

Curriculum Vitae



❖ PERSONAL INFORMATION

- **Name:** Zafeiris
- **Surname:** Louvaris
- **Date of Birth:** (dd/mm/yyyy): 06/09/1983

❖ CONTACT INFORMATION

- **Address:** 39str Gravias, Agia Paraskevi, 15342, Attica, Greece
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❖ EDUCATIONAL STATUS

- **Year: 2010-....:** Doctoral student in Biology of Exercise of the Faculty of Physical Education and Sport Sciences, National and Kapodistrian University of Athens, Greece
- **Years: 2007-2010:** Post-graduated Diploma in Biology of Exercise of the Faculty of Physical Education and Sport Sciences, National and Kapodistrian University of Athens, Greece
- **Years: 2001-2006:** Degree of the Faculty of Physical Education and Sport Sciences, National and Kapodistrian University of Athens, Greece

❖ OCCUPATIONAL STATUS

- **Year: 2008-....:** Clinical Researcher in "Thorax Foundation", Research Center of Intensive and Emergency Thoracic Medicine

❖ PUBLICATIONS

1. **Kortianou EA, Louvaris Z, Vasilopoulou M, Nasis I, Kaltsakas G, Koulouris NG, Vogiatzis I.** Activity monitoring reflects cardiovascular and metabolic variations in COPD patients across GOLD stages II to IV. *Respir Physiol Neurobiol* 3:513-20, 2013
2. **Louvaris Z, Kortianou EA, Spetsioti S, Vasilopoulou M, Nasis I, Asimakos A, Zakyntinos S, Vogiatzis I.** Intensity of daily physical activity is associated with

central hemodynamic and leg muscle oxygen availability in COPD. *J Appl Physiol* 6:794-802, 2013

3. Rabinovich RA, Louvaris Z, Raste Y, Langer D, Van Remoortel H, Giavedoni S, Burtin C, Regueiro EM, Vogiatzis I, Hopkinson NS, Polkey MI, Wilson FJ, Macnee W, Westerterp KR, Troosters T; PROactive Consortium. Validity of physical activity monitors during daily life in patients with COPD. *Eur Respir J* 5:1205-15, 2013

4. Vogiatzis I, Louvaris Z, Habazettl H, Andrianopoulos V, Wagner H, Roussos C, Wagner PD, Zakyntinos S. Cerebral cortex oxygen delivery and exercise limitation in patients with COPD. *Eur Respir J* 2:295-301, 2013

5. Louvaris Z, Zakyntinos S, Aliverti A, Habazettl H, Vasilopoulou M, Andrianopoulos V, Wagner H, Wagner P, Vogiatzis I. Heliox increases quadriceps muscle oxygen delivery during exercise in COPD patients with and without dynamic hyperinflation. *J Appl Physiol* 7:1012-23, 2012

6. Van Remoortel H, Giavedoni S, Raste Y, Burtin C, Louvaris Z, Gimeno-Santos E, Langer D, Glendenning A, Hopkinson NS, Vogiatzis I, Peterson BT, Wilson F, Mann B, Rabinovich R, Puhan MA, Troosters T; PROactive consortium. Validity of activity monitors in health and chronic disease: a systematic review. *Int J Behav Nutr Phys Act* 9: 9-84, 2012

7. Van Remoortel H, Raste Y, Louvaris Z, Giavedoni S, Burtin C, Langer D, Wilson F, Rabinovich R, Vogiatzis I, Hopkinson NS, Troosters T; PROactive consortium. Validity of six activity monitors in chronic obstructive pulmonary disease: a comparison with indirect calorimetry. *PLoS One* 6:e39198, 2012

8. Vasilopoulou MK, Vogiatzis I, Nasis I, Spetsioti S, Cherouveim E, Koskolou M, Kortianou EA, Louvaris Z, Kaltsakas G, Koutsoukou A, Koulouris NG, Alchanatis M. On- and off-exercise kinetics of cardiac output in response to cycling and walking in COPD patients with GOLD Stages I-IV. *Respir Physiol Neurobiol* 3: 351-358, 2012

9. Vogiatzis I, Louvaris Z, Habazettl H, Athanasopoulos D, Andrianopoulos V, Cherouveim E, Wagner H, Roussos C, Wagner PD, Zakyntinos S. Frontal cerebral cortex blood flow, oxygen delivery and oxygenation during normoxic and hypoxic exercise in athletes. *J Physiol* 16:4027-4039, 2011

10. Vogiatzis I, Habazettl H, Aliverti A, Athanasopoulos D, Louvaris Z, Antonella LoMauro, Wagner H, Roussos C, Wagner PD, Zakyntinos S. Effect of helium breathing on intercostal and quadriceps muscle blood flow during exercise in COPD patients. *Am J Physiol Regul Integr Comp Physiol* 300: 1549-59, 2011

11. Vogiatzis I, Andrianopoulos V, Louvaris Z, Cherouveim E, Spetsioti S, Vasilopoulou M, Athanasopoulos D. Quadriceps muscle blood flow and oxygen availability during repetitive bouts of isometric exercise in simulated sailing. *J Sports Sci* 13: 1-9, 2011

12. Vogiatzis I, Athanasopoulos D, Habazettl H, Aliverti A, Louvaris Z, Cherouveim E, Wagner H, Roussos C, Wagner PD, Zakyntinos S. Intercostal muscle blood flow limitation during exercise in chronic obstructive pulmonary disease. *Am J Respir Crit Care Med* 182: 1105-1113, 2010

13. Athanasopoulos D, Louvaris Z, Cherouveim E, Andrianopoulos V, Roussos C, Zakyntinos S, Vogiatzis I. Expiratory muscle loading increases intercostal muscle blood flow during leg exercise in healthy humans. *J App Physiol* 109: 388-95, 2010

❖ CONGRESSES/SEMINARS

1. European Respiratory Society-Annual Congress, Barcelona, Spain, 2013
2. European Respiratory Society-Annual Congress, Vienna, Austria, 2012
3. 45^o Congreso Nacional SEPAR, Madrid, Spain, 2012
4. ERS Seminar in COPD "Physical Activity, Nutritional Status and Systemic Inflammation in COPD", Florence, Italy, 2011
5. European Respiratory Society-Annual Congress, Amsterdam, Holland, 2011
6. European Respiratory Society-Annual Congress, Barcelona, Spain, 2010
7. Experimental Biology, Anaheim, CA, USA, 2010

❖ AWARDS

- ERS Young scientist sponsorship for the best work in COPD entitled: "Effect of different patterns of exercise-induced dynamic hyperinflation on central hemodynamic and peripheral muscle oxygenation responses in COPD" European Respiratory Society-Annual Congress, Barcelona, Spain, 2010.
- ERS travel grant for the best abstract in COPD entitled: "Intensity of daily physical activity is associated with central hemodynamic and leg muscle oxygenation capacities in COPD. European Respiratory Society-Annual Congress, Barcelona, Spain, 2013.

❖ MEMBERSHIPS

1. European Respiratory Society (ERS)
2. Hellenic Society of Biochemistry and Physiology of Exercise (EEVFA)

❖ SCIENTIFIC INTERESTS

- Clinical physiology and exercise testing. Exercise rehabilitation in patients with chronic diseases. Management and exercise testing in patients with chronic diseases. Physical activity monitoring. Factors that limit exercise performance/tolerance in healthy and in patients with chronic diseases.