

Curriculum Vitae Christina Antza

1. Personal Information

Name & Surname: Christina Antza

Address for correspondence: 32, Alexandrou Zaimi str. 55535 Thessaloniki, Greece

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Date of Birth: 22/06/1989

Nationality: Hellenic

2. Education and Training

A. Circular studies

Fifth High-School of Drama (Junior High School) and Third High School of Drama (Senior High School)

B. Undergraduate studies

2007-2013: Medical School, Aristotle University of Thessaloniki, Greece (Grade 8/10)

C. Postgraduate studies

2014-2019: PhD, Aristotle University of Thessaloniki, Greece

Title: Measuring methods of blood pressure (Home, ABPM, Clinic): Which can predict early vascular ageing, PhD Supervisor: Prof V. Kotsis (Grade: A with Distinction)

2016-2018: Master of Science, Research Methodology in Medicine and Health Science, Aristotle University of Thessaloniki, Greece (Grade 9/10)

2019-2020: Research Fellowship (including both research and clinical practice at the field of Diabetes Mellitus and Obesity), Institute of Metabolism and Systems Research, University of Birmingham, United Kingdom, Supervisor: A.A. Tahrani

2019-2022: Postdoctoral Research (Hypertension, Metabolic Syndrome), Aristotle University of Thessaloniki, Greece

2021: After successful written and oral examinations, I received the title of Internal Medicine Consultant.

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D. Further postgraduate education training

2015: 22nd ESPEN Course in Clinical Nutrition and Metabolism, Bucharest, Romania

2015: 8th Summer School of the Hellenic Atherosclerosis Society (Metabolic Syndrome, Chronic Diseases and Cardiovascular Disease), Athens, Greece

2016: Focus on Diabetes, Obesity and Metabolic Diseases: from basic research to clinical practice Seminar Course, Harvard Center of Hellenic Studies, Nauplio, Greece

2016: European Atherosclerosis Society Advanced Course on Familial Hypercholesterolaemia, Athens, Greece

2017: International Atherosclerosis Research School, European Atherosclerosis Society, Hamburg, Germany

2018: Summer School of the European Hypertension Society, Les Diablerets, Switzerland

2019-present: Young Fellow of the European Atherosclerosis Society. The position includes online and face-to-face activities aiming to give a sound understanding of atherosclerosis – in modules covering: “Advances and controversies in lipid and lipoprotein metabolism”; “Why do humans develop atherosclerosis”; “Diagnosing atherosclerosis”; and “Preventing and treating atherosclerosis”.

2019-2020: Diploma for attending the Postgraduate Hypertension Seminars of the Hellenic Society of Hypertension.

2019-2022: Honorary Observer, Endocrinology Department, Queen Elizabeth Hospital, University Hospitals NHS Foundation Trust, Birmingham, UK.

2023-present: Young Fellow of the European Hypertension Society.

3. Working experience

2013-2014: Unsalaries Scientific Associate, 3rd Department of Internal Medicine, Aristotle University of Thessaloniki, Greece. The obligations were involving everyday clinical practice at the field of hypertension at the Hypertension Center of Excellence, teaching Internal Medicine in the students and research at the field of hypertension (including administrating structure of the Hypertension Center, statistical analysis, publishing in Hellenic and International journals).

2015: Subinvestigator in a Phase 3, Randomized, Double-Blind, Multicenter, Study

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11/2015-12/2015: Countryside Service, Local Medical Centre at Sidirokastro, Serres, Greece (The duration was only one month and a half as after that, I was hired from Papageorgiou General Hospital in the position of Resident)

2016-2021: Medical Resident at 3rd Department of Internal Medicine, Papageorgiou General Hospital, Aristotle University of Thessaloniki, Greece (5 years obligatory training and three months' extension in the same position)

2021-2022: Academic Fellowship in Hypertension and Metabolic Syndrome (as a Consultant), 3rd Department of Internal Medicine, Papageorgiou General Hospital, Aristotle University of Thessaloniki, Greece. The position includes (independent) teaching in medical students, clinical practice (rounds, consultation in hypertension, diabetes and lipidiology outpatients' clinics and nightshifts) and research.

2021-2022: Internal Medicine Consultant in the private clinic "Bioclinic". The position includes general medicine outpatients' clinics, nightshifts and covering the emergency department.

2021: Subinvestigator in a Phase 2, Randomized, Double-Blind, Multicenter, Study

2022-2023: Internal Medicine Consultant, Papageorgiou General Hospital, Thessaloniki, Greece

2023-present: Assistant Professor of Internal Medicine-Hypertension, Aristotle University of Thessaloniki, Greece

4. Educational Activity

A. Lectures after Invitation in Greek Congresses

1. "White coat hypertension", 6th Pan-Hellenic Conference of Hellenic Atherosclerosis Society, 2014, Athens, Greece
2. "Resistant hypertension: diagnosis and treatment" Educational Meeting "Prevention and treatment of cardiovascular diseases", 2015, Chalkidiki, Greece
3. "80 years old patient with blood pressure 160/75 mmHg", 25th Educational Meeting "Prevention and Protection of Cardiovascular Disease" 2015, Thessaloniki, Greece
4. "80 years old patient with isolated systolic blood pressure", 7th Pan-Hellenic Conference of Hellenic Atherosclerosis Society, 2016, Athens, Greece
5. "White-coat and Masked hypertension: diagnosis and treatment" 26th Seminar of Hellenic Atherosclerosis Society, 2017, Chalkidiki, Greece
6. 'Patient with resistant hypertension'. 27th educational day of Hellenic Atherosclerosis Society, 22-23 September 2017, Thessaloniki, Greece

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7. 'Which blood pressure measurement can better predict atherosclerosis?'' 7th Panhellenic congress of working groups of Hellenic Atherosclerosis Society, 1-2 December 2017, Athens, Greece
8. "Obesity paradox in patients with heart failure'', 8th Panhellenic Congress of Hellenic Atherosclerosis Society, 1-2 December 2018, Athens, Greece
9. 'Hypertension and Arterial Stiffness', 8th Panhellenic congress of working groups of Hellenic Atherosclerosis Society, 2019, Athens, Greece
10. 'Resistant hypertension in obesity', Postgraduate Courses of Hypertension, Hellenic Society of Hypertension, 2020
11. 'Glycemic Control in Elderlies', Seminar of the Thessaloniki Medical Company, Volos, 2020
12. 'Early Vascular Ageing: Present and Future Clinical Value', Panhellenic Seminar of the working groups of the Hellenic Society of Cardiology, Thessaloniki, 2020
14. 'Renin-Angiotensin-Aldosterone System and Covid infection', Panhellenic Congress of Cardiometabolic Risk Factors, Obesity and Diabetes, Leukada, 2021
13. Chairman at the session of 'Working Group of Hypertension', 9th Panhellenic congress of working groups of Hellenic Atherosclerosis Society, 2021, Athens, Greece

B. Lectures after Invitation in International Congresses

1. "Home or ambulatory blood pressure monitoring to predict early vascular ageing", Working group of obesity, diabetes and high risk patients. ESH, Working Group on obesity, Diabetes and the High Risk Patients, Satellite Symposium and consensus meeting 2014, Thessaloniki, Greece
2. "New anticoagulant drugs in the treatment of patients with atrial fibrillation", Satellite Symposium of the 2016 European Society Hypertension Meeting (Paris), 2016, Chalkidiki, Greece
3. 'Ambulatory or home monitoring better predicts early vascular ageing', 27th European Meeting on Hypertension and Cardiovascular Protection, 2018, Barcelona
4. 'A new score to measure early vascular ageing from ABPM', 2019 Meeting of the Working Group on Obesity, Diabetes and the High Risk Patient of the European Society of Hypertension, 2019, Chalkidiki, Greece.
5. 'Early Vascular Ageing risk assessment from ambulatory blood pressure monitoring: the early Vascular Aeging Ambulatory score (EVAAs)', 29th European Meeting on Hypertension and Cardiovascular Protection, ESH, Milan, 2019

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6. 'Early Vascular Ageing', 2020 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension, 2020, Chalkidiki, Greece
7. 'Sleep disorders and Obesity', 2020 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension, 2020, Chalkidiki, Greece
8. 'Contraceptives, hormones and hypertension', Joint Meeting ESH-ISH, Virtual, 2021
9. 'Early Vascular Ageing', 2021 Meeting of the Working Group on Obesity, Diabetes and the High-Risk Patient of the European Society of Hypertension, 2021, Chalkidiki, Greece
10. 'Arterial stiffness and prediction of vascular ageing', 89th European Atherosclerosis Society Congress, Virtual, 2021
11. 'Hypertension and renal outcomes in T2D Clinical Trials', 2022 Meeting on Cardiometabolic Diseases, Obesity and Diabetes. WG on Diabetes and Metabolic Risk Factors, European Society Hypertension, Chalkidiki, Greece
12. 'New working group registry on ABPM in obese patients and weight gain or loss', 2022, 31st European Meeting on Hypertension and Cardiovascular Protection, Athens, Greece.

E. Author in chapters of educational books

1. Chapter: Obesity, Hypertension, and Dyslipidemia (pp 1-15), Obesity, Springer 2017. Authors: V. Kotsis, C. Antza, G. Doundoulakis, S. Stabouli. Available: https://link.springer.com/referenceworkentry/10.1007%2F978-3-319-47685-8_22-1
2. Chapter: Hypertension in Thyroid Disorders (pp 561- 568), Disorders of Blood Pressure Regulation, Springer 2018. Authors: V. Kotsis, C. Antza Available: https://link.springer.com/chapter/10.1007%2F978-3-319-59918-2_32
3. Antza Christina, Kotsis Vasilios, Hypertensive Urgency and Emergency, Management, Elsevier (ahead of print)

F. Monographs

1. Post-graduate thesis (MSc) in Research Methodology in Medicine and Health Science, Aristotle University of Thessaloniki, Greece. 'Arterial Stiffness in Patients with Hypertension: A cross-sectional Study (Greek language). Available: <https://ikee.lib.auth.gr/record/298689>
2. Post-graduate thesis (PhD) in Hypertension- Internal Medicine, Aristotle University of Thessaloniki, Greece.

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‘Measuring methods of blood pressure (Home, ABPM, Clinic): Which can predict early vascular ageing (Greek language)’.

Available: <http://ikee.lib.auth.gr/record/303198?ln=el>

5. Research

A. National and International investigational projects

2015-present: Investigator in The Hellenic Familial Hypercholesterolemia Registry: “Hellas-FH”.

2015-2017: Investigator in the ESH-CHL-SHOT study of the European Society of Hypertension

2021-present: Research Member on Working Group 1 “Blood pressure measurement DEVICES” within HyperChildNET COST Action (CA19115) supported by the COST Action Programme and the EU Framework Programme Horizon 2020.

2020-present:

Research Member in NutricLab, Aristotle University of Thessaloniki, Greece. The goal of this position is to organize MSc or PhD students as a supervisor in order to prepare either their thesis or conduct research (especially meta-analysis) in the field of cardiovascular disease and nutrition.

B. National Publications (greek language)

1. Antza X, Kotsis V, ‘Morning Rise of Blood Pressure’, Hellenic Journal Medicine, Issue 100, December 2013
2. Antza X, Kotsis V, ‘ Practical guides for the emergency management of patients with acute ischaemic stroke’, Arterial Hypertension, 3:22, 2013
3. Kotsis V, Antza C, Stabouli S, ‘Atherosclerosis in children and adolescents’, Greek Atherosclerosis Journal, 6:1, 2015
4. Antza X, Kotronis G, Papakatsika S, Stabouli S, Kotsis V, ‘Measurement of blood pressure and arterial stiffness’, 6:1, 2015
5. Rizos X, Lymperopoulos E, Mpilianou E, Kotsis V, Tentolouris N, Antza X, Eleutheriadou I, Tsimixodimos B, Elisaf M, Multicenter study for the effectiveness of atorvastatin 30mg compared to atorvastation 40mg in patients with hypercholesterolemia’, Hell J Atheroscler 2018; 9: 00-00
6. Antza C, Kotsis V, ‘Measuring methods of blood pressure and arterial stiffness: A new approach’, JAPT, 10(1):23–27, 2019

C. International Publications

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1. Kotsis V, Antza C, Stabouli S, 'Pathophysiology of Early Vascular Ageing- Opportunities for Treatment', *The Open Hypertension Journal*, 2013; 5: 58-62 (I.F N/A)
2. Kotsis V, Nilsson P, Grassi G, Mancia G, Redon J, Luft F, Schmieder R, Engeli S, Stabouli S, Antza C, Pall D, Schlaich M, Jordan J; WG on Obesity, Diabetes, the High Risk Patient, European Society of Hypertension, New developments in the pathogenesis of obesity-induced hypertension, *J Hypertens*, 2015;33(8):1499-508 (I.F 5.062)
3. Papakatsika S, Stabouli S, Antza C, Kotsis V, Early Vascular Aging: A New Target for Hypertension Treatment, *Curr Pharm Des*. 2016;22(1):122-6. (I.F 3.052)
4. Antza C, Doundoulakis I, Stabouli S, Kotsis V, Azilsartan, a promising Angiotensin II Receptor Blocker in the management of hypertension, *Hell J Athero*, 2016; 7(2): 53-62 (I.F N/A)
5. Antza C, Stabouli S, Kotsis V, Combination therapy with lercanidipine and enalapril in the management of the hypertensive patient: an update of the evidence, *Vasc Health Risk Manag*. 2016 Nov 15;12:443-451 (I.F 3.17)
6. Kotsis V, Antza C, Doundoulakis I, Stabouli S, Markers of early vascular ageing, *Curr Pharm Des*. 2017 Mar 28 [Epub ahead of print] (I.F 2.611)
7. Antza C, Stabouli S, Natsis M, Doundoulakis I, Kotsis V, Obesity-induced hypertension: new insights, *Curr Pharm Des*. 2017 Jun 7 [Epub ahead of print] (I.F 2.611)
8. Doundoulakis I, Poulia KA, Antza C, Bouras E, Kasapidou E, Klek S, Chourdakis M, Screening for Malnutrition Among People Accessing Health Services at Greek Public Hospitals: Results From an Observational Multicenter Study, *JPEN J Parenter Enteral Nutr*. 2017 Aug 3 [Epub ahead of print] (I.F 4.220)
9. Antza C, Doundoulakis I, Stabouli S, Kotsis V. Comparison Among Recommendations for the Management of Arterial Hypertension Issued by Last US, Canadian, British and European Guidelines. *High Blood Press Cardiovasc Prev*. 2018 Mar;25(1):9-16. doi: 10.1007
10. Antza C, Cifkova R, Kotsis V. Hypertensive complications of pregnancy: A clinical overview, *Metabolism* 2017 Nov 21. doi: 10.1016/j.metabol.2017.11.011 (I.F 5.777)
11. Antza C, Stabouli S, Kotsis V. Gut microbiota in kidney disease and hypertension. *Pharmacol Res*.2018 Feb 26. doi: 10.1016/j.phrs.2018.02.028. (I.F 4.48)
12. Kotsis V, Jordan J, Micic D, Finer N, Leitner DR, Toplak H, Tokgozoglu L, Athyros V, Elisaf M, Filippatos TD, Redon J, Redon P, Antza C, Tsioufis K, Grassi G, Seravalle G, Coca A, Sierra C, Lurbe E, Stabouli S, Jelakovic B, Nilsson PM. Obesity and cardiovascular risk: a call for action from the European Society of Hypertension Working Group of Obesity, Diabetes and the High Risk Patient and

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European Association for the study of Obesity: Part A: mechanisms of obesity induced hypertension, diabetes and dyslipidemia and practice guidelines for treatment. *J Hypertens*. 2018 Apr 9. doi: 10.1097/HJH.0000000000001730. 9 (I.F 4.085)

13. Kotsis V, Tsioufis K, Antza C, Seravalle G, Coca A, Sierra C, Lurbe E, Stabouli S, Jelakovic B, Redon J, Redon P, Nilsson PM, Jordan J, Micic D, Finer N, Leitner DR, Toplak H, Tokgozoglul L, Athyros V, Elisaf M, Filippatos TD, Grassi G, Obesity and cardiovascular risk: a call for action from the European Society of Hypertension Working Group of Obesity, Diabetes and the High-risk Patient and European Association for the Study of Obesity: part B: obesity-induced cardiovascular disease, early prevention strategies and future research directions, *J Hypertens*. 2018 Jul;36(7):1441-1455. doi: 10.1097/HJH.0000000000001731.

14. Stabouli S, Printza N, Zervas C, Dotis J, Chrysaidou K, Maliahova O, Antza C, Papachristou F, Kotsis V, Comparison of the SphygmoCor XCEL device with applanation tonometry for pulse wave velocity and central blood pressure assessment in youth, *J Hypertens*. 2018 Jun 22. doi: 10.1097/HJH.0000000000001819. [Epub ahead of print] (I.F 4.092)

15. Antza C, Doundoulakis I, Akrivos E, Stabouli S, Trakatelli C, Doumas M, Kotsis V, Early Vascular Aging Risk Assessment From Ambulatory Blood Pressure Monitoring: The Early Vascular Aging Ambulatory Score, *Am J Hypertens*. 2018 Jul 30. doi: 10.1093/ajh/hpy115. [Epub ahead of print] (I.F 3.046)

16. Rizos CV, Elisaf MS, Skoumas I, Tziomalos K, Kotsis V, Rallidis L, Garoufi A, Athyros VG, Skolidis E, Kolovou G, Koutagiar I, Papagianni M, Antza C, Katsiki N, Ganotakis E, Liberopoulos EN, Characteristics and management of 1093 patients with clinical diagnosis of familial hypercholesterolemia in Greece: Data from the Hellenic Familial Hypercholesterolemia Registry (HELLAS-FH), *Atherosclerosis*. 2018 Oct;277:308313. doi: 10.1016/j.atherosclerosis.2018.08.017. (I.F 4.467)

17. EAS Familial Hypercholesterolaemia Studies Collaboration; EAS Familial Hypercholesterolaemia Studies Collaboration (FHSC) Investigators. Overview of the current status of familial hypercholesterolaemia care in over 60 countries - The EAS Familial Hypercholesterolaemia Studies Collaboration (FHSC). *Atherosclerosis*. 2018 Oct;277:234-255. doi: 10.1016/j.atherosclerosis.2018.08.051. (I.F 4.467)

18. Stabouli S, Nika T, Kollios K, Antza C, Doundoulakis I, Kotsis V, Performance of simplified tables for high blood pressure screening in a European pediatric population. *J Hypertens*. 2018 Oct 10. doi: 10.1097/HJH.0000000000001972. (I.F 4.092)

19. Antza C, Doundoulakis I, Natsis M, Kotsis V. Treatment of early vascular ageing. *Curr Pharm Des*. 2018 Dec 4. doi: 10.2174/1381612825666181204120506. (I.F 2.757)

20. Dimou C, Antza C, Akrivos E, Doundoulakis I, Stabouli S, Haidich AB, Kotsis V. A systematic review and network meta-analysis of the comparative efficacy of

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angiotensin-converting enzyme inhibitors and angiotensin receptor blockers in hypertension. *J Hum Hypertens*. 2018 Dec 5. doi: 10.1038/s41371-018-0138-y (I.F 2.433)

21. Doundoulakis I, Antza C, Apostolidou-Kiouti F, Akrivos E, Karvounis H, Kotsis V, Haidich AB, Giannakoulas G. Overview of Systematic Reviews of Non-Vitamin K Oral Anticoagulants in Atrial Fibrillation. *Circ Cardiovasc Qual Outcomes*. 2018 Dec;11(12):e004769. doi: 10.1161/CIRCOUTCOMES.118.004769. (I.F 5.023)

22. Nika T, Stabouli S, Kollios K, Papadopoulou-Legbelou K, Printza N, Antza C, Papachristou F, Kotsis V. Obesity and season as determinants of high blood pressure in a school-based screening study. *J Hum Hypertens*. 2019 Jan 21. doi: 10.1038/s41371-019-0168-0. (I.F 2.433)

23. Antza C, Doundoulakis I, Akrivos E, Economou F, Vazakidis P, Haidich AB, Kotsis V. Non-vitamin K oral anticoagulants in nonvalvular atrial fibrillation: a network meta-analysis. *Scand Cardiovasc J*. 2019 Apr;53(2):48-54. doi: 10.1080/14017431.2019.1594353. (I.F 1.449)

24. Karava V, Printza N, Dotis J, Demertzi D, Antza C, Kotsis V, Papachristou F, Stabouli S. Body composition and arterial stiffness in pediatric patients with chronic kidney disease. *Pediatr Nephrol*. 2019 Jul;34(7):1253-1260. doi: 10.1007/s00467-019-04224-8. (I.F 2.627)

25. Natsis M, Antza C, Doundoulakis I, Stabouli S, Kotsis V. Hypertension in obesity: novel insights. *Curr Hypertens Rev*. 2019 Apr 15. doi: 10.2174/1573402115666190415154603. (I.F N/A)

26. Thomopoulos C, Antza C. Legacy effect on mortality in antihypertensive drug comparison trials: a meta-analysis. *J Hypertens*. 2019 Jul;37(7):1532-1534. doi: 10.1097/HJH.0000000000002123. (I.F 4.092)

27. Giannopoulou EZ, Doundoulakis I, Antza C, Christoforidis A, Haidich AB, Kotsis V, Stabouli S. Subclinical Arterial Damage in Children and Adolescents with Type 1 Diabetes: A Systematic Review and Meta-Analysis. *Pediatr Diabetes*. 2019 Jun 7. doi: 10.1111/pedi.12874 (I.F 3.172)

28. Doundoulakis I, Antza C, Kotsis V, Giannakoulas G. A gut feeling about children's exposure to hypertensive disorders of pregnancy in utero. *Eur J Prev Cardiol*. 2019 Nov;26(16):1715-1717. doi: 10.1177/2047487319857213. (I.F 5.64)

29. Antza C, Doundoulakis I, Stabouli S, Tziomalos K, Kotsis V. Masked hypertensives: A disguised arterial stiffness population. *J Clin Hypertens (Greenwich)*. 2019 Oct;21(10):1473-1480. doi: 10.1111/jch.13692. (I.F 2.719)

30. Antza C, Nirantharakumar K, Doundoulakis I, Tahrani A, Toulis K, The development of an oral GLP-1 receptor agonist for the management of type 2 diabetes: evidence to date, ahead of publication in the journal "Drug Design, Development and Therapy" (I.F 3.208)

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31. Antza C, Dimou C, Doundoulakis I, Akrivos E, Stabouli S, Haidich AB, Goulis DG, Kotsis V. The flipside of hydralazine in pregnancy: A systematic review and meta-analysis. *Pregnancy Hypertens.* 2020 Jan 21;19:177-186. doi: 10.1016/j.preghy.2020.01.011. (I.F 1.992)
32. Kollios K, Nika T, Kotsis V, Chrysaidou K, Antza C, Stabouli S, Arterial stiffness in children and adolescents with masked and sustained hypertension, *J Hum Hypertens.* 2020 Feb 25. doi: 10.1038/s41371-020-0318-4. (I.F 2.433)
33. Kotsis V, Jordan J, Stabouli S, Antza C, Micic D, Jelaković B, Schlaich MP, Nilsson PM, Kreutz R, Mancina G, Tsioufis K, Grassi G. Cardiovascular, renal and liver protection with novel antidiabetic agents beyond blood glucose lowering in type 2 diabetes: consensus article from the European Society of Hypertension Working Group on Obesity, Diabetes and the High-risk Patient. *J Hypertens.* 2020 Mar;38(3):377-386. doi: 10.1097/HJH.0000000000002279. (I.F 4.092)
34. Stabouli S, Antza C, Chrysaidou K, Kotsis V., The challenge of simplifying blood pressure screening in children and adolescents, *J Clin Hypertens (Greenwich).* 2020 May;22(5):876-878. doi: 10.1111/jch.13858. (I.F 2.719)
35. Doundoulakis I, Antza C, Karvounis H, Giannakoulas G, Non-Vitamin K Antagonist Oral Anticoagulants in Pulmonary Embolism: An Overview of Systematic Reviews, *Curr Pharm Des.* 2020;26(23):2686-2691. doi: 10.2174/1381612826666200506114450. (I.F 2.757)
36. Antza C, Vazakidis P, Doundoulakis I, Bouras E, Haidich AB, Stabouli S, Kotsis V., Masked and white coat hypertension, the double trouble of large arteries: A systematic review and meta-analysis, *J Clin Hypertens (Greenwich).* 2020 May;22(5):802-811. doi: 10.1111/jch.13876. (I.F. 2.719)
37. Rizos CV, Florentin M, Skoumas I, Tziomalos K, Rallidis L, Kotsis V, Athyros V, Skalidis E, Kolovou G, Garoufi A, Bilianou E, Koutagiari I, Agapakis D, Kiouri E, Antza C, Katsiki N, Zacharis E, Attilakos A, Sfikas G, Anagnostis P, Panagiotakos DB, Liberopoulos EN, Achieving low-density lipoprotein cholesterol targets as assessed by different methods in patients with familial hypercholesterolemia: an analysis from the HELLAS-FH registry, *Lipids Health Dis.* 2020 May 28;19(1):114. doi: 10.1186/s12944-020-01289-5. (I.F 3.004)
38. Antza C, Doundoulakis I, Kostopoulos G, Stabouli S, Kotsis V, The European and American guidelines in the detection of hypertension phenotypes: The no-deal under the light of clinical practice, *Eur J Prev Cardiol.* 2020 Jul 1:2047487320935559. doi: 10.1177/2047487320935559. (I.F 5.864)
39. Antza C, Stabouli S, Blood pressure response to noise in children and adolescents, *J Clin Hypertens (Greenwich).* 2020 Aug;22(8):1442-1443. doi: 10.1111/jch.13951. (I.F 2.719)
40. Antza C, Doundoulakis I, Akrivos E, Stabouli S, Chrysaidou K, Gidaridis D, Kotsis V, Estimated arterial stiffness and prediction of vascular aging: The rising of a new

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era, *Curr Pharm Des.* 2020 Jul 28. doi: 10.2174/1381612826666200728150637. (I.F 2.757)

41. Stabouli S, Antza C, Papadopoulou E, Teli A, Kotsis V, Economou M, Unmasking hypertension in children and adolescents with sickle/beta-thalassemia, *J Clin Hypertens (Greenwich)*. 2020 Aug;22(8):1444-1449. doi: 10.1111/jch.13957. (I.F 2.719)

42. Vadarlis A, Antza C, Bakaloudi DR, Doundoulakis I, Kalopitas G, Samara M, Dardavessis T, Maris T, Chourdakis M, Systematic review with meta-analysis: The effect of vitamin E supplementation in adult patients with non-alcoholic fatty liver disease, *J Gastroenterol Hepatol.* 2020 Aug 18. doi: 10.1111/jgh.15221. (I.F 2.198)

43. Antza C, Stabouli S. Reduction in environmental noise during COVID-19 pandemic and cardiovascular disease: A mystery for further investigation. *J Clin Hypertens (Greenwich)*. 2020 Oct;22(10):1947-1948. doi: 10.1111/jch.14018. Epub 2020 Sep 3. (I.F 2.719)

44. Alhodaib HI, Antza C, Chandan JS, Hanif W, Sankaranarayanan S, Paul S, Sutcliffe P, Nirantharakumar K. Mobile Clinical Decision Support System for the Management of Diabetic Patients With Kidney Complications in UK Primary Care Settings: Mixed Methods Feasibility Study. *JMIR Diabetes.* 2020 Nov 18;5(4):e19650. doi:10.2196/19650. (I.F N/A)

45. Farmakis I, Doundoulakis I, Pagiantza A, Zafeiropoulos S, Antza C, Karvounis H, Giannakoulas G. Lipoprotein(a) reduction with proprotein convertase subtilisin/kexin type 9 inhibitors: a systematic review and meta-analysis. *J Cardiovasc Pharmacol.* 2020 Dec 1. doi: 10.1097/FJC.0000000000000963. (I.F 2.094)

46. Kostopoulos G, Antza C, Doundoulakis I, Toulis KA. Risk Models and Scores of Cardiovascular Disease in Patients with Diabetes Mellitus. *Curr Pharm Des.* 2020 Dec 9. doi: 10.2174/1381612826666201210112743. (I.F 2.757)

47. Samaras A, Doundoulakis I, Antza C, Zafeiropoulos S, Farmakis I, Tzikas A. Comparative Analysis of Risk Stratification Scores in Atrial Fibrillation. *Curr Pharm Des.* 2020 Dec 9. doi: 10.2174/1381612826666201210113328. (I.F 2.757)

48. Kalopitas G, Antza C, Doundoulakis I, Siargkas A, Kouroumalis E, Germanidis G, Samara M, Chourdakis M. The impact of silymarin in individuals with non-alcoholic fatty liver disease: A systematic review and meta-analysis. *Nutrition.* 2020 Nov 25;83:111092. doi: 10.1016/j.nut.2020.111092. (I.F 3.42)

49. Antza C, Doundoulakis I, Stabouli S, Kotsis V. American, European and international hypertension guidelines: Time to shake hands? *International Journal of Cardiology Hypertension* 8 (2021) 100075. doi.org/10.1016/j.ijchy.2020.100075 (I.F N/A)

50. Zafeiropoulos S, Pagiantza A, Doundoulakis I, Stalikas N, Farmakis I, Samaras A, Antza C, Giannakoulas G. Cardio-protective Effects of Glucagon-like Peptide-1 Receptor Agonists: An Overview of Systematic Reviews and Publication Overlap.

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D. Abstracts in National and International Congresses

More than 50 abstracts (either poster or oral presentations) in greek and international congresses (published as supplements in Journal of Hypertension, Atherosclerosis ect)

E. Reviewer

1. Journal of Atherosclerosis Prevention and Treatment
2. European Journal of Preventive Cardiology
3. Clinical Nutrition

F. Editorial Board

1. Vascular Health and Risk Management

7. Administrative Work

1. Elected Member of the Working Group of Hypertension, Hellenic Society of Atherosclerosis (2018-2019, 2019-2020)
2. Elected Vice President of the Working Group of Hypertension, Hellenic Society of Atherosclerosis (2020-2021, 2021-2022)
3. Elected President of the Working Group of Hypertension, Hellenic Society of Atherosclerosis (2022-2023, 2023-2024)
4. Elected Vice President of the Working Group on Diabetes and Metabolic Risk Factor, European Society of Hypertension (2022-2024)
5. Membership
 - A) Hellenic Society of Atherosclerosis (2014-continued)
 - B) Hellenic Society of Clinical Nutrition and Metabolism – Gr espen (2015-continued)
 - C) Hellenic Society of Hypertension (2015-continued)
 - D) European Atherosclerosis Society (2016-continued)
 - E) European Hypertension Society (2018-continued)

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8. Language

1. Native, Greek
2. English
3. German

9. Research Distinction and Scholarships

1. Investigators' Grands from the ISH for participating at Joint Meeting ESH-ISH – Hypertension 2014, Athens
2. Grand from the Hellenic Society of Atherosclerosis for participating at 6th Pan-Hellenic Conference of Atherosclerosis, 2014, Athens
3. Accommodation Grand from the ESH for participating at 25th European Meeting on Hypertension and Cardiovascular Protection 2015, Milan
4. Travel Grand from the EAS for participating at 85th EAS Congress 2017, Prague, Czech Republic
5. Travel Grand from the EAS for participating at 85th EAS Congress 2018, Lisbon, Portugal
6. Grand from the ESH for participating at 29th European Meeting on Hypertension and Cardiovascular Protection 2019, Milan, Italy
7. 1st Award of oral presentation in the 8th Panhellenic congress of working groups of Hellenic Atherosclerosis Society, 2019, Athens, Greece
8. 2nd Clinical Research Award of oral presentation in the 9th Panhellenic congress of Hellenic Atherosclerosis Society, 2020, Athens, Greece
8. Young Investigator Fellowship Award, 89th EAS Virtual Congress, 2021
9. Award from the Medical Sciences Deanery for my PhD Study, 2020, Aristotle University of Thessaloniki, Greece
10. 2014-2015: Scholarship for my PhD study from the Hellenic Society of Atherosclerosis
11. 2019-2021: Scholarship for my postdoc research from the State Scholarship Foundation

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