

Curriculum Vitae

Personal details

Name	Elias
Surname	Begas
Father's name	Nisim
Date of birth	January 1 st , 1962
Place of birth	Larissa, Greece
Home address	78-80 Z. Pigis st., Larissa, Greece, post code 41447
Telephone number	+302410531203
Present position	Technical and Laboratory personnel, Laboratory of Pharmacology, Faculty of Medicine, University of Thessaly (December 2002-present)

Education

Bachelor degree in Medical Biochemistry, Faculty of Medicine, University of Thessaly (1998-2002).
PhD degree, Faculty of Medicine, University of Thessaly (2009, summa cum laude).

Foreign languages

Good knowledge of the English language, (State Certificate, Ministry of Education, level B2).

Computer skills

Key-Cert Certificate in Word processing, Excell and Internet (Qualified by the Greek State).
Experience in Power Point presentations, Statistical packages (SPSS, SigmaPlot, SigmaStat)

Other skills

- 1) Operation of "COBAS INTEGRA 400 plus" - ROCHE DIAGNOSTICS.
- 2) Operation of "9180 Electrolyte Analyzer"- ROCHE DIAGNOSTICS.
- 3) Hands-on training seminar on real-time PCR with application in Pharmacogenetics (Hellenic Society of Biomedical Research, Thessaloniki, 2011).
- 4) Hands-on training seminar on ELISA (Hellenic Society of Biomedical Research, Thessaloniki, 2012).

Educational task

- 1) Presentation of Laboratory of Clinical Pharmacology and demonstration of the Therapeutic Drug Monitoring procedure by the use of automated analyzers to the students of the 4th semester.
- 2) Contribution to the authorship of manual and supervision of the laboratory exercise "Metabolism of xenobiotics" for the students attending the postgraduate program "Toxicology".
- 3) Contribution to the authorship of the brochure concerning the pharmacokinetic data and instructions for blood collection for the Therapeutic Drug Monitoring procedure. The brochure is used for the training of the nursing professionals of the University Hospital of Larissa.

Laboratory task

- 1) Laboratory animals (rats, mice) care and monitoring (Animal House licence number EL-42 BIO/br-01, EL-42 BIO/sup-02).
- 2) Monitoring of the proper functioning of devices and instruments of the Laboratory. Consumables ordering-Compilation of technical specifications for the acquisition of equipment.
- 3) Technical and methodological support, regarding HPLC, to diploma thesis and PhD thesis of postgraduate and PhD students.

- 4) Position at Clinical Pharmacology Laboratory of the University Hospital of Larissa (26-3-2008/1-9-2010). Suggestion for and participation to the External Quality Assurance Program of BIORAD company (EQAS).
- 5) Development of HPLC method for the TDM of Methotrexate in the serum of patients, in collaboration with the Oncology Clinic of the University Hospital of Larissa (2009).
- 6) HPLC determination of catecholamines in fish brain, in collaboration with Agricultural University of Athens (2012).
- 7) Screening of human CYP1A2 polymorphisms in collaboration with the Histology & Embryology Laboratory of the Faculty of Medicine (2012).
- 8) Development of HPLC method for the determination of human CYP1A2 activity by the use of saliva (2012).
- 9) Development of HPLC method for the TDM of the antiepileptic drug Levetiracetam in the serum of patients, in collaboration with the Neurology Clinic of the University Hospital of Larissa (2014).
- 10) Development of HPLC method for the TDM of the antiepileptic drug Licarbazepine in the serum of patients, in collaboration with the Neurology Clinic of the University Hospital of Larissa (2014).
- 11) Development of HPLC method for the TDM of the antipsychotic drug Clozapine in the serum of patients, in collaboration with the Psychiatry Clinic of the University Hospital of Larissa (2014).

Scientific Journal reviewer

- 1) Revista Brasileira de Farmacognosia - Brazilian Journal of Pharmacognosy (2015).
- 2) Biomedical Chromatography (2017).

Publications in International Journals

- 1) **Begas E, Kouvaras E, Tsakalof A, Papakosta S, Asproдини EK.** In vivo evaluation of CYP1A2, CYP2A6, NAT-2 and xanthine oxidase activities in a Greek population sample by the RP-HPLC monitoring of caffeine metabolic ratios. *Biomed Chromatogr* ;21(2):190-200, 2007.
- 2) **Begas E, Papandreou C, Tsakalof A, Daliani D, Papatsibas G, Asproдини E.** Simple and Reliable HPLC Method for the Monitoring of Methotrexate in Osteosarcoma Patients. *J Chromatogr Sci*; 52(7):590-595, 2014.
- 3) **Begas E, Kouvaras E, Tsakalof AK, Bounitsi M, Asproдини EK.** Development and validation of a reversed-phase HPLC method for CYP1A2 phenotyping by use of a caffeine metabolite ratio in saliva. *Biomed Chromatogr* ;29(11):1657-1663, 2015.
- 4) **Begas E, Tsioutsouliti A, Kouvaras E, Haroutounian SA, Kasiotis KM, Kouretas D, Asproдини E.** Effects of peppermint tea consumption on the activities of CYP1A2, CYP2A6, Xanthine Oxidase, N-acetyltransferase-2 and UDP-glucuronosyltransferases-1A1/1A6 in healthy volunteers. *Food Chem Toxicol* ;100 :80-89, 2017.
- 5) **Begas E, Tsakalof A, Dardiotis E, Vatidis GE, Kouvaras E, Asproдини EK.** Development and validation of a reversed-phase HPLC method for licarbazepine monitoring in serum of patients under oxcarbazepine treatment. *Biomed Chromatogr*; 31(9), 2017.
- 6) **Begas E, Kilindris T, Kouvaras E, Tsioutsiumi A, Kouretas D, Asproдини EK.** Dietary effects of *Sideritis scardica* "mountain tea" on human in vivo activities of xenobiotic metabolizing enzymes in healthy subjects. *Food Chem Toxicol*; 122:38-48, 2018.
- 7) **Asproдини E, Tsiokou V, Begas E, Kilindris T, Kouvaras E, Samara M, Messinis I.** Alterations in Xenobiotic-Metabolizing Enzyme Activities across Menstrual Cycle in Healthy Volunteers. *J Pharmacol Exp Ther*;368(2):262-271, 2019.
- 8) **Begas E, Bounitsi M, Kilindris T, Kouvaras E, Makaritsis K, Kouretas D, Asproдини EK.** Effects of short-term saffron (*Crocus sativus* L.) intake on the in vivo activities of xenobiotic metabolizing enzymes in healthy volunteers. *Food Chem Toxicol*;130:32-43, 2019.

Publications in Greek Journals

- 1) **E.Begas, A. Tsakalof, A. Benakis, E.K. Asproдини.** HPLC caffeine metabolites analysis in urine for the determination of CYP1A2 activity. Review of Clinical Pharmacology and Pharmacokinetics, 2003.
- 2) **E. Begas, E.K. Asproдини, S. Papakosta, L. Maglaras, A. Benakis, G. Dalekos.** Caffeine metabolism in patients with liver cirrhosis. Μεταβολισμός της καφεΐνης σε ασθενείς με κίρρωση του ήπατος. Review of Clinical Pharmacology and Pharmacokinetics, 2005.
- 3) **Begas E., Kouvaras E., Tsiokou V., Asproдини E.** In vivo evaluation of CYP1A2 and CYP2A6 activities in a Greek population during menopause. (Conference Paper) Review of Clinical Pharmacology and Pharmacokinetics. International edition, 2008.

Conference Presentations

- 1) **Tsiokou V., Begas E., Kouvaras E., Messinis I., Asproдини E.** Influence of menstrual cycle on CYP1A2 in vivo activity determined with caffeine phenotyping. 8th Southeast European Congress on Xenobiotic Metabolism and Toxicity. Front. Pharmacol. doi: 10.3389/conf.fphar.2010.60.00209. XEMET 2010.
- 2) **Begas E., Tsakalov A., Papandreou C., Daliani D., Asproдини E.** HPLC method for the quantification of methotrexate in plasma samples. 8th Southeast European Congress on Xenobiotic Metabolism and Toxicity. Front. Pharmacol. doi: 10.3389/conf.fphar.2010.60.00103. XEMET 2010.
- 3) **Makaritsis K., Ioannou M., Kapatou K., Kouvaras E., Begas E., Koukoulis G., Dalekos G.** Hydroxychloroquine exacerbates atheromatosis in ApoE knockout mice. 2nd conference of Pathology, Central Greece, Larissa, 2010.
- 4) **Papakosta S., Asproдини E., Begas E., Zachou K., Sakellaridis N., Dalekos G.** In vivo evaluation of CYP1A2 activity in patients with chronic liver disease in relation to aetiology and severity of the disease. 3d conference of Pathology, Central Greece, Larissa, 2011.
- 5) **Papakosta S., Asproдини E., Begas E., Zachou K., Sakellaridis N., Dalekos G.** In vivo evaluation of CYP1A2 activity in patients with nonalcoholic liver disease. 3d conference of Pathology, Central Greece, Larissa, 2011.
- 6) **Makaritsis K., Ioannou M., Kapatou K., Kouvaras E., Begas E., Koukoulis G., Dalekos G.** Effect of Hydroxychloroquine Treatment on Atherosclerosis in ApoE Deficient mice. 21st European Meeting on Hypertension and Cardiovascular Prevention. , Milan, Italy, June 17-20, 2011.
- 7) **Makaritsis K., Ioannou M., Kapatou K., Kouvaras E., Poulakida I., Begas E., Koukoulis G., Dalekos G.** HIF-1a and e NOS are overexpressed in the aorta of hydroxychloroquine treated ApoE knockout mice. 10th Congress of the European Federation of Internal Medicine, Athens, Greece, October 5-8, 2011.
- 8) **Kotidis C., Ioannou M., Papacharalampous K., Kouvaras E., Begas E., Tarantilis P., Koukoulis G., Dalekos G., Makaritsis K.** Crocin attenuates atheromatosis in ApoE knockout mice. 4th conference of Pathology, Central Greece, Larissa, 2012.
- 9) **Makaritsis K., Kotidis H., Ioannou M., Papacharalampous K., Kouvaras E., Begas E., Tarantilis P., Koukoulis G., Dalekos G.** Effect of crocin on serum lipid profile and atherosclerosis in ApoE knockout mice. 22nd European Meeting on Hypertension and Cardiovascular Prevention, April 26-29, London U.K. 2012
- 10) **Begas E., Bounitsi M., Asproдини E.** In vivo evaluation of CYP1A2 activity in Greek healthy volunteers by the RP-HPLC quantification of caffeine metabolic ratios in saliva and urine. 7th Panhellenic Congress of Pharmacology. Book of Abstracts. Hippokratia, 16, Supplement 1, page 8, Thessaloniki 2012.
- 11) **Kouvaras E., Samara M., Begas E., Tsiokou V., Asproдини E.** Phenotype and genotype analysis of CYP1A2 in the Greek population. 7th Panhellenic congress of pharmacology. Book of Abstracts. Hippokratia, 16, Supplement 1, pages 16-17, Thessaloniki 2012.

- 12) **E. Begas, E. Asproдини, S. Papakosta, K. Zachou, G.N. Dalekos**. CYP1A2 activity in patients with non-alcoholic fatty liver disease. 11th conference of Clinical Chemistry. Volos, 2013.
- 13) **E. Begas, E. Asproдини, S. Papakosta, K. Zachou, G.N. Dalekos**. Non-invasive detection of liver disease by the use of caffeine test in urine. 11th conference of Clinical Chemistry. Volos, 2013.
- 14) **E. Begas, E Kouvaras, E.K. Asproдини**. HPLC determination of the oxcarbazepine active metabolite licarbazepine in human serum. 8th Biannual Meeting of the Hellenic (Greek) Society for Basic & Clinical Pharmacology. Athens, May 2014.
- 15) **E. Begas, A. Tsakalof, E. Dardiotis, E. Asproдини**. HPLC method for Levetiracetam determination in serum of epileptic patients. 12th conference of Clinical Chemistry, Athens, 2014.
- 16) **E. Begas, K. Faka, A. Tsakalof, E. Kouvaras, E. Asproдини**. HPLC determination of Clozapine in the serum of patients. 12th conference of Clinical Chemistry, Athens, 2014.
- 17) **M. Bounitsi, E. Begas, E. Kouvaras and E.K. Asproдини**. Effect of dietary Crocus Sativus L. on the activity of CYP1A2 in healthy subjects. Meeting of Hellenic Society for Basic and Clinical Pharmacology, Athens, 2015.
- 18) **K. Faka, E. Begas, E. Asproдини**. Clozapine and Norclozapine concentrations in the serum of patients with schizophrenia. 23th Panhellenic Conference of Psychiatry/2nd Pscopharmacological conference, Larissa, 2015. 21st Conference of ESFIE, Athens, 2015.
- 19) **E. Beltsios, I. Ogrotis, E. Begas, K. Bonotis, E. Asproдини**. HPLC method development for Clozapine monitoring (TDM) in patients with schizophrenia.
- 20) **E. Begas, T. Kilindris, E. Kouvaras, G. Dalekos, E. Asproдини**. The effect of liver disease on the acetylation of xenobiotics; investigation of N-acetyltransferase-2 (NAT-2) activity by the use of caffeine as probe-drug. 13th conference of Clinical Chemistry, Heraklion, 2015.
- 21) **G. Vatidis, E. Begas, A. Tsakalof, E. Dardiotis, E. Kouvaras, E. Asproдини**. HPLC method development for Licarbazepine monitoring in the serum of epileptic patients under oxcarbazepine treatment. 10th Panhellenic Conference of Epilepsia, Athens, 2016.
- 22) **Vatidis G, Begas E, Tsakalof A, Dardiotis E, Kouvaras E, Ntertsos N, Kalousi D, Asproдини E**. Development and validation of a reversed-phase hplc method for the therapeutic drug monitoring (tdm) of licarbazepine in patients under oxcarbazepine treatment. 9th Panhellenic conference of the Hellenic Society for Basic and Clinical Pharmacology, Thessaloniki, 2016.
- 23) **E. Begas, E. Kouvaras, K. Zachou G.N. Dalekos, E.K. Asproдини**. The effect of PBC on CYP1A2, CYP2A6, Xanthine Oxidase and NAT2 activity. 14th Conference of Clinical Chemistry, Ioannina, 2016.
- 24) **Begas E, Kilindris T, Tsiokou V, Kouvaras E, Asproдини E**. The effect of demographic and environmental factors on the in vivo activity of CYP1A2 and NAT2 drug-metabolizing enzymes in Greeks. 2nd Congress of Pharmacogenomics and Personalized Diagnosis and Therapy. Athens, November 2016.
- 25) **D. Kalousi, N. Dertsos, E. Begas, E. Dardiotis, G. Vatidis, E. Asproдини**. Therapeutic Drug Monitoring of Licarbazepine in patients under Oxcarbazepine treatment-HPLC-RP-UV method development. 22nd Conference of ESFIE, Patras, 2016.
- 26) **E. Begas, A. Tsioutsiumi, I. Charitou, E. Asproдини**. Effects of Sideritis Scardica (mountain tea) consumption on the activities of CYP1A2, CYP2A6, Xanthine oxidase (XO), N-acetyltransferase-2 (NAT2) and UDP-glucuronosyltransferases-1a1/1a6 (UGT1A1/1A6) in healthy volunteers. 10th Panhellenic Conference of the Hellenic Society for Basic and Clinical Pharmacology, Ioannina, 2018.

