

Dr Athanasios Migdanis

Dietitian – Nutritionist MSc, PhD

Item	Number
Books	
Book Chapters	
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases	12
Articles not Indexed in Bibliographical Databases	
Refereed International Conference Presentations	25
Invited Presentations	43
Google Scholar/Scopus Citation Index (including self-citations)	40
Google Scholar/Scopus (h-index)	3
Involved in successful grand applications	2

EDUCATION AND TRAINING

- 2 Apr 2014–29 Mar 2018 **Doctorate degree (Ph.D.) Title: The effect of ileostomy construction on the electrolyte profile and nutritional status of patients who have undergone rectosigmoid resection: A prospective, randomized, controlled trial.**
University of Thessaly, Faculty of Medicine, Larissa (Greece)
- 10 Oct 2005–4 Sep 2006 **M.Sc. in Human Nutrition and Metabolism**
University of Aberdeen, Faculty of Medicine, Aberdeen (Scotland)
- 20 Sep 1999–13 Oct 2004 **B.Sc. (Hons) in Dietetics**
Leeds Beckett University, Leeds (England)

WORK EXPERIENCE

- 10 Sep 2008–Present **Dietitian**
Private Practice, Larissa (Greece)
- 3 Oct 2015–Present **Research/Teaching Associate**
University of Thessaly, Medical School, Gastroenterology Department, Larissa (Greece) - Masters Course "Nutrition in Health and Disease"
Responsibilities
-Lecturing
-Thesis supervision
-Assisting in research projects
-Assisting in designing an M.Sc. study programme "Nutrition in Health and Disease"
- 8 Mar 2011–Present **Research/Teaching Associate**
Nutrition and Dietetics Department, University of Thessaly, Karditsa (Greece), Hellenic Mediterranean University of Crete
Responsibilities
-Lecturing/Teaching the following modules:
1) Clinical Nutrition I&II
2) Nutrition and Metabolism I (macronutrients)
3) Nutritional Assessment
4) Public Health Nutrition
5) Artificial Nutrition
-Thesis Supervision
-Participating in Research Projects

- 1 Nov 2004–30 Aug 2005 **Basic Grade Dietitian**
Doncaster General Hospital and Bassetlaw General Hospital, Doncaster/Kilton (England)
- 18 Jan 2003–21 Sep 2003 **Clinical Placement**
Western General Hospital of Edinburgh and Borders General Hospital, Edinburgh/Galashiels (Scotland)
- 15 Sep 2002–14 Jan 2003 **Practical Placement**
East Leeds Health for All (Public Health Promotion Company), Leeds (England)
- 15 Jun 2000–25 Aug 2000 **Clinical Placement**
University Hospital of Larissa, Larissa (Greece)

PERSONAL SKILLS

Mother tongue(s) Greek

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
	C1	C1	C1	C1	C1
English					
B.Sc. and M.Sc. in English and Scottish Universities					
Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user					
<u>Common European Framework of Reference for Languages</u>					

Communication skills

-Communication Skills: I have gained great communication skills though teaching in undergraduate and post-graduate students in both University of Thessaly and Technological Educational Institute of Thessaly in Greece. Also I have been practicing dietetics for 10 years now in both hospital and private settings.

-Intercultural skills: I am experienced at working at a European dimension since I have been practicing dietetics and nutrition research in both UK (England, Scotland) and Greece.

Organisational / managerial skills

Organisational/leadership skills: Working as a research associate for almost 10 years I have been responsible for several research projects, as well as supervising several student research theses. Also, I have participated in designing the course of study in both an undergraduate and a postgraduate nutrition programme. Moreover, I am one of the co-founders of Nutriscience company which is specialized in nutrition counseling provision and designing nutritional education programmes in corporate and professional settings such us food companies, hotels, restaurants etc.

-Very good command of SPSS

-Very good command of Nutrition analysis softwares such as DietSpeak, Net Wisp, Micro Diet, Windiets, Nutritionist.

ADDITIONAL INFORMATION

Conferences (Presentations)

1. Rena I. Kosti, Chrysoula V. Ganatsiou, Athanasios Migdanis, Sonia Paraskevopoulou, Paraskevi Iro Tousi, Konstantinos Deligiannis. **Lifestyle and psychological determinants of Greek adolescents' Body Mass Index in suburban and rural areas.** DIETS – EFAD CONFERENCE, Athens 9-12 October 2014.

2. Migdanis A, Koukoulis G, Mamaloudis I, Migdanis I, Baloyiannis I, Athanasiou E, Tzovaras G (2015) **The effect of ileostomy formation on the electrolyte profile of patients that have undergone rectosigmoid resection surgery: Pilot Study.** 29th Hellenic Congress of Surgery, Athens 12-15 November 2014.

3. Chalkia A, Migdanis A, Koukoulis G, Mamaloudis I, Migdanis I, Malissiova E, Gioulbasanis I, Tzovaras G **The effect of isotonic drinks on electrolyte abnormalities of ileostomy patients: preliminary results.** 13th Hellenic Congress of Nutrition and Dietetics & 2nd Hellenic Congress of Clinical Nutrition, Athens 27-29 November 2015.

4. Vidra N, Samarina F, Migdanis A, Drosou L, Kontogianni M, Gioulbasanis I **The impact of chronic pain in nutritional status and prognosis of patients with metastatic cancer primaries.** 13th Hellenic Congress of Nutrition and Dietetics & 2nd Hellenic Congress of Clinical Nutrition, Athens 27-29 November 2015.

5. Sotirxou M, Migdanis A, Migdanis I, Kanaki M, Koukoulis G, Alexandrou A, Diamantis T (2015) **Changes in body composition and basic metabolic rate (BMR) following bariatric surgery.** 13th Hellenic Congress of Nutrition and Dietetics & 2nd Hellenic Congress of Clinical Nutrition, Athens 27-29 November 2015.

6. Gioulbasanis I, Moutafidou E, Migdanis A, Lianou E, Letsiou A, Kontogianni M. **Chronic pain and nutritional status in metastatic cancer patients: Interrelations and association with prognosis.** 8th International Conference on Cachexia, Sarcopenia and Muscle Wasting, Paris 4-6 December 2015.

7. Chalkia M, Tzanis St, Kontogianni M, Perdikouri El, Makridou M, Vlyhou M, Migdanis A, Gioulbasanis I. **Estimating risk factors in pre-cachectic patients with metastatic tumors: Yin and Yang.** 8th International Conference on Cachexia, Sarcopenia and Muscle Wasting, Paris 4-6 December 2015.

8. Chalkia M, Migdanis I, Kanaki M, Koukoulis G, Poulia L, Diamantis T, Migdanis A. **Post-surgical metabolic changes in patients that have undergone bariatric surgery.** 11th Hellenic

Medical Congress for Obesity, Athens 25-27 February 2016.

9. Migdanis A, Koukoulis G, Mamaloudis I, Migdanis I, Malissiova E, Baloyiannis I, Athanasiou E, Tzovaras G. **Techniques for preventing dehydration and electrolyte abnormalities in patients with a diverting ileostomy.** 6th Hellenic Congress of the Hellenic Society for Colon and Rectal Surgery, Athens 31 March-2 April 2016.

10. Migdanis I, Gioulbasanis I, Lianou E, Migdanis A, Kanaki M, Kiriakou G, Sgantzios M, Kapsoritakis A, Kontogianni M. **Nutritional status and objective assessment of functional status in patients with neoplastic diseases receiving antineoplastic therapy: preliminary results.** 14th Hellenic Congress of Nutrition and Dietetics & 3rd Hellenic Congress of Clinical Nutrition and Metabolism, Athens 24-26 November 2017.

11. A. Migdanis, G. Koukoulis, I. Migdanis, I. Mamaloudis, M. Kanaki, R. Kosti, O. Androutsos, G. Tzovaras. **The effect of ileostomy formation on nutritional status markers.** 40th ESPEN Congress on Clinical Nutrition and Metabolism, Madrid Spain 1-4 September 2018.

12. M. Gouela, A. Migdanis, M. Vlachava, I. Migdanis, G. Koukoulis, K. Oikonomou, A. Kapsoritakis, M. Sgantzios. **Assessment of nutritional status, intake and habits of refugees residing in reception and resettlement centres in Greece: Preliminary results.** 40th ESPEN Congress on Clinical Nutrition and Metabolism, Madrid Spain 1-4 September 2018.

13. A Migdanis, G Koukoulis, I Mamaloudis, I Mpaloyiannis, I Migdanis, M Kanaki, E Malissiova, G Tzovaras. **Administration of an oral hydration solution prevents electrolyte and fluid disturbances and reduces readmissions in patients with a diverting ileostomy after colorectal surgery: a prospective, randomized, controlled trial.** 31st Hellenic Congress of Surgery, Athens 21-24 November 2018.

14. I Migdanis, I Gioulbasanis, T Samarina, A Letsiou, S Dragganoudi, T Befas, E Armeni, A Georgiou, A Migdanis, M Sgantzios, A Kapsoritakis, M Kontogianni. **Prevalence of cancer cachexia and malnutrition in oncology patients prior to treatment initiation.** 41st ESPEN Congress on Clinical Nutrition and Metabolism, Krakow Poland, 31 August - 3 September, 2019.

15. Mpozini K, Migdanis A, Tsimperidis A, Migdanis I, Katsoula A, Koffas A, Potamianos P, Kapsoritakis A, Gioulema O. **Assessment of nutritional status and functional capacity in Cirrhotic patients.** 39th Hellenic Congress of Gastroenterology, Alexandroupolis 10-13 October 2019.

16. Migdanis I, Trifonova N, Xadjivasiliou L, Kosti R, Armeni E, Kanellakis S, Migdanis A. (2020) **Assessment of nutritional status and dietary intake of former opioid users undergoing detoxification process in a public university hospital.** ASPEN nutrition science and practice conference, Florida USA, 28-31 March 2020.

17. Migdanis I, Migdanis A, Vaiopoulou S, Kapsoritakis A, Stefanidis I. (2020) **The effect of the Mediterranean Diet on biochemical markers of inflammation and atherosclerosis in hemodialysis patients.** ASPEN nutrition science and practice conference, Florida USA, 28-31 March 2020.

18. Migdanis I, Gioulbasanis I, Samarina T, Letsiou A, Dragganoudi S, Befas T, Armeni E, Georgiou A, Migdanis A, Sgantzios M, Kapsoritakis A, Kontogianni M. **Prevalence of cancer cachexia and sarcopenia in patients with metastatic**

tumors prior to treatment initiation and its associations with overall survival. 42nd ESPEN Virtual Congress on Clinical Nutrition and Metabolism, 19-21 September 2020.

19. Simitsopoulou E, Migdanis A, Migdanis I, Androutsos O, Mouratidi M, Louka AS, Mpountouvi E, Kanellakis S. Changes in body composition during menstrual cycle-Association with physical activity. 13th Macedonian Congress on Nutrition and Dietetics, 25-27 September 2020.

20. Gogou ND, Migdanis I, Oikonomou K, Valaris C, Migdanis A, Armeni E, Kapsoritakis A, Potamianos S. The relationship of adherence to the Mediterranean diet with disease activity and quality of life in Crohn's disease patients. 44th ESPEN Congress on Clinical Nutrition and Metabolism, 3-6 September 2022.

21. Kontana E, Papakotoulas P, Armeni E, Migdanis A, Manolakis A, Kapsoritakis A, Saloustros E, Migdanis I. The relationship of mini nutritional assessment (MNA) and patient generated subjective global assessment (PG-SGA) with overall survival in patients with metastatic cancer prior to treatment initiation. 45th ESPEN Congress on Clinical Nutrition and Metabolism, 11-14 September 2023.

22. Migdanis A, Migdanis I, Koukoulis G, Armeni E, Hougias D, Kapsoritakis A, Potamianos S. The effect of fat supplementation on the occurrence of symptoms related to dumping syndrome in patients undergone gastric surgery: preliminary results. 45th ESPEN Congress on Clinical Nutrition and Metabolism, 11-14 September 2023.

23. Migdanis I, Gioulbasanis I, Samarina T, Letsiou A, Dragganoudi S, Befi T, Armeni E, Georgiou A, Migdanis A, Sgantzios M, Kapsoritakis A, Kontogianni M. Prevalence of sarcopenia and malnutrition using international consensus criteria in patients with metastatic cancer prior to treatment initiation. Associations with overall survival. 45th ESPEN Congress on Clinical Nutrition and Metabolism, 11-14 September 2023.

[Publications in peer-reviewed
Scientific Journals \(full text\)](#)

Chrysoula Ganatsiou, Rena Kosti, [Athanasios Migdanis](#), Ioannis Migdanis (2014) On Discrete-Time Birth-Death Processes Defined by Directed Weighted Circuits. *JP Journal of Biostatistics* **11**: 103-116.

Chrysoula Ganatsiou, Rena Kosti, [Athanasios Migdanis](#), Ioannis Migdanis (2015) On the study of Discrete-Time Birth-Death Circuit Chains in random ergodic environments. *JP Journal of Biostatistics* **11**: 157-168.

[Migdanis A](#), Koukoulis G, Mamaloudis I, Baloyiannis I, Migdanis I, Kanaki M, Malissiova E, Tzovaras G (2018) Administration of an oral hydration solution prevents electrolyte and fluid disturbances and reduces readmissions in patients with a diverting ileostomy after colorectal surgery: a prospective, randomized, controlled trial. *Diseases of the Colon and Rectum*. **61**: 840-846.

E. Chaidoutis, D. Keramydas, [A. Migdanis](#), P. Papalexis (2018) The presence of biogenic amines in food as a public health concern. An outline focus on histamine food poisoning. *Archives of Hellenic Medicine* **36**: 419-425.

[Migdanis A](#), Koukoulis G, Mamaloudis I, Baloyiannis I, Migdanis I, Vagena X, Malissiova E, Tzovaras G. (2020) **The effect of a diverting ileostomy formation on nutritional status and energy intake of patients undergoing colorectal surgery.** *Clinical Nutrition ESPEN*.

40: 357-362.

Iossifidis S, Vaiou M, Challa A, Migdanis A, Migdanis I, Moula A, Papageorgiou M, Kokkinos G, Deligeorgis D, Varitimidis S, Malizos K, Moulas A. (2020) **Use of fortified bread for addressing vitamin D deficiency.** *Adv Exp Med Biol.* 1337:371-378.

Kanellakis S, Karalexi M, Apostolidou E, Kontoe M, Bacopoulou F, Tsitsas G, Migdanis A, Bountouvi E, Canellopoulos L, Manios Y. (2020) **Earlier age of menarche is associated with body fat and negative body self-image in adult life.** *Body Image.* 6: 1-10.

Chaidoutis E, Keramydas E, Papalexis P, Migdanis A, Migdanis I, Lazaris A, Kavantzias E. (2022) Foodborne botulism: A brief review of cases transmitted by cheese products (Review). *Biomedical Reports.* 16: 41.

Migdanis A, Migdanis I, Koukoulis G. (2022) Nutritional considerations in colorectal surgery resulting in a diverting ileostomy construction: A review. *JWOCN.* (accepted).

Kanellakis S, Skoufas E, Simitsopoulou E, Migdanis A, Migdanis I, Prelorentzou T, Louka A, Moschonis G, Bountouvi E, Androutsos O. Changes in body weight and body composition during the menstrual cycle. *Am J Hum Biol.* 2023; 3: e23951.

Antasouras G, Papadopoulou S, Alexatou O, Papandreou D, Mentzelou M, Migdanis A, Psara E, Migdanis I, Chrysafi M, Tyrovolas S, Louka A, Giaginis C. Adherence to the mediterranean diet during pregnancy: Associations with sociodemographic and anthropometric parameters, perinatal outcomes and breastfeeding practices. *Medicina (Kaunas).* 2023; 59: 1547.

Migdanis I, Gioulbasanis I, Migdanis A, Armeni E, Sgantzios M, Kapsoritakis A, Kontogianni M. Objective measurements of physical function to predict survival in patients with metastatic cancer. *Nutrition and Cancer.* 2023; 75: 912-922.

Migdanis A, Migdanis I, Koukoulis G, Kanellakis S, Kapsoritakis A, Potamianos S. The effect of fat supplementation on the appearance of symptoms associated with dumping syndrome in patients undergone bariatric surgery: preliminary results. *Cureus* (accepted).

Publications in peer-reviewed
scientific journals (abstracts)

1. Chalkia A, Migdanis A, Koukoulis G, Mamaloudis I, Migdanis I, Malissiova E, Gioulbasanis I, Tzovaras G (2015) **The effect of isotonic drinks on electrolyte abnormalities of ileostomy patients: preliminary results.** *Clinical Nutrition ESPEN* 13: e57-58.

2. Sotirxou M, Migdanis A, Migdanis I, Kanaki M, Koukoulis G, Alexandrou A, Diamantis T (2015) **Changes in body composition and basic metabolic rate (BMR) following bariatric surgery.** *Clinical Nutrition ESPEN* 13: e67.

3. Vidra N, Samarina F, Migdanis A, Drosou L, Kontogianni M, Gioulbasanis I (2015) **The impact of chronic pain in nutritional status and prognosis of patients with metastatic cancer primaries.** *Clinical Nutrition ESPEN* 13: e60.

4. Gioulbasanis I, Moutafidou E, Migdanis A, Lianou E, Letsiou A, Kontogianni M. (2015) **Chronic pain and nutritional status in metastatic cancer patients: Interrelations and association with prognosis.** *Journal of Cachexia Sarcopenia and Muscle* **6**: 398-509.

5. Chalkia M, Tzanis St, Kontogianni M, Perdikouri El, Makridou M, Vlyhou M, Migdanis A, Gioulbasanis I. (2015) **Estimating risk factors in pre-cachectic patients with metastatic tumors: Yin and Yang.** *Journal of Cachexia Sarcopenia and Muscle* **6**: 398-509.

6. Migdanis I, Gioulbasanis I, Lianou E, Migdanis A, Kanaki M, Kiriakou G, Sgantzios M, Kapsoritakis A, Kontogianni M. (2018) **Nutritional status and objective assessment of functional status in patients with neoplastic diseases receiving antineoplastic therapy: preliminary results.** *Clinical Nutrition ESPEN*. **24**: e186.

7. A. Migdanis, G. Koukoulis, I. Migdanis, I. Mamaloudis, M. Kanaki, R. Kosti, O. Androutsos, G. Tzovaras. (2018) **The effect of ileostomy formation on nutritional status markers.** *Clinical Nutrition* **37**: S106-S107.

8. M. Gouela, A. Migdanis, M. Vlachava, I. Migdanis, G. Koukoulis, K. Oikonomou, A. Kapsoritakis, M. Sgantzios. (2018) **Assessment of nutritional status, intake and habits of refugees residing in reception and resettlement centres in Greece: Preliminary results.** *Clinical Nutrition* **37**: S287.

9. I Migdanis, I Gioulbasanis, T Samarina, A Letsiou, S Dragganoudi, T Befi, E Armeni, A Georgiou, A Migdanis, M Sgantzios, A Kapsoritakis, M Kontogianni. (2019) **Prevalence of cancer cachexia and malnutrition in oncology patients prior to treatment initiation.** *Clinical Nutrition* **38**: S147.

10. Migdanis I, Trifonova N, Xadjivasiliou L, Kosti R, Armeni E, Kanellakis S, Migdanis A. (2020) **Assessment of nutritional status and dietary intake of former opioid users undergoing detoxification process in a public university hospital.** *J Parenter Enteral Nutr* **44**: 254-257.

11. Migdanis I, Migdanis A, Vaiopoulou S, Kapsoritakis A, Stefanidis I. (2020) **The effect of the Mediterranean Diet on biochemical markers of inflammation and atherosclerosis in hemodialysis patients.** *J Parenter Enteral Nutr* **44**: 254-257.

12. I Migdanis, I Gioulbasanis, T Samarina, A Letsiou, S Dragganoudi, T Befi, E Armeni, A Georgiou, A Migdanis, M Sgantzios, A Kapsoritakis, M Kontogianni (2020) **Prevalence of cancer cachexia and sarcopenia in patients with metastatic tumors prior to treatment initiation and its associations with overall survival.** *Clinical Nutrition ESPEN*. **40**: 446-447.

13. I Migdanis, I Gioulbasanis, T Samarina, A Letsiou, S Dragganoudi, T Befi, E Armeni, A Georgiou, A Migdanis, M Sgantzios, A Kapsoritakis, M Kontogianni (2020) **Prevalence of sarcopenia according to international diagnosis criteria in oncology patients prior to treatment initiation. Associations with overall survival.** *Forum of Clinical Oncology (FCO) Supplementary issue* **11**: 11.

14. Kontana E, Papakotoulas P, Armeni E, Migdanis A, Manolakis A, Kapsoritakis A,

Saloustros E, Migdanis I. (2023) The relationship of mini nutritional assessment (MNA) and patient generated subjective global assessment (PG-SGA) with overall survival in patients with metastatic cancer prior to treatment initiation. Clinical Nutrition ESPEN.

15. Migdanis A, Migdanis I, Koukoulis G, Armeni E, Hougias D, Kapsoritakis A, Potamianos S. (2023) The effect of fat supplementation on the occurrence of symptoms related to dumping syndrome in patients undergone gastric surgery: preliminary results. Clinical Nutrition ESPEN.

16. Migdanis I, Gioulbasanis I, Samarina T, Letsiou A, Dragganoudi S, Befi T, Armeni E, Georgiou A, Migdanis A, Sgantzios M, Kapsoritakis A, Kontogianni M. (2023) Prevalence of sarcopenia and malnutrition using international consensus criteria in patients with metastatic cancer prior to treatment initiation. Associations with overall survival. Clinical Nutrition ESPEN.

Participation in funded Research Projects

1. June 2014 - August 2014 "Glycaemic index assessment of a new food product" Assigned by the Academic and Research Committee of Technological Educational Institute of Thessaly, Greece.

2. May 2015- August 2015 "Fortification of starchy foods with vitamin D" Assigned by the Academic and Research Committee of Technological Educational Institute of Thessaly, Greece.

3. January 2020 – present "Understanding the biological role of human exposome in cancer: a new biomarker for development of effective biomonitoring in population. 3rd EU Health Programme Horizon 2020.

4. June 2022 - present "The effect of fat supplementation on the appearance of symptoms associated with dumping syndrome in patients undergone bariatric surgery". Post-doctoral research.

Editorial work

Reviewer in scientific journals:
- Clinical Nutrition ESPEN

Congress Organization

15th International Meeting on Fat Soluble Vitamins, FSV 2012 Kalabaka 22-24 March (member of the Organizing Committee).

Member of the Scientific Committee, Hellenic Congress of the Hellenic Association of Nutritionist and Dietitians