

Curriculum Vitae

Full Name, Degrees (e.g. MD, PhD, FESC)

Elias Tsougos, MD, PhD

Application for the position of

The Nominating Committee member

Personal Information:

Place and Date of Birth: Athens Greece 04/06/1973

Nationality: Greek



Photo

Current Position and Professional Address

Director, 6th Cardiology Department, HYGEIA Hospital

- Clinical Assistant Professor of Cardiology, European University Cyprus (EUC)
- Chair, Hellenic Institute of Cardiology and Metabolism
- Physician, Hellenic Olympic Committee

HYGEIA Hospital

4 Erythrou Stavrou Street & Kifisias Avenue, GR-151 23, Athens, Greece

Branch: 15 Fleming Street, 1st floor

Education and Postgraduate Training

MD, Faculty of Medicine, National and Kapodistrian University of Athens, 1992–1999

- **Rural Service**, Kato Kleitoria Medical Centre, General Hosp. of Patras, 1999–2000
- **Internal Medicine Residency**, 1st Internal Medicine Clinic, Thrasio General Hospital of Elefsina,

2002–2003

- **Cardiology Residency**, 2nd Cardiology Clinic, University of Athens Medical School, Attikon

General Hospital, 2004–2008

- **Doctoral thesis**, 2nd Cardiology Clinic, University of Athens Medical School, Attikon General

Hospital, 2006–2010

- **Training in cardiac ultrasounds and heart failure**, 2nd Cardiology Clinic, Attikon General Hospital,

2008–2010

- **Greek Specialty Title in Cardiology**, West Attica Department, November 2008
- **Greek Specialty Title in New Ultrasound Techniques**, December 2009
- **License for Cardiac Ultrasound**, Ministry of Health & Social Solidarity, July 2009
- **Specialisation in late-stage heart failure & patient rehabilitation**, Karolinska (Stockholm), 2009
- **Royal Society of Medicine, London, UK**
- Carotid Ultrasound Course, May 2014
- **Specialty in New Ultrasound Techniques (Stress echo, transoesophageal echo, 2D strain, 3D**

ultrasound)

Postgraduate courses in Diabetes Mellitus, Department of Endocrinology, Diabetes and Metabolism, Laiko General Hospital of Athens, 2003

- Postgraduate seminar on Hypertension, 2003
- Seminar on Antimicrobial Chemotherapy, 2003
- Seminar on Cardiopulmonary Resuscitation, 2002
- School of Diving and Hyperbaric Medicine, 2001

European Society of Cardiology Activities

- Co-author in ESC Heart Failure journal consensus and network papers on heart failure clinics organisation and national HF clinic networks:
- Task force of the Hellenic Heart Failure Clinics Network. How to develop a national heart failure clinics network: a consensus document of the Hellenic Heart Failure Association. *ESC Heart Fail.* 2020;7(1):15–25.
- Taskforce of the Hellenic Heart Failure Clinics Network. Distribution, infrastructure, and expertise of heart failure and cardio-oncology clinics in a developing network: temporal evolution and challenges during the COVID-19 pandemic. *ESC Heart Fail.* 2020;7(6):3408–3413.

Participation in Other International Scientific Committees

None formal to date.

Editorial Boards

- Member, Editorial Committee, *Opinion in Cardiology* (Journal of the Hellenic College of Cardiology)
- Member, Editorial Committee, *Developments – Prospects for Cardiology*, Paschalidis Medical Publications

Leadership and Management Experience

- Director, 6th Cardiology Department, HYGEIA Hospital
- Former Director, 2nd Cardiology Department, Preventive Cardiology Clinic and Heart Failure Unit, Henry Dunant Hospital Center (2015–2020)
- Chair, Hellenic Institute of Cardiology and Metabolism
- Principal Investigator in multiple phase II–IV multinational clinical trials in cardiology, including studies on:
- Scientific Associate and University Scholar, University of Athens Cardiology Clinics (Attikon and Laiko Hospitals) with extensive clinical, teaching and research duties
- Development and organisation of heart failure, cardio-oncology and cardiac rehabilitation services in tertiary centres

Fellowships and Honours

- 1-year scholarship abroad, Hellenic Cardiological Society (2012), for postgraduate training in advanced cardiac imaging
- 2-year scholarship in Greece, Hellenic Cardiological Society (2010–2011), for the research programme “*Studying the phospholamban gene in Greece in patients with dilated cardiomyopathy*”

Honorary Memberships

None

Top 10 Most Relevant Publications

1. Paraskevaïdis I, Briasoulis A, **Tsougos E**. Oral Cardiac Drug–Gut Microbiota Interaction in Chronic Heart Failure Patients: An Emerging Association. *Int J Mol Sci.* 2024;25(3):1716.
2. Kourek C, Briasoulis A, **Tsougos E**, Paraskevaïdis I. Atrial Fibrillation in Elite Athletes: A Comprehensive Review of the Literature. *J Cardiovasc Dev Dis.* 2024;11(10):315.
3. Paraskevaïdis I, Xanthopoulos A, Triposkiadis F, **Tsougos E**. Heart Failure Syndrome; From Definition to Diagnosis and Treatment – Searching the Right Path. [Journal details as published.]

4. Paraskevaïdis I, Xanthopoulos A, Karamichalakis N, Triposkiadis F, **Tsougos E**. Medical Treatment in Heart Failure with Reduced Ejection Fraction: A Proposed Algorithm Based on the Patient's Electrolytes and Congestion Status. *Med Sci (Basel)*. 2023;11(2):38.
5. Paraskevaïdis I, Farmakis D, Papingiotis G, **Tsougos E**. Inflammation and Heart Failure: Searching for the Enemy – Reaching the Entelechy. *J Cardiovasc Dev Dis*. 2023;10(1):19.
6. Paraskevaïdis I, Xanthopoulos A, **Tsougos E**, Triposkiadis F. Human Gut Microbiota in Heart Failure: Trying to Unmask an Emerging Organ. *Biomedicines*. 2023;11:2574.
7. Karamichalakis N, Xanthopoulos A, Triposkiadis F, Paraskevaïdis I, **Tsougos E**. Reshaping Treatment of Heart Failure with Preserved Ejection Fraction. *J Clin Med*. 2022;11(13):3706.
8. Chasouraki A, Kourek C, Sianis A, Loritis K, Kostakou P, **Tsougos E**, Paraskevaïdis I, Ntalianis A, Briasoulis A. Practical Approaches to Build and Sustain a Cardio-Oncology Clinic. *J Cardiovasc Dev Dis*. 2022;9:158.
9. Task force of the Hellenic Heart Failure Clinics Network (incl. **E. Tsougos**). How to Develop a National Heart Failure Clinics Network: A Consensus Document of the Hellenic Heart Failure Association. *ESC Heart Fail*. 2020;7(1):15–25.
10. Tsougos E, Angelidis G, Gialafos E, Tzavara C, Tzifos V, Tsougos I, Georgoulis P. Myocardial strain may predict exercise tolerance in patients with reduced and mid-range ejection fraction. *Hellenic J Cardiol*. 2018;59(6):331–335.

Major Research Interest

Pathophysiology and management of heart failure (HF_rEF, HF_{mr}EF, HF_pEF)

- Neurohormonal activation, inflammation and energy deficiency in heart failure
- Advanced echocardiography and cardiac imaging (stress echocardiography, 2D strain, 3D echo, diastolic stress echo, tissue Doppler)
 - Cardio-oncology and prevention of cardiotoxicity in cancer patients
 - Gut microbiota–heart failure interactions and metabolic/inflammatory modulators
 - Obesity, diabetes, and novel cardiometabolic therapies (GLP-1 receptor agonists, SGLT2 inhibitors, finerenone, PCSK9 inhibitors)
- Arrhythmias in structural heart disease and heart failure, including atrial fibrillation and cardiac amyloidosis
 - Organisation of heart failure clinics, networks and cardiac rehabilitation programmes

Member of Scientific Associations and Societies

- Athens Medical Association (2004–present)
- Hellenic Society for Lipidology and Atherosclerosis (2004–present)
- Hellenic Cardiological Society (2010–present)
- Heart Failure Working Group, Hellenic Cardiological Society (2010–present)
- Quality of Life and Psychosocial Cardiology Working Group, Hellenic Cardiological Society (2010–present)
- Hellenic College of Cardiology – Board Member (2011–present)