

Aristidis Veskoukis (6/2023)
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Item	Number
Book Chapters	5
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases	70
Refereed International Conference Presentations	22
Invited Presentations	4
Google Scholar/Scopus Citation Index (including self-citations)	2315
Google Scholar/Scopus h-index	26
Involved in Successful Grant Applications	2

1 EDUCATION

- B.Sc. University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.
- Ph.D. University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.

2 EMPLOYMENT HISTORY

- December 2020 - today: Assistant Professor in Redox Biology of Nutrition and Exercise, University of Thessaly, Department of Nutrition and Dietetics, Trikala, Greece.
- December 2018 - May 2020: Biochemist, action entitled "Study-development and certification of innovative bio-functional foods based on plant extracts of beetles from Greek varieties (FUNCFOOD)" for the call RESEARCH-CREATE-INNOVATE, NSRF (National Strategic Reference Framework) 2014-2020, University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.
- January 2017 - December 2018: Post-Doctoral Researcher, University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.
- January 2014 - December 2016: Post-Doctoral Researcher, Aristotle University of Thessaloniki, Department of Physical Education and Sport Science at Serres, Greece.
- January 2013 - December 2013: Post-doctoral Fellow, Aristotle University of Thessaloniki, Department of Physical Education and Sports Science at Serres, Serres, Greece.
- January 2011 - October 2011: Research Associate, University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.
- January 2011 - October 2011: Chemical Scientist, K. MEDITURA SA, Food Company.

3 ACADEMIC AND SCIENTIFIC EXPERIENCE

3.1 Undergraduate Teaching as an Assistant Professor

- "Biochemistry", "Pharmacology", "Free Radicals and Antioxidants in Nutrition", "Research Methods" (participation), "Evidence Based Practice in Health Sciences" (participation), "Current Research Topics in Nutrition and Exercise" (participation), "Food Toxicology", "Food Microbiology", "Functional Foods", University of Thessaly, Department of Nutrition and Dietetics, Trikala, Greece.
- Visiting Lecturer for the course "Drugs in sports: antidoping control, international and WADA regulations", University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.

3.2 Undergraduate Teaching (as a Contract Lecturer)

- 2019-2020: Stand-alone teaching of the courses "Functional Foods", "Food Microbiology" and "Research into Food Development" University of Thessaly, Department of Nutrition and Dietetics, Trikala, Greece.
- 2017-2018, 2018-2019: Visiting Lecturer for the course "Drugs in sports: antidoping control, international and WADA regulations", University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.
- Stand-alone teaching of the course "Laboratory Biology of Exercise", Aristotle University of Thessaloniki, Department of Physical Education and Sport Science at Serres, Serres, Greece.

3.3 Postgraduate Teaching

- 2023: "Research Methods and Statistics" (Module leader), in the evidence-based International Postgraduate Program "Lifestyle Medicine", University of Thessaly, Department of Physical Education and Sport Science, Department of Nutrition and Dietetics, Department of Medicine, Trikala, Greece.
- 2016-2020, 2022-2023: Participation in the course "Chemoprevention and Mechanisms" of the Postgraduate Program "Toxicology", University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.
- 2016-2023: Participation in the course "Nutrition and Wellbeing" of the Postgraduate Program "Biotechnology - Quality Assessment in Nutrition and the Environment", University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.

3.4 Member of Examining/Advisory PhD Committees

- Member of the Advisory PhD Committee of 2 PhD candidates (in Progress), University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.
- Member of the Examining PhD Committee of 3 PhD candidates (Completed), University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.

3.5 Supervisions/Co-supervision of Master's Theses

- Supervision of 4 Theses, University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.
- Co-supervision of 10 Theses, University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.

3.6 Supervisions/Co-supervision of Undergraduate Dissertations

- Supervision of 6 Dissertations, Department of Nutrition and Dietetics, Department of Medicine, Trikala, Greece
- Supervision of 3 Dissertations, University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece
- Supervision of 4 Dissertations, Department of Dietetics and Nutrition, former Department of Applied Sciences of Thessaly, Karditsa, Greece.
- Co-supervision of 10 Dissertations, University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece

3.7 Funding

3.7.1 Competitive National

- Emblematic Action, The Routes of Vineyards. Funding: Ministry of Research and Technology. Duration 2018-2020 (Member of the research team).

- Action for the Support of Plans for Research, Development and Innovation in the Agro-Food Sector, Priority of RIS3. The role of microbial terroir in the production of high-quality wine from local vine varieties (MICROBE-TERROIR). Funding: Region of Western Greece, Duration 2019-2021 (Member of the research team).

3.7.2 Other

- 6.000-euro scholarship, Research Committee, Aristotle University of Thessaloniki, Greece (January 2013 - December 2013).

4 PUBLICATIONS

4.1 Book Chapters

1. Veskoukis AS 2020. Redox signalling and antioxidant defence in pathogenic microorganisms: a link to disease and putative therapy. In: Preedy, V.R. (Ed.), Pathology: Oxidative Stress and Dietary Antioxidants. Academic Press, San Diego, pp. 87-95.
2. Kouka P, Veskoukis AS, Kouretas D 2021. Antioxidants in olive oil phenolics: a focus on myoblasts. In: Preedy V.R., Watson R. (Ed.), Olives and Olive Oil in Health and Disease Prevention. Academic Press, 2nd Edition. pp. 301-312.
3. Veskoukis AS 2021. Redox biomarkers in toxicology and nutrition: the social link. In: Tsatsakis AM (Ed.), Toxicological Risk Assessment and Multi-System Health Impacts from Exposure. In Press.
4. Rezaee R, Veskoukis AS, Tsitsimpikou C, Tsatsakis A 2021. Safety profile of plants and phytoconstituents used in traditional medicine worldwide. In: Tsatsakis A (Ed.), Toxicological risk assessment and multi-system health impacts from exposure, 1st Edition. Academic Press, San Diego, pp. 435-447.
5. Βεσκούκης ΑΣ. Η θεωρία των ελευθέρων ριζών στην τοξικολογία και ο ρόλος της διατροφής. Στο βιβλίο: Αριστείδης Τσατσάκης. Τοξικολογία στον σύγχρονο κόσμο. Ιατρικές εκδόσεις Νέον, 2021 (υπό έκδοση).

4.2 Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases

1. Veskoukis AS, Kouretas D, Panoutsopoulos GI (2006). Substrate specificity of guinea pig liver aldehyde oxidase and bovine milk xanthine oxidase for methyl- and nitro- benzaldehydes. *European Journal of Drug Metabolism and Pharmacokinetics*, 31(1):11-16.
2. Veskoukis AS, Nikolaidis MG, Kyparos A, Kokkinos D, Nepka C, Barbanis S, Kouretas D (2008). Effects of xanthine oxidase inhibition on oxidative stress and swimming performance in rats. *Applied Physiology, Nutrition and Metabolism*, 33(6):1140-54.
3. Veskoukis AS, Nikolaidis MG, Kyparos A, Kouretas D (2009). Blood reflects tissue oxidative stress depending on biomarker and tissue studied. *Free Radical Biology and Medicine*, 47(10):1371-4.
4. Veskoukis AS, Kyparos A, Stagos D, Kouretas D (2010). Differential effects of xanthine oxidase inhibition and exercise on albumin concentration in rat tissues. *Applied Physiology, Nutrition and Metabolism*, 35(3):244-50.
5. Tsarouhas K, Karatzaferi C, Tsitsimpikou C, Haliassos A, Kouretas D, Pavlidis P, Veskoukis A, Adamopoulos S, Kyriakides Z, Constantinou L, Koutedakis Y, Rentoukas E (2011). Effects of walking on heart rate recovery, endothelium modulators and quality of life in patients with heart failure. *European Journal of Cardiovascular Prevention and Rehabilitation*, 18(4):594-600.

6. Spanou C, Veskoukis AS, Stagos D, Liadaki K, Anastasiadi M, Haroutounian SA, Tsouka M, Tzanakouli E, Kouretas D (2011). Effects of grape extracts on the in vitro activity of enzymes involved in oxidative stress regulation. *In Vivo*, 25(4):657-62.
7. Veskoukis AS, Tsatsakis A, Kouretas D (2012). Dietary oxidative stress and antioxidant defence with an emphasis on plant extract administration. *Cell Stress and Chaperones*, 17(1):11-21.
8. Spanou C, Veskoukis AS, Stagos D, Liadaki K, Aligiannis N, Angelis A, Skaltsounis AL, Anastasiadi M, Haroutounian SA, Kouretas D (2012). Effects of greek legume plant extracts on xanthine oxidase, catalase and superoxide dismutase activities. *Journal of Physiology and Biochemistry*, 68(1):37-45.
9. Yfanti C, Fischer CP, Nielsen S, Akerström T, Nielsen AR, Veskoukis AS, Kouretas D, Lykkesfeldt J, Pilegaard H, Pedersen BK (2012). Role of vitamin C and E supplementation on IL-6 in response to training. *Journal of Applied Physiology*, 112(6):990-1000.
10. Spanou C, Veskoukis AS, Kerasioti T, Kontou M, Angelis A, Aligiannis N, Skaltsounis AL, Kouretas D (2012). Flavonoid glycosides isolated from unique legume plant extracts as novel inhibitors of xanthine oxidase. *PLoS One*, 7(3):e32214.
11. Kerasioti E, Kiskini A, Veskoukis A, Jamurtas A, Tsitsimpikou C, Tsatsakis AM, Koutedakis Y, Stagos D, Kouretas D, Karathanos V (2012). Effect of a special carbohydrate-protein cake on oxidative stress markers after exhaustive cycling in humans. *Food and Chemical Toxicology*, 50(8):2805-10.
12. Veskoukis AS, Kyparos A, Nikolaidis MG, Stagos D, Aligiannis N, Halabalaki M, Chronis K, Goutzourelas N, Skaltsounis L, Kouretas D (2012). The antioxidant effects of a polyphenol-rich grape seed extract in vitro do not correspond in vivo using exercise as an oxidant stimulus. *Oxidative Medicine and Cellular Longevity*, 2012:185867.
13. Varamenti EI, Kyparos A, Veskoukis AS, Bakou M, Kalaboka S, Jamurtas AZ, Koutedakis Y, Kouretas D (2013). Oxidative stress, inflammation and angiogenesis markers in elite female water polo athletes throughout a season. *Food and Chemical Toxicology*, 61:3-8.
14. Petridis L, Jamurtas AZ, Veskoukis A, Kouretas D (2013). The effects of a water polo game on the blood redox status of male water polo players. *Journal of Sports Medicine and Physical Fitness*, 53(5):551-8.
15. Pechlivanis A, Chrysovalantou Chatziioannou A, Veskoukis AS, Kouretas D, Mougios V, Theodoridis GA (2014). GC-MS analysis of blood for the metabonomic investigation of the effects of physical exercise and allopurinol administration on rats. *Journal of Chromatography B Analytical Technologies in the Biomedical and Life Sciences*, 966:127-31.
16. Margaritelis NV, Veskoukis AS, Paschalis V, Vrabas IS, Dipla K, Zafeiridis A, Kyparos A, Nikolaidis MG (2015). Blood reflects tissue oxidative stress: a systematic review. *Biomarkers*, 20(2):97-108.
17. Goutianos G, Tzioura A, Kyparos A, Paschalis V, Margaritelis NV, Veskoukis AS, Zafeiridis A, Dipla K, Nikolaidis MG, Vrabas IS (2015). The rat adequately reflects human responses to exercise in blood biochemical profile: a comparative study. *Physiological Reports*, 3(2).
18. Margaritelis NV, Cogley JN, Paschalis V, Veskoukis AS, Theodorou AA, Kyparos A, Nikolaidis MG (2016). Principles for integrating reactive species into in vivo biological processes: Examples from exercise physiology. *Cellular Signalling*, 28(4):256-71.
19. Veskoukis AS*, Kyparos A, Paschalis V, Nikolaidis MG (2016). Spectrophotometric assays for measuring redox biomarkers in blood. *Biomarkers*, 21(3):208-17. (*Corresponding author).
20. Margaritelis NV, Cogley JN, Paschalis V, Veskoukis AS, Theodorou AA, Kyparos A, Nikolaidis MG (2016). Going retro: Oxidative stress biomarkers in modern redox biology. *Free Radical Biology and Medicine*, 98:2-12.

21. Veskoukis AS, Goutianos G, Paschalis V, Margaritelis NV, Tzioura A, Dipla K, Zafeiridis A, Vrabas IS, Kyparos A, Nikolaidis MG (2016). The rat closely mimics oxidative stress and inflammation in humans after exercise but not after exercise combined with vitamin C administration. *European Journal of Applied Physiology*, 116(4):791-804.
22. Kourtzidis IA, Stoupas AT, Gioris IS, Veskoukis AS, Margaritelis NV, Tsantarliotou M, Taitzoglou I, Vrabas IS, Paschalis V, Kyparos A, Nikolaidis MG (2016). The NAD⁺ precursor nicotinamide riboside decreases exercise performance in rats. *Journal of the International Society of Sports Nutrition*, 13:32.
23. Margaritelis NV, Theodorou AA, Paschalis V, Veskoukis AS, Dipla K, Zafeiridis A, Panayiotou G, Vrabas IS, Kyparos A, Nikolaidis MG (2016). Experimental verification of regression to the mean in redox biology: differential responses to exercise. *Free Radical Research*, 50(11):1237-1244.
24. Goutianos G, Veskoukis AS, Tzioura A, Paschalis V, Margaritelis NV, Dipla K, Zafeiridis A, Vrabas IS, Nikolaidis MG, Kyparos A (2016). Plasma from exercised rats administered to sedentary rats induces systemic and tissue inflammation. *Physiological Reports*, 4(24).
25. Margaritelis NV, Theodorou AA, Paschalis V, Veskoukis AS, Dipla K, Zafeiridis A, Panayiotou G, Vrabas IS, Kyparos A, Nikolaidis MG (2018). Adaptations to endurance training depend on exercise-induced oxidative stress: exploiting redox inter-individual variability. *Acta Physiologica (Oxf)*, 222(2).
26. Veskoukis AS*, Margaritelis NV, Kyparos A, Paschalis V, Nikolaidis MG (2018). Spectrophotometric assays for measuring redox biomarkers in blood and tissues: the NADPH network. *Redox Report*, 23(1):47-56. (*Corresponding author).
27. Veskoukis AS*, Paschalis V, Kyparos A, Nikolaidis MG (2018). Administration of exercise-conditioned plasma alters muscle catalase kinetics in rat: An argument for in vivo-like Km instead of in vitro-like Vmax. *Redox Biology*, 15:375-379. (*Corresponding author).
28. Priftis A, Panagiotou EM, Lakis K, Plika C, Halabalaki M, Ntasi G, Veskoukis AS, Stagos D, Skaltsounis LA, Kouretas D (2018). Roasted and green coffee extracts show antioxidant and cytotoxic activity in myoblast and endothelial cell lines in a cell specific manner. *Food and Chemical Toxicology*, 114:119-127.
29. Priftis A, Angeli-Terzidou AE, Veskoukis AS, Spandidos DA, Kouretas D (2018). Cell-specific and roasting-dependent regulation of the Keap1/Nrf2 pathway by coffee extracts. *Molecular Medicine Reports*, 17(6):8325-8331.
30. Veskoukis AS*, Kyparos A, Paschalis V, Nikolaidis MG (2018). A novel swimming performance test in rats. *The Chinese Journal of Physiology*, 61(3):144-151. (*Corresponding author).
31. Kourtzidis IA, Dolopikou CF, Tsiftsis AN, Margaritelis NV, Theodorou AA, Zervos IA, Tsantarliotou MP, Veskoukis AS, Vrabas IS, Paschalis V, Kyparos A, Nikolaidis MG (2018). Nicotinamide riboside supplementation dysregulates redox and energy metabolism in rats: implications for exercise performance. *Experimental Physiology*, 103(10):1357-1366.
32. Spanidis Y, Stagos D, Papanikolaou C, Karatza K, Theodosi A, Veskoukis AS, Deli C, Poullos A, Koulocheri S, Jamurtas T, Haroutounian SA, Kouretas D (2018). Trained individuals are less susceptible to oxidative damage after eccentric exercise. *Oxidative Medicine and Cellular Longevity*, 2018:6857190.
33. Argyropoulou M, Veskoukis AS, Karanatsiou PM, Manolakelli A, Kostoglou-Athanassiou I, Vilaras G, Karameris A, Liadaki K. Low Prevalence of TERT Promoter, BRAF and RAS Mutations in Papillary Thyroid Cancer in the Greek Population. *Pathology and Oncology Research*, 26(1):347-354, 2020 (Epub 2018 Oct 25).
34. Spanidis Y, Veskoukis AS, Papanikolaou C, Stagos D, Priftis A, Deli CK, Jamurtas AZ, Kouretas D (2018). Exercise induced reductive stress is a protective mechanism against oxidative stress

- in peripheral blood mononuclear cells. *Oxidative Medicine and Cellular Longevity*, 2018:3053704.
35. Priftis A, Soursou V, Makiou AS, Tekos F, Veskoukis AS, Tsantarliotou MP, Taitzoglou IA, Kouretas D (2019). A lightly roasted coffee extract improves blood and tissue redox status in rats through enhancement of GSH biosynthesis. *Food and Chemical Toxicology*, 125:305-312.
 36. Kerasiote E, Veskoukis A, Virgiliou C, Theodoridis G, Taitzoglou I, Kouretas D (2019). The strong antioxidant sheep/goat whey protein protects against mTOR overactivation in rats: a mode of action mimicking fasting. *Antioxidants (Basel)*, 23;8(3).
 37. Kouka P, Tsakiri G, Tzortzi D, Dimopoulou S, Sarikaki G, Stathopoulos P, Veskoukis AS, Halabalaki M, Skaltsounis AL, Kouretas D (2019). The Polyphenolic Composition of Extracts Derived from Different Greek Extra Virgin Olive Oils Is Correlated with Their Antioxidant Potency. *Oxidative Medicine and Cellular Longevity*, 2019:1870965.
 38. Leventelis C, Goutzourelas N, Kortsinidou A, Spanidis Y, Toulia G, Kampitsi A, Tsitsimpikou C, Stagos D, Veskoukis AS, Kouretas D (2019). Buprenorphine and Methadone as Opioid Maintenance Treatments for Heroin-Addicted Patients Induce Oxidative Stress in Blood. *Oxidative Medicine and Cellular Longevity*, 2019:9417048.
 39. Veskoukis AS, Kerasiote E, Priftis A, Kouka P, Spanidis Y, Makri S, Kouretas D (2019). A battery of translational biomarkers for the assessment of the in vitro and in vivo antioxidant action of plant polyphenolic compounds: the biomarker issue. *Current Opinion in Toxicology*, 13: 99-109.
 40. Kreatsouli K, Fousteri Z, Zampakas K, Kerasiote E, Veskoukis AS, Mantas C, Gkoutosidis P, Ladas D, Petrotos K, Kouretas D, Stagos D (2019). A polyphenolic extract from olive mill wastewaters encapsulated in whey protein and maltodextrin exerts antioxidant activity in endothelial cells. *Antioxidants*, 8(8). pii: E280.
 41. Fountoucidou P, Veskoukis AS, Kerasiote E, Docea AO, Taitzoglou IA, Liesivuori J, Tsatsakis A, Kouretas D (2019). A mixture of routinely encountered xenobiotics induces both redox adaptations and perturbations in blood and tissues of rats after a long-term low-dose exposure regimen: The time and dose issue. *Toxicology Letters*, 317: 24-44.
 42. Kouka P, Tekos F, Valta K, Mavros P, Veskoukis AS, Angelis A, Skaltsounis AL, Kouretas D (2019). Olive tree blossom polyphenolic extracts exert antioxidant and antimutagenic activities in vitro and in various cell lines. *Oncology Reports*, 42(6): 2814-2825.
 43. Zandirescu A, Ungurianu A, Tsatsakis AM, Nițulescu GM, Kouretas D, Veskoukis A, Tsoukalas D, Engin AB, Aschner M, Margina D (2019). A review of the alleged health hazards of monosodium glutamate. *Comprehensive Reviews in Food Science and Food Safety*, 18: 1111-1134.
 44. Skaperda Z, Veskoukis AS, Kouretas D (2019). Farm animal welfare, productivity and meat quality: Interrelation with redox status regulation and antioxidant supplementation as a nutritional intervention (Review). *World Academy of Sciences Journal* 1: 177-183.
 45. Goutianos G, Margaritelis NV, Sparopoulou T, Veskoukis AS, Vrabas IS, Paschalis V, Nikolaidis MG, Kyparos A (2020). Chronic administration of plasma from exercised rats to sedentary rats does not induce redox and metabolic adaptations. *Journal of Physiological Sciences*, 70, 3.
 46. Veskoukis AS, Kerasiote E, Sidiropoulos K, Maragou I, Kouretas D (2020). Nutritional habits and free grazing regimen of productive animals along with specific ingredients are influential factors for the antioxidant properties of milk: From farm to market. *Biomedical Reports*, 13: 31-36.
 47. Kouka P, Tekos F, Papoutsaki Z, Stathopoulos P, Chalampalaki M, Tsantarliotou M, Zervos I, Nepka C, Liesivuori J, Rakitskii VN, Tsatsakis A, Veskoukis A, Kouretas D (2020). Olive oil with

- high polyphenolic content induces both beneficial and harmful alterations on rat redox status depending on the tissue. *Toxicology Reports*, 7:421-432.
48. Veskoukis AS*, Tsatsakis A, Kouretas D (2020). Approaching reactive species in the frame of their clinical significance: a toxicological appraisal. *Food and Chemical Toxicology*, in press. (*Corresponding author).
 49. Leventelis C, Veskoukis AS, Malliori M, Koutsilieris M, Zyga S, Paola Rojas Gil1 P, Kampitsi A, Goutzourelas N, Tsironi M (2020). Validation of heroin craving questionnaire in Greek patients under substitution treatment with methadone and buprenorphine: how to prevent a relapse. *Journal of Addictive Behaviors, Therapy & Rehabilitation*, 9:1.
 50. Margaritis I, Angelopoulou K, Lavrentiadou S, Mavrovouniotis IC, Tsantarliotou M, Taitzoglou I, Theodoridis A, Veskoukis A, Kerasioti E, Kouretas D, Zervos I (2020). Effect of crocin on antioxidant gene expression, fibrinolysis, redox status and blood biochemistry in nicotinamide-streptozotocin-induced diabetic rats. *Journal of Biological Research-Thessaloniki*, 27, 4.
 51. Panieri E, Buha A, Telkoparan-Akillilar P, Cevik D, Kouretas D, Veskoukis A, Skaperda Z, Tsatsakis A, Wallace D, Suzen S, Saso L (2020). Potential Applications of NRF2 Modulators in Cancer Therapy. *Antioxidants (Basel)*, 9(3).
 52. Veskoukis AS, Vassi E, Poulas K, Kokkinakis M, Asproдини E, Haroutounian S, Kouretas D (2020). Grape stem extracts from three native Greek vine varieties exhibit strong antioxidant and antimutagenic properties. *Anticancer Research*, 40(4):2025-2032.
 53. Bouroutzika E, Kouretas D, Papadopoulos S, Veskoukis AS, Theodosiadou E, Makri S, Paliouras C, Michailidis ML, Caroprese M, Valasi I (2020). Effects of melatonin administration to pregnant ewes under heat-stress conditions, in redox status and reproductive outcome. *Antioxidants (Basel)*, 9(3), 266.
 54. Kara M, Oztas E, Ramazanoğulları R, Kouretas D, Nepka C, Tsatsakis AM, Veskoukis AS* (2020). Benomyl, a benzimidazole fungicide, induces oxidative stress and apoptosis in neural cells. *Toxicol Rep.* 7:501-509. (*Corresponding author).
 55. Veskoukis AS, Kerasioti E, Sidiropoulos K, Maragou I, Skaperda Z, Kouretas D (2020). Nutritional habits and free grazing regimen of productive animals along with specific ingredients are influential factors for the antioxidant properties of milk: From farm to market. *Biomed Rep.* 13(1):31-36.
 56. Veskoukis AS, Kerasioti E, Skaperda Z, Papapostolou PA, Nepka C, Spandidos DA, Asproдини E, Taitzoglou I, Kouretas D (2020). Whey protein boosts the antioxidant profile of rats by enhancing the activities of crucial antioxidant enzymes in a tissue-specific manner. *Food Chem Toxicol.* 142:111508.
 57. Makri S, Raftopoulou S, Kafantaris I, Kotsampasi B, Christodoulou V, Nepka C, Veskoukis AS, Kouretas D (2020). Biofunctional Feed Supplemented With By-products of Olive Oil Production Improves Tissue Antioxidant Profile of Lambs. *In Vivo* 34(4):1811-1821.
 58. Kerasioti E, Veskoukis AS, Skaperda Z, Zacharias A, Poulas K, Lazopoulos G, Kouretas D (2020). The flavoring and not the nicotine content is a decisive factor for the effects of refill liquids of electronic cigarette on the redox status of endothelial cells. *Toxicol Rep.* 7:1095-1102.
 59. Papanikolaou K, Veskoukis AS, Draganidis D, Baloyiannis I, Deli CK, Poulis A, Jamurtas AZ, Fatouros IG (2020). Redox-dependent regulation of satellite cells following aseptic muscle trauma: Implications for sports performance and nutrition. *Free Radic Biol Med.* 161:125-138.
 60. Charisis S, Ntanasi E, Yannakoulia M, Anastasiou CA, Kosmidis MH, Dardiotis E, Hadjigeorgiou G, Sakka P, Veskoukis AS, Kouretas D, Scarmeas N (2021). Plasma GSH levels and Alzheimer's disease. A prospective approach.: Results from the HELIAD study. *Free Radical Biology and Medicine*, 162:274-282.

61. Kara M, Öztaş E, Boran T, Karaman EF, Veskoukis AS, Tsatsakis AM (2021). Ameliorative Effects of the Sesquiterpenoid Valerenic acid on Oxidative Stress Induced in HepG2 Cells after Exposure to the Fungicide Benomyl. *Antioxidants*, 10(5):746.
62. Karachalios T, Paridis D, Tekos F, Skaperda Z, Veskoukis AS, Kouretas D (2021). Patients undergoing surgery for hip fractures suffer from severe oxidative stress as compared to patients with hip osteoarthritis undergoing total hip arthroplasty. *Oxidative Medicine and Cellular Longevity*, 2021, 5542634.
63. Skaperda Z, Argyriadou A, Nechaloti PM, Alvanou M, Makri S, Bouroutzika E, Kyriazis ID, Tekos F, Veskoukis AS, Kallitsis T, Mesnage R, Arsenos G, Kouretas D (2021). Redox biomarker baseline levels in cattle tissues and their association with meat quality. *Antioxidants*, 10(6), 958.
64. Charisis S, Ntanasi E, Stamelou M, Xiromerisiou G, Maraki M, Veskoukis AS, Yannakoulia M, Kosmidis MH, Anastasiou CA, Giagkou N, Dardiotis E, Hadjigeorgiou G, Sakka P, Kouretas D, Stefanis L, Scarmeas N (2022). Plasma glutathione and prodromal Parkinson's disease probability. *Movement Disorders*, 37(1):200-205.
65. Metsios GS, Brodin N, Vlieland TPMV, Van den Ende CHM, Stavropoulos-Kalinoglou A, Fatouros I, van der Esch M, Fenton SAM, Tzika K, Moe RH, van Zanten JJCSV, Koutedakis Y, Swinnen TW, Veskoukis AS, Boström C, Kennedy N, Nikiphorou E, Fragoulis GE, Niedermann K, Kitas GD; IMPACT-RMD Consortium (2021). Position Statement on Exercise Dosage in Rheumatic and Musculoskeletal Diseases: The Role of the IMPACT-RMD Toolkit. *Mediterranean Journal of Rheumatology*, 27;32(4):378-385.
66. Vassi E, Veskoukis AS, Tekos F, Skaperda Z, Poulas K, Haroutounian S, Kouretas D (2022). Biological effects of grape stem extracts on human cancer cell lines. *International Journal of Functional Nutrition*, 3: 4.
67. Vardakas P, Veskoukis AS, Rossiou D, Gournikis C, Kapetanopoulou T, Karzi V, Docea AO, Tsatsakis A, Kouretas D (2022). A Mixture of Endocrine Disruptors and the Pesticide Roundup® Induce Oxidative Stress in Rabbit Liver When Administered under the Long-Term Low-Dose Regimen: Reinforcing the Notion of Real-Life Risk Simulation. *Toxics*, 10(4):190.
68. Kara M, Öztaş E, Boran T, Sevim Ç, Keskin SE, Veskoukis AS, Kuzmin SV, Tsatsakis AM (2022). The sesquiterpenoid valerenic acid protects neuronal cells from the detrimental effects of the fungicide benomyl on apoptosis and DNA oxidation. *Human & Experimental Toxicology*, 41:9603271221101038.
69. Leventelis C, Katsouli A, Stavropoulos V, Karasavvidou A, Papadopoulos P, Barmpas PT, Tasoulis S, Veskoukis AS, Tsironi M (2022). The development and validation of the pandemic medication assisted treatment questionnaire for the assessment of pandemic crises impact on medication management and administration for patients with opioid use disorders. *Nordic Studies on Alcohol and Drugs*, 1–19.
70. Michaleas SN, Veskoukis AS, Samonis G, Pantos C, Androutsos G, Karamanou M (2022). Mathieu Joseph Bonaventure Orfila (1787-1853): The Founder of Modern Toxicology, 17(2):532-537.

5 EDITORIALS

1. Kouretas D, Veskoukis AS, Roede JR, Tsatsakis AM. Editorial overview on Oxidative Toxicology: From molecules to cells to tissues. *Current Opinion in Toxicology*, 13: iii-v, 2019. Special issue title: Oxidative Toxicology: From molecules to cells to tissues. Journal: *Current Opinion in Toxicology*.
2. Veskoukis AS, Vardakas P, Kouretas D. The Significance of Redox Biomarkers in the Evaluation of the Antioxidant Profile In Vitro and In Vivo. *Antioxidants (Basel)*, 10(5):805, 2021. Special

issue title: The Significance of Redox Biomarkers in the Evaluation of the Antioxidant Profile in Vitro and in Vivo. Journal: Antioxidants (Basel).

6 Other Authorships

1. Kouretas D, Stagos D, Goutzourelas, N, Veskoukis AS. Manual for the graduate laboratory course "Chemoprevention and Mechanisms" of the Postgraduate Program "Toxicology", University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece.
2. Veskoukis AS, Karagiota A. Manual for the undergraduate laboratory course "Biochemistry", University of Thessaly, Department of Nutrition and Dietetics, Trikala, Greece.
3. Contribution in the English to Greek translation of 6 chapters of the book "Campbell's Essential Biology, 6th Edition; Eric J. Simon, Jean L. Dicke Kelly A. Hoga, and Jane B. Reece. Pearson Education, Inc. 2016". Paschalidis Medical Editions and Broken Hill Publishers Ltd. 2019.
4. Editing of the Greek Edition of the book "Mottram D, Chester N. Drugs in Sport 8th Edition, 2022" (in progress).

7 REFEREED INTERNATIONAL CONFERENCE PRESENTATIONS

1. Deda O, Veskoukis AS, Petridou A, Tsalis G, Nikolaidis MG, Kyparos A, Kouretas D, Mougios V. Effect of allopurinol on carbohydrate metabolism during exhaustive aerobic exercise in rats. 16th International Congress on Physical Education and Sport. Komotini (Greece), May 16-18, 2008.
2. Kokkinos D, Veskoukis AS, Kyparos A, Nikolaidis MG, Kouretas D. Effect of allopurinol and exercise on oxidative stress markers in gastrocnemius muscle in rats. 16th International Congress on Physical Education and Sport. Komotini (Greece), May 16-18, 2008.
3. Ganouris G, Veskoukis AS, Kyparos A, Nikolaidis MG, Fatouros IG, Kouretas D. Effect of allopurinol and exercise on total antioxidant capacity in liver in rats. 16th International Congress on Physical Education and Sport. Komotini (Greece), May 16-18, 2008.
4. Veskoukis AS, Nikolaidis MG, Kyparos A, Nepka C, Barbanis S, Kouretas D. Effect of xanthine oxidase inhibition on oxidative stress blood markers in rats. 16th International Congress on Physical Education and Sport. Komotini (Greece), May 16-18, 2008.
5. Veskoukis AS, Nikolaidis MG, Kyparos A, Nepka C, Barbanis S, Kouretas D. Effect of xanthine oxidase inhibition on performance and liver glycogen content in rats. 16th International Congress on Physical Education and Sport. Komotini (Greece), May 16-18, 2008.
6. Kouretas D, Veskoukis AS, Kokinos D, Kyparos A, Nikolaidis MG. Effect of allopurinol and exercise on oxidative stress markers in gastrocnemius muscle in rats. 13th Annual Congress of the European College of Sports Science (ECSS). Estoril (Portugal), July 9-12, 2008.
7. Veskoukis AS, Kontou M, Kyparos A, Nikolaidis MG, Samiotaki M, Panayotou G, Kouretas D. Effect of allopurinol and exercise on protein expression in rat gastrocnemius and soleus muscle. 13th Annual Congress of the European College of Sports Science (ECSS). Estoril (Portugal), July 9-12, 2008.
8. Veskoukis AS, Nikolaidis MG, Kyparos A, Kouretas D. Blood reflects tissue oxidative stress depending on biomarker and tissue studied. 17th International Congress on Physical Education and Sport. Komotini (Greece), May 22-24, 2009.
9. Veskoukis AS, Kyparos A, Nikolaidis MG, Kouretas D. Alterations in tissue albumin concentration following exercise and allopurinol administration. 17th International Congress on Physical Education and Sport. Komotini (Greece), May 22-24, 2009.

10. Yfanti Christina Fischer CP, Nielsen S, Åkerström T, Nielsen A, Veskoukis AS, Kouretas D, Lykkesfeldt J, Pilegaard H, Pedersen BK. Role of Antioxidant Supplementation on Training-induced IL-6. *Medicine & Science in Sports & Exercise*. 42(10):20, October 2010.
11. Spiliotou V, Veskoukis A, Kho A, Liadaki K, Kouretas D. The effect of exercise on gene expression of rat skeletal muscle using microarray technology. 19th International Congress on Physical Education and Sport, 1st Congress of Biochemistry and Exercise Physiology, Komotini (Greece), May 20-22, 2011.
12. Varamenti E, Kyparos A, Bakou M, Veskoukis A, Jamurtas A, Koutedakis Y, Kouretas D. Oxidative stress, inflammation and angiogenesis biomarkers in elite female waterpolo athletes during a year's training cycle. 19th International Congress on Physical Education and Sport, 1st Congress of Biochemistry and Exercise Physiology, Komotini (Greece), May 20-22, 2011.
13. Veskoukis A, Kyparos A, Nikolaidis MG, Kouretas D. Evaluation of the in vivo activity of a grape extract enriched in bioactive antioxidant compounds. 19th International Congress on Physical Education and Sport, 1st Congress of Biochemistry and Exercise Physiology, Komotini (Greece), May 20-22, 2011.
14. Dolopikou CF, Kourtzidis IA, Stoupas AT, Gioris IS, Veskoukis AS, Margaritelis NV, Vrabas IS, Paschalis V, Kyparos A, Nikolaidis MG. The effect of the NAD⁺ precursor nicotinamide riboside and exercise on the levels of NADH in erythrocytes and swimming performance in rats. 25th Anniversary International Congress on Physical Education and Sport Science. Komotini (Greece), May 19-21, 2017.
15. Dolopikou CF, Kourtzidis IA, Stoupas AT, Gioris IS, Veskoukis AS, Margaritelis NV, Vrabas IS, Paschalis V, Kyparos A, Nikolaidis MG. The effect of the NAD⁺ precursor nicotinamide riboside and exercise on the levels of NADH in skeletal muscles in rats. 25th Anniversary International Congress on Physical Education and Sport Science. Komotini (Greece), May 19-21, 2017.
16. Savvidis M, Taitzoglou I, Papavasiliou K, Mirisidis I, Veskoukis A, Vrabas I, Galanis N, Kyrkos I. Vitamin E (α -tocopherol) administration enhances the osseointegration of stainless steel implants by suppressing the immediate postoperative oxidative stress. An experimental study in rats. 45th European Calcified Tissue Society Congress, Valencia (Spain), May 26-29, 2018.
17. Skaperda Z, Veskoukis AS, Argyriadou A, Arsenos G, Kouretas D (2019). Effects of developmental stages and sex on the redox status of farm animals. Proceedings of the abstracts of the 24th International Symposium on Molecular Medicine, October 10-12, 2019, Mystras Grand Palace Resort, Sparta, Greece. *International Journal of Molecular Medicine* 44 (S), 2019.
18. Makri S, Veskoukis AS, Kouretas D (2019). Feed supplemented with wine by-products enhances the antioxidant defence system of broiler tissues. Proceedings of the abstracts of the 24th International Symposium on Molecular Medicine, October 10-12, 2019, Mystras Grand Palace Resort, Sparta, Greece. *International Journal of Molecular Medicine* 44 (S), 2019.
- 19 Veskoukis AS, Kouretas D (2019). Personalized nutrition regimen and the redox biomarker issue: Five premises that should followed. Proceedings of the abstracts of the 24th International Symposium on Molecular Medicine, October 10-12, 2019, Mystras Grand Palace Resort, Sparta, Greece. *International Journal of Molecular Medicine* 44 (S), 2019.
20. Kouka P, Veskoukis AS, Halabalaki M, Skaltsounis AL, Taitzoglou I, Kouretas D (2019). Evaluation of the effects of a highly rich in biophenols olive oil sample on blood and tissue redox status of rats. Proceedings of the abstracts of the 24th International Symposium on Molecular Medicine, October 10-12, 2019, Mystras Grand Palace Resort, Sparta, Greece. *International Journal of Molecular Medicine* 44 (S), 2019.
21. Βεσκούκης Α, Χόρμπα Κ, Αποστολόπουλος Ι, Πουλιάς Κ, Κουρέτας Δ. Διερεύνηση των βιοσυστημάτων σαφυλιών από Ελληνικές ποικιλίες ως πλούσιας πηγής βιοδραστικών φυσικών

προϊόντων. 15^ο Πανελλήνιο Συνέδριο Διατροφής & Διαιτολογίας, Μέγαρο Διεθνές Συνεδριακό Κέντρο Αθηνών, 13-15 Δεκεμβρίου 2019.

22. Skaperda Z, Nechalotia PM, Veskoukisa AS, Makri S, Bouroutzika E, Kouretas D. Farm animal welfare and meat quality: Interrelation with redox status of different breeds. 9th International Conference on Information & Communication Technologies in Agriculture, Food and Environment. September 24-27, 2020, Thessaloniki, Greece.

8 INVITED PRESENTATIONS

1. Title: "Exercise induced oxidative and reductive stress: the biomarker issue". 8th Congress of Biochemistry and Exercise Physiology, Thessaloniki, Greece, October 19-21, 2018.
2. Title: "Exploitation of biomarkers in free radical biology: theoretical and experimental approach". Meeting of Ph.D. candidates and Post doctoral Researchers, Aristotle University of Thessaloniki, Department of Physical Education and Sport Science at Serres, Serres, Greece, April 12, 2016.
3. Title: "The role of xanthine oxidase in redox status during exercise". Research Seminars of Institute of Human Performance and Rehabilitation, Trikala, Greece, November 24, 2010.
4. Title: "The role of Functional Foods and Pomegranate in Health". Meeting in Nutrition, Trikala, Greece, October 15, 2022.

9 Scientific Recognition

- Member of the Editorial Board of the journals "Toxicology Reports" and "Disease Markers".
- Reviewer in 46 international journals.
- Guest Editor in the special issue of the journal "Toxicology Reports" entitled "Toxicology and Redox Biology under the frame of their historical evolution".