

ΣΥΝΤΟΜΟ ΒΙΟΓΡΑΦΙΚΟ

Ο καθηγητής Απόστολος Τσάπας γεννήθηκε στη Θεσσαλονίκη. Το 1986 ολοκλήρωσε τις εγκύκλιες σπουδές του στη Γερμανική Σχολή Θεσσαλονίκης. Το 1992 αποφοίτησε από την Ιατρική Σχολή του Αριστοτελείου Πανεπιστημίου Θεσσαλονίκης. Το 2003 διορίσθηκε σε θέση λέκτορα στο ΑΠΘ. Το 2007 εξειδικεύθηκε στο σακχαρώδη διαβήτη στο Oxford Center for Diabetes Endocrinology and Metabolism. Το 2011 μετέβη για εξάμηνη μετεκπαίδευση στο Knowledge and Evaluation Research Unit στη Mayo Clinic. Το 2012 ολοκλήρωσε με επιτυχία τις μεταπτυχιακές του σπουδές (MSc in Evidence-Based Healthcare) στο Πανεπιστήμιο της Οξφόρδης. Σήμερα είναι καθηγητής Παθολογίας και Σακχαρώδη Διαβήτη στο Αριστοτέλειο Πανεπιστήμιο Θεσσαλονίκης, Διευθυντής της Β' Παθολογικής Κλινικής ΑΠΘ, υπεύθυνος του Διαβητολογικού Κέντρου στο Ιπποκράτειο Νοσοκομείο Θεσσαλονίκης και της Μονάδας Κλινικής Έρευνας και Τεκμηριωμένης Ιατρικής στο ΑΠΘ, και Senior Research Fellow στο Harris Manchester College του Πανεπιστημίου της Οξφόρδης. Η έρευνά του επικεντρώνεται στη σύνθεση της πρωτογενούς έρευνας (συστηματικές ανασκοπήσεις και μετα-αναλύσεις), την σύνταξη κατευθυντήριων οδηγιών, την τεκμηριωμένη ιατρική, τη φροντίδα με επίκεντρο τον ασθενή και την λήψη κλινικών αποφάσεων στην Παθολογία και τον σακχαρώδη διαβήτη. Συμμετείχε στην συγγραφή των ελληνικών κατευθυντήριων οδηγιών (ΕΔΕ) για το σακχαρώδη διαβήτη (2018, 2019, 2020, 2021, 2022), και των από κοινού θέσεων ομοφωνίας της Αμερικανικής Διαβητολογικής Εταιρείας (ADA) και της Ευρωπαϊκής Εταιρείας για τη Μελέτη του Διαβήτη (EASD) για την αντιμετώπιση της υπεργλυκαιμίας στον διαβήτη τύπου 2 (2012, 2015, 2018, 2019 και 2022). Από το 2022 είναι Πρόεδρος της Επιτροπής Κατευθυντήριων Οδηγιών της Ευρωπαϊκής Εταιρείας για τη Μελέτη του Διαβήτη. Έχει δημοσιεύσει περισσότερες από 150 πρωτότυπες εργασίες σε διεθνή περιοδικά με κριτές, πολλές από αυτές σε κορυφαία ιατρικά περιοδικά (Lancet, BMJ, Annals of Internal Medicine, JAMA Internal Medicine, Lancet Diabetes Endocrinology, Diabetologia, Diabetes Care), οι οποίες μέχρι σήμερα έχουν λάβει περισσότερες από 15000 βιβλιογραφικές αναφορές.

Μεταπτυχιακό	<ul style="list-style-type: none"> • MSc thesis, University of Oxford, 2012
Διδακτορικό	<ul style="list-style-type: none"> • Διδακτορική διατριβή, ΑΠΘ, 2002
Μετεκπαίδευση	<ul style="list-style-type: none"> • Oxford Centre for Diabetes, Endocrinology and Metabolism, UK, 2007 – 2009, 18 μήνες • Mayo Clinic, Rochester, Minnesota, USA, 2011 – 2012, 6 μήνες • Master of Science (MSc) in Evidence-based healthcare, University of Oxford, 2009 – 2012
Κλινικό έργο	<ul style="list-style-type: none"> • > 20 έτη ως Ειδικός Παθολόγος, Β' Πανεπιστημιακή Παθολογική Κλινική ΑΠΘ • Ιδρυτικό μέλος, Διαβητολογικό Κέντρο Β' Παθολογικής ΑΠΘ • Honorary Consultant Physician, Oxford Radcliffe Hospitals NHS Trust, UK, 3 έτη
Διοικητικό έργο	<ul style="list-style-type: none"> • Διευθυντής Β' Παθολογικής Κλινικής (2016 – σήμερα) • Ιδρυτής και υπεύθυνος Διαβητολογικού Κέντρου Β' Παθολογικής Κλινικής ΑΠΘ από 2012 • Ιδρυτής και υπεύθυνος Μονάδας Κλινικής Έρευνας & Τεκμηριωμένης Ιατρικής από 2012 • Μέλος επιτροπής Κλινικών Μελετών, Ιπποκράτειο ΓΝΘ (2015 – σήμερα) • Μέλος Γενικής Συνέλευσης του Τμήματος Ιατρικής της ΣΕΥ ΑΠΘ • Μέλος ΟΜΕΑ ΤΙΣΕΥ ΑΠΘ • Μέλος επιτροπής προπτυχιακού προγράμματος σπουδών ΤΙΣΕΥ ΑΠΘ • Μέλος επιτροπής μεταπτυχιακού προγράμματος σπουδών ΤΙΣΕΥ ΑΠΘ • Μέλος συντονιστικής επιτροπής αγγλόφωνου μεταπτυχιακού ΤΙΣΕΥ ΑΠΘ (2015 – σήμερα) • Διευθυντής αγγλόφωνου μεταπτυχιακού ΤΙΣΕΥ ΑΠΘ (2022 – σήμερα) • Μέλος συντονιστικής επιτροπής μεταπτυχιακού ΤΙΣΕΥ ΑΠΘ «Πρωτοβάθμια φροντίδα υγείας» (2018 – σήμερα) • Μέλος του EASD CCA (European Association for the Study of Diabetes Committee for Clinical Affairs) (2016 – σήμερα) • Μέλος του EASD PGEC (European Association for the Study of Diabetes Postgraduate Education Committee) (2018 – σήμερα) • Αντιπρόεδρος του EASD CCA (2023 – 2026) • Πρόεδρος του EASD GOC (Guidelines Oversight Committee) (2023 – 2026) • Μέλος της Επιτροπής του Κεντρικού Συμβουλίου Υγείας για το Σακχαρώδη Διαβήτη
Διδακτικό έργο	<p>Προπτυχιακό</p> <ul style="list-style-type: none"> • Αυτοδύναμη διδασκαλία προπτυχιακών φοιτητών Οδοντιατρικής & Ιατρικής (<i>Εισαγωγή στην παθολογική φυσιολογία, Παθολογία Ι, Παθολογία ΙΙ και Παθολογία</i>) • Υπεύθυνος μαθήματος, διαμόρφωση ύλης και διδασκων σε δύο προπτυχιακά μαθήματα ΤΙΣΕΥ (<i>Ιατρική βασισμένη στην τεκμηρίωση, Γηριατρική</i>) • Εισαγωγή υβριδικού μοντέλου μικτής μάθησης (blended learning) (συνδυασμός εκπαίδευσης εκ του σύνεγγυς & εξ' αποστάσεως) σε επιλεγόμενα μαθήματα ΤΙΣΕΥ <p>Μεταπτυχιακό</p> <ul style="list-style-type: none"> • Υπεύθυνος μαθημάτων και διδασκων στο μεταπτυχιακό πρόγραμμα του ΤΙΣΕΥ ΑΠΘ (ΠΡΟΜΕΣΙ) • Υπεύθυνος μαθημάτων και διδασκων στο αγγλόφωνο μεταπτυχιακό πρόγραμμα Medical Research Methodology του ΤΙΣΕΥ ΑΠΘ • Διδάσκων στα μεταπτυχιακά προγράμματα «Δημόσια υγεία και πολιτική υγείας» και «Πρωτοβάθμια φροντίδα υγείας» του ΤΙΣΕΥ ΑΠΘ από το 2018. • Διδάσκων στο μεταπτυχιακό πρόγραμμα «Σακχαρώδης διαβήτης και παχυσαρκία» του Εθνικού και Καποδιστριακού Πανεπιστημίου Αθηνών. • Διδάσκων στο μεταπτυχιακό πρόγραμμα «Φροντίδα στο σακχαρώδη διαβήτη» του Αλεξάνδρειου ΤΕΙ Θεσσαλονίκης.

	<ul style="list-style-type: none"> • Προσκεκλημένες ομιλίες (<i>invited lectures</i>) σε διεθνή μετεκπαιδευτικά προγράμματα ξένων πανεπιστημίων ή επιστημονικών εταιρειών (Robert Turner course, Oxford CEBM teaching course, ESE postgraduate course, EASD postgraduate courses κ.ο.κ.) • Διδάσκων σε μετεκπαιδευτικά σεμινάρια Κλινικών/ελληνικών επιστημονικών εταιρειών • Οργάνωση διεθνούς μετεκπαιδευτικού σεμιναρίου (Oxford Thessaloniki Diabetes Forum) για δέκα (10) συναπτά έτη από το 2009 σε συνεργασία με το Πανεπιστήμιο της Οξφόρδης, υπό την αιγίδα ΤΙΣΕΥ και Ελληνικής & Ευρωπαϊκής Διαβητολογικής Εταιρείας • Συμμετοχή σε μεταπτυχιακό πρόγραμμα σπουδών University of Leicester & BMJ • Μέλος σε 18 τριμελείς διδακτορικών διατριβών και 38 τριμελείς διπλωματικών εργασιών • Επίβλεψη 4 υποψήφιων διδακτόρων & 20 μεταπτυχιακών φοιτητών
Ερευνητικό έργο	<ul style="list-style-type: none"> • 201 ξενόγλωσσες δημοσιεύσεις (145 σε πλήρη μορφή & 56 σε μορφή περίληψης), στις οποίες 1^{ος}, 2^{ος} ή τελευταίος συγγραφέας σε > 50% αυτών • Βιβλιογραφικές αναφορές: 33400 (Google Scholar), 15000 (Scopus) • Σωρευτικός Impact Factor: >1000 • h-index: 42 (Google Scholar), 35 (Scopus) • 25 ελληνόφωνες δημοσιεύσεις • Επιμέλεια έκδοσης, μετάφραση ή συμμετοχή σε 19 βιβλία/συγγράμματα • Έπαινος Αριστείας στην Έρευνα, ΣΕΥ ΑΠΘ 2015 • Κύριος ερευνητής σε 4 ανεξάρτητα ερευνητικά projects, που έλαβαν ανταγωνιστική χρηματοδότηση βάσει Αριστείας σε Πανευρωπαϊκό επίπεδο είτε από φαρμακευτική βιομηχανία (Novo Nordisk, AstraZeneca) είτε από επιστημονικούς φορείς (European Foundation for the Study of Diabetes) • Κύριος ερευνητής σε 23 Κλινικές δοκιμές
Διεθνής αναγνώριση	<ul style="list-style-type: none"> • Συμμετοχή πέντε φορές (2012, 2015, 2018, 2019 και 2022) στη δεκαμελή συντακτική ομάδα των κατευθυντήριων οδηγιών για τη θεραπεία του σακχαρώδη διαβήτη τύπου 2 από την Ευρωπαϊκή (EASD) και Αμερικανική (ADA) Διαβητολογική Εταιρεία • Senior Research Fellow, Harris Manchester College, University of Oxford, UK (2008 – σήμερα) • Μέλος του EASD CCA (πενταμελής επιτροπή που επιβλέπει την έκδοση όλων των κατευθυντήριων οδηγιών της Ευρωπαϊκής Διαβητολογικής Εταιρείας – EASD) 2016 – σήμερα • Μέλος του PGEC EASD (επιτροπή μεταπτυχιακής εκπαίδευσης της Ευρωπαϊκής Διαβητολογικής Εταιρείας) 2018 – σήμερα • Μέλος του Επιστημονικού Συμβουλίου (Scientific Board) του Ευρωπαϊκού Ιδρύματος για τη Μελέτη του Διαβήτη (EFSD – European Foundation for the Study of Diabetes) (2017 – 2022) • Μέλος του ESE (European Society of Endocrinology) Focus Area Expert Panel on Diabetes, Obesity and Metabolism 2017 – σήμερα • Παρουσιάσεις/προσκεκλημένες ομιλίες σε > 150 επιστημονικές εκδηλώσεις • Προσκεκλημένος ομιλητής (<i>invited speaker</i>) σε > 30 διεθνείς εκδηλώσεις των EASD, EFSD, ESC, ESE, SDA, CODHy, SAARC, ADA κ.ο.κ. • Κριτής (<i>reviewer</i>) > 60 διεθνών επιστημονικών περιοδικών, κάποια εκ των οποίων με ιδιαίτερα υψηλό IF (BMJ, Annals of Internal Medicine, JAMA, JCEM, Atherosclerosis, κ.ο.κ.) • Μέλος συντακτικής επιτροπής 7 ξενόγλωσσων περιοδικών (Endocrine, World Journal of Diabetes, World Journal of Clinical Cases, Hippokratia, Journal of Evidence-Based Medicine, Frontiers in Diabetes, Frontiers in Endocrinology) • Guest Academic Editor στο PLOS ONE • Associate editor στο Diabetes Research and Clinical Practice, επίσημο περιοδικό του IDF (Παγκόσμιου Οργανισμού Διαβήτη)

ΠΛΗΡΕΙΣ ΔΗΜΟΣΙΕΥΣΕΙΣ ΣΕ ΞΕΝΟΓΛΩΣΣΑ ΠΕΡΙΟΔΙΚΑ ΜΕ ΚΡΙΣΗ

1. Stamati A, Karagiannis T, **Tsapas A**, Christoforidis A. Efficacy and safety of ultra-rapid insulin analogues in insulin pumps in patients with Type 1 Diabetes Mellitus: A systematic review and meta-analysis. *Diabetes Res Clin Pract.* 2022 Nov;193:110144.
2. Avgerinos I, Karagiannis T, Liakos A, **Tsapas A**, Bekiari E. Racial, ethnic and sex disparities among participants in cardiovascular outcomes trials in type 2 diabetes: A systematic review and descriptive analysis. *Diabetes Obes Metab.* 2022 Oct 19. doi: 10.1111/dom.14900.
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7. Karagiannis T, Avgerinos I, Liakos A, Del Prato S, Matthews DR, **Tsapas A**, Bekiari E. Management of type 2 diabetes with the dual GIP/GLP-1 receptor agonist tirzepatide: a systematic review and meta-analysis. *Diabetologia.* 2022 Aug;65(8):1251-1261. doi: 10.1007/s00125-022-05715-4. Epub 2022 May 17.
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