

CV

Professor Dimitrios Papandreou

CURRICULUM VITAE

Prof. Dimitrios Papandreou, Dr (Med), M.Ed, M.Sc, RDN, FHEA

Personal Details

Name: Dimitrios Papandreou, Professor of Nutrition and Dietetics

Department of Clinical Nutrition, University of Sharjah, UAE

Nationality: Greek

Marital Status: Married with one Children

e-mail: dpapandreou@sharjah.ac.ae papandreoudimitrios@yahoo.gr

Dr Dimitrios Papandreou is currently a Professor of Nutrition in Clinical Nutrition Department at University of Sharjah, UAE. He holds a Doctor of Medicine degree in Clinical Pediatric Nutrition from Medical School of Aristotle University of Thessaloniki, Greece and 2 Master degrees from Columbia University, New York, USA. He is also a Registered Dietitian licensed from USA since 1998. He also holds the TLLL certificate from ESPEN and the FHEA from UK. Dr Dimitrios has published 116 full research articles in peer reviewed international journals with a total citation index of more than 13300, *h*- index 29 and *i10* index of 58, respectively.

Analysis of Published Papers

	<u>Number</u>
A. Full papers in foreign Intern. Journals	118
B. Abstracts in foreign congresses and Journals	31
D. Full papers in Greek Journals	16
E. Abstracts in Greek congresses and Journals	12
Total	177

CITATION INDEX

13345

***h*-Index 28 *i10* index 55. (Google Scholar)**

Full original published and in press papers on peer-reviewed international journals :

2023 118	Antasouras G., Papadopoulou SK., Alexatou O., Papandreou D. , Mentzelou M., et al. Adherence to the Mediterranean Diet during Pregnancy: Associations with Sociodemographic and Anthropometric Parameters, Perinatal Outcomes, and Breastfeeding Practices Medicina 2023, 59, 1547. https://doi.org/10.3390/medicina59091547
117	Pavlidou E., Papandreou D. , Taha Z. Mantzorou M., et al. Association of Maternal Pre-Pregnancy Overweight and Obesity with Childhood Anthropometric Factors and Perinatal and Postnatal Outcomes: A Cross-Sectional Study. Nutrients . <i>Nutrients</i> 2023,15, 3384. https://doi.org/10.3390/nu15153384

116	Taani A., Nazzal Y., Howari F., Iqbal J., Nassem M., Sharma M., Xavier C., Yahmadi R., Papandreou D. , Maloukh L., Ambika LK., Bsoul A., Farok HM. Metal composition and Contamination Assessment of Urban Roadway Dusts in Abu Dhabi-Liwa Highway, UAE. Frontiers in Environmental Science ; 2023; https://doi.org/10.3389/fenvs.2023.1157101
115	NCD Risk Factor Collaboration (NCD-RisC) . Diminishing benefits of urban living for children and adolescents' growth and development. Nature 2023 615, pages 874–883. https://doi.org/10.1038/s41586-023-05772-8 .
114	Mentzelou M, Papadopoulou SK, Papandreou D , Spanoudaki M, Dakanalis A, Vasios GK, Voulgaridou G, Pavlidou E, Mantzorou M, Giaginis C. Evaluating the relationship between circadian rhythms and metabolic disorders: Current clinical evidence in human studies. Metabolites 2023 , 13, 370. https://doi.org/10.3390/metabo13030370
113	Dakanalis A, Mentzelou M, Papadopoulou SK, Papandreou D , Spanoudaki M, Vasios GK, Pavlidou E, Mantzorou M, Giaginis C. The association of emotional eating with overweight/obesity, depression, anxiety/stress, and dietary patterns: A review of the current clinical evidence. Nutrients 2023 15, 1173. https://doi.org/10.3390/nu15051173
112	Mantzorou M, Papandreou D , Pavlidou E, Papadopoulou SK, Tolia M, Mentzelou M, Poultside A, Antasouras G, Vasios GK, Giagkinis C. Maternal gestational diabetes is associated with a higher prevalence of childhood overweight and obesity: a cross-sectional study in pre-school children aged 2-5 years. Medicina 2023 59, 455. https://doi.org/10.3390/medicina59030455 .
111	Abboud M, Rizk R, Haidar S, Mahboob N, Papandreou D . Association between serum Vitamin D and metabolic syndrome in a sample of adults in Lebanon. Nutrients 2023 , 15, 1129. https://doi.org/10.3390/nu15051129
110	Papandreou D. , Pavlidou E., Tyrovolas S., Mantzorou M., Andreou E., Psara E., Antasouras G., Vasios GK., Poullos E., and Giaginis C. Relation of Maternal Pre-pregnancy Factors and Childhood Asthma: A Cross-Sectional Survey in Pre-school Children Aged 2-5 Years Old. Medicina 2023 , 59 https://doi.org/10.3390/medicina59010179
2022 109	Alosius, Felekkis K., Petrou C., Papandreou D , Andreou E. Chitosan nanogel with mixed food plants and its relation to blood glucose in Type 2 Diabetes: A systematic and meta-analysis review of observational studies. Nutrients 2022 , 14, 4710. https://doi.org/10.3390/nu14224710
108	Taha, Z., El Ktaibi F., AlDhaheer A., Papandreou D . Hassan A. Prevalance and sociodemographic profiles of grand multipara in Abudhabi, United Arab Emirates, Nutrients 2022 14, 4686. https://doi.org/10.3390/nu14214686
107	Abboud M. Haidar S., Mahboud N., Papandreou D. , AlAnouti F. Risk R. Association between serum Vitamin D and irritable bowel syndrome symptoms in a sample of adults. Nutrients 2022 , 14, 4157. https://doi.org/10.3390/nu14194157
106	Mantzorou M, Tolia M, Poultside A, Vasios GK, Papandreou D , Theocharis S, Kavantzias N, Troumbis A, Giaginis K. Adherence to Mediterranean Diet and Nutritional Status in women with breast cancer: what is the impact on recurrence-free survival? Current Oncology 2022 , 29, 7482–7497. https://doi.org/10.3390/curroncol29100589
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	outcomes. Nutrients 2022 , 14, 3810. https://doi.org/10.3390/nu14183810
104	Mantzorou M, Tolia M, Pavlidou M, Vasios GK, Papandreou D , Papadopoulou SK, et al. The Potential of Phase Angle as a Nutritional Assessment Tool and Prognostic Factor in Patients with Gastrointestinal Cancers. Austin J Nutri Food Sci. 2022 ; 10(1): 1162.
103	Mantzorou M., Papandreou D. , Vasios G., Pavlidou E., Antasouras G., Psara E., Taha Z., Poulis E., Giaginis C. Exclusive breastfeeding for at least four months is associated with a lower prevalence of overweight and obesity in mothers and their children after 2-5 years from delivery. Nutrients 2022 , 14, 3599. https://doi.org/10.3390/nu14173599 .
102	Taha Z., Ali Hassan A. Papandreou D. Epidemiology of prepregnancy underweight, overweight and obesity levels among mothers in Abu Dhabi, the United Arab Emirates. Frontiers in Global Women's Health. 2022 doi: 10.3389/fgwh.2022.893808.
101	Taha Z., Al Dhaheri A., Wikkeling-Scott L., Ali Hassan A., and Papandreou D. Determinants of Delayed Initiation of Breastfeeding: A Cross-Sectional Multicenter Study in Abu Dhabi, the United Arab Emirates. Int. J. Environ. Res. Public Health 2022 , 19, 9048. https://doi.org/10.3390/ijerph19159048 .
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99	Al Khury L. Papandreou D et al. SINGLE-WALLED CARBON NANOTUBES INHIBIT TRPC4-MEDIATED MUSCARINIC CATION CURRENT IN MOUSE ILEAL MYOCYTES. Nanomedicine 2021 , 11, 3410. https://doi.org/10.3390/nano11123410 .
98	Abboud M, AlAnouti F, Georgaki E, Papandreou D. Effect of Ketogenic Diet on Quality of Life in Adults with Chronic Disease: A Systematic Review of Randomized Controlled Trials. Nutrients 2021 , 13, 4463. https://doi.org/10.3390/nu13124463 .
97	AlAnouti F., Abboud M., Papandreou D. , Haidar S., Mahboub N., Risk R. Oral Health of Children and Adolescents in the United Arab Emirates: A Systematic Review of the Past Decade. Frontiers in Oral Health. https://doi.org/10.3389/froh.2021.744328 .
96	NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in hypertension prevalence and progress in treatment and control from 1990 to 2019: a pooled analysis of 1,173 population-representative studies with 104 million participants. Lancet , 2021 . https://doi.org/10.1016/S0140-6736(21)01330-1
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93	Abboud M., AlAnouti F., Papandreou D. , Rizk R., Mahboub N., Haidar S. Vitamin D Status and Blood Pressure in Children and Adolescents: A Systematic Review and Meta-analysis. Systematic Reviews 2021 ; 22;10(1):60. doi: 10.1186/s13643-021-01584-x.
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83	Saleh A, Alhadhrami J, Al Ramahi MS, Albloushi H, Hijazi R, Abboud M, Papandreou D. Emirati adults have a higher overall knowledge on vitamin D compared to Tourists. Frontiers in Psychology. 2020 11:1022. https://dx.doi.org/10.3389/fpsyg.2020.01022 .
82	Taha Z., Hassan A., Scott L., Papandreou D. Risk factors associated with initiation of breastfeeding among mothers with low birth weight babies: a cross-sectional multi-center study in Abu Dhabi, United Arab Emirates. OA Macedonian Medical Journal, 2020; 8(B):38-44. https://doi.org/10.3889/oamjms.2020.3867 .
81	Mantzorou M, Tolia M, Poultisidi M, Pavlidou E, Papadopoulou S, Papandreou D, Giaginis C. Can Bioelectrical Impedance Analysis and BMI be a Prognostic Tool in Head and Neck Cancer Patients? A Review of the Evidence. Cancers 2020, (12), 557, doi: 10.3390/cancers12030557.
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77	Abboud M, Liu X, Fayet- Moore F, Brock KE, Papandreou D, Speranza T, Mason RS. Effect of Vitamin D Status and Supplements on Anthropometric and Biochemical Indices in a Clinic Setting. A retrospective study. Nutrients 2019; 11(12): DOI: 10.3390/nu11123032 .
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62	Papandreou D. A mini updated review on the role of Coffee in Non-Alcoholic Fatty Liver Disease. Journal of Liver Research, Disorders & Therapy 2017;3, 3:00052.
61	Andreou E., Papandreou D. , Hajigeorgiou P. Kyriakou K., Avraam T., Chappa G., Kallis P., Causapin M., Lazarou Ch., Philippou Ch., Christoforou C., Kokkinofa R., Dioghenous C., Savva S., Kafatos A., Zampelas A. Type 2 Diabetes and its correlates in a First Nationwide Study among Cypriot Adults. Primary Care Diabetes. 2017; 11 (2): 112-118. http://doi.org/10.1016/j.pcd.2017.01.001
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21	Papandreou D, Malindretos P, Arvanitidou M, Makedou A, Rouso I. Homocysteine lowering with folic acid supplements in children: effects on blood pressure. International Journal of Food Sciences and Nutrition 2010; 61 (1): 11-17.

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19	Papandreou D , Athanassiadou F. Are maternal diet, birth weight, breastfeeding and antioxidants playing a role in pediatric leukemia? A review. Nutrition and Food Science 2008; 38 (1): 32-40.
18	Papandreou D , Malindretos P, Rousso I. Investigation of dietary intake and obesity status in a pediatric population from northern Greece. Nutrition and Food Science 2008; 38 (6): 526-533.
17	Papandreou D , Rousso I, Malindretos P, Madedou A, Moudiou T, Pidonia I, Pantoleon A, Economou I, Mavromichalis I. Are saturated fatty acids and insulin resistance associated with fatty liver in obese children? Clin Nutr. 2008; 27 (2): 233-240.
16	Papandreou D , Rousso I, Mavromichalis I. Update on non-alcoholic fatty liver disease in children. Clin Nutr. 2007; 26: 409-415.
15	Rousso I, Kourti M, Papandreou D , Tragiannidis A, Athanassiadou F. Central precocious puberty due to hypothalamic hamartoma in a 7-month-old infant girl. Eur J Pediatr 2007; 167 (5): 583-585.
14	Emporiadou M, Papandreou D . The role of antioxidants, fatty acids and maternal diet to children with asthma and allergy. Aristotle University Medical Journal 2007; 34 (1): 17-23.
13	Papandreou D , Stamou M, Papantoniou E. Hypertension in children. Aristotle University Medical Journal 2007; 34 (1): 25-30.
12	Papandreou D , Rousso I, Makedou A, Arvanitidou M, Mavromichalis I. Association of blood pressure, obesity and serum homocysteine levels in healthy children. Acta Paediatrica 2007; 96: 1819-1823.
11	Papandreou D , Rousso I, Mavromichalis I. Non-alcoholic fatty liver disease in children. Current Nutrition & Food Science 2007; 3: 141-144.
10	Papandreou D , Bouzouki V, Eustathiadis P, Hassapidou M. Dietary assessment, anthropometric measurements and nutritional status of Greek professional athletes. Nutrition and Food Science 2007; 37 (5): 338-344.
9	Papandreou D , Stamou M, Malindretos P, Rousso I, Mavromichalis I. Prevalence of hypertension and association of dietary mineral intake with blood pressure in healthy school children from northern Greece aged 7-15 years. Annals of Nutrition and Metabolism 2007; 51: 471-476.
8	Hourdakis M, Papandreou D , Giala M. The role of B-vitamins and sulfur-nutrient keys such as carnitine, epinephrine and melatonin in homocysteine metabolism in relation to health and disease. Aristotle University Medical Journal 2006; 33 (1): 149-155.
7	Kouvelas D, Hourdakis M, Papandreou D , Vassilakou D. A critical approach to fad diets and obesity drugs – the adoption of a healthy diet. Aristotle University Medical Journal 2006; 33 (1): 157-163.
6	Papandreou D , Makedou A, Bouzouki V, Rousso I. The effects of diet and strength training in serum lipid concentration among obese Greek children. Aristotle University Medical Journal 2006; 33 (2): 53-58.
5	Papandreou D , Hassapidou MN, Hourdakis M, Papakonstantinou K, Tsitskaris G, Garefis A. Dietary intakes of elite athletes. Aristotle University Medical Journal 2006; 33 (1): 119-126.
4	Papandreou D , Pavlou E, Kalimeri E, Mavromichalis I. Ketogenic diet in children with epilepsy. British Journal of Nutrition 2006; 95: 5-13.
3	Papandreou D , Mavromichalis I, Makedou A, Rousso I, Arvanitidou M. Reference range of total serum homocysteine levels and dietary indexes in Greek healthy school children aged 6-15 y. British Journal of Nutrition 2006; 99 (4): 719-724.
2	Papandreou D , Mavromichalis I, Makedou A, Rousso I, Arvanitidou M. Total serum homocysteine, folate and vitamin B12 in a Greek school age population. Clinical Nutrition 2006; 25: 797-802.
1	Agin D, Kotler DP, Papandreou D , Liss M, Wang J, Thomson J, Gallagher D, Pierson RN Jr. Effects of whey protein and resistance exercise on body composition and muscle strength in women with HIV infection. Ann N Y Acad Sci 2000; 607-609.

Education:

2008	Doctor of Medicine (Clinical Nutrition) from Aristotle University of Thessaloniki, School of Medicine, Greece
1998	Master of Education in Community Nutrition . Columbia University, New York, NY, USA.
1998	Master of Science in Exercise Physiology and Nutrition Columbia University, New York, NY, USA.
1996	Bachelor of Science in Nutrition and Food Science (Hons), Hunter College of City University of New York, USA.

Doctorate dissertation

2004-2008	Topic: Serum homocysteine, folic acid and vitamin B12 levels in healthy children aged 6-15 years old and relation to diet.
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Master thesis

1997-1998	Topic: Effects of progressive resistance exercise in body cell mass and muscle strength in women with HIV.
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Licenses/ Certifications:

May,2021	FHEA (Fellowship of Higher Education Academy)
August,2019	T-LLL (ESPEN)- Certified Teacher European Society Enteral & Parenteral Nutrition
1998- Today	Registered Dietitian (RDN), American Dietetic Association. ID: 846612
2008- Current	Cyprus Registration Board for Food Scientists, Technologists and Dietitians. ID: 148

Work Experience**Academic**

2023 Aug-Current	Professor of Nutrition & Dietetics, Clinical Nutrition Department, University of Sharjah, UAE.
2018 May -June 2023	Professor of Nutrition & Dietetics, CNHS, Zayed University, Abu Dhabi, UAE.

2013 Aug-April 2018	Associate Professor of Nutrition and Dietetics Zayed University, CSSH, Department of Natural Science & Public Health Abu Dhabi, UAE.
2008 Sept-2013 June	Assistant Professor of Nutrition University of Nicosia, Department of Life and Health Sciences, Nicosia, Cyprus.
2002-2003	Teaching Assistant of Nutrition Medical School of Dentistry, Aristotle University of Thessaloniki, Greece.
1999-2003	Lecturer in Nutrition, Technological Institute of Thessaloniki, Department of Nutrition, Thessaloniki, Greece.

Non- Academic/Administrative

Aug 2016- Aug 2022	Assistant Dean for Research and Graduate Studies CNHS, Zayed University, Abu Dhabi, UAE.
2004-2008	Research Assistant- Pediatric Endocrinology Obesity Clinic, (educate nutrition in children with obesity and diabetes type I and II) Ahepa General Hospital, School of Medicine, Aristotle University of Thessaloniki, Greece.
1998-2008	Private Practice- Dietitian Office, Thessaloniki, Greece.
2000-2002	Clinical Dietitian of Diabetes Medical Center << ASKLIPIOS>>Greece.
1999-2003	Scientific Advisor of “Science Technologies Company” Athens, Greece
1999-2000	Sports Dietitian in First Basketball team of Aris Thessalonikis, Greece
1998-2001	Clinical Dietitian of Diabetes Medical Center “EYRODIAGNOSI”, Greece.
1998-2008	Private Practice-Dietitian Office, Thessaloniki, Greece.

Research Experience (GRANTS)

Jan 2018-Dec 2020	Research Co-Investigator (Cluster Grant) Zayed University Title: Investigating the Clinical, Genetic and Environmental Determinants of Vitamin D status and Energy metabolism in UAE (940.000 AED or 218.000 euro)
Jan 2017-Dec 2018	Research Co-Investigator-Zayed University

	<p>Title: Knowledge and Practices of Mothers of Infants and Young Children on Complementary Feeding in the UAE. (116.800 AED or 27.000 Euro)</p>
Jan 2017-Dec 2018	<p>Research Co-Investigator -Zayed University Title: Regional effects of type 1 and type 2 diabetes on sodium-calcium exchanger (NCX) current in rat ventricular myocytes. (AED 150,000 or 35.000 Euro)</p>
June 2015-2017	<p>Principal Investigator- Zayed University Title: Effects of orange and various orange juices to plasma glucose and insulin responses. An Acute postprandial study. (150.000 AED or 35.000 Euro)</p>
Oct 2013-15	<p>Principal Investigator -Zayed University Title: Neck Circumference- A novel simple non-invasive instrument to measure obesity. Relation with other cardiovascular indices. ((150.000 AED or 35.000 Euro)</p>
Oct 2013-15	<p>Research Co-Investigator- Zayed University, UAE. Title: Genetic Variants and Association of Vitamin D deficiency with Type 2 Diabetes Mellitus Among UAE Nationals. (250.000 AED or 58.000 Euro)</p>
Oct 2013-14	<p>Principal Investigator-Zayed University, UAE. Title: Development , reproducibility and validity of a Food Frequency Questionnaire for vitamin D and Calcium Intake in female college students. (15.000 AED or 3500 Euro)</p>
Feb 2012	<p>Research Collaborator-Harokopio University of Athens, Greece. Title: "Multidisciplinary approach of obesity prevention in early childhood: use of behavioral models to understand the factors that affect nutrition and physical activity with the aim of shaping health policies to promote a balanced lifestyle: ToyBox from 1/3/2010-31/8/2013. (1.000.000 Euro)</p>
Jan 2008	<p>Research Collaborator-Aristotle University of Thessaloniki, Greece. Title: "Protection of health of the child population of the border zone for the prevention of cardiovascular disease with application instructions and use of new techniques / technologies". (220.000 Euro)</p>
Nov 2007	<p>Research Collaborator-Aristotle University of Thessaloniki, Greece. Title: "Protection of health of the child population of the border zone for the prevention of cardiovascular disease with application instructions and use of new techniques / technologies". (220.000 Euro)</p>
Jan 2006	<p>Principal Investigator- Aristotle University of Thessaloniki, School of Medicine, Greece. Title: Pediatric obesity and related CVD factors. (5000 Euro)</p>
Apr 2005	<p>Principal Investigator- Aristotle University of Thessaloniki, School of Medicine Title: Non-alcoholic Fatty liver disease in children and its relation to diet. (5000 Euro)</p>

Administrative Leadership Experience

Department of Natural and Health Sciences, Zayed University, UAE.

Aug 2016-July 2022	Assistant Dean for Research and Graduate Studies
Aug 2020-July 2022	Chair of University Standing Promotion Committee
Aug 2017-Current	Chair of Research College Committee
Aug 2018-Current	Member of the University Promotion Committee (College Representative)
Jan 2018- Current	Member of the College National Advisory Committee
Aug 2017-Current	Member of Graduate Curriculum Review University Standing Committee
Aug 2017-Current	Member of Task Force Committee on Continuing Education and Outreach of ZU Stakeholders
Sept 2016-Current	Member of the University Research Affairs Committee (College Representative)
Oct- 2016- Current	Member of University Graduate Council Committee (College Representative)
Sept 2016-Current	Member of Innovation Task Force Committee (Representative of College at University Level)
Aug 2016-Aug 2018	Member of the College Research Committee
Jan 2014-July 2016	Chair of College Research Committee
Aug 2013-current	Active participation on departmental and college meetings
Aug 2013-Current	Faculty Promotion Committee of the College

2008-2013

Department of Life and Health Sciences, University of Nicosia , Cyprus.

Active participation in the development of the undergraduate nutrition program.

Active participation in the development of the master's nutrition programs

Active participation on Departmental and University meetings

Advisor of undergraduate students in clinical settings for their final project.

Advisory committee on Cyprus Dietetic Association

2007-2009

Greek Dietetic Association

Representative of the Greek Dietetic Association on EFAD (European Federation of the Association of Dietitians)

Awards:

2020 Exceed expectation Award (2019 Academic Year)-CNHS

2017	Excellence in Advising Award- CNHS-Zayed University
2017	Excellence in Research Award- CNHS-Zayed University
2017	Faculty Scholarship List-Zayed University
2017	Exceed Expectation Award (2016 Academic Year)- CNHS
2016	Faculty Scholarship List- Zayed University
2015	Faculty Scholarship List-Zayed University
2011	Excellence Award-Emerald Literati (Highly Commended Paper). "Effects of low vitamin D status on rickets and type 1 diabetes in children"
1997-1998	Scholarship Award, Columbia University, New York, NY, USA.
1998	Award of Recognition of Excellence in Scholarship in Nutrition and Food Science, Hunter College, NY, USA
1996	Rose Mary Visally Mirenda Award Hunter College, NY, USA.
1996	Certificate of Achievement Hunter College, NY, USA
1994	Award of Medical Applications of Research and Education, National Institute of Health, USA

PhDs Committees-University of Nicosia Cyprus:

Elena Troulidou, University of Nicosia (**3rd Member**)

Christiana Philipou, University of Nicosia (**3rd Member**)

Nicoleta Dorzi, University of Nicosia (**3rd Member**)

Seminars & Conferences:

- 1. ESPEN-LLL program on Clinical Nutrition and Metabolism, 11th International Conference of the Cyprus Dietetic Association, 19-21 Nov 2021, Nicosia, Cyprus (Invited Speaker)**
- 2. ESPEN-LLL program on Clinical Nutrition and Metabolism, 15-16 Feb 2019, Dubai UAE (Invited Speaker)**
- 3. 10th International Conference of the Cyprus Dietetic Association 22-25 NOV 2018, Nicosia Cyprus (Invited Speaker)**
- 4. Dubai International Nutrition Congress, 24-26 October 2018, Dubai festival City, UAE. (Invited Speaker)**
- 5. 20th International Conference on Nutrition, Food Science and Technology, April 16-17 Dubai, UAE.**
- 6. ESPEN-LLL program on Clinical Nutrition and Metabolism, 23-24 Feb 2018, Dubai UAE (Invited Speaker)**
- 7. 2nd Arab Nutrition Conference, Abu Dhabi 27th April 2017. (Invited Speaker)**

8. **International Growth and Development Conference**, Dubai, 16-18 March 2017 (**Invited Speaker**).
9. **2nd Public Health and Nutrition Research Forum** ZU Dubai Campus Dubai, 22-23rd Feb 2017 (**MODERATOR**).
10. **9th International Conference of the Cyprus Dietetic Association**
1-4 December 2016, Nicosia Cyprus (**Invited Speaker**)
11. **Dubai Nutrition Conference (Invited Speaker)**
19-21 November 2015, Dubai, UAE
12. **The 5th World Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension.**
5-7 Nov 2015, Istanbul, Turkey
13. **8th International Conference of the Cyprus Dietetic Association**
27-30 Noe 2014, Nicosia Cyprus (Invited Speaker)
14. **Mobile Enhanced Learning Leadership Certificate.**
26 Oct, 2 Nov, 16 Nov, Zayed University Abu Dhabi UAE
15. **Knowledge Workshop: Successful Journal Publishing-Developing A journal**
10-20 Oct 2014, Dubai, UAE
4. **7th International Conference of the Cyprus Dietetic Association**
29-2 Noe 2012, Nicosia, Cyprus (INVITED SPEAKER)
5. **5th International conference of the Cyprus Dietetic Association**
28-30 November 2008, Nicosia, Cyprus. (Invited Speaker)
6. **3rd Balkan Congress on Obesity**
17-19 October 2008, Thessaloniki Greece
7. **8th Macedonian Congress on nutrition and Dietetics**
16-17 October 2008, Thessaloniki Greece.
8. **2nd Conference of the DIETS Thematic Network**
25-26 September 2008, Frankfurt/Main, Germany
9. **19th General Meeting of the European Federation of the Associations of Dietitians**
24-27 September 2008, Frankfurt/Main, Germany
10. **9th Dietetic Greek Congress of Nutrition**
7-9 December 2007, Athens, Greece.
11. **18th General Meeting of the European federation of the Association of Dieticians**
27-29 Sept 2007, Giardini Naxos, Italy.
12. **29th Espen Congress, The European Society For Clinical Nutrition And Metabolism**
8-11 October 2007, Praque, Czech Republic
13. **28th Espen Congress, The European Society For Clinical Nutrition And Metabolism**
19-22 October 2006 – Instabul, Turkey
14. **The 39th Annual Meeting of Espghan, European Society for Paediatric**

Gastroenterology, Hepatology and Nutrition

7-10 June, Dresden, Germany.

15. **8th Dietetic Greek Congress of Nutrition**
9-11 December 2005 – Athens –Hellenic Dietetic Association, Greece
16. **16th Scientific Meeting 2nd Paediatric Department**
15 October 2005 –General Hospital AHEPA – Thessaloniki, Greece
17. **27th Espen Congress, The European Society For Clinical Nutrition And Metabolism**
27-30 August 2005 – Brussels - Belgium
18. **Advanced Sports Nutrition – The Science with Practical Applications**
12-13 June 2005, Limassol – Cyprus
19. **3rd Scientific Conference of Medical School (Aristotle University of Thessaloniki)**
10-13 April 2005 – Hotel Makedonia Palace - Thessaloniki, Greece
20. **Exercise, Nutrition and Maternity**
1 Dec 2004 –PEPGAS. – Thessaloniki, Greece
21. **6th Macedonian Conference of Nutrition**
19-21 November 2004 Thessaloniki Greece
22. **15th Scientific Meeting of 2nd Paediatric Department**
16 October 2004 – General Hospital AHEPA – Thessaloniki, Greece
23. **7th Dietetic Greek Congress of Nutrition**
14-16 November 2003 – DIVANI-CARAVEL – Athens, Greece
24. **17th Annual Conference of Northern Greece Diabetes Society**
13 November 2003 –MAKEDONIA PALACE HOTEL - Thessaloniki, Greece
25. **10th International Conference Exercise and Sports**
17-19 May 2002, Komotini, Greece
26. **2nd Congress of Cyprus Association**
26-28 April 2002, Nicosia, Cyprus
27. **2nd Scientific Meeting – Greek Obesity Society**
19-20 April 2002 Intercontinental, Athens, Greece
28. **4th Greek Medical Conference of Nutrition and Dietetics**
15-17 February 2001 , Hilton, Athens, Greece
29. **6th Greek Conference of Nutrition and Dietetics**
25 November 2000, Hilton – Athens, Greece
30. **10th Greek Symposium of Athletics Science Society**
12 December 1999, Congress Center (I. Velidis) – Thessaloniki, Greece
31. **Educational seminars of exercise and diet “Diet and Sports”**
11 December 1999, Dept of Phys Educ – Aristotle University of Thessaloniki, Greece
32. **4th Macedonian Conference on Nutrition and Dietetics**
28-29 May 1999, Congress Center (I. Velidis) – Thessaloniki, Greece

33. 10th Greek Conference of AIDS

19-21 November 1998, Athens, Greece

Book Publications

Monographs

“Diet in Pregnancy and Lactation”.

Published by Christodoulidi. October 2003. ISBN: 960-8183-38-3

Chapters

1. 8 Chapters in the book “Principles of Clinical Nutrition & Nutritional therapeutics”

Chourdakis M. K., Kouvelas D. A.

December of 2007, ISBN:978-960-98037-1-7

1. Nutrition and bone health – Tsagari A, **Papandreou D**, Chourdakis M.
2. Nutrition during pregnancy – **Papandreou D**, Sardelli Ch, Chourdakis M.
3. Therapy approach of obesity - Risvas G, Papalazarou A, Chourdakis M, **Papandreou D**, Kouvelas D.
4. Nutrient support for diabetes – Vassilakou D, **Papandreou D**, Chourdakis M.
5. Nutrition and cardiovascular diseases –Giannoulaki N, Chourdakis M, **Papandreou D**.
6. Nutrition and respiratory diseases – Arvaniti F, **Papandreou D**, Chourdakis M.
7. Nutrition and neurological and psychiatric –Ksenos K, Malachas K, **Papandreou D**, Papazisis G, Chourdakis M.
8. Nutrition and cancer – Kanellou A, Drakopoulou Ch, **Papandreou D**, Chourdakis M.

2. One chapter (1) in the book «Pediatrics and Adolescent Primary Care from

Dr. Chrysanthopoulos. Topic: “Nutrition in infants, children and adolescent ages”

(Published 2012)

Manuals

1. Nutrition Glossary book- Zayed University- Editing and Translation of English to Arabic Published 2015 (Author) (English)

2.Nutrition Glossary book- University of Nicosia-Editing and Translation of English to Greek-Published 2011 (Co-Author). (English)

Reviewer in Peer International Journals

Public Health Nutrition,
 International Journal for Vitamin and Nutrition Research,
 European Journal of Clinical Nutrition,
 International Journal of Medicine and Medical Science,
 Obesity Reviews
 Journal of Paediatric Biochemistry

Member of Editorial Board- Journal of Public Health and Epidemiology; World J of Hepatology Journal of Diabetes and Endocrinology; World J of Clinical Pediatrics; Nutrition and Food Science

Published Abstracts in peer reviewed international journals & Conference books

1. Vourloumi H, Samara G, **Papandreou D**, Kouidi E. Evaluation of “cardiac” symptoms in middle aged exercise participants. First Euro-Asian sports medicine congress and films team physicians development course. 2002
2. **Papandreou D**. Dietetics approach from old to new concepts. 2nd Cyprus Dietetic Association Conference Nicosia 2002.
3. **Papandreou D**, Mavromichalis I, Makedou A, Rousso I, Arvanitidou M. Total serum homocysteine levels in Greek children. Clinical Nutrition 2005; 24 (4): 4 LB006.
4. Makedou A, Makedou K, **Papandreou D**, Kourti M, Mavromichalis I. Dietary intervention in children with familial hypercholesterolemia. Clinical Nutrition 2005; 24 (4): 4 LB012
5. Nanas K, Tzouvelakis G, **Papandreou D**, Katsiki N, Mavromichalis I. Out of school activities of normal, overweight and obese children aged 12-15 y in Northern Greece. Clinical Nutrition 2005; 24 (4): 6 LB005.
6. Mavromichalis I, **Papandreou D**, Makedou A, Rousso I, Arvanitidou M. Total serum homocysteine levels and its association with dietary indexes in Greek healthy school age children aged 6-15 y. Journal of Pediatric Gastroenterology and Nutrition 2006; 42 PN2-10.

7. **Papandreou D**, Mavromichalis I, Makedou A, Rousso I, Arvanitidou M. Blood pressure and total serum homocysteine levels in normal, overweight and obese children. *Journal of Pediatric Gastroenterology and Nutrition* 2006; 42 PND-04.
8. Mastori C, **Papandreou D**, Mandalianou D, Eystathiadis P. The use of waist circumference for measuring obesity in children and adolescents in North Greece. *Journal of Pediatric Gastroenterology and Nutrition* 2006; 42 PND-02.
9. Mandalianou C, Mastori C, **Papandreou D**, Eystathiadis P. Body fat levels as indicator of childhood obesity. *Journal of Pediatric Gastroenterology and Nutrition* 2006; 42 PND-03.
10. Palatou P, **Papandreou D**, Bouzouki V, Samara D, Eystathiadis P. Is overweight and obesity related to activities in Greek children aged 7-9 y.? *e-SPEN, the European e-Journal of Clinical Nutrition and Metabolism* 2006; 1 p 238-239.
11. **Papandreou D**, Rousso I, Bouzouki V, Arvanitidou M, Makedou A, Pidonia I, Pantoleon A, Economou I, Mavromichalis I. Is non-alcoholic fatty liver disease in obese children associated with lipid profile and anthropometric measurements? *e-SPEN, the European e-Journal of Clinical Nutrition and Metabolism* 2006; 1 p 238-239.
12. Samara D, **Papandreou D**, Bouzouki V, Palatou P, Eystathiadis P. Correlation of sleep-disordered breathing and anthropometric indices in obese children. *e-SPEN, the European e-Journal of Clinical Nutrition and Metabolism* 2006; 1: 239.
13. Bouzouki V, **Papandreou D**, Palatou P, Samara D, Eystathiadis P. Prevalence of obesity and hypertension in Greek children. *e-SPEN, the European e-Journal of Clinical Nutrition and Metabolism* 2006; 1: 221 LB07.
14. **Papandreou D**, Rousso I, Moudiou T, Makedou A, Pidonia I, Pantoleon A, Economou I, Mavromichalis I. Is non-alcoholic fatty liver disease in obese children associated with insulin resistance and waist circumference? *J Pediatr Gastroenterol Nutr.* 2007; 44 (6): 77 PN1-21.
15. **Papandreou D**, Rousso I, Makedou A, Moudiou T, Malindretos P. Are oral glucose insulin sensitivity index and other anthropometrical indexes associated with non-alcoholic fatty liver disease in children? *Obesity Reviews* 8 (3) 2007; 8 O005.
16. **Papandreou D**, Rousso I, Moudiou T, Makedou A, Pidonia I, Pantoleon N, Economou I, Makedou K, Mavromichalis I. Are there any dietary intake differences in obese Greek children with and without nonalcoholic fatty liver disease? *Journal of Pediatric Gastroenterology and Nutrition* 2007; 44 e332
17. **Papandreou D**, Malindretos P, Stamou M, Rousso I. Systolic blood pressure is related to age, BMI and dietary potassium and calcium but not to dietary sodium intake in children aged 7-15 from Northern Greece. *Obesity Reviews* 8 (3) 2007; 9 O009.
18. **Papandreou D**, Arvanitidou M, Malindretos P, Rousso I. Prevalence of Obesity and Relation to Dietary Status in Healthy Schoolchildren from Northern Greece. *Obesity Reviews* 8 (3) 2007; 28 P036.
19. Makedou K, Moschous E, **Papandreou D**, Kourtis A, Hitoglou A. Childhood obesity in schools of the region of Thessaloniki. *Obesity Reviews* 8 (3) 2007; 36 P066.
21. Moudiou T, **Papandreou D**, Rousso I, Makedou A, Pidonia A, Mavromichalis I, Athanassiadou F. Obesity as a possible risk factor for iron deficiency. *Obesity Reviews* 8 (3) 2007; 30 P046.
22. **Papandreou D**, Rousso I, Mavromichalis I, Makedou A, Arvanitidou M. Effect of folic acid supplementation on certain cardiovascular risk factors in health Greek children. *Clinical Nutrition Supplements* 2 2007; 12 O022.

23. **Papandreou D**, Rousso I, Mavromichalis I, Makedou A, Arvanitidou M. Hyperhomocysteinemia in children is normalised by folic acid supplementation. *Clinical Nutrition Supplements* 2007; 151 P309.
24. Karabouta Z, **Papandreou D**, Athanasiadou F, Rousso I. Laboratory and imaging studies in obese children: is there any connection with a family history of obesity, cardiovascular disease and /or type 2 diabetes? *Horm Res Pediat* 2012; 78(supl 1) P2-d2-566.
25. Moudiou T, **Papandreou D**, Rousso I. Is there any possibility the outpatient clinic attendance to efficiently help obese children? *Nutrition, Metabolism and Experimental Approaches 2013-ESPGHAN Journal of Pediatric Gastroenterology and Nutrition* 2013 13:-1537.
26. Karabouta Z, Makedou A, Argiriou D, **Papandreou D**, et al. Plasminogen activator inhibitor-1(PAI-1), PAI-1 gene polymorphism and family history of cardiovascular disease in relation to metabolic parameters in a sample of obese children. *Hormone Research in Pediatrics* 2014 82: (suppl 1)P1-D2-118. IF:1.573
27. Karabouta Z, **Papandreou D**, Makedou A, Rousso I, Athanssiadou F. APOLIPOPROTEIN (A) HS-CRP AND TOTAL FASTING INSULIN LEVELS ARE SIGNIFICANTLY HIGHER IN OBESE CHILDREN WITH FAMILY HISTORY OF CARDIOVASCULAR DISEASE. 5th World Congress in Diabetes, Hypertension and Obesity, 5-7 Nov 2015, Istanbul, Turkey.
28. Andreou E., **Papandreou D.**, Hadjigeorgiou P., Philippou Ch., Christoforou C., Kokkinofa R., Philippou E. Zampelas A. Prevalence of Type 2 Diabetes in Cyprus. 9th International Conference of the Cyprus Dietetic and Nutrition Association, "Theme: Novelties in Nutrition and Dietetics", 1-4 Dec 2016, Hilton Hotel Cyprus.
29. Pericleous T., Panayiotou M., **Papandreou D.** Does Nutrition and Exercise affect brain cognition, development and performance? 9th International Conference of the Cyprus Dietetic and Nutrition Association, "Theme: Novelties in Nutrition and Dietetics", 1-4 Dec 2016, Hilton Hotel Cyprus.
30. Savva R., Markou J., **Papandreou D.** Does Caffeine enhance athletic performance? 9th International Conference of the Cyprus Dietetic and Nutrition Association, "Theme: Novelties in Nutrition and Dietetics", 1-4 Dec 2016, Hilton Hotel Cyprus.
31. Zujaja Hamid Noor., **Papandreou D.** Vitamin D supplementation and its effects on adiposity and biochemical indexes. 2nd Public Health and Nutrition Research Forum, Dubai, UAE, 22-23rd Feb 2017.
32. Papandreou D. ,Taha Z., Abboud M. NECK CIRCUMFERENCE IS INDEPENDENTLY ASSOCIATED WITH OBESITY IN FEMALE EMIRATI STUDENTS. ESPEN19-LB-2179. 2019

Published papers in Greek Journals

1. Nousios G, Chirakis St, Amoutzia A, Patrikiou A, **Papandreou D**, Fachantidou A. RISK FACTORS ON THE DEVELOPMENT OF CARRIES IN PRE-SCHOOLCHILDREN *Primary Health Care* 1999; 11 (3):139-142
2. **Papandreou D.** DIETETIC THERAPY IN GASTROENTERIC DISEASES *Nutrition and Dietetics* 2000; 6(3-4):87-97
3. Vougiouka O, Papadopoulou S, **Papandreou D**, Mpampou S, Tsiskaris G. NUTRITION AND MENOPAUSE STATUS IN TRAINED FEMALE ATHLETES *Nutrition and Dietetics* 2003;7 (1-2) :36-43
4. **Papandreou D**, Tsiskaris G, Kalimeri E, Mpampou S, Risos Th, Fachantidou A. FAT METABOLISMDURING PHYSICAL EXERSICE *Nutrition and Dietetics*, 2003; 7(3-4): 88-98

5. **Papandreou D**, Mpampou S, Apostolopoulou A, Tsiskaris G. THE ROLE OF CAFFEINE IN ATHLETIC PERFORMANCE. *Nutrition and Dietetics*, 2003;7(1-2) :25-35
6. **Papandreou D**, Apostolopoulou A, Mpampou S, Tsiskaris G. BODY COMPOSITION AND ESTIMATION OF NUTRITIONAL STATUS IN SOCCER. *Nutrition and Dietetics* 2003; 7(1-2) :44-50
7. Mpampou S, **Papandreou D**, Apostolopoulou A, Kalimeri E. NUTRITIONAL STATUS OF INDIVIDUALS WITH CYSTIC FIBROSIS. *Nutrition and Dietetics* 2004; 8(1-2):21-26
8. **Papandreou D**, Emporiadou M. NUTRITION AND ASTHMA IN CHILDHOOD *Paediatrics* 2005; 68 (6): 399-407
9. **Papandreou D**, Rousso I, Mavromichalis I. EVALUATION OF BODY COMPOSITION, ACTIVITY LEVEL AND DIETARY INTAKES IN OVERWEIGHT AND OBESE CHILDREN. *Nutrition and Dietetics* 2005;9(3-4):89-100
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