

Brief CV

Full name: Elias Tsougos

SPECIALTY

Title of medical specialty: Cardiology, West Attica Department, November 2008

Professional license: 3573/21-5-99

TITLE

Director of 6th Cardiology Department, HYGEIA Hospital
(Work address: 4 Erythrou Stavrou Street and Kifisias Avenue, GR 15123, Branch: 15 Fleming Street, 1st floor)

Clinical Assistant Professor, Cardiology, European University Cyprus (EUC)

Chair, Hellenic Institute of Cardiology and Metabolism

Physician, Hellenic Olympic Committee

SPECIALTY AND RESEARCH INTEREST

Specialty in New Ultrasound Techniques (Stress Echo, intraesophageal echocardiogram), 2D Strain, 3D ultrasounds, Carotid Ultrasound Course, Royal Society of Medicine, London, UK, May 2014

Carotid Ultrasound Specialty Title: Carotid Ultrasound Course Royal Society of Medicine London, UK, May 2014.

Greek Specialty Title in New Ultrasound Techniques, West Attica Department, December 2009

License for Cardiac Ultrasound: Ministry of Health & Social Solidarity, July 2009

Specialisation in last stage heart failure & patient rehabilitation, Carolinsca, Stockholm, 2009

WORK EXPERIENCE

- Clinical Assistant Professor, Cardiology, European University Cyprus
- Director of 6th Cardiology Department, HYGEIA Hospital
- Director of 2nd Cardiology Department, Preventive Cardiology Clinic and Heart Failure Unit, Henry Dunant Hospital Center, 1/5/2015-1/1/2020

- Specialisation in heart failure at the 3rd University Cardiology Clinic of the University of Athens Medical School, Laiko General Hospital of Athens
- Cardiology specialist, University Scholar at the 2nd University Cardiology Clinic, 2013-2014
- Cardiologist, Cardiac Rehabilitation Unit, Attikon General University Hospital of Athens Salaried Scientific Associate, 2nd Cardiology Clinic of University of Athens, Attikon General University Hospital of Athens, 2010-2014
- Teaching at the postgraduate programme of the 2nd University Cardiology Clinic (Medical School, University of Athens) in partnership with the Technological Educational Institute of Athens (2nd Nursing Department, Public Health Sector), 2008-2014
- Principal investigator at a study conducted under the auspices of the Hellenic Cardiological Society, “Studying the phospholamban gene in Greece at patients with dilated cardiomyopathy”. Scholar, Hellenic Cardiological Society, 2010-2012
- Scientific Associate, 2nd Cardiology Clinic of the University of Athens Medical School, Attikon General Hospital, with clinical, research and teaching duties, 2008-2013
- Cardiology Intern, 2nd Cardiology Clinic of the University of Athens Medical School, Attikon General Hospital, 2004-2008
- Member of the Hypertension Unit, 1st Preparatory Internal Medicine Clinic of University of Athens, Laiko General Hospital of Athens, 2004
- Scientific Associate, 2nd Internal Medicine Clinic, 2002-2020
- Internal Medicine Intern, 2nd & 1st Internal Medicine Clinic, Thriasio General Hospital of Elefsina, 2002-2003
- Military service at the Hellenic Navy (Physician, Emergency Department), Poros Hospital, 2001-2002
- Physician, Diving and Hyperbaric Medicine Unit of Athens Naval Hospital, 2001
- Physician, Palaska Training Centre (Hellenic Navy), 2001
- Professor, Avgerinopoulou Institute of Vocational Training, Athens (First Aid, Nutrition, Dermatology, Physiology), 2000-2001
- Rural service, Kato Kleitoria Medical Centre, General Hospital of Patras, 1999-2000
- 3-month training (Internal Medicine, Cardiology, Surgery), General Hospital of Patras “Agios Andreas”, 1999-2000
- Faculty of Medicine Graduate, National and Kapodistrian University of Athens, March 1999

EDUCATION/SPECIALTY

Education

- Doctoral thesis, 2nd Cardiology Clinic of the University of Athens Medical School, Attikon General Hospital, 2006-2010
- Training on cardiac ultrasounds and heart failure (2nd Cardiology Clinic of the University of Athens Medical School, Attikon General Hospital), 2008-2010

- Cardiology specialty (2nd Cardiology Clinic of the University of Athens Medical School, Attikon General Hospital), 2004-2008
- Internal Medicine specialty (1st Internal Medicine Clinic, Thrasio General Hospital of Elefsina), 2002-2003
- Leading seaman Physician, Hellenic Navy, Poros Hospital, 2000-2001
- Physician, Kato Kleitoria Medical Centre, General Hospital of Patras, 1999-2000
- 3-month training in Internal Medicine, as part of rural service, General Hospital of Patras “Agios Andreas”, 6/1999-9/1999
- Student at University of Athens Medical School, 1992-1999

POSTGRADUATE STUDIES

POSTGRADUATE PROGRAMMES

- Postgraduate courses in Diabetes Mellitus, Department of Endocrinology, Diabetes and Metoblism, Laiko General Hospital of Athens, 2003
- Postgraduate seminar on Hypertension, 2003
- Seminar on Antimicrobial chemotherapy, 2003
- Seminar on Cardiopulmonary resuscitation, 2002
- School of Diving and Hyperbaric Medicine, Academic, 2001

DISTINCTIONS/AWARDS

Research awards - Scholarships

- 1-Year scholarship abroad by the Hellenic Cardiological Society (2012) for postgraduate training on the latest imaging techniques in cardiology.
- 2-Year scholarship in Greece for the research programme “Studying the phospholamban gene in Greece at patients with dilated cardiomyopathy” Hellenic Cardiological Society (2010-2011), Scientific Head: D. Kremastinos - I. Lekakis

Editorial work

Member of Editing and Scientific Committees

- Editorial Committee for the Journal “Opinion in Cardiology” of the Hellenic College of Cardiology
- Editorial Committee for the Journal “Developments-Prospects for Cardiology”, Paschalidis Medical Publications

Member of Scientific Associations and Societies

- Piraeus Medical Association (1997-1998 and 1999-2004)
- Cyclades Medical Association (1998– 1999)
- Athens Medical Association (2004– today)
- Hellenic Society for Lipidology and Atherosclerosis (2004-today)
- Hellenic Cardiological Society (2010-today)
- Heart failure Working Group, Hellenic Cardiological Society (2010-today)

- Quality of life and Psychosocial Cardiology Working Group, Hellenic Cardiological Society (2010-today)
- Hellenic College of Cardiology (Board Member, 2011-current)

PUBLICATIONS

Publications in international Scientific Journals: 25

- 1. Medical Treatment in Heart Failure with Reduced Ejection Fraction: A Proposed Algorithm Based on the Patient's Electrolytes and Congestion Status**

Ioannis Paraskevaïdis, Andrew Xanthopoulos , Nikolaos Karamichalakis , Filippos Triposkiadis and **Elias Tsougos**
 Med. Sci. 2023, 11, 38. <https://doi.org/10.3390/medsci11020038>

- 2. Cardioprotective Strategies from Cardiotoxicity in Cancer Patients: A Comprehensive Review**

Christos Kourek , Maria Touloupaki , Athanasios Rempakos , Konstantinos Loritis , **Elias Tsougos** , Ioannis Paraskevaïdis , Alexandros Briasoulis
 J Cardiovasc Dev Dis. 2022 Aug 11;9(8): 259.doi: 10.3390/jcdd9080259.

- 3. Tissue Doppler Imaging of Left Atrial Appendage Predicts Successful Cardioversion in Patients with Atrial Fibrillation**

Peggy M. Kostakou, Elsie S. Tryfou, Vassilios S. Kostopoulos , Marianna Stamatelatou , Constantinos C. Mihas , Dimitrios S. Damaskos , **Elias M. Tsougos** , Christoforos D. Olympios , Nikos T. Kouris. **2022** Curr Trends Intern Med 5: 153. www.doi.org/10.29011/2638-003X.100053
www.gavinpublishers.com

- 4. Peripheral blood natural killer cells in sarcoidosis are associated with early cardiac involvement**

Aigli G. Vakrakou, Lykourgos Kolilekas, Niki Lama, Spiros Katsanos, Grigorios Stratakos, **Ilias Tsougos**, Effrosyni Manali, Eirini Grigoriou, Katherina Psarra, Constantinos Kilidireas, Spiros Papis, Nikolaos L. Kelekis, Elias J. Gialafos, **2022** Eur J Clin Invest. 2022;00: e13742.
<https://doi.org/10.1111/eci.13742>

- 5. Cardiovascular Effect of Alternative Smoking; Is There an “Innocent” Substitute?**

Peggy M Kostakou, **Elias M. Tsougos**, Dimitrios Farmakis , Elias Gialafos , Panagiotis Georgoulas , Constantinos C Mihas , Dimitrios S Damaskos , Christoforos D Olympios , Nikos T Kouris , Ioannis Paraskevaïdis **2022** Curr Trends Intern Med, an open access journal ISSN: 2638-003X

- 6. Stress echocardiography: differences between practices in Greece. A survey of the Echocardiology Working Group of the Hellenic Society of Cardiology 2021** Hellenic Journal of Cardiology

7. **The Effect of Antioxidant and Anti-Inflammatory Capacity of Diet on Psoriasis and Psoriatic Arthritis Phenotype: Nutrition as Therapeutic Tool?**

Katsimbri P, Korakas E, Kountouri A, Ikonomidis I, Tsougos E, Vlachos D, Papadavid E, Raptis A, Lambadiari V. *Antioxidants (Basel)*. 2021 Jan 22;10(2):157. doi: 10.3390/antiox10020157.PMID: 33499118

8. **Novel approaches for the management of coronary artery disease.**

Angelidis G, Valotassiou V, Kollia P, Skoularigis J, Tsougos I, Georgoulas P. *Herz*. 2021 Feb;46(1):89-90. doi: 10.1007/s00059-019-04885-z. Epub 2020 Jan 31.

9. **Association of the calcitriol to calcifediol ratio with cardiac involvement in newly diagnosed sarcoidosis.**

Gialafos E, Kolilekas L, Manali E, Katsanos S, Steiropoulos P, Tsougos E, Stratakos G, Gaga M, Koulouris N, Papiris S, Ilias I. *Sarcoidosis Vasc Diffuse Lung Dis*. 2020;37(3):e2020008. doi: 10.36141/svdlid.v37i3.9939. Epub 2020 Sep 30. PMID: 33264381

10. **Distribution, infrastructure, and expertise of heart failure and cardio-oncology clinics in a developing network: temporal evolution and challenges during the coronavirus disease 2019 pandemic.**

Taskforce of the Hellenic Heart Failure Clinics Network. *ESC Heart Fail*. 2020 Dec;7(6):3408-3413. doi: 10.1002/ehf2.12870. Epub 2020 Oct 7. PMID: 33284510

11. **How to develop a national heart failure clinics network: a consensus document of the Hellenic Heart Failure Association.**

Task force of the Hellenic Heart Failure Clinics Network. *ESC Heart Fail*. 2020 Feb;7(1):15-25. doi: 10.1002/ehf2.12558. Epub 2020 Feb 26. PMID: 3210097

12. **Cardiovascular complications of metastatic colorectal cancer treatment.**

Keramida K, Charalampopoulos G, Filippiadis D, Tsougos E, Farmakis D. *J Gastrointest Oncol*. 2019 Aug;10(4):797-806. doi: 10.21037/jgo.2019.03.04.PMID: 31392061

13. **Myocardial strain may predict exercise tolerance in patients with reduced and mid-range ejection fraction.**

Tsougos E, Angelidis G, Gialafos E, Tzavara C, Tzifos V, Tsougos I, Georgoulas P. *Hellenic J Cardiol*. 2018 Nov-Dec;59(6):331-335. doi: 10.1016/j.hjc.2017.11.016. Epub 2018 Jan 2. PMID: 29203160

14. **The value of a new speckle tracking index including left ventricular global longitudinal strain and torsion in patients with dilated cardiomyopathy.**

15. **Long-term prognostic value of diastolic exercise echocardiography.**

Tsougos E, Paraskevaïdis IA, Varounis C, Dages N, Panou F, Karatzas D, Parissis J, Tsougos I, Anastasiou-Nana M.
Int J Cardiol. **2013** Oct 25;169(1): e14-6. doi: 10.1016/j.ijcard.2013.08.118.
Epub 2013 Sep 8.

16. **Catheter ablation for atrial fibrillation in patients with left ventricular systolic dysfunction. A systematic review and meta-analysis.**

Dages N, Varounis C, Gaspar T, Piorkowski C, Eitel C, Iliodromitis EK, Lekakis JP, Flevari P, Simeonidou E, Rallidis LS, **Tsougos E**, Hindricks G, Sommer P, Anastasiou - Nana M. J Card Fail. 2011 Nov;17(11): 964-70. Epub **2011** Sep 9.

17. **Detection of high-burden coronary artery disease by exercise-induced changes of the E/E' ratio.**

Tsougos E, Paraskevaïdis I, Dages N, Varounis C, Panou F, Karatzas D, Trapali X, Iliodromitis E, Kremastinos DT.
Int J Cardiovasc Imaging. **2011** Mar 11.

18. **Exercise - induced changes of B-type natriuretic peptide uncover the unknown coronary artery disease in patients with chest pain and normal left ventricular systolic function.**

Paraskevaïdis IA, **Tsougos E**, Varounis C, Dages N, Karatzas D, Parissis J, KremastinosDT.
Eur J Cardiovasc Prev Rehabil. **2011** Feb; 18(1):72-8.

19. **Diastolic stress echocardiography detects coronary artery disease in patients with asymptomatic type II diabetes.**

Paraskevaïdis IA, **Tsougos E**, Panou F, Dages N, Karatzas D, Boutati E, Varounis C, Kremastinos DT.
Coron Artery Dis. **2010** Mar; 21(2):104-12

20. **Mortality after catheter ablation for atrial fibrillation compared with antiarrhythmic drug therapy.**

A meta-analysis of randomized trials.
Dages N, Varounis C, Flevari P, Piorkowski C, Bode K, Rallidis, **Tsougos E**, Leftheriotis D, Sommer P, Hindricks G, Kremastinos DT. Am Heart J. **2009** Jul; 158 (1) :15-20.

21. **Novel surface ECG criteria for differentiation between left- and right-sided manifest inferoseptal accessory pathways.**

Dages N, Wasmer K, Mönnig G, Ohlenburger A, **Tsougos E**, Kremastinos DT, Borggreffe M, Breithardt G, Eckardt L. Int J Cardiol. 2009 May 29; 134(3):412-4. Epub **2008** Mar 19.

22. **Exercise-induced changes in E/E' ratio in patients with suspected coronary artery disease.**

Tsougos E, Panou F, Paraskevaïdis I, Dages N, Karatzas D, Kremastinos DT. Coron Artery Dis. **2008** Sep; 19(6):405-11.

23. **Platelet glycoprotein IIb HPA-3 polymorphism and acute coronary syndromes.**

Lekakis J, Bisti S, **Tsougos E**, Papathanassiou A, Dages N, Ikonomidis I, Soteriadiou E, Tselepis AD, Goudevenos J, Kremastinos DT. Int J Cardiol. 2008 Jun 23;127(1):46-50. Epub **2007** Jun 11.

24. **Pre-treatment with Irbesartan attenuates left atrial stunning after electrical cardioversion of atrial fibrillation.**

Dages N, Karatasakis G, Panou F, Athanassopoulos G, Maounis T, **Tsougos E**, Kourea K, Malakos I, Kremastinos DT, Cokkinos DV. Eur Heart J. **2006** Sep; 27(17):2062-8.

25. **“Echocardiography in the Management of Patients with Heart Failure” submitted to the eBook entitled: “Frontiers in Heart Failure (Volume 1): Clinical Issues”.**

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CLINICAL TRIALS

Principal Investigator

2023

- A Randomized, Double-Blind, Placebo-Controlled, Phase 3 Study of Olezarsen Administered Subcutaneously to Patients with Severe Hypertriglyceridemia (**IONIS**).
- A Double -Blind, Randomized, Placebo-Controlled, Multicenter Trial to investigate the mode of action of ziltivekimab in compared with placebo in people with heart failure and inflammation (**HERMES**).
- A Double-blind, Randomized, Placebo-controlled, Multicenter Study Assessing the Impact of Olpasiran on Major Cardiovascular Events in Patients with Atherosclerotic Cardiovascular Disease and Elevated Lipoprotein (a) (**OCEAN**).
- A follow-up study to evaluate the long-term effect of the anti-obesity trial product-Semaglutide (**Select Life**).

2022

- A Double -Blind, Randomized, Placebo-Controlled, Multicenter Trial on the effects of ziltivekimab on cardiovascular outcomes in patients with established atherosclerotic cardiovascular disease, chronic kidney disease and systemic inflammation (**ZEUS**).
- A Double -Blind, Randomized, Placebo-Controlled, Multicenter Trial on the effects of semaglutide on functional capacity in patients with type 2 diabetes and peripheral arterial disease (**STRIDE**).

2020

- A Double -Blind, Randomized, Placebo-Controlled, Multicenter Test for Evaluation of the Impact of Evolocumab on Major Cardiovascular Episodes in Patients At High Risk-Related Dangerous Cardiovascular Risk-Free (**Vesalius**).
- A Double-Blind multicenter, randomized, placebo-controlled, study to investigate the efficacy of oral sacubitril / valsartan in adult patients with non-obstructive hypertrophy (**CLCZ696I12201**).
- A Double -Blind, Randomized, Placebo-Controlled, Multicenter Trial for the effect of Semaglutide on cardiovascular outcomes in overweight or obese people **SELECT**.

2018

- 2018 Observation study of the use of **Repatha** in European patients with hyperlipidemia through serial review of their medical records.
- Non-invasive, multicenter clinical trial to investigate the efficacy of rosuvastatin (Platorel) in patients with hyperlipidemia and other cardiovascular risk factors, **PLATINUM**.

2017

- Non-interventional study entitled "Assessment of real care - A description of Europe's Heart Failure Management" **ARIADNE**.

2016

- Non-invasive clinical study of patients after Acute Coronary Syndrome in Greece with code: MK-0653A-840 / **PACSS**.
- A multicenter, open-label observational study titled: "**PAGODA** Study - Effect of Pitavastatin or Atorvastatin on Glucose Medium Serum as a Very Important Risk for the Development of Patient Diabetes Mellitus" European Institute of Medical Research in collaboration with the Greek Society of Atherosclerosis.
- A Perspective, Multicenter Observation Study for the Control of Flea Effect of Flecainide In Prolonged Release Flecardia on the Quality of Life of Patients with Atrial Fibrillation in Greece - The **REFLEC-CR** study.
- European comparative, prospective, three-year observation study on the safety of the fixed dose combination of pravastatin 40 mg / phenofibrate 160 mg (Pravafenix®) vs. single statin in actual clinical practice", **POSE**.

2015

- Prospective observational study to evaluate the compliance of patients to Irbersartan Actavis or **IbersartanHCTActivis** in daily clinical practice".
- Non- invasive prospective longitudinal phase IV study entitled "The Use of Ranolazine in the Treatment of Stable Angina - (**RANGER**).
- Epidemiologic study of screening for atrial fibrillation during home blood pressure monitoring at the primary care level (**HomeAF**).