

PERSONAL INFORMATION **Constantine Vardavas**

## EDUCATION AND TRAINING

- 05/2010–04/2012 **Visiting Scientist and Post-Doctoral Fellow**  
Harvard School of Public Health, Dept of Social and Behavioral Sciences (United States)
- 09/2006–08/2012 **Medicine (MD training)**  
University of Crete, Greece School of Medicine – 4 years pre-clinical and 2-year clinical rotation (Greece)
- 05/2007–05/2010 **PhD**  
University of Maastricht, the Netherlands, Department of Human Biology
- 09/2005–05/2007 **Master's Degree in Public Health**  
University of Crete, Greece, School of Medicine (Greece)
- 09/2000–01/2005 **Nursing (RN)**  
Technological Educational Institute Crete, Greece Department of Nursing (Greece)

## WORK EXPERIENCE

- 2018- Present **Lecturer, Health Policy and Epidemiology**  
Harvard University, Harvard School of Dental Medicine
- 2018 - present **Associate Professor of Medicine (Adjunct)**  
Mayo Clinic, School of Medicine
- 10/2015–Present **Associate Director**  
Institute of Public Health, American College of Greece, Athens (Greece)
- 2005–Present **Physician, Research Associate**  
University of Crete, Greece (Greece)
- 2014–2016 **Research Associate, European Research Projects**  
Biomedical Research Foundation of the Academy of Athens, Greece
- 04/2012–10/2014 **Senior Research Scientist**  
Harvard School of Public Health, Center for Global Tobacco Control (United States)

## PERSONAL SKILLS

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Mother tongue(s) English, Greek (native bilingual speaker)

## ADDITIONAL INFORMATION

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### GENERAL EXPERTISE ON E-CIGARETTES

Regarding my **general expertise** on the field of e-cigarettes, below is my working experience as the Scientific Team Leader and the Investigator of the following Projects:

#### 10/2015 – 10/2019

TACK SHS

Investigator

Tackling secondhand tobacco smoke **and e-cigarette emissions: exposure assessment**, novel interventions, impact on lung diseases and economic burden in diverse European populations

European Commission, Horizon2020 Programme

TackSHS aimed to improve understanding of second-hand tobacco smoke and e-cigarette emissions and find ways of tackling the health burden caused by exposure to these aerosols.

This four-year project brought together leading European research centres to work in partnership on a comprehensive and integrated approach to generate significant step-change beyond the current state-of-the-art in understanding second-hand tobacco smoke and electronic cigarette aerosols.

#### 3/2015 - 3/2016

Scientific Team Leader

“PRECISE” - EAHC/2013/Health/23. Public Health Risks of Electronic Cigarettes in Europe

European Commission – DG SANTE tender

**The purpose of this study was to identify the potential risks to public health associated with the use of refillable electronic cigarettes and development of technical specifications for refill mechanisms and provide the European Commission with a study which contains a comprehensive overview and assessment of the above.** The objectives of the study were the delivery of an overview of the EU e-cigarette market with a particular emphasis on refillable e-cigarettes, the Identification and assessment of the risks to public health associated with the use of e-cigarettes, the identification and assessment of the risks associated with refillable e-cigarettes and, finally, the development of technical specifications for refill mechanisms.

#### 5/2014 – 5/2015

Scientific Team Leader

EUREST - EAHC/2013/Health/28. **Development of a common reporting format and submission mechanism for electronic cigarettes** and tobacco products in Europe

European Commission – DG SANTE tender

The objective of this tender to DG SANTE was to provide the Commission with a study concerning the development of a common reporting format for submission of data on ingredients contained in tobacco and related products in the EU and disclosure of the collected data to the public as laid down the provisions of the Tobacco Products Directive (TPD). In the content of this scientific project, guidelines were created for all the 28 Member States in order to import their data in the EU Common Entry Gate for Big Data on Tobacco Control, which was developed for that purpose. The outcome of this study was the publication of the European Commission Implementing Decisions (EU/2015/2186 and EU/2015/2813) for the transnational collection of information related to tobacco products.

- Institutional/departmental administrative responsibilities, committee memberships and other activities:

**Ministry of Health, Democracy of Greece**

2015

- National Representative of Greece to the European Commission - Division of Health Systems and Products
- Subgroup on electronic cigarettes.
- National Representative of Greece to the European Commission - Division of Health Systems and Products
- Invited expert, 1st Meeting with Stakeholders on Common Format for Reporting of Ingredients And Emissions for Tobacco Products.
- National Representative of Greece to the European Commission - Division of Health Systems and Products
- Invited expert, SUBGROUP on Ingredients established by the Expert Group on Tobacco Policy.
- National Representative of Greece in the WHO FCTC - 6th Conference of the Parties (COP-6)
- Negotiating team of the European Commission, WHO FCTC

**European Commission**

2016

- DG SANTE – Directorate of Health, European Commission
- Scientific Team lead – External Contracted Expert
- European Commission – report to the European Parliament and the European Council on the potential risks to public health associated with the use of refillable electronic cigarettes

2015

- DG SANTE – Directorate of Health, European Commission
- Scientific Team lead – External Contracted Expert
- European Commission – Commission implementing Decision 2015/2183 establishing a common format for the notification of electronic cigarettes and refill containers

## SPECIFIC EXPERTISE

**Addiction to tobacco and e-cigarettes****My experience on the addiction to tobacco and e-cigarettes has been obtained through:**

- My working experience as the **Principal Investigator** of the following European Projects:

**2016-2018**

- 1) EUREST-PLUS, EU Horizon2020-HCO-2015, 2016-2018

The European Regulatory Science on Tobacco: Policy implementation to reduce lung diseases Project, which is a Horizon2020 project and a thirteen –partner project, aimed to monitor and evaluate the impact of the TPD at an EU level.

The specific objectives of the project were:

To evaluate the psychosocial and behavioral impact of TPD implementation, through the creation of a cohort study of adult smokers in 6 EU MS (Germany, Greece, Hungary, Poland, Romania, Spain) in a pre- vs. post- study design.

To assess support for TPD implementation through secondary dataset analyses of the 2015 Special Eurobarometer on Tobacco Survey (SETS), and through trend analyses on the merged datasets of the 2009, 2012 and 2015 SETS datasets.

To document changes in e-cigarette product parameters (technical design, labelling, packaging and chemical composition) following implementation of Article 20 of the TPD.

To enhance innovative joint research collaborations, through the pooling and comparisons across both

other EU countries of the International Tobacco Control (ITC) Project, and other non-EU countries.

- My Institutional/departmental administrative responsibilities, committee memberships and other activities:

## **European Commission**

2016-2017

- DG SANTE – Directorate of Health, European Commission
- Scientific Team lead – External Contracted Expert
- Report on the assessment of the evidence on toxicity, addictiveness and attractiveness of ingredients contained in tobacco products on the basis of information submitted by the industry in the context of reporting obligations under Directive 2001/37/EC

2016

- DG SANTE – Directorate of Health, European Commission
- Scientific Team lead – External Contracted Expert
- European Commission -Commission Implementing Decision (EU) 2016/787 of 18 May 2016 laying down a priority list of additives contained in cigarettes and roll-your-own tobacco subject to enhanced reporting obligations.

2015

- Scientific Team lead – External Contracted Expert
- European Commission – Commission implementing Decision 2015/2186 establishing a common format for the notification of tobacco products

- My selected publications:

1. Vardavas CI, Kafatos A. Smoking policy and prevalence in Greece. *European Journal of Public Health* 2007; 17 (2): 211–213
2. Vardavas CI, Athanasopoulos D, Balomenaki E, Linardakis M, Kafatos A. Smoking habits of Greek preschool children's parents. *BMC Public Health* 2007, 7:112
3. Vardavas CI, Kondili B, Petsetaki E, Tountas Y, Kafatos A.G. Environmental Tobacco Smoke in hospitality venues in Greece. *BMC Public Health* 2007; 7(1):302
4. Vardavas CI, Connolly G, Karamanolis K, Kafatos A, Adolescents perceived effectiveness of the proposed European graphic tobacco warning labels. *European Journal of Public Health*, 2009;1-6
5. Vardavas CI, Bouloukaki I, Linardakis M.K, Tzilepi P, Tzanakis N, Kafatos A. Smoke free hospitals in Greece: Personnel perceptions, compliance and smoking habits. *Tobacco Induced Diseases*. 2009. 31;5(1):8
6. Vardavas CI, Connolly G, Karamanolis K, Kafatos A. Preventing Adolescent Smoking Via Graphic Cigarette Warning Labels. *European Journal of Public Health*. 2009 19(2):212-7.
7. Bouloukaki I, Tsoumakidou M, Vardavas CI, Mitrouska I, Koutala E, Siafakas N, Tzanakis N. Maintained smoking cessation for 6 months equilibrates the percentage of sputum CD8+ lymphocyte cells with that of non-smokers. *Mediators of Inflammation* 2009;812102.
8. Vardavas CI, Symvoulakis K, Connolly G, Patelarou E, Lionis C. What defines an effective anti-tobacco TV advertisement? A pilot study among Greek Adolescents. *International Journal of Environmental Research and Public Health* 2010; 7(1):78-88
9. Vardavas CI, Mangiaracina G, Behrakis P. "Environmentally friendly" brand promotion activities: Cigarette butt clean up campaigns. *Tobacco Control* 2010; 19(3):259.
10. Vardavas CI, Chatzi L, Patelarou E, Plana E, Sarri K, Kafatos A, Koutis A, Kogevinas M. Smoking and smoking cessation during early pregnancy and its effect on adverse pregnancy outcomes and fetal growth. *European Journal of Pediatrics* 2010; 169:741-748
11. Vardavas CI, Patelarou E, Chatzi L, Roumeliotaki T, Sarri K, Murphy S, Koutis A, Kafatos A, Kogevinas M. Factors associated with active smoking, quitting and second-hand smoke exposure among pregnant women in Greece. *Journal of Epidemiology*. 2010; 20(5):355-62

12. Papadopoulos G, Vardavas CI, Limperi M, Linardis A, Georgoudis G and Behrakis P. Smoking cessation can improve quality of life among COPD patients: validation of the clinical COPD questionnaire into Greek. *BMC Pulmonary Medicine*. 2011; 11:13
13. Vardavas CI, Flouris AD, Tsatsakis A, Kafatos AG, Saris WH. Does adherence to the Mediterranean diet have a protective effect against active and passive smoking? *Public Health*. 2011; 125(3): 121-8
14. Patelarou E, Vardavas CI, Ntzilepi P, Warren C, Barbouni A, Kremastinou J, Connolly G, Behrakis P. Nursing education and beliefs towards tobacco cessation and control: a cross-sectional national survey (GHPSS) among nursing students in Greece. *Tobacco Induced Diseases* 2011; 9:4.
15. Loukopoulou A, Vardavas CI, Farnakides G, Rossolymos C, Chrelias C, Tzatzarakis M, Tsatsakis A, Lymberi M, Connolly GN, Behrakis P. Design and study protocol of the Maternal Smoking Cessation during Pregnancy study, (M-SCOPE). *BMC Public Health* 2011; 11:903.
16. Rosen LJ, Guttman N, Hovell MF, Noach MB, Winickoff JP, Tchernokovski S, Rosenblum JK, Rubenstein U, Seidmann V, Vardavas CI, Klepeis NE, Zucker DM. Development, design, and conceptual issues of project zero exposure: A program to protect young children from tobacco smoke exposure *BMC Public Health*. 2011; 11:508.
17. Tsiligianni I, Vardavas CI, Bouloukaki I, Kosmas E, Verigou E, Kiriakaki M, Sifakas N, Tzanakis N. The association between alcohol and tobacco use among elementary and high school students in Crete, Greece. *Tob Induc Dis*. 2012; 10(1):15.
18. Filippidis F, Vardavas CI, Behrakis P, Schoretsaniti S, Dimitrakaki C, Connolly G, Tountas Y. Prevalence and determinants of tobacco use among adults in Greece: 4-year trends. *Eur J Public Health*. 2013 Oct;23(5):772-6
19. Agaku I, Connolly G, Alpert H, Adisa A, Vardavas C. Concurrent smokeless tobacco and cigarette among Nigerian adolescents: an emerging epidemic. *Journal of substance use*. 2013 [In press]
20. Agaku I, Ayo-Yusuf O, Vardavas C, Connolly G. Predictors and patterns of cigarette and smokeless tobacco use among adolescents in 32 Countries, 2007-2011. *Journal of Adolescent Health* 2013. doi:pii: S1054-139X(13)00419-9
21. Agaku IT, Vardavas CI, Ayo-Yusuf OA, Alpert HR, Connolly GN. Temporal trends in smokeless tobacco use among US middle and high school students, 2000-2011. *JAMA*. 2013; 309(19):1992-4.
22. Schoretsaniti S, Filippidis F, Vardavas CI, Tzavara C, Dimitrakaki C, Behrakis P, Connolly G, Tountas Y. Prevalence and determinants of SHS exposure in public and private areas after the 2010 smokefree legislation in Greece. *Int J Env Health Res*. 2013 Sep 17. [Epub ahead of print]
23. Schoretsaniti S, Filippidis FT, Vardavas CI, Dimitrakaki C, Behrakis P, Connolly GN, Tountas Y. 5-Year trends in the intention to quit smoking amidst the economic crisis and after recently implemented tobacco control measures in Greece. *Addict Behav*. 2013 Sep 20. doi:pii: S0306-4603(13)00274-8.
24. Agaku IT, Ayo-Yusuf OA, Vardavas CI, Alpert HR, Connolly GN. Use of conventional and novel smokeless tobacco products among US adolescents. *Pediatrics*. 2013 Sep;132(3):e578-86.
25. Filippidis F, Agaku I, Connolly G, Vardavas C. Trends in Age Verification among U.S. Adolescents Attempting to Buy Cigarettes at Retail Stores, 2000-2009. *Preventive medicine* 61 (2014) 61-65.
26. Tsalapati K, Vardavas C, Athanasakis K, Thireos E, Vozikis A, Pavi E, Behrakis P, Kyriopoulos I. Going up in ashes? Smoking attributable morbidity, hospital admissions and expenditure in Greece. *Eur J Public Health*. *Eur J Public Health*. 2014 Jun;24(3):477-9
27. Agaku I, Ayo-Yusuf L, Vardavas C. A comparison of smoking cessation counseling received by current smokers at U.S. dentist and physician offices during 2010/2011. *Am J Public Health*. 2014 Aug;104(8): e67-75
28. Matsunaga Y, Agaku I, Vardavas C. The association between cigarette rod length, slim design, and blood cadmium levels among U.S. smokers: NHANES 1999-2010. *Prev Med*. 2014 Aug;65:87-91.
29. Agaku I, Vardavas C, Ayo-Yusuf A, Alpert H, Connolly G. Gender and racial Differences in Smoking of Long/Ultra-long and King size Cigarettes among U.S. adult Smokers, NHANES 1999-2012. *Prev Med*. 2014, 136:28-35
30. Martínez-Sánchez JM, Ballbè M, Fu M, Martín-Sánchez JC, Gottlieb M, Saltó E, Vardavas CI, Daynard R, Connolly GN, Fernández E. Attitudes towards Electronic Cigarettes Regulation in Indoor Workplaces and Selected Public and Private Places: A Population-Based Cross-Sectional Study. *PLoS One*. 2014; 9(12): e114256.
31. Filippidis FT, Gerovasili V, Vardavas CI, Agaku IT, Tountas Y. Determinants of use of smoking

cessation aids in 27 European countries. *Prev Med.* 2014, 65: 99-102.

32. Agaku IT, Adisa AO, Omaduvie UT, Vardavas CI. The relationship between proximity of tobacco retail outlets to schools and tobacco use among school personnel in sub-Saharan Africa. *Prev Med.* 2014 Aug 21;69C:21-27.
33. Agaku IT, Omaduvie UT, Filippidis FT, Vardavas CI. Cigarette design and marketing features are associated with increased smoking susceptibility and perception of reduced harm among smokers in 27 EU countries. *Tob Control* 2015 Dec; 24(4): 233-40.
34. Agaku IT, Filippidis FT, Vardavas CI. Effectiveness of Text versus Pictorial Health Warning Labels and Predictors of Support for Plain Packaging of Tobacco Products within the European Union. *Eur Addict Res.* 2015;21(1):47-52.
35. Agaku IT, Blecher E, Filippidis FT, Omaduvie UT, Vozikis A, Vardavas CI. Impact of cigarette price differences across the entire European Union on cross-border purchase of tobacco products among adult cigarette smokers. *Tob Control* 2015;0:1-8
36. Vardavas C, Filippidis F, Agaku I. Determinants and prevalence of e-cigarette use throughout the European Union: a secondary analysis of 26,566 youth and adults from 27 Countries. *Tob Control* 2015;24:442-448
37. Filippidis F, Lavery A, Gerovasili E, Vardavas C. Two-year trends and predictors of e-cigarette use in 27 European Union Member States. *Tobacco Control* 2016 May 24. pii: tobaccocontrol-2015-052771. doi:10.1136/tobaccocontrol-2015-052771.
38. Filippidis FT, Agaku IT, Girvalaki C, Jiménez-Ruiz C, Ward B, Gratziou C, Vardavas CI; Tobacco Control Committee of the European Respiratory Society. Relationship of secondhand smoke exposure with sociodemographic factors and smoke-free legislation in the European Union. *Eur J Public Health.* 2016 Apr;26(2):344-9. doi: 10.1093/eurpub/ckv204.
39. Emmanouil Symvoulakis, Spyridon Klinis, Nikolaos Kakoliris, Despoina Karamitrou, Constantine Vardavas, Christos Lionis. The association between tobacco use and perceptions of tobacco price strategies within primary care patients in rural Greece. *Tob. Prev. Cessation* 2016;2(April):56 DOI: <http://www.dx.doi.org/10.18332/tpc/62129>
40. Charis Girvalaki, Sophia Papadakis, Constantine Vardavas, Andrew Pipe, Christos Lionis. Tobacco treatment TrAining Network in Crete (TITAN-Crete): protocol for a controlled before-after study. *Tob. Prev. Cessation* 2016;2(June):60. DOI: <http://www.dx.doi.org/10.18332/tpc/63823>
41. Kousoulis AA, Kypouropoulos SP, Pouli DK, Economopoulos KP, Vardavas CI. From the Classroom to Facebook: A Fresh Approach for Youth Tobacco Prevention. *Am J Health Promot.* 2016 May;30(5):390-3.
42. Lavery AA, Vardavas CI, Filippidis FT. Design and marketing features influencing choice of e-cigarettes and tobacco in the EU. *Eur J Public Health.* 2016 Jul 28. pii: ckw109. [Epub ahead of print] PubMed PMID: 27471217
43. Filippidis FT, Lavery AA, Vardavas CI. Experimentation with e-cigarettes as a smoking cessation aid: a cross-sectional study in 28 European Union member states. *BMJ Open* 2016 Oct 6;6(10):e012084
44. Filippidis FT, Lavery AA, Fernandez E, Mons U, Tigova O, Vardavas CI. Correlates of self-reported exposure to advertising of tobacco products and electronic cigarettes across 28 European Union member states. *Tob Control.* 2017 Jun 12.
45. Hummel K, Nagelhout GE, Fong GT, Vardavas CI, Papadakis S, Herbec A, Mons12 U, van den Putte13 B, Borland15 R, Fernández16 E, de Vries H. Quitting activity and use of cessation assistance reported by smokers in eight European countries: Findings from the EUREST-PLUS ITC Europe Surveys. *Tob. Induc. Dis.* 2018;16(2):A6.
46. Trofor AC, Papadakis S, Vardavas CI, Lotrean LM, Gavrilescu CM, Evangelopoulou V, Peleki T, Trofor L, Behrakis PK. Impact of the Tobacco Treatment Guidelines for High Risk Groups (TOB. g): A pilot study among physicians specializing in CVD, Diabetes and COPD. *TOBACCO PREVENTION & CESSATION.* 2018 Apr 1;4.
47. Fotiou A, Stavrou M, Papadakis S, Behrakis PK, Vardavas CI, Kyriakidou M, Makaroni S, Peleki T, Vyzikidou V, Kokkevi A. The TOBg Tobacco Treatment Guidelines for Adolescents: A real-world pilot study. *TOBACCO PREVENTION & CESSATION.* 2018 Jul 1;4.
48. Lavery AA, Filippidis FT, Vardavas CI. Patterns, trends and determinants of e-cigarette use in 28 European Union Member States 2014–2017. *Preventive medicine.* 2018 Nov 1;116:13-8.
49. Kahnert S, Demjén T, Tountas Y, Trofor A, Przewoźniak K, Zatoński WA, Fernández E, McNeill A, Willemsen MC, Kyriakos CN, Fong GT. Extent and correlates of self-reported exposure to tobacco



advertising, promotion, and sponsorship in smokers: findings from the EUREST-PLUS ITC Europe Surveys. Tobacco Induced Diseases. 2018.

**50.** Peleki T, Vivilaki V, Vyzikidou V, Papadakis S, Loukopoulou A, Evangelopoulou V, Vardavas C, Behrakis P. Effect of a short tobacco cessation intervention among pregnant women: pilot results of the TOB-G project.

**51.** Porosnicu, I.B., Trofor, L., Vicol, C., Grosu, I.A., Tifrea, A., Vardavas, C., Behrakis, P. and Trofor, A., 2018. "Lung age"—a motivational smoking cessation tool in smokers with chronic obstructive pulmonary disease.

**52.** Trofor, L., Porosnicu, I.B., Papadakis, S., Vardavas, C., Trofor, A. and Behrakis, P., 2018. Pre-post pilot study of a one-day smoking cessation training for health care professionals in charge with high risk smokers.

**53.** Filippidis FT, Lavery AA, Mons U, Jimenez-Ruiz C, Vardavas CI. Changes in smoking cessation assistance in the European Union between 2012 and 2017: pharmacotherapy versus counselling versus e-cigarettes. Tobacco control. 2019 Jan 1;28(1):95-100.

### Exposure Scenarios for e-cigarettes

My experience in the exposure scenarios for e-cigarettes has been obtained through:

▪ My working experience at the Projects:

- 1) EUREST - EAHC/2013/Health/28. Development of a common reporting format and submission mechanism for electronic cigarettes and tobacco products in Europe
- 2) TACKSHS H2020 "Tackling secondhand tobacco smoke and e-cigarette emissions: exposure assessment, novel interventions, impact on lung diseases and economic burden in diverse European populations", European Commission, Horizon2020 Programme

▪ My selected publications:

1. Vardavas CI, Athanasopoulos D, Balomenaki E, Linardakis M, Kafatos A. Smoking habits of Greek preschool children's parents. BMC Public Health 2007, 7:112
2. Vardavas CI, Bouloukaki I, Linardakis M.K, Ntzilepi P, Tzanakis N, Kafatos A. Secondhand smoke exposure and excess heart disease and lung cancer mortality among hospital staff in Crete, Greece: a case study. International Journal of Environmental Research and Public Health. 2008; 5(3):125-129
3. Agaku IT, Vardavas C, Connolly GN. A Proposed Cut-Off for Identifying Adult Smokeless Tobacco Users with Urinary Total 4-(methylnitrosamino)-1-(3-pyridyl)-1-butanonol (NNAL): an aggregated analysis of NHANES 2007-2010 data. Nicotine & Tobacco Research 2013 Nov;15(11):1956-61.
4. Vardavas CI, Fthenou E, Patelarou E, Bagkeris E, Murphy S, Hecht S, Connolly G, Chatzi L, Kogevinas M. Exposure to different sources of second-hand smoke (SHS) during pregnancy and its effect on urinary cotinine and tobacco specific nitrosamine (NNAL) concentrations. Tob Control. 2013 May;22(3):194-200
5. Agaku I, Ayo-Yusuf O, Vardavas C, Connolly G. Predictors and patterns of cigarette and smokeless tobacco use among adolescents in 32 Countries, 2007-2011. Journal of Adolescent Health 2013. doi:pii: S1054-139X(13)00419-9
6. Agaku IT, Vardavas CI. Disparities and Trends in Indoor Exposure to Secondhand Smoke among U.S. Adolescents: 2000-2009. PLoS One. 2013 Dec 17;8(12):e83058.
7. Agaku IT, Vardavas CI, Ayo-Yusuf OA, Alpert HR, Connolly GN. Temporal trends in smokeless tobacco use among US middle and high school students, 2000-2011. JAMA. 2013; 309(19):1992-4.
8. Agaku IT, Ayo-Yusuf OA, Vardavas CI, Alpert HR, Connolly GN. Use of conventional and novel smokeless tobacco products among US adolescents. Pediatrics. 2013 Sep;132(3):e578-86.
9. Schoretsaniti S, Filippidis F, Vardavas C, Tzavara C, Dimitrakaki C, Behrakis P, Connolly G, Tountas Y. Prevalence and determinants of SHS exposure in public and private areas after the 2010 smoke-free legislation in Greece. Int J Environ Health Res. 2014;24(5):401-11.

10. Martínez-Sánchez JM, Ballbè M, Fu M, Martín-Sánchez JC, Gottlieb M, Saltó E, Vardavas CI, Daynard R, Connolly GN, Fernández E. Attitudes towards Electronic Cigarettes Regulation in Indoor Workplaces and Selected Public and Private Places: A Population-Based Cross-Sectional Study. *PLoS One*. 2014; 9(12):e114256.
11. Vardavas C, Karabela M, Agaku I, Matsunaga Y, Myridakis A, Kouvarakis A, Stephanou E, Lymberi M, Behrakis K. Secondhand smoke exposure within semi-open-air cafés and tobacco specific 4-(Methylnitrosamino)-1-(3-Pyridyl)-1-Butanol (NNAL) concentrations among nonsmoking employees. *International Journal of Occupational Medicine and Environmental Health*. 2014 IJOMEH 2014; 27(5)
12. Raouf SA, Agaku IT, Vardavas CI. A systematic review of secondhand smoke exposure in a car: Attributable changes in atmospheric and biological markers. 4. *Chron Respir Dis*. 2015 May;12(2):120-31
13. Vardavas C, Filippidis F, Agaku I. Determinants and prevalence of e-cigarette use throughout the European Union: a secondary analysis of 26,566 youth and adults from 27 Countries. *Tob Control* 2015;24:442-448
14. Filippidis FT, Agaku IT, Girvalaki C, Jiménez-Ruiz C, Ward B, Gratziau C, Vardavas CI; Tobacco Control Committee of the European Respiratory Society. Relationship of secondhand smoke exposure with sociodemographic factors and smoke-free legislation in the European Union. *Eur J Public Health*. 2016 Apr;26(2):344-9. doi: 10.1093/eurpub/ckv204
15. Tzortzi, A., Teloniatis, S.I., Matiampa, G., Bakelas, G., Vyzikidou, V.K., Vardavas, C., Behrakis, P.K. and Fernandez, E., 2018. Passive exposure to e-cigarette emissions: immediate respiratory effects. *Tobacco Prevention & Cessation*, 2018-05-01, Vol. 4.

### **Analytical expertise specific for (e-)cigarettes**

My experience on the analytical expertise for (e-)cigarettes has been obtained through:

- My working experience at the Projects:

- 1) EUREST-PLUS, EU Horizon2020-HCO-2015, 2016-2018
- 2) EUREST-FLAVOURS, European Commission Single Framework Contract Chafea/2016/Health/36

For the chemical analysis of the composition of e-cigarettes in these Projects the below techniques were/are used:

Gas Chromatography-Mass spectrometry (GC-MS), Liquid Chromatography-Mass spectrometry (LC-MS) and Solid Phase Micro Extraction (SPME) techniques.

- My publications:

16. Vardavas CI, Tzatzarakis MN, Plada M, Tsatsakis A, Papadaki A, Saris WH, Moreno L, Kafatos AG, on behalf of the HELENA Heraklion Study Group. Biomarker evaluation of Greek adolescents' exposure to second-hand smoke. *Human and Experimental Toxicology*. 2010; 29(6):459-66
17. Vardavas CI, Plada M, Tzatzarakis M.N, Marcos A, Warnberg J, Gomez-Martinez S, Breidenassel C, Tsatsakis A.M, Saris W.H, Moreno L.A, Kafatos A.G, On Behalf of The Helena Heraklion Study Group. Passive smoking alters circulating naïve/memory lymphocyte T-cell subpopulations in children. *Pediatric Allergy and Immunology*. 2010; 21(8):1171-8
18. Symvoulakis E, Vardavas CI, Fountouli P, Stavroulaki A, Antoniou KM, Duijker G, Tzatzarakis M, Sfiridaki K, Bolonaki E, Alegakis T, Tsatsakis A, Lionis C. Time interval from cigarette smoke exposure to blood donation and markers of inflammation: Should a smoking cut-off be designated? *Xenobiotika* 2010; 40(9):613-20
19. Karabela M, Vardavas CI, Tzatzarakis M, Tsatasakis A, Connolly G, Behrakis P. The Relationship between indoor air quality and urinary cotinine levels among non-smoking bar workers. *Journal of Aerosol Medicine and Pulmonary Drug Delivery*. 2011; 24(1):35-41
20. Vardavas CI, Patelarou E, Grander M, Chatzi L, Palm B, Fthenou E, Roumeliotaki T, Koutis A, Kafatos A, Vrijheid M, Connolly G, Murphy S, Vahter M, Kogevinas M. The association between



- active/passive smoking and toxic metals among pregnant women in Greece. *Xenobiotika* 2011; 41(6):456-63
21. Kroustallaki P, Tsimpinos G, Vardavas CI, Kafatos A. Fatty acid composition of Greek margarines and their change in fatty acid content over the past decades. *Int J Food Sci Nutr.* 2011; 62:685-9
  22. Tzatzarakis MN, Vardavas CI, Terzi I, Kavalakis M, Kokkinakis M, Liesivuori J, Tsatsakis AM. Hair nicotine/cotinine concentrations as a method of monitoring exposure to tobacco smoke among infants and adults. *Hum Exp Toxicol.* 2012 Mar;31(3):258-65.
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### **Risk assessment and risk management advice in relation to e-cigarettes**

My experience on the analytical expertise for (e-)cigarettes has been obtained through:

- My working experience at the Projects:

EUREST-PLUS, EU Horizon2020-HCO-2015, 2016-2018

EUREST-FLAVOURS, European Commission Single Framework Contract Chafea/2016/Health/36

“Tackling secondhand tobacco smoke and e-cigarette emissions: exposure assessment, novel interventions, impact on lung diseases and economic burden in diverse European populations”, European Commission, Horizon2020 Programme

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