

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 has also completed his MSc in “*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. 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 during which three matches were completed. Currently he is a PhD candidate in University of Thessaly, at the Department of Physical Education & Sport Sciences.

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

He is currently studying the interaction between inflammaging (chronic low-grade systemic inflammation in the elderly), protein intake and skeletal muscle health, with particular emphasis on the effects of inflammaging 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. 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.
2. 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.
3. 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*, 2016.
4. 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.

5. 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*, 2016.
6. Mohr M, Draganidis D, Chatzinikolaou A, Barbero-Alvarez JC, Castagna C, Douroudos I, Avloniti A, Margeli A, Papassotiriou I, Flouris AD, Jamurtas AZ, Krstrup 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. 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*, 2014.
13. 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*, 2014.
14. 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*, 2013.
15. 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*, 2013.
16. Michalopoulou M, Kambas A, Leontsini D, Chatzinikolaou A, Draganidis D, Avloniti A, Tsoukas D, Michopoulou E, Lyritis GP, Pappaioannou N, Tournis S, Fatouros IG. Physical activity is associated with bone geometry of premenarcheal girls in a dose-dependent manner. *Metabolism*, 2013.
17. 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.

18. 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.
19. 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.
20. Kambas A, Venetsanou F, Giannakidou D, Fatouros IG, Avloniti A, Chatzinikolaou A, Draganidis D, Zimmer R. The "Motor-proficiency-Test for children between 4-6 years of age (MOT 4-6): an investigation of its suitability in Greece. *Research in Developmental Disabilities*, 2012.
21. 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.
22. 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.
23. 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.

Membership of Professional Bodies/Associations

Exercise Immunology

British Association of Sport and Exercise Sciences (BASES)