

CURRICULUM VITAE

First name: Thrasyvoulos
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Date, place of birth: 20/7/1980, Kozani, Greece



EDUCATION

1998-2004 School of Medicine, Aristotle University of Thessaloniki
2004 Medical Degree, School of Medicine, Aristotle University of Thessaloniki
2005-2007 MSc in “Research Methodology in Medicine”, School of Medicine, Aristotle University of Thessaloniki, Greece
2006- Research fellow - Department of Pharmacology, School of Medicine, Aristotle University of Thessaloniki, Greece
2008-2011 PhD Thesis on “Extracellular matrix molecules in intrinsic and extrinsic skin ageing“
2008-2009 Research fellow - Laboratory of Biogerontology, Dermato-Endocrinology and Dermato-Pharmacology, Institute of Clinical Pharmacology and toxicology, Campus Benjamin Franklin, Charite University, Berlin, Germany
2010- Resident of Dermatology/Venereology in State Clinic, Hospital for Skin and Venereal Diseases, Thessaloniki, Greece

TEACHING

2009- «Pharmacology» in pre-graduate students in Department of Pharmacology, Aristotle University of Thessaloniki
2009- «Conduction of clinical trials» in post-graduate MSc students of Aristotle University of Thessaloniki

TRAVEL FELLOWSHIPS

- “Models and Methods in Ageing Research” MiMage/LINK-AGE Joint Summer School, Les Diablerets, Switzerland, 18-22 September 2007
- LINK AGE meeting and IBMC Fall Symposium. The Free Radical Theory of Ageing-50 years and Beyond: A Tribute to Denham Harman. Porto, Portugal. November 28-December 1, 2007.

OTHER

2007- Peer-reviewer for Hippokratia Journal
2007- Technical assistant-Statistician for Hippokratia Journal
2009- Member of Cochrane Skin Group
2010- Research fellow of the COMMISSION OF THE EUROPEAN COMMUNITIES supported program “Quality control and monitoring report (WP2)-Preclinical Drug evaluation”

MAIN RESEARCH FIELDS: Acne, Skin ageing, Skin carcinogenesis, Evidence based dermatology, Evidence based medicine, Rational pharmacotherapy, Extracellular matrix biology, Epidemiology

PUBLICATIONS IN PEER-REVIEW JOURNALS

Total number: 33
H-index: 8

Total citations: 149

PUBLICATION LIST

1. **Tzellos T**, Kyrgidis A, Toulis K. Biologic therapies for chronic plaque psoriasis and cardiovascular events. *JAMA* 2011; 306: 2095
2. Apalla Z, **Tzellos T**, Lallas A, Sotiriou E, Lefaki I. Possible zoledronic acid-induced dermatomyositis. *Clin Exp Dermatol* 2011 Oct 18. doi: 10.1111/j.1365-2230.2011.04198.x.
3. Chourdakis M, Kraus MM, **Tzellos T**, Sardeli C, Peftoulidou M, Vassilakos D, Kouvelas D. Effect of Early Compared With Delayed Enteral Nutrition on Endocrine Function in Patients With Traumatic Brain Injury: An Open-Labelled Randomized Trial. *JPEN J Parenter Enteral Nutr* 2011 Sep 30. [Epub ahead of print]
4. Kyrgidis A, **Tzellos TG**. Safety and efficacy of zoledronic acid in multiple myeloma. *Lancet* 2011; 377(9784): 2177-8.
5. Lallas A, Apalla Z, **Tzellos T**, Lefaki I. Dermoscopy of solitary cylindroma. *Eur J Dermatol* 2011; 21(4): 645-6.
6. Chourdakis M, **Tzellos T**, Pourzitaki C, Toulis KA, Papazisis G, Kouvelas D. Evaluation of dietary habits and assessment of cardiovascular disease risk factors among Greek university students. *Appetite* 2011; 57(2): 377-83.
7. Toulis KA, Goulis DG, Mintziori G, Kintiraki E, Eukarpidis E, Mouratoglou SA, Pavlaki A, Stergianos S, Poulasouchidou M, **Tzellos TG**, Makedos A, Chourdakis M, Tarlatzis BC. Meta-analysis of cardiovascular disease risk markers in women with polycystic ovary syndrome. *Hum Reprod Update* 2011; 17(6): 741-60.
8. Kyrgidis A, **Tzellos TG**, Toulis K, Antoniadis K. The facial skeleton in patients with osteoporosis: a field for disease signs and treatment complications. *J Osteoporos* 2011; 2011:147689.
9. Vakirlis E, Lazaridou E, **Tzellos TG**, Gerou S, Chatzidimitriou D, Ioannides D. Investigation of cytokine levels and their association with SCORAD index in adults with acute atopic dermatitis. *J Eur Acad Dermatol Venereol* 2011; 25(4): 409-16
10. **Tzellos T**, Zampeli V, Makrantonaki E, Zouboulis CC. Treating acne with antibiotic-resistant bacterial colonization. *Expert Opin Pharmacother* 2011; 12(8): 1233-47.
11. **Tzellos TG**, Sardeli C, Lallas A, Papazisis G, Chourdakis M, Kouvelas D. Efficacy, safety and tolerability of green tea catechins in the treatment of external anogenital warts: a systematic review and meta-analysis. *J Eur Acad Dermatol Venereol* 2011; 25(3): 345-53.
12. **Tzellos TG**, Batzios SP, Dionyssopoulos A, Karakiulakis G, Papakonstantinou E. Differential expression of matrix metalloproteinases and proteoglycans in Juvenile Hyaline Fibromatosis. *J Dermatol Sci* 2011; 61(2): 94-100.
13. **Tzellos TG**, Sinopidis X, Kyrgidis A, Vahtsevanos K, Triaridis S, Printza A, Klagas I, Karakiulakis G, Papakonstantinou E. Differential hyaluronan homeostasis and expression of proteoglycans in juvenile and adult human skin. *J Dermatol Sci* 2011; 61(1): 69-72.
14. **Tzellos TG**, Toulis KA, Goulis DG, Papazisis G, Zampeli VA, Vakfari A, Kouvelas D. Gabapentin and pregabalin in the treatment of fibromyalgia: a

- systematic review and a meta-analysis. *Journal of Clinical Pharmacy and Therapeutics* 2011; 35(6): 639-56
15. Toulis K, Anastasilakis A, **Tzellos TG**, et al. Selenium Supplementation in the Treatment of Hashimoto's Thyroiditis: A Systematic Review and a Meta-analysis. *Thyroid* 2010; 10: 1163-73
 16. **Tzellos T**, Kyrgidis A, Vahtsevanos K, Triaridis S, Printza A, Klagas I, Zvintzou E, Kritis A, Karakiulakis G, Papakonstantinou E. Nodular basal cell carcinoma is associated with increased hyaluronan homeostasis. *J Eur Acad Dermatol Venereol* 2011; 25(6): 679-87
 17. Kyrgidis A, **Tzellos TG**, Triaridis S. Melanoma: Stem cells, sun exposure and hallmarks for carcinogenesis, molecular concepts and future clinical implications. *J Carcinog* 2010; 9: 3
 18. Chourdakis M, **Tzellos T**, Papazisis G, Toulis K, Kouvelas D. Eating habits; health attitudes and obesity indices among medical students in northern Greece. *Appetite* 2010; 55(3): 722-5.
 19. **Tzellos TG**, Papazisis G, Toulis KA, Sardeli Ch, Kouvelas D. A2delta ligands gabapentin and pregabalin: future implications in daily clinical practice. *Hippokratia* 2010; 14: 71-5
 20. Kyrgidis A, Vahtsevanos K, **Tzellos TG**, Xirou P, Kitikidou K, Antoniadis K, Zouboulis CC, Triaridis S. Clinical, histological and demographic predictors for recurrence and second primary tumours of head and neck basal cell carcinoma. A 1062 patient-cohort study from a tertiary cancer referral hospital. *Eur J Dermatol* 2010; 20: 276-82
 21. Kyrgidis A, **Tzellos TG**, Kechagias N, Patrikidou A, Xirou P, Kitikidou K, Bourlidou E, Vahtsevanos K, Antoniadis K. Cutaneous squamous cell carcinoma (SCC) of the head and neck: risk factors of overall and recurrence-free survival. *Eur J Cancer* 2010; 46: 1563-72
 22. Kendler M, Makrantonaki E, **Tzellos T**, Kratzsch J, Anderegg U, Wetzig T, Zouboulis C, Simon JC. Elevated sex steroid hormones in great saphenous veins in men. *J Vasc Surg* 2010; 51: 639-46
 23. **Tzellos TG**, Klagas I, Vahtsevanos K, Triaridis S, Printza A, Kyrgidis A, Karakiulakis G, Zouboulis CC, Papakonstantinou E. Extrinsic ageing in the human skin is associated with alterations in the expression of hyaluronic acid and its metabolizing enzymes. *Exp Dermatol* 2009; 18: 1028-35
 24. **Tzellos TG**, Dionyssopoulos A, Klagas I, Karakiulakis G, Lazaridis L, Papakonstantinou E. Differential glycosaminoglycan expression and hyaluronan homeostasis in juvenile hyaline fibromatosis. *J Am Acad Dermatol* 2009; 61: 629-38
 25. Papazisis G, **Tzellos T**, Tahmatzidis D, Dolianitis K, Kouvelas D. Late-onset clozapine-induced hypothermia accompanied by electrocardiogram Osborn waves. *J Clin Psychopharmacol* 2009; 29: 183-5
 26. Toulis KA, **Tzellos T**, Kouvelas D, Goulis DG. Gabapentin for the treatment of hot flashes in women with natural or tamoxifen-induced menopause: a systematic review and meta-analysis. *Clin Ther* 2009; 31: 221-35
 27. Kyrgidis A, **Tzellos TG**, Vahtsevanos K, Triaridis S. New concepts for basal cell carcinoma. Demographic, clinical, histological risk factors, and biomarkers. A systematic review of evidence regarding risk for tumor development, susceptibility for second primary and recurrence. *J Surg Res* 2010; 159: 545-56

28. Papazisis G, **Tzellos T**, Kouvelas D. Practice corner: managing trichotillomania--no need to pull your hair out. *Evid Based Med* 2008; 13: 66-7
29. **Tzellos TG**, Tahmatzidis DK, Lallas A, Apostolidou K, Goulis DG. Pernicious anemia in a patient with Type 1 diabetes mellitus and alopecia areata universalis. *J Diabetes Complications* 2009; 23: 434-7
30. Hatzitolios A, **Tzellos TG**, Savopoulos C, Tzalokostas V, Kaiafa G, Psomas E, Apostolopoulou M, Papadopoulos A. Erythema elevatum diutinum with rare distribution as a first clinical sign of non-Hodgkin's lymphoma: a novel association? *J Dermatol* 2008; 35: 297-300
31. **Tzellos TG**, Kouvelas D. Topical tacrolimus and pimecrolimus in the treatment of cutaneous lupus erythematosus: an evidence-based evaluation. *Eur J Clin Pharmacol* 2008; 64: 337-41
32. **Tzellos TG**, Papazisis G, Amaniti E, Kouvelas D. Efficacy of pregabalin and gabapentin for neuropathic pain in spinal-cord injury: an evidence-based evaluation of the literature. *Eur J Clin Pharmacol* 2008; 64: 851-8
33. Koskinas K, **Tzellos TG**, Gougoulias K, et al. Simvastatin-induced rhabdomyolysis: a case study on clinical-decision making based on the evidence-based medicine approach . *Arch Med Sci* 2007; 3: 267-271