

PARASKEVI KATSAOUNOU
CURRICULUM VITAE

PERSONAL DATA

NAME: Paraskevi Katsaounou

BIRTHPLACE: Athens, Greece

NATIONALITY: Greek

LANGUAGES: English, Greek, French

ADDRESS: Office: Pulmonary and Critical Care Dept, **Evangelismos Hospital**, 45-47 Ipsilandou St.,
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PRESENT POSITION: Lecturer of Pulmonary Medicine, Medical School, University of Athens, Evangelismos Hospital.

Chair of Smoking Cessation Group of Hellenic Thoracic Society

QUALIFICATIONS:

DEGREE:

Medical Doctor (M.D.)

University of Ioannina Medical School [1993]

Specialisation in Pulmonary and Critical Care Medicine [2001]

PhD: University of Athens Medical School- A (2001)

PROFESSIONAL EXPERIENCE:

CLINICAL EXPERIENCE

- Primary care physician (compulsory service) Ipati province, Lamia, Greece (1994-6)
- Specialisation at the Department of Pulmonary and Critical Care Medicine, University of Athens Medical School, Evangelismos Hospital, Athens, Greece 1996-2001
- Consultant of Chest Medicine (September 2004-April 2006). Agios Savvas General Hospital of Athens
- Lecturer of Pulmonary Medicine, Medical School, University of Athens, Evangelismos Hospital (April 2006-until now).
- Responsible of outpatient clinics (Smoking cessation-Asthma -COPD- Pulmonary) 2005-until now.

RESEARCH EXPERIENCE

- Jan 1998- present: doctorate thesis "The role of oxidative stress in the production of proinflammatory cytokines from respiratory and skeletal muscles".
- 1997-2002: worked at G.P. Livanos laboratory destined to the conduction of research at the cellular and molecular level and on the pathophysiological mechanisms of inflammation. I have conducted my Ph.D. thesis on "the role of oxidative stress in the production of proinflammatory cytokines from the skeletal and respiratory muscles".
- Postdoctoral research fellow (1-4-02 /30-3-03) with an ERS fellowship. Department of Thoracic Medicine of National Heart and Lung Institute του Imperial College of Science, Technology and Medicine.
- Clinical Research Fellow Department of Thoracic Medicine-Royal Brompton & Harefield Hospital-London (1-4-04/20-8-04- Measurement of inflammation markers in sputum in smokers and COPD).
- Research in the University of Athens as a lecturer of Medical School.
- Supervisor of six PhD students.

CHAPTER IN BOOKS

Severe asthma exacerbation. Paraskevi Katsaounou and Theodoros Vassilakopoulos. Critical Care. Fourth Edititon. Civetta, Taylor, Kirby's. Lippincott Williams& Wilkins 2009.

PARTICIPATIONS IN INTERNATIONAL CONFERENCES:

50 internationals and 70 Nationals

TRANSLATIONS (from English to Greek)

1. Griffith's 5 Minute Clinical Consult -Mark.R.Dambro-Williams&Wilking-1997
2. A pocket Guide to Clinical Examination and History Taking- B.Bates-J.B.Lippincott Company-1992
3. Color Atlas and Text of Emergencies-K.Mills,R.Morton,G. Page -Mosby /Wolfe-1998

PUBLICATION LIST

1. Vassilakopoulos T., Karatza M., **Katsaounou P.**, Kollintza A., Zakynthinos S. and Roussos C., *Antioxidants attenuate the plasma cytokine response to exercise in humans*, J.A.Physiology 2003 Mar;94(3):1025-32 Epub 2002 Nov 27. PMID: 12571133.
2. Vassilakopoulos T., **Katsaounou P.**, Karatza M., Kollintza A., Zakynthinos S., Roussos C., *Strenuous resistive breathing induces plasma monocytes: Role of antioxidants and monocytes* (Am J Respir Crit Care Med. 2002 DecV15;166(12Pt 1): 1572-8. Epub 2002 Oct 3. PMID: 12406849.
3. Vassilakopoulos T., Mastora Z., **Katsaounou P.**, Doukas G., Klimopoulos S., Roussos C., *Contribution of pain to inspiratory muscle dysfunction after upper abdominal surgery. A randomized controlled trial*, Am J Respir Crit Care Med 2000 Apr;161:1372-5.
http://www.ncbi.nlm.nih.gov/pubmed?linkname=pubmed_pubmed&from_uid=10764336
4. Vassilakopoulos T., Troupis T., Zacharatos P., Sotiropoulou C., **Katsaounou P.**, Parthenis D., Troupis G., Kittas Ch., Papis S., Zakynthinos S., Georgoulis V., Roussos C., *Diagnostic and prognostic significance of squamous cell lung carcinoma antigen in non small lung cancer*, Lung cancer 2001 May;32(2):137-4
5. **Katsaounou P.**, Tsaprouni L, Vassilakopoulos T., Ito K., Barnes PJ, Adcock IM Cigarette smoking reduces sputum levels of histone deacetylase activity. Thorax (submitted)
6. **Katsaounou P.**, Ito K., Barnes P.J., Adcock I. Cigarette Smoke Extract inhibits Dexamethasone Induced expression of β_2 -adrenergic receptors in Human macrophage/monocytic U937 cells through an oxidative stress pathway. Biochem Biophys Res Commun (submitted)
7. Zakynthinos S, **Katsaounou P.**, Karatza MH, Roussos C, Vassilakopoulos T. Antioxidants increase the ventilatory response to hyperoxic hypercapnia. Am J Respir Crit Care Med. 2007 Jan 1;175(1):62-8. Epub 2006 Sep 7. PMID: 16959916
8. Chroneou A, **Katsaounou P.**, Gangadi M, Pampukos S, Kougianos K, Zias N, Politis G. An unusual cause of dyspnea in a patient with relapsing breast cancer. Lung. 2006 Jul-Aug;184(4):245-8. PMID: 17006752
9. Papanikolaou G., Natsika M., Koukoubani T., Zaxariadis E., **Katsaounou P.** Persistent atrial fibrillation as the first manifestation in a patient with sarcoidosis. Thorax (Submitted).
10. Toumpanakis D, Karatza MH, **Katsaounou P.**, Roussos C, Zakynthinos S, Papapetropoulos A, Vassilakopoulos T. Antioxidant supplementation alters cytokine production from monocytes. J Interferon Cytokine Res. 2009 Nov;29(11):741-8. 10.1089/jir.2008.0114.
11. Tsimogianni A., Stratiki M., Stratakos G, Zakynthinos S, **Katsaounou P.** Pulmonary fibrosis predating microscopic polyangiitis by seven years. Respiratory Medicine CME 3 (2010) 207–210.
12. Asimakos A. and **Katsaounou P.** Coronary Artery Disease, Nicotine Addiction, and Depression: The Tragic Triad. Hospital Chronicles 2010, Supplement : 92-97.
13. Katsaounou, P., Asimakos, A., Barnes, P.J. Non invasive assessment of severe asthma. 2011. Pneumon, 24 (4), pp. 430-444.

II. ABSTRACTS

1. **Katsaounou P. et al.** Dexamethasone induces the expression of β_2 -adrenergic receptors in Human macrophage/monocytic U937 cells. ERJ,45, S22-September 2003;452-3
2. **Katsaounou P.** et al. *Role of oxidative stress In Proinflammatory Cytokine Production Induced By Inspiratory Resistive Loading*, Am J Respir Crit Care Med 2002;165: A257
3. **Katsaounou P.** et al. The immune response to strenuous resistive breathing. ATS meeting May 2001, San Francisco. Am J Res Care Med 2001;163:A621
4. **Katsaounou P.** et al. Levels of histone deacetylase (HDAC) activity in induced sputum of healthy smokers, non smokers and COPD patients. (ERS Copenhagen 2005)
5. Vassilakopoulos T., **Katsaounou P.** et al. *The proinflammatory cytokines induced during resistive breathing are not produced by blood monocytes*, ATS May 2001 meeting, San Francisco, Am J Res Care Med 2001;163:A621
6. Vassilakopoulos T., Doukas G., **Katsaounou P.** et al. *Pain causes inspiratory muscle dysfunction after upper abdominal surgery*, Eur Resp J. 1998; 12(28 S): 450 S
7. Pareas K., Sfyras D., Mastora Z., **Katsaounou P.** et al *Effects of continuous hemofiltration on septic patients*, Intensive Care Med 25:s 156,1999

8. Vassilakopoulos T., Karatza M., **Katsaounou P.** et al. Proinflammatory cytokine production during exercise: role of antioxidants and monocytes Eur. Respir. J. 2002; 20(38S): 34S
9. Kotanidou A., Pitaridis M., Mastora Z., **Katsaounou P.**, Petraki N., Pseudi A., Roussos C., *Is TNF- α knock-out protected to the LPS ?* Am J Respir Crit Care Med V.161-N.3, March 2000
10. Vassilakopoulos T., Trouppis T., Zacharatos P., Sotiropoulou C., Kosmidou I., **Katsaounou P.**, Zakyntinos S., Papiris S., Georgoulis V., *Diagnostic and prognostic significance of squamous cell lung carcinoma antigen in non small lung cancer*, Eur. Respir. J. 2000; 16(315)
11. Vassilakopoulos T., Zakyntinos S., Economou M., Mastora Z., **Katsaounou P.**, Roussos C., *Strenuous inspiratory resistive breathing produces proinflammatory cytokines and stimulates the hypothalamic-pituitary-adrenal axis in humans*, Am J Respir Crit Care Med 1999; 159 (3); A 584.
12. Zakyntinos S., Vassilakopoulos T., Mavromatis A., Mastora Z., **Katsaounou P.**, Roussos C., Tzelepis G., *Effects of different expiratory manoeuvres on respiratory force output*, Am J Respir Care Med 1999; 159(3); A 584
13. **Katsaounou P.** et al. Cigarette Smoke Extract inhibits Dexamethasone Induced expression of β_2 -adrenergic receptors in Human macrophage/monocytic U937 cells (Am J Respir Care Med April 2004; 169(7); A848)
14. **Katsaounou P.** et al. Comparison of histone deacetylase activity in induced sputum of healthy volunteers and normal smokers (ATS 2005)
15. G. Politis C. Zaxarias, E. Kainis, Zetos A., **P. Katsaounou**, C. Kougianos., M. Toubis. Common errors in the diagnosis and treatment of tuberculosis in Greece (ERS 2005)
16. **Katsaounou P.** et al. Latent tuberculosis Infection among Injection users in Methadone programs in Greece. Am J Respir Crit Care Med 2006; A669 April 2006, Volume 3
17. Vassilakopoulos T., **Katsaounou P.** et al. Antioxidants increase the tidal volume response to hypercapnia. Am J Respir Crit Care Med 2006; A199 April 2006, Volume 3
18. **Katsaounou P.** et al. Cigarette smoking and COPD reduces histone deacetylase activity and increase the expression of inflammatory mediators in induced sputum. ATS 2007, San Fransisco.
19. **Katsaounou P.** et al. "Inflammatory markers and hdac activity in induced sputum of smokers and COPD patients". Best travel COPD award . ERS Stockholm 2007
20. **Katsaounou P.** et al. "A rare cns manifestation of pulmonary t-cell lymphoma. ERS Stockholm 2007.
21. **Katsaounou P.** et al. "Inflammatory markers and hdac activity in induced sputum of smokers and COPD patients". Best travel COPD award . ERS Stockholm 2007.
22. **Katsaounou P.** et al.. "A rare cns manifestation of pulmonary t-cell lymphoma. ERS Stockholm 2007.
23. **Katsaounou P.** et al. Comparison between levels of cytokines in sputum supernatants of patients with COPD and severe asthma. Am J Respir Crit Care Med 2008;177: A98.
24. **Katsaounou P.** et al. Antioxidant treatment alters the immune response in resistive breathing. ERS Vienna 2008.
25. **Katsaounou P.** et al. The immune response in strenuous resistive breathing and whole body exercise is altered by antioxidants. ATS 2009.
26. Tsimogianni A, Stratiki M., Stratakos G, Kolokytha S, Gianniou N, Zakyntinos S., **Katsaounou P.** Pulmonary fibrosis predating microscopic polyangiitis by seven years. Am J Respir Crit Care Med 181;2010:A4529
27. Koukoubani F, Natsika M., Papanikolaou N, Zaxariadis E, Kolokytha S, Asimakos A., **Katsaounou P.** A rare case of sarcoidosis presenting with recurrent atrial fibrillation. Am J Respir Crit Care Med 181;2010:A2950
28. Nikoloutsou I., Vasileiou V., Papamichou D., Gianniou N., Giannakopoulou XE, Zakyntinos S., Vassilakopoulos T., **Katsaounou P.** Smoking cessation and changes in Basic Metabolism and Body Weight. Am J Respir Crit Care Med 181;2010:A4792
29. Tsaprouni L, Saltagianni V, Kolokytha S, Nikoloutsou I, Gianniou N, Giannakopoulou XE, Asimakos A, Roussos C, Adcock I, **Katsaounou P.** Inflammatory mediators levels in sputum supernatant of normal smokers and COPD patients are reduced after smoking cessation. Am J Respir Crit Care Med 181;2010:A4284.
30. Tsoumakidou, V. Karavana, **Katsaounou P.**, G. Xanthou, V. Panoutsakopoulou, C. Roussos, S. Zakyntinos. Isolation of CD1c+ myeloid dendritic cells from human lung surgical resection specimens; M. ERS 2009
31. M. Tsoumakidou, E. Litsiou, **P. Katsaounou**, K. Tsoutsas, L. Tsaprouni, P. Kara, C. Roussos, S. Zakyntinos. Mediators of lymphoid neogenesis in patients with chronic obstructive pulmonary disease. ERS 2010.
32. Vasileiou V, Gaggadi M, Nikoloutsou I., Gianniou N, Papamichou D, Doris K, Zakyntinos S, Vassilakopoulos T and **Katsaounou P.** Smoking cessation and changes in Basic Metabolism and Body Weight with and without varenicline. ERS 2010.
33. Nikoloutsou I, V. Vasileiou, Litsiou E, Gaggadi M., N. Gianniou Kolokytha S., Doris K., T. Vassilakopoulos, S. Zakyntinos, **P. Katsaounou.** Smoking cessation changes Basic Metabolism, Body Weight, leptin and

insulin levels, adipose tissue percentage, Index of insulin resistance and Index of insuline secretion. State of the art Athens 2010.

34. A. Tsoutsas, I.Nikoloutsou, T. Vassilakopoulos, S.Zakyntinos, **P. Katsaounou**. Couples of significant others (COSO) in a joint effort to quit smoking are more successful in achieving and maintaining abstinence. ERS 2012 Vienna
35. A. Tsoutsas, .E. Litsiou, V. Saltagianni, D. Fotopoulos, S.Kolokytha, S.Zakyntinos, **P. Katsaounou**. Economic Crisis and Smoking in Health professionals in Greece. ERS 2013 Barcelona.
36. A. Tsoutsas, .E. Litsiou, V. Saltagianni, D. Fotopoulos, S.Kolokytha, S.Zakyntinos, **P. Katsaounou**. Treatment of Tobacco Addiction Using the Feeling-State Addiction Protocol (FSAP) of the Eye Movement Desensitization and Reprocessing (EMDR) Treatment. ERS 2013 Barcelona.

FELLOWSHIPS: Onassis Foundation 2001.

European Respiratory Society Fellowship 2002.

ERS COPD Travel Grant for Best Posters 2007.

Paraskevi Katsaounou is a lecturer of the Medical school and works at the department of Respiratory and Critical Care. She is highly involved in teaching medical students and academic research. The outpatient respiratory clinics of the department are also, highly reputable and have a pooling of thousands of patients. A smoking cessation clinic was founded four years ago, which is receiving more than 400 smokers yearly. Evangelismos Smoking Cessation Team consists of highly qualified personnel of 3 respiratory physicians, psychologist, dietician and a respiratory nurse that are giving a combination of medical, psychological and dietary instructions. The Smoking Cessation clinic has an increasing patient inclusion rate, while the success rate in SC reaches 60%. It is the first clinic in Greece with established dietary support, especially for women that are afraid of gaining weight with SC. She is in charge of the smoking cessation clinic. She is running a model SC clinic, with full support for the smokers, and has managed to cooperate closely with other internal clinics for supporting hospitalized patients in quitting smoking i.e. the Cardiology, Oncology, Urology and many other departments of Evangelismos Hospital and Obstetrics in Elena Athens Hospital. The Clinic welcomes new protocols exploring smoking cessation. She supervises three Doctoral theses relevant with smoking cessation, with the first results announced last year in the American Thoracic Society's Congress 2010 in New Orleans⁴⁵⁻⁴⁶, the European Respiratory Society's Congress 2010 in Barcelona⁴⁷ and the 15th State of the Art Interdisciplinary Review Course on Thoracic & Critical Care Medicine Athens 2011⁴⁸. A relative review has also, been published. She is a frequent speaker on smoking cessation at several national (Smoking Asthmatic, 13th State of the Art Interdisciplinary Review Course on Thoracic & Critical Care Medicine Athens 2009 etc) scientific meetings, including Pfizer meetings and international ("Smoking interventions in asthma"- World Congress of Asthma Athens 2010, "The smoking asthmatic"- ERS school seminar. 18th Hellenic Respiratory Society 2009, "Coronary Artery Disease, Nicotine Addiction, and Depression: The Tragic Triad"- Athens Cardiology Update 2010) ones. She also gave many talks in various towns of Greece regarding smoking cessation (12-5-2010 Kalamata, quitting smoking for pharmacologists; "Smoking related diseases", Lamia 17-4-2010; "Mechanisms of nicotine addiction", Corfu June 2010). She participates in smoking cessation seminars in the recent years: In April 2008, in Nicosia participated in a seminar regarding the treatment of Nicotine Addiction. On November 2009, she participated on the Global Healthcare Alliance for the Treatment of Tobacco Dependence. In May 2010, she presented the differences on the implementation level of the smoking ban between Cyprus & Greece to representatives of the Media, initiating collaboration between the Hellenic and the Cypriot Respiratory Societies. In June 2010, she participated to "train the trainer" meeting in Paris, organized by Pfizer. In September 2010, at the HTS's meeting in Rhodes, talked about Smoking in Women and particularly in pregnancy, starting a research collaboration with the largest public Obstetrics specialized hospital in Greece regarding firstly, the Smoking cessation of women during pregnancy and secondly, the effects of smoking during pregnancy on childhood allergies. She is a member of the smoking cessation group of Hellenic Thoracic Society (HTS) and a qualified trainer of chest physicians in Greece. Annually, the smoking cessation group of the Hellenic Thoracic Society is organizing training seminars for respiratory professionals in order to qualify them in smoking cessation. In these seminars the applicant is a giving many talks and participates to all respiratory physicians training. Last year, Greek government passed a law banning smoking in all public places in Greece. On this occasion people that decided quitting smoking increased and the applicant gave many informative talks on TV and radio which also advertised Smoking Cessation Clinic of Evangelismos hospital and increased smoker's recruitment. She reveals a high interest in research and CME. Working in close collaboration with

the Professor of Pulmonary Medicine of Athens, she has been involved in the publication of medical books authored by Prof. Roussos and Prof. Barnes (Imperial College, London). Her interest involves Smoking Cessation, COPD and asthma. She has published in several peer reviewed journals (11 publications). She has a growing number of publications in International and local congresses (33 posters in Int'l congresses and 22 in local congresses). Having a strong interest in clinical and biomedical research, she is digging into deep understanding of Smoking cessation mechanisms, in cooperation with Thorax Foundation in Athens and the research centre of the National Heart and Lung Institute of Imperial College, London. Lately, she is researching smoking on asthmatics and inflammation after smoking cessation in COPD patients. Namely the applicant is conducting research related to smoking related oxidative stress since 1999 at G.P. Livanos laboratory in Athens. Her research was related with pathophysiological mechanisms of inflammation on a molecular level. Her Ph.D. thesis was on "the role of oxidative stress in the production of proinflammatory cytokines from the skeletal and respiratory muscles". Later she worked as a Postdoctoral research fellow with an ERS fellowship at the Department of Thoracic Medicine of National Heart and Lung Institute of Imperial College of Science, Technology and Medicine in London and as a Clinical Research Fellow in the Department of Thoracic Medicine-Royal Brompton & Harefield Hospital-London having as research topic: the measurement of inflammation markers in sputum in smokers and COPD patients. She also, won two fellowships from Onassis and Propondis Foundation in Greece. After returning in Greece as a lecturer of Medical School in Athens, she continues her Research in the University of Athens. She also has experience of International Clinical studies. She was a member of Evangelismos Ethics Committee for two years.

- **Chairman Of Smoking Cessation Group of Hellenic Thoracic Society since December 2012.**
- **Organiser of a European respiratory Society Course on Smoking Cessation in 2015.**
- **Trainer for smoking cessation professionals on behalf of Hellenic Thoracic Society for the past six years.**
- **Principal Investigator of Excellence 2012 grand from the European union for**
" WEB-BASED SMOKING CESSATION IN UNIVERSITY STUDENTS USING PEER GROUP SUPPORT THROUGH A SOCIAL MEDIA APPLICATION".