

## Curriculum Vitae

<b>Name</b> Alexandra <b>Bargiota</b>  e-mail: abargio@uth.gr Tel: 0030 2413502806 00302413502987	<b>Position</b> - Associate Professor in Internal Medicine-Endocrinology University of Thessaly Head of the Department of Endocrinology and Metabolic diseases, University Hospital of Larissa
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### Qualifications

	Title	Year	Scientific field
Medical school of Aristotle University of Thessaloniki	Ptychio Iatrikis	1987	Medicine
Certificate of completing the training in Endocrinology		1997	Endocrinology
Obtained a thesis from University of Bristol	PhD	2002	Diabetes Melitus

### Relevant Experience / Positions (*Responsibility/Years*):

Experience	Dates
<ul style="list-style-type: none"> <li>• Trained in Endocrinology and Diabetes at the Bristol Royal Infirmary, Bristol UK</li> <li>• Worked as registrar in Endocrinology and Diabetes at the Bristol Royal Infirmary, Bristol UK</li> <li>• Worked as clinical lecturer in Endocrinology and Diabetes at the Bristol Royal Infirmary, University of Bristol UK</li> <li>• Fellow of the Edith Woolf Fellowship, Bristol Royal Infirmary, Bristol UK</li> </ul>	1992-1997  1997-1999  1999-2003  1995-1997
<ul style="list-style-type: none"> <li>• Private practice in Endocrinology, Larissa Greece</li> <li>• Lecturer in Internal Medicine Endocrinology and Metabolic Diseases, Department of Endocrinology and Metabolic Diseases at the University Hospital of Larissa, Greece</li> <li>• Assistant Professor in Internal Medicine and Endocrinology, Head of the Department of Endocrinology and metabolic diseases, University Hospital of Larissa.</li> <li>• Associate Professor in Internal Medicine and Endocrinology, Head of the Department of Endocrinology and metabolic diseases, University Hospital of Larissa</li> </ul>	2003-2005 2005-2012  2012-8/2020  8/2020-ongoing

### 2. Membership in Scientific Societies

Greek Endocrine Society  
 Hellenic Diabetes Association  
 ECE

### 3. Main research interest

Metabolic studies in diabetes (hypoglycaemia recovery, hypoxia and carbohydrate metabolism)  
 Sexual dysfunction in women with diabetes  
 Bone metabolism and diabetes  
 Obesity  
 Graves' ophthalmopathy  
 Telemedicine in diabetes

### 4. Grands

**Edith Woolf Fellowship:** 1994-1996, for research in Diabetes Mellitus

**European multicenter prospective clinical trial Renewing Health (CIP PSP-ICT): 2010-2013** " RCT for the Health Technology Assessment of the mobile health telemonitoring for patients with DMT2"

**Grand from the Hellenic Society 2012-2015:** to study deidnase polymorphisms in patients with hypothyroidism

**European multicenter prospective clinical trial United for Health (CIP PSP-ICT): 2013-2015** "Observational clinical trial for for the Health Technology Assessment of the mobile health telemonitoring for patients with DMT2 in every day clinical practice"

**European multicenter prospective clinical trial ACTIVAGE (Horizon2020): 2017-2020** " RCT for the Health Technology Assessment of the IoT health telemonitoring for elderly patients with DMT2"

**European multicenter prospective clinical trial GATEKEEPER (Horizon2020): 2019-2022** " Prospective clinical trial for the evaluation of Artificial Intelligence in predictive modelling of glycaemic status for elderly patients with DMT2"

**Retrospective trial "PA (EU-Greece Partnership Agreement for the Development Framework 2014-2020):2019-2021"**A retrospective, real world data based study, on the impact of glycemic control on mortality and morbidity of critically ill patients in ICU"

## 5. Multicenter international studies

**Principal investigator** in 32 multicenter international studies

**Co-investigator** in 11 multicenter international studies

## 6. Publications

1. **Bargiota A, Corral RJM. Monitoring blood glucose in gestational diabetes.** *BMJ.* 1997 Jan 4;314(7073):3-4.
2. Parker DR, **Bargiota A**, Cowan F, Corral RJM. **Suspected hypoglycaemia in out practice: accuracy of dried blood spot analysis.** *Clin Endocrinol.* 1997 Dec;47(6):679-
3. Parker DR, **Bargiota A**, Cowan F, Corral RJM **Insulin induced hypoglycaemia does not induce melatonin secretion in man.** *Diabetes Research* 1997; 32:205-211
4. Jackson SNJ, Pinkney J, **Bargiota A**, et al. **A defect in the regional deposition of adipose tissue (partial lipodystrophy) is encoded by a gene at chromosome 1q.** *Am. J. Hum. Gen.* 1998; 63:534-540
5. Parker DR, **Bargiota A**, Braatvedt GD Halliwell M, Corral RJM. **Increased splanchnic blood flow after hypoglycaemia in diabetic and normal man: evidence against glucagon as a mediator.** *Clin Sci (Lond).* 1999 Feb;96(2):179-84
6. **Bargiota A., Corral RJM. Honey Poisoning or Fructose Intolerance?** *BMJ*, Jul 2000(on line letter to the editor)
7. Richards PS, **Bargiota A**, Corral RJ. **Paget's disease causing an Arnold-Chiari Type 1 malformation: radiographic findings.** *AJR Am J Roentgenol.* 2001 Mar;176(3):816-
8. Wong SP, Huda M, English P, **Bargiota A**, Wilding JP, Johnson A, Corral R, Pinkney JH **Adipokines and the insulin resistance syndrome in familial partial lipodystrophy caused by a mutation in lamin A/C** *Diabetologia* 2005 Dec;48(12):2641-2649
9. Parker DR, Braatvedt GD, **Bargiota A**, Newrick PG, Brown S, Gamble G, Corral RJ **Glucagon is absorbed from the rectum but does not hasten recovery from hypoglycaemia in patients with type 1 diabetes.** *British Journal of Clinical Pharmacology* 2008 Jul;66(1):43-9.
10. **Bargiota A**, Kotoula M, Tsironi E, Koukoulis GN, (2011) **Diabetic papillopathy: in pregnancy: A marker for progression to proliferative retinopathy?** *Obstet Gynecol* 2011 Aug;118(2 Pt 2):457-60

11. **Bargiota A**, Dimitropoulos K, Tzortzis V, Koukoulis GN. **Sexual dysfunction in diabetic women** *Hormones* 2011 Jul;10(3):196-206.
12. Dimitripoulos C, **Bargiota A**, Mouzas O, Tzortzis V, Melekos M, Koukoulis G  
"Sexual functioning and distress among premenopausal women with uncomplicated type 1 diabetes." *J Sex Med.* 2012 May;9(5):1374-81. doi: 10.1111/j.1743-6109.2012.02664.x.
13. **Bargiota A**, Diamanti-Kandarakis E, **The effects of old, new and emerging medicines on metabolic aberrations in in PCOS c** 2012, Feb;3:27-47(DOI: 10.1177/2042018812437355
14. Papamargaritis D, Koukoulis G, Sioka E, Zachari E, **Bargiota A**, Zacharoulis D, Tzovaras G. **Dumping symptoms and incidence of hypoglycaemia after provocation test at 6 and 12 months after laparoscopic sleeve gastrectomy.***Obes Surg.* 2012 Oct;22(10):1600-6. doi: 10.1007/s11695-012-0711-3.
15. Malli F, **Bargiota A**, Theodoridou K, Florou Z, Bardaka F, Koukoulis GN, Gourgoulisianis KI, Daniil Z.**Increased primary autoimmune thyroid diseases and thyroid antibodies in sarcoidosis: evidence for an under-recognised extrathoracic involvement in sarcoidosis?***Hormones (Athens).* 2012 Oct-Dec;11(4):436-43.
16. **Bargiota A**, Dimitropoulos K, Mouzas O, Melekos M, Tzortzis V, Koukoulis G.  
**The impact of Parental Bonding on Sexual Distress in women with Type 1 Diabetes Mellitus.** *J Sex Med.* 2013 Feb;10(2):378-85. doi: 10.1111/j.1743-6109.2012.02969.x.
17. Tsaroucha A, Daniil Z, Malli F, Georgoulis P, Minas M, Kostikas K, **Bargiota A**, Zintzaras E, Gourgoulisianis KI. **Leptin, Adiponectin and Ghrelin levels in female patients with asthma during stable and exacerbation periods.** *J Asthma.* 2013 Mar;50(2):188-97. doi: 10.3109/02770903.2012.747101.
18. **Bargiota A.**, Delizona M., Tsitouras A., Koukoulis G. **Eating habits and factors affecting food choices of Greek adolescents.** *Hormones (Athens).* 2013 Apr-Jun;12(2):246-53
19. Ntaios G, Papavasileiou V., **Bargiota A.**, Makaritsis K., Michel P. **Intravenous insulin treatment in acute stroke: a systematic review and meta-analysis of randomized controlled trials.** *Int J Stroke.* 2013 Dec 29. doi: 10.1111/ijss.12225.
20. Dimitropoulos K, **Bargiota A**, Mouzas O, Melekos M, Koukoulis G, Tzortzis V  
**Dissatisfaction with Male Sexual Performance is a Determinant of Depression and Female Sexual Dysfunction in type 1 Diabetic Women.** *Int J Impot Res.* 2015 Jan-Feb;27(1):25-8. doi: 10.1038/ijir.2014.21. Epub 2014 Jul 10
21. McKnight JA, Wild SH, Lamb MJ, Cooper MN, Jones TW, Davis EA, Hofer S, Fritsch M, Schober E, Svensson J, Almdal T, Young R, Warner JT, Delemer B, Souchon PF, Holl RW, Karges W, Kieninger DM, Tigas S, **Bargiota A**, Sampanis C, Cherubini V, Gesuita R, Strele I, Pildava S, Coppell KJ, Magee G, Cooper JG, Dinneen SF, Eeg-Olofsson K, Svensson AM, Gudbjornsdottir S, Veeze H, Aanstoot HJ, Khalangot M, Tamborlane WV, Miller KM.  
**Glycaemic control of Type 1 diabetes in clinical practice early in the 21st century: an international comparison.** *Diabet Med.* 2014 Dec 15. doi: 10.1111/dme.12676. [Epub ahead of print]
22. Giotaki Z., Fountas A, Tsiroiki T, **Bargiota A**, Tigas S, Tsatsoulis A.  
Adrenal reserve following treatment of Graves' orbitopathy with intravenous glucocorticoids. *Thyroid.* 2015 Apr;25(4):462-3. doi: 10.1089/thy.2014.0533
23. Efstathiadou ZA, Sakka C, Polyzos SA, Goutou M, Stakias N, **Bargiota A**, Koukoulis GN.  
**Associations of estrogen receptor alpha and Beta gene polymorphisms with lipid levels and insulin resistance in men.***Metabolism.* 2015 May;64(5):611-7. doi: 10.1016/j.metabol.2015.01.006.
24. Chatzidimitriou K, Gougoura SG, **Bargiota A.**, Koukoulis GN  
**Normal menstrual cycle steroid hormones variation does not affect the blood levels of total adiponectin and its multimer forms.** *Journal of Clinical & Translational Endocrinology* 2(2015) 61-65
25. Efstathiadou ZA, **Bargiota A**, Chrisoulidou A, Kanakis G, Papanastasiou L, Theodoropoulou A, Tigas SK, Vassiliadi DA, Alevizaki M, Tsagarakis S.  
**Impact of gsp mutations in somatotroph pituitary adenomas on growth hormone response to somatostatin analogs: a meta-analysis.** *Pituitary.* 2015 Jun 27.
26. Spanos K, Lachanas VA, Chan P, **Bargiota A**, Giannoukas AD.

**Validation of the Leeds Assessment of Neuropathic Symptoms and Signs (LANSS) questionnaire and its correlation with visual analog pain scales in Greek population.** J Diabetes Complications. 2015 Aug 13. pii: S1056-8727(15)00353-0. doi: 10.1016/j.jdiacomp.2015.08.008.

27 Lingvay I, Manghi FP, García-Hernández P, Norwood P, Lehmann L, Tarp-Johansen MJ, Buse JB; DUAL V Investigators.

**Effect of Insulin Glargine Up-titration vs Insulin Degludec/Liraglutide on Glycated Hemoglobin Levels in Patients With Uncontrolled Type 2 Diabetes: The DUAL V Randomized Clinical Trial** JAMA. 2016 Mar 1;315(9):898-907.

28. Tsirona S, Katsaros F, **Bargiota A**, Polyzos S, Arapoglou G, Koukoulis GN. **Prevalence and determinants of type 2 diabetes mellitus in a Greek adult population** Hormones (Athens). 2016 Jan-Mar;15(1):88-98. doi: 10.14310/horm.2002.1662.

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30.Papamargaritis D, Zacharoulis D, Sioka E, Zachari E, **Bargiota A**, Koukoulis G, Tzovaras G. **Differences in Anthropometric and Metabolic Parameters Between Subjects with Hypoglycaemia and Subjects with Euglycaemia After an Oral Glucose Tolerance Test Six Months After Laparoscopic Sleeve Gastrectomy.** Obes Surg. 2016 Nov;26(11):2747-2755.

31.Spanos K, Saleptsis V, Athanasoulas A, Karathanos C, **Bargiota A**, Chan P, Giannoukas AD. **Factors Associated With Ulcer Healing and Quality of Life in Patients With Diabetic Foot Ulcer.** Angiology. 2017 Mar;68(3):242-250.

32. G. Kanakis, A. Chrisoulidou, **A. Bargiota**, Z.A. Efstathiadou, L. Papanastasiou, A Theodoropoulou, S.K.Tigas, D.A. Vassiliadi, S. Tsagarakis and M. Alevizaki **The ongoing challenge of discrepant growth hormone and insulin-like growth factor -1 results in the evaluation of treated acromegalic patients:a systematic review and metanalysis.** Clin Endocrinol (Oxf). 2016 Nov;85(5):681-688.

33. Tsirouki T, **Bargiota A**, Vasiliou A, Kapsalaki E, Tigas S, Giotaki Z, Asproudis I, Tsatsoulis A, Koukoulis G, Tsironi E. **Clinical And Imaging Evaluation Of The Response To Intravenous Steroids Of Patients With Graves' Orbitopathy. Who Needs Additional Therapy?"**, Clin Ophthalmol. 2016 Nov 17;10:2277-2289.

34. Spanos K, Saleptsis V, Athanasoulas A, Karathanos C, **Bargiota A**, Chan P, Giannoukas AD. **Re: "Prognostic Factors in Diabetic Foot Ulcer"**. Angiology. 2017 Jul;68(6):559.

35. Fountas A., Giotaki Z., Dounousi E., Liapis G, Bargiota A., Tsatsoulis A., Tigas S.**Familial partial lipodystrophy and proteinuric renal disease due to a missense c.1045C > T LMNA mutation** . Endocrinol Diabetes Metab Case Rep. 2017 Jun 2;2017. pii: 17-0049.

36. Tzortzis V, Samarinas M, Zachos I, Oeconomou A, Pisters LL, **Bargiota A**. **Adverse effects of androgen deprivation therapy in patients with prostate cancer: focus on metabolic complications"** Hormones (Athens). 2017 Apr;16(2):115-123.

37. Tzanetakos C, **Bargiota A**, Kourlaba G, Gourzoulidis G, Maniadakis N. **Cost Effectiveness of Exenatide Once Weekly Versus Insulin Glargine and Liraglutide for the Treatment of Type 2 Diabetes Mellitus in Greece.** Clin Drug Investig. 2017 Oct 27.

38. Liakos A, Lambadiari V, **Bargiota A**, Kitsios K, Avramidis I, Kotsa K, Gerou S, Boura P, Tentolouris N, Dimitriadis G, Tsapas A. **Effect of liraglutide on ambulatory blood pressure in hypertensive patients with type 2 diabetes: randomized, double blind, placebo-controlled trial.** *Diabetes Obes Metab.* 2018 Sep 22. doi: 10.1111/dom.13541. [Epub ahead of print]
39. Papargyri P, Zapanti E, Salakos N, Papargyris L, **Bargiota A**, Mastorakos G. **Links between HPA axis and adipokines: clinical implications in paradigms of stress-related disorders.** *Expert Rev Endocrinol Metab.* 2018 Nov;13(6):317-332
40. Tsimihodimos V, **Bargiota A**, Pagkalos EM, Manes C, Papas A, Karamousouli E, Voss B, Elisaf MS. **Real-World Adequacy of Glycaemic Control in Treatment-Naïve Greek Patients with Type 2 Diabetes Mellitus Initiating Treatment with Metformin Monotherapy at the Maximum Tolerated Dose: The Reload Study.** *Exp Clin Endocrinol Diabetes.* 2019 Jan 22. doi: 10.1055/a-0824-6607.
41. Liatis S, Iraklianiou S., Kazakos K., Mastorakos G., Milios K., Mouslech M., Noutsou M., Pagkalos E., Christos Sampanis and AGREEMENT Investigators. **A Greek registry of current type 2 diabetes management, aiming to determine core clinical approaches, patterns and strategies** *BMC Endocr Disord.* 2019 Apr 25;19(1):39. doi: 10.1186/s12902-019-0364-5.
42. Diamanti-Kandarakis E, Duntas L, Kanakis GA, Kandarakis E, Karavitaki N, Kassi E, Livadas S, Mastorakos G, Migdalis I, Miras AD, Nader S, Papalou O, Poladian R, Popovic V, Rachoń D, Tigas S, Tsigos C, Tsilchorozidou T, Tzotzas T, **Bargiota A**, Pfeifer M. **DIAGNOSIS OF ENDOCRINE DISEASE: Drug-induced endocrinopathies and diabetes: a combo-endocrinology overview.** *Eur J Endocrinol.* 2019 Aug 1;181(2):R73-R105. doi: 10.1530/EJE-19-0154. Review.
43. Vergou Z, Paschou SA, **Bargiota A**, Koukoulis GN. **Alterations in hearing function of patients with glucose disorders.** *Hormones (Athens).* 2019 Sep;18(3):281-287. doi: 10.1007/s42000-019-00120-w.
44. Kourogrou E, Anagnostis P, Daponte A, **Bargiota A**. **Vitamin B12 insufficiency is associated with increased risk of gestational diabetes mellitus: a systematic review and meta-analysis.** *Endocrine.* 2019 Aug 28. doi: 10.1007/s12020-019-02053-1.
45. Zinman B, Aroda VR, Buse JB, Cariou B, Harris SB, Hoff ST, Pedersen KB, Tarp-Johansen MJ, Araki E; PIONEER 8 Investigators. **Efficacy, Safety, and Tolerability of Oral Semaglutide Versus Placebo Added to Insulin With or Without Metformin in Patients With Type 2 Diabetes: The PIONEER 8 Trial.** *Diabetes Care.* 2019 Sep 17. pii: dc190898. doi: 10.2337/dc19-0898.
46. Filiponi M, Gougoura SG, Befani C, **Bargiota A**, Liakos P., Koukoulis GN. **17β estradiol attenuates the prooxidant activity of corticotropin releasing hormone in macroendothelial cells** *Cell Biology International* ISSN 1065-6995 doi: 10.1002/cbin.11188
47. Cannon AJ., **Bargiota A.**, Billings L.; Hunt B., Leiter LA., Malkin S., Mocarski M., Ranthe MF, Schiffman A., Doshi A., **Evaluation of the short-term cost-effectiveness of IDegLira versus basal insulin and basal-bolus therapy in patients with type 2 diabetes based on the attainment of clinically relevant treatment targets.** *Manag Care Spec Pharm.* 2020 Feb;26(2):143-153. doi: 10.18553/jmcp.2019
48. Karagiannis T, Avgerinos I, Toumpalidou M, Liakos A, Kitsios K, Dimitriadis G, Papanas N, **Bargiota A**, Avramidis I, Katsoula A, Tentolouris A, Chatziadamidou T, Giannakopoulos S, Alexiadis S, Kotsa K, Tsapas A, Bekiari E. **Patients' and Clinicians' Preferences on Outcomes**

**and Medication Attributes for Type 2 Diabetes: a Mixed-Methods Study.** J Gen Intern Med. 2020 Jan 2. doi: 10.1007/s11606-019-05608-0

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