

# Efthymios Poulios

## CONTACT INFORMATION

**Address:** Department of Food Science and Nutrition,  
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## PERSONAL DATA

**Date of birth:** 02-11-1978

**Place of birth:** Larissa, Greece

**Nationality:** Greek

**Father's name:** Dimitrios

**Mother's name:** Evagelia

## CURRENT POSITION:

Laboratory Teaching Staff (EDIP) in Microbiology, Department of Food Science and Nutrition, School of Environment, University of the Aegean (from 20/12/2017).

## EDUCATION

**PhD thesis (2002-2006):** Laboratory of Molecular and Cellular Ageing, Institute of Biological Research and Biotechnology, National Hellenic Research Foundation (NHRF) - Department of Medicine, School of Health Sciences, University of Thessaly, Greece.  
PhD grade: 10/10

**BSc in Biology (1997–2002):** School of Biology, Aristotle University of Thessaloniki, Greece.  
BSc grade: 7.8/10

**2<sup>nd</sup> High School of Volos, Greece (1993–1996)**  
Grade: 19<sup>4</sup>/<sub>11</sub>

## **RESEARCH EXPERIENCE**

### **POST-DOCTORAL RESEARCH**

**Investigation of the role of iron in the mechanisms of intracellular redox-signaling through oxidation of cysteine residues in proteins (November 2013-July 2015):** Post-doctoral researcher, Laboratory of Biological Chemistry, Department of Medicine, University of Ioannina.

Group leader: Dimitrios Galaris (professor, Department of Medicine, University of Ioannina).

**Effects of plant extracts on angiogenesis (March-October 2011):** Post-doctoral researcher, Laboratory of Animal Physiology, Department of Biochemistry and Biotechnology, University of Thessaly.

Group leader: Dimitrios Kouretas (professor, Department of Biochemistry and Biotechnology, University of Thessaly).

**Interaction of MAP kinases with transcription factors (April-June 2008):** Post-doctoral researcher, Laboratory of Gene Expression, Molecular Diagnostics and Modern Therapeutics, Department of Molecular Biology and Genetics, Democritus University of Thrace.

Group leader: Raphael Sandaltzopoulos (professor, Department of Molecular Biology and Genetics, Democritus University of Thrace).

### **PHD THESIS**

**(2002-2006):** Laboratory of Molecular and Cellular Ageing, Institute of Biological Research and Biotechnology, National Hellenic Research Foundation (NHRF) - Department of Medicine, School of Health Sciences, University of Thessaly.

*“Effects of hypoxia on senescence of human fibroblasts”.*

Advisory Committee:

Sophia Bonanou (associate professor, Department of Medicine, University of Thessaly)

Elena Georgatsou (associate professor, Department of Medicine, University of Thessaly)

Efstathios Gonos (researcher A, research director, NHRF)

PhD grade: 10/10

### **DIPLOMA THESIS**

**(July 2000-February 2002):** Laboratory of General Microbiology, Department of Genetics, Development and Molecular Biology, School of Biology, Aristotle University of Thessaloniki.

*“Cloning and expression of the intracellular domain of glycoprotein gB of human Herpes Simplex Virus 1 (HSV-1) in prokaryotic systems”.*

Supervisor: Minas Arsenakis (professor, School of Biology, AUTH).

Grade: 10/10

### **PRACTICAL EXERCISE (EPEAEK)**

**(May–September 2001):** Laboratory of Hemostasis and Thrombosis, General University Hospital of Thessaloniki AHEPA.

*“Acquired hemostasis abnormalities-thrombosis”.*

Group leader: Pantelis Makris (professor, School of Medicine, AUTH).

Supervisor: Minas Arsenakis (professor, School of Biology, AUTH).

Grade: 10/10

### **LABORATORY EXPERIENCE**

- Human cell culture (primary and cancer cells), hypoxia and oxidative stress induction, treatment with plant extracts and cytotoxic agents
- Transfection and shRNA silencing in human cells
- Proliferative potential and cell survival
- Apoptosis and secreted protein levels detection by ELISA
- Protein extraction from cells, electrophoresis (SDS PAGE) and Western blotting
- Detection of oxidized proteins (oxyblot)
- Antioxidant enzymes activities (catalase and superoxide dismutase-SOD), antioxidative capacity (DPPH assay) and ROS levels (DCFDA assay)
- Phenolic components extraction from plants, by using organic solvents and ultrasound sonication, and boiling
- Total phenolic components determination by the Folin-Ciocalteu assay
- RNA and genomic DNA extraction from cells
- Reverse transcription
- Polymerase Chain Reaction (PCR and Real-Time PCR)
- DNA electrophoresis in agarose gels
- Telomere length measurement by Southern blotting and Telomerase activity (TRAP assay)
- Detection of DNA damage by Single Cell Gel Electrophoresis (Comet Assay)
- Bacteria cells culture
- Antimicrobial activity (agar well diffusion assay, tube dilution test)
- Transformation with plasmid DNA, and extraction
- DNA digestions with restriction endonucleases
- Plasmid DNA dephosphorylation by alkaline phosphatase-DNA ligation
- Induction and purification of recombinant proteins from bacteria cells
- Co-immunoprecipitation of proteins, and Pull-down assay
- General blood examination, centrifugation and extraction of plasma poor of platelets (PPP)

- Detection of prothrombin, kefalin or partial thromboplastin time, thrombin and reptilase time
- Detection of fibrinogen, coagulation factors (II, X, V, VII, VIII, IX, XI, XII), plasmin-antiplasmin (PAP) and thrombin-antithrombin (TAT) complexes, F<sub>1+2</sub> fractions of prothrombin,  $\delta$ -dimers of fibrin, proteins C and S, Lucus anticoagulants (LA)

## **TEACHING EXPERIENCE**

### **Department of Food Science and Nutrition (Lemnos), University of the Aegean:**

- Laboratory Teaching Staff (EDIP) in Microbiology (from 20/12/2017),
- Educational Microbiology Laboratory Assistant (ETEP) (27/07/2016-19/12/2017),
- Under contract lecturer PD407/80 (academic year 2011-13).

#### Courses:

- Cell Biology (1st semester) (theory: academic year 2018-19, laboratory exercises: academic years 2011-13, 2016-)
- Molecular Biology (7th semester) (laboratory exercises, academic years 2012-13, 2018-)
- Food Microbiology I (3rd semester) (laboratory exercises, academic years 2011-13, 2016-)
- General Microbiology (2nd semester) (laboratory exercises, academic years 2011-13, 2016-)
- Food Microbiology II (6th semester) (laboratory exercises: academic years 2011-13, 2016-)
- Food Biotechnology (8th semester) (theory: academic year 2017-18, laboratory exercises: academic years 2012-13, 2017-),
- Biochemistry I (3th semester) laboratory exercises: academic year 2011-12),
- Biochemistry II (4th semester) laboratory exercises: academic year 2011-12).

**Department of Agriculture Crop Production and Rural Environment, University of Thessaly:** General and Cell Biology (1st semester) (laboratory exercises, academic year 2015-16) (under contract lecturer).

### **Department of Nutrition and Dietetics, Technological Educational Institute of Thessaly:**

- Biochemistry (2nd semester) (theory: academic years 2009-11, laboratory exercises: academic year 2010-11),
- Pathophysiology (3rd semester) (laboratory exercises, academic year 2010-11) (under contract professor).

**Department of Animal Production, Technological Educational Institute of Thessaly:** Biochemistry (2nd semester) (laboratory exercises, academic year 2009-10) (under contract professor).

**Department of Food Technology, Technological Educational Institute of Thessaly:** Biology (1st semester) (laboratory exercises, academic year 2009-10) (under contract professor).

**Department of Dietetics and Nutritional Science, Harokopeio University of Athens:**  
Molecular Biology and Genetics (6th semester) (laboratory exercises, academic year 2008-09) (under contract lecturer PD407/80).

**Department of Molecular Biology and Genetics, Democritus University of Thrace:**  
Gene Expression and Signaling (4th semester) (laboratory exercises, academic year 2007-08) (under contract lecturer PD407/80).

Speech during the course “Molecular Oncogenesis”: “*Cellular response to hypoxia. The transcription factor HIF-1*” (16-04-2008).

## **DIPLOMA THESIS SUPERVISING**

### **AS A SUPERVISOR**

- **Dimitraki Anna, Papadopoulou Elisavet:** “*Determination of total phenolic components, and antioxidant activity of different oregano varieties*”, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2018-19, in progress.
- **Koptsi Eirini, Zilidou Christina:** “*Determination of total phenolic components, and antioxidant activity of different sage varieties*”, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2018-19, in progress.
- **Nikolaou Rafaela, Ravani Sophia:** “*Antioxidant and antimicrobial activity of silver nanoparticles, after synthesis with thyme extract*”, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2018-19, in progress.

### **AS A MEMBER OF ADVISORY COMMITTEE**

- **Axioti Foteini, Kokkou Stamatina:** “*Adaptation of microorganisms to adverse conditions and its impact on food safety and quality*”, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2018-19. Supervisor: Efstathios Giaouris (assistant professor). Date of presentation: 6-3-19.
- **Nikoloudi Argyro:** “*Implications of salt and sodium reduction on microbial food safety*”, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2018-19. Supervisor: Efstathios Giaouris (assistant professor). Date of presentation: 1-3-19.

- **Astra Maria, Kavalari Anastasia:** *“Evaluation of the preventive effect of breastfeeding and Mediterranean Diet adherence on overweight and obesity of children aged 2-5 years old”*, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2018-19.  
Supervisor: Giaginis Constantinos (assistant professor).  
Date of presentation: 6-2-19.
- **Irakleidou Constantina, Tselepi Theofania:** *“Evaluation of the influence of Mediterranean Diet adherence on the efficacy of breastfeeding concerning the anthropometric indices of children aged 2-5 years old”*, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2018-19.  
Supervisor: Giaginis Constantinos (assistant professor).  
Date of presentation: 6-2-19.
- **Miliaraki Aikaterini, Tsiftsi Dimitra:** *“Evaluation of the influence of Mediterranean Diet adherence on the efficacy of breastfeeding concerning the anthropometric indices of mothers with children aged 2-5 years old”*, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2018-19.  
Supervisor: Giaginis Constantinos (assistant professor).  
Date of presentation: 6-2-19.
- **Nannou Manolia:** *“Evaluation of the effect of breastfeeding on the body mass index of mothers having children aged 2-5 years old”*, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2018-19.  
Supervisor: Giaginis Constantinos (assistant professor).  
Date of presentation: 6-2-19.
- **Kanari Christina:** *“Antimicrobial activity of polyphenols from grapes”*, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2017-18.  
Supervisor: Efstathios Giaouris (assistant professor).  
Date of presentation: 30-1-19.
- **Perikleous Aikaterini, Strantzali Danai:** *“Antimicrobial activity of polyphenols from grapes”*, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2017-18.  
Supervisor: Efstathios Giaouris (assistant professor).  
Date of presentation: 30-1-19.
- **Garoufallidou Nikoleta, Skarmoutsou Georgia:** *“Combined effect of incubation time and temperature on biofilm formation by a mixture of Listeria monocytogenes strains on stainless steel surface immersed in lettuce broth”*, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2017-18).  
Supervisor: Efstathios Giaouris (assistant professor).  
Date of presentation: 24-10-18.
- **Stasinou Vassiliki, Tserolas Dimitrios:** *“Temperature distribution and hygienic status of domestic refrigerators in Lemnos island, Greece”*, Department of Food

Science and Nutrition (Lemnos), University of the Aegean, academic year 2017-18).

Supervisor: Efstathios Giaouris (assistant professor).

Date of presentation: 24-10-18.

- **Dentopoulos Athymaritis Konstantinos, Benioudaki Vassiliki:** “*Modelling biofilm formation by Staphylococcus aureus on stainless steel surface as a function of temperature, pH and salinity*”, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2017-18.  
Supervisor: Efstathios Giaouris (assistant professor).  
Date of presentation: 28-6-18.

### **LABORATORY SUPERVISING**

- **Lamprou Eleni-Rafaela, Petropoulea Varvara:** “*Optimization of silver nanoparticle synthesis by banana peel extract using statistical experimental design, and testing of their antibacterial and antioxidant properties*”, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2018-19, in progress.  
Supervisor: Nickolas Rigopoulos (under contract lecturer PD407/80).
- **Kontopoulou Olga, Tsafkopoulou Marianna:** “*In vitro study of the antioxidant activity and phenolic content of various Greek and foreign superfoods*”, Department of Food Science and Nutrition (Lemnos), University of the Aegean, academic year 2016-2017.  
Supervisor: Antonios Koutelidakis (assistant professor).

### **SCIENTIFIC PUBLICATIONS**

1. Rigopoulos N, Thomou E, Kouloumpis A, Lamprou ER, Petropoulea V, Gournis D, **Poulios E**, Karantonis HC and Giaouris E (2018) Optimization of silver nanoparticle synthesis by banana peel extract using statistical experimental design, and their antibacterial and antioxidant properties. *Curr Pharm Biotechnol (in press)*.  
<https://www.ncbi.nlm.nih.gov/pubmed/30526454>
2. Stagos D, Apostolou A, **Poulios E**, Kermeliotou E, Mpatzilioti A, Kreatsouli K, Koulocheri SD, Haroutounian SA and Kouretas D (2014) Antiangiogenic potential of grape stem extract through inhibition of vascular endothelial growth factor expression. *J Physiol Pharmacol* 65: 843-852.  
<http://www.ncbi.nlm.nih.gov/pubmed/25554988>  
*Citations: 12*
3. **Poulios E**, Trougakos IP, Chondrogianni N and Gonos ES (2007) Exposure of human diploid fibroblasts to hypoxia extends proliferative lifespan. *ANYAS 1119*: 9-19.  
<https://www.ncbi.nlm.nih.gov/pubmed/18056950>

*Citations: 23*

4. **Poulios E**, Trougakos IP and Gonos ES (2006) Comparative effects of hypoxia on normal and immortalized human diploid fibroblasts. *Anticancer Res* 26: 2165-2168.

<http://www.ncbi.nlm.nih.gov/pubmed/16827160>

*Citations: 17*

**Citations: 52**

**h Index: 3**

*(date of check: 31-3-2019, Google Scholar)*

## **THESES**

- **PhD thesis (2006)** “Effects of hypoxia on senescence of human fibroblasts”. Laboratory of Molecular and Cellular Ageing, Institute of Biological Research and Biotechnology, National Hellenic Research Foundation (NHRF) - Department of Medicine, School of Health Sciences, University of Thessaly.
- **Diploma thesis (2002):** “Cloning and expression of the intracellular domain of glycoprotein gB of human Herpes Simplex Virus 1 (HSV-1) in prokaryotic systems”. Laboratory of General Microbiology, Department of Genetics, Development and Molecular Biology, School of Biology, Aristotle University of Thessaloniki.
- **Practical exercise (EPEAEK) (2001):** “Acquired hemostasis abnormalities-thrombosis”. Laboratory of Hemostasis and Thrombosis, General University Hospital of Thessaloniki AHEPA.

## **EDUCATIONAL WRITINGS**

- **Notes for the laboratory exercises of “General and Cell Biology”**, Department of Agriculture Crop Production and Rural Environment, University of Thessaly (**Poulios E.**) (academic year 2015-2016).
- **Notes for the laboratory exercises of “Food Biotechnology”**, Department of Food Science and Nutrition (Lemnos), University of the Aegean (Papadimitriou C., **Poulios E.**) (academic year 2012-2013).
- **Notes for the laboratory exercises of “Pathophysiology”**, Department of Nutrition and Dietetics, Technological Educational Institute of Thessaly (**Poulios E.**, Tsirogianni F.) (academic year 2010-2011).



## CONFERENCES

### ORAL PRESENTATIONS

- Overexpression of Thioredoxin and Glutaredoxin in human cells offers protection against DNA damage, and inhibits apoptosis, after exposure to oxidative stress.  
**Poulios E**, Lagopati N, Roupaka V, Galaris D and Spyrou G.  
65th National Conference of the Hellenic Society of Biochemistry and Molecular Biology (HSBMB).  
28-30/11/2014, Thessaloniki, Greece
- Exposure of human diploid fibroblasts to hypoxia delays significantly replicative senescence.  
**Poulios E**, Trougakos IP, Chondrogianni N and Gonos ES.  
5th meeting of the Hellenic Society of Free Radicals and Oxidative Stress.  
28/09-01/10/2006, Kardamili Messinias, Greece.
- Clusterin/Apolipoprotein J: Analysis of the paradox of the biological function of a secreted glycoprotein of general expression, involved in many human diseases and cell death.  
Trougakos IP, Pimenidou A, Lourda M, **Poulios E** and Gonos ES.  
55th National Conference of the Hellenic society of Biochemistry and Molecular Biology (HSBMB).  
November 2003, Athens, Greece (Newsletter 50, 2003).

### POSTERS

- Antioxidant activity and phenolic content of various foods that have been associated with possible impact on weight control, and association of its consumption with anthropometric indicators.  
Tsafkopoulou M, Kontopoulou O, Rigopoulos N, **Poulios E**, Petsas A and Koutelidakis A.  
14<sup>th</sup> Hellenic Congress of Nutrition and Dietology, and 3<sup>rd</sup> Hellenic Congress of Clinical Nutrition and Metabolism.  
24-26 November 2017, Athens, Greece.
- Antioxidant activity and total phenolic content of various foods that have been associated with possible impact on weight control.  
Kontopoulou O, Tsafkopoulou M, **Poulios E**, Petsas A and Koutelidakis A.  
39th National Conference of the Hellenic Society of Biological Sciences.  
25-27/05/2017, Lamia, Greece.
- Overexpression of Thioredoxin or Glutaredoxin proteins in human cells offers protection against oxidative stress.  
**Poulios E**, Lagopati N, Astreinidis A, Galaris D and Spyrou G.  
36th National Conference of the Hellenic Society of Biological Sciences.  
8-10/05/2014, Ioannina, Greece.
- Grape stem extracts of Greek *Vitis vinifera* cultivars: Polyphenolic profile and

assessment of their anti-angiogenic and anticancer properties.

Apostolou A, Stagos D, Kermeliotou E, **Poulios E**, Batzilioti A, Haroutounian S and Kouretas D.

12<sup>th</sup> EURASIA Conference of Chemical Science.

16-21 April 2012, Corfu, Greece.

- Exposure of human diploid fibroblasts to hypoxia delays significantly replicative senescence.  
**Poulios E**, Trougakos IP and Gonos ES.  
FEBS Forum for Young Scientists (22-24/06/2006, Istanbul, Turkey),  
31st FEBS Congress (Molecules in Health and Disease).  
24-29/06/2006, Istanbul, Turkey.  
FEBS J (abstracts of the 31<sup>st</sup> FEBS Congress) 273:150-151.
- Exposure of human diploid fibroblasts to hypoxia delays significantly replicative senescence.  
**Poulios E**, Trougakos IP and Gonos ES.  
57<sup>th</sup> National Conference of the Hellenic Society of Biochemistry and Molecular Biology (HSBMB).  
9-11/12/2005, Athens, Greece (Newsletter 52, 2005).
- Biological function of Apolipoprotein J/Clusterin (CLU) after hypoxia induction in human cells.  
**Poulios E**, Trougakos IP, and Gonos ES.  
26<sup>th</sup> National Conference of the Hellenic Society of Biological Sciences.  
27-30/05/2004, Volos, Greece.
- Clusterin/Apolipoprotein J is a cytoprotective protein that may become cytotoxic if it accumulates in high amounts intracellularly.  
Trougakos IP, Lourda M, Pimenidou A, **Poulios E** and Gonos ES.  
Spetses International Summer School (Molecular Mechanisms in Homeostasis and Disease).  
2003, Spetses, Greece.

### **CONFERENCES ATTENDED**

- 40th National Conference of the Hellenic Society of Biological Sciences.  
24-26/05/2018, Veroia, Greece.
- 67th National Conference of the Hellenic Society of Biochemistry and Molecular Biology (HSBMB).  
25-27/11/2016, Ioannina, Greece.
- 57th National Conference of the Hellenic Society of Biological Sciences.  
21-23/05/2015, Volos, Greece.

- 1st Congress of Hellenic and International Society of Molecular-Genomic Medicine and Research: “From basic research to clinical practice (Translational- Medicine) in Lung, Breast, G.I. and Melanoma cancers”, 12-13 October 2012, Volos, Greece.
- Seminar within the project PENED 2001: “Methodology and practice in research management, technology and innovation”, 14/04-14/06/2005, National Technical University, Athens, Greece.
- 1st International Greek Biotechnology Forum, 10-12/06/2004, Athens, Greece.
- 3<sup>rd</sup> Conference of the Hellenic Society of Biosciences : “Biology and Health”, 20-21/03/2004, Athens, Greece.
- Conference of the Hellenic Society of Biosciences “Molecular Biology and Cytogenetics in Health”, 8 –10/12/2000, Athens, Greece.
- “Decoding of organisms genome”, 10<sup>th</sup> of November 2000, School of Biology, AUTH, Thessaloniki, Greece.

### **PARTICIPATION IN RESEARCH GRANTS**

- Thessaly, Central Greece, Epirus: Creation of a center of excellence for evaluation of the pharmacological activities and the toxicity of substances, derived from vegetable products – Database creation.  
Awarded from the Research Committee of the University of Ioannina  
Period: 2015.  
Scientific coordinator: Maria Konstanti (associate professor, Department of Medicine, University of Ioannina).
- THALIS-University of Ioannina– Investigation of the role of iron in the mechanisms of intracellular redox-signaling through oxidation of cysteine residues in proteins.  
Awarded from the Research Committee of the University of Ioannina  
Period: 2012 – 2015.  
Scientific coordinator: Dimitrios Galaris (professor, Department of Medicine, University of Ioannina).
- Anti-angiogenic effects of grape stem extracts of Greek *Vitis vinifera* cultivars.  
Awarded from the Research Committee of the University of Thessaly.  
Period: 2011 – 2012.  
Scientific coordinator: Dimitrios Stagos (lecturer, Department of Biochemistry and Biotechnology, University of Thessaly).
- Molecular mechanisms of response to hypoxia. Activation and function of the transcription factor HIF-1 (PENED 01EΔ121).  
Awarded from the Research Committee of the University of Thessaly.  
Period: 01/11/2002-31/10/2005.  
Scientific coordinator: Sophia Bonanou, professor, Department of Medicine, University of Thessaly).

## **FOREIGN LANGUAGES**

### **English:**

- TOEFL (Test Of English as a Foreign Language) from July 2002 (Score 193/300).
- Lower (First Certificate in English) from June 1993 (grade C).

## **COMPUTER SKILLS**

- Ms. Word, Ms. Powerpoint, Ms. Excel, Ms. PhotoShop, Gel analyzer and Internet.
- Scientific data bases Pubmed and Scopus.
- ECDL Progress (from July 2009).

## **ADMINISTRATIVE EXPERIENCE**

- Member of the General Assembly of the Department of Food Science and Nutrition (Lemnos), University of the Aegean (2016- )
- Participation in the studies, finance, infrastructure and student affairs committees (academic years 2011-13, under contract lecturer PD407/80), and support of competitions, student affairs, information, and internal evaluation committees (2018- ), Department of Food Science and Nutrition (Lemnos), University of the Aegean.
- Students Member of the Department of Genetics, Development and Molecular Biology, School of Biology, Aristotle University of Thessaloniki (academic year 2001-2002).
- Member of the Students Society of the School of Biology, Aristotle University of Thessaloniki (academic year 2001-2002).

## **MEMBER OF SCIENTIFIC SOCIETIES**

- Member of the Hellenic Society of Biological Sciences (HSBS) from March 2019
- Member of the Hellenic Society of Biochemistry and Molecular Biology (HSBMB) from October 2014 (students member from December, 2005).

## **HELLENIC ARMY** (13/02/2007-13/02/2008)