

Academic Personnel Short Profile / Short CV

University:	UNIC Athens
Surname:	Nikolaou
Name:	Panagiota Efstathia
Rank/Position:	Unranked—Suggested: Assistant Professor of Pharmacology/Molecular Pharmacology
Faculty:	School of Life and Health Sciences, Pharmacy Program
Department:	Department of Health Science
Scientific Domain: *	Pharmacology

** Field of Specialization*

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD	2022	National and Kapodistrian University of Athens, Athens, Greece	Department of Pharmacy	Cardiac light chain amyloidosis: Investigation of the underlying mechanism of cardiotoxicity to reveal novel targets for cardioprotection
Master of Science (MSc). Design and Development of New Pharmaceutical Agents" with specialization in Pharmacology	2018	National and Kapodistrian University of Athens, Athens, Greece	Department of Pharmacy	Investigation of the role of glycogen synthase kinase 3 β (GSK3 β) in cardioprotection through pharmacological inhibition
MPharm	2016	National and Kapodistrian University of Athens, Athens, Greece	Department of Pharmacy	Investigation of the role of glycogen synthase kinase 3 β (GSK3 β) in the opening of the mitochondrial permeability transition pore (mPTP) using specific indirubin-derived inhibitors

Employment history in Academic Institutions/Research Centers – List by the three (3) most recent				
Period of employment		Employer	Location	Position
From	To			
2024	2026	Harokopeio University	Harokopeio University, Athens, Greece	Appointed Lecturer in Pharmacology
2022	2026	Prof. Evangelos Terpos Prof. Efstathios Kastiris	Department of Clinical Therapeutics, Medical School, National and Kapodistrian University of Athens	Research Associate
2022	2024	Prof. Andreadou Ioanna	Laboratory of Pharmacology, Department of Pharmacy, National and Kapodistrian University of Athens	Post-Doctoral Researcher/ Laboratory Manager

Key <u>refereed</u> journal papers, monographs, books, conference publications etc. List the five (5) more recent and other five (5) selected –(max total 10)						
Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2026	Independent prognostic value of semaphorin-4D, interleukin-1 β and complement activation in newly diagnosed multiple myeloma patients	Ntanasios-Stathopoulos I, Nikolaou PE , Filippatos C, Miliotis M, Kostopoulos IV, Bakouros P, Makridakis M, Liacos CI, Nikolopoulos K, Laidou S, Chatzidimitriou A, Frantzi M, Kastiris E, Fotiou D, Gavriatopoulou M, Vlahou A, Hatzigeorgiou AG, Tsitsilonis O, Dimopoulos MA, Terpos E	Haematologica		<i>Online ahead of print</i>

2	2026	Metabolic dependency of malonate protection against cardiac ischemia-reperfusion injury.	Wang Q, Hu X, Xiao Y, Nederlof R, Nikolaou PE , Chania C, Bakker D, Singh AK, Hollmann MW, Weber NC, Schomakers B, van Weeghel M, Zuurbier CJ.	Basic Research in Cardiology	121	863-882
3	2025	Immunometabolism in heart failure	Andreadou I, Ghigo A, Nikolaou PE , Swirski F, Thackeray JT, Heusch, G, Vilahur G	Nature Reviews Cardiology	22	751-772
4	2025	Empagliflozin restores cardiac metabolism and suppresses immune activation in acute myocardial infarction.	Mylonas N, Nikolaou PE , Siokatas G, Kostopoulos IV, Tsitsilonis O, Drosatos K, Andreadou I.	Atherosclerosis	407	120404
5	2024	Empagliflozin in acute myocardial infarction reduces no-reflow and preserves cardiac function by preventing endothelial damage	Nikolaou PE , Konijnenberg L, Kostopoulos IV, Miliotis M, Mylonas N, Georgoulis A, Pavlidis G, Kuster C, van Reijmersdal V, Luiken T, Agapaki A, Rovers R, Orogas N, Grigoriadis D, Pallot G, Boucher P, Kostomitsopoulos N, Pieper MP, Germain S, Loukas Y, Dotsikas Y, Ikonomidis, Hatzigeorgiou AG, Tsitsilonis O., Zuurbier CJ, Nijveldt R. van Royen N., Andreadou, I	JACC: Basic to Translational Science	10	43-61
6	2024	Cardioprotective potential of Oleuropein, Hydroxytyrosol, Oleocanthal and their combination: Unravelling	Christodoulou A, Nikolaou PE , Symeonidi L, Katogiannis K,	Redox Biology	76	103311

		complementary effects on ischemia/reperfusion injury and metabolic syndrome.	Pechlivanic L, Nikou T, Varela E, Chania C, Zerikiotis S, Efentakis P, Vlachodimitropoulos D, Katsoulas D, Agapaki A, Dimitriou C, Tsoumani M, Kostomitsopoulos N, Davos CH, Skaltsounis AL, Tselepis A, Halabalaki M, Tseti I., Iliodromitis EK, Ikonomidis I, Andreadou I.			
7	2023	Hydrolytic Activity of Mitochondrial F1FO-ATP Synthase as a Target for Myocardial Ischemia-Reperfusion Injury: Discovery and In Vitro and In Vivo Evaluation of Novel Inhibitors	Nikolaou PE , Lambrinidis G, Georgiou M, Karagiannis D, Efentakis P, Bessis-Lazarou P, Founta K, Kampoukos S, Konstantin V, Palmeira CM, Davidson SM, Lougiakis N, Marakos P, Pouli N, Mikros E, Andreadou I.	Journal of Medicinal Chemistry	66	15115-15140
8	2022	Cardioprotection by selective SGLT-2 inhibitors in a non-diabetic mouse model of myocardial ischemia/reperfusion injury: a class or a drug effect?	Nikolaou PE , Mylonas N, Makridakis M, Makrecka-Kuka M, Iliou A, Zerikiotis S, Efentakis P, Kampoukos S, Kostomitsopoulos N, Vilskersts R, Ikonomidis I, Lambadiari V, Zuurbier CJ, Latosinska A, Vlahou A, Dimitriadis G, Iliodromitis EK, Andreadou.	Basic Research in Cardiology	117	27
9	2019	Reactive Vasodilation Predicts Mortality in Primary Systemic Light-Chain Amyloidosis	Stamatelopoulos K*, Georgiopoulos G*, Athanasouli F, Nikolaou	Circulation Research	125	744-758

			PE , Lyka M, Roussou M, Gavriatopoulou M, Laina A, Trakada G, Charakida M, Delialis D, Petropoulos I, Pamboukas C, Manios E, Karakitsou M, Papamichael C, Gatsiou A, Lambrinouadaki I, Terpos E, Stellos K, Andreadou I**, Dimopoulos MA**, Kastitis E.**			
10	2019	Investigating and re-evaluating the role of glycogen synthase kinase 3 beta kinase as a molecular target for cardioprotection by using novel pharmacological inhibitors	Nikolaou PE , Boengler K, Efentakis P, Vougiotiannopoulou K, Zoga A, Gaboriaud-Kolar N, Myrianthopoulos V, Alexakos P, Kostomitsopoulos N, Rerras I, Tsantili-Kakoulidou A, Skaltsounis AL, Papapetropoulos A, Iliodromitis EK, Schulz R, Andreadou I.	Cardiovascular Research	115	1228-1243

Research Projects. List the five (5) more recent and other five (5) selected (max total 10)				
Ref. Number	Date	Title	Funded by	Project Role*
1	2026	Targeting the bone marrow–immune–heart axis through novel natural pharmacological	UNIPHARMA, SA	Principal Investigator

		combinations as a therapeutic strategy for healthy aging		
2	2026	Deciphering pathophysiology of cardiac amyloidosis using advanced human myocardial microtissue (hMMT) models	ESC First Contact Initiative Grant, European Society of Cardiology	Grant Recipient / Visiting Researcher to the Center for Molecular Cardiology of the University of Zurich (Switzerland)
3	2024-2025	Comprehensive Exploration of Molecular Pathways and Biomarkers in Myeloma-Induced Bone Disease: A Mutli-Omics Approach for Personalized Therapeutic Management	International Myeloma Society	Co-Investigator
4	2023-2027	Cost Action: <i>EU-METAHEART</i> (CA22169)	European Union	Working Group Leader WG3: Immunometabolism,
5	2023-2024	Investigation of Empagliflozin as an agent to alleviate myocardial ischemia reperfusion injury and microvascular obstruction	Boehringer Ingelheim International GmbH	Co-Investigator
6	2023-2024	Establishment of light chain derived amyloidoma bearing mice and evaluation of radio-diagnostics	Improving Detection of AL Amyloidosis (IDEA) QuickFire Challenge Johnson&Johnsons	Co-Investigator
7	2022-2024	Elucidation of LIGHT chain amyloidosis induced cardiotoxicity: Establishment of in vitro and in vivo models (ENLIGHTMENT)	Hellenic Foundation for Research and Innovation (HFRI)	Research Team Member

**Project Role: i.e. Scientific/Project Coordinator, Research Team Member, Researcher, Assistant Researcher, other*

**Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees.
List the five (5) more recent (Optional Entry)**

Ref. Number	Period	Organization	Title of Position or Service	Key Activities
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1	2026-present	European Commission / Marie Skłodowska-Curie Actions (MSCA)	Expert Evaluator – MSCA Postdoctoral Fellowships	Independent expert evaluation of MSCA Postdoctoral Fellowship proposals; assessment of scientific excellence, impact, and implementation according to European Commission evaluation criteria.
2	2025-2027	European Society of Cardiology (ESC) – Scientists of Tomorrow (SoT)	Elected Member of the Core Group	Contribution to ESC scientific and educational initiatives for early-career cardiovascular scientists; development of scientific statements, networking activities, and collaborative initiatives
3	2026–present	American Journal of Physiology – Heart and Circulatory Physiology, American Physiological Society	Editor	Editorial assessment of manuscripts, peer-review oversight, and contribution to the journal's scientific and editorial activities
4	2023–present	COST Action CA22169 – EU-METAHEART	Elected Core Working Group Leader, WG3: Immunometabolism	Scientific leadership and coordination of WG3 activities focused on immunometabolic mechanisms in heart failure; coordination of international collaborations, scientific meetings, and dissemination activities.
5	2022	International peer-reviewed scientific journals (APS, Springer Nature, Elsevier, ACS)	Invited Scientific Reviewer	Peer review of manuscripts in cardiovascular pharmacology, cardioprotection, cardiovascular disease, pharmacology and translational biomedical research for international peer-reviewed journals, including <i>Cardiovascular Diabetology</i> , <i>Basic Research in</i>

				Cardiology, Biomedicine & Pharmacotherapy, Journal of Medicinal Chemistry and others.
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Awards / International Recognition (where applicable). List the five (5) more recent and other five (5) selected. (max total 10) (Optional Entry)			
Ref. Number	Date	Title	Awarded by:
1	2025	Short-Term Scientific Mission (STSM) Award – EU-METAHEART, COST Action CA22169	European Cooperation in Science and Technology (COST), EU-METAHEART
2	2025	Prize for Best Oral Presentation	Presentation Hellenic Society of Basic and Clinical Pharmacology, 17th Symposium
3	2025	Travel Grant – Scientific Workshop “Amyloidosis from Bench to Bedside and Back Again	International Society of Amyloidosis (ISA)
4	2024	Prize for Best Oral Presentation – 45th Panhellenic Congress of Cardiology	Hellenic Society of Cardiology
5	2024	ESC Congress 2024 Travel Grant	European Society of Cardiology (ESC), Council on Basic Cardiovascular Science
6	2023	Best Poster Award – Cellular Biology of the Heart & Myocardial Function Meeting	European Society of Cardiology (ESC), Working Group on Cellular Biology of the Heart
7	2019–2022	H.F.R.I. Scholarship for PhD Candidates (36 months)	Hellenic Foundation for Research and Innovation (H.F.R.I.)
8	2018–2019	Onassis Foundation Scholarship for PhD Candidates (12 months	Onassis Foundation
9	2019	Short-Term Scientific Mission (STSM) Award – COST Action CA16225	European Cooperation in Science and Technology (COST), IMPACT Action
10	2018	Prize for Best Oral Presentation – 10th Congress of Basic and Clinical Pharmacology	Hellenic Society of Basic and Clinical Pharmacology

Other Achievements. List the five (5) more recent and other five (5) selected. (max total 10) (Optional Entry)			
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Ref. Number	Date	Title	Key Activities:
1	2023	(Co-)Inventor in Patent No. 1010378 – 17/01/2023: "Composition for the management of menopausal and/or perimenopausal symptoms"	Research and innovation
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