Congress, Ioannina 2023)
- Investigation of adherence of hypertensive patients to lifestyle and dietary measures and its association with blood pressure regulation and vascular function (11th Medical Congress of Aristotle University of Thessaloniki 2022)
- Lifestyle Treatment of Hypertension: Compliance and Results on Blood Pressure, Endothelial and Vascular Function. The HINTREAT RCT (ELMO, Athens 10-2022)
- Anti-inflammatory Diet and Endothelial Dysfunction in Stage 1 Hypertension. Results from HINTreat study (STEM, FNPH 2021)
- Achievement of metabolic parameter regulation in relation to ISPAD-ADA guidelines in children and adolescents with type 1 diabetes mellitus. Vamvakis A, Papagianni M, Tsiroukidou K, Kosta K, Mameka H, Chatzakis X, Tsanakas I. Pediatric Endocrinology Unit, 3rd University Pediatric Clinic, Aristotle University of Thessaloniki, Hippokrateion General Hospital of Thessaloniki (Northern Greece Medical Society 2016)
- Correlation of body mass index of children and adolescents with overweight who attended the Pediatric & Adolescent Obesity Clinic in Northern Greece with their parents' BMI. Tsiroukidou K, Vamvakis A, Papagianni M, Kosta K, Mameka H, Tsanakas I. Pediatric Endocrinology Unit, 3rd University Pediatric Clinic, Aristotle University of

Thessaloniki, Hippokrateion General Hospital of Thessaloniki (Panhellenic Obesity Congress 2016)

- Assessment of liver function in children and adolescents with increased Body Mass Index. Tsiroukidou K, Papagianni M, Kosta K, Vamvakis A, Chatzi A, Tsanakas I. Pediatric Endocrinology Unit, 3rd University Pediatric Clinic, Aristotle University of Thessaloniki, Hippokrateion General Hospital of Thessaloniki (Panhellenic Obesity Congress 2016)
- Association of the presence of dyslipidemia, arterial hypertension, type II diabetes mellitus and cardiovascular diseases in the immediate family environment of children and adolescents with their Body Mass Index. Tsiroukidou K, Papagianni M, Vamvakis A, Kosta K, Chatzakis X, Tsanakas I. Pediatric Endocrinology Unit, 3rd University Pediatric Clinic, Aristotle University of Thessaloniki, Hippokrateion General Hospital of Thessaloniki (Panhellenic Obesity Congress 2016)
- Achievement of metabolic parameter regulation in relation to ISPAD-ADA guidelines in children and adolescents with type 1 diabetes mellitus. Vamvakis A, Papagianni M, Tsiroukidou K, Kosta K, Mameka H, Chatzakis X, Tsanakas I. Pediatric Endocrinology Unit, 3rd University Pediatric Clinic, Aristotle University of Thessaloniki, Hippokrateion General Hospital of Thessaloniki (Panhellenic Obesity Congress 2016)
- Adherence of patients with arterial hypertension to lifestyle and dietary guidelines and its association with indices of arterial stiffness. Vamvakis A, Gkaliagkousi E, Gavriilaki E, Triantafyllou A, Triantafyllou G, Nikolaidou B, Douma S (Panhellenic Hypertension Congress 2015)

Poster Presentations

- Renal Hyperfiltration Dynamics in Pediatric Type 1 Diabetes Mellitus: A Two-Year Longitudinal Cohort Study. Dotis J, Vamvakis A, Toulia I, Mpogiatzoglou A, Paschalidou EG, Sotiriou G, Kosta K, Grammatikopoulou GM, Tsiroukidou K (57th ESPN Annual Meeting, Athens 2025)
- The role of the ketogenic diet as adjunctive therapy in patients with lung cancer and hematologic malignancies: an interventional study – early 3-month data. Eleftheriadou E, Karakousi A, Azoidou M, Grammatikopoulou M, Vamvakis A, Kotoulas S, Gavriilaki E, Spyrtos D (8th Panhellenic Congress of Thoracic Diseases, 2025)
- Association of exercise capacity in obese children and adolescents with metabolic syndrome and acanthosis nigricans. Tsiroukidou K, Papagianni M, Hatziaorou E, Kontouli K, Kosta K, Vamvakis A, Spilioti GV (Panhellenic Congress 2019)

- Investigation of the reliability of a sodium intake assessment method using 24-hour dietary recall in patients with newly diagnosed stage I arterial hypertension. Vamvakis A, Gkaliagkousi E, Lazaridis A, Triantafyllou A, Koletsos N, Anyfanti P, Dolgyras P, Douma S (Panhellenic Hypertension Congress 2019)
- Methods for assessing the level of physical activity in patients with newly diagnosed stage I arterial hypertension. Vamvakis A, Gkaliagkousi E, Lazaridis A, Anyfanti P, Dolgyras P, Triantafyllou A, Koletsos N, Douma S (Panhellenic Hypertension Congress 2019)
- Association of serum uric acid levels with arterial stiffness and endothelial dysfunction in a population of normotensive to early-stage hypertensive individuals. Gkaliagkousi E, Anyfanti P, Gavrilaki E, Dolgyras P, Triantafyllou A, Koletsos N, Lazaridis A, Zarifis I, Vamvakis A, Zamboulis C, Douma S. 3rd Department of Internal Medicine, Papageorgiou Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece (European Congress of Hypertension 2018)
- Real-time assessment of microcirculation in hypertension using laser speckle contrast analysis. Lazaridis A, Gkaliagkousi E, Koletsos N, Nikolaidou B, Anyfanti P, Dolgyras P, Vamvakis A, Triantafyllou A, Dipla K, Douma S. *Journal of Hypertension* 36():p e283–e284, June 2018. DOI: 10.1097/01.hjh.0000539825.68405.f3
- Evaluation of the subendocardial viability index in patients with intermediate arterial hypertension phenotypes. Zarifis I, Anyfanti P, Arseniou P, Dolgyras P, Vamvakis A, Koletsos N, Nikolaidou B, Lazaridis A, Triantafyllou A, Gkaliagkousi E, Douma S. 3rd University Department of Internal Medicine, Papageorgiou General Hospital of Thessaloniki, Aristotle University of Thessaloniki (Panhellenic Hypertension Congress 2018)
- Vitamin D status in children with isolated idiopathic growth hormone deficiency (GHD) in North and Central Greece. Tsiroukidou K, Xatzipsalti M, Mameka I, Polychroni I, Vamvakis A, Papagianni M, Stamogiannou L (ESPE 2018)
- Assessment of pulmonary function in children with different body mass index. Tsiroukidou K, Hatziaorou E, Kampouras A, Vamvakis A, Kontouli K, Kosta K, Tsanakas I, Papagianni M. 3rd Pediatric Clinic, Aristotle University of Thessaloniki, Hippokrateion General Hospital of Thessaloniki (Panhellenic Endocrinology Congress 2017)
- The effect of the mobile application "EUGLYCA" on glycemic control of children and adolescents with diabetes mellitus type 1. Chatzakis C, Floros D, Tsiroukidou K, Vamvakis A, Kosta K, Tsanakas I, Papagianni M (ATTD 2017)
- Reduction of hypoglycemic episodes in children and adolescents with type 1 diabetes mellitus after participation in summer camp. Results of a 3-year study. Vamvakis A, Papa

K, Laskaridou E, Mameka H, Kyriakou M, Tsiroukidou K, Kosta K, Tsanakas I, Papagianni M (Panhellenic Diabetes Congress 2017)

- Vitamin D levels in a pediatric population in Northern Greece. Anagnostopoulou P, Tsiroukidou K, Papagianni M, Kosta K, Kitsios K, Roilides I, Vamvakis A, Sabanis Ch, Zografou I, Tsanakas I (Panhellenic Endocrinology Congress 2016)
- Achievement of metabolic parameter goals in children and adolescents with type 1 diabetes according to the latest ADA/ISPAD Standards of Medical Care in Diabetes in a Pediatric Diabetes Clinic in Northern Greece. Papagianni M, Vamvakis A, Tsiroukidou K, Kosta K, Mameka I, Chatzakis C, Grenda E, Tsanakas I (ESPE 2016)
- Participation of children and adolescents with type 1 diabetes mellitus in summer camp leads to a reduction of hypoglycemic episodes. Results from a 2-year study. Papagianni M, Vamvakis A, Tsiroukidou K, Kosta K, Mameka I, Chatzakis C, Tsanakas I (ISPAD 2016)
- 25(OH)D levels after treatment in pediatric patients with vitamin D deficiency. Tsiroukidou K, Mameka H, Vamvakis A, Kosta K, Chatzakis X, Tsanakas I, Papagianni M (Panhellenic Endocrinology Congress 2016)
- 46,XX male with short stature. Case report. Tsiroukidou K, Chatzakis X, Kosta K, Grenda E, Tsanakas I, Papagianni M (Panhellenic Pediatric Congress 2016)
- The effect of participation of children and adolescents with type 1 diabetes mellitus in summer camp on blood glucose regulation. Vamvakis A, Papagianni A, Tsiroukidou K, Kyriakou M, Kosta K, Tsanakas I (Panhellenic Diabetes Congress 2016)
- Obese child with MODY2 type diabetes mellitus. Tsiroukidou K, Papagianni M, Grenda E, Kosta K, Vamvakis A, Sertedaki A, Tsanakas I (Panhellenic Diabetes Congress 2016)
- Academic performance and socialization of children in their school environment in relation to Body Mass Index (BMI). Tsiroukidou K, Papagianni K, Vamvakis A, Kosta K, Mina S, Grenda E, Lialias I, Kardaras P, Tsanakas I (Panhellenic Pediatric Congress 2015)
- Physical activity of patients with essential arterial hypertension and its association with blood pressure regulation. Vamvakis A, Gavrilaki E, Gkaliagkousi E, Triantafyllou A, Triantafyllou G, Nikolaidou B, Douma S (Panhellenic Hypertension Congress 2015)
- Vitamin D levels in a pediatric population in Northern Greece. Anagnostopoulou P, Tsiroukidou K, Papagianni M, Kosta K, Kitsios K, Roilides I, Vamvakis A, Sabanis Ch, Zografou I, Tsanakas I (Panhellenic Endocrinology Congress 2014)
- Improvement of acanthosis nigricans after administration of metformin in a 10.5-year-old girl. Tsiroukidou K, Papagianni M, Kitsios K, Roilides I, Sabanis Ch, Vamvakis A, Kosta K, Zografou I, Anagnostopoulou P, Tsanakas I (Panhellenic Endocrinology Congress 2014)

Lectures

- Particularities in the management of hybrid systems (38th Panhellenic ELEMED Congress 2025)
- Clinical Workshop: CGM placement and interpretation of recordings. ELEMED Conference: Technology in Diabetes (Thessaloniki 9-2025)
- Management of dietary fat in Type 1 Diabetes Mellitus (37th Panhellenic ELEMED Congress 2024)
- The use of CGM in the nutritional management of individuals with Type 1 Diabetes Mellitus, before, during and after exercise. ELEMED Conference: Technology in Diabetes (Thessaloniki 9-2024)
- Vegetarian diets in the management of diabetes mellitus. Scientific workshop of ELEMED for Dietitians & Nurses (Thessaloniki 4-2024)
- Dietary guidelines as a structured educational program for parents (Pediatric Days 2023, 3rd Pediatric Department, Aristotle University of Thessaloniki)
- Exercise management in Type 1 Diabetes Mellitus with nutritional intervention (36th Panhellenic ELEMED Congress 2022)
- The role of body weight in Type 1 Diabetes Mellitus in children and adolescents (35th Panhellenic ELEMED Congress 2022)
- Children and Type 1 Diabetes Mellitus – Competitive sports and Nutrition (34th Panhellenic DEVE Congress 2021)
- Visiting lecturer in the postgraduate program "Sciences and Techniques of Preventive and Adapted Physical Activities" on the topic of Body Composition Analysis, School of Medicine, University of Chieti–Pescara, Italy (1 week, June 2020)
- Nutrition and Type 2 Diabetes Mellitus. Scientific workshop of ELEMED. Corfu (28–29)-6-2019
- Glycemic control and cardiovascular risk in Type 2 Diabetes Mellitus: dietary guidelines of International Scientific Societies. Scientific Workshop of ELEMED for Dietitians–Nurses. Thessaloniki 26-1-2019
- Dietary management of a woman with gestational diabetes and a woman with Diabetes Mellitus during pregnancy: similarities and differences. Scientific Workshop of ELEMED for Dietitians–Nurses. Thessaloniki 27-1-2018
- Type 2 Diabetes Mellitus and obesity – nutritional interventions. Scientific Workshop of ELEMED, Naousa (23–24)-3-2018

- Type 2 Diabetes Mellitus and obesity – nutritional interventions. Strategic management of Type 2 Diabetes Mellitus. Scientific Workshop of ELEMED, Lefkada (1–2)-6-2018
- Initial guidelines at the diagnosis of Type 1 Diabetes Mellitus. What changes in dietary habits? 9th Panhellenic Conference of P.O.S.S.A.S.DIA, Thessaloniki 2018 (12–13 October), Capsis Hotel
- Calculation of insulin doses: Carbohydrates, fat and proteins. Nutritional Education in Type 1 Diabetes Mellitus: Need for individualization. 9th Panhellenic Conference of P.O.S.S.A.S.DIA, Thessaloniki 2018 (12–13 October), Capsis Hotel
- Effect of dietary patterns on the metabolic control of individuals with Type 2 Diabetes Mellitus. 32nd Panhellenic ELEMED Congress, Thessaloniki (14–18)-11-2018
- The effect of exercise on glucose homeostasis. 1st Panhellenic School of Diabetes Mellitus: Dietary and Nursing Care. Olympic Museum, Hellenic Dietetic Association, Thessaloniki (17–19)-3-2017
- Dietary management of patients with Type 2 Diabetes Mellitus. Scientific Workshop of ELEMED. Drama, 31-3-2017
- The benefits of the Mediterranean diet. FOOD FESTIVAL. Informative workshop, Municipality of Thessaloniki, 7-1-2016
- Nutritional guidelines in insulin therapy. Scientific Workshop of DEVE. Thessaloniki, 31-1-2015
- Diet in Diabetes Mellitus and Chronic Kidney Disease. Scientific Workshop of DEVE. Kastoria, 11-10-2015
- Nutrition in insulin therapy. Scientific Workshop of DEVE “Diabetes Mellitus, A modern health problem”. Makedonia Palace, Thessaloniki, 31-1-2015
- Nutrition and Diabetes Mellitus. Scientific Workshop of DEVE. Veria, 23-2-2014
- Dietary behavior in the era of crisis. 29th Northern Greece Medical Congress. Thessaloniki (27–29)-3-2014
- Nutrition and Exercise in Diabetes Mellitus. Scientific Workshop of DEVE. Florina (6–8)-9-2013

Professional Memberships

- Hellenic Dietetic Association
- Panhellenic Association of Dietitian Nutritionists
- Panhellenic Association of Professional Sports Dietitians
- YMCA Thessaloniki (Board Member – 6 consecutive years)

- Volleyball team athlete (Megas Alexandros Thessaloniki, Galaxias Thessaloniki, Bon Accord Scotland, Makedonikos Neapolis, YMCA Thessaloniki) for 18 consecutive years and team captain for 12 years.

Seminars & Conferences

Continuous attendance of international and Panhellenic congresses and seminars in the fields of Medicine, Nutrition, Aesthetics, Dietetics, Sports Nutrition, ISAK Anthropometry, Food Marketing, with the aim of staying updated on new data and recommendations.