

# Curriculum Vitae



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## STUDIES

**9/2012–.....:** National & Kapodistrian University of Athens, MSc Biology of Exercise, Exercise Physiology, PhD.

**2008-2011:** National & Kapodistrian University of Athens, MSc Biology of Exercise Exercise Physiology, Graduate Degree: 8.3/10, Thesis: "Effect of disease severity on cardiovascular response to exercise in patients with obstructive lung disease".

**2002-2006:** National & Kapodistrian University of Athens, Department of Physical Education and Sport Science (TEFAA). Grade: 7.15/10. Sailing. Specificity: 10/10. Thesis: "The effect of the dynamic movement of the upper limb in the oxygenation of quadriceps during simulator sailing".

**2001:** 1<sup>st</sup> Lyceum of Thrakomakedones.

## CHAIR IN CONGRESS

**ERS 21<sup>th</sup>, Amsterdam 22-29/09/2011:**

Chair in *Thematic Poster Session* entitled *Pediatric respiratory infection: signs, symptoms and sequelae*.

## RESEARCH EXPERIENCE

**2011-2014:** Conducting clinical studies to record the daily physical activity in patients with Chronic Obstructive Pulmonary Disease.

**2008-2010:** Conducting Clinical Study (**Pfizer** - A4471008/205.365) in COPD.

**2006-.....:** Thorax Foundation, Ergometer test, body composition (BIA & skinfolds), ventilatory lung function tests, recording maximum oxygen uptake, blood sampling for analysis and recording of lactic acidosis, optoelectronic plethysmography (OEP / BTS Bioengineering) for the analysis of lung changes in exercise. Ergospirometry for recording of respiratory gases and evaluate elite athletes if they are suffering from exercise induced asthma (bike and EVH), NIRO, PhysioFlow (bioelectrical impedance with resistors).

**2006-.....:** Respiratory Rehabilitation Program in Patients with Chronic Obstructive Pulmonary Disease, Hospital Evangelismos and Sotiria (2008).

## **SEMINARS**

**2011:** ERS Research Seminar: "Physical activity, nutritional status and systemic inflammation in COPD", Florence, Italy.

**2007:** ERS Research Seminar: "The Limits to Exercise in COPD: New Insights from New Methods", Como, Italy.

## **PUBLICATIONS IN JOURNALS**

1. Activity monitoring reflects cardiovascular and metabolic variations in COPD patients across GOLD stages II to IV.
2. Intensity of daily physical activity is associated with central hemodynamic and leg muscle oxygen availability in COPD.
3. Physical activity, nutritional status and systemic inflammation in COPD.
4. Heliox increases quadriceps muscle oxygen delivery during exercise in COPD patients with and without dynamic hyperinflation.
5. On- and off- exercise kinetics of cardiac output in response to cycling and walking in COPD patients with GOLD Stages I to IV.
6. Quadriceps muscle blood flow and oxygen availability during repetitive bouts of isometric exercise in simulated sailing.
7. Comparative analysis of phase difference estimation methods quantifying asynchronies between compartmental chest wall volume signals.
8. Contribution of respiratory muscle blood flow to exercise-induced diaphragmatic fatigue in trained cyclists
9. Human respiratory muscle blood flow measured by near-infrared spectroscopy and indocyanine green
10. Effect of disease severity in cardiac output response to exercise in COPD patients.
11. Effect of inhaled helium in change of thoracic volume and oxygen delivery to peripheral muscles during exercise in patients with pulmonary disease.
12. Effect of interval training on the ventilatory response during exercise in patients with chronic heart failure.

## **AWARDS**

**2011, ERS 21<sup>th</sup>, Amsterdam 22-29/09/2011.**

Effect of COPD severity on hemodynamic responses to exercise in patients with GOLD stages I-IV. ***"Grant for Best Abstracts in Rehabilitation & Chronic Care" by Nutricia Advanced Medical Nutrition.***

## **PUBLICATIONS IN INTERNATIONAL CONFERENCES**

1. Limited intercostal muscle blood flow during maximal exercise in athletes. Ioannis Vogiatzis, Dimitris Athanasopoulos, Helmut Habazettl, Wolfgang Kuebler, Harrieth Wagner, **Maroula Vasilopoulou**, Charis Roussos, Peter Wagner, Spyros Zakynthinos. Eur Respir J 2009; 34 Suppl 53.
2. Effect of slow and deep breathing pattern on exercise-induced dynamic hyperinflation in patients with COPD. Afrodite Evangelodimou, Ioannis Vogiatzis, Andreas Daskalakis, Dimitris Athanasopoulos, **Maroula Vasilopoulou**, Ioannis Nassis, Maria Koskolou, Spyros Athanasopoulos, Antonia Koutsoukou, Charis Roussos, Spyros Zakynthinos. Eur Respir J 2009; 34 Suppl 53.

## **SKILLS**

English            Lower-Cambridge, level Proficiency

French            DELF 1

Certificate of continuing medical education credit, 100 credits.

Certificate of completion for investigator site data capture (Pfizer 4/3/2008, raw data/CRF).

Sailing diploma (N.O.M.).

Windows XP & 7, Microsoft Office (Word, Excel, PowerPoint), Internet, SPSS and Sigmaplot.

## **PROFESSIONAL COMPANIES**

**2011:** Hellenic company Biochemistry and Physiology of Exercise.

**2011:** European Respiratory Society (ERS), Silver member.

**2010:** Participation in updating [www.apergia.gr](http://www.apergia.gr).