Dr Anastasios Papalazarou, MSc, PhD

Dietitian – nutritionist,

scientific associate of harokopio university, Athens, Greece ,

scientific manager at nutrimed ltd

**Email**: anpapalazarou@gmail.com

#### ACADEMIC AND PROFESSIONAL QUALIFICATIONS

1. **Academic Degrees and Diplomas**

**PhD, September 2012**. Thesis on “The effect of an intensive behavioral modification program in morbidly obese individuals following bariatric surgery”, Department of Nutrition Science and Dietetics, Harokopio University, Athens, Greece

**MSc in Sports Nutrition, 2000-2002**. Dissertation “The effect of an intensive behavioral modification program on both weight loss and physical activity levels in morbidly obese individuals”, Department of Nutrition Science and Dietetics, Harokopio University, Athens, Greece

 **MSc in Sports Nutrition, 1993-1994**. Dissertation: ‘‘The effect of high protein diet on body calcium loss’’, King’s College University of London. London UK.

   **ΒSc in Dietetics - Nutrition. 1988-1991**. Dissertation: ‘‘The role of dietitians in Greece’’ Department of Nutrition Science and Dietetics, Harokopio University, Athens, Greece

1. **Membership of Learned Body or Association**

Fellow or Member)- Status (e.g. Fellow or Member)

Hellenic Diabetic Association, member, since 2000

Hellenic Society of Surgical Treatment of Obesity, member, since 1998

European Overseas Dietetic Association, since 1998

1. **Membership of Professional Body or Association**

Hellenic Dietetic Association, member, since1994

Board member (2000-2002)

#### EMPLOYMENT

**1996-present:**Owner of dietetic office at Athens, specializing in weight management.

**2006-present**:Founder and scientific manager of Nutrimed Ltd, well being and consulting services.

**2011-present***:* Scientific Associate of Department of Nutrition Science and Dietetics of Harokopio University, Athens, Greece.

**2016-present**. Primary investigator of the Canadian limb of Medis study, Department of Nutrition Science and Dietetics of Harokopio University, Athens, Greece.

**2016-present.**Module coordinator and Lecturer at MSc course of Dietetics at Metropolitan College, Athens (affiliation with Queen’s Margaret University, Edinburg, UK).

**2016-present**. Lecturer at Metropolitan Life long-learn educational center. Course: Behavioral modification on weight management.

**2012-2016***.* President of NGO «Child nutrition*».*

**2011-2016***:* Lecturer of the module of “Nutrition and bariatric surgery” of the MSc course in Dietetics – Nutrition, the Department of Nutrition Science and Dietetics of Harokopio University, Athens, Greece.

**1994-1997**. Module coordinator and Lecturer at Aygerinopoulou private college. Courses: Human Nutrition, Clinical Nutrition and Sports Nutrition.

#### PUBLICATIONS

1. **Authored Books**

**A. Papalazarou**. “No diet “ Papazisis publications 2005

**A. Papalazarou** “Management of obesity in 5 steps” Ion publications 2008

**A. Papalazarou** , A. Barbarigou, S. Koutsostamati, Y.Manios. “Diet by the experts” Attica publications 2013.

**A.Papalazarou,** Varagiannis P, Andreou E, Fillipou C. A practical quide to set up your dietic office. Mednutrition publications 2014. Under the auspice of Hellenic Dietetic Association.

**Chapters in Books.**

Risvas G, **Papalazarou A**, Chourdakis M, Papandreou D, Kouvelas D. (2007) Therapeutic Approaches of Obesity. In Chourdakis M and Kouvelas D. *Principles of Clinical Nutrition and Diet Therapy*. Rotonta Publications, 89-110.

**Journal Publications**

[Maraki MI](https://www.ncbi.nlm.nih.gov/pubmed/?term=Maraki%20MI%5BAuthor%5D&cauthor=true&cauthor_uid=29393125), [Panagiotakos DB](https://www.ncbi.nlm.nih.gov/pubmed/?term=Panagiotakos%20DB%5BAuthor%5D&cauthor=true&cauthor_uid=29393125), [Jansen LT](https://www.ncbi.nlm.nih.gov/pubmed/?term=Jansen%20LT%5BAuthor%5D&cauthor=true&cauthor_uid=29393125), [Anastasiou C](https://www.ncbi.nlm.nih.gov/pubmed/?term=Anastasiou%20C%5BAuthor%5D&cauthor=true&cauthor_uid=29393125), [**Papalazarou A**](https://www.ncbi.nlm.nih.gov/pubmed/?term=Papalazarou%20A%5BAuthor%5D&cauthor=true&cauthor_uid=29393125), [Yannakoulia M](https://www.ncbi.nlm.nih.gov/pubmed/?term=Yannakoulia%20M%5BAuthor%5D&cauthor=true&cauthor_uid=29393125), [Sidossis LS](https://www.ncbi.nlm.nih.gov/pubmed/?term=Sidossis%20LS%5BAuthor%5D&cauthor=true&cauthor_uid=29393125), [Kavouras SA](https://www.ncbi.nlm.nih.gov/pubmed/?term=Kavouras%20SA%5BAuthor%5D&cauthor=true&cauthor_uid=29393125). Validity of Predictive Equations for Resting Energy Expenditure in Greek Adults. [Ann Nutr Metab.](https://www.ncbi.nlm.nih.gov/pubmed/?term=Validity+of+Predictive+Equations+for+Resting+Energy+Expenditure+in+Greek+Adults) 2018;72(2):134-141.

**Papalazarou A**. “Epicurus: Could he be the Father of the Modern Behavioral Approach to Obesity?”. EC Nutrition 12.2 (2017): 99-102.

**Papalazarou A,** Yannakoulia M, Gavrielli A, Kavouras SA, Komesidou V, Dimitriadis G, Papakonstantinou A, Sidossis LS. The Long Term Efficacy of an Intensive Lifestyle Intervention versus Bariatric Surgery to Treat Morbid Obesity in Women. J Obes Ther. 2017;1:1-6.

**Papalazarou A**, Yannakoulia M, Kavouras SA, Komesidou V, Dimitriadis G, Papakonstantinou A, Sidossis LS : Obesity surgery when combined with an intensive lifestyle intervention program confers a greater advantage over the combination of low energy diet and lifestyle intervention. HJCLN.2012;2(1), 23-30.

**Papalazarou A,** Yannakoulia M, Kavouras SA, Komesidou V, Dimitriadis G, Papakonstantinou A, Sidossis LS: Lifestyle intervention favourably affects weight loss and maintenance following obesity surgery*.* Obesity 2010;18:1348-1353

#### CONFERENCES & PRESENTATIONS

**10th Macedonian Conference of Nutrition - Dietetics. Thessaloniki 2018.** Eating disorders and Nutrition therapy.

**5th Medical Conference. Athens 2018.** Harmful effects of crash dieting.

**14th Hellenic Congress of Nutrition - Dietetics, Athens 2017.** Behavioral modification in weight managment.

**13th** **Hellenic Congress of Nutrition -Dietetics, Athens 2015.** Use of modern technology in dietetic practice.

**European Cardiometabolic forum. Athens 2014** (Oral presentation) Behavioral modification techniques confer to great patients complianve in cardiometabolic disease.

**30th Annual Obesity Scientific Meeting on Obesity,** **San Antonio, Texas 2012** (Poster presentation). Anastasios Papalazarou, Mary Yannakoulia, Stavros A. Kavouras, Vasiliki Komesidou, George Dimitriadis, Alexandros Papakonstantinou , Labros S. Sidossis. Weigh cycling in associated with increased BMI and decreased REE in morbidly obese women.

**7th Congress of Surgical Treatment of Obesity. Athens 2011** (oral presentation). Behavioral modification confers to better weight loss after VBG, in morbid obese.

# **29th Annual Obesity Scientific Meeting on Obesity, Orlando, Florida 2011** (Poster presentation). Anastasios Papalazarou, Mary Yannakoulia, Stavros A. Kavouras, Vasiliki Komesidou, George Dimitriadis, Alexandros Papakonstantinou , Labros S. Sidossis. Intensive lifestyle intervention vs surgery for the treatment of morbid obesity: three-year follow-up.

**6th Congress of Surgical Treatment of Obesity. Athens 2009** (Poster presentation).Behavioral modification and weight loss after 3 months of bariatric surgery”

**4th Cypriot Dietetic Congress Nicosia, Cyprus 2005** (Oral presentation) Diets do not work.

**6th Hellenic Congress of Nutrition – Dietetics, Athens, 2001** (oral presentation) Behavioral Modification treatment for obesity.

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| **Congress of American Overseas Dietetic Association. Nicosia, Cyprus 1998** (oral presentation). The role of dietitian in Greece. |
| **1st Congress of Surgical Treatment of Obesity. Heraklion, Greece 1998**. (Oral presentation) Nutritional management of morbidly obese patients after VBG. |

**4th Hellenic Congress of Nutrition – Dietetics Athens 1997** (Oral presentation) The perspectives of dietitian in Greece.

#### LEADERSHIP EXPERIENCE

**2017:**Member of a special committee of the Ministry of Health on defining the role of «Dietetic Practice» in Greece.

**2011-present:**Supervisor, internship year of graduating students, Department of Nutrition Science and Dietetics of Harokopio University, Athens, Greece.

**2015 – present:**Supervisor, internship year of graduating students, Department of Dietetics at Metropolitan College, Athens, Greece.

**2010-2011***:* External Consultant of the Department of Nutrition and Exercise of Ministry of Health.

**2003:**Member of the Organizing and Scientific Committee of the 7th Hellenic Congress of Nutrition – Dietetics

**2002***.* Member of the Organizing Committee of Nutrition Week 2002 entitled “Eat Well, Feel Well”

#### LANGUAGES

* Modern Greek: Mother tongue
* English: Excellent