

## **BRIEF CURRICULUM VITAE**

**(October 2020)**

### **1. PERSONAL DATA**

Surname: **Papakonstantinou**  
Name: **Aimilia (Emilia)**  
Father's name: **Konstantinos**  
Date of Birth: **11/04/1975**  
Birth Place: **Athens**  
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### **2. EDUCATION AND TITLES OF EDUCATION**

2010 Phd Dissertation, Department of Dietetics and Nutrition Sciences, Harokopio University, Athens, Greece entitled "Effects of dietary protein intake on glycemic response of people with type 2 diabetes". Graduate GPA: 10/10. A Grade  
2000 Master of Science (MSc) in Nutrition and Dietetics, Department of Foods and Nutrition, University of Georgia, Athens, Georgia, U.S.A. entitled "Assessment of perceptions of nutrition knowledge and disease using a group interactive system: The Perception Analyzer". Graduate GPA: 9.37/10.00. A Grade  
1998 Bachelor of Science (BSc) in Nutrition and Dietetics, Department of Foods and Nutrition, University of Georgia, Athens, Georgia, U.S.A. GPA: 8.92/10. A Grade

### **License to Practice the Profession of Dietitian – Nutritionist**

2016 Registered and Licensed Dietitian – Nutritionist in Greece.  
2001 Registered Dietitian (R.D.) and Licensed Dietitian in Atlanta, GA, USA

### **Further education**

1999 Specialist in public health with emphasis on prevention of food borne illnesses, management of pathogenic organisms and food safety (Educational Foundation's ServSafe Program Certification Specialist in sanitation and foodborne illnesses, Atlanta, Georgia, U.S.A.).

### **3. FOREIGN LANGUAGES**

English: Certificate of PROFICIENCY in English, TOEFL, GRE.

French: Superieur III, Institut Francais d'Athenes.

### **4. POST-GRADUATE EDUCATION**

2000 – 2003 Further Education in Basic Applied Science Lab of Dr. Ruth B. Harris, Department of Foods and Nutrition, University of Georgia, Athens, Georgia, H.P.A., aiming at investigating the effects of 1) calcium intake on body composition, 2) omega-3 fatty acids intake on body composition after the exposure to different stress models (i.e. sleep deprivation and repeated restraint) and 3) the sensitivity to peptides related to stress in obese and normal weight experimental animals after a high fat diet. Randomized animal trials, collection and processing of biological samples (immune techniques, RIA, immunoenzymic methods), body and tissue composition analyses, RNA isolation, brain surgical procedures and stress peptide injections in third ventricle of hypothalamus).

### **5. PROFESSIONAL ACTIVITIES**

2018 - Today Assistant Professor in Nutrition and Metabolism, Department of Food Science and Human Nutrition, AUA.

2013 – 2018 Lecturer in Nutrition and Metabolism, Department of Food

Science and Human Nutrition, AUA.

- 2006-2013 Dietitian, 2<sup>nd</sup> Propaedeutic Pathology Clinic of University of Athens, Research Unit of University of Athens and Diabetes Center, University General Hospital “Attikon”.
- 2003-2006 Research and Teaching Assistant, Department of Dietetics and Nutrition Sciences, Harokopio University, Athens, Greece.
- 2001-2003 Graduate Research Assistant, Department of Foods and Nutrition, University of Georgia, Athens, Georgia, U.S.A.
- 1999-2001 Graduate Teaching Instructor, Department of Foods and Nutrition, University of Georgia, Athens, Georgia, U.S.A.
- 1998-1999 Teaching Assistant, Department of Foods and Nutrition, University of Georgia, Athens, Georgia, U.S.A.

## **6. TEACHING ACTIVITIES:**

### **1. Undergraduate Program of Studies:**

Winter semester: Introduction to Nutrition Assessment

Sports Nutrition

Spring semester: Nutrition and Metabolism

One of the instructors for Clinical Nutrition

### **2. Graduate Program of Studies:**

Winter semester: One of the instructors for Introduction to human nutrition

Spring semester: One of the instructors for Nutritional management of chronic diseases

## **OTHER UNIVERSITY ACTIVITIES**

- Participation as guest lecturer in 15 undergraduate and graduate courses of other Universities in Greece.

- Supervisor of 33 undergraduate thesis projects.
- Supervisor of 12 graduate thesis projects.
- Supervisor of 2 PhD students
- Member of seven member PhD thesis committee in 6 PhD candidates
- Member of Graduate Program Nutrition, Public Health and Policies» Steering Committee (2013 – today).

## **7. PARTICIPATION IN RESEARCH PROGRAMS**

2020 – today «FicoYog “Production of a novel yogurt type product using microalgae», Research and Innovation Strategies for Smart Specialisation. Principal Investigator for AUA for conducting randomized clinical trials (2020 – 2022). Funding: Hellenic Republic Ministry of Development and Investments and European Union’s European Structural and Investment Funds.

2018 – today H2020 “Sweeteners and sweetness enhancers: Impact on health, obesity, safety and sustainability” «SWEET». Member and researcher of AUA’s team. Funding: EU

2020 – 2021 “Glycemic index determination of foods without sugar in healthy adults”. Primary Investigator. Funding: Private Company.

2019 – 2021 Glycemic index determination of breads with resistant starch in health adults. Primary Investigator. Funding: Private Company.

2016 – 2017 “COSI (Childhood Obesity Surveillance Initiative) 3”. World Health Organization Study for childhood obesity. Non-paid researcher responsible for collecting data of a representative sample of children and adolescents of South Greece. Funding: Hellenic Medical Association for Obesity and WHO.

2013 – 2016 “Effects of coffee consumption on stomach and stress indices”. Co-Primary Investigator. Funding: Private Company.

2014 – 2016 “Literature review and scientific writing on the the effects of sweeteners on indices of glyceimic control”. Primary Investigator.  
Funding: Private International Company.

2013 «Coffee Review and Scientific Report». Primary Investigator.  
Funding: Private International Company.

## **8. PUBLICATIONS**

### **PhD Thesis**

**Papakonstantinou Aimilia.** Effects of protein intake on glyceimic control of people with type 2 diabetes. Athens, Department of Dietetics and Nutrition Science, Harokopio University, 2010.

### **PUBLICATIONS IN INTERNATIONAL PEER REVIEW JOURNALS**

1. **Emilia Papakonstantinou**, Kleopatra Papavasiliou, Chrystalleni Maouri, Stavros Pappas, Stavros Bousboulas, Anastasios Koutsovasilis, Maria Pappas, Alexis Sotiropoulos, Meropi D Kontogianni. Postprandial glucose response after the consumption of three mixed meals based on the carbohydrate counting method in adults with type 1 diabetes. A randomized cross-over trial. *Clinical Nutrition ESPEN* 2019;31:48-55.

2. Theodora Gourdomichali and **Emilia Papakonstantinou**. Short-term effects of six Greek honey varieties on glyceimic response. A randomized clinical trial in healthy subjects. *European Journal of Clinical Nutrition*. 2018;72(12):1709-1716.

3. **Emilia Papakonstantinou**, Panagiotis Chaloulos, Katerina Papalexi, Ioanna Mandala. Effects of bran size and carob seed flour of optimized bread formulas on glyceimic responses in humans: A randomized clinical trial. *Journal of Functional Foods*. 2018; 46: 345-355.

4. **Emilia Papakonstantinou**, Meropi D Kontogianni, Panayota Mitrou, Emanouella Magripli, Dimitra Vassiliadi, Tzortzis Nomikos, Vaia Lambadiari, Ekavi Georgousopoulou, George Dimitriadis. Effects of 6 vs 3 eucaloric meal patterns on glycaemic control and satiety in people with impaired glucose

tolerance or overt type 2 diabetes: A randomized trial. *Diabetes and Metabolism*. 2018; 44: 226-234.

5. Kleopatra Papavasiliou and **Emilia Papakonstantinou**. Nutritional support and dietary interventions for women with polycystic ovary syndrome. *Nutrition and Dietary Supplements*. 2017; 9: 63-85.

6. **Emilia Papakonstantinou**, Nickolaos Orfanakos, Paul Farajian, Anastasia E. Kapetanakou, Ifigenia P. Makariti, Nikolaos Grivokostopoulos, Marie-Ann Ha, Panagiotis N. Skandamis. Short-term effects of a low glycemic index carob containing snack on energy intake, satiety and glycemic response in normal-weight, healthy adults. Results from two randomized-trials. *Nutrition*. 2017; 42: 12-19.

7. **Emilia Papakonstantinou**, Ioanna Kechribari, Kyriaki Sotirakoglou, Petros Tarantilis, Theodora Gourdomichali, George Michas, Vassiliki Kravvariti, Konstantinos Voumvourakis, Antonis Zampelas. Acute effects of coffee consumption on self-reported gastrointestinal symptoms, blood pressure and stress indices in healthy individuals. *Nutrition Journal*. 2016;15: 26.

8. **Emilia Papakonstantinou**, Kechribari I, Mitrou P, Trakakis E, Vassiliadi D, Georgousopoulou E, Zampelas A, Kontogianni MD, Dimitriadis G. Effect of meal frequency on glucose and insulin levels in women with polycystic ovary syndrome: a randomized trial. *European Journal of Clinical Nutrition*. 2016; 70(5): 646.

9. Mitrou P, Petsiou E, **Emilia Papakonstantinou**, Maratou E, Lambadiari V, Dimitriadis P, Spanoudi F, Raptis SA, Dimitriadis G. Vinegar consumption increases insulin-stimulated glucose uptake by the forearm muscle in humans with type 2 diabetes. *Journal of Diabetes Research*. 2015; 2015: 175204.

10. Mitrou P, Petsiou E, **Emilia Papakonstantinou**, Maratou E, Lambadiari V, Dimitriadis P, Spanoudi F, Raptis SA, Dimitriadis G. The role of acetic acid on glucose and blood flow rates in the skeletal muscle in humans with impaired glucose tolerance. *European Journal of Clinical Nutrition*. 2015;69: 734-9.

11. **Emilia Papakonstantinou**, Vaia Lambadiari, George Dimitriadis, Antonis Zampelas. Metabolic Syndrome and cardiometabolic risk factors. *Current Vascular Pharmacology*. 2013; 11: 858-79.
12. **Emilia Papakonstantinou**, Despina Triantafillidou, Demosthenes B. Panagiotakos, Anastasios Koutsovasilis, Michalis Saliaris, Athanasios Manolis, Andreas Melidonis, Antonis Zampelas. A high protein, low fat diet is more effective at improving blood pressure and triglycerides in calorie – restricted obese individuals with newly diagnosed type 2 diabetes. *European Journal of Clinical Nutrition*. 2010; 64: 595-602.
13. **Emilia Papakonstantinou**, Despina Triantafillidou, Demosthenes B. Panagiotakos, Stella Iraklianiou, Carolyn D. Berdanier, Antonis Zampelas. Protein content of single mixed meals does not influence glucose and insulin responses in obese individuals with or without type 2 diabetes. *Journal of Human Nutrition and Dietetics*. 2010; 23: 183-9.
14. Mitrou P, Raptis AE, Lambadiari V, Boutati E, Petsiou E, Spanoudi F, **Emilia Papakonstantinou**, Maratou E, Economopoulos T, Dimitriadis G, Raptis SA. Vinegar decreases postprandial hyperglycemia in patients with type 1 diabetes. *Diabetes Care*. 2010; 33: e27.
15. **Emilia Papakonstantinou** & Antonis Zampelas. The effect of dietary protein intake on coronary heart disease risk factors. Review. *Nutrition Bulletin*. 2008; 33: 287-297. (Review).
16. Legendre Ariadne, **Emilia Papakonstantinou**, Roy Marie-Claude, Richard Denis and Harris Ruth B.S. “Differences in Response to Corticotropin Releasing-Factor Following Short and Long-Term Consumption of a High Fat Diet.” *American Journal of Physiology Regulatory, Integrative and Comparative Physiology*. 2007; 293: R1076-85.
17. Demosthenes B. Panagiotakos, Natalia Tzima, Christos Pitsavos, Christina Chrysohoou, **Emilia Papakonstantinou**, Antonis Zampelas and Christodoulos Stefanadis. “The Relationship between Dietary Habits, Blood Glucose and Insulin Levels among People without Cardiovascular Disease and Type 2

Diabetes; The ATTICA Study.” *The Review of Diabetic Studies*. 2005; 2: 208-215.

18. **Emilia Papakonstantinou**, Demosthenes B. Panagiotakos, Christos Pitsavos, Christina Chrysohoou, Antonis Zampelas, Yannis Skoumas, Christodoulos Stefanadis. Food Group Consumption and Glycemic Control in People With and Without Type 2 Diabetes; The ATTICA Study. *Diabetes Care*. 2005; 28: 2539-2540.

19. **Emilia Papakonstantinou**, Demosthenes B. Panangiotakos and Antonis Zampelas. Mediterranean Diet and the Metabolic Syndrome: The Role of Protein. *Current Nutrition and Food Science*. 2005; 1: 287-294. (Review)

20. **Emilia Papakonstantinou**, Ryan DH, Harris RBS. Dietary Fish Oil Does Not Protect Rats Exposed to Restraint or Sleep Deprivation Stress. *Physiology and Behavior*. 2003; 78: 759-765.

21. **Emilia Papakonstantinou**, Huth PJ, Flatt WP, Harris RBS. High levels of dietary calcium reduce digestibility of dietary fat and body fat content in rats. *Obesity Research*. 2003; 11: 387-394.

22. **Emilia Papakonstantinou**, Hargrove JL, Huang CL, Crawley CC, Canolty NL. Assessment of Perceptions of Nutrition Knowledge and Disease Using a Group Interactive System: The Perception Analyzer. *Journal of the American Dietetic Association*. 2002; 102: 1663-1668.

## **BOOK CHAPTERS**

### **A. BOOK CHAPTER IN INTERNATIONAL BOOKS**

Ali Habiba I, **Papakonstantinou Emilia**, Mesmoudi Najoua El. Diet and Carbohydrate Food Knowledge in Gestational Diabetes: Challenges and Opportunities for Lifestyle Interventions. In book “Nutrition and Diet in Maternal Diabetes: An Evidence-Based Approach”. Editors: Rajendram Rajkumar, Preedy Victor R and Patel Vinood B. Springer International Publishing. Human Press, Cham. 2018: Pp 413-427.



## **B. BOOK CHAPTERS IN GREEK BOOKS**

**B.1** Co-Editor the Book “Introduction to Nutrition and Metabolism”, (5<sup>th</sup> Ed) of David A. Bender, CRC Press, Taylor & Francis Group. Broken Hill Publishers LTD, Cyprus. 2019.

## **B.2 BOOK CHAPTERS AND TRANSLATION OF BOOK CHAPTERS**

Author of 15 Book chapters in Greek Books.

## **BRIEF SCIENTIFIC WORK**

Publications in international journals 22

Publications in Greek journals: 3

Citations: 365 (Scopus), 705 (Google Scholar)

Hirsch Index: 12 (Scopus), 15 Google Scholar

Presentations in international conferences: 29

Presentations in Greek conferences: 19

Scholarships, Honors and Prizes: 21

Invited speaker in international conferences: 19

Invited speaker in Greek conferences: 70