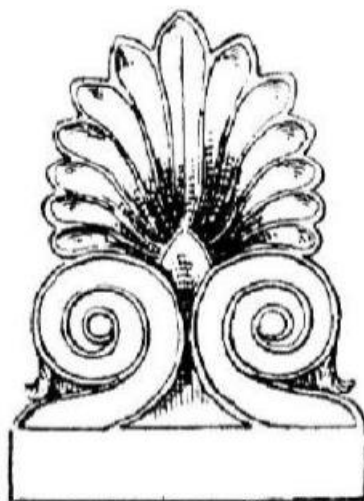




Brief CV

Dr. NIKOLAOS D. KARAKOUSIS

Doctor - Internal Medicine Physician MD, MSc, PhD



Personal information:

Date of birth: 04/11/1987

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Studies

2019-2023: PhD experiment and thesis, National and Kapodistrian University of Athens, Medical School. (**PhD**)

2019-2020: Trained in Hepatology, Hepatology Unit, Laiko General Hospital of Athens.

2014-2019: Residency in Internal Medicine, Sismanoglio General Hospital of Athens.

2016-2017: 10th School of Hepatology, HASL.

2015-2017: Master of Science, Metabolic Bone Diseases, National and Kapodistrian University of Athens, Medical School. (**MSc**)

2005-2011: Medical School, National and Kapodistrian University of Athens. (**MD**)

Work experience

2024 till now: Internal Medicine Physician, Private Medical Office, Internal Medicine, Trikala, Thessaly, Greece.

2023-2025: Teaching Assistant, University of Thessaly, School of Medical Sciences, Department of Nursing.

2022-2024: Scientific Associate, Second Department of Internal Medicine, Diabetes Centre-Diabetic Foot Clinic, Democritus University of Thrace, Alexandroupolis, Greece.

2020-2022: Internal Medicine Consultant, Primary Healthcare of Attica, Amarousion, Greece.

2019-2020: Hepatology Trainee and Internal Medicine Physician, Laiko General Hospital of Athens.

2014-2019: Internal Medicine Resident, Sismanoglio General Hospital, Amarousion, Attica.

2011-2012: MD - Ranger in Greek Special Forces (5th Commando Battalion).

Publications (PubMed, Scopus) (h-index: 10)

1. Markakis GE, Lai JC, **Karakousis ND**, Papatheodoridis GV, Psaltopoulou T, Merli M, Sergentanis TN, Cholongitas E. Sarcopenia as a Predictor of Survival and Complications of Patients With Cirrhosis After Liver Transplantation: A Systematic Review and Meta-Analysis. *Clinical Transplantation*. 2025 Feb;39(2):e70088. doi: 10.1111/ctr.70088.
2. Barkas GI, **Karakousis ND**, Gourgoulisanis KI, Daniil Z, Papanas N, Kotsiou OS. Pioglitazone and asthma: a review of current evidence. *Journal of Asthma*. 2024 Oct 18:1-11. doi: 10.1080/02770903.2024.2414342. Online ahead of print.
3. Kotsiou OS, **Karakousis ND**, Papagiannis D, Perlepe G, Gourgoulisanis KI. Diagnostic value of pleural calprotectin in differentiating complex parapneumonic effusions. *European Journal of Internal Medicine*. 2024 Sep 6: S0953-6205(24)00379-0. doi: 10.1016/j.ejim.2024.09.002. Online ahead of print.
4. **Karakousis N**, Pyrgioti E, Karagiannakis D, Georgakopoulos P, Alexiou K, Papanas N. Hand grip strength and diabetic foot ulcers: A mini-review. <https://doi.org/10.46389/rjd-2024-1693>.
5. Barkas GI, **Karakousis ND**, Daniil Z, Gourgoulisanis K, Kotsiou OS. Sarcopenia and pleural effusions: Exploring a potential link. *Muscles*. <https://doi.org/10.3390/muscles3030017>
6. **Karakousis ND**, Gourgoulisanis KI, Kotsiou OS. Pulmonary embolism and sarcopenia: The potential interplay. *Pneumon*. doi: <https://doi.org/10.18332/pne/183959>
7. Galanakos SP, **Karakousis ND**, Bablekos G, Fontara S. Response to Letter to the Editor by Josef Finsterer, MD, PhD: “The More Intensive the Diagnostic Workup, the More Likely It Is That the Cause of Coccygodynia Can Be Clarified”. *Acta Medica Academica*. 2024 Mar 11. doi: 10.5644/ama2006-124.431. Online ahead of print.
8. **Karakousis ND**, Gourgoulisanis KI, Papanas N, Kotsiou OS. Sarcopenia and Pleural Mesothelioma: The Current Knowledge. *Muscles*. <https://doi.org/10.3390/muscles3010006>

9. Pyrgioti EE, **Karakousis ND**, Karagiannakis DS, Georgakopoulos PN, Papanas N. Folic acid and diabetic foot ulcers. *The International Journal of Lower Extremity Wounds*. 2024 Jan 17;15347346241226677. doi: 10.1177/15347346241226677.
10. Karagiannakis DS, **Karakousis ND**, Androutsakos T. B-blockers in liver cirrhosis: A wonder drug for every stage of portal hypertension? A narrative review. *Biomedicines*. 2023 Dec 25;12(1):57. doi: 10.3390/biomedicines12010057.
11. **Karakousis ND**, Pyrgioti EE, Georgakopoulos PN, Apergi K, Popovic DS, Papanas N. Zinc levels and diabetic foot ulcers: A mini review. *The International Journal of Lower Extremity Wounds*. 2023 Nov 8;15347346231214209. doi: 10.1177/15347346231214209. Online ahead of print.
12. **Karakousis ND**, Georgakopoulos PN. Loop diuretics and sarcopenia: A potential association. *Muscles*. <https://doi.org/10.3390/muscles2040024>
13. **Karakousis ND**, Pyrgioti EE, Karagiannakis DS, Georgakopoulos PN, Papanas N. Vitamin E and diabetic foot ulcers. *Current Diabetes Reviews*. 2023 Sep 14. doi: 10.2174/1573399820666230914155232. Online ahead of print.
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15. Pyrgioti EE, **Karakousis ND**, Georgakopoulos PN, Papanas N. Metformin in type 2 diabetes: Evidence for its beneficial effects on frailty and sarcopenia. *Current Diabetes Reviews*. 2023 Jul 27. doi: 10.2174/1573399820666230727101141. Online ahead of print.
16. **Karakousis ND**, Gourgoulianis KI, Kotsiou OS. Sarcopenia and tuberculosis: Is there any connection? *Journal of Personalized Medicine*. 2023 Jul 6;13(7):1102. doi: 10.3390/jpm13071102.
17. **Karakousis ND**, Pyrgioti EE, Georgakopoulos PN, Apergi K, Papanas N. Magnesium and diabetic foot ulcers: A mini review. *The International Journal of Lower Extremity Wounds*. 2023 May 25;15347346231176117. doi: 10.1177/15347346231176117. Online ahead of print.

18. **Karakousis ND**, Biliou S, Pyrgioti EE, Georgakopoulos PN, Liakopoulos V, Papanas N. Frailty, sarcopenia and diabetic kidney disease. *International Urology and Nephrology*. 2023 May;55(5):1173-1181. doi: 10.1007/s11255-022-03392-1. Epub 2022 Nov 10.
19. **Karakousis ND**, Gourgoulisanis KI, Kotsiou OS. The role of Folic acid in SARS-CoV-2 infection: An intriguing linkage under investigation. *Journal of Personalized Medicine*. 2023 Mar 21;13(3):561. doi: 10.3390/jpm13030561.
20. **Karakousis ND**, Chrysavgis L, Papatheodoridi A, Legaki A-I, Lembessis P, Cholongitas E, Chatzigeorgiou A, Papatheodoridis G. Significance of Circulating Cell-Free DNA Biomarkers in HBeAg-Negative Chronic Hepatitis B Virus Infection and Their Changes after Treatment Initiation. *Pathogens*. 2023 Mar 1;12(3):394. doi: 10.3390/pathogens12030394.
21. Galanakos SP, Bablekos GD, Tzavara C, **Karakousis ND**, Sigalos E. Primary Health Care: Our Experience From an Urban Primary Health Care Center in Greece. *Cureus*. 2023 Feb 20;15(2):e35241. doi: 10.7759/cureus.35241. eCollection 2023 Feb.
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23. **Karakousis ND**, Pyrgioti EE, Georgakopoulos PN, Papanas N. Vitamin B12 and Diabetic Foot: A Mini-Review. *The International Journal of Lower Extremity Wounds*. 2022 Nov 29;15347346221143018. doi: 10.1177/15347346221143018. Online ahead of print.
24. Kotsiou OS, **Karakousis N**, Papagiannis D, Matsiatsiou E, Avgeri D, Fradelos EC, Siachpazidou DI, Perlepe G, Miziou A, Kyritsis A, Gogou E, Vavougios GD, Kalantzis G, Gourgoulisanis KI. The Comparative Superiority of SARS-CoV-2 Antibody Response in Different Immunization Scenarios. *Journal of Personalized Medicine*. 2022 Oct 23;12(11):1756. doi: 10.3390/jpm12111756.
25. Bellos TC, Tzelves LI, Manolitsis IS, Katsimperis SN, Berdempes MV, Skolarikos A, **Karakousis ND**. Frailty and benign prostatic hyperplasia: The

- thrilling underlying impact. Archives of Italian Urology and Andrology. 2022 Sep 27;94(3):345-349. doi: 10.4081/aiua.2022.3.345.
26. **Karakousis ND**, Kotsiou OS, Gourgoulisanis KI. Bronchial asthma and sarcopenia: An upcoming potential interaction. Journal of Personalized Medicine. 2022 Sep 21;12(10):1556. doi: 10.3390/jpm12101556.
27. Bellos TC, Tzelves LI, Manolitsis IS, Katsimperis SN, Berdempes MV, Skolarikos A, **Karakousis ND**. Sarcopenia in urinary bladder cancer: Definition, prevalence and prognostic value in survival. Maedica. 2022 Jun; 17(2):427-435. doi: 10.26574/maedica.2022.17.2.427.
28. **Karakousis ND**, Pyrgioti EE, Georgakopoulos PN, Papanas N. Sarcopenia, frailty and diabetic foot: A mini narrative review. The International Journal of Lower Extremity Wounds. 2022 Jul 5;15347346221111420. doi: 10.1177/15347346221111420. Online ahead of print.
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32. **Karakousis ND**, Kostakopoulos NA. Hyponatremia in the frail. Journal of Frailty, Sarcopenia and Falls. 2021 Dec 1;6(4):241-245. doi: 10.22540/JFSF-06-241. eCollection 2021 Dec.
33. Papatheodoridi A, **Karakousis N**, Lembessis P, Chatzigeorgiou A, Papatheodoridis GV. The Significance of Circulating Cell-Free DNA Markers in Chronic Hepatitis B Patients with Hepatocellular Carcinoma. Pathogens. 2021 Nov 22;10(11):1524. doi: 10.3390/pathogens10111524.
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36. Kostakopoulos NA, **Karakousis ND**. Frailty assessment and postoperative complications in urologic oncology operations. *Journal of Frailty, Sarcopenia and Falls*. 2020 Sep 1;5(3):57-61. doi: 10.22540/JFSF-05-057. eCollection 2020 Sep
37. Papakonstantinou IP, **Karakousis ND**, Andreadis EA. Gastric neuroendocrine tumour, atrophic gastritis and autoimmune haemolytic anaemia: a case report and review. *Scottish Medical Journal*. 2019 Nov;64(4):154–158. doi:10.1177/0036933019867574. Epub 2019 Aug 12
38. **Karakousis ND**, Kolonia V, Saltamavros AD, Ntellas P, Kaligeros K. Anemia associated with autoimmune liver disease in a middle-aged female. *Archives of Hellenic Medicine*. 2019 Jan-Feb;36(1):114-116.
39. **Karakousis ND**, Kanakas CA. From pruritus to CREST syndrome in a middle-aged woman. *Journal of Frailty, Sarcopenia and Falls*. 2017 Mar 1;2(1):6–8. doi: 10.22540/JFSF-02-006. eCollection 2017 Mar

Publications in Greek Medical Journals

Number: 3

Presentations at Congresses (E-poster)

Number: 28

Oral Presentations at Greek Congresses

Number: 6

Teaching Experience

2023-2025: Teaching Assistant, University of Thessaly, School of Medical Sciences, Department of Nursing.

Area of Expertise

Hepatology and Liver Diseases, Sarcopenia, Frailty, Minerals, Electrolytes, Diabetes Mellitus, Metabolism, Pathophysiology.