

**Dr. Alexandra Foscolou, PhD**  
**Dietitian - Nutritionist**

Item	Number
Books	1
Book Chapters	2
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases	32
Articles not Indexed in Bibliographical Databases	2
Refereed International Conference Presentations	46
Invited Presentations	2
Google Scholar/Scopus Citation Index (including self-citations)	527 / 363
Google Scholar/Scopus h-index	14 / 10

1. EDUCATION

- 2017-2020**      **Harokopio University of Athens, Athens, Greece**  
**Doctor of Philosophy Degree (PhD)**  
 «Investigation of the factors associated with the successful aging of the Greek population: epidemiological study»
- 2014-2016**      **Harokopio University of Athens, Athens, Greece**  
**Postgraduate Program (Master of Science) (MSc)**  
 “Applied Nutrition and Dietetics” (Discipline: Nutrition and Public Health)
- 2009-2014**      **Harokopio University of Athens, Athens, Greece**  
**Bachelor of Science (BSc)**  
 Department of Nutrition and Dietetics, School of Health Sciences and Education

2. EMPLOYMENT HISTORY

- 8/2022 - Today**      **Prolepsis Institute, Athens, Greece**  
 Project Manager – **DIATROFI** Program
- 1/2020 – 8/2022**      **Harokopio University of Athens, Athens, Greece**  
 Administrative Employee
- 11/2018 – 12/2019**      **Funded research project**

«ATHLOS: Ageing Trajectories of Health: Longitudinal Opportunities and Synergies» (KE315) (European Union's Horizon 2020 research and innovation program, grant agreement No 635316).

**10/2016 – 12/2019**

**Funded research project**

“EXPLORING THE SECRETS OF HEALTHY AGING WITHIN THE MEDITERRANEAN REGION: UNDER THE CONTEXT OF THE MEDIS (MEDITERRANEAN ISLANDS) STUDY” (KE344)

**12/2015 – 12/2019**

**HEMOGLOBE HELLAS, Athens, Greece**

Educator of people with type 1 diabetes in nutrition and the use of insulin pumps (DANA R, RS, Cellnovo, Equil) and technical support of oncology patients in home chemotherapy through an infusion pump.

**3. ACADEMIC AND SCIENTEFIC EXPERIENCE**

**3.1 Undergraduate Teaching**

**2022-2023**

**Department of Nutrition and Dietetics, University of Thessaly, Trikala, Greece**

External Department Instructor

- «Nutrition and Aging»
- «Scientific-Academic Writing using ICT»
- «Nutritional Anthropology»

**2017-2020**

**Department of Nutrition and Dietetics, School of Health Sciences and Education, Harokopio University of Athens**

Teaching Assistant

- «Nutritional Epidemiology»
- «Research Methods»
- «Data analysis»

**3.2 Postgraduate Teaching**

**2021-2022**

**Postgraduate Program «Applied Nutrition and Dietetics», Department of Nutrition and Dietetics, School of Health Science and Education, Harokopio University of Athens**

Adjunct Lecturer

- Lecture in the context of the course "Biostatistics – Research Methodology"

**2021-2022**

**Postgraduate Program «Health Promotion in Third Age», Department of Public and Community Health, University of West Attica**

Adjunct Lecturer

- Lecture in the context of the course "Sociality and Third Age"

**2020-2021**

**Postgraduate Program «Health Promotion in Third Age»,** Department of Public and Community Health, University of West Attica

Adjunct Lecturer

- Lecture in the context of the course "Sociality and Third Age"

#### 4. PUBLICATIONS

##### 4.1 Books

*Book*

*PhD Thesis*

«[Investigation of the factors associated with the successful aging of the Greek population: epidemiological study](#)» Alexandra Foscolou, Harokopio University of Athens

##### 4.2 Book Chapters

- **Foscolou A.** (2021) Healthy aging and its determinants. In D. Panagiotakos (Ed.), *Principles of Epidemiology. Epidemiological Research Methodology: General and Special Epidemiology*, Athens, Dionicos, pp. 331-392. (In Greek)
- **Foscolou A** & Panagiotakos D (2018) The impact of financial crisis on health and ageing. In Fred Karl (ed.), *Ageing in the Crisis. Experiences from Greece* (pp. 61-74). Zurich, Switzerland: LIT.

##### 4.3 Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases

1. Gketsios I, **Foscolou A**, Vassilakou T, Panagiotakos DB, Kosti RI. Parental Misperceptions of Their Offspring's Weight and Their Strategies for Child's Eating Behavior: A Narrative Review of the Recent Evidence. *Children (Basel)*. 2022; 9(10): 1565.
2. Papadimitriou A, **Foscolou A**, Itsiopoulos C, Thodis A, Kouris-Blazos A, Brazionis L, Sidossis AC, Polychronopoulos E, Kokkinos P, Panagiotakos D, Sidossis LS. Adherence to the Mediterranean Diet and Successful aging in Greeks living in Greece and abroad: the epidemiological Mediterranean Islands Study (MEDIS). *Nutr Health*, 2022; 5: 2601060211072363.
3. Piperidi A, **Foscolou A**, Kouki K, Moussikoudi-Hatterer I, Papalazarou A, Tyrovolas S, Polychronopoulos E, Sidossis LS, Panagiotakos DB. The association of dietary habits and lifestyle characteristics with successful aging among older Greek origin individuals living in France, Canada and Greece: the epidemiological Mediterranean Islands Study (MEDIS). *Ecol Food Nutr*, 2022; 61(2): 201-214.

4. Papadimitriou A, **Foscolou A**, Itsiopoulos C, Thodis A, Kouri-Blazos A, Brazionis L, Sidossis AC, Polychronopoulos E, Kokkinos P, Panagiotakos D, Sidossis LS. Successful aging and lifestyle comparison of Greeks living in Greece and abroad: the epidemiological Mediterranean Islands Study (MEDIS). *Arch Gerontol Geriatr*, 2021; 97(420): 104523.
5. **Foscolou A**, Chrysohoou C, Dimitriadis K, Masoura K, Gkotszamanis V, Lazaros G, Tsioufis C, Stefanadis C. The association of Healthy Aging with Multimorbidity: IKARIA Study. *Nutrients*, 2021; 13(4): 1386.
6. Πιπερίδη Α, **Φωσκόλου Α**, Πολυχρονόπουλος Ε, Παναγιωτάκος Δ. Η σχέση μεταξύ κατανάλωσης πρωτεϊνών από ζωικές και φυτικές πηγές με την ψυχολογική δυσφορία στους ηλικιωμένους της Μεσογείου: επιδημιολογική μελέτη σε νησιά της Μεσογείου (2005-2020). *Το Βήμα του Ασκληπιού*, 2021; 20(1)
7. **Foscolou A**, Critselis E, Tyrovolas S, Chrysohoou C, Naumovski N, Rallidis L, Polychronopoulos E, Matalas AL, Sidossis LS, Panagiotakos D. The association of sodium intake with successful aging, in 3,349 middle-aged and older adults: results from the ATTICA and MEDIS cross-sectional epidemiological studies. *Nutr Healthy Aging*, 2020; 5(4): 287-296.
8. **Foscolou A**, Critselis E, Tyrovolas S, Chrysohoou C, Naumovski N, Sidossis LS, Rallidis L, Matalas AL, Panagiotakos D. The association of animal and plant protein with successful aging: a combined analysis of MEDIS and ATTICA epidemiological studies. *Public Health Nutr*, 2020; 21: 1-10.
9. D’Cunha N, **Foscolou A**, Tyrovolas S, Chrysohoou C, Rallidis L, Polychronopoulos E, Matalas AL, Sidossis LS, Naumovski N, Panagiotakos DB. The association between protein consumption and plant sources with psychological distress in older people in the Mediterranean region. *Nutr Healthy Aging*, 2020; 5: 273-285.
10. Koloverou E, **Foscolou A**, Gkouvas K, Tyrovolas S, Matalas AL, Polychronopoulos E, Chrysohoou C, Pitsavos C, Panagiotakos DB. Waist-to-Height Ratio Outperforms Classic Anthropometric Indices in Predicting Successful Aging in Older Adults; an Analysis of the ATTICA and MEDIS Epidemiological Studies. *Exp Aging Res*, 2020; 46(2): 154-165.
11. **Foscolou A**, D’Cunha NM, Naumovski N, Tyrovolas S, Rallidis L, Matalas AL, Polychronopoulos E, Sidossis LS, Panagiotakos D. Midday napping and successful aging in older people living in the Mediterranean region: the epidemiological Mediterranean Islands Study (MEDIS). *Brain Sci*, 2019; 10(1). pii: E14.
12. **Foscolou A**, D’Cunha NM, Naumovski N, Tyrovolas S, Chrysohoou C, Rallidis L, Matalas AL, Sidossis LS, Panagiotakos D. The association between whole grain products consumption and successful aging: a combined analysis of MEDIS and ATTICA epidemiological studies. *Nutrients*, 2019; 11(6) pii: E1221.
13. Naumovski N, **Foscolou A**, D’Cunha NM, Tyrovolas S, Chrysohoou C, Sidossis LS, Rallidis L, Matalas AL, Polychronopoulos E, Pitsavos C, Panagiotakos D. The

- association between green and black tea consumption on successful aging: a combined analysis of the ATTICA and MEDiterranean Islands (MEDIS) epidemiological studies. *Molecules*, 2019; 24(10) pii:E1862.
14. Panagiotakos D, **Foscolou A**. Cardiovascular disease risk status during the years of the financial crisis: the Greek case. *Hellenic J Cardiol*, 2019; pii: S1109-9666(19)30089-2.
  15. **Foscolou A**, Critselis E, Tyrovolas S, Chrysohoou C, Sidossis LS, Naumovski N, Matalas AL, Rallidis L, Polychronopoulos E, Ayuso-Mateos JL, Haro JM, Panagiotakos D. The effect of exclusive olive oil consumption on successful aging: a combined analysis of the ATTICA and MEDIS epidemiological studies. *Foods*, 2019; 8(1) pii: E25.
  16. **Foscolou A**, Rallidis LS, Tsirebolos G, Critselis E, Katsimardos A, Drosatos A, Chrysohoou C, Tousoulis D, Pitsavos C, Panagiotakos DB. The association between homocysteine levels, Mediterranean diet and cardiovascular disease: a case-control study. *Int J Food Sci Nutr*, 2019; 70(5): 603-611.
  17. **Foscolou A**, Critselis E, Panagiotakos D. Olive oil consumption and human health: a narrative review. *Maturitas*, 2018; 118: 60-66.
  18. **Foscolou A**, Georgousopoulou E, Magriplis E, Naumovski N, Rallidis L, Matalas AL, Chrysohoou C, Tousoulis D, Pitsavos C, Panagiotakos D. The mediating role of Mediterranean diet on the association between Lp(a) levels and cardiovascular disease risk: a 10-year follow-up of the ATTICA study. *Clin Biochem*, 2018; pii: S0009-9120(18)30595-2.
  19. **Foscolou A**, Koloverou E, Matalas AL, Tyrovolas S, Chrysohoou C, Sidossis L, Rallidis L, Panagiotakos D. (in press) Decomposition of Mediterranean dietary pattern on successful aging, among older adults: a combined analysis of two epidemiological studies. *J Aging Health*, 2018; 1:898264318780608.
  20. **Foscolou A**, Magriplis E, Tyrovolas S, Soulis G, Bountziouka V, Mariolis A, Piscopo S, Valacchi G, Anastasiou F, Gotsis E, Metallinos G, Tyrovola D, Polystipioti A, Polychronopoulos E, Matalas AL, Lionis C, Zeimbekis A, Tur JA, Sidossis LS, Panagiotakos D; MEDIS Study Group. Lifestyle determinants of healthy ageing in a Mediterranean population: The multinational MEDIS study. *Exp Gerontol*, 2018; 110: 35-41. doi: 10.1016/j.exger.2018.05.008.
  21. **Foscolou A**, Magriplis E, Tyrovolas S, Chrysohoou C, Sidossis L, Matalas AL, Rallidis L, Panagiotakos D. The association of protein and carbohydrate intake with successful aging: a combined analysis of two epidemiological studies. *Eur J Nutr*, 2018; doi: 10.1007/s00394-018-1693-2.
  22. Rallidis LS, Pavlakis G, **Foscolou A**, Kotakos C, Katsimardos A, Drosatos A, Zolindaki M, Panagiotakos DB. High levels of lipoprotein (a) and premature acute coronary syndrome. *Atherosclerosis*, 2018; 269: 29-34. doi: 10.1016/j.atherosclerosis.2017.

23. Tyrovolas S, Haro JM, **Foscolou A**, Tyrovola D, Mariolis A, Bountziouka V, Piscopo S, Valacchi G, Anastasiou F, Gotsis E, Metallinos G, Papairakleous N, Polychronopoulos E, Matalas AL, Lionis C, Zeimbekis A, Tur JA, Sidossis LS, Panagiotakos DB; MEDIS Study Group. Anti-Inflammatory Nutrition and Successful Ageing in Elderly Individuals: The Multinational MEDIS Study. *Gerontology*, 2018; 64(1): 3-10. doi: 10.1159/000479065.
24. Georgousopoulou E, Naumovski N, Mellor D, Tyrovolas S, Piscopo S, Valacchi G, Tsakountakis N, Zeimpekis A, Bountziouka V, Gotsis E, Metallinos G, Tyrovola D, Kelett J, **Foscolou A**, Tur JA, Matalas AL, Lionis C, Polychronopoulos E, Sidossis L, Panagiotakos D. Association between siesta (daytime sleep), dietary patterns and the presence of metabolic syndrome in elderly living in Mediterranean area (MEDIS Study): the moderating effect of gender. *J Nutr Health Aging*, 2017; 21(10): 1118-1124. doi: 10.1007/s12603-016-0865-0.
25. **Foscolou A**, Panagiotakos D, Mariolis A, Tyrovolas S, Tsakountakis N, Zeimbekis A, Bountziouka V, Gotsis E, Metallinos G, Tyrovola D, Matalas AL, Lionis C, Polychronopoulos E. Comparative study on successful aging between the elderly inhabitants of Mani and those living on the Mediterranean islands: The MEDIS study. *Clin Nutr ESPEN*, 2016; 13: e61-e62. doi: 10.1016/j.clnesp.2016.03.031.
26. Georgousopoulou EN, Mellor DD, Naumovski N, Polychronopoulos E, Tyrovolas S, Piscopo S, Valacchi G, Anastasiou F, Zeimbekis A, Bountziouka V, Gotsis E, Metallinos G, Tyrovola D, **Foscolou A**, Tur JA, Matalas AL, Lionis C, Sidossis L, Panagiotakos D; MEDIS study group. Mediterranean lifestyle and cardiovascular disease prevention. *Cardiovasc Diagn Ther*, 2017; 7(Suppl 1): S39-S47. doi: 10.21037/cdt.2017.03.11.
27. **Foscolou A**, Polychronopoulos E, Paka E, et al. Lifestyle and Health Determinants of Cardiovascular Disease among Greek older adults living in Eastern Aegean Islands: an adventure within the MEDIS study. *Hellenic J Cardiol*. 2016; 57(6): 407-414. doi: 10.1016/j.hjc.2016.11.021.
28. Tyrovolas S, Polychronopoulos E, Morena M, Mariolis A, Piscopo S, Valacchi G, Bountziouka V, Anastasiou F, Zeimbekis A, Tyrovola D, **Foscolou A**, Gotsis E, Metallinos G, Soulis G, Tur JA, Matalas A, Lionis C, Sidossis LS, Panagiotakos D. Is car use related with successful aging of older adults? Results from the multinational Mediterranean islands study. *Ann Epidemiol*, 2017; 27(3): 225-229. doi: 10.1016/j.annepidem.2016.12.006
29. **Foscolou A**, Tyrovolas S, Soulis G, Mariolis A, Piscopo S, Valacchi G, Anastasiou F, Lionis C, Zeimbekis A, Tur JA, Bountziouka V, Tyrovola D, Gotsis E, Metallinos G, Matalas AL, Polychronopoulos E, Sidossis L, Panagiotakos DB. The impact of the financial crisis on lifestyle health determinants among older adults living in the Mediterranean region: the multinational MEDIS study (2005-2015). *J Prev Med Public Health*, 2017; 50(1): 1-9. doi: 10.3961/jpmph.16.101.
30. **Foscolou A**, Tyrovolas S, Ural D, Polychronopoulos E, Panagiotakos D. Eating habits and health status, in Aegean Islands: An adventure within the MEDIS study. *Med J Nutrition Metab*. 2016; 9: 111-123. doi: 10.3233/MNM-160064

31. Mariolis A, **Foscolou A**, Tyrovolas S, Piscopo S, Valacchi G, Tsakountakis N, Zeimbekis A, Bountziouka V, Gotsis E, Metallinos G, Tyrovola D, Tur JA, Matalas AL, Lionis C, Polychronopoulos E, Panagiotakos D; MEDIS study group. Successful Aging among Elders Living in the Mani Continental Region vs. Insular Areas of the Mediterranean: the MEDIS Study. *Aging Dis.* 2016;7(3):285-294. doi:10.14336/AD.2015.1002
32. Tyrovolas S, Haro JM, Mariolis A, Piscopo S, Valacchi G, Bountziouka V, Anastasiou F, Zeimbekis A, Tyrovola D, **Foscolou A**, Gotsis E, Metallinos G, Tur JA, Matalas A, Lionis C, Polychronopoulos E, Panagiotakos D. Skeletal muscle mass and body fat in relation to successful ageing of older adults: The multinational MEDIS study. *Arch Gerontol Geriatr.* 2016; 66:95-101. doi: 10.1016/j.archger.2016.04.017.

#### 4.4 Articles not Indexed in Bibliographical Databases

1. **Foscolou A.** and Matala A. Sweet and savory dishes of Tinos based on blood. *Hellenic Dietetics-Nutrition Review.* 2014, 5(2):86-90. (In Greek)
2. **Foscolou A** & Panagiotakos D. Mediterranean diet, olive oil, longevity and healthy aging. *Olive & Olive oil.* 2019, 86: 52-55 (In Greek)

#### 5. REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. Sidossis LS, Babu Henry Samuel I, **Foscolou A**, Katsagoni C, McGee JE, Faselis C, Myers J, Kokkinos P. Cardiorespiratory fitness and risk of mortality among obese female US Veterans. **2021 ACSM Annual virtual Meeting**, June 1-5, 2021.
2. **Foscolou A**, Tyrovolas S, Sidossis LS, Chrysohoou C, Polychronopoulos E, Pitsavos C, Panagiotakos D. Social isolation, cardiovascular disease burden and successful aging: ATTICA and MEDIS epidemiological studies. **EAS Virtual Congress**, Helsinki May 31- June 2, 2021.
3. **Foscolou A**, Tyrovolas S, Sidossis LS, Chrysohoou C, Polychronopoulos E, Pitsavos C, Panagiotakos D. Social isolation, cardiovascular disease burden and successful aging: ATTICA and MEDIS epidemiological studies. **EAS Virtual Congress**, Helsinki May 31- June 2, 2021.
4. **Foscolou A**, Tyrovolas S, Matalas AL, Polychronopoulos E, Rallidis L, Sidossis LS, Panagiotakos D. Siesta and healthy aging in older Mediterranean people: the MEDIS epidemiological study. **EAS Virtual Congress**, Geneva, October 4-7 2020.
5. **Foscolou A**, Critselis E, Tyrovolas S, Chrysohoou C, Rallidis L, Matalas AL, Sidossis LS, Panagiotakos D. Plant and animal protein consumption, cardiometabolic risk and healthy aging: ATTICA and MEDIS epidemiological studies. **EAS Virtual Congress**, Geneva, October 4-7 2020.
6. **Foscolou A**, Tyrovolas S, Chrysohoou C, Critselis E, Rallidis L, Matalas AL, Sidossis LS, Panagiotakos D. Sodium intake, cardiometabolic risk and healthy aging: a combined analysis of the ATTICA and MEDIS epidemiological studies. **EAS Virtual Congress**, Geneva, October 4-7 2020.
7. **Foscolou A**, Tyrovolas S, Matalas AL, Polychronopoulos E, Sidossis LS, Panagiotakos D. Midday napping, dietary habits and healthy aging: MEDIS Study **9th Panhellenic Conference of the Hellenic Society of Atherosclerosis**, Athens, December 3-5, 2020. (in Greek)

8. **Foscolou A**, Tyrovolas S, Chrysohoou C, Critselis E, Rallidis L, Panagiotakos D. Types of fats/oils and their association with healthy ageing: a combined analysis of the ATTICA and MEDIS epidemiological studies. **EAS Congress**, Maastricht 26-29 May 2019.
9. **Foscolou A**, Tyrovolas S, Chrysohoou C, Rallidis L, Panagiotakos D. Protein and carbohydrate consumption in relation to healthy ageing: a combined analysis of the ATTICA and MEDIS epidemiological studies. **EAS Congress**, Maastricht 26-29 May 2019.
10. **Foscolou A**, Tyrovolas S, Matalas AL, Magriplis E, Sidossis L, Chrysohoou C, Rallidis L, Pitsavos C, Panagiotakos D. Macronutrients, successful aging and cardiometabolic burden: a combined analysis of two epidemiological studies. **Europrevent** Lisbon 11-13 April 2019.
11. **Foscolou A**, Critselis E, Matalas AL, Rallidis L, Chrysohoou C, Pitsavos C, Sidossis L, Panagiotakos D. Olive oil consumption, health status and successful aging of a Mediterranean population: a combined analysis of two epidemiological studies. **Europrevent** Lisbon 11-13 April 2019.
12. **A. Foscolou**, S. Tyrovolas, G. Soulis, V. Bountziouka, E. Polychronopoulos, E. Gotsis, G. Metallinos, D. Tyrovola, A. Polystipioti, C. Lionis, LS Sidossis, AL Matalas, L. Rallidis, D. Panagiotakos. Aging, lifestyle habits and cardiometabolic disorders in a Mediterranean population: the multinational MEDIS study. **Europrevent 2018**, Ljubljana – Slovenia.
13. **A. Foscolou**, S. Tyrovolas, C. Chrysohoou, L. Sidossis, AL Matalas, L. Rallidis, D. Panagiotakos. Protein and carbohydrate intake, cardiovascular disease risk and successful aging: combined analysis of two epidemiological studies. **Europrevent 2018**, Ljubljana – Slovenia.
14. **A. Foscolou**, S. Tyrovolas, E. Magriple, L. Syntosis, C. Chrysochou, E. Polychronopoulos, L. Rallidis, AL Matala, C. Pitsavos, D. Panagiotakos. The relationship between dietary macronutrients and healthy aging: results of two epidemiological studies. **8th Panhellenic Conference of the Hellenic Society of Atherosclerosis**, Athens, November 29-December 1, 2018. (in Greek)
15. **A. Foscolou**, E. Koloverou, Matala AL, Tyrovolas S, Pitsavos X, Syntosis L, Rallidis L, Panagiotakos D. Food groups of Mediterranean diet, healthy aging and cardiometabolic risk of Greek islanders and residents of two urban areas. **8th Panhellenic Conference of the Hellenic Society of Atherosclerosis**, Athens, November 29-December 1, 2018. (in Greek)
16. **A. Foscolou**, AL Matala, C. Chrysochou, E. Polychronopoulos, L. Syntosis, L. Rallidis, D. Panagiotakos. Exclusive use of olive oil, health status and healthy aging of Greeks: an epidemiological study. **8th Panhellenic Conference of the Hellenic Society of Atherosclerosis**, Athens, November 29-December 1, 2018. (in Greek)
17. **A. Foscolou**, S. Tyrovolas, G. Soulis, E. Polychronopoulos, C. Lionis, L. Rallidis, A.L. Matala, L. Syntosis, D. Panagiotakos. Aging and burden of cardiovascular disease factors of Greek islanders: international multicenter study MEDIS. **8th Panhellenic Conference of the Hellenic Society of Atherosclerosis**, Athens, November 29-December 1, 2018. (in Greek)
18. **A. Foscolou**, L. Rallidis, AL Matala, D. Panagiotakos. The role of the Mediterranean diet in the relationship between cardiovascular disease risk and lipoprotein- $\alpha$  (Lp (a)) levels. **8th Panhellenic Conference of the Hellenic Society of Atherosclerosis**, Athens, November 29-December 1, 2018. (in Greek)
19. **A. Foscolou**, E. Magripli, Tyrovolas S, Chrysochou X, Syntosis L, Matala AL, Rallidis L, Panagiotakos D. Healthy aging and health status of the Greek



- population, depending on the type of diet followed: results of two epidemiological studies. **39th Panhellenic Cardiac Conference**, Athens, 18-20 October 2018. (in Greek)
20. **A. Foscolou**, E. Koloverou, Matala AL, Tyrovolas S, Pitsavos X, Syntosis L, Rallidis L, Panagiotakos D. Groups of food of Mediterranean diet, healthy aging and cardiometabolic risk of Greek islanders and residents of two urban areas. **39th Panhellenic Cardiac Conference**, Athens, 18-20 October 2018. (in Greek)
  21. **Foscolou A.**, Rallidis L, Matalas A., Panagiotakos D. The mediating role of Mediterranean diet on the association between cardiovascular disease risk and Lp(a) levels. **ESC Congress 2018**, Munich, Germany.
  22. **Foscolou A.**, Tyrovolas S., Polychronopoulos E., Mariolis A., Lionis C., Zeimbekis A., Sidossis L., Panagiotakos D.B; for the MEDIS Study group. Cardiometabolic and lifestyle determinants of healthy ageing in Mediterranean populations: the multinational MEDIS Study. **ESC Congress 2018**, Munich, Germany.
  23. **A. Foscolou**, E. Magriple, S. Tyrovolas, C. Chrysochou, L. Syntosis, AL Matala, L. Rallidis, D. Panagiotakos. Relationship between carbohydrate and protein consumption with healthy aging of islanders and inhabitants of mainland Greece: data analysis of two epidemiological studies. **16th Panhellenic Diabetes Conference**, Athens 14-17 March 2018. (in Greek)
  24. **A. Foscolou**, S. Tyrovolas, G. Soulis, A. Matala, E. Polychronopoulos, A. Mariolis, C. Lionis, A. Zeibekis, V. Bountziouka, D. Tyrovola, E. Gotsis, G. Metallinos, L. Syntosis, D. Panagiotakos. Economic crisis and health crisis of elderly Mediterranean islanders: MEDIS study. **7th Panhellenic Symposium of Working Groups, Hellenic Atherosclerosis Society**, Athens, 01-02 December 2017. (in Greek)
  25. **A. Foscolou**, E. Magriple, S. Tyrovolas, G. Soulis, V. Bountziouka, E. Polychronopoulos, A. Mariolis, F. Anastasiou, E. Gotsis, G. Metallinos, D. Tyrovola, A. Polystipioti, A. Matala, Ch. Lionis, AL Syntosis, D. Panagiotakos. Lifestyle factors, determinants of healthy aging: results of the international multicenter study MEDIS. **7th Panhellenic Symposium of Working Groups, Hellenic Atherosclerosis Society**, Athens, 01-02 December 2017. (in Greek)
  26. **A. Foscolou**, S. Tyrovolas, G. Soulis, A. Mariolis, C. Lionis, A. Zeibekis, V. Bountziouka, D. Tyrovola, E. Gotsis, G. Metallinos, A. Matala, E. Polychronopoulos, L. Syntosis, D. Panagiotakos. Financial crisis and cardiovascular risk: MEDIS study. **38th Panhellenic Cardiology Conference**, Athens, 19-21 October 2017. (in Greek)
  27. **A. Foscolou**, S. Tyrovolas, A. Mariolis, C. Lionis, A. Zeibekis, V. Bountziouka, D. Tyrovola, A. Matala, E. Polychronopoulos, L. Syntosis, D. Panagiotakos. Study of lifestyle changes and risk factors for cardiovascular disease based on aging population: results of an international multicenter study MEDIS. **38th Panhellenic Cardiology Conference**, Athens, 19-21 October 2017. (in Greek)
  28. **A. Foscolou**, S. Tyrovolas, A. Mariolis, C. Lionis, A. Zeibekis, V. Bountziouka, D. Tyrovola, E. Gotsis, G. Metallinos, A. Matala, E. Polychronopoulos, L. Syntosis, D. Panagiotakos. A comparative study between continental and island regions of the Mediterranean and the determinants of healthy aging in older men and women: results of the international multicenter study MEDIS. **38th Panhellenic Cardiology Conference**, Athens, 19-21 October 2017. (in Greek)
  29. **Foscolou A.**, Tyrovolas S., Mariolis A., Lionis C., Matalas A., Polychronopoulos E., Sidossis L., Panagiotakos D.B. Successful ageing - continental vs insular Mediterranean areas and Western vs Eastern Greek Mediterranean islands- of

- older adults: the multinational MEDIS study. **ESC Congress 2017**, Barcelona, Spain.
30. **Foscolou A.**, Tyrovolas S., Soulis G., Mariolis A., Matalas A., Lionis C., Polychronopoulos E., Sidossis L., Panagiotakos D B. Financial crisis and health of older Mediterranean adults: the multinational MEDIS Study (2005-2015). **ESC Congress 2017**, Barcelona, Spain.
  31. **A. Foscolou**, S. Tyrovolas, G. Soulis et al. Economic crisis, health indicators and eating habits of elderly islanders: MEDIS study. **15th Panhellenic Diabetes Conference**, Athens 15-18 March 2017. (in Greek)
  32. **A. Foscolou**, S. Tyrovolas, E. Polychronopoulos et al. Is parental longevity related to cardiovascular risk and healthy aging of their offspring? Results of the international multicenter study MEDIS. **7th Panhellenic Conference of the Hellenic Society of Atherosclerosis**, Athens, 1-3 December 2016. (in Greek)
  33. **A. Foscolou**, S. Tyrovolas, A. Mariolis et al. Healthy aging, eating habits and health status of the elderly: results of the international multicenter study MEDIS. **7th Panhellenic Conference of the Hellenic Society of Atherosclerosis**, Athens, 1-3 December 2016. (in Greek)
  34. **A. Foscolou**, Polychronopoulos E, Paka E et al. Lifestyle and health factors affecting cardiovascular disease among Greek elderly islanders in the Eastern Aegean: international multicenter study MEDIS. **7th Panhellenic Conference of the Hellenic Society of Atherosclerosis**, Athens, 1-3 December 2016. (in Greek)
  35. **A. Foscolou**, S. Tyrovolas, E. Polychronopoulos et al. Factors related to blood pressure and pulse pressure in the elderly: an international multicenter study MEDIS. **7th Panhellenic Conference of the Hellenic Society of Atherosclerosis**, Athens, 1-3 December 2016. (in Greek)
  36. **A. Foscolou**, S. Tyrovolas, A. Mariolis et al. Healthy aging and energy intake in elderly Mediterranean islanders: MEDIS International Multicenter Study. **Heart, Diabetes, Eye and Musculoskeletal Training Seminar: All Developments**, Athens 25-26 November 2016. (in Greek)
  37. **A. Foscolou**, Tyrovolas S, Polychronopoulos E et al. Healthy aging, cardiometabolic risk factors and longevity of elderly islander parents: an international multicenter MEDIS study. **Heart, Diabetes, Eye and Musculoskeletal Training Seminar: All Developments**, Athens 25-26 November 2016. (in Greek)
  38. **A. Foscolou**, Polychronopoulos E, Paka E et al. Factors affecting cardiometabolic risk factors in elderly Greek islanders: international multicenter study MEDIS. **Heart, Diabetes, Eye and Musculoskeletal Training Seminar: All Developments**, Athens 25-26 November 2016. (in Greek)
  39. **A. Foscolou**, S. Tyrovolas, A. Mariolis et al. Healthy aging and eating habits of the elderly: results of the International Multicenter study MEDIS. **37th Panhellenic Cardiology Conference**, Athens, 20-22 October 2016. (in Greek)
  40. **A. Foscolou**, E. Polychronopoulos, E. Paka et al. Eating habits and cardiometabolic risk of Greek elderly islanders in the Eastern Aegean: International Multicenter Study MEDIS. **37th Panhellenic Cardiology Conference**, Athens, 20-22 October 2016. (in Greek)
  41. **A. Foscolou**, S. Tyrovolas, E. Polychronopoulos et al. Factors related to blood pressure in the elderly (MEDIS International Multicenter Study): The role of the Mediterranean diet and alcohol consumption. **37th Panhellenic Cardiology Conference**, Athens, 20-22 October 2016. (in Greek)

42. A. Papadimitriou, S. Tyrovolas, **A. Foscolou** et al. Determinants of successful ageing in a Mediterranean population: the multi-national MEDIS (MEDiterranean Islands) study. **Integrative Health Symposium, Rutgers**
  43. A. Matalas, **A. Foscolou**, I. Stavridis, A. Efstathiou. The sweet taste of blood. Blood as food in Greek cultures. **University College London. Food, Drink, and Civilization**, London, 21-23 September 2016.
  44. **A. Foscolou**, D. Panagiotakos, A. Mariolis et al. Analysis and comparison of cardiometabolic risk of elderly Mediterranean islanders and elderly people living in the region of Mani: MEDIS study. **6th Symposium of Working Groups, Hellenic Atherosclerosis Society**, Athens, 4-5 December 2015. (in Greek)
  45. **A. Foscolou**, D. Panagiotakos, A. Mariolis et al. Comparative analysis for healthy aging between the elderly living in the region of Mani and those living in the island regions of the Mediterranean: MEDIS study. **13th Panhellenic Conference on Nutrition and Dietetics**, Athens, November 27-29, 2015. (in Greek)
- A. Foscolou**, D. Panagiotakos, A. Mariolis et al. Comparative analysis of healthy aging and cardiometabolic risk between the elderly living in the Mani region and those living in the Mediterranean island regions: MEDIS study. **18th Panhellenic Conference on Lipidology, Atherosclerosis and Vascular Disease**, Athens, October 22-24, 2015. (in Greek)

## 6. INVITED PRESENTATIONS

1. **7<sup>th</sup> EMPAKAN Nutrition Day & 5<sup>th</sup> EDDE**, Athens, October 2022, Presenter.
2. **Panhellenic Primary Health Care Training Days «G. Papadakis»**, Athens, February 2019, Presenter.

## 7. MISCELENAOUS

### REVIEWER

- Nutrition and Health
- Nutrients
- Lipids in Health and Disease
- Endocrine
- Agriculture
- International Journal of Environmental Research and Public Health
- Archives of Gerontology and Geriatrics

### LANGUAGES

- **Greek:** Native
- **English:** Excellent knowledge, ECPE Michigan
- **French:** Very good knowledge, Sorbonne I