



## Giorgos K. Sakkas

Items	Number
Books	1
Book Chapters	3
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)	>50
Articles in Journals not Indexed in Bibliographical Databases	-
Refereed International Conference Presentations	>70
Invited Presentations	>10
Harzing's PorP/Scopus Citation Index (including self-citations)	1181/1149
Harzing's PorP/Scopus h-index	18/18
Involved in Successful Grant Applications	>12

### 1 EDUCATION

- BSc – Hons National & Kapodistian University of Athens, Greece. Department of Physical Education and Sport Science. Field: Exercise Physiology (1991-1995)
- PhD Manchester Metropolitan University, UK Centre for Biophysical & Clinical Research into Human Movement. Field: Clinical Exercise Physiology (1997-2001)

### 2 EMPLOYMENT HISTORY

- Ass Professor in Clinical Exercise Physiology (Dec 2013 – Present) Department of Physical Education and Sport Science, School of PE and Sport Science, University of Thessaly, Trikala, Thessaly Greece
- Research Associate Professor in Clinical Exercise Physiology Institute for Research and Technology Thessaly Centre for Research and Technology - Hellas (CERTH), Greece (Sept 2011 – Dec 2013)
- Research Assistant Professor in Clinical Exercise Physiology. Institute of Human Performance and Rehabilitation. Centre for Research and Technology - Thessaly (CE.RE.TE.TH), Greece (May 2008 – 2011)
- Therapeutic Exercise Research Team Leader. University of Thessaly, School of Health Sciences, Department of Medicine, Division of Nephrology, Greece (Jan 2005 – Present)
- Visiting Researcher Endocrinologist University of California San Francisco (UCSF), Department of Medicine, Division of Endocrinology, USA (Jan 2005- Jan 2007)
- Assistant Researcher Endocrinologist University of California San Francisco (UCSF), Department of Medicine, Division of Endocrinology, USA (Jan 2003- Jan 2005)
- Postdoctoral Researcher, University of California San Francisco (UCSF), Department of Medicine, Division of Endocrinology, USA (Jan 2001-Jan 2003)
- Research Associate – Part Time. Directorate of Renal Medicine, North Staffordshire Hospital, Trust, Stoke-on-Trent, UK (Sept.1997 - Dec 2000)

## 3 ACADEMIC & SCIENTIFIC EXPERIENCE

### 3.1 Undergraduate Teaching

- University of Thessaly, Dept of PE and Sports Science, Trikala, Greece Module Director in Advance Clinical Exercise Physiology, BSc program ( 2013-present)
- University of Thessaly, Dept of PE and Sports Science, Trikala, Greece Module Director in Clinical Exercise Physiology placement, BSc program ( 2007-present)
- University of Thessaly, Dept of PE and Sports Science, Trikala, Greece Module Director in Exercise for Special Populations, BSc program ( 2013-present)
- University of Thessaly, Dept of PE and Sports Science, Trikala, Greece Teaching Instructor in Swimming Lesson (practice), BSc program (2007 –present)
- University of Thessaly, Dept of PE and Sports Science, Trikala, Greece Visiting Lecturer in Clinical Exercise Physiology, BSc program, (Jan 2006 – 2013)
- University of Thessaly, Dept of Biochemistry and Biotechnology, Larissa, Greece Teaching Instructor in Clinical Biochemistry, BSc program, (Jan 2006 – 2007)
- Part-Time Teaching Instructor in Human Physiology. University of California Berkley, Extension, USA. (Sept 2003 – Jan 2004)
- Part-time Teaching Instructor in Exercise Testing, Department of Sports Science, Manchester Metropolitan University, UK (Sept 1997- Dec 2000)
- Teaching Assistant in Exercise Physiology and Exercise Testing, National & Kapodistian University of Athens, Department of PE and Sport Science, Greece (Sept 1996 - May1997)

### 3.2 Postgraduate Teaching

- University of Thessaly, in conjunction with the Dept of PE and Sports Science, and the Dept of Medicine, Thessaly, Greece. Module director in Exercise, Ergospirometry and Rehabilitation, MSc program, (Module Director: MB02 Exercise training in chronic disease patients) (Sept 2014 – Present)
- University of Thessaly, Dept of PE and Sports Science, Trikala, Greece Module director in Military Fitness & Wellbeing, MSc program (Module Director: MB611 Overuse musculoskeletal injuries) (Sept 2014 – Present)
- University of Thessaly, Dept of PE and Sports Science, Trikala, Greece Module director in Exercise and Health, MSc program, (Module Director: MB515 Cardiac Rehabilitation) (Dec 2013 – Present)
- University of Thessaly, Dept of PE and Sports Science, Trikala, Greece Visiting Lecturer in Exercise and Health, MSc program, (Jan 2006 – 2013)

### 3.3 Supervision/Co-supervision of Doctoral Theses

#### 3.3.1 Completed

1. P. Zigoulis (2013) – committee member
2. A. Vainas (2013) - committee member
3. C. Giannaki (2010) – committee member
4. J. Krasnoff (2005) – committee member

#### 3.3.2 In Progress

1. D. Varveri - committee member
2. S. Grigoriou – committee member

3. G. Mitrou – committee member
4. N. Sampanis – committee member
5. B. Gkizlis – committee member
6. S. Tsekoura – committee member
7. S. Tsirigkakis - committee member
8. A. Krase- committee member

### 3.4 Supervision/Co-supervision of Master's Dissertations

#### 3.4.1 Completed

1. Andrianopoulos V (2010) - committee member
2. Dimitriadou E (2013)- committee member
3. Konstantinidou E (2014) - committee member
4. Tsaknaki E (2013) - committee member
5. Platsa G (2014) - committee member
6. Mpourlios P (2008) - committee member
7. Oustampasidou N (2014) - committee member
8. Rizos N (2013) - committee member
9. Vitalis P (2014) - committee member
10. Chidirgioti R (2013) - committee member
11. Tsarouxas C (2008) - committee member
12. Mitsiokapas V (2014) - committee member
13. Ntente I (2013) - committee member
14. Mitrou G (2012) - committee member
15. Gizlis V (2009) - committee member

#### 3.4.2 In Progress

16. Alekou E - committee member
17. Karali E - committee member
18. Mpouga E- committee member
19. Ntelezos V- committee member
20. Katsouri V- committee member
21. Poptsi E- committee member
22. Zorz C- committee member

### 3.5 Funding

#### 3.5.1 Competitive International

- **FUEGO:** Global network of excellence for research on adipose tissue plasticity and human thermogenesis. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2013-IRSES (grant no. 612547). **Total funding: €404,400.**
- **U-GENE:** Multi-national network of excellence for research on genetic predisposition to cardio-metabolic disorders due to UCP1 gene polymorphisms. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2012-IRSES (grant no. 319010). **Total funding: €410,400.**

- **SCAFFY:** Bio-scaffold engineered device for brown adipose tissue regeneration (Grant Agreement no: 645640). Marie Skłodowska-Curie Actions - Research and Innovation Staff Exchange (RISE), Call: H2020-MSCA-RISE-2014. **Funding €864.000**
- **Muscle Stress Relief:** An integrated research program linking together basic research on secondary myopathies in stress states to innovative translation in applied myology. (Grant agreement no: 645648) Marie Skłodowska-Curie Actions - Research and Innovation Staff Exchange (RISE), Call: H2020-MSCA-RISE-2014. **Funding €1.458.000**
- Writing a textbook entitled “Physical Evaluation in Special Populations” Third Call: Medical and Life Sciences: Greek Academic E-Books, **Funding: €10.000.** (2015-2016)
- ICI-THROUGH: Intersectoral collaboration for innovation in non-invasive techniques to estimate human brown adipose tissue activity (Grant Agreement: 645710). Marie Skłodowska-Curie Actions - Research and Innovation Staff Exchange (RISE), Call: H2020-MSCA-RISE-2014. **Funding €888.205 (2014-2019)**
- GI-Neu: Impact of colostrum-based nutraceuticals on functional gastrointestinal disorders. EU FP7 People; Marie Curie Industry-Academia Partnership and Pathways (IAPP) call: FP7-PEOPLE-2012-IAP (grant no. 324476). **Funding €646.672 (2013-2017)**
- The General Secretariat for Research and Technology, Directorate of the support of Research Programmes of the European Commission - European Social Fund (ESF). **Funding: € 7,000 (2011-2012)** Title: Characteristics and function assessment of innovative diving wetsuits.
- The General Secretariat for Research and Technology, Directorate of the support of Research Programmes of the European Commission - European Social Fund (ESF). **Funding: € 78,000 (2006-2008)** Title: The effect of a dopamine agonist in the quality of life of hemodialysis patients suffering from the restless legs syndrome. there a synergy between dopamine agonists and the beneficial effects of exercise in promoting fitness in hemodialysis patients?
- Greek State Scholarship Foundation – **Funding: € 11,000** Title: The effect of Restless Legs Syndrome in the functional capacity and quality of life in hemodialysis patients (2005-2007) National Institute of Health – Center for AIDS Research, Mentor Research Scientific Development Award, USA **Funding: \$ 65.000 (2003-2004)** Title: Use of Magnetic Resonance Spectroscopy in the Evaluation of Hepatic Lipid Content and Mitochondrial Energy Metabolism in Patients with HIV and HCV Infection
- PhD Research Studentship from the Greek State Scholarship Foundation – **Funding: £35.000.** Title: End Stage Renal Failure and the Composition of Striated Muscle: Pre and Post Exercise Intervention Strategy (1997-2001)

### 3.5.2 Competitive National

- **The effect of Restless Legs Syndrome in the functional capacity and quality of life in hemodialysis patients (PI)** In this project the prevalence of RLS in Greek dialysis units is being assessed. Moreover, the possible effects of RLS on the quality of life and functionality are being investigated. Project funded through the Greek State Scholarship Foundation.
- **Establishing the Institute for Human Performance and Rehabilitation (PerfoTech) within the Center for Research Technology Thessaly in Greece (working team member and founding member of PerfoTech)** In this application, a team of academics and researchers won competitive funding of 5-year duration to establish PerfoTech within the Center for Research and Technology - Thessaly (CE.RE.TE.TH). Funded by the General Secretariat for Research and Technology, Directorate for the support of Research Programmes of the European Commission
- **The effect of a dopamine agonist in the quality of life of hemodialysis patients suffering from the restless legs syndrome (PI)** In this study we are examining whether there is a synergy between dopamine agonists and the beneficial effects of exercise in promoting fitness in hemodialysis

patients Project funded by the General Secretariat for Research and Technology, Directorate for the support of Research Programmes of the European Commission - European Social Fund (ESF) .

- **Long Term Exercise Training in End Stage Renal Diseases Patients (PI)** This study will start in Sept 2011 and it will investigate the chronic effect (12 mo) of exercise training in parameters related to patients survival. This project is funded after a successful private fund raising event that took place in Feb of 2011.
- **Mechanisms of muscle function: fatigue and oxidative stress (Muscle Fun) (Co-PI). (Total Funding €600K, NSRF/Thales /712 ) 2011.** The aims of the study is to reveal critical factors and mechanisms regulating function in ureamic skeletal muscle, being directly or indirectly responsible for the extreme fatigue and weakness in renal diseases patients.
- **Exercise, smoking, & alcohol: investigation of mechanisms, & interventions for prevention, cessation & awareness (Co-PI) (Total Funding €600K, NSRF/Thales/730) 2012.** The aim is to develop a theoretical and applied framework of support and self-regulation of smokers and alcoholics. To investigate the effects of different intensity of exercise (low, medium and high) on the psychological, physiological and biochemical factors for smokers and alcoholics, and to design effective programs of prevention and cessation for smoking and alcohol consumption, both for adolescents and adults.
- **Alliance for Health – Exercise (Co-PI) (MIS 374077, PI: V. Gerodimos, Hellenic Ministry of Health, Total Funding €526K, 2012).** Alliance for Health – Exercise: development of exercise programmes as a means for the prevention and rehabilitation of chronic diseases – interventional programmes. Externally funded programme - Support for the development of human resources and Consolidation of the reform of Mental Health, Primary Health Care and the Protection of Public Health of the population in the 8 regions of convergence, Greece.

### 3.6 Participation in International Scientific and Administrative Committees

- **Cost Action 2014 CM1306-** Understanding Movement and Mechanism in Molecular Machines
- **Cost Action 2014 BM1306 -** Better Understanding the Heterogeneity of Tinnitus to Improve and Develop New Treatments (TINNET)
- **Cost Action 2014 TD 1309 -** Play for Children with Disabilities (LUDI)
- **Cost Action 2014 FA1403 -** Interindividual variation in response to consumption of plant food bioactives and determinants involved (POSITIVE)
- Active Member of the European Restless Legs Syndrome Study Group
- Active Member of the European Muscle Group
- Active Member of the European Association Of Rehabilitation In Chronic Kidney Disease group
- **Vice President of the Hellenic Society of Biochemistry & Physiology of Exercise,** Director of the Clinical Exercise Physiology team
- Georgios M Hadjigeorgiou, Ioannis Stefanidis and **Giorgos K. Sakkas:** Muscle Research Group Cost Action meeting, 19-21 February, 2009, Larissa, Greece
- Christina Karatzaferi and **Giorgos K. Sakkas:** Organizers of the 41<sup>st</sup> European Muscle Conference, 1-5 September, 2012 in Rhodes, Greece (<http://www.esmr.org/>, [www.emc2012.gr](http://www.emc2012.gr))
- **Giorgos K. Sakkas** and Ioannis Vogiatzis: Organizers of the 1<sup>st</sup> Clinical Exercise Physiology Workshop of the Hellenic Society of Exercise Biochemistry and Physiology, October 11<sup>th</sup> 2012, University Respiratory Clinic “Sotiria”, Athens, Greece
- **Giorgos K. Sakkas:** Organizer of the 3rd Clinical Exercise Physiology Workshop of the Hellenic Society of Exercise Biochemistry and Physiology, October 23rd 2014, University Hospital of Larissa, Thessaly, Greece. Title: Non invasive methodology in body composition assessment

### 3.7 Membership in International Professional Organizations

- Member of European Society for Muscle Research (ESRM)

- Member of European Muscle Study Group
- Member of European Renal Association
- Founder member of Hellenic Society for Biochemistry and Exercise Physiology

## 4 PUBLICATIONS

### 4.1 Books

1. **Giorgos K. Sakkas**. Translation and Scientific Editing in Greek. Manual of Freediving – Underwater on a single breath by Umberto Pelizzari and Stefano Tovaglieri. APNEA publisher, ISBN 978-618-80050-0-6, May **2012**

### 4.2 Book Chapters

1. **Giorgos K. Sakkas** and Ioannis Stefanidis. Chapter entitled “Emergent issues in Sleep related to renal disease and management” in “Acute and Emergent events in Sleep” by Sudhansu Chokroverty & Pradeep Sahota MD, Oxford University Press, ISBN: 978-0-19-537783-5, January **2011**
2. Stefania S. Grigoriou Christina Karatzaferi and **Giorgos K. Sakkas**. Assessing Health - Related Quality of Life in Chronic Kidney Disease Patients: The Use of General and Specific Instruments , Pp. 25-46 (22) in “Outcomes Assessment in End-Stage Kidney Disease - Measurements and Applications in Clinical Practice” published by BENTHAM SCIENCE PUBLISHERS in **2013 DOI: [10.2174/97816080573511130101](https://doi.org/10.2174/97816080573511130101); eISBN: 978-1-60805-735-1, 2013; ISBN: 978-1-60805-736-8.**
3. **Giorgos K. Sakkas** and Christoforos D. Giannaki. Chapter 42. Sleep in Other Medical Disorders Including Medication-Related Sleep Dysfunction. Sleep in Chronic Renal Insufficiency. Book Title: Sleep and its disorders by Sudhansu Chokroverty And Luigi Ferini-Strambi. In Press by Oxford University Press **2015**

### 4.3 Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases (e.g. SPORTDISCUS)

1. K.L. Johansen, T. Shubert, J. Doyle, B. Soher, **G. K. Sakkas**, J.A. Kent Braun. “Muscle atrophy in patients receiving hemodialysis: Effect on muscle strength, muscle quality, and physical function”. *Kidney Int.* **2003 Jan**;63(1):291-297. [ImpFact: **6.105**]
2. K.L. Johansen, **G. K. Sakkas**, J. Doyle, T. Shubert, and R.A. Dudley. “Exercise Counseling Practices among Specialists Caring for Patients with Chronic Disease: The Example of Nephrologists”. *Am J Kidney Dis.* **2003 Jan**;41(1):171-8. [ImpFact: **5.242**]
3. **G. K. Sakkas**, D. Ball, T.H. Mercer and P.F. Naish. “An alternative histochemical method to simultaneously demonstrate muscle nuclei and muscle fibre type”. *Eur J Appl Physiol.* **2003 Jun**;89(5):503-5. [ImpFact: **2.214**]
4. **G. K. Sakkas**, A.J. Sargeant, D. Ball, T. Mercer, P. Koufaki, C. Karatzaferi and P.F. Naish. “Changes in muscle morphology in dialysis patients after 6 months of aerobic exercise training”. *Nephrology Dialysis Transplantation* **2003 18**:1854-1861 [ImpFact:**3.56**]
5. **G. K. Sakkas**, D. Ball, T. Mercer, K.Tolfrey, A.J. Sargeant and P.F. Naish. “Atrophy of Non-locomotory muscle in patients with end stage renal failure”. *In Nephrology Dialysis Transplantation* **2003 18(10)**:2074-81. [ImpFact:**3.56**]
6. K.S. Topp, P.L. Painter, S. Walcott, J.B. Krasnoff, D. Adey, **G.K. Sakkas**, J. Taylor, K. McCormick, M. teNyenhuis, M. Iofina, S. Tomlanovich, P. Stock. “Alterations in Skeletal Muscle Structure are Minimized with Steroid Withdrawal Following Renal Transplantation”. *Transplantation* **2003, 27**;76(4):667-673. [ImpFact: **3.676**]
7. J.S.M. Pringle, J.H. Doust, H. Carter, K. Tolfrey, I.T. Campbell, **G.K. Sakkas**, A.M. Jones. “Oxygen uptake kinetics during moderate, heavy and severe intensity submaximal exercise in humans: the influence of muscle fibre type and capillarisation. *Eur J Appl Physiol.* **2003, 89**:289-300. [ImpFact: **2.214**]



8. **G.K. Sakkas**, D. Ball, A.J. Sargeant, T.H. Mercer, P. Koufaki & P.F. Naish. "Skeletal muscle morphology and capillarisation of renal failure patients receiving different dialysis therapies". *Clinical Science* **2004**, *107*, 617-623. [**ImpFact: 4.613**]
9. **G.K.Sakkas**, Stefanidis I, Liakopoulos V, Johansen KL. "Male dialysis patients are subject to a higher rate of muscle wasting and weakness than female counterparts" *HIPPOKRATIA* **2004**, *8*, 4:155-160
10. K.L. Johansen, J. Doyle, **G.K. Sakkas**, J. Kent-Braun. "Neural and Metabolic Mechanisms of Excessive Muscle Fatigue in Maintenance Hemodialysis Patients". *American Journal of Physiology Regulatory, Integrative and Comparative Physiology* **2005**, *289*:805-813. [**ImpFact: 3.28**]
11. **G.K. Sakkas**, J. Kent-Braun , T. Shubert , J. Doyle and K.L. Johansen. "Effect of diabetes mellitus on muscle size and strength in patients receiving dialysis therapy. *Am J Kidney Dis.* **2006** May;*47*(5):862-9. [**ImpFact: 5.242**]
12. K. L. Johansen, P. L. Painter, **G. K. Sakkas**, P. Gordon, J. Doyle, T. Shubert. "Effects of Resistance Exercise Training and Nandrolone Decanoate on Body Composition and Muscle Function among Patients Receiving Hemodialysis: A Randomized, Controlled Trial". *J Am Soc Nephrol.* **2006** Aug;*17*(8):2307-14 [**ImpFact: 8.288**]
13. X Li, JF. Youngren, B Hyun, **GK. Sakkas**, K Mulligan, S Majumdar, UB. Masharani, M Shambelan, ID. Goldfine. Technical evaluation for In-Vivo abdominal fat and IMCL quantification using MRI and MRSI at 3T. *Magn Reson Imaging* **2008** Feb;*26*(2):188-97. [**ImpFact:1.422**]
14. G M. Hadjigeorgiou, I Stefanidis, E Dardiotis, K Aggellakis, **G.K. Sakkas**, S Konitsiotis, K Paterakis, A Poultsidou, V Tsimourtou, S Ralli, K Gourgoulianis, E Zintzaras. Further evidence for low prevalence of restless legs syndrome and awareness in South East Europe: An epidemiological survey in Central Greece. *Eur J Neurol.* **2007** Nov;*14*(11):1275-80 [**ImpFact 3.765**]
15. **GK Sakkas**, C Karatzaferi, V Liakopoulos, MD Maridaki, E Lavdas, KI Gourgoulianis and I Stefanidis. "Polysomnographic evidence of sleep apnea disorders in lean and overweight hemodialysis patients". *Journal of Renal Care* **2007** Oct-Dec;*4*:159-163 [**ImpFact: 0.0**]
16. PL Gordon, **GK Sakkas**, JW Doyle, T Shubert and KL Johansen The Relationship between Vitamin D and Muscle Size and Strength in Patients on Haemodialysis. *J Ren Nutr.* **2007** Nov;*17*(6):397-407 [**ImpFact: 1.480**]
17. **GK Sakkas**, KI Gourgoulianis, C Karatzaferi, V Liakopoulos, MD Maridaki, C Pastaka, E Lavdas, BJ Soher, S Dovas, I Fezoulidis, GM Hadjigeorgiou, and I Stefanidis. "Hemodialysis patients with sleep apnea syndrome experience increased central adiposity and altered muscular composition and functionality". *Nephrol Dial Transplant.* **2008** Jan;*23*(1):336-44. [**ImpFact: 3.56**]
18. **GK Sakkas**, GM Hadjigeorgiou, C Karatzaferi, MD Maridaki, CD Giannaki, PR Mertens, C Rountas, M Vlychou, V Liakopoulos, and I Stefanidis. "Aerobic exercise training ameliorates Restless Legs Syndrome symptoms and improves functional capacity in patients receiving dialysis therapy". *Journal of American Society of Artificial Internal Organs,* **2008** Mar-Apr;*54*(2):185-90 [**ImpFact: 1.221**]
19. Papavasileiou V, Liakopoulos V, **Sakkas GK**, Hadjigeorgiou GM, Koukoulis G, Stefanidis I. Serum levels of adipokine retinol-binding protein-4 in relation to renal function, *Diabetes Care.* **2008** Apr;*31*(4):e23 [**ImpFact: 7.141**]
20. **GK. Sakkas**, V Liakopoulos, C Karatzaferi, I Stefanidis. Sleep quality and dialysis efficacy affect functional capacity in patients receiving hemodialysis therapy. *Nephrol Dial Transplant.* **2008** Aug;*23*(8):2703-4 [**ImpFact: 3.564**]
21. V Liakopoulos, **GK. Sakkas**, CD. Giannaki, M Giannopoulou, T Eleftheriadis, I Stefanidis. Factors affecting quality of sleep in dialysis patients: Preliminary polysomnographic evidence. *Ren Fail.* **2008**;30(4):475-6. [**ImpFact: 0.790**]
22. **Sakkas GK**, Karatzaferi C, Zintzaras E, Giannaki CD, Liakopoulos V, Lavdas E, Damani E, Liakos N, Fezoulidis I, Koutedakis Y, Stefanidis IL. Liver fat, visceral adiposity and sleep disturbances contribute to the development of insulin resistance and glucose intolerance in non diabetic dialysis patients. *Am J Physiol Regul Integr Comp Physiol.* **2008** Dec;*295*(6):R1721-9. [**ImpFact:3.284**]

23. **G. K Sakkas**, K. Mulligan, M. DaSilva, J. W Doyle, H. Khatami, J. A Kent-Braun, M. Schleich T, Schambelan M. Creatine Supplementation Fails to Augment the Benefits Derived from Resistance Exercise Training in Patients with HIV Infection. *PLoS ONE*. **2009**;4(2):e4605 [**Imp Fact: 4.441**].
24. \* Mulligan K, Khatami H, Schwarz JM, **Sakkas GK**, DePaoli AM, Tai VW, Wen MJ, Lee GA, Grunfeld C, Schambelan M. The effects of recombinant human leptin on visceral fat, dyslipidemia, and insulin resistance in patients with human immunodeficiency virus-associated lipoatrophy and hypoleptinemia. *J Clin Endocrinol Metab*. **2009** Apr;94(4):1137-44. [PMID: 1917450] [ImpFact:6.495]- **International Award**
25. Giannaki CD, **Sakkas GK**, Hadjigeorgiou GM, Liakopoulos V, Anifandis G, Karatzaferi C, Koutedakis Y, Stefanidis I. Quality of life score is primarily affected by the mental rather than the physical component in patients with Restless Legs Syndrome. *Mov Disord*. **2010** Jan 15;25(1):135-6 [**ImpFact 4.480**]
26. **Sakkas GK**, Schambelan M, Mulligan K. Can the use of creatine supplementation attenuate muscle loss in cachexia and wasting? *Curr Opin Clin Nutr Metab Care* **2009** Nov;12(6):623-7. [**ImpFact: 4.333**]
27. Giannaki CD, **Sakkas GK**, Karatzaferi C, Hadjigeorgiou GM, Liakopoulos V, Lavdas E, Koutedakis Y, Stefanidis I. A non-pharmacological approach for counteracting motor restlessness during dialysis session. *The Journal of American Society of Artificial Internal Organs* **2010** Nov-Dec;56(6):538-42. [**ImpFact 1.221**]
28. Giannaki CD, Stefanidis I, Karatzaferi C, Liakos N, Roka V, Ntente I, **Sakkas GK**. The effect of prolonged intradialytic exercise in hemodialysis efficiency indices. *The Journal of American Society of Artificial Internal Organs*, May-Jun;57(3):213-8. **2011** [**Imp Fact: 1.221**]
29. Schormair B, Plag J, Kaffe M, Groß N, Czamara D, Samtleben W, Lichtner P, Ströhle A, Stefanidis I, Vainas A, Dardiotis E, **Sakkas GK**, Gieger C, Müller-Myhsok B, Meitinger T, Heemann U, Hadjigeorgiou GM, Oexle K, Winkelmann J. MEIS1 and BTBD9 - genetic association with RLS in ESRD patients. *J Med Genet*. 2011 Jul;48(7):462-6., **2011** [**Imp Fact: 7.037**].
30. Umesh B. Masharani, Betty A. Maddux, Xiaojuan Li, **GK. Sakkas**, Kathleen Mulligan, Morris Schambelan, Ira D. Goldfine, Jack F. Youngren. Insulin Resistance in Non-Obese Subjects is Associated with Activation of the JNK Pathway and Impaired Insulin Signaling in Skeletal Muscle. *PLoS One* May 11;6(5):e19878, **2011** [**Imp Fact: 4.441**]
31. Giannaki CD, **Sakkas GK**, Karatzaferi C, Hadjigeorgiou GM, Lavdas E, Liakopoulos V, Tsianas N, Koukoulis GN, Koutedakis Y, Stefanidis I. Evidence of increased muscle atrophy and impaired quality of life parameters in patients with uremic Restless Legs Syndrome. *PLoS One*. **2011**;6(10):e25180. [**Imp Fact: 4.441**]
32. **Sakkas GK**. Visceral Adiposity and not Only Total Body Fat Content Should be Viewed as a Critical Parameters in Health Prognosis in Renal Failure. *Nephro-Urol Mon*. **2012**; 4(1):393-4. DOI: 10.5812/kowsar.22517006.2028 [**ImpFact: 0.3**]
33. Karatzaferi C and **Sakkas GK**. Editorial on special issue "Lifestyle and ageing in muscle disease". *J Muscle Res Cell Motil*. **2012** Aug;33(3-4):153-4. [**Imp Fact: 1.981**]
34. **Sakkas GK** and Karatzaferi C. Hemodialysis fatigue: just 'simple' fatigue or a syndrome on its own right? *Front Physiol*. **2012**;3:306. [ImpFact: not yet announced]
35. Rao MN, Schambelan M, Tai VW, Abrams DI, Khatami H, Havel PJ, **Sakkas G**, Mulligan K. Assessing the Association between Leptin and Bone Mineral Density in HIV-Infected Men. *AIDS Res Treat*. **2012**;2012:103072. [**ImpFact: 1.841**]
36. Gkizlis V, Giannaki CD, Karatzaferi C, Hadjigeorgiou GM, Mihas C, Koutedakis Y, Stefanidis I, **Sakkas GK**. Uremic versus Idiopathic Restless Legs Syndrome: Impact on Aspects Related to Quality of Life. *ASAIO J*. **2012** Nov;58(6):607- [**ImpFact: 1.221**]
37. Giannaki CD, Zigoulis P, Karatzaferi C, Hadjigeorgiou GM, George KP, Koutedakis Y, Stefanidis I, **Sakkas GK**. Periodic limb movements in sleep as a potential cardiovascular risk factor in hemodialysis patients: association with cardiac structure and function. *J Clin Sleep Med*. **2013** Feb 1;9(2):147-53. [**Imp Fact: 3.21**]
38. Lavdas E, Mavroidis P, Kostopoulos S, Glotsos D, Roka V, Koutsiaris AG, Batsikas G, **Sakkas GK**, Tsagkalis A, Notaras I, Stathakis S, Papanikolaou N, Vassiou K. Elimination of motion, pulsatile flow



- and cross-talk artifacts using blade sequences in lumbar spine MR imaging. *Magn Reson Imaging*. **2013** Jul;31(6):882-90. [**Imp Fact: 2.022**]
39. Mitrou GI, Grigoriou SS, Konstantopoulou E, Theofilou P, Giannaki CD, Stefanidis I, Karatzaferi C, **Sakkas GK**. Exercise Training and Depression in ESRD: A Review. *Semin Dial*. **2013** Sep;26(5):604-13. [**Imp Fact: 2.070**]
  40. Giannaki CD, Karatzaferi C, Hadjigeorgiou GM, George KP, Stefanidis I, **Sakkas GK**. Periodic limb movements in sleep and cardiovascular disease: time to act. *Front Neurol*. **2013**;4:97. [**Imp Fact: 0.00**]
  41. Giannaki CD, Hadjigeorgiou GM, Karatzaferi C, Maridaki MD, Koutedakis Y, Founta P, Tsianas N, Stefanidis I, **Sakkas GK**. A single-blind randomized controlled trial to evaluate the effect of 6 months of progressive aerobic exercise training in patients with uraemic restless legs syndrome. *Nephrol Dial Transplant*. **2013** Nov;28(11):2834-40. [**Imp Fact: 3.488**]
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  46. Eleftherios Lavdas, Panayiotis Mavroidis, Spiros Kostopoulos, Constantin Ninos, Aspasia-Dimitra Strikou, Dimitrios Glotsos, Anna Vlachopoulou, Georgia Oikonomou, Nikolaos Economopoulos, Violeta Roka, **Georgios K. Sakkas**, Antonios Tsagkalis, Sotirios Stathakis, Nikos Papanikolaou, Georgios Batsikas. Reduction of motion, truncation and flow artifacts using BLADE sequences in cervical spine MR imaging. *Magn Reson Imaging*. **2015** Feb;33(2):194-200. [**Imp Fact: 2.022**]
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**Under Review**
  48. Kaltsatou A, Grigoriou SS, Karatzaferi C, Giannaki CD, **Sakkas GK**. Cognitive Function and Exercise Training in Health and Diseases: the case of Chronic Renal Diseases Patients. Submitted in *Journal of Bodywork & Movement Therapies* **2015** [**Imp Fact 0.00**]
  49. Varveri D, Karatzaferi C, Pollatou E, **Sakkas GK**. Aquaticity: a discussion of the term and of how it applies to humans. Submitted in *Journal of Sports Medicine and Physical Fitness*, **2015** [**Imp Fact 0.757**]
  50. Georgia I Mitrou, Christina Karatzaferi, Christoforos D Giannaki, Nikolaos Liakos, Georgios M Hadjigeorgiou, Ioannis Stefanidis, **Giorgos K Sakkas**. The effect of muscle fatigue in neuromuscular activity during sleep. Submitted in *European Journal of Applied Physiology*, **2015** [**Imp Fact 2.298**]
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53. Clara S C Rosa, Denise R Bueno, Giovana De Souza, Luiz A Gobbo, **Giorgos K Sakkas**, Henrique L Monteiro. Factors associated with leisure-time physical activity among patients on hemodialysis. Submitted in BMC Nephrology, **2015 [Imp Fact 1.52]**
54. Malavaki CJ, **Sakkas GK**, Kalyva A, Stefanidis I, Karatzaferi C. Molecular aspects of muscle plasticity in disuse atrophy. Review, Submitted in Frontiers in Physiology, **2015 [Imp Fact 2.8]**
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59. A. Kaltsatou, Grigoriou SS, Fotiou D, Kimiskidis VK, Karatzaferi C, Kouidi E, Patramani G, Stefanidis I, **Sakkas GK**. Autonomic Nervous System activity assessment using Pupillometry and Heart Rate Variability during intradialytic exercise training in hemodialysis patients. Submitted in CJASN, **2015 [Imp Fact 5.255]**
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#### 4.4 Articles in Journals not Indexed in Bibliographical Databases

-N/A

### 5 REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. Terzis G., Kraniou G., Sakkas GK, Kazatzopoulou A., and Klissouras V. Sport Performance of Twin Swimmers : A preliminary study , 1o FINA World Sports Medicine Congress, Athens, Greece, September 27 - October 1, 1995.
2. Geladas N., Terzis G., Kraniou G. and Sakkas GK., Skin surface menthol application enhances mild hypothermia during head-out cold water immersion.” 1st International congress of ECSS “Frontiers in Sport Science, France, May 28-31, 1996.
3. G.K. Sakkas, D. Ball, P.F. Naish, T. Mercer, and A.J. Sargeant. The composition of rectus abdominis muscle in patients with end stage renal failure before CAPD therapy. The Physiological Society - Manchester Meeting, Manchester, UK, May 29-31 1999.
4. G.K. Sakkas, D. Ball, P.F. Naish, T. Mercer, and A.J. Sargeant. Non-locomotor muscle atrophy in end stage renal failure patients. XXXVI ERA-EDTA Congress, Madrid, Spain, September 5-8 1999.
5. G. K. Sakkas, D. Ball, P.F. Naish, T. Mercer, and A.J. Sargeant. Effects of end stage renal failure on morphology of non-locomotor muscle. The Renal Association Autumn Meeting, London, UK, October 12-13 1999.
6. G.K. Sakkas, D. Ball, A.J. Sargeant, FACSM, T.H. Mercer, P. Koufaki, P.F. Naish. Changes in muscle morphology of patients with end stage renal disease after six months of exercise training. The 48<sup>th</sup> American College of Sports Medicine meeting, Baltimore, Meryland May 30- June 2, 2001.
7. G.K Sakkas, T Shubert, J Doyle, JA. Kent-Braun and KL Johansen. Heparin Dose and Lower Leg Muscle Cross Sectional Area in Dialysis Patients. European Society for Magnetic Resonance in Medicine and Biology, Non Invasive Investigation of Muscle Function, October 4-6, 2001 Marseille, France.

8. G.K Sakkas, T Shubert, J Doyle, JA. K. Young, Kent-Braun and KL Johansen. Relationship between dialysis heparin dose and lower leg muscle cross sectional area. American Society of Nephrology, ASN/ISN World Congress of Nephrology, October 10-17, 2001 San Francisco, California, USA
9. G.K Sakkas, T Shubert, J Doyle, JA. Kent-Braun and KL Johansen. Heparin dose during dialysis treatment affects the size of skeletal muscles in dialysis patients. Clinical Science Conference, UCSF, November 17, 2001, San Francisco, California, USA.
10. T.E. Shubert, J. Doyle, G.K. Sakkas, J.A. Kent-Braun, K.L. Johansen. Functional reach, activity level, and leg muscle composition in hemodialysis patients compared to controls. Physical Therapy Conference, February 2002.
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12. G. K. Sakkas, J. A. Kent-Braun, J. Doyle, T. Shubert, and K. L. Johansen. The effect of type II diabetes on skeletal muscles in patients with renal failure. 7<sup>th</sup> ECSS, Athens, Greece, 24-28<sup>th</sup> July 2002.
13. GK Sakkas, K Mulligan, M daSilva, J Kent-Braun, T Schleich, M Schambelan. Muscle specific strength, intramuscular energy metabolism, and other indices of mitochondrial function are not altered in HIV-infected patients with marked peripheral lipoatrophy. 4<sup>th</sup> International Workshop on Adverse Drug Reaction and Lipodystrophy in HIV, San Diego, California, USA, 22-25 September, 2002.
14. Johansen, K, J Doyle, T Shubert, GK Sakkas, JA Kent-Braun. Mechanisms of skeletal muscle fatigue in dialysis. American College of Sports Medicine, St. Louis, May 2002.
15. G. K. Sakkas, J. A. Kent-Braun FACSM, J. W. Doyle, T. Shubert, and K. L. Johansen. Leptin is associated with intramuscular fat content but not with muscle tissue area. 50<sup>th</sup> conference at American College of Sport Medicine, San Francisco, California, USA, 8-12 May, 2003.
16. G.K. Sakkas, J Kent-Braun, K Mulligan, J Doyle, M. Knudsen, I. Lanza, D. Bartholomew, M daSilva, T Schleich, M Schambelan. Muscle specific strength, intramuscular energy metabolism, and other indices of mitochondrial function are not altered in HIV-infected patients with marked peripheral lipoatrophy. 11<sup>th</sup> International Society for Magnetic Resonance in Medicine, Toronto, Canada, 11-16 July 2003.
17. H. Khatami, K. Mulligan, JC Lo, G.K. Sakkas, V.Tai, J. Matson, M. Schambelan. Recombinant human leptin in the treatment of HIV-associated lipodystrophy. University wide AIDS Research Program Conference on AIDS Research in California, Los Angeles, CA Feb 2004
18. X.Li, B. Hyun, J.F.Youngren, G.K. Sakkas, S. Majumdar, I.D. Goldfine. In vivo visceral fat evaluation and IMCL quantification using MRI/MRSI at 3T and their relationship with insulin sensitivity. International Society for Magnetic Resonance in Medicine, Miami Florida, USA 2005.
19. E. Mavromatidi, V. Liakopoulos, G.K. Sakkas, P. Gosling, U.S.L. Nayak, I. Stefanidis. Estimation of lean body mass with the use of urine creatinine excretion levels in old healthy subjects over 70 years old. 8<sup>th</sup> International conference on geriatric nephrology and urology, May 5-8, 2005, Thessaloniki, Greece.
20. GK Sakkas, KI Gourgoulianis, V Liakopoulos G Katsogridaki, T Eleftheriadis, Pastaka C and I Stefanidis. Impaired functional capacity in dialysis patients with sleep apnea disorders. 3<sup>rd</sup> Cachexia Conference, Rome, Italy, December 8-10, 2005
21. GK Sakkas, K Mulligan, ML DaSilva, J Doyle, H Khatami, J Kent-Braun and M Schambelan. Creatine Supplementation Fails to Augment the Benefits Derived from Resistance Exercise Training in Patients with HIV Infection. 7th International Workshop on Adverse Drug Reactions and Lipodystrophy in HIV 13-16 November 2005, Dublin, Ireland.
22. H Khatami, K Mulligan, J Schwarz, GK Sakkas, R DePaoli, K Park, J Kim, V Tai, M Lee, D Grunfeld, M Schambelan. Effects of leptin treatment on glucose and lipid metabolism and fat distribution in HIV-infected patients with lipoatrophy and hypoleptinemia. 8<sup>th</sup> International Workshop on Adverse Drug Reactions and Lipodystrophy in HIV 24-26 September 2006, San Francisco, USA

23. GK Sakkas, N Oustampasidou, MD Maridaki, V Liakopoulos, T Eleftheriadis C Karatzaferi and I Stefanidis. Disturbances in muscle size and function in hemodialysis patients with sleep apnea disorders. 35<sup>th</sup> EDTNA/ERCA International Conference, Madrid, 9-11 Sept, 2006
24. C Karatzaferi, GK Sakkas and I Stefanidis. Increased fat deposition in muscles and visceral areas in hemodialysis patients with sleep apnea disorders. European Muscle Conference, Heidelberg, Germany, 9-12 Sept, 2006
25. K Mulligan, H Khatami, J Schwarz, GK Sakkas, R DePaoli, M Lee, V Tai, M. Wen, D Grunfeld, M Schambelan. Improvements in hepatic and adipocyte insulin sensitivity dyslipidemia and visceral fat during Leptin treatment in men with lipoatrophy and hypoleptinemia- 14<sup>th</sup> Conference on Retroviruses and Opportunistic Infections, 25-28 Feb, 2007, Los Angeles, USA
26. G. K. Sakkas, N. Oustampasidou, E. Lavdas, C. Giannaki, C. Karatzaferi, M. Giannopoulou, V. G. Papavasileiou, E. Atmatzidis, V. Liakopoulos, I. Stefanidis. The association between liver and skeletal muscle fat infiltration and insulin resistance in hemodialysis patients. EDTNA/ERCA 36<sup>th</sup> International Conference 15-18 September 2007, Florence, Italy
27. G.K Sakkas, GM Hadjigeorgiou, C Karatzaferi, MD Maridaki, CD Giannaki, M Blychou, C Roundas, V Liakopoulos, and I Stefanidis. Aerobic exercise training ameliorates RLS symptoms and improves functional capacity in patients receiving dialysis therapy. XLIV ERA-EDTA Congress (Barcelona, Spain, June 21-24 2007
28. G.K. Sakkas, C Karatzaferi, Y. Koutedakis, I Stefanidis. The contribution of sleep disorders in muscle abnormalities of patients receiving hemodialysis therapy. XXXVI European Muscle Conference, Stockholm 8-12 September 2007
29. G.K. Sakkas, C. Karatzaferi, C.D. Giannaki, E. Lavdas, E. Atmatzidis, A. Kanaki, V. Liakopoulos, Y. Koutedakis, I. Stefanids. Aerobic exercise training improves sleep efficiency and reduces apnea episodes in hemodialysis patients. JASN, 18: 485A, 40<sup>th</sup> American Society of Nephrology Meeting October 31- November 5, 2007 San Francisco, California, USA
30. G.K. Sakkas, C.D. Giannaki, V. Liakopoulos, M. Giannopoulou, E. Atmatzidis, V. Papavasileiou, C. Karatzaferi, Y. Koutedakis, I. Stefanidis. Insulin Resistance and Intolerance in Patients Receiving Hemodialysis Therapy. ERA-EDTA European Renal Association; May 10-13, Stockholm Sweden, 2008
31. G.K. Sakkas, C.D. Giannaki, V. Liakopoulos, H.S. Anagnostopoulos, N. Oustabasidou, E. Atmatzidis, I. Stefanidis. Liver fat levels predispose for insulin resistance and glucose intolerance in patients receiving dialysis therapy. XIV International Congress on Nutrition and Metabolism in Renal Diseases, June 11-15, Marseilles France, 2008
32. N. Oustampasidou, C.D. Giannaki, G.K. Sakkas, C. Karatzaferi, G.M. Hadjigeorgiou, V. Liakopoulos<sup>1</sup>, Y. Koutedakis, I. Stefanidis. Body composition, skeletal muscle size and functionality in dialysis patients suffering from Restless Legs Syndrome. 37<sup>th</sup> International Conference EDTNA/ERCA, Sept 6-9, Prague, Czech Republic, 2008
33. G.K. Sakkas, C. Karatzaferi, M. Salti, P.L. Gordon, J.W. Doyle, K.L. Johansen. Patterns of muscle atrophy in hemodialysis patients. 37<sup>th</sup> European Muscle Conference, Keble College, Oxford, 13<sup>th</sup> – 16<sup>th</sup> September 2008.
34. Sakkas GK, Karatzaferi C, Lavdas E, Giannaki CD, Liakopoulos V, Koutedakis Y, Stefanidis I. Insulin Resistance and Glucose Intolerance in Patients Receiving Hemodialysis Therapy. 36<sup>th</sup> International Congress of Physiological Sciences, July 27-August 1<sup>st</sup>, Kyoto Japan, 2009
35. Sakkas GK, Liakopoulos V, Giannaki CD, Hadjigeorgiou GM, Karatzaferi C, Misailidi M, Tsaknaki E, Lavdas E, Stefanidis I. Optimizing exercise regimes for the amelioration of RLS symptoms in hemodialysis patients. International conference for the Risk Factors and *Quality of Life in Chronic Kidney Disease*, May Thessaloniki, Greece, 2009.
36. Giannaki CD, Sakkas GK, Liakopoulos V, Hadjigeorgiou GM, Karatzaferi C, Lavdas E, Stefanidis I Restlessness during hemodialysis. World Congress of Nephrology, May, Milan, Italy 2009
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38. C. Karatzaferi, G.K. Sakkas, M.G. Nikolaidis, V. Paschalis, G. Tsiotra, A. Jamurtas, D. Kouretas, I. Stefanidis, Y. Koutedakis. REDOX STATUS AND FITNESS AFTER GREEN TEA EXTRACT

- SUPPLEMENTATION. 36<sup>th</sup> International Congress of Physiological Sciences, July 27-August 1<sup>st</sup> , Kyoto Japan, 2009
39. Oustabasidou Niki, Sakkas Giorgos, Giannaki Christoforos, Karatzaferi Christina, Liakopoulos Vassilios, Koutedakis Yiannis, Stefanidis Ioannis Fatigue in patients receiving Hemodialysis therapy 38<sup>th</sup> International Conference EDTNA/ERCA, Sept 6-9, Hamburg, Germany 2009
  40. G. Sakkas, C.D. Giannaki, E. Tsaknaki, G. Mitrou, Y. Koutedakis, I. Stefanidis, C. Karatzaferi. Long-term effects of exercise training and dopamine agonists in patients with uremic Restless Legs Syndrome: a six-month randomized, double blind, placebo-controlled study. 39th European Muscle Conference, 11-15/09 2010, Padua, Italy.
  41. N Oustampasidou, C Giannaki, E Tsaknaki, G Mitrou, C Karatzaferi, G Sakkas, I Stefanidis. A non-pharmacological treatment for RLS in hemodialysis patients. 39th International Conference EDTNA/ERCA 09-10/09 2010 Dublin, Ireland.
  42. Mitrou G, Tsaknaki E, Papamichail K, Papparizos N, Giannaki C, Karatzaferi C, Koutedakis Y, Sakkas GK. The Effect Of Exercise Induced Muscle Damage In Periodic Leg Movement During Sleep. 1<sup>st</sup> International Congress of Exercise Biochemistry and Physiology, 20-21 May, Komotini, Greece, 2011
  43. Oustampasidou N, Chidiriotti R, Chidiriotti K, Founta P, Giannaki C, Karatzaferi C, Sakkas GK, Stefanidis I. The effect of prolonged intradialytic exercise in hemodialysis efficiency indices. 40<sup>th</sup> International Conference EDTNA/ERCA, Sept 6-9, Ljubljana, Slovenia, 2011
  44. Giannaki CD, Karatzaferi C, Chidiriotti RE, Chidiriotti KE, Hadjigeorgiou GM, Kyriakides T, Hadjicharalambous M, Koutedakis Y, Stefanidis I, Sakkas GK. The Effect of A Combination Of Aerobic Exercise And Dopamine Agonists In Patients With Uremic Restless Legs Syndrome. 1<sup>st</sup> International Congress of Exercise Biochemistry and Physiology, 20-21 May, Komotini, Greece, 2011
  45. Sakkas GK. Sleep Disorders in End Stage Renal Diseases, CIN 2011, 6th Congress of Nephrology in Internet, November 15-30, 2011
  46. Rallou Chidiriotti, Christoforos Giannaki, Nikos Papparizos, Yiannis Koutedakis, Sakkas GK Christina Karatzaferi. Muscle atrophy and impaired quality of life in patients with uremic Restless Legs Syndrome. 40th EMC, Berlin, Germany, September 14-18, 2011
  47. Giannaki CD, Sakkas GK, Hadjigeorgiou GM, Stefanidis I Periodic Limb Movements in Sleep as a potential cardiovascular risk factor in hemodialysis patients: association to cardiac structure and function. European Restless Legs Syndrome Study Group Annual Meeting, Munich, Germany, December 2011.
  48. Sakkas GK, Giannaki CD, Hadjigeorgiou GM, Stefanidis I. Non-Pharmacological Interventions in Uremic RLS Patients. European Restless Legs Syndrome Study Group Annual Meeting, Munich, Germany, December 2011.
  49. Sakkas GK, and Karatzaferi C. Muscle Size And Metabolism In End Stage Renal Failure Patients, 41<sup>st</sup> European Muscle Conference, 1-5 Sept 2012, Rhodes, Greece.
  50. Oustampasidou N, Tsaknaki E, Kalogria A, Karatzaferi C, Sakkas G, Stefanidis I. The effect of dialysate's temperature on restlessness occurring during hemodialysis session. 41<sup>st</sup> International Conference EDTNA/ERCA, 15-18 September, 2012 Strasbourg, France
  51. Giorgos K. Sakkas: Uremic myopathy, metabolic acidosis and exercise training in CKD, in CME Morbidity and functional capacity in CKD: exercise training in theory and in practice course, 27 – 28 September, 2012, Lund, Sweden
  52. Sakkas GK. Karatzaferi C. Muscle Size And Metabolism In End Stage Renal Failure Patients. 41<sup>st</sup> European Muscle Conference, Rhodes, Greece
  53. Christoforos D. Giannaki, Giorgos K. Sakkas, Georgios M. Hadjigeorgiou, Christina Karatzaferi, Ioannis Stefanidis. Effects of a six-month aerobic exercise training in hemodialysis patients with Restless Legs Syndrome: a randomized controlled trial. European Restless Legs Syndrome Study Group Annual Meeting, Nov 2012, Munich, Germany
  54. Giorgos K. Sakkas, Christina Karatzaferi, Ioannis Stefanidis and Georgios M. Hadjigeorgiou. RLS prevalence and quality of life in patients with inherited blood disorders European Restless Legs Syndrome Study Group Annual Meeting, Nov 2012, Munich, Germany

55. Grigoriou SS, Karatzaferi C, Stefanidis I, Sakkas GK. Emotional intelligence and quality of life in Hemodialysis Patients. Hellenic Society of Biochemistry and Physiology of Exercise Conference, 2013, Athens, Greece
56. Mitrou G.I., K.P. Poulianiti, I. Stefanidis, K. Tepetes, G. Christodoulidis, Y. Koutedakis, G.K. Sakkas, C. Karatzaferi. Observations on the effect of uremia on isometric force, 42nd EMC, Amsterdam, September 21-25, 2013.
57. Poulianiti K.P., G.I. Mitrou, A. Jamurtas, I. Stefanidis, K. Tepetes, G. Christodoulidis, Y. Koutedakis, G.K. Sakkas, C. Karatzaferi. Observations on the effects of uremia on redox status, 42<sup>nd</sup> EMC, Amsterdam, September 21-25, 2013.
58. Oustampasidou N., G. K. Sakkas, M. Mplekou, C.D. Giannaki, E. Patrikalou, C. Karatzaferi, I. Stefanidis. Effect of one year detraining on aspects of health-related quality of life in patients receiving hemodialysis therapy. 42nd EDTNA/ERCA International Conference, 31st Aug- 3rd Sep 2013, Malmo Konserthus, Sweden.
59. Karatzaferi C., G.K. Sakkas. Using clinical exercise physiology, case studies in physiology teaching, IUPS, Birmingham, UK, July 21-26, 2013.
60. Sakkas GK. Effect of one year detraining on aspects of health-related quality of life in patients receiving hemodialysis therapy. CIN, 7<sup>th</sup> Congress of Nephrology in Internet, November 15-30, 2013
61. Giannaki CD, Sakkas GK, Karatzaferi C, Stefanidis I, Hadjigeorgiou GM. The effect of muscle fatigue in neuromuscular activity during sleep. European Restless Legs Syndrome Study Group Annual Meeting, Nov 2014 Munich, Germany
62. Kaltsatou AC, Grigoriou SS, Fotiou D, Karatzaferi C Sakkas GK. Autonomic Nervous System activity assessment using Pupillometry and Heart Rate Variability during intradialytic exercise training in hemodialysis patients. Hellenic Society of Biochemistry and Physiology of Exercise Conference, Sep 2014, Trikala, Greece
63. Irene Karali, Christina Karatzaferi and Giorgos Sakkas. The impact of swift work in health indices, physical activity and quality of life. Hellenic Society of Biochemistry and Physiology of Exercise Conference, Sep 2014, Trikala, Greece
64. Mitsiokapas V, Karatzaferi C, Sakkas GK. Levels of physical activity and quality of life in institutionalized mentally healthy elderly. Hellenic Society of Biochemistry and Physiology of Exercise Conference, Sep 2014, Trikala, Greece
65. Sakkas GK, Stefanidis I, Giannaki CD, Zintzaras E, Hadjigeorgiou GM. Restless legs syndrome does not affect 3-year mortality in hemodialysis patients in Greece. European Restless Legs Syndrome Study Group Annual Meeting, Nov 2014 Munich, Germany
66. Danae Varveri, Nikitas Smirnios, Andreas Flouris, Christina Karatzaferi, Giorgos K. Sakkas. Developing and testing an instrument to assess aquaticity in humans Hellenic Society of Biochemistry and Physiology of Exercise Conference, Sep 2014, Trikala, Greece
67. Giorgos K. Sakkas, Christoforos D. Giannaki, Christina Karatzaferi, Georgios M. Hadjigeorgiou, Ioannis Stefanidis. Exercise training and dopamine agonists in hemodialysis patients with restless legs syndrome/willis-ekbom disease. A randomized double-blind placebo controlled study. 52<sup>nd</sup> ERA EDTA Congress, 28-31<sup>st</sup> May, London UK
68. Grigoriou SS, Zigoulis P, Giannaki CD, Zakyntinos E, George K, Karatzaferi C, Stefanidis I, Sakkas GK. Intradialytic exercise and myocardial stunning in patients receiving hemodialysis therapy. 52<sup>nd</sup> ERA EDTA Congress, 28-31<sup>st</sup> May, London UK
69. Kaltsatou AC, Grigoriou SS, Fotiou D, Karatzaferi C, Stefanidis I, Sakkas GK. Autonomic nervous system activity assessment using pupillometry and heart rate variability during intradialytic exercise training in hemodialysis patients. 52<sup>nd</sup> ERA EDTA Congress, 28-31<sup>st</sup> May, London UK
70. Giorgos K. Sakkas<sup>1</sup>, Christoforos Giannaki<sup>2</sup>, Christina Karatzaferi<sup>1</sup>, Ioannis Stefanidis. A single physical functioning score predicts mortality in hemodialysis patients. A 10-year prospective study. 52<sup>nd</sup> ERA EDTA Congress, 28-31<sup>st</sup> May, London UK

## 6 INVITED PRESENTATIONS

- Ñ **Giorgos K. Sakkas.** Invited Talk: Exercise prescription in chronic diseases patients. 8<sup>th</sup> National Conference for PE and Sports Science. 7-9 May, Athens, Greece **2004**.
- Ñ **Giorgos K. Sakkas.** Invited Talk: Sleep disorders in sports. 2<sup>nd</sup> International Congress of Soccer 4-6 May, Trikala, Greece, **2007**
- Ñ **Giorgos K. Sakkas.** Invited Talk: Exercise prescription in end stage renal diseases, 2<sup>nd</sup> National Congress of Sciences related to chronic diseases 8-11 November, Larissa, Greece, **2007**
- Ñ **Giorgos K. Sakkas.** Invited Talk: Exercise and diabetes. General Practitioner Symposium, 18-20 March, Delphi, Greece, **2011**.
- Ñ **Giorgos K. Sakkas & Ioannis Vogiatzis:** Chairpersons of the Clinical Exercise Physiology Session, 1<sup>st</sup> National Congress of Exercise Biochemistry and Physiology, 19-20 May, Komotini, Greece, **2011**
- Ñ **Giorgos K. Sakkas:** Invited Talk: Sleep Disorders in End Stage Renal Diseases, CIN 2011, 6th Congress of Nephrology in Internet, November 15-30, 2011
- Ñ Kathy Myburgh and **Giorgos K. Sakkas:** Chairpersons in Striated muscle in health and disease I session in the 41<sup>st</sup> European Muscle Conference in Rhodes, 1-5 September 2012
- Ñ **Giorgos K. Sakkas:** Invited Talk: Muscle size and metabolism in end stage renal failure patients, 41<sup>st</sup> European Muscle Conference, 1-5 September 2012, Rhodes, Greece
- Ñ **Giorgos K. Sakkas:** Invited Talk: Uremic myopathy, metabolic acidosis and exercise training in CKD, in CME Morbidity and functional capacity in CKD: exercise training in theory and in practice course, 27 – 28 September, Lund, Sweden, **2012**
- Ñ **Giorgos K. Sakkas & Ioannis Vogiatzis:** Chairpersons of the Clinical Exercise Physiology Session, 2<sup>nd</sup> National Congress of Exercise Biochemistry and Physiology, 12-13 October, 2012, Athens, Greece
- Ñ **Giorgos K. Sakkas.** Invited Talk: Cardiometabolic syndrome, mortality and Exercise Therapy in patients with Chronic Kidney Disease. 4<sup>th</sup> International Conference of the Hellenic Society of Biochemistry & Physiology of Exercise, 24-26 Oct, Trikala, Greece **2014**
- Ñ **Giorgos K. Sakkas.** Invited Talk: Under Pressure: How does our body function under water. 4<sup>th</sup> International Conference of the Hellenic Society of Biochemistry & Physiology of Exercise, 24-26 Oct, Trikala, Greece **2014**
- Ñ **Giorgos K. Sakkas.** Invited Talk: Therapeutic Exercise Training in End Stage Renal Disease. Nephrological Symposium of Central Greece, 12-14 December, Larissa, Greece, **2014**

## 7 MISCELLANEOUS

- Swimming Instructor (National Swimming Federation)
- Lifeguard Instructor (PASXNA)
- Free Diving Instructor (Apnea Academy)
- Baby Swimming Instructor (WABC)
- Member of the Greek Free-Diving National Team 2010 – 2014
- Head coach of the Greek Free Diving National Team 2010-2014
- 8<sup>th</sup> in World Ranking in Free Diving for 2011 World Championship in Sept 2011
- Greek National Champion in Apnea and Free Diving games 2009 – Present
- Member of the management committee of the “Good Samaritan” Charity in Trikala, Thessaly Greece
- Treasurer of the cultural association “The Varousi – the old city of Trikala”, Trikala, Thessaly Greece 2014-2016