

CURRICULUM VITAE

OF

Dr. Nikolaos A. Memos

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PERSONAL DETAILS:

Nationality: Greek (EEU)
Gender: Male
Marital status: Single
Athens Medical Association: Reg No (061716)
General Medical Council UK: Reg No (7513607)

EDUCATION-DEGREES:

-**Fellowship in Surgical Oncology**- Sarcoma and Melanoma Unit The Royal Marsden Hospital , London UK
-**PhD thesis** "Apoptosis of CNS following sepsis. The Role of Protein C" by Department of General Surgery Medical School, University of Athens (2003-2009) fully funded by General Secretariat for Research and Technology" PENNED 03/441
-**MSc in Biostatistics**, Department of Mathematics and Epidemiology, University of Athens (2005-2007)
-Medical Degree (Ptychion Iatrikes) Awarded in December 2002
-**Medical School of Athens**-Kapodistriako University of Athens (1996 - 2003)
-**High School Diploma** 1996 Honorary Degree

CURRENT APPOINTMENT: **Academic Surgeon B** Department of Surgery, Aretaieio University Hospital, National and Kapodistrian University of Athens, Greece

PREVIOUS APPOINTMENTS:

08/2017-10/2018	Consultant Surgical Oncologist - The Royal Marsden Hospital NHS Foundation Trust-Department of Soft Tissue Sarcoma and Melanoma
08/2016-08/2017	Senior clinical fellow -Responsible for the management of the 2 week wait diagnostic pathway for patients with suspected sarcoma- The Royal Marsden Hospital NHS Foundation Trust-Department of Soft Tissue Sarcoma and Melanoma
08/2015-08/2016	Senior Clinical Fellowship in Surgical Oncology - The Royal Marsden Hospital NHS Foundation Trust-Department of Soft Tissue Sarcoma and Melanoma
12/2014-8/2015	Post-CCT clinical fellow in General Surgery Hippokratio Hospital, A' Department of Propaedeutic Surgery Athens Medical School Greece
03/2009-12/2014	Resident in General Surgery - Hippokratio Hospital, A' Department of Propaedeutic Surgery Athens Medical School
01/2006-01/2009	PhD student Laboratory of Surgical Research-Athens Medical School, Kapodistriako University of Athens Greece
09/2005-06/2007	Master's Degree student in Biostatistics - Department of

		Mathematics and Epidemiology, University of Athens Greece
07/2005 - 07/2006		Senior House Officer - Hellenic Navy Primary Health Centre, Island of Poros Greece
09/2004-07/2005		Research fellow -Laboratory of Surgical Research- Athens Medical School, Kapodistriako University of Athens Greece
05/2003 - 09/2004		Senior House Officer - Accident and Emergency Spili-Agia Galini Primary Health Centre, Crete Island Greece
TEACHING	2012-2014	Regular teaching of post-graduate nursery students (8 hours annually) on ICU
	2018-today	Invited Speaker at the “MSc Surgical Oncology”, National and Kapodistrian University of Athens
MANAGEMENT AND LEADERSHIP	2014-today	Member of European Association of Endoscopic Surgery EAES (ID 6653) Member of European Society of Medical Oncology ESMO (ID 361103)
	2015-2017	Member of Connective Tissue Oncology Society 2018 (ID 9569) Member of Hellenic Surgical Society
	2018-today	Responsible Consultant for the 2 week rule referral pathway and the Diagnostic Service at the Royal Marsden Hospital for patients for suspected sarcoma
	2018-today	Member of the Hellenic Society of Soft Tissue Sarcoma and Rare cancers
	2017-2018	Lead Consultant for the Covid pandemic at Aretaieio University Hospital
	2018-today	
	2020-2022	
RESEARCH	1999-2008	Research fellow Laboratory of Surgical Research, 1st Department of Propaedeutic Surgery 1. I have worked on the following projects of Experimental Surgery: a) Experimental model of septic syndrome. Study of the pathogenesis b) Interaction and relation between human cardiac cells and CNS cells c) Blood cells apoptosis in patients suffering from myocardial Infraction d) Liver apoptosis in septic patients e) Thyroid cancer and hyperparathyroidism. 2. I have also been very familiar with research methods like ELISA, PCR, IMMUNOHISTOCHEMISTRY, ANNEXIN V, TUNEL and Flowcytometry 3. During my thesis I have been working with experimental animals performing septic shock along with neuronal cell cultures and the impact of Protein-C on the thrombin-induced apoptosis in brain cells and changes in the molecular pathways of 14-3-3 family proteins. 4. Master in Biostatistics, University of Athens. Thesis “Prognostic value of time dependent co-variates on survival when longitudinal sampling is not possible: Example from an experimental model of sepsis”

AWARDS AND DISTINCTIONS

February 2019	One of the best abstracts at British Sarcoma Society Conference «Radiological and histological correlations after pre-operative Radiotherapy in Soft Tissue Sarcomas» London, UK February 2019
May 2015	One of the Best EAES Videos in Gastro Intestinal Surgery. “R0 Laparoscopic D2 gastrectomy without splenectomy for locally advanced

June 2013	gastric cancer” EAES Congress Romania 2015 Best poster presentation “Efficacy of Laparoscopic Sleeve Gastrectomy in super obese patients. A midterm analysis” International EAES Congress Vienna 2013
May 2006	Best Poster Presentation 32 Panellinic Medical Congress Athens: “Study of protein C concentrate administration in the gastrointestinal cells of septic rats”
April 2005	2nd Best oral presentation on 9th State of the Art Congress in ICU “Human Protein-C concentrate administration reduces inflammation and alters apoptosis-regulating gene expression in lung during experimental sepsis”
May 2005	Best oral presentation in Basic science 31st Panellinic Medical Conference Athens “Prognostic role of gastrointestinal apoptosis in an experimental model of sepsis”
Nov 2004	Best oral presentation 12th Pagritio Medical Congress “Protein C concentrate administration improves survival in an experimental model of sepsis
Oct 2001	Best Poster 21st Panellinic Congress in Gastreterology 2001: «Sepsis:Immonohistochemical expression Bcl-2 and Bax in gastric mucosa»
2015-2016	Scholarship for young surgeons that gain surgical experience in World leading centres abroad.
1999-2000	Scholarship for Medical Students from “Vardinoyiannio Foundation”
1991-1996	Exceptional student performance – five awards in High School

PUBLICATIONS:

1. Kotsis T, Christoforou P, Chatziioannou A, Memos N, Theodoraki K, Konstadoulakis M. Vena cava balloon occlusion for pulmonary embolism prevention during resection of giant uterus fibroids. *J Surg Case Rep.* 2022 May 25;2022(5):rjac234. doi: 10.1093/jscr/rjac234. PMID: 35665394; PMCID: PMC9154065.
2. COVIDSurg Collaborative; GlobalSurg Collaborative. Timing of surgery following SARS-CoV-2 infection: an international prospective cohort study. *Anaesthesia.* 2021 Jun;76(6):748-758. doi: 10.1111/anae.15458. Epub 2021 Mar 9. PMID: 33690889; PMCID: PMC8206995.
3. COVIDSurg Collaborative, GlobalSurg Collaborative. SARS-CoV-2 vaccination modelling for safe surgery to save lives: data from an international prospective cohort study. *Br J Surg.* 2021 Sep 27;108(9):1056-1063. doi: 10.1093/bjs/znab101. PMID: 33761533; PMCID: PMC7995808.
4. COVIDSurg Collaborative; GlobalSurg Collaborative. Effects of pre-operative isolation on postoperative pulmonary complications after elective surgery: an international prospective cohort study. *Anaesthesia.* 2021 Nov;76(11):1454-1464. doi: 10.1111/anae.15560. Epub 2021 Aug 9. PMID: 34371522.
5. COVIDSurg Collaborative; GlobalSurg Collaborative. SARS-CoV-2 infection and venous thromboembolism after surgery: an

- international prospective cohort study. *Anaesthesia*. 2022 Jan;77(1):28-39. doi: 10.1111/anae.15563. Epub 2021 Aug 24. PMID: 34428858; PMCID: PMC8652887.
6. Stamatopoulou M, Tsamadias V, Theodosopoulos T, Demeridou S, Kaparos G, Memos N, Konstadoulakis M, Baka S. Rapid decay of anti-SARS-CoV-2 antibodies in infection-naïve healthcare workers four months after vaccination. *Germs*. 2021 Dec 29;11(4):625-629. doi: 10.18683/germs.2021.1300. PMID: 35096682; PMCID: PMC8789353.
 7. Brown C, Mantzaris M, Nicolaou E, Karanasiou G, Papageorgiou E, Curigliano G, Cardinale D, Filippatos G, Memos N, Naka KK, Papakostantinou A, Vogazianos P, Ioulianou E, Shammas C, Constantinidou A, Tozzi F, Fotiadis DI, Antoniadis A. A systematic review of miRNAs as biomarkers for chemotherapy-induced cardiotoxicity in breast cancer patients reveals potentially clinically informative panels as well as key challenges in miRNA research. *Cardiooncology*. 2022 Sep 7;8(1):16. doi: 10.1186/s40959-022-00142-1. PMID: 36071532; PMCID: PMC9450324.
 8. Van Houdt WJ, Schrijver AM, Cohen-Hallaleh RB, Memos N, Fotiadis N, Smith MJ, Hayes AJ, Van Coevorden F, Strauss DC Needle tract seeding following core biopsies in retroperitoneal sarcoma. *Eur J Surg Oncol*. 2017 Sep;43(9):1740-1745. doi: 10.1002/bjs.10227. Epub 2016 Aug 9.
 9. Katakaki A, Karagiannidis I, Memos N, Koniaris E, Antonakis P, Papalois A, Zografos GC, Konstadoulakis MM Shock. 2017 Sep 27. Host's Endogenous Caveolin-1 Expression is Downregulated in the Lung During Sepsis to Promote Cytoprotection.
 10. Smith H, Memos N, Thomas JM, Smith MJ, Strauss DC, Hayes AJ. Patterns of disease relapse in primary extremity soft-tissue sarcoma. *Br J Surg*. 2016 Oct;103(11):1487-96.
 11. Theodoropoulos GE, Memos NA, Peitsidou K, Karantanos T, Spyropoulos BG, Zografos G. Synbiotics and gastrointestinal function-related quality of life after elective colorectal cancer resection. *Ann Gastroenterol*. 2016 Jan-Mar;29(1):56-62.
 12. Karagiannidis I, Katakaki A, Glustianou G, Memos N, Papalois A, Alexakis N, Zografos GC, Konstadoulakis MM. "Extended cytoprotective effect of autophagy in the late stages of sepsis and fluctuations in signal transduction pathways in a rat experimental model of kidney injury." *Shock*. 2015 PMID: 26513702
 13. Katakaki A, Skandami V, Memos N, Nikolopoulou M, Oikonomou V, Androulis A, Konstadoulakis MM, Zografos CG. "Similar immunity profiles in patients with meningioma and glioma tumors despite differences in the apoptosis and necrosis of circulating lymphocyte and monocyte populations." *J Neurosurg Sci*. 2014 Mar;58(1):9-15. PMID: 24614787
 14. Natoudi M, Panousopoulos SG, Memos N, Menenakos E, Zografos G, Leandros E, Albanopoulos "Laparoscopic sleeve gastrectomy for

- morbid obesity and glucose metabolism: a new perspective". *Surg Endosc.* 2014 Mar;28(3):1027-33. PMID: 24185751
15. Michalopoulos NV¹, Theodoropoulos GE, Stamopoulos P, Sergentanis TN, Memos N, Tsamis D, Flessas I, Menenakos E, Kontodimopoulos N, Zografos GC. "A cost-utility analysis of laparoscopic vs open treatment of colorectal cancer in a public hospital of the Greek National Health System"..*J BUON.* 2013 Jan-Mar;18(1):86-97. PMID:23613393
 16. Memos N, Kataki A, Chatziganni E, Nikolopoulou M, Skoulakis E, Consoulas C, Zografos G, Konstadoulakis M. "Alternations of 14-3-3 θ and β protein levels in brain during experimental sepsis". *J Neurosci Res.* 2011 Sep;89(9). PMID:21618583
 17. Markogiannakis H, Memos N, Messaris E, Dardamanis D, Larentzakis A, Papanikolaou D, Zografos GC, Manouras A. "Predictive value of procalcitonin for bowel ischemia and necrosis in bowel obstruction." *Surgery.* 2011 Mar;149(3):411-5. PMID:20869092
 18. Markogiannakis H, Kekis PB, Memos N, Alevizos L, Tsamis D, Michalopoulos NV, Lagoudianakis EE, Toutouzas KG, Manouras A. "Thyroid surgery with the new harmonic scalpel: a prospective randomized study." *Surgery.* 2011 Mar;149(3):394-403. PMID:20850853
 19. Messaris E, Betrosian AP, Memos N, Chatzigianni E, Boutsikou M, Economou V, Dontas I, Theodossiades G, Konstadoulakis MM, Douzinas EE "Administration of human protein C improves survival in an experimental model of sepsis" *Crit Care Med.* 2010 Jan;38(1):209-16. PMID:19726977
 20. Lagoudianakis EE, Kataki A, Manouras A, Memos N, Papadima A, Derventzi A, Zografos G, Papadopoulos S, Katergiannakis V, Konstadoulakis MM "Detection of epithelial cells by RT-PCR targeting CEA, CK20, and TEM-8 in colorectal carcinoma patients using OncoQuick density gradient centrifugation system." *J Surg Res.* 2009 Aug;155(2):183-90. PMID:19645077
 21. Memos N, Betrosian A, Messaris E, Boutsikou M, Kataki A, Chatzigianni E, Nikolopoulou M, Leandros E, Konstadoulakis M. "Administration of Human Protein-C concentrate prevents apoptotic brain cell death after experimental sepsis." *Brain Res.* 2009 Apr 6;1264:119-26. PMID:19368819
 22. Betrosian AP, Memos N, Theodossiades G, Douzinas EE. "Protein C concentrate in adult septic patients" *Intensive Care Med.* 2008 Oct;34(10):1932 PMID:18629470
 23. Messaris E, Memos N, Chatziganni E, Kataki A, Nikolopoulou M, Manouras A, Albanopoulos K, Konstadoulakis MM, Bramis J. "Apoptotic death of renal tubular cells in experimental sepsis." *Surg Infect (Larchmt).* 2008 Jun;9(3):377-88 PMID:18570579
 24. Koskinas J, Gomas IP, Tiniakos DG, Memos N, Boutsikou M, Garatzioti A, Archimandritis A, Betrosian A. "Liver histology in ICU patients dying from sepsis: a clinico-pathological study." *World J Gastroenterol.* 2008 Mar 7;14(9):1389-93. PMID: 18322953

25. Messaris E, Kekis P, Memos N, Chatzigianni E, Menenakos E, Leandros E, Konstadoulakis MM. "Sepsis: prognostic role of apoptosis regulators in gastrointestinal cells." *World J Surg.* 2007 Apr;31(4):787-94. PMID: 17372670
26. Messaris E, Memos N, Frantzeskaki F, Economou V, Betrosian
Comment on: "The effects of supra-normal protein C levels on markers of coagulation, fibrinolysis and inflammation in a human model of endotoxemia" by Spiel et al. *Thromb Haemost.* 2006 Jun;95(6):1048-9. PMID:16732392
27. Messaris E, Memos N, Chatzigianni E, Konstadoulakis MM, Menenakos E, Katsaragakis S, Voumvourakis C, Androulakis
"Time-dependent mitochondrial-mediated programmed neuronal cell death prolongs survival in sepsis" *Crit Care Med.* 2004 Aug;32(8):1764-70. PMID:15286556
28. Messaris E, Antonakis PT, Memos N, Chatzigianni E, Leandros E, Konstadoulakis MM. "Deferoxamine administration in septic animals: improved survival and altered apoptotic gene expression." *Int Immunopharmacol.* 2004 Mar;4(3):455-9. PMID: 15037222
29. Katakis A, Sotirianakos S, Memos N, Karayiannis M, Messaris E, Leandros E, Manouras A, Androulakis G "P53 and C-FOS overexpression in patients with thyroid cancer: an immunohistochemical study." *Neoplasma.* 2003;50(1):26-30. PMID: 12687275