

Nikolaos Papanas

Short CV

Name	Nikolaos Papanas
Rank	Assistant Professor
Topic/Specialty	Internal Medicine
Department	Second Department of Internal Medicine, Democritus University of Thrace
Office	University Hospital of Alexandroupolis, office 03.04
Phone	25510 30350, 25510 74713
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Email	papanasnikos@yahoo.gr
Research Interests	Diabetes mellitus, diabetic complications, diabetic neuropathy, diabetic foot
Teaching (undergraduate lessons)	“Clinical Examination” to students of the 3 rd academic year, “Nosology” to students of the 4 th academic year, “Internal Medicine” to students of the 6 th academic year
Teaching in post-graduate courses	<ol style="list-style-type: none">1. Teaching contribution to the Post-graduate Course of specialisation in Liver-Pancreas-Biliary Surgery of the Second Department of Surgery, Democritus University of Thrace2. Teaching contribution to the Post-graduate Course of Hygiene and Safety at the Workplace of the Laboratory of Hygiene and Environmental Protection at Democritus University of Thrace and the Department of Nursing, Athens University
Education	Medical Faculty at Aristotle University of Thessaloniki, Greece (Medical Degree in 1992), Medical Specialisation in Internal Medicine (Prefecture of Thessaloniki, 2001), Dissertation at Democritus University of Thrace (2003)
Further education	<ol style="list-style-type: none">1. Further education in diabetes and its complications at King’s College Hospital, London (01.12.2006-30.05.2007)2. Further education in diabetes at the German Diabetes Centre, Heinrich Heine University of Düsseldorf (01.09.2010-10.03.2011)
Research Work	Diabetes mellitus, diabetic complications, diabetic neuropathy, diabetic foot
Publications in PubMed-indexed journals	105 (citations: 445)
Publications in not PubMed-indexed	4

journals	
Publications in PubMed-indexed journals during 2011	<ol style="list-style-type: none"> 1. Steiropoulos P, Papanas N. Continuous positive airway pressure to improve insulin resistance and glucose homeostasis in sleep apnea. <i>World J Diabetes</i> 2011;2:16-8. 2. Papanas N, Maltezos E. Cilostazol in Diabetic Neuropathy: Premature Farewell or New Beginning? <i>Angiology</i> 2011 Apr 20. [Epub ahead of print]. 3. Papanas N, Paschos P, Papazoglou D, Papatheodorou K, Paletas K, Maltezos E, Tsapas A. Accuracy of the Neuropad Test for the Diagnosis of Distal Symmetric Polyneuropathy in Type 2 Diabetes. <i>Diabetes Care</i> 2011; April 19 [Epub ahead of print]. 4. Kapetanakis S, Vasileiadis I, Papanas N, Goulimari R, Maltezos E. Can a giant cervical osteophyte cause dysphagia and airway obstruction? A case report. <i>Wien Klin Wochenschr</i> 2011 Apr 14. [Epub ahead of print]. 5. Kapetanakis S, Drygiannakis I, Tzortzinis A, Papanas N, Fiska A. A giant adrenal lipoma presenting in a woman with chronic mild postprandial abdominal pain: a case report. <i>J Med Case Reports</i> 2011;5:136. 6. Papanas N, Papazoglou D, Papatheodorou K, Maltezos E. Evaluation of a new foam to increase skin hydration of the foot in type 2 diabetes: a pilot study. <i>Int Wound J</i> 2011;8:297-300. 7. Papanas N, Lazarides MK. Diabetic foot amputations in Greece: where do we go from here? <i>Int J Low Extrem Wounds</i> 2011;10:4-5. 8. Papanas N, Maltezos E, Lazarides MK. Delivering a powerful oral presentation: all the world's a stage. <i>Int Angiol</i> 2011;30:185-91. 9. Gouveri E, Papanas N, Maltezos E. The female breast and diabetes. <i>Breast</i> 2011 Mar 15. [Epub ahead of print]. 10. Kouroumichakis I, Papanas N, Proikaki S, Zarogoulidis P, Maltezos E. Statins in prevention and treatment of severe sepsis and septic shock. <i>Eur J Intern Med</i> 2011;22:125-33. 11. Mikroulis D, Papanas N, Vretzakis G. A restrictive perioperative transfusion strategy does not increase all-cause mortality (30 days) or morbidity compared with a liberal approach in patients undergoing cardiac surgery. <i>Evid Based Med</i> 2011 Feb 24. [Epub ahead of print] 12. Gouveri E, Papanas N, Hatzitolios AI, Maltezos E. Breastfeeding and diabetes. <i>Curr Diabetes Rev</i> 2011;7:135-42. 13. Papanas N, Katsiki N, Papatheodorou K, Demetriou M, Papazoglou D, Gioka T, Maltezos E. Peripheral Neuropathy is Associated With Increased Serum Levels of Uric Acid in Type 2 Diabetes Mellitus. <i>Angiology</i> 2011;62:291-5. 14. Zarogoulidis P, Constantinidis T, Steiropoulos P, Papanas N, Zarogoulidis K, Maltezos E. Are there any differences in clinical and laboratory findings on admission between H1N1 positive and negative patients with flu-like symptoms? <i>BMC Res Notes</i> 2011;1:141. 15. Nena E, Steiropoulos P, Papanas N, Tsara V, Fiteli C, Froudarakis ME, Maltezos E, Bouros D. Sleepiness as a marker of glucose deregulation in obstructive sleep apnea. <i>Sleep Breath</i> 2011 Jan 5. [Epub ahead of print]. 16. Papanas N, Papatheodorou K, Papazoglou D, Kotsiou S, Maltezos E. A prospective study on the use of the indicator test Neuropad® for the early diagnosis of peripheral neuropathy in type 2 diabetes. <i>Exp Clin Endocrinol Diabetes</i> 2011;119:122-5. 17. Papanas N, Ziegler D. New diagnostic tests for diabetic distal symmetric polyneuropathy. <i>J Diabetes Complications</i> 2011;25:44-51.
Presentations in congresses	100

Lectures in congresses	100
R&D Projects	<ol style="list-style-type: none"> 1. "Treatment with Viagra in patients with erectile dysfunction and cardiovascular risk factors who have not been treated before. GOLD study. Non-interventional post-marketing surveillance" 2. "A multicenter, randomized, double-blind study to determine the efficacy and safety of the addition of SYR-322 25 mg vs. dose titration from 30 mg to 45 mg of ACTOS[®] Pioglitazone HCl in subjects with Type 2 diabetes mellitus who have inadequate control on a combination of metformin and 30 mg of Pioglitazone HCl therapy" 3. "A randomized, double-blind, placebo-controlled parallel-group study to determine whether, in patients with type 2 diabetes at high risk for cardiovascular and renal events, aliskiren, on top of conventional treatment, reduces cardiovascular and renal morbidity and mortality. ALTITUDE: ALiskiren Trial in Type 2 diabetes Using cardiorenal Disease Endpoints"
Clinical Work	<ol style="list-style-type: none"> 1. Management of in-patients of the Second Department of Internal Medicine; on call duty both on the wards and in the Accident-and-Emergency Department of the University Hospital of Alexandroupolis 2. Outpatient Clinic of Internal Medicine 3. Outpatient Clinic of Obesity, Diabetes and Metabolism 4. Outpatient Clinic of the Diabetic Foot 5. Outpatient Clinic of Diabetes
Invited reviewer	Invited reviewer (150 articles in total). Main journals: <i>Atherosclerosis, Journal of Diabetes and its Complications, Diabetes and Metabolism, Diabetic Medicine, Diabetes Research and Clinical Practice, World Journal of Diabetes, Diabetologia, Angiology, Diabetes Technology and Therapeutics, Experimental Diabetes Research, Vascular Health and Risk Management, International Journal of Cardiology, Platelets, Journal of Dermatological Science, Journal of Diabetes Science and Technology, Expert Opinion on Pharmacotherapy</i>
Editorial Board member	4 journals
Member of scientific associations	<ol style="list-style-type: none"> 1. European Association for the Study of Diabetes 2. Diabetic Foot Study Group 3. German Association for the Study of Diabetes (Deutsche Diabetes Gesellschaft) 4. Greek Association for the Study of Diabetes 5. Greek Association for the Study of Obesity 6. Greek Association for the Study of Lipids and Atherosclerosis 7. Northern Greek Association for the Study of Diabetes 8. Hellenic Atherosclerosis Society 9. Greek Association for the Study of Venous Disorders 10. Greek Association for the Study of Vascular Disorders 11. Greek Association for the Study of the Diabetic Foot 12. Northern Greek Association for the Study of Internal Medicine 13. Northern Greek Atherosclerosis Society 14. Mediterranean Group for the Study of Diabetes 15. Greek Association for the Study of Stroke 16. Study Group of Diabetes of the Northern Greek Association for the Study of Internal Medicine 17. Study Group of Diabetes of the Northern Greek Atherosclerosis Society

	18. Study Group of Angiology and Ultrasound of the Northern Greek Association for the Study of Internal Medicine
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