



## Curriculum Vitae

Personal information **Evangelos Rizos**

### Work experience

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December 19, 2022 – present: Associate Professor of Internal Medicine, Department of Nursing, University of Ioannina, Ioannina, Greece.

September 1, 2022 - present: Associate Professor of Pathophysiology, School of Medicine, European University of Cyprus, Nicosia, Cyprus.

10/10/2002 – 19/12/2022 – Ioannina, Greece

CONSULTANT IN INTERNAL MEDICINE, DIABETOLOGIST – UNIVERSITY HOSPITAL OF IOANNINA

Consultant in the Internal Medicine Department (diagnosis and treatment of inpatients)

Consultant in Diabetology, Head of the outpatient Diabetes clinic (diagnosis and treatment of diabetic types 1,2, treatment with insulin pumps, follow-up diabetics with CGM)

Research in diabetes, primary cardiovascular prevention, lipids, hypertension

01/11/2019 – 01/09/2022 – Nicosia, Cyprus

ADJUNCT ASSOCIATE PROFESSOR, SCHOOL OF MEDICINE – SCHOOL OF MEDICINE, EUROPEAN UNIVERSITY OF CYPRUS

Teaching 3rd, 5th and 6th year medical students of EUC (courses: pathophysiology, semiology, primary care /internal medicine, therapeutics, endocrinology, diabetes, respiratory, infectious diseases, gastroenterology, nephrology)

Research activities in diabetes, primary cardiovascular prevention, lipids, hypertension

01/09/2020 – 31/07/2021 – Patras, Greece

PROFESSOR (MSc) – HELLENIC OPEN UNIVERSITY

Teaching MSc students the courses diabetes and anemia

23/01/2017 – 31/05/2017 – Nicosia, Cyprus

ASSISTANT PROFESSOR IN INTERNAL MEDICINE (VISITING, PART TIME) – MEDICAL SCHOOL, UNIVERSITY OF CYPRUS

Teaching 6th year medical students of EUC (courses: primary care/internal medicine, therapeutics, diabetes, respiratory, infectious diseases, gastroenterology, nephrology)

Research activities in diabetes, primary cardiovascular prevention, lipids, hypertension

19/06/2006 – 18/12/2006 – Amsterdam, Netherlands

NATIONAL EXPERT ON SECONDMENT, SCIENTIFIC ADVICE AND ORPHAN DRUGS SECTOR OF THE HUMAN PREAUTHORIZATION UNIT, EUROPEAN MEDICINES AGENCY (EMA) – EUROPEAN MEDICINES AGENCY (EMA)

National Expert on Secondment for the Scientific Advice and Orphan Drugs Sector of the Human Preauthorization Unit in the EMA

### Education and training

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01/10/1986 – 29/07/1993 – Athens, Greece

MEDICAL DEGREE (MD) – University of Athens School of Medicine

01/11/1999 – 29/11/2005 – Leof. St. Niarhou, Ioannina, Greece

PHD – University of Ioannina School of Medicine

18/11/1993 – 23/03/2001 – Ioannina, Kozani, London, Greece  
SPECIALIZATION IN INTERNAL MEDICINE – University Hospital of Ioannina,  
Military hospitals of Ioannina/Kozani,  
Royal Free Hospital, London

19/09/2009 – 18/09/2010 – Athens, Greece  
SPECIALIZATION IN DIABETOLOGY – General Hospital of Nikaia

## Additional information

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### Publications

- Bechlioulis A, Markozannes G, Chionidi I, Liberopoulos E, Naka KK, Ntzani EE, Liatis S, Rizzo M, **Rizos EC**. The effect of SGLT2 inhibitors, GLP1 agonists, and their sequential combination on cardiometabolic parameters: A randomized, prospective, intervention study. *J Diabetes Complications*. 2023 Apr;37(4):108436. doi: 10.1016/j.jdiacomp.2023.108436.
- **Rizos EC**, Kanellopoulou A, Filis P, Markozannes G, Chaliasos K, Ntzani EE, Tzamouranou A, Tentolouris N, Tsilidis KK. Difference on glucose profile from continuous glucose monitoring in people with prediabetes vs. normoglycemic individuals: a matched-pair analysis. *JDST* online published Sep 13, 2022; <https://doi.org/10.1177/19322968221123530>
- Markozannes G, Pantavou K, **Rizos EC**, Sindosi OA, Tagkas C, Seyfried M, Saldanha JJ, Hatzianastassiou N, Nikolopoulos GK, Ntzani E. Outdoor air quality and human health: An overview of reviews of observational studies. *Environ Pollut*. 2022 Aug 1;306:119309.
- Markozannes G, Ntzani EE, Tsapas A, Mantzoros CS, Tsiara S, Xanthos T, Karpettas N, Patrikios I, **Rizos EC**. Dose-related meta-analysis for Omega-3 fatty acids supplementation on major adverse cardiovascular events. *Clin Nutr*. 2022 Apr;41(4):923-930.
- Markozannes G, Ntzani EE, Tsiara S, Xanthos T, Patrikios I, **Rizos EC**. Dose-related meta-analysis for Omega-3 fatty acids supplementation on major adverse cardiovascular events: Reply - Letter to the editor. *Clin Nutr*. 2022 Aug;41(8):1857-1858. doi: 10.1016/j.clnu.2022.06.018.
- Markozannes G, Ntzani EE, **Rizos EC**. Response to: Correspondence on 'Omega-3 supplementation and cardiovascular disease: formulation-based systematic review and meta-analysis with trial sequential analysis' by Kountouras et al. *Heart*. 2022 Apr;108(8):657-658.
- Type 2 diabetes and cancer: an umbrella review of observational and Mendelian randomisation studies. *Cancer Epidemiol Biomarkers Prev*. 2021 Mar 18;30(3):451-461. doi: 10.1158/1055-9965.EPI-20-1245-E.2020. doi: 10.1158/1055-9965.EPI-20-1245-E.2020. doi: 10.1158/1055-9965.EPI-20-1245-E.2020. doi: 10.1158/1055-9965.EPI-20-1245-E.2020. <https://pubmed.ncbi.nlm.nih.gov/33737302/> - 2021 Pearson-Stuttard J, Papadimitriou N, Markozannes G, Cividini S, Kakourou A, Gill D, Rizos EC, Monori G, Ward HA, Kyrgiou M, Gunter MJ, Tsilidis KK.

Omega-3 supplementation and cardiovascular disease: formulation-based systematic review and metaanalysis with trial sequential analysis  
Rizos EC, Markozannes G, Tsapas A, Mantzoros CS, Ntzani EE. *Heart*. 2021 Jan;107(2):150-158.  
<https://pubmed.ncbi.nlm.nih.gov/32820013/> - 2021

Atherogenic dyslipidemia increases the risk of incident diabetes in statin-treated patients with impaired fasting glucose or obesity  
*J Cardiol*. 2019 Sep;74(3):290-295  
<https://pubmed.ncbi.nlm.nih.gov/30910387/> - 2019  
Barkas F, Elisaf M, Liberopoulos E, Liamis G, Ntzani EE, Rizos EC.

Kernel-based adaptive learning improves accuracy of glucose predictive modelling in type 1 diabetes: A proof-of-concept study.  
*Conf Proc IEEE Eng Med Biol Soc*. 2017 Jul;2017:2765-2768  
<https://pubmed.ncbi.nlm.nih.gov/29060471/> - 2017  
Georga EI, Principe JC, Rizos EC, Fotiadis DI.

Bridging the treatment gap in patients at 'extreme' cardiovascular risk: Evidence from a lipid clinic.  
*Atherosclerosis*. 2019 Feb;281:216-218  
<https://pubmed.ncbi.nlm.nih.gov/30471952/> - 2019  
Barkas F, Elisaf M, Rizos EC, Liberopoulos E.

Educational strategies to train health care professionals across the education continuum on the process of frailty prevention and frailty management: a systematic review.  
*Aging Clin Exp Res* 2018 Dec;30(12):1409-1415. doi: 10.1007/s40520-018-0918-9  
<https://pubmed.ncbi.nlm.nih.gov/29476480/> - 2018  
Windhaber T, Koula ML, Ntzani E, Velivasi A, Rizos E, Dourmas MT, Pappas EE, Onder G, Vetrano DL, Roudriguez Laso A,

Roudriguez Manjas L, Illario M, Roller-Wirnsberger RE; ADVANTAGE JA WP8 group.

High triglyceride levels alter the correlation of Apolipoprotein B with low- and non-high-density lipoprotein cholesterol mostly in individuals with diabetes or metabolic syndrome.

Atherosclerosis. 2016 Apr;247:58-63

<https://pubmed.ncbi.nlm.nih.gov/26868509/> – 2016

Barkas F, Elisaf M, Liberopoulos E, Lontos A, Rizos EC.

Statin therapy with or without ezetimibe and the progression to diabetes.

J Clin Lipidol. 2016 Mar-Apr;10(2):306-13

<https://pubmed.ncbi.nlm.nih.gov/27055961/> – 2016

Barkas F, Elisaf M, Liberopoulos E, Klouras E, Liamis G, Rizos EC.

Metformin Does Not Affect Cancer Risk: A Cohort Study in the U.K. Clinical Practice Research Datalink Analyzed

Like an Intention-to-Treat Trial.

Diabetes Care. 2014 Sep;37(9):2522-32

<https://pubmed.ncbi.nlm.nih.gov/24898303/> – 2014

Tsilidis KK, Capothanassi D, Allen NE, Rizos EC, Lopez DS, van Veldhoven K,

Sacerdote C, Ashby D, Vineis P, Tzoulaki I,

Ioannidis JP.

$\omega$ -3 Fatty acids and lutein + zeaxanthin supplementation for the prevention of cardiovascular disease.

JAMA Intern Med. 2014 May;174(5):771-2

<https://pubmed.ncbi.nlm.nih.gov/24638082/> – 2014

Rizos EC, Ntzani EE.

Association between omega-3 fatty acid supplementation and risk of major cardiovascular disease events: a systematic review and meta-analysis.

JAMA. 2012 Sep 12;308(10):1024-33

<https://pubmed.ncbi.nlm.nih.gov/22968891/> – 2012

Rizos EC, Ntzani EE, Bika E, Kostapanos MS, Elisaf MS.

88 publications (PubMed, up to JUNE 2023), CITATIONS (Google Scholar): 3266, h index: 26

**Projects** 01/01/2006 – CURRENT

Principal or Co-Investigator

INVESTIGATOR FOR CLINICAL TRIALS

Principal investigator: AGREEMENT - DIREGL06565, Boehringer 1218.149, Boehringer 1245.72, Boehringer 1245.78, OBS13780. CoInvestigator: VESALIUS-CV, SELECT, EFC 14875/SCORED, EGNATIA, SUSTAIN7, ONSET 9, MK-8835-004/B1521021, NN9924-42 80, Mediterranean Group for the Study of Diabetes (MGSD), EFC11570 – ODYSSEY, GLP116174 (HARMONY), XALIA-XARELTO, AMG 145 – AMGEN, FOURIER, Pfizer 210224, EXAMINE, ONTARGET, TRANSCEND, CHARISMA, AVANDAR YL, NIS-CEU-DUM-2008/1 EURIKA, MK-3577-009-00, CLMF237AGR01/09-07.2009, REACH REGUSTR - C8903, L-TAP, AT TEMPT

FUNDED RESEARCH PROJECTS (Investigator)

1. 2023 – 2026: Health Professionals' and the "Digital team" Skills advancement" (**H-PASS**). Topic EU4H-2022-PJ-06, Type of Action EU4H-PJG Call EU4H-2022-PJ, Type of Model Grant Agreement EU4H-AG.

2. 2020–3: Certification of Causes of Death in Europe (CODA-EU), funded by the European Union (Erasmus+)

3. 2018–21: Health Study of Epirus. ΕΣΠΑ, Operational program "Epirus" 2014-2020

4. 2020: Systematic review and Meta-analysis of the consequences from

pesticides and fertilizers on human health, Department of Hygiene & Epidemiology, University of Ioannina School of Medicine, co-funded by UN-WHO

5. 2018–9: Air Quality and Health-related Outcomes: An Evidence-based System for Education and Awareness Raising Funder: European Social Fund & Youth Employment Initiative; Operational programme "Human Resources Development, Education and Life Lifelong Learning; Action: "Supporting research: emphasis on junior researchers"

6. 2013-6: Credits for Health (C4H), EU funded research project: 'Credits-based, people-centric approach for the adoption of healthy life-styles and balanced Mediterranean diet in the frame of social participation and innovation for health promotion'

7. 2006: "Evaluation of guidelines in electronic form for the region of Epirus", for the European research project "Building knowledge driven and dynamically adaptive networked communities within European healthcare systems - COCOON"

8. 2005: Patient recruitment for: "Effect of lipidlowering and hypertensive treatment drugs in the lipid profile and in metabolic parameters", funded by the Research Committee of the University of Ioannina

9. 2004: Patient recruitment for: "Effect of lipidlowering and hypertensive treatment drugs in the lipid profile and in metabolic parameters", funded by the Research Committee of the University of Ioannina

10. 2003: Laboratory exams and patient recruitment for: "Effect of lipidlowering and hypertensive treatment drugs in the lipid profile and in metabolic parameters", funded by the Research Committee of the University of Ioannina

11. 2001-3: "Influence of genetic factors on the efficacy of lipid-lowering treatment in patients with primary hypercholesterolemia", funded by the General Secretariat of Research & Technology and the Research Committee of the University of Ioannina

#### Memberships

1. European Centre for Disease Prevention and Control (ECDC) expert (from 2015).
2. Diabetes & Cardiovascular disease - D&CVD- EASD study group (from 2012).
3. Hellenic Diabetes Association (from 2010).
4. Study group for Diabetes & Heart of the Hellenic Diabetes Association (from 2015).
5. Hellenic Atherosclerosis Society (HAS), (from 2003).
6. Study group of the Hellenic Atherosclerosis Society (HAS) for the epidemiology and prevention of atherosclerosis (2013-2015).
7. Institute for Research and Education for Diabetes Mellitus and Metabolic Syndromes, Greece (member of the Executive Board 2010-2013).
8. European Association for the Study of Diabetes - EASD (2011-2013).
9. Study group of the Hellenic Atherosclerosis Society (HAS) for the Metabolic Syndrome (2011-2012).

#### Other Relevant Information

##### RESEARCH INTERESTS

1. Diabetes mellitus.
2. Lipid disorders.
3. Hypertension.
4. Primary and secondary prevention of cardiovascular disease.
5. Infectious diseases.

##### HONOURS AND AWARDS

2017

DISTINCTIONS - PRIZES – Hellenic Atherosclerosis Society, Institute of Study, Research & Education for Diabetes/Metabolic

1. Barkas F, Liberopoulos E, Sferopoulos D, Klouras E, Lontos A, Elisaf M, Rizos E. Which metabolic parameters are related to the increased risk for diabetes development in statin-treated patients. 7 congress of the working parties of Hellenic Atherosclerosis Society, 2017, Athens.
2. Klouras E, Barkas F, Elisaf M, Liberopoulos E, Liamis G, Rizos E. Statin therapy with or without ezetimibe and the progression to diabetes. 1 prize, 6 Panhellenic Congress, Institute of Study, Research & Education for Diabetes Mellitus and Metabolic Diseases, 2016.

#### REVIEWER

01/01/2009 – CURRENT

Reviewer for PubMed medical journals

#### REVIEWER (for submitted manuscripts in PubMed indexed journals)

1. Journal of Diabetes and Complications (2023)
2. European Journal of General Practice (2023)
3. Current Vascular Pharmacology (2023,2022)
4. Nutrition, Metabolism and Cardiovascular Diseases (2022)
5. Metabolism (2022)
6. Frontiers in cardiovascular Medicine (2022)
7. Diabetes Obesity & Metabolism (2020,2019,2018,2017,2016,2015)
8. European Journal of Clinical Investigation (2018)
9. Expert Opinion on Drug Safety (2015)
10. Case Reports in Vascular Medicine (2015)
11. BMC public health (2015, 2014, 2013)
12. BMC Cardiovascular (2020)
13. BMC endocrinology (2014, 2013, 2012)
14. Medicine (2014)
15. JAMA (2013)
16. J Acad Nutr Diet (2013)
17. Arch Med Sci (2012)
18. Curr Med Res Opin (2012)
19. Drug Saf (2012)
20. Expert Opin Pharmacother (2011)
21. The Open Cardiovasc Med J (2009)