

ΒΙΟΓΡΑΦΙΚΟ ΣΗΜΕΙΩΜΑ

ΟΝΟΜΑ: ΚΑΡΑΤΖΗ ΚΑΛΛΙΟΠΗ, Ph.D.

ΠΑΝΕΠΙΣΤΗΜΙΑΚΕΣ ΘΕΣΕΙΣ:

Ειδικό Εργαστηριακό Διδακτικό Προσωπικό (ΕΕΔΠ), Χαροκόπειο Πανεπιστήμιο

ΕΚΠΑΙΔΕΥΣΗ: 2007, Διδακτορική Διατριβή με θέμα την επίδραση της διατροφής στην αγγειακή λειτουργία από το Χαροκόπειο Πανεπιστήμιο
2003, Μεταπτυχιακό Δίπλωμα Ειδίκευσης στην Εφαρμοσμένη Διαιτολογία – Διατροφή από το Χαροκόπειο Πανεπιστήμιο
1999, Πτυχίο από το Τμήμα Επιστήμης Διαιτολογίας – Διατροφής από το Χαροκόπειο Πανεπιστήμιο

ΕΠΑΓΓΕΛΜΑΤΙΚΗ ΚΑΙ ΕΚΠΑΙΔΕΥΤΙΚΗ ΕΜΠΕΙΡΙΑ

2006-Σήμερα	Ειδικό Εργαστηριακό Διδακτικό Προσωπικό (ΕΕΔΠ) Χαροκόπειο Πανεπιστήμιο
2002-2005	Επιστημονικός Συνεργάτης, Εργαστήριο Διατροφής και Κλινικής Διαιτολογίας, Χαροκόπειο Πανεπιστήμιο
1999-Σήμερα	Επιστημονικός Συνεργάτης, Αγγειολογικό Εργαστήριο, Θεραπευτική Κλινική, ΠΓΝΑ Αλεξάνδρα
2011- Σήμερα	Επιστημονικός Συνεργάτης, Εργαστήριο Καρδιαγγειακής Μελέτης, 1 ^η Προπαιδευτική Παθολογική Κλινική, Ιατρική Αθηνών, Λαϊκό Νοσοκομείο

ΕΡΕΥΝΗΤΙΚΑ ΕΝΔΙΑΦΕΡΟΝΤΑ

Επίδραση της δίαιτας, των διατροφικών προτύπων, των τροφίμων και των θρεπτικών συστατικών σε πρώιμους δείκτες αθηρωμάτωσης και στην αγγειακή λειτουργία.
Σχέση της σύστασης σώματος με τη δομή και τη λειτουργικότητα των αγγείων
Επίδραση της δίαιτας και των επιμέρους συστατικών της στην αρτηριακή πίεση
Παιδική παχυσαρκία σε σχέση με τη δίαιτα, τα διατροφικά πρότυπα και κοινωνικοοικονομικούς, περιγεννητικούς και οικογενειακούς παράγοντες

ΔΗΜΟΣΙΕΥΣΕΙΣ ΣΕ ΔΙΕΘΝΗ ΕΠΙΣΤΗΜΟΝΙΚΑ ΠΕΡΙΟΔΙΚΑ

- [1] Papamichael C, Karatzis E, **Karatzi K**, Aznaouridis K, Papaioannou T, Stamatelopoulos K, Zampelas A, Lekakis J, Mavrikakis M. Red wine's antioxidants counteract acute endothelial dysfunction caused by cigarette smoking in healthy non-smokers. *Am Heart J.* 2004 Feb; 147(2): E5.
- [2] **K Karatzi**, C Papamichael, K Aznaouridis, E Karatzis, J Lekakis, C Matsouka, G Boskou, A Chiou, M Sitara, G Feliou, D Kontoyiannis, A Zampelas, M Mavrikakis. Constituents of red wine other than alcohol improve endothelial function in patients with coronary artery disease. *Coron Artery Dis*, 2004; 15(8):485-90.
- [3] Karatzis E, Papaioannou T, Aznaouridis K, **Karatzi K**, Stamatelopoulos K, Zampelas A, Papamichael C, Lekakis J, Mavrikakis M. Acute effects of caffeine on blood pressure and wave reflections in healthy subjects: Should we consider monitoring central blood pressure? *Int J Cardiol*, 2005; 98 (3): 425-430.
- [4] T. Papaioannou, **K. Karatzi**, E. Karatzis, C. Papamichael, J. Lekakis. Caffeine acute effects on arterial stiffness, wave reflections and central aortic pressures. (review) *Am J Hypertension*, 2005; 18: 129 – 136.
- [5] **K. Karatzi**, C. Papamichael, E. Karatzis, T.G. Papaioannou, K. Aznaouridis, P. Katsichti, K. Stamatelopoulos, A. Zampelas, J. Lekakis, M. Mavrikakis. Red wine acutely induces favorable effects on wave reflections and central pressures in coronary artery disease patients. *Am J Hypertension*, 2005; 18 (9): 1161 – 1167.
- [6] C. Papamichael, K. Aznaouridis, E. Karatzis, **K. Karatzi**, K. Stamatelopoulos, G. Vamvakou, J. Lekakis, M. Mavrikakis. Effect of coffee on endothelial function in healthy subjects; The role of caffeine. *Clin Science (Lond)*, 2005; 109(1):55-60.
- [7] T.G. Papaioannou, E. Karatzis, C. Papamichael, **K. Karatzi**, N. Zakopoulos, J. Lekakis, C. Stefanadis, M. Mavrikakis. Circadian variation of aortic pressure wave pattern and reflections. *Am J Hypertension*, 2006; 19: 259 – 263.
- [8] **K. Karatzi**, C. Papamichael, E. Karatzis, T. G. Papaioannou, P. Voidonikola, J. Lekakis, A. Zampelas. Acute smoking induces endothelial dysfunction in healthy smokers. Is this reversible by red wine's antioxidant constituents? *J Am Coll Nutr*, 2007; 26 (1): 10 – 5.
- [9] C. Papamichael, **K. Karatzi**, E. Karatzis, T. G. Papaioannou, P. Katsichti, A. Zampelas , J. Lekakis. Combined acute effects of red wine consumption and cigarette smoking on hemodynamics of young smokers. *J Hypertension*, 2006; 24(7): 1287 – 1292.
- [10] E. Karatzis, I. Ikonomidis, G. D. Vamvakou, T. G. Papaioannou, A. D. Protopgerou, I. Andreadou, P. T. Voidonikola, **K. Karatzi**, C. Papamichael, J. P. Lekakis. Long-Term Prognostic Role Of Flow-Mediated Dilatation Of The Brachial Artery After Acute Coronary Syndromes Without ST-Elevation. *Am J Cardiol*, 2006; 98: 1424 – 1428.
- [11] K. S. Stamatelopoulos, J. P. Lekakis, G. Vamvakou, P. Katsichti, A. Protopgerou, I. Revela, **K. Karatzi**, M. Alevizaki, N. Zakopoulos, C. M. Papamichael. The relative impact of different measures of adiposity on markers of early atherosclerosis. *Int J Cardiol*, 2007; 119(2): 139-46.
- [12] **K. Karatzi**, C. Papamichael, E. Karatzis, T. G. Papaioannou, K. Stamatelopoulos, N. A. Zakopoulos, A. Zampelas, J. Lekakis. Acute smoke-induced endothelial dysfunction is more prolonged in smokers than in non-smokers. *Int J Cardiol*, 2007; 120: 404 - 406.

- [13] T. G. Papaioannou, E. N. Karatzis, **K. N. Karatzi**, E.J. Gialafos, A. D. Protopgerou, K. S. Stamatelopoulos, C. M. Papamichael, J. P. Lekakis, C. I. Stefanadis. Hour-to-hour and week-to-week variability and reproducibility of wave reflection indices derived by aortic pulse wave analysis: implications for studies with repeated measurements. *J Hypertension*, 2007; 25(8): 1678 -1686.
- [14] C. M. Papamichael, **K. N. Karatzi**, T. G. Papaioannou, E. N. Karatzis, P. Katsichti, V. Sideris, N. Zakopoulos, A. Zampelas, J. P. Lekakis. Acute combined effects of olive oil and wine on pressure wave reflections: another beneficial influence of the Mediterranean diet antioxidants? *J Hypertension*, 2008; 26:223–229.
- [15] **K. Karatzi**, C. Papamichael, E. Karatzis, T. G. Papaioannou, P. T. Voidonikola, G. D. Vamvakou, J. Lekakis, A. Zampelas. Postprandial improvement of endothelial function by red wine and olive oil antioxidants: A synergistic effect of components of the Mediterranean Diet. *J Am Coll Nutr*, 2008; 27(4): 448-53.
- [16] K Stamatelopoulos, J Lekakis, M Alevizaki, G Vamvakou, P Katsichti, A Protopgerou, I Revela, **K Karatzi**, N Zakopoulos, C Papamichael. Markers of adiposity and early atherosclerosis. *Int J Cardiol*, 2009; 132: 264-265.
- [17] **K. Karatzi**, A. Protopgerou, V. Rarra, G. Stergiou. Home and office blood pressure in children and adolescents: the role of obesity. The Arsakeion School Study. *J Hum Hypertens*, 2009; 23: 512 - 520.
- [18] **Kalliopi Karatzi**, Theodore G. Papaioannou, Christos Papamichael, John Lekakis, Antonis Zampelas. Red wine, arterial stiffness and central haemodynamics. *Current Pharmaceutical Design*, 2009; 15 (3): 321-328.
- [19] **K. Karatzi**, E. Karatzis, C. Papamichael, J. Lekakis, A. Zampelas. Effects of red wine on endothelial function: postprandial studies vs clinical trials. *Nutr Metab Cardiovasc Dis* 2009; 19 (10): 744_750.
- [20] K. Stamatelopoulos, **K. Karatzi**, L.S. Sidossis. Non-invasive methods for assessing early markers of atherosclerosis: the role of body composition and nutrition. (Editorial) *Curr Opin Clin Nutr Metab Care* 2009; 12 (5): 467-473.
- [21] **Karatzi K**, Stamatelopoulos K, Lykka M, Mantzouratou P, Skalidi S, Zakopoulos N, Papamichael C, Sidossis LS. Sesame oil consumption exerts a beneficial effect on endothelial function in hypertensive men. *Eur J Prev Cardiol*. 2012 Jan 25. [Epub ahead of print]
- [22] **Karatzi K**, Stamatelopoulos K, Lykka M, Mantzouratou P, Skalidi S, Georgopoulos G, Zakopoulos N, Papamichael C, Sidossis LS. Acute and long-term haemodynamic effects of sesame oil consumption in hypertensive men. *J Clin Hypertens*, 2012; 14: 630 – 363.
- [23] Stella Agrotou, **Kalliopi Karatzi**, Christos Papamichael, Ioannis Fatouros, Asimina Mitakou, Nikolaos Zakopoulos, Athanase Dimopoulos, Kimon Stamatelopoulos. Effects of chronic anaerobic training on markers of subclinical atherosclerosis. *Hellenic J Cardiol*, 2013[Epub ahead of print]
- [24] George Moschonis, Christina Mavrogianni, **Kalliopi Karatzi**, Vasiliki Iatridi, George P. Chrousos, Christos Lionis, Yannis Manios. Increased physical activity combined with more eating occasions is beneficial against dyslipidemias in children. The Healthy Growth Study. *Eur J Nutr*, 2013 [Epub ahead of print]
- [25] **Kalliopi Karatzi**, Christos Papamichael, Mary Yannakoulia, Paraskevi T. Voidonikola, George E. Kollias, Athanase Koliviras, Stellios Georgiou, Maria

- Alevizaki, Kimon Stamatelopoulos. Eating frequency is positively associated with early markers of atherosclerosis in healthy individuals with cardiovascular risk factors (under review).
- [26] **Kalliopi Karatzis**, Victoria G. Rontoyanni, Athanase D. Protogerou, Aggeliki Georgoulia, Konstantinos Xenos, John Chrysou, Petros P. Sfikakis, Labros S. Sidossis. Acute effects of beer on endothelial function and haemodynamics: a single-blind, cross-over pilot study in healthy volunteers. *Nutrition* 2013 [Epub ahead of print].
- [27] **Kalliopi Karatzis**, George Moschonis, Afroditi-Alexandra Barouti, Christos Lionis, George P. Chrousos and Yannis Manios. Dietary patterns and breakfast consumption in relation to insulin resistance in children. The Healthy Growth study (under review).