ΣΥΝΤΟΜΟ ΒΙΟΓΡΑΦΙΚΟ

1. ΠΡΟΣΩΠΙΚΑ ΣΤΟΙΧΕΙΑ

Ονοματεπώνυμο: Ανδρέας Ξανθόπουλος

Τόπος γέννησης: Αμαρούσιο Αττικής

Ημερομηνία γέννησης: 05/03/1980

Οικογενειακή κατάσταση: Έγγαμος με τρία παιδιά

Διεύθυνση εργασίας: Καρδιολογική Κλινική, Πανεπιστημιακό Νοσοκομείο Λάρισας, Λάρισα

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2. ΣΠΟΥΔΕΣ

2.1. Προπτυχιακές Σπουδές

Ιούνιος 1997: Απολυτήριο Λυκείου με βαθμό «Άριστα»

Μάρτιος 2005: Πτυχίο Ιατρικής, Ιατρική Σχολή του Πανεπιστημίου Ιωαννίνων (Βαθμός: «Λίαν καλώς»)

Ξένες γλώσσες: Άριστη γνώση Αγγλικών (First Certificate in English 1994, Proficiency in English 2013)

2.2. Μεταπτυχιακές Σπουδές

Αύγουστος 2005 έως Ιανουάριος 2007: Υπηρεσία υπαίθρου (ΚΥ Σιάτιστας, ΠΙ Εμπορίου, ΓΝ Κοζάνης «Μαμάτσειο»)

Φεβρουάριος 2007 έως Φεβρουάριος 2008: Στρατιωτική θητεία (Ναυτικό Νοσοκομείο Σαλαμίνας και Ναυτικό Νοσοκομείο Αθηνών)

Ιούνιος 2008 έως Δεκέμβριος 2009: Εκπαίδευση στην Παθολογία στην Γ' Παθολογική Κλινική του 1ου Νοσοκομείου ΙΚΑ Αθηνών («Παπαδημητρίου»)

Μάιος 2010 έως Μάιος 2011: Εκπαίδευση στην Καρδιολογία στην Καρδιολογική Κλινική του ΓΝ Κοζάνης «Μαμάτσειο»

Ιούνιος 2011 έως Ιούλιος 2014: Εκπαίδευση στην Καρδιολογία στην Καρδιολογική Κλινική του ΓΝ Νέας Ιωνίας «Κωνσταντοπούλειο»

Ιανουάριος 2015: Απόκτηση τίτλου ειδικότητας Καρδιολογίας

3. ΔΙΔΑΚΤΟΡΙΚΟ ΔΙΠΛΩΜΑ

Τον Ιούλιο του 2016 αναγορεύτηκα διδάκτορας του Τμήματος Ιατρικής της Σχολής Επιστημών Υγείας του Πανεπιστημίου Θεσσαλίας. Θέμα διδακτορικής διατριβής: ***«Χρονική συσχέτιση του RDW σε ασθενείς με καρδιακή ανεπάρκεια»*** (Βαθμός: «Άριστα»)

4. ΠΡΟΫΠΗΡΕΣΙΑ (μετά τη λήψη του τίτλου της ειδικότητας)

Νοέμβριος 2015 έως Οκτώβριος 2016 και Δεκέμβριος 2016 έως Φεβρουάριος 2017: Έμμισθος Πανεπιστημιακός Υπότροφος (Πανεπιστήμιο Θεσσαλίας), με

κλινικά, ερευνητικά και διδακτικά καθήκοντα στην Καρδιολογική Κλινική του ΠΓΝ Λάρισας.

Δεκέμβριος 2018 έως Νοέμβριος 2020: Επικουρικός Επιμελητής Καρδιολογίας στην Καρδιολογική Κλινική του ΠΓΝ Λάρισας.

Νοέμβριος 2020 έως Δεκέμβριος 2024: Επιμελητής Β' Καρδιολογίας στην Πανεπιστημιακή Καρδιολογική Κλινική του ΠΓΝ Λάρισας.

Δεκέμβριος 2024 έως σήμερα: Επίκουρος Καθηγητής με γνωστικό αντικείμενο «Καρδιολογία», Τμήμα Ιατρικής, Πανεπιστήμιο Θεσσαλίας.

Υπεύθυνος του Ιατρείου Καρδιακής Ανεπάρκειας (αριθ. 2/6/09-07-2020 απόφασης Τακτικής Συνεδρίασης του Δ.Σ. του Π.Γ.Ν.Λ.) και Υπεύθυνος του Ιατρείου Αμυλοείδωσης (αριθ. 167/2/09-02-2023 απόφασης Τακτικής Συνεδρίασης του Δ.Σ. του Π.Γ.Ν.Λ.)

5. ΕΚΠΑΙΔΕΥΣΗ-ΕΞΕΙΔΙΚΕΥΣΗ

5.1. Στην Ελλάδα: Β' Πανεπιστημιακή Καρδιολογική Κλινική (Τμήμα Καρδιακής Ανεπάρκειας) Νοσοκομείο «Αττικόν» (Ιανουάριος 2015 έως Μάιος 2015).

5.2. Στο εξωτερικό:

-Clinical Fellow (Σεπτέμβριος 2013 έως Οκτώβριος 2013) στο Υπερηχογραφικό Εργαστήριο του Καρδιολογικού Τμήματος του Πανεπιστημιακού Νοσοκομείου της Βιέννης.

-Research Fellow (Απρίλιος 2017 έως Οκτώβριος 2018) στο Τμήμα Καρδιακής Ανεπάρκειας και Μεταμοσχεύσεων του Cleveland Clinic (Department of Cardiovascular Medicine, Heart and Vascular Institute, Kaufman Center for Heart Failure, Cleveland Clinic, Cleveland, Ohio, USA).

6. ΥΠΟΤΡΟΦΙΕΣ

- Υποτροφία από την Ελληνική Καρδιολογική Εταιρεία για εκπαίδευση στις ΗΠΑ (Cleveland Clinic, Ohio, USA) για 1 έτος με θέμα «Καρδιακή Ανεπάρκεια-Μυοκαρδιοπάθειες» στο γνωστικό αντικείμενο «Προχωρημένη Καρδιακή Ανεπάρκεια και Μεταμοσχεύσεις»

- Υποτροφία για εξάμηνη παράταση από το ίδρυμα Kaufman Center for Heart Failure (Cleveland, Ohio, USA)

- 2018 Heart Failure Society of America Scholarship Program for Advanced Heart Failure and Transplant Fellows

7. ΕΠΙΣΤΗΜΟΝΙΚΕΣ ΕΤΑΙΡΕΙΕΣ

2012 - Σήμερα: European Society of Cardiology (ESC) (ESC ID: 436070)

2015 - Σήμερα: Heart Failure Association of ESC (HFA)

2015 - Σήμερα: Hellenic Cardiological Society (HCS)

2015 - Σήμερα: European Association of Preventive Cardiology (EACPR)

2015 - Σήμερα: European Association of Cardiovascular Imaging (EACVI)

2017 - Σήμερα: Heart Failure Society of America (HFSA)

2020 - Σήμερα: Working Group of Heart Failure, HCS (WG)

2021- Σήμερα: Fellow of the American College of Cardiology (FACC) (Member ID: 3149791)

2021- Σήμερα: Fellow of the Heart Failure Society of America (FHFSA)

2022 – Σήμερα: Ινστιτούτο Καρδιαγγειακής Εκπαίδευσης και Έρευνας (Institute for Cardiovascular Education and Research).

2023- Σήμερα: Fellow of the Heart Failure Association of the European Society of Cardiology (FHFA)

2023- Σήμερα: Fellow of the European Society of Cardiology (FESC-Scientific Excellence)

2024- Σήμερα: Association for Acute CardioVascular Care (ACVC)

8. ΔΗΜΟΣΙΕΥΣΕΙΣ

1. **Xanthopoulos A**, Giamouzis G, Tryposkiadis K, Paraskevopoulou E, Paraskevopoulou P, Karagiannis G, Patsilinakos S, Parissis J, Farmakis D, Butler J, Skoularigis J, Triposkiadis F. A simple score for early risk stratification in acute heart failure. **Int J Cardiol.** 2017 Mar 1;230:248-254. doi: 10.1016/j.ijcard.2016.12.131.

2. Angelidis G, Giamouzis G, Karagiannis G, Butler J, Tsougos I, Valotassiou V, Giannakoulas G, Dimakopoulos N, **Xanthopoulos A,** Skoularigis J, Triposkiadis F, Georgoulias P. SPECT and PET in ischemic heart failure. **Heart Fail Rev.** 2017 Mar;22(2):243-261. doi: 10.1007/s10741-017-9594-7.

3. Chamaidi A, Karagiannis G, Christidi A, Parisis C, Koutrakis K, **Xanthopoulos A,** Skoularigis J, Giamouzis G, Triposkiadis FK. Favorable Pulse Wave Augmentation Indices and Left Ventricular Diastolic Profile in β-Thalassemia Minor. **Angiology.** 2017 Nov;68(10):899-906. doi: 10.1177/0003319717701658.

4. **Xanthopoulos A,** Giamouzis G, Melidonis A, Kitai T, Paraskevopoulou E, Paraskevopoulou P, Patsilinakos S, Triposkiadis F, Skoularigis J. Red blood cell distribution width as a prognostic marker in patients with heart failure and diabetes mellitus. **Cardiovasc Diabetol.** 2017 Jul 6;16(1):81. doi: 10.1186/s12933-017-0563-1.

5. **Xanthopoulos A,** Giamouzis G, Alexopoulos N, Kitai T, Triposkiadis F, Skoularigis J. Lipomatous Hypertrophy of the Interatrial Septum: A Case Report and Review of the Literature. **CASE (Phila).** 2017 Aug 23;1(5):182-189. doi: 10.1016/j.case.2017.06.005.

6. **Xanthopoulos A,** Skoularigis J. Diagnosis of acute pericarditis. **ESC E-journal of Cardiology Practice**. 2017;15(15) (https://www.escardio.org/Journals/E-Journal-of-Cardiology-Practice/Volume-15/Diagnosis-of-acute-pericarditis)

7. Starling RC, **Xanthopoulos A.** Are Outcomes Related to Left Ventricular Assist Device Center Volume?: Too Complex to Answer. **JACC Heart Fail.** 2017 Oct;5(10):700-702. doi: 10.1016/j.jchf.2017.07.003.

8. Krittanawong C, **Xanthopoulos A**, Kitai T, Branis N, Zhang H, Kukin M. DPP-4 inhibitors and heart failure: a potential role for pharmacogenomics.

Heart Fail Rev. 2018 May;23(3):355-361. doi: 10.1007/s10741-017-9655-y.

9. **Xanthopoulos A**, Tryposkiadis K, Giamouzis G, Konstantinou D, Giannakoulas G, Karvounis H, Kattan MW, Skoularigis J, Parissis J, Starling RC, Triposkiadis F. Larissa Heart Failure Risk Score: a proposed simple score for risk stratification in chronic heart failure. **Eur J Heart Fail.** 2018 Mar;20(3):614-616. doi: 10.1002/ejhf.1132.

10. **Xanthopoulos A**, Triposkiadis F, Starling RC. Heart failure with preserved ejection fraction: Classification based upon phenotype is essential for diagnosis and treatment. **Trends Cardiovasc Med.** 2018 Aug;28(6):392-400. doi: 10.1016/j.tcm.2018.01.001

11. **Xanthopoulos A**, Starling RC, Triposkiadis F. Mitral valve stenosis: still a clinical challenge? **Cardiology.** 2018;140(1):45-46. doi: 10.1159/000487664.

12. Kitai T, Tang WHW, **Xanthopoulos A**, Murai R, Yamane T, Kim K, Oishi S, Akiyama E, Suzuki S, Yamamoto M, Kida K, Okumura T, Kaji S, Furukawa Y, Matsue Y. Impact of early treatment with intravenous vasodilators and blood pressure reduction in acute heart failure. **Open Heart.** 2018 Jul 11;5(2):e000845. doi: 10.1136/openhrt-2018-000845

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18. Hurst TE, **Xanthopoulos A**, Ehrlinger J, Rajeswaran J, Pande A, Thuita L, Smedira NG, Moazami N, Blackstone EH, Randall C. Starling RC. Dynamic Prediction of Left Ventricular Assist Device Pump Thrombosis Based on Lactate Dehydrogenase Trends. **ESC Heart Fail.** 2019 Oct;6(5):1005-1014. doi: 10.1002/ehf2.12473.

19. Triposkiadis F, **Xanthopoulos A**, Butler J. Cardiovascular Aging and Heart Failure. **J Am Coll Cardiol.** 2019 Aug 13;74(6):804-813. doi: 10.1016/j.jacc.2019.06.053.

20. Kitai T, Okamoto T, Miyakoshi C, Niikawa H, Alvarez PA, **Xanthopoulos A,** McCurry K. R. Impact of Combined Heart and Lung Transplantation on Bronchiolitis Obliterans Syndrome, Cardiac Allograft Vasculopathy and Long-Term Survival. **J Heart Lung Transplant.** 2019 Nov;38(11):1170-1177. doi: 10.1016/j.healun.2019.06.004.

21. Tsaknakis K, **Xanthopoulos A**, Papamichalis M, Chamaidi A, Tsaknakis T, Skoularigis J, Triposkiadis F. Relationship of CHA2DS2-VASc score to left atrial volume and arterial stiffness in patients with atrial fibrillation. **Hellenic J Cardiol**. Jan-Feb 2020;61(1):54-56. doi: 10.1016/j.hjc.2019.07.002.

22. Papamichalis M, **Xanthopoulos A**, Papamichalis P, Skoularigis J, Triposkiadis F. Adult Congenital Heart Disease with Pulmonary Arterial Hypertension: Mechanisms and Management. **Heart Fail Rev.** 2020 Sep;25(5):773-794. doi: 10.1007/s10741-019-09847-5.

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26. **Xanthopoulos A**, Butler J, Parissis J, Polyzogopoulou E, Skoularigis J, Triposkiadis F. Acutely Decompensated Versus Acute Heart Failure: Two Different Entities. **Heart Fail Rev**. 2020 Nov;25(6):907-916. doi: 10.1007/s10741-019-09894-y.

27. Dimos A, **Xanthopoulos A**, Papamichalis M, Bourazana A, Tavoularis D, Skoularigis J, Triposkiadis F. Sudden Arrhythmic Death at the Higher End of the Heart Failure Spectrum. **Angiology.** 2020 May;71(5):389-396. doi:10.1177/0003319719896475.

28. Kitai T, **Xanthopoulos A.** Contemporary Management of Acute Decompensated Heart Failure and Cardiogenic Shock. **Heart Fail Clin.** 2020 Apr;16(2):221-230. doi: 10.1016/j.hfc.2019.12.005.

29. Kitai T*, **Xanthopoulos A***, Tang W.H.W, Miyakoshi C, Toyoda T, Kim K, Kaji S, Furukawa Y, Oishi S, Akiyama E, Suzuki S, Yamamoto M, Kida K, Okumura T, Skoularigis J, Triposkiadis F, Matsue Y. Validation of the Larissa Heart Failure Risk Score for risk stratification in acute heart failure. **Int J Cardiol.** 2020 May 15;307:119-124. doi: 10.1016/j.ijcard.2019.12.051.

* **Authors contributed equally**

30. Iakovis N, **Xanthopoulos A**, Chamaidi A, Papamichalis M, Dimos A, Triposkiadis F, Skoularigis J. Recurrent acute coronary syndromes in a patient with idiopathic thrombocytopenic purpura. **Case Rep Cardiol. 2020** Mar 12;2020:6738348. doi: 10.1155/2020/6738348

31. Triposkiadis F, **Xanthopoulos A**, Butler J. From PARADIGM to PARAGON: Further Evidence Supporting Continuous Heart Failure Spectrum. **Eur J Heart Fail** . 2020 Sep;22(9):1536-1539. doi: 10.1002/ejhf.1837.

32. Bourazana A, **Xanthopoulos A**, Skoularigis J, Triposkiadis F. Preoperative antiplatelet therapy and bleeding risk in patients undergoing off-pump coronary artery bypass grafting: A fine balance. **Angiology.** 2020 Sep;71(8):701-703. doi: 10.1177/0003319720925973.

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34. **Xanthopoulos A**, Dimos A, Giamouzis G, Bourazana A , Zagouras A, Papamichalis M, Kitai T, Skoularigis J, Triposkiadis F. Coexisting Morbidities in Heart Failure: no Robust Interaction with the Left Ventricular Ejection Fraction. **Curr Heart Fail Rep** . 2020 Aug;17(4):133-144. doi: 10.1007/s11897-020-00461-3.

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36. Triposkiadis F, **Xanthopoulos A,** Parissis J, Butler J, Farmakis D. Pathogenesis of Chronic Heart Failure: Cardiovascular Aging, Risk Factors, Comorbidities, and Disease Modifiers. **Heart Fail Rev.** 2022 Jan;27(1):337-344. doi: 10.1007/s10741-020-09987-z.

37. Giamouzis G, **Xanthopoulos A**, Papamichalis M, Chroub-Papavaiou A-N, Pantziou A, Simou A, Dimos A, Bourazana A, Skoularigis J, Triposkiadis F. Relative contribution of risk factors/comorbidities in the pathogenesis of heart failure: interaction with left ventricular ejection fraction. **ESC Heart Fail.** 2020. **ESC Heart Fail.** 2020 Dec; 7(6): 4399–4403. doi: 10.1002/ehf2.12975

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43. Papamichalis M, **Xanthopoulos A**, Triposkiadis F. Adult Congenital Heart Disease Related Pulmonary Arterial Hypertension: Novel Definitions and Therapeutic Trends. **Int J Integr Cardiol.** 2021;3:1.117. doi: https://doi.org/10.47275/2690-862X-117. https://www.scholarsliterature.com/journals/international-journal-of-integrative-cardiology/issues/3/1

44. Spiliopoulos K, Anyfantakis Z-A, Diminikos I, **Xanthopoulos A**, Magouliotis D, Skoularigis J, Triposkiadis F. Acute myocardial infarction not attributed to coronary artery disease: a seldom initial presentation of a left ventricular myxoma. **Clin Case Rep**. 2021 May 4;9(5):e04029. doi: 10.1002/ccr3.4029.

45. Triposkiadis F, **Xanthopoulos A**, Starling RC. Medical Treatment of Heart Failure: Ignore the Ejection Fraction and Treat All? **J Card Fail.** 2021 Aug;27(8):907-909. doi: 10.1016/j.cardfail.2021.02.015.

46. Sdogkos E, **Xanthopoulos A,** Giamouzis G, Skoularigis J, Triposkiadis F, Vogiatzis I. Diagnosis of coronary artery disease: potential complications of imaging techniques. **Acta Cardiol.** 2021 Apr 16;1-4. doi: 10.1080/00015385.2021.1911467.

47. Dimos A, **Xanthopoulos A**, Bismpos D, Triposkiadis F, Skoularigis J. Delayed Acute Coronary Syndrome Caused by Multiple Bee Stings: A Rare Case of Kounis Syndrome. **Cureus.** 2021 Mar 26;13(3):e14120. doi: 10.7759/cureus.14120.

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walking test in hospitalized elderly patients with heart failure. **Eur Heart J-Open**. 2021;1(1):1-8. doi:10.1093/ehjopen/oeab006

51. Kyriakopoulos V, **Xanthopoulos A**, Papamichalis M, Skoularigkis S, Tzavara C, Papadakis E, Patsilinakos S, Triposkiadis F, Skoularigis J. Patent hemostasis of radial artery: Comparison of two methods. **World J Cardiol.** 2021 Oct 26;13(10):574-584. doi: 10.4330/wjc.v13.i10.574.

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