

CV

Dimitrios Draganidis, Ph.D.

Education

Dimitrios completed his undergraduate studies in Democritus University of Thrace, at the Department of Physical Education & Sport Sciences. During his undergraduate thesis, he studied the interaction between resistance exercise-induced inflammation and football performance.

He completed the “*Exercise and quality of life*” MSc program, organized by the Departments of Physical Education and Sports Sciences of both Democritus University of Thrace and the University of Thessaly, in 2013. The study of his thesis investigated the effects of redox status perturbations (induced by NAC administration) on inflammatory responses and performance of elite football players during a simulated in-season microcycle with three matches. Upon graduating, he worked for a year at the Nestle Research Center in Lausanne, Switzerland, where he had been involved in internal clinical trials working with advanced metabolic and molecular methodologies. He was awarded his PhD in Exercise Biochemistry from the University of Thessaly (Department of Physical Education & Sport Sciences) in 2018, after conducting a clinical trial focusing on the effects of chronic low-grade systemic inflammation on muscle protein synthesis and breakdown in the aged human skeletal muscle.

Professional Experience/Background

Research Assistant: Physical & Cognitive Performance Group, Department of Nutrition & Health Research, Nestle Research Center, Lausanne (*January 2014- June 2014*).

Trainee: Physical & Cognitive Performance Group, Department of Nutrition & Health Research, Nestle Research Center, Lausanne (*June 2013- November 2013*).

Research Interests

His research focuses on the interaction between chronic low-grade systemic inflammation, protein intake and skeletal muscle health in the elderly, with particular emphasis on the effects of chronic inflammation on performance and functional status of the aged as well as on molecular regulators of skeletal muscle protein synthesis and proteolysis. In addition, his research interests focus on dietary strategies, particularly on protein and antioxidants, to enhance skeletal muscle recovery following aseptic inflammation induced by various types of sports and exercise.

Articles in Refereed Scientific Journals

1. Georgakouli K, Fatouros IG, **Draganidis D***, Papanikolaou K, Tsimeas P, Deli CK, Jamurtas AZ. Exercise in Glucose-6-Phosphate Dehydrogenase deficiency: Harmful or Harmless? A narrative review. *Oxidative Medicine and Cellular Longevity*, 2019.
2. Panagoulis C, Chatzinikolaou A, Avloniti A, Leontsini D, Deli CK, **Draganidis D***, Stampoulis T, Oikonomou T, Papanikolaou K, Rafailakis L, Kambas A, Jamurtas AZ, Fatouros IG. In-season integrative neuromuscular strength training improves performance of early-adolescent soccer athletes. *Journal of Strength and Conditioning Research*, 2018
3. Perakakis N, Mougios V, Fatouros IG, Siopi A, **Draganidis D***, Peradze N, Ghaly W, Mantzoros CS. Physiology of Activins /Follistatins: Associations with metabolic and

- anthropometric variables and response to exercise. *The Journal of Clinical Endocrinology and Metabolism*, 2018.
4. Deli CK, Poullos A, Georgakouli K, Papanikolaou K, Papoutsis A, Selemekou M, Karathanos VT, **Draganidis D***, Tsiokanos A, Koutedakis Y, Fatouros IG, Jamurtas AZ. The effect of pre-exercise ingestion of corinthian currant on endurance performance and blood redox status. *Journal of Sports Sciences*, 2018.
 5. Batrakoulis A, Jamurtas AZ, Georgakouli K, **Draganidis D***, Deli CK, Papanikolaou K et al. High intensity, circuit-type integrated neuromuscular training alters energy balance and reduces body mass and fat in obese women: A 10-month training-detraining randomized controlled trial. *PLoS One*, 2018.
 6. Jamurtas AZ, Fatouros IG, Deli CK, Georgakouli K, Poullos A, **Draganidis D***, Papanikolaou K et al. The effects of acute low-volume HIIT and aerobic exercise on leukocyte count and redox status. *Journal of Sports Science & Medicine*, 2018.
 7. **Draganidis D***, Jamurtas AZ, Stampoulis T, Laschou VC, Deli CK, Georgakouli K. et al. Disparate habitual physical activity and dietary intake profiles of elderly men with low and elevated systemic inflammation. *Nutrients*, 2018.
 8. Chatzinikolaou A, Michaloglou K, Avloniti A, Leontsini D, Deli CK, Vlachopoulos D, Gracia-Marco L, Arsenis S, Athanailidis I, **Draganidis D***, Jamurtas AZ, Williams CA, Fatouros IG. The trainability of adolescent soccer players to brief periodized complex training. *International Journal of Sports Physiology and Performance*, 2018.
 9. Poullos A, Fatouros IG, Mohr M, **Draganidis D***, Deli CK, Papanikolaou K et al. Post-game high protein intake may improve recovery of football-specific performance during a congested game fixture: Results from the PRO-FOOTBALL study. *Nutrients*, 2018.
 10. Kambas A, Leontsini D, Avloniti A, Chatzinikolaou A, Stampoulis T, Makris K, **Draganidis D***, Jamurtas AZ, Michalopoulou M, Tournis S, Fatouros IG. Physical activity may be a potent regulator of bone turnover biomarkers in healthy girls during pre-adolescence. *Journal of Bone and Mineral Metabolism*, 2017.
 11. **Draganidis D***, Chondrogianni N, Chatzinikolaou A, Terzis G, Karagounis LG, Sovatzidis A, Avloniti A, Lefaki M, Protopapa M, Deli CK, Papanikolaou K, Jamurtas AZ, Fatouros IG. Protein ingestion preserves proteasome activity during intense aseptic inflammation and facilitates skeletal muscle recovery in humans. *British Journal of Nutrition*, 2017.
 12. Vantarakis A, Chatzinikolaou A, Avloniti A, Vezos N, Douroudos II, **Draganidis D***, Jamurtas AZ, Kambas A, Kalligeros S, Fatouros IG. A two-month linear periodized resistance exercise training improved musculoskeletal fitness and specific conditioning of navy cadets. *Journal of Strength and Conditioning Research*, 2017.
 13. Avloniti A, Chatzinikolaou A, Delli CK, Vlachopoulos D, Gracia-Marco L, Leontsini D, **Draganidis D***, Jamurtas AZ, Mastorakos G, Fatouros IG. Exercise-induced oxidative stress responses in the pediatric population. *Antioxidants* (Basel), 2017.
 14. **Draganidis D***, Karagounis LG, Athanailidis I, Chatzinikolaou A, Jamurtas AZ, Fatouros IG. Inflammaging and skeletal muscle: Can protein intake make a difference? *Journal of Nutrition*, 2016.
 15. Avloniti A, Chatzinikolaou A, Fatouros IG, Avloniti C, Protopapa M, **Draganidis D***, Stampoulis T, Leontsini D, Mavropalias G, Gounelas G, Kambas A. The acute effects of static stretching on speed and agility performance depend on stretch duration and conditioning level. *Journal of Strength and Conditioning Research*, 2016.
 16. Mohr M, **Draganidis D***, Chatzinikolaou A, Barbero-Alvarez JC, Castagna C, Douroudos I, Avloniti A, Margeli A, Papassotiriou I, Flouris AD, Jamurtas AZ, Krustup P, Fatouros IG. Muscle damage, inflammatory, immune and performance responses to three football games in 1 week in competitive male players. *European Journal of Applied Physiology*, 2016.
 17. Sakelliou A, Fatouros IG, Athanailidis I, Tsoukas D, Chatzinikolaou A, **Draganidis D***, Jamurtas AZ, Liacos C, Papassotiriou I, Mandalidis D, Stamatelopoulos K, Dimopoulos MA,

- Mitrakou A. Evidence of a Redox-dependent regulation of immune responses to exercise-induced inflammation. *Oxidative Medicine and Cellular Longevity*, 2016.
18. Wright CR, Brown EL, Della Gatta PA, Fatouros IG, Karagounis LG, Terzis G, Mastorakos G, Michailidis Y, Mandalidis D, Spengos K, Chatzinikolaou A, Methenitis S, **Draganidis D***, Jamurtas AZ, Russell AP. Regulation of granulocyte colony-stimulating factor and its receptor in skeletal muscle dependent upon the type of inflammatory stimulus. *Journal of Interferon & Cytokine Research*, 2015.
 19. Paltoglou G, Fatouros IG, Valsamakis G, Schonja M, Avloniti A, Chatzinikolaou A, Kambas A, **Draganidis D***, Mantzou A, Papagianni M, Kanaka-Gantenbein C, Chrousos GP, Mastorakos G. Antioxidation improves in puberty in normal weight and obese boys, in positive association with exercise-stimulated growth hormone secretion. *Journal of Pediatric Research*, 2015.
 20. **Draganidis D***, Chatzinikolaou A, Avloniti A, Barbero-Alvarez JC, Mohr M, Malliou P, Gourgoulis V, Deli CK, Douroudos II, Margonis K, Gioftsidou A, Flouris AD, Jamurtas AZ, Koutedakis Y, Fatouros IG. Recovery kinetics of knee flexor and extensor strength after a football match. *PLoS One*, 2015.
 21. Kambas A, Venetsanou F, Avloniti A, Giannakidou DM, Gourgoulis V, **Draganidis D***, Chatzinikolaou A, Fatouros I, Michalopoulou M. Pedometer determined physical activity and obesity prevalence of Greek children aged 4-6 years. *Annals of Human Biology*, 2015.
 22. Jamurtas AZ, Douroudos II, Deli CK, **Draganidis D***, Chatzinikolaou A, Mohr M, Avloniti A, Barbero-Alvarez JC, Margonis K, Mavropalias G, Stampoulis T, Giannakidou D, Flouris AD, Koutedakis Y, Fatouros IG. Iron status markers are only transiently affected by a football game. *Journal of Sports Sciences*, 2015.
 23. Zalavras A, Fatouros IG, Deli CK, **Draganidis D***, Theodorou AA, Soulas D, Koutsioras Y, Koutedakis Y, Jamurtas AZ. Age-related responses in circulating markers of redox status in healthy adolescents and adults during the course of a training macrocycle. *Oxidative Medicine and Cellular Longevity*, 2015.
 24. Chatzinikolaou A, **Draganidis D***, Avloniti A, Karipidis A, Jamurtas A, Skevaki C, Tsoukas D, Sovatzidis A, Theodorou AA, Kambas A, Papassotiriou I, Taxildaris K, Fatouros IG. The Microcycle of Inflammation and Performance Changes following a Basketball Game. *Journal of Sports Sciences*, 2014.
 25. Chatzinikolaou A, Christoforidis C, Avloniti A, **Draganidis D***, Jamurtas A, Stampoulis T, Ermidis G, Sovatzidis A, Papassotiriou I, Kambas A, Fatouros IG. A Microcycle of Inflammation Following a Team-handball Game. *Journal of Strength and Conditioning Research*, 2014.
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 27. Bogdanis GC, Stavrinou P, Fatouros IG, Philippou A, Chatzinikolaou A, **Draganidis D***, Ermidis G, Maridaki M. Short-term high-intensity interval exercise training attenuates oxidative stress responses and improves antioxidant status in healthy humans. *Food and Chemical Toxicology*, 2013.
 28. **Draganidis D***, Chatzinikolaou A, Jamurtas AZ, Barbero JC, Tsoukas D, Theodorou AS, Margonis K, Michailidis Y, Avloniti A, Theodorou A, Kambas A, Fatouros IG. The Time-frame of acute resistance exercise effects on football skill performance: the impact of exercise intensity. *Journal of Sports Sciences*, 2013.
 29. Michailidis Y, Fatouros IG, Primpa E, Michailidis C, Avloniti A, Chatzinikolaou A, Barbero-Álvarez JC, Tsoukas D, Douroudos II, **Draganidis D***, Leontsini D, Margonis K, Berberidou F, Kambas A. Plyometrics' trainability in pre-adolescent soccer athletes. *Journal of Strength and Conditioning Research*, 2013.

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31. Bori Z, Zhao Z, Koltai E, Fatouros IG, Jamurtas AZ, Douroudos II, Terzis G, Chatzinikolaou A, Sovatzidis A, **Draganidis D***, Boldogh I, Radak Z. The effects of aging, physical training, and a single bout of exercise on mitochondrial protein expression in human skeletal muscle. *Experimental Gerontology*, 2012.
32. Barbas I, Fatouros IG, Douroudos II, Chatzinikolaou A, Michailidis Y, Jamurtas AZ, **Draganidis D***, Nikolaidis MG, Parotsidis C, Theodorou AT, Katrabasas I, Papassotiriou I, Taxildaris K. Physiological and performance adaptations of elite Greco-Roman wrestlers during a one-day tournament. *European Journal of Applied Physiology*, 2011.
33. Fatouros IG, Lapidis K, Kambas A, Chatzinikolaou A, Texlikidou E, Katrabasas I, Douroudos II, Leontsini D, Berberidou F, **Draganidis D***, Christoforidis C, Tsoukas D, Kelis S, Taxildaris K. Validity and reliability of the single-trial line drill test of anaerobic power in basketball players. *Journal of Sports Medicine and Physical Fitness*, 2011.

Funding & Awards

1. **PhD Scholarship**, from the General Secretariat for Research and Technology (GSRT) and the Hellenic Foundation for Research and Innovation (HFRI) – total duration: 3 years.
2. **Trainee Grant**, COST Action BM1307 for attending the Federation of European Biochemical Societies (FEBS) Advanced Lecture Course on Redox Regulation of Metabolic Processes training school, 2016, Spetses, Greece.

Membership of Professional Bodies/Associations

Exercise Immunology

British Association of Sport and Exercise Sciences (BASES)