

Curriculum Vitae

Eleni Litsiou, PhD, MSc

Current Address: 10 Valaoritou st, Filothei, Athens, Greece

Tel number: +30 6977 656261

Email: elitsiou@gmail.com

Work Experience

APRIL 2020 up to date: Scientific Collaborator, Virology Team, Department of Microbiology, Evangelismos General Hospital, Athens, Greece.

SEP 2019 up to date: Scientific Collaborator, Clinical trials Study Coordinator

1st Department of Intensive Care Medicine, pulmonary Unit, University of Athens, Medical School, Evangelismos General Hospital, Athens, Greece.

FEB 2018- DEC 2018:

Novartis Pharma AG, Global Medical Affairs, Respiratory, (Xolair Team)

ERS Fellow in Industry (European Respiratory Society in Industry Fellowship)

Supporting the worldwide brand medical director and the worldwide medical directors in the execution of medical affairs activities in alignment with all Global Medical Affairs functions.

Activities

- Coordination and harmonization of the global and local Novartis affiliates medical affairs activities related to Xolair.
- Management and follow up of the on-going studies (IITs) of the local Novartis affiliates.
- Development of presentation material for study/program-related advisory boards, investigator meetings, and protocol training meetings for Novartis local medical organizations.
- Management/coordination of all activities related to the organization of a Virtual Advisory board.
- Support of the internal and external medical education and communication initiatives (e.g., advisory boards, preceptorships, scientific meetings & congress events, ERS/ATS Symposia planning and execution).
- Support of data mining activities and review processes associated with execution.
- Paper reviewing.

Achievements

- Creation of a SharePoint accessible by the global team and all local affiliates in order to archive and share information related to all medical affairs activities performed on global and local level.
- Organisation of a Virtual Advisory Board (pre-meeting, meeting, post meeting stages).
- Lead of the creation of a *Patient Cases Booklet* (presenting on label real patient cases globally collected) to be used by the local affiliates as educational material.

NOV 2009- JAN 2018:

Post Doc Research Fellow / Clinical Trials Study coordinator:

- 1st Department of Intensive Care Medicine, pulmonary Unit, University of Athens, Medical School, Evangelismos General Hospital, Department Chairman: Zakyntinos Spyros, Professor of Intensive Care Medicine.
- GP Livanos and M Simou Laboratories, Thorax Foundation.

I. Clinical Research (2013-2017, Sep 2019)

Clinical Trials Study Coordinator

Activities:

Coordination and supervision of the following randomized, double blind, phase II or III Clinical Trials related to the use of biologics in **ASTHMA** and **COPD** treatment, from subjects recruitment to the end of the study

- **20120141** Amgen, 2013 (**Asthma**, randomized Phase II, double blind)
- **200862** GlaxoSmithKline, 2014 (**Asthma**, randomized, Phase III double blind)
- **MEA117106** GlaxoSmithKline, 2014 (**COPD**, randomized, Phase III, double blind)
- **CTT116853** GlaxoSmithKline, 2014 (**COPD**, randomized, Phase III, double blind)
- **201956** GlaxoSmithKline, 2015 (**Asthma**, single arm, Phase III)
- **FLU-IVIG**, 2015 (**Influenza**, Randomized, Phase III)
- **PERSEA**, Chiesi 2019 (**Asthma**, randomized, Phase III, double blind), recruiting

Achievements:

- Patient enrolment goals achieved on every study including three that the target was exceeded by 15-20%.
- Due to our intensified study coordination, in two of the studies our center has managed to have PPFV earliest than the other centers.

Seminars Related to Clinical Trials / Certifications

- **Investigator Meetings of Clinical Trials that I have participated as Study Coordinator (2013-2019)**
- **International Clinical Trials Workshop**. ASCO-HSMO, 19-20 May **2017** Athens, Greece.
- **Good Clinical Practice Course (GCP) for Investigators** 30-31 May **2014** (16 hours) offered by the DERE Graduate School of Arts & Science under the auspices of SFEE- Ag. Paraskevi Campus.

Qualifications:

- MASTERSCOPE CT, VIAPEN, AM3 (ERT)
- eCRF eCOA, Medidata, RAMOS, TMF
- Planning and preparation
- Recruitment and enrollment
- In-trial procedures
- GCP Compliance Training for HCPs V2.0 (based on ICH E6 (R2) GCP Guidelines)

II. Basic Research (2009-2018)

Main research topics:

- The study of **Asthma** and Chronic Obstruct Pulmonary Disease (**COPD**) pathophysiology.
- The study of **smoking effect** in a wide group of patients (COPD, Asthma, Heart Failure, Diabetes, Obesity, Osteoporosis, Pregnancy). Relation to nicotine addiction and inflammation. Research related to the pathophysiological mechanisms of cigarette smoke induced inflammation on a molecular level.

Activities:

- Planning designing, and conduction of research experiments. Data analysis and interpretation.

- Research grand proposals design, writing and submission.
- Supervision of postgraduate students (4 PhD students working on projects related to Respiratory diseases).
- Collaborations with other research laboratories.
 1. Cellular Immunology Laboratory, Center for Basic Research, Biomedical Research Foundation of the Academy of Athens, Athens, Greece (BRFAA), Athens, Greece.
 2. Center of Immunology and Transplantation, Biomedical Research Foundation of the Academy of Athens (BRFAA), Athens, Greece.
- Data collection and analysis related to several ongoing research topics concerning patients visiting the Smoking Cessation clinic of the Department, observing the smoking effect and smoking cessation benefits (e.g. quality of life, patient adherence).
- Participation as a speaker in several seminars and events concerning smoking cessation organized by the Hellenic Thoracic Society and the European Thoracic Society.
- Active involvement with the positioning of the need for smoking cessation during organized athletic events (i.e. Athens Marathon).
- Participation in smoking cessation campaigns and awareness in different Greek Prefectures and Municipalities.
- Coordination of events organized in Universities and colleges (Medical School, School of Laws, Harokopio, Polytechnio, and American College of Greece etc) across Greece to motivate young students to quit smoking and explore smoking cessation in this population.

Achievements:

- 8 publications in peer reviewed scientific journals (please refer to the list of publications).

JAN 2006- DEC 2008: Coordination as a **new researcher** of the following project with title: “*Study of the cancer pathways in Thyroid Carcinoma. Search for diagnostic and prognostic markers*”. The 3rd Community Support Programme, Operational Programme "Competitiveness" (Op. Pr. Comp) 2000-2006 “Reinforcement Programme of Human Research Manpower” (PENED 2003) 03ED375 research project, 1stDepartment of Pathology, Medical School, University of Athens, Greece.

Activities:

- Planning designing, and conduction of research experiments. Data analysis and interpretation.
- Monitoring research budgets.
- Writing of annual reports and publications.
- Coordination of the collaborations with the:
 1. Laboratory for the Research on Environmental Mutagenesis –Carcinogenesis, National Centre for Scientific Research "DEMOKRITOS", and
 2. Department of Medical Oncology, Harvard Medical School, Dana Farber Cancer Institute, Boston.

Achievements:

- All milestones completed according to time lines. On time project completion.
- 2 publications in peer-reviewed international journals (please refer to the list of publications).
- 4 MSc students working on the program efficiently supervised.

OCT 1997- DEC 1999: demonstrator at the UNIVERSITY OF ESSEX.

OCT 1994- JUNE 1995: teaching assistant at the Resource Centre of the UNIVERSITY OF LAVERNE ATHENS CAMPUS.

Education

DEC 2003 - FEB 2010: NATIONAL AND KAPODISTRIAN UNIVERSITY OF ATHENS,
MEDICAL SCHOOL, 1st Department of Pathology

Degree awarded: **PhD** (Doctor of Philosophy), with grade: Excellent

TITLE: *Study of genetic alterations in thyroid carcinoma in Greece.* (Supervisor: Prof. S. Tseleni-Balafouta)

OCT 1997 - APR 2000: UNIVERSITY OF ESSEX, Department of Biological Sciences

Degree awarded: **MSc in CELL and MOLECULAR BIOLOGY**

Title: *Synthesis of human poly (ADP-ribose) polymerase in S. pombe effect on cell proliferation and Chk1 checkpoint control.* (Supervisor: Dr. Minnie K. O'Farrell)

OCT 1995 - JUNE 1997: UNIVERSITY OF ESSEX, Department of Biological Sciences

Degree awarded: **BSc in CELL and MOLECULAR BIOLOGY**

Third year project: *The use of Hydrocyclones for the separation of blood cells*

OCT 1992 - JUNE 1995: UNIVERSITY OF LAVERNE ATHENS CAMPUS

Degree awarded: TRANSFER to the UNIVERSITY OF ESSEX

Awards

- Best paper submitted in the **COPD** section

Hellenic Thoracic Society, 24th National Congress, Athens November 26-29, 2015

Loverdos K, Toumpanakis D, **Litsiou E**, Karavana V, Glynos C, Magkou C, Theocharis S, Vassilakopoulos T, *The differential effect of inspiratory, expiratory and combined resistive loading on healthy rat lung*

- 1st prize in the **Published Papers in International Journals** section

Hellenic Thoracic Society, 22nd National Congress, Athens December 5-7, 2014

Litsiou E, Semitekoulou M, Galani IE, Morianos I, Tsoutsas A, Kara P, Rontogianni D, Bellenis I, Konstantinou M, Potaris K, Andreakos E, Sideras P, Zakynthinos S, Tsoumakidou M. *CXCL13 production in B cells via Toll-like receptor/lymphotoxin receptor signaling is involved in lymphoid neogenesis in chronic obstructive pulmonary disease.* **Am J Respir Crit Care Med.** 2013 Jun 1;187(11):1194-202E.

- Award in the **Smoking Cessation and Health Promotion** section

Hellenic Thoracic Society, 23rd National Congress, Athens November 5-8, 2014

Zervas E, **Litsiou E**, Glynos K, Chita E, Kalomenidis I, Zakynthinos S, Katsaounou P, *Particle Emission of e-cigarette.*

Seminars-Courses-Workshops

- **Organization of Tobacco Secession Clinics.** Hellenic Thoracic Society (2014-2019): participated as a speaker.
- **Molecular Medicine: From Lab to Practice: Challenges and Questions,** Athens, Greece, 27-28 January 2017. Institute of Molecular Medicine & Biomedical Research.
- **Genetics, epigenetics and exposomics: novel methods to study gene-by-environment interactions,** Estoril, Portugal, 02-03 Dec 2015. European Respiratory Society (ERS) Research Seminar.
- **Smoking cessation using innovative techniques,** 2-4 July 2015, Athens, Greece, European Respiratory Society (ERS) Course.
- **Oncology meets Immunology,** 12-13 Jun 2015, Athens, Greece, Under the Auspices of the European Thoracic Oncology Platform, organised the Oncology unit 3rd Department of medicine, Medical School of Athens.

International/National Congresses:

Oral or Poster Presentations

(For further details please refer to the extensive list of publications)

- **ERS Annual Congress**, Milan, Italy September 9-13, **2017**.
- **ERS Annual Congress**, London, September 3-7, **2016**.
- **ERS Annual Congress**, Netherlands, September 26-30, **2015**.
- **24th Panhellenic Pulmonary Congress**, Athens, November 26-29 **2015**.
- **ERS Annual Congress**, Amsterdam, September 26-30, **2015**.
- **16th World Conference on Tobacco or Health**, Abu Dhabi, March 17-21, **2015** (PD-767-19)
- **23rd Panhellenic Pulmonary Congress**, Athens, November 5-8 **2014**.
- **ERS Annual Congress**, Munich, September 6-10, **2014**.
- **11th ISPTID**, Athens, December 9-11 **2013**.
- **22nd Panhellenic Pulmonary Congress, Athens**. Athens, December 5-7 **2013**.
- **ERS Annual Congress**, Barcelona, September 7-11, **2013**.
- **ERS Annual Congress**, Vienna, September 1-5, **2012**.
- **ERS Annual Congress**, Amsterdam, April, 24-28, **2011**.
- **15th State-of-the-Art, Interdisciplinary Review Course on Pulmonary Diseases Critical Care Emergency Medicine & Nursing Care**, Athens Greece, April 7-9, **2011**
- **ERS Annual Congress**, Barcelona, September 18-22, **2010**.
- **14th State-of-the-Art, Interdisciplinary Review Course on Pulmonary Diseases Critical Care Emergency Medicine & Nursing Care**, Athens, Greece, June 18-19, **2010**.
- **1st International Conference on Molecular Cancer Research**, Athens, Greece, November 27-29, **2009**.
- **34th Annual Meeting, European Thyroid Association**, Lisbon, Portugal, 5th -9th September **2009**.
- **33th Annual Meeting, European Thyroid Association**, Thessaloniki-Chalkidiki, 20th -24th September **2008** (Hormones, Vol17, suppl 1, p6-144, 2008).
- **4th Scientific Congress of the Athens Medical School**, Athens, 1-2 June 2007, p128-129, A7.
- **21st European Congress of Pathology**, Istanbul, Turkey, September, 8th -13th, **2007** (Virchows Archiv Vol.451, No273, PPI 249, p273).
- **21ST European Congress of Pathology**, Istanbul, Turkey, September, 8-13, **2007** (Virchows Archiv Vol.451, No273, PPI,250,p273).
- **2nd Inter-Congress of ESP (European Society of Pathology) & 10th Hellenic Conference of Anatomy**, Ioannina, Greece, May 24-27, **2006** (Virchows Archiv, Vol.448, No.5, P194, p270)
- **2nd Inter-Congress of ESP (European Society of Pathology) & 10th Hellenic Conference of Anatomy**, Ioannina, Greece, May 24-27, **2006** Pathological Anatomy Archives 20, p. 154, P025.
- **20th European Congress of Pathology**, Paris, France, September 3-8, **2005** (Virchows Archiv. Vol447, No2, 426).

Professional Organisations

- Hellenic Thoracic Society
- European Respiratory Society

Molecular Techniques

During my MSc degree, I have familiarised myself with several microbiological techniques, cell culture, immunocytochemistry, elisa, SDS-PAGE and Western Blotting, whereas during my PhD with molecular techniques like DNA extraction from fresh and paraffin embedded tissues, RNA extraction, PCR, RT-PCR, agarose electrophoresis, Direct Sequencing, and Southern Blotting. Working as a research fellow, I have also used cell separation techniques (mainly magnetic field separation), cell culture, flow cytometry, elisa, luminex, immunocytochemistry, and image analysis. I am also familiarized with sputum induction, collection and analysis, HDAC activity assay and cotinine detection.

Languages: **English:** Fluent (BSc, MSc University of Essex).
French: Fluent (Diplôme d'études Supérieures de la langue française).
Greek: Native

Computer: ACTA-Infotest Certifications Basic User (Word Processing, Spreadsheets, Internet applications & Communications) _Power-point, Paint Shop Pro.

Hobbies: photography, travelling, crafting.

List of Publications

Original Papers

Lung Pathophysiology

1. Zervas E, **Litsiou E**, Konstantopoulos K, Pouloupoulos S, Katsaounou P, Physical characterization of the aerosol of an electronic cigarette: impact of refill liquids. **Inhal Toxicol.** **2018** Sep 26:1-6, doi: 10.1080/08958378.2018.1500662.
2. Toumpanakis D., Loverdos K., Tzouda V., Vassilakopoulou V., **Litsiou E.**, Magkou C., Karavana V., Pieper M., Vassilakopoulos T. Tiotropium bromide exerts anti-inflammatory effects during resistive breathing, an experimental model of severe airway obstruction **Int J Chron Obstruct Pulmon Dis.** **2017**; 12: 2207–2220. Published online 2017 Jul 28. doi: 10.2147/COPD.S137587.
3. Gianniou N, Katsaounou P, Dima E, Giannakopoulou CE, Kardara M, Saltagianni V, Trigidou R, Kokkini A, Bakakos P, Markozannes E, **Litsiou E**, Tsakatikas A, Papadopoulos C, Roussos C, Koulouris N, Rovina N. Prolonged occupational exposure leads to allergic airway sensitization and chronic airway and systemic inflammation in professional firefighters. **Respiratory Medicine, Sept 2016**, Volume 118, Pages 7–14 DOI: <http://dx.doi.org/10.1016/j.rmed.2016.07.006>.
4. Loverdos K, Toumpanakis D, **Litsiou E**, Karavana V, Glynos C, Magkou C, Theocharis S, Vassilakopoulos T The differential effects of inspiratory, expiratory, and combined resistive breathing on healthy lung. **Int J Chron Obstruct Pulmon Dis.** **2016** Jul 19;11:1623-38. doi: 10.2147/COPD.S106337. eCollection 2016.
5. Hillas G, Perlikos F, Toumpanakis D, **Litsiou E**, Nikolakopoulou S, Sagris K, and Vassilakopoulos T Controlled Mechanical Ventilation Attenuates the Systemic Inflammation of Severe Chronic Obstructive Pulmonary Disease Exacerbations, **American Journal of Respiratory and Critical Care Medicine**, Vol. 193, No.6, **2016**, pp. 696-698. doi: 10.1164/rccm.201508-1700LE.
6. Toumpanakis D, Noussia O, Sigala I, **Litsiou E**, Loverdos K, Zacharatos P, Karavana V, Michailidou T, Magkou C, Zhou Z, Theocharis S, Vassilakopoulos T Inspiratory resistive breathing induces MMP-9 and MMP-12 expression in the lung. **American Journal of Physiology - Lung Cellular and Molecular Physiology**, 1 April **2015**, 308,7: L683–L692, 2015., DOI: 10.1152/ajplung.00133.2014.
7. Tsoumakidou M, Tousa S, Semitekolou M, Panagiotou P, Panagiotou A, Morianos I, **Litsiou E**, TrochoutsouA.I, KonstantinouM, Potaris K, FootittJ, Mallia P, Zakyntinos S, Johnston S.L,

Xanthou G. Tolerogenic signaling by pulmonary CD1c+ dendritic cells induces regulatory T cells in patients with chronic obstructive pulmonary disease by IL-27/IL-10/inducible costimulator ligand. **Journal of Allergy and Clinical Immunology** 10/2014; 134(4). DOI:10.1016/j.jaci.2014.05.045.

8. **Litsiou E**, Semitekolou M, Galani IE, Morianos I, Tsoutsas A, Kara P, Rontogianni D, Bellenis I, Konstantinou M, Potaris K, Andreakos E, Sideras P, Zakyntinos S, Tsoumakidou M. Reply: CXCL13 in Tertiary Lymphoid Tissues: Sites of Production Are Different from Sites of Functional Localization Reply **Am J Respir Crit Care Med.** 02/2014; 189(3):370-371.
9. **Litsiou E**, Semitekolou M, Galani IE, Morianos I, Tsoutsas A, Kara P, Rontogianni D, Bellenis I, Konstantinou M, Potaris K, Andreakos E, Sideras P, Zakyntinos S, Tsoumakidou M. CXCL13 production in B cells via Toll-like receptor/lymphotoxin receptor signaling is involved in lymphoid neogenesis in chronic obstructive pulmonary disease. **Am J Respir Crit Care Med.** 2013 Jun 1;187(11):1194-202.

Thyroid cancer

10. Gakiopoulou H, **Litsiou E**, Valaris K, Balafoutas D, Patsouris E, Tseleni-Balafouta S. Possible association of CEA expression with oxyphilic change but not with C-cell hyperplasia in Hashimoto's thyroiditis. **Endocr J.** 2010; 57(8):693-9. Epub 2010 Jul 3.
11. Sozopoulos E, **Litsiou H**, Voutsinas G, Mitsiades N, Anagnostakis N, Tseva T, Patsouris E, Tseleni-Balafouta S. Mutational and immunohistochemical study of the PI3K/Akt pathway in papillary thyroid carcinoma in Greece. **Endocr Pathol.** 2010 Jun; 21 (2):90-100.
12. Kotoula V, Sozopoulos E, **Litsiou H**, Fanourakis G, Koletsa T, Voutsinas G, Tseleni-Balafouta S, Mitsiades C, Wellmann A, Mitsiades N. *Mutational analysis of the BRAF, RAS and EGFR genes in human adrenocortical carcinomas.* **Endocr Relat Cancer.** Jun; 16(2):565-72. Epub 2009 Feb 3.
13. Tseleni-Balafouta S, Gakiopoulou H, Fanourakis G, Voutsinas G, **Litsiou H**, Sozopoulos E, Balafoutas D, Patsouris E. *Fibrillin expression and localization in various types of carcinomas of the thyroid gland.* **Mod Pathol.** 2006 May; 19(5):695-700.

Abstracts (Lung Pathophysiology)

- Andritsou M, Schoretaniti S, **Litsiou E**, Saltagianni V, Konstadara K, Spiliotopoulou A, Zakyntinos S, Katsaounou P. *Success rates are correlated mainly to completion of a smoking cessation program* **ERJ** Sep 2016, 48 (suppl 60) PA4599.
- Loverdos K, Toumpanakis D, **Litsiou E**, Karavana V, Glynos C, Magkou C, Theocharis S, Vassilakopoulos T. The differential effect of inspiratory, expiratory and combined resistive loading on healthy rat lung. **ERJ**, Vol 46, Issue 59, 2015.
DOI: 10.1183/13993003.congress.2015.PA3918 Published 1 September 2015

- Toumpanakis D, Loverdos K, Tzouda V, **Litsiou E**, Karavana V, Pavlidou A, Gida S, Pieper M, Vassilakopoulos T. Effect of Tiotropium Bromide on Resistive Breathing-Induced Pulmonary Inflammation. **Am J Respir Crit Care Med** 191;2015:A2713. Zervas E, **Litsiou E**, Glynos K, Chita E, Kalomenidis I, Zakynthinos S, Katsaounou P. *Late-breaking abstract: Particle Emission of e-cigarette* **ERJ Sep 2014**, 44 (Suppl 58) P4178.
- Hillas G, Katsaounou P, Perlikos F, Toumpanakis D, **Litsiou E**, Nikolakopoulou S, Sagris K, Vassilakopoulos T. *The impact of mechanical ventilation on the systemic inflammatory response of patients with severe acute exacerbation of COPD*. **ERJ Sep 2014**, 44 (Suppl 58) 1388;
- Ischaki E, **Litsiou E**, Saltagianni V, Filippidis F, Tsoutsas A, Nikoloutsou I, Asimakos A, Zakynthinos S, P Katsaounou P. *Early COPD diagnosis during a smoking cessation (SC) program increases smoking cessation rates* **ERJ Sep 2014**, 44 (Suppl 58) 1406;
- Zervas E, Papandonis N, Fotopoulos D, **Litsiou E**, Ischaki E, Zakynthinos S, Katsaounou P. *Public acceptance of smoking ban in Greece*. **ERJ Sep 2014**, 44 (Suppl 58) P4182.
- **Litsiou E**, Tsoutsas A, Saltagianni V, Fotopoulos D, Kolokytha S, Katsaounou P Economic crisis and smoking in health professionals in Greece. **Tobacco Induced Diseases** 06/2014; 12 (Suppl 1):A23-A23. DOI:10.1186/1617-9625-12-S1-A23.
- Ischaki E, **Litsiou E**, Saltagianni V, Nikoloutsou I, Tsoutsas A, Asimakos A, Zakynthinos S, Katsaounou P The importance of early COPD diagnosis during a smoking cessation program **Tobacco Induced Diseases** 06/2014; 12 (Suppl 1):A22-A22. DOI:10.1186/1617-9625-12-S1-A22.
- Zervas E, Papantonis N, Ischaki E **Litsiou E**, Katsaounou P Analysis of acceptance of the smoking ban in Greece **Tobacco Induced Diseases** 06/2014; 12(Suppl 1):A21-A21. DOI:10.1186/1617-9625-12-S1-A21.
- Nikoloutsou I, Vasileiou V, **Litsiou E**, S, Tsoutsas A, Zakynthinos S, Katsaounou P Smoking cessation changes basic metabolism, body weight, leptin and insulin levels, adipose tissue percentage, index of insulin resistance and index of insulin secretion **Tobacco Induced Diseases** 06/2014; 12(Suppl 1):A24-A24. DOI:10.1186/1617-9625-12-S1-A24 · 1.50.
- Tsoutsas A, **Litsiou E**, Saltagianni V, Fotopoulos D, Kolokytha S, Zakynthinos S, Katsaounou P. *Economic Crisis and smoking in health professionals in Greece*. **ERJ Sep 2013**, 42 (Suppl 57) P4268;
- Tsoutsas A, Fotopoulos D, **Litsiou E**, Zakynthinos S, Katsaounou P. *Treatment of tobacco addiction using the feeling-state addiction protocol (FSAP) of the eye movement desensitization and reprocessing (EMDR) treatment* **ERJ Sep 2013**, 42 (Suppl 57) 3346;
- Tsoumakidou M, Tsousa S, Semitekolou M, Panagiotou P, Panagiotou A, **Litsiou E**, Morianos I, Konstantinou M, Potaris K, Zakynthinos S, Xanthou G. *Lung dendritic cells from chronic obstructive pulmonary disease patients induce type 1 T regulatory cells*. **ERJ Sep 2012**, 40 (Suppl 56) 3113.
- **Litsiou E**, Semitekolou M, Morianos I, Tsoutsas A, Kara P, Rontogianni D, Belenis I, Konstantinou M, Potaris K, Xanthou G, Zakynthinos S, Tsoumakidou M. *Lung B cell-derived CXCL13 is critical for lymphoid follicle formation in chronic obstructive pulmonary disease*. **ERJ Sep 2012**, 40 (Suppl 56) 3114.
- Tsoumakidou M, Tsousa S, **Litsiou E**, Panagiotou N, Panagiotou A, Konstantinou M, Potaris K, Roussos C Xanthou G, Zakynthinos S. *Pulmonary dendritic cells from chronic obstructive pulmonary disease patients suppress lung immune responses through induction of regulatory T cells*. **ERJ Sep 2011**, 38 (Suppl 55) p1827.
- Tsoumakidou M, **Litsiou E**, Tsoutsas K, Kara P, Rontogianni D, Zisis C, Belenis I, Zakynthinos S. *Mechanisms of tertiary lymphoid organ formation during lymphoid neogenesis are involved in lymphoid follicle formation in chronic obstructive pulmonary disease*. **ERJ Sep 2011**, 38 (Suppl 55) 4903.

Statement of Support Dr. Eleni Litsiou

Personal Details

Name: Eleni Litsiou

Address: 10 Valaoritou st, 15237 Filothei, Athens, Greece

Tel number: +30 6977656261

Email: elitsiou@gmail.com

Work History:

Employer: Novartis Pharma AG, Global Medical Affairs Respiratory

Post: ERS fellow in Industry

During the previous year (FEB-DEC 2018), I was employed by **Novartis Pharma AG, Global Medical Affairs Respiratory Franchise (Xolair Team)** as “European Respiratory Fellow (ERS Fellow) in Industry”. During this period I have familiarized myself with most medical affairs activities by supporting the worldwide brand medical director and the worldwide medical directors in the execution of medical affairs activities in alignment with all Global Medical Affairs functions. I was given the opportunity to lead several projects, and to communicate in regular basis with the 14 key local Novartis affiliates. I also had the chance to daily participate in internal and external meetings, to familiarize myself with several Novartis internal procedures to collaborate with colleagues from different functions (compliance, legal, commercial, development, communication, PLS) and to use several internal information systems. Meanwhile, I was asked to complete several trainings and I also had the chance to participate in several internal education programs (e.g. RWE Masterclass). By the time I finished my ERS fellowship in Medical Affairs Respiratory I had created a SharePoint where all Medical Affairs Activities related to Xolair were archived and easily accessed by the global team and by CPO’s in an effort to ease the communication between all medical affairs teams and to harmonize their activities. In addition, I had the chance to fully lead and manage all activities related to a Virtual Advisory board that took place in November and to coordinate the creation of a patient cases booklet to be used as educational material in the near future.

Employer: 1st Department of Intensive Care Medicine, pulmonary Unit, University of Athens, Medical School, Evaggelismos General Hospital, Athens, Greece

Post: Post-Doc Researcher and Clinical Trials Study Coordinator

Between 2009 and 2018 I was working at **Evaggelismos General Hospital, Athens, Greece**, (one of the largest in the country) as a **Post-Doc Researcher and Clinical Trials Study Coordinator**.

Clinical Trials Study Coordinator

From 2013 until 2017 I coordinated 6 randomized, double blind phase II or III Clinical Trials related to ASTHMA and COPD. As a Study Coordinator, I was managing and coordinate all the necessary procedures followed during the conduction of a clinical trial (planning and preparation, patient recruitment and enrollment, proper Inform Consent Form completion, CRF data entry, In-trial procedures, drug handling and safety, filling, proper documentation, evidence generation).

I have also attended a Good Clinical Practice (GCP) course for investigators where the importance of following complete and specific guidelines was rightly demonstrated and effectively internalized. In order to further educate myself on clinical trials operations, I have followed the International Clinical Trials Workshop (May 2017) organized by ASCO-HSMO in Athens, Greece. The above workshop was focused on all the important aspects of clinical trials, such as designing, writing, publishing, conducting and reporting phase I, II and III clinical trials. Methodological and statistical challenges, as well as scientific, ethical and administrative issues, regarding clinical trials were also analysed.

Post-Doc Researcher

My scientific work since 2009 has been mainly focused on the pathophysiology of Asthma, COPD, and other respiratory, smoking related diseases. As a Post Doc research fellow in the First Department of Critical Care

and Pulmonary Medicine of Evaggelismos General Hospital, University of Athens, School of Medicine, which is coordinated by Professor S. Zakyntinos, I have contributed immensely to the high-level research outcomes categorizing the collaboration between Evaggelismos and the renowned Thorax Institution. More specifically I have running research projects studying the chronic types of inflammation and their distinct immunological mechanisms observed in both Asthma and COPD in mouse but mainly in donor's samples.

The effect of smoking and smoking cessation on human health is another area that greatly interests me. In addition to my research work concerning COPD and ASTHMA, I was directly involved with the Smoking cessation clinic of the Department. In the clinic I was collecting and analyzing patients clinical data related to several ongoing research topics. More specifically, I was focused on observing, recording and analyzing both smoking effects and smoking cessation benefits in different patient groups (asthma, heart failure, diabetes, obesity, pregnancy etc.). The clinic is focusing on understanding and learning from the patient's experience before deciding on the appropriate treatment for each patient in order to gain the maximum benefit in smoking cessation. The experience that I have gained from my interaction with the patients as a Clinical Trials Study Coordinator as well as during my involvement with the Smoking Cessation Clinic of our Department made me realize the great importance, and valid contribution of the patient's point of view to the treatment process.

I was also involved in a special smoking cessation program for health professionals, which was aiming at supporting them on their smoking cessation efforts and at informing and training them in parallel on how to guide patients on tobacco issues.

As a member of the Hellenic Thoracic Society, and its Smoking Cessation Group, I have participated as a speaker and trainer in several seminars and courses concerning smoking cessation as well as in a variety of public awareness events related to tobacco effects.

Employer: 1stDepartment of Pathology, Medical School, University of Athens, Greece.

Post: New Researcher

Between 2003 and 2008, I was coordinating a project funded mainly by the European Union, which was focused on the screening of mutations in all types of Thyroid cancer, in an effort to detect prognostic and diagnostic markers focusing on personalized therapy.