

# **APOSTOLIS K. PAPAEFTHYMIU MD, PhD(c)**

**Gastroenterologist and Hepatologist**

**Military Medical Officer**

**Senior Clinical Research Fellow in Upper GI Medicine and Therapeutic**

**Endoscopy, Cleveland Clinic London, UK**

**Member of the ESGE Young Endoscopists Committee**

*(Updated 1<sup>st</sup> June 2024)*

## **CURRICULUM VITAE**

### **PERSONNAL DATA**

Nationality	Greek
Sex	Male
Date & place of birth	April 26 <sup>th</sup> 1989, Trikala, Thessaly, Greece
Family status	Married, parent of three children

### **CONTACT DETAILS:**

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### **EDUCATION**

1995-2001	30 <sup>th</sup> Primary School of Trikala
2001-2007	5 <sup>th</sup> High School of Trikala
2007-2013	School of Medicine, Aristotle University of Thessaloniki as a student of Military School of Medical Officers (graduated as a class leader)

### **CLINICAL AND ENDOSCOPIC EXPERIENCE**

Internal Medicine Inpatients Clinic and Medical rota for  
two years

Gastroenterology Inpatients Clinic and GI bleeding rota  
(familiar with injection, clipping, thermocautery, banding  
ligation, APC, coagrasper)

IBD Outpatients Clinic for 20 months (2020-2022)

Dedicated HPB and IgG4 Clinic (2022-2023)

Diagnostic Upper GI endoscopies (incl. digital and conventional chromoendoscopy)

Colonoscopies (incl. digital and conventional chromoendoscopy)

Therapeutic endoscopic procedures: EMR, upper and lower GI dilatations, luminal stenting, variceal band ligation, PEG insertion, extraction of foreign bodies

Dedicated Fellowship in HPB Medicine and Advanced Endoscopy, including ERCP, Cholangioscopy, ampullectomy, duodenal polyp assessment and EMR, diagnostic HPB EUS, EUS LAMS placement, colonic stenting, duodenal stenting (University College London Hospitals)

Active involvement in expert HPB MDT (malignant and benign at Royal Free Hospital and University College London Hospitals, respectively)

Active involvement in expert IgG4 MDT (joint meeting between Oxford University Hospital and UCLH)

## ADDITIONAL TRAINING

### Medical Qualifications

Online Course on Clinical Problem Solving (University of California, San Francisco)

Online Course on Statistical Reasoning for Public Health 1: Estimation, Inference, & Interpretation (Johns Hopkins University)

Online Course on Stanford Introduction to Food and Health (Stanford University)

Advanced Cardiac Life Support (ACLS)

Advanced Life Support (ALS-ERC)

Advanced Medical Life Support (AMLS-NAEMT)

Graduated from School of Diving and Hyperbaric Medicine in the Naval Hospital of Athens

Graduated from School of Aviation Medicine in 251 Hellenic Air-force General Hospital of Athens

Clinical Course of E-FAST ultrasound

UEG Summer School 2019 (hands-on in abdominal ultrasound, shear-wave elastography, EMR, EUS, ERCP)

Greek School of Clinical Hepatology (2019-2020)

ESDE 2019 hands on (EUS, HRM, ESD, foreign bodies removal, hemostasis)

UEG, ESGE and EASL online courses and webinars

Advanced Course on IBD organized by the Greek Study Group of IBD (2021)

International Course in Interventional Gastroenterology (2021)- hands on animal models (ESD, EMR, Hemostasis, ERCP)

Current studies in small bowel capsule endoscopy through IMiGe course

Participation in the Endo Leadership Program for ERCP by Boston Scientific SA (2022-2023)

#### Teaching Experience

ALS Instructor (Qualified by ERC)

AMLS Instructor (Qualified by NAEMT)

Head Instructor in Greek School of Special Forces Medics

Regular teaching for medical students of University of Thessaly from May 2020

Instructor in postgraduate teaching programme (Msc) “Diet in Health and Disease” organized by the Department of Gastroenterology, School of Medicine, University of Thessaly

Instructor in the Department of Nurses of University of Applied Sciences of Thessaly

Regular teaching for medical students of the First Laboratory of Pharmacology, Aristotle University of Thessaloniki from December 2020

Instructor in postgraduate teaching programme (Msc) “Pancreatic Cancer: from A to Z” organized by the Department of Surgery, School of Medicine, University of Thessaly

Moderator of ESGE Tutor about approach of biliary strictures

Webinar presentation in the Hellenic Society of Gastroenterology regarding “Cold-snare polypectomy” (October 2023)

Instructor in postgraduate teaching programme (Msc) “Colonic and rectal surgery” organized by the Department of Surgery, School of Medicine, University of Thessaly

Instructor on Endoscopy Hands-On on behalf of ESGE during the UEGW 2023

## AUDITS AND LOGISTICS

Digital Endoscopic Schedule creation: an accessible endoscopic program through the Hospital's LAN to release from written endoscopic programm and facilitate Department's Gastroenterologists to have remote access in their endoscopic list

Cost-effectiveness analysis for *Helicobacter pylori* eradication treatment to guide national policy (also published in *Helicobacter* journal)

Analysis of the impact of the COVID-19 related lockdown to the morbidity of GI diseases to underline the necessity of balanced management for all diseases (also published in *Annals of Gastroenterology*)

Evaluation of a screening tool (APAIS) to predict the incidence of clinically significant post-ERCP abdominal pain and guide early disposal after ERCP based on a score (running audit)

Assistant manager of Endoscopic Department Equipment and Devices (from 1/2021)

## AWARDS AND GRANTS

Research Grant from the Greek Study Group of IBD

National Scholarship Award (UEG week 2020)

UEG Clinical Fellowship Award 2020-2021 (Erasmee University Hospital, Brussels, Belgium)

Recruited as a member of the UEG Young Talent Pool

Winner of Reviewer Award of the *Gastrointestinal Endoscopy* for the period 2021-2022

National Scholarship Award (UEG week 2022) accompanied with a grant

## RESEARCH

Google Scholar Data

Total cites: 1152  
h-index:15

Ongoing PhD thesis' title

The effect of biologic agents on metabolic associated fatty liver disease (MAFLD) in patients with inflammatory bowel disease (IBD)

Publications

1. **Papaefthymiou A**, Kyrgios I, Kotanidou EP, Maggana I, Mouzaki K, Galli-Tsinopoulou A. Secondary nocturnal enuresis related to central diabetes insipidus as an early manifestation of intracranial germinomatous germ cell tumors in a series of male youngsters. *Ann Endocrinol (Paris)*. 2015;76(1):67-70. Doi:10.1016/j.ando.2014.11.001
2. Katsinelos P, Lazaraki G, Chatzimavroudis G, Gkagkalis S, Vasiliadis I, **Papaefthymiou A**, et al. Risk factors for therapeutic ERCP-related complications: an analysis of 2,715 cases performed by a single endoscopist. *Ann Gastroenterol*. 2014;27:65–72.
3. Galanopoulos M, Gkeros F, Liatsos C, Pontas C, **Papaefthymiou A**, Viazis N, et al. Secondary metastatic lesions to colon and rectum. *Ann Gastroenterol*. 2018;31:282–7.
4. Galanopoulos M, **Papaefthymiou A**. An Uncommon Cause of Upper Gastrointestinal Bleeding. *Clin Med Image Libr*. 2016;2.
5. Galanopoulos M, Tsigaridas A, Varytimiadis L, **Papaefthymiou A**, Kalampalikis L, Ladas S, et al. A forgotten nasogastric feeding tube that refuses to get out. *Clin Case Reports*. 2017;5:205–7.
6. Doulberis M, **Papaefthymiou A**, Kountouras J, Polyzos SA. Hookworms in Emergency Department: The “Vampire” Within. *Jour of Acut Med*. 2018;8:135–48.
7. Kountouras J, Doulberis M, Polyzos SA, **Papaefthymiou A**, Kapetanakis N, Arapoglou S, et al. Potential Impact of Active Helicobacter pylori Infection with or without Concomitant Metabolic Syndrome on Colorectal Cancer Invasion and Mortality. *Isr Med Assoc J*. 2018;20:725–6.

8. Doulberis M, Polyzos SA, **Papaefthymiou A**, Katsinelos P, Kountouras J. Comments to the Editor concerning the paper entitled “The microbiome and ophthalmic disease” by Baim et al. *Exp Biol Med*. 2019;153537021882434.
9. Doulberis M, **Papaefthymiou A**, Polyzos SA, Boziki M, Deretzi G, Giartza-Taxidou E, et al. Microbes and Alzheimer’ disease: lessons from H. pylori and GUT microbiota. *Eur Rev Med Pharmacol Sci*. 2019;**23**:1845–6.
10. Kountouras J, Doulberis M, **Papaefthymiou A**, Polyzos SA. Gastroesophageal reflux disease, irritable bowel syndrome and functional dyspepsia as overlapping conditions: focus on effect of trimebutine. *Ann Gastroenterol*. 2019;**32**(3):318.
11. Kountouras J, Doulberis M, **Papaefthymiou A**, Polyzos SA, Touloumtzi M, Elisabeth V, et al. Helicobacter pylori infection and gastrointestinal tract cancer biology: considering a double-edged sword reflection. *Cell Mol Life Sci*. 2019
12. **Papaefthymiou A**, Doulberis M, Kountouras J, Kolokytha C, Galanopoulos M, Liatsos C, et al. Impact of occupational stress on irritable bowel syndrome pathophysiology and potential management in active duty noncombat Greek military personnel: a multicenter prospective survey. *Eur J Gastroenterol Hepatol*. 2019
13. Kountouras J, Doulberis M, **Papaefthymiou A**, Polyzos SA, Touloumtzi M, Vardaka E, et al. The relationship between Helicobacter pylori-related microbiota dysbiosis and gastrointestinal tract pathologies. *Scand J Gastroenterol*. 2019
14. Kountouras J, Gavalas E, Doulberis M, Polyzos SA, **Papaefthymiou A**, Touloumtzi M, et al. The Effect of Trimebutine and/or Helicobacter pylori Eradication on the Gastroesophageal Reflux Disease, Irritable Bowel Syndrome, and Functional Dyspepsia Overlapping Disorders. *J Neurogastroenterol Motil*. 2019
15. Kountouras J, Doulberis M, **Papaefthymiou A**, Polyzos SA, Vardaka E, Tzivras D, et al. A perspective on risk factors for esophageal adenocarcinoma: emphasis on Helicobacter pylori infection. *Ann N Y Acad Sci*. 2019
16. Liatsos C, **Papaefthymiou A**, Tzouvala M, Doulberis M, Petridou E, Kountouras J. Current Aspects on Differentiating Relapses from Over-Infections in Symptomatic Inflammatory Bowel Diseases. *Dig Dis Sci*. 2019
17. Katsinelos T, Doulberis M, Polyzos SA, **Papaefthymiou A**, Katsinelos P, Kountouras J.

Molecular links between Alzheimer's disease and Gastrointestinal microbiota with its-related metabolic syndrome: emphasis on *Helicobacter pylori* infection involvement. *Curr Mol Med*. 2019

18. Kountouras J, **Papaefthymiou A**, Doulberis M, Polyzos SA. Influence of *Helicobacter pylori*- connected metabolic syndrome on non-alcoholic fatty liver disease and its related colorectal neoplasm high risk. *Liver Int*. 2019

19. **Papaefthymiou A**, Doulberis M, Katsinelos P, Liatsos C, Polyzos SA, Kotronis G, Papanikolaou K, Kountouras J. Impact of nitric oxide's bidirectional role on glaucoma: focus on *Helicobacter pylori*-related nitrosative stress. *Ann N Y Acad Sci*. 2019

20. **Papaefthymiou A**, Liatsos C, Georgopoulos SD, Apostolopoulos P, Doulberis M, Kyriakos N, Giakoumis M, Papadomichelakis M, Galanopoulos M, Katsinelos P, Rokkas T, Kountouras J. *Helicobacter pylori* eradication regimens in an antibiotic high-resistance European area: a cost-effectiveness analysis. *Helicobacter* 2019

21. Katsinelos P, Lazaraki G, Anastasiadis S, Chatzimavroudis G, Katsinelos T, Terzoudis S, Gatopoulou A, Doulberis M, **Papaefthymiou A**, Kountouras J. The impact of selective serotonin receptor inhibitors on post-endoscopic sphincterotomy bleeding, alone or with concurrent aspirin or nonsteroidal anti-inflammatory drugs. *Ann Gastroenterol*. 2019

22. Doulberis M, **Papaefthymiou A**, Polyzos SA, Katsinelos P, Grigoriadis N, Srivastava DS, Kountouras J. Rodent models of obesity. *Minerva Endocrinol*. 2019

23. Doulberis M, **Papaefthymiou A**, Kountouras J, Polyzos SA, Srivastava S, Klokowska-Röetzler J, Perrig M, Papoutsis S, Exadaktylos AK, Srivastava DS. Vitamin D Deficiency and Unclear Abdominal Pain in Patients from Low- and Middle-Income Countries. *Int J Environ Res Public Health*. 2019

24. Kountouras J, **Papaefthymiou A**, Polyzos SA, Liatsos C, Zavos C, Vagdatli E, Tsikopoulos G, Vardaka E, Tzitiviridou M, Katsinelos P, Doulberis M. Potential Impact of *Helicobacter pylori* Infection on Reflux Disease Sequence: Illuminating the Gap. *J Clin Gastroenterol*. 2020

25. **Papaefthymiou A**, Doulberis M, Polyzos SA, Katsinelos P, Liatsos C, Koffas A, Kazakos E, Deretzi G, Srivastava DS, Kountouras J. *Helicobacter pylori* in proton pump inhibitor-associated biliary disease. *Aliment Pharmacol Ther*. 2020

26. Doulberis M, Polyzos SA, **Papaefthymiou A**, Katsinelos P, Kiosses C, Kountouras J. Treatment of nonalcoholic fatty liver disease: from adult trials to perspectives in the management of children and adolescents. *Expert Opin Pharmacother*. 2020
27. Kyriakos N, **Papaefthymiou A**, Giakoumis M, Papadomichelakis M, Liatsos C. Plummer-Vinson Syndrome in a Crohn's disease patient. *Arab J Gastroenterol*. 2020
28. Doulberis M, Kotronis G, Gialamprinou D, Polyzos SA, **Papaefthymiou A**, Katsinelos P, Kountouras J. Alzheimer's disease and gastrointestinal microbiota; impact of Helicobacter pylori infection involvement. *Int J Neurosci*. 2020
29. Liatsos C, **Papaefthymiou A**, Kyriakos N, Giakoumis M, Kountouras J, Galanopoulos M, Apostolopoulos P, Georgopoulos SD, Mavrogiannis C, Exadaktylos AK, Srivastava DS, Rokkas T, Doulberis M. Evaluation of the Direct Economic Cost per Eradication Treatment Regimen against Helicobacter pylori Infection in Greece: Do National Health Policy-Makers Need to Care? *Medicina*. 2020
30. Doulberis M, Srivastava S, Polyzos SA, Kountouras J, **Papaefthymiou A**, Klukowska-Rötzler J, Blank A, Exadaktylos AK, Srivastava DS. Active Helicobacter pylori Infection is Independently Associated with Nonalcoholic Steatohepatitis in Morbidly Obese Patients. *J Clin Med*. 2020
31. Kountouras J, Doulberis M, **Papaefthymiou A**, Polyzos SA. Impact of Helicobacter pylori-linked metabolic syndrome on non-alcoholic liver disease and its connected atrial fibrillation risk. *Liver Int*. 2020
32. Liatsos C, **Papaefthymiou A**, Kyriakos N, Giakoumis M, Galanopoulos M, Petridou E, Doulberis M, Kountouras J. Correlation of registered drug packs in Greece with Maastricht V/Florence and Hellenic Helicobacter pylori infection treatment consensus: A poor or a proper match? *Basic Clin Pharmacol Toxicol*. 2020
33. **Papaefthymiou A**, Doulberis M, Polyzos SA, Kountouras J. National consensus on Helicobacter pylori infection: the next-day challenge. *Ann Gastroenterol*. 2020
34. Liatsos C, **Papaefthymiou A**, Georgopoulos SD, Kountouras J. Should the economic pillar be included in national, European or global consensus concerning Helicobacter pylori infection treatments? *Ann Gastroenterol*. 2020



35. Kountouras J, **Papaefthymiou A**, Polyzos SA, Zavos C, Doulberis M. Letter to the Editor Re: Li Et Al. (2020), 'The Potential Role of Bacteria in Pancreatic Cancer: A Systematic Review'. *Carcinogenesis*. 2020
36. **Papaefthymiou A**, Doulberis M, Polyzos SA, Katsinelos P, Kountouras J. Helicobacter pylori infection and its role in oesophageal adenocarcinoma. *Aliment Pharmacol Ther*. 2020
37. **Papaefthymiou A**, Doulberis M, Papadopoulos V, Tsiopoulos F, Kapsoritakis A, Potamianos S, Kountouras J. The role of EUS elastography in differentiating focal liver lesions. *Eur J Gastroenterol Hepatol*. 2020
38. Polyzos SA, **Papaefthymiou A**, Doulberis M, Katsinelos P, Kountouras J. Homocysteine in nonalcoholic steatohepatitis: seemingly a paradox revisited. *J Gastrointest Liver Dis*. 2020
39. Doulberis M, **Papaefthymiou A (sharing 1<sup>st</sup> position)**, Polyzos SA, Bargiotas P, Liatsos C, Srivastava DS, Zavos C, Katsinelos P, Kountouras J. Association between Active Helicobacter pylori Infection and Glaucoma: A Systematic Review and Meta-Analysis. *Microorganisms*. 2020
40. Kountouras J, Gavalas E, **Papaefthymiou A**, Tsechelidis I, Polyzos SA, Bor S, Diculescu M, Jadallah K, Tadeusz M, Karakan T, Bochenek A, Rozciecha J, Dabrowski P, Sparchez Z, Sezgin O, Gülsen M, Farsakh NA, Doulberis M. Trimebutine Maleate Monotherapy for Functional Dyspepsia: A Multicenter, Randomized, Double-Blind Placebo Controlled Prospective Trial. *Medicina*. 2020
41. Kountouras J, **Papaefthymiou A**, Gavalas E, Polyzos SA, Boziki M, Kyriakou P, Katsinelos P, Zavos C, Liatsos C, Tzivras D, Tziritidou-Chatzopoulou M, Dardiotis E, Deretzi G, Vardaka E, Doulberis M. Helicobacter pylori infection as a potential risk factor for multiple sclerosis. *Med Hypotheses*. 2020
42. Kyriakopoulos A, **Papaefthymiou A**, Georgilas N, Doulberis M, Kountouras J. The Potential Role of Super Spread Events in SARS-COV-2 Pandemic; a Narrative Review. *Archives of Academic Emergency Medicine*. 2020
43. Doulberis M, Papadimitriou K, **Papaefthymiou A (sharing 1<sup>st</sup> position)**, Kountouras J, Polyzos SA. The therapeutic potential of C-C chemokine receptor antagonists in nonalcoholic steatohepatitis. *Exploration of Medicine*. 2020
44. Anastasiadis S, Katsinelos P, **Papaefthymiou A**, Doulberis M, Polyzos SA, Kountouras J. Transient

Sigmoidorectal Intussusception Simulating Submucosal Tumor in a Healthy Woman: An Unusual Case and Review of the Literature. *Surgical Case Reports*. 2020

45. Boziki M, Grigoriadis N, Doulberis M, **Papaefthymiou A**, Polyzos SA, Kountouras J. Potential impact of *Helicobacter pylori*-related Galectin-3 on chronic kidney, cardiovascular and brain disorders in decompensated cirrhosis. *Dig Liver Dis*. 2020

46. Doulberis M, **Papaefthymiou A**, Srivastava DS, Exadaktylos AK, Katsinelos P, Kountouras J, Polyzos SA. Update on the association between nonalcoholic fatty liver disease and *Helicobacter pylori* infection. *Int J Clin Pract*. 2020

47. Doulberis M, **Papaefthymiou A**, Polyzos SA, Kotronis G, Gialamprinou D, Tziritidou-Chatzopoulou M, Touloumtzi M, Kountouras J. *Helicobacter pylori*, Sleeve Gastrectomy, and Gastroesophageal Reflux Disease: Is There a Relation? *Obes Surg*. 2020

48. Kountouras J, **Papaefthymiou A**, Doulberis M, Polyzos SA, Zavos C, Kazakos E, Tzika SK, Vardaka E, Liatsos C, Katsinelos P. Impact of *Helicobacter pylori*-related Metabolic Syndrome and Gastroesophageal Reflux Disease on the Risk of Acute Myocardial infarction. *J Neurogastroenterol Motil*. 2021

49. Kountouras J, **Papaefthymiou A**, Polyzos SA, Doulberis M. A potential impact of *Helicobacter pylori*-related sarcopenia on severity of portal hypertension. *Liver Int*. 2021

50. Boziki M, Grigoriadis N, **Papaefthymiou A**, Doulberis M, Polyzos SA, Gavalas E, Deretzi G, Karafoulidou E, Kesidou E, Taloumtzis C, Theotokis P, Sofou E, Katsinelos P, Vardaka E, Fludaras I, Touloumtzi M, Koukoulfiki A, Simeonidou C, Liatsos C, Kountouras J. The trimebutine effect on *Helicobacter pylori*-related gastrointestinal tract and brain disorders: a hypothesis. *Neurochem Int*. 2021

51. **Papaefthymiou A**, Koffas A, Kountouras J, Doulberis M, Kaltsa A, Tsiopoulos F, Christodoulidis G, Kapsoritakis A, Potamianos S. The impact of COVID-19 pandemic in gastrointestinal diseases; a single-center cohort cross-sectional study in central Greece. *Ann Gastroenterol*. 2021

52. Kountouras J, Doulberis M, Kazakos E, Tzika SK, Vardaka E, Liatsos C, **Papaefthymiou A**. Impact of omega-3 supplement on metabolic syndrome and/or *Helicobacter pylori*-related risk of cardiovascular disease. *Heart (BMJ)* 2022

53. Kyriakos N, **Papaefthymiou A**, Giakoumis M, Galanopoulos M, Galanis P, Mylonas I, Karatzas P, Mantzaris G, Liatsos C. Prevalence of Inflammatory Bowel Disease in young Greek Army male recruits from 2006 to 2018: a thirteen-year retrospective study from a tertiary center. *EJGH*. 2021
54. Boziki M, Polyzos SA, **Papaefthymiou A**, Doulberis M, Bakirtzis C, Sintila SA, Touloumtzi M, Grigoriadis N, Kountouras J. Potential impact of Helicobacter pylori-related metabolic syndrome and Galectin-3 on liver, chronic kidney and brain disorders. *Metabolism* 2021
55. Doulberis M, **Papaefthymiou A**, Kotronis G, et al Does COVID-19 Vaccination Warrant the Classical Principle “*ofelein i mi vlaptin*”? *Medicina*. 2021
56. Kyriakos N, **Papaefthymiou A**, Giakoumis M, Mantzaris G, Liatsos C. Informed consent in inflammatory bowel diseases: a necessity in real world clinical practice. *Ann Gastroenterol*. 2021
57. Polyzos SA, **Papaefthymiou A**, et al. Helicobacter pylori infection and diabetes mellitus. *Diabetes Metab Syndr*. 2021
58. **Papaefthymiou A**, Christodoulidis G, Koffas A, et al. The role of autophagy in gastric carcinogenesis. *World J Gastrointest Oncol* 2021
59. **Papaefthymiou A**, Kyriakos N, Giakoumis M, Doulberis M, Mylonas I, Kountouras J, Liatsos C. Acute Myopericarditis in a patient with Ulcerative Colitis: The Double-Edged Sword Role of Mesalamine. *Gastroenterol Nurs* 2022
60. Liatsos C, **Papaefthymiou A**, Kyriakos N, Galanopoulos M, Doulberis M, Giakoumis M, Petridou E, Mavrogiannis C, Rokkas T, Kountouras J. Helicobacter pylori, gastric microbiota and gastric cancer relationship: unrolling the tangle. *World J Gastrointest Oncol* 2022
61. Kountouras J, **Papaefthymiou A**, Polyzos SA, Vardaka E, Boziki M, Kyriakopoulos A, Sampsonas F, Agrotis G, Karafyllidou K, Doulberis M. Impact of Helicobacter pylori-related microbial dysbiosis in the Pathogenesis of Metabolic Syndrome and Gastrointestinal Dysmotility Disorders. *J Neurogastroenterol Motil*. 2021
62. Doulberis M, Pierre NT, Manzini G, **Papaefthymiou A**, Kountouras J, Klukowska-Rötzler J, Polyzos SA, Srivastava S, Exadaktylos AK, Knuchel J, Kuntzen T, Srivastava DS. Helicobacter pylori-Related Metabolic Parameters and Premalignant Gastric Mucosa Histological Lesions in Swiss Bariatric Patients. *Microorganisms* 2021

63. **Papaefthymiou A**, Doulberis M, Karafyllidou K, Chatzimichael E, Deretzi G, Exadaktylos AK, Sampsonas F, Gelasakis A, Papamichos SI, Kotronis G, Gialamprinou D, Vardaka E, Polyzos SA, Kountouras J. Effect of spironolactone on pharmacological treatment of nonalcoholic fatty liver disease. *Minerva Endocrinol* 2021
64. Rupp S, **Papaefthymiou A**, Chatzimichael E, Polyzos SA, Spreitzer S, Doulberis M, Kuntzen T, Kountouras J. Diagnosis of Helicobacter pylori infection: testing an approach on Helicobacter pylori-related gastric oncogenesis. *Ann Gastroenterol* 2022
65. **Papaefthymiou A**, Doulberis M, Polyzos SA, Romiopoulou I, Berdeni A, Zavos C, Vardaka E, Tzitaridou M, Kountouras. Commentary: are blood and saliva sources of COVID-19 spread? *Eur Rev Med Pharmacol Sci*. 2021
66. **Papaefthymiou A**, Koffas A, Laskaratos FM, Epstein O. Upper gastrointestinal video capsule endoscopy: the state of the art. *Clin Res Hepatol Gastroenterol*. 2021
67. Kountouras J, **Papaefthymiou A**, Polyzos SA, Deretzi G, Vardaka E, Soteriades E, Tzitaridou-Chatzopoulou M, Gkolfakis P, Karafyllidou K, Doulberis M. Impact of Helicobacter pylori-Related Metabolic Syndrome Parameters on Arterial Hypertension. *Microorganisms* 2021
68. Daftar T, Doulberis M, **Papaefthymiou A**, Hines IN, Manzini G. Viral Hepatitis and Hepatocellular Carcinoma: State of the Art. *Pathogens* 2021
69. **Papaefthymiou A**, Potamianos S, Goulas A, Doulberis M, Kountouras J, Polyzos SA. Inflammatory bowel disease-associated fatty liver disease: the potential effect of biological agents. *J Crohns Colitis* 2021
70. Kountouras J, Doulberis M, Polyzos SA, Kazakos E, Vardaka E, Touloumtzi M, Manolakis A, Tzitaridou-Chatzopoulou M, Liatsos C, Sotiriades E, Ntona S, **Papaefthymiou A**. Impact of Helicobacter pylori-related metabolic syndrome with hyperhomocysteinemia on extragastric pathologies. *JGH* 2021
71. Kountouras J, **Papaefthymiou A**, Polyzos SA, Kazakos E, Vardaka E, Touloumtzi M, Tzitaridou-Chatzopoulou M, Liatsos C, Sgantzou IK, Knuchel J, Doulberis M. Association between Helicobacter pylori-related metabolic syndrome and systemic arterial hypertension. *ABC Cardiol* 2021

72. Gkolfakis P, Crinò SF, Tziatzios G, Ramai D, **Papaefthymiou A**, Papanikolaou IS, Triantafyllou K, Arvanitakis M, Lisotti A, Fusaroli P, Mangiavillano B, Carrara S, Repici A, Hassan C, Facciorusso A. Comparative Diagnostic Performance of End-cutting Fine-needle Biopsy Needles for Endoscopic Ultrasound Tissue Sampling of Solid Pancreatic Masses: A Network Meta-analysis. *Gastrointest Endosc*. 2022
73. Doulberis M, Sampsonas F, **Papaefthymiou A (sharing 1<sup>st</sup> position)**, Karamouzou V, Lagadinou M, Karampitsakos T, Stratakis G, Kuntzen T, Tzouveleakis A. High-flow versus conventional nasal cannula oxygen supplementation therapy and risk of hypoxia in gastrointestinal endoscopies: A systematic review and meta-analysis. *Expert Rev Respir Med*. 2022
74. Kountouras J, Gialamprinou D, Kotronis G, **Papaefthymiou A**, Economidou E, Soteriades ES, Vardaka E, Chatzopoulos D, Tziritidou-Chatzopoulou M, Papazoglou DD, Doulberis M. *Ofeleia i mi Vlapiti*-Volume II: Immunity Following Infection or mRNA Vaccination, Drug Therapies and Non-Pharmacological Management at Post-Two Years SARS-CoV-2 Pandemic. *Medicina* 2022
75. Kountouras J, Kazakos E, Polyzos SA, Chatzopoulos D, Tziritidou-Chatzopoulou M, Doulberis M, **Papaefthymiou A**, Vardaka E. GM-CSF as a potential candidate of a vaccine-induced reduction of *Helicobacter pylori* infection. *Helicobacter* 2022
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77. **Papaefthymiou A**, Doukatas A, Galanopoulos M. Pancreatic cancer and oligonucleotide therapy: exploring novel therapeutic options and targeting chemoresistance. *Clin Res Hepatol Gastroenterol* 2022
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100. **Papaefthymiou A**, Johnson GJ, Maida M, et al. Performance and Safety of EUS Ablation Techniques for Pancreatic Cystic Lesions: A Systematic Review and Meta-Analysis. *Cancers* 2023
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112. Norton B, Aslam N, **Papaefthymiou A**, et al. Management of a large percutaneous endoscopic gastrostomy tube-associated gastric ulcer with endoscopic suturing. *Endoscopy* 2023

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119. Eusebi LH, Telese A, Castellana C, Engin RM, Norton B, **Papaefthymiou A**, et al. Endoscopic Management of Dysplastic Barrett's Oesophagus and Early Oesophageal Adenocarcinoma. *Cancers (Basel)* 2023

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121. Polyzos SA, **Papaefthymiou A**, Doulberis M, Kountouras J. Nonalcoholic fatty liver disease test: an external validation cohort. *Hormones (Athens)*. 2023

122. Fostier R, Tziatzios G, Facciorusso A, **Papaefthymiou A**, Arvanitakis M, Triantafyllou K, Gkolfakis P. Models and scores to predict adequacy of bowel preparation before colonoscopy. *Best Pract Res Clin Gastroenterol*. 2023

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124. Ramai D, Smith ER, Wang Y, Huang Y, Obaitan I, Chandan S, Dhindsa B, **Papaefthymiou A**, Morris JD. Epidemiology and Socioeconomic Impact of Pancreatic Cancer: An Analysis of the Global Burden of Disease Study 1990-2019. *Dig Dis Sci*. 2024

125. Manti M, Shah J, **Papaefthymiou A**, et al. Endoscopic Management of Difficult Biliary Stones: An Evergreen Issue. *Medicina (Kaunas)*. 2024

126. Norton B, **Papaefthymiou A**, et al. Peroral endoscopic myotomy for the management of symptomatic cricopharyngeal bar (C-POEM): a case series and video demonstration. *Ann Gastroenterol*. 2024

127. Norton BC, Aslam N, Telese A, **Papaefthymiou A**, et al. Risk of metastasis among patients diagnosed with high-

risk T1 esophageal adenocarcinoma who underwent endoscopic follow-up. *Dis Esophagus*. 2024

128. Norton BC, **Papaefthymiou A**, et al. The endoscopic management of oesophageal strictures. *Best Pract Res Clin Gastroenterol*. 2024

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130. **Papaefthymiou A**, Aslam N, Hussein M et al. Hemospray® (hemostatic powder TC-325) as monotherapy for acute gastrointestinal bleeding: a multicenter prospective study. *Ann Gastroenterol*. 2024

131. **Papaefthymiou A**, Ramai D, Maida M et al. Efficacy of different stent types in post-liver-transplant anastomotic biliary strictures: a systematic review and meta-analysis. *Ann Gastroenterol*. 2024

Peer Reviewer

*Dig Dis Sci* (from 6/2019)  
*Metabolism* (from 8/2019)  
*Hormones* (from 5/2020)  
*Diabetes & Metabolic Syndrome: Clinical Research & Reviews* (from 7/2020)  
*Annals of Gastroenterology* (from 8/2020)  
*Gastroent Res Pract* (from 4/2021)  
*BMC Gastroenterology* (from 5/2021)  
*Biomedicines (MDPI)* (from 4/2021)  
*Diagnostics (MDPI)* (from 5/2021)  
*Gastrointestinal Endoscopy* (from 8/2021)  
*American Journal of Gastroenterology* (from 4/2022)  
*Journal of Gastroenterology and Hepatology* (from 5/2022)

Editor

Guest Editor of Special Issue “Extragastric Disorders of *Helicobacter pylori* Infection: From Diagnosis to Treatment” in *Microorganisms*

Review Editor in the Editorial Board of *Frontiers in Gastroenterology & Hepatology*

Guest Editor of Special Issue “Advances in Gastrointestinal Endoscopy for Diagnosis and Treatment” in *Diagnostics*

## Faculty

Invited speaker in the National Conference of Military Medicine 2018 presenting “*Gastrointestinal infections in the Military Environment*”

Invited speaker in the Greek Conference of Helicobacter pylori and digestive tract infections 2020 presenting “*The role of autophagy in gastric carcinogenesis*”

Invited speaker in the Conference of Greek Professional Society of Gastroenterologists 2022 presenting: *The role of gastric microbiota in gastric cancer*

Faculty in *London Live Endoscopy 2022*

Invited speaker in the Greek Conference of IBD 2023 to present “*NAFLD and IBD*”

Faculty in the congress of the Hellenic Society of Gastroenterology (2023) with two invited talks:

- 1.Guidelines on UGI endoscopy
- 2.How to write colonoscopy report

ESGE Hands-on instructor on polypectomy/EMR at UEGW 2023

ESGE Hands-on instructor on polypectomy/EMR at ESGE Days 2024

Faculty at Cleveland Clinic Courses on endoscopic suturing, gastroplasty, EndoFlip

## Conferences Presentations

Yearly participation in National Conferences of Gastroenterology and IBD with oral presentations and posters from 2014

Acinetobacter Baumanii in Balkan Military Operation Theaters, *Oral presentation in 19<sup>th</sup> Conference of Balkan Military Medical Committee.* 2014

The economic cost per treatment for the Helicobacter pylori eradication treatment schemes in Greece, *Poster in XXXI<sup>th</sup> International Workshop on Helicobacter & Microbiota in Inflammation and Cancer,* 2018

The biennial direct pharmaceutical costs per treatment with biologics for the inflammatory bowel disease in Greece: a comparative calculation study. *Poster in the 15<sup>th</sup> Congress of ECCO, 2020*

Impact of helicobacter pylori infection on severity of metabolic syndrome-related nonalcoholic fatty liver disease. *Poster in the UEG Week, 2020*

Impact of helicobacter pylori infection on colorectal cancer and adenoma frequency. *Poster in the UEG Week, 2020*

A potential association between Helicobacter pylori infection and metabolic syndrome-related nonalcoholic fatty liver disease severity. *Poster in XXIII<sup>rd</sup> International Workshop on Helicobacter & Microbiota in Inflammation and Cancer, 2020*

Trimebutine maleate as a multidimensional-antibacterial agent against functional dyspepsia: A prospective multicenter randomized, double-blind controlled trial. *Poster in XXIII<sup>rd</sup> International Workshop on Helicobacter & Microbiota in Inflammation and Cancer, 2020*

Prevalence of Inflammatory Bowel Disease in young Greek Army male recruits from 2006 to 2018: a thirteen-year retrospective study from a tertiary center. *Poster in the 16<sup>th</sup> Congress of ECCO, 2021*

Invited speaker in the Greek Conference of IBD 2021 presenting “Beriberi syndrome in patient with Crohn’s disease”

Helicobacter pylori infection-related metabolic and gastric mucosa pre-malignant histological parameters in swiss bariatric patients. *Poster in XXIV<sup>th</sup> International Workshop on Helicobacter & Microbiota in Inflammation and Cancer, 2021*

Lateral/panoramic video capsule endoscopy system for small bowel diseases detection: a retrospective study. *Poster in Gastro 2021 Prague*

Compromised performance of lugol chromoendoscopy and associated endoscopic patterns in patients with advanced achalasia. *Poster in UEGW 2021*

Short- and long-term outcomes of endoscopic submucosal dissection for undifferentiated early gastric cancer: a multicenter retrospective cohort. *ESGE Days 2022*

Effectiveness and safety of transpancreatic papillotomy: a large-scale retrospective cross-sectional study. *ESGE Days 2022*

Comparison of advanced endoscopic retrograde cholangio-pancreatography techniques in patients with surgically

altered anatomy: a systematic review and meta-analysis.  
*Awarded study in UEGW 2022*

Comparative efficacy and safety of different endoscopic resection techniques for treatment of 6-20 mm colorectal polyps: a systematic review and network meta-analysis.  
*Moderated Poster in UEGW 2022*

Cholangioscopy and electrohydraulic lithotripsy in the treatment of Mirizzi's syndrome treatment: a retrospective cohort study, *Oral Presentation at ESGE Days 2023*

Percutaneous single operator cholangioscopy-assisted ERCP in a patient with surgically altered anatomy, *Oral Presentation at ESGE Days 2023*

Performance and safety of percutaneous cholangioscopy: a systematic review and meta-analysis, *Oral Presentation at ESGE Days 2023*

Performance Evaluation of Single-Use Duodenoscopes for Endoscopic Retrograde Cholangiopancreatography: A Systematic Review And Meta-Analysis, *Oral Presentation at ESGE Days 2023*

Is there a relationship between ERCP outcomes and ERCP volume per center and endoscopist? A systematic review and meta-analysis, *Oral Presentation at ESGE Days 2023*

The significance and risk of biliary sphincterotomy in pancreatic endotherapy: a case report, *Poster at ESGE Days 2023*

The role of EUS-hepaticogastrostomy in benign diseases: a case-series, *Poster at ESGE Days 2023*

Is routine EUS necessary for endoscopic papillectomy: a case series, *Poster at ESGE Days 2023*

Choledochoduodenostomy mediated rendezvous as a third line approach to achieve ERCP in benign diseases: a video case, *Poster at ESGE Days 2023*

Performance and safety of motorized spiral enteroscopy: a systematic review and meta-analysis, *Oral Presentation at DDW 2023*

Oral presentations and posters at *ESGE Days 2024*

Oral presentations and posters at *DDW 2024*

Further Research and Scientific Impact	<p>Participation in the REASSURE Study during service in 401 General Hospital of Athens</p> <p>Participation in the European Registry on H. pylori Management (Hp-EuReg)</p> <p>Member of the group developing the Curriculum and Quality measures in Cholangioscopy for ESGE (started in 5/2023)</p> <p>Member of the group developing the Guidelines for Endoscopic Bariatric procedures for BSG</p> <p>ESGE Tutor development for Biliary Strictures Management (under development)</p>
Languages	<p>English (C1-ELTS)</p> <p>German (C1-Mittelstufe)</p> <p>Medical approach in sign language</p>
Military Training	<p>School of Military Medical Officers (2007-2013)</p> <p>School of Sanitary (2013-2014)</p> <p>School of Military Paratroopers (2014)</p> <p>Military school of Diving and Lifeguards (2015)</p> <p>School of Military Free Fall (2016)</p>
Computers	ECDL Advanced
Music and Sports	<p>Instructor of Byzantine Church Music</p> <p>Musical instruments: guitar-bouzouki</p> <p>Participation in Athens Classic Marathon (2015)</p> <p>Free horse riding</p>
Medical Management Experience	<p>Assistant Manager of Endoscopic Department Equipment (1/2021- 08/2022)</p>

## CURRENT AND PREVIOUS PROFESSIONAL POSITIONS

Medical License	Member of Larissa Medical Association (from February 2020)
	Member of Athens Medical Association (January 2014-January 2020)
	Member of GMC (since May 2022)
	Member of National Society of Gastroenterology
	Member of the Hellenic Study Group of IBD
	Member of ESGE
	Member of UEG and UEG Young Talent Pool
Current position	Senior Clinical Research Fellow in Upper GI Medicine and Therapeutic Endoscopy, Cleveland Clinic London, UK ( <i>since October 2023</i> )
	Research fellow of First Department of Pharmacology, School of Medicine, Aristotle University of Thessaloniki, Macedonia, Greece ( <i>since November 2019</i> )
	PhD candidate, School of Medicine, Aristotle University of Thessaloniki, Macedonia, Greece ( <i>since January 2020</i> )
Previous positions	
<i>September 2022- September 2023</i>	Fellow in HPB Medicine and Advanced Endoscopy in the University College of London Hospital (UCLH), London, United Kingdom
<i>March 2020-August 2022 and September 2023-March 2024</i>	Resident Gastroenterologist in the Department of Gastroenterology of the University General Hospital of Larissa, Thessaly, Greece and assistant manager in Endoscopic Department's logistics
<i>January 2021- August 2022</i>	Assistant logistics manager of Endoscopy Department
<i>August 2014- December 2017</i>	Medical Officer in Special Forces Unit (corresponding to primary care medicine)
<i>December 2017-February 2020</i>	Resident of Internal Medicine in the First Department of Internal Medicine of 401 General Military Hospital of Athens ( <i>disposed at the Department of Gastrointestinal Endoscopy from November 2018-February 2020- More than one-year GI endoscopy experience</i> ).



