

ΒΙΟΓΡΑΦΙΚΟ ΣΗΜΕΙΩΜΑ

	
Προσωπικά στοιχεία	
Όνοματεπώνυμο:	ΔΕΛΗΓΙΑΝΝΗΣ ΑΣΤΕΡΙΟΣ
Βαθμίδα:	ΚΑΘΗΓΗΤΗΣ
Γνωστικό αντικείμενο:	ΑΘΛΗΤΙΑΤΡΙΚΗ
Τομέας:	ΙΑΤΡΙΚΗΣ ΤΗΣ ΑΘΛΗΣΗΣ
Εργαστήριο:	ΑΘΛΗΤΙΑΤΡΙΚΗΣ
Τρέχουσες διοικητικές θέσεις:	ΔΙΕΥΘΥΝΤΗΣ ΕΡΓΑΣΤΗΡΙΟΥ ΑΘΛΗΤΙΑΤΡΙΚΗΣ ΤΕΦΑΑ ΑΠΘ
Στοιχεία επικοινωνίας	
Γραφείο:	Εργαστήριο Αθλητιατρικής ΤΕΦΑΑ ΑΠΘ
Τηλέφωνο:	2310 992181
Fax:	2310 992188
e-mail:	stergios@med.auth.gr , adeligia@phed.auth.gr
Σπουδές	
Πτυχίο:	Ιατρικής Σχολής ΑΠΘ το 1976
Μεταπτυχιακός τίτλος:	Ειδικότητα Καρδιολογίας το 1982
Διδακτορικό δίπλωμα:	Διδάκτορας Ιατρικής Σχολής ΑΠΘ το 1980 ΤΙΤΛΟΣ: «Η επίδραση της χορηγήσεως αυξητικής ορμόνης στην ηλεκτρομυογραφική δραστηριότητα και στη λειτουργικότητα του φυσιολογικού και του ατροφικού γαστροκνημίου μυός επίμυος ».
Διδασκόμενα μαθήματα	
Προπτυχιακό πρόγραμμα σπουδών:	<ul style="list-style-type: none">• Αθλητιατρική• Αθλητική καρδιολογία

Μεταπτυχιακό πρόγραμμα σπουδών:	<ul style="list-style-type: none"> Αθλητιατρική ΔΠΜΣ ΤΕΦΑΑ και ΔΠΜΣ Ιατρικής ΤΕΦΑΑ ΑΠΘ Αθλητική Καρδιολογία ΔΠΜΣ Ιατρικής ΤΕΦΑΑ ΑΠΘ
Ερευνητικό έργο	
Ερευνητικά ενδιαφέροντα:	<ul style="list-style-type: none"> Προαγωνιστικός έλεγχος υγείας αθλητών Εντοπισμός διαταραχών υγείας αθλητών και πρόληψη αιφνιδίου καρδιακού θανάτου αθλητών Αξιολόγηση οξέων και χρόνιων επιδράσεων της συστηματικής γύμνασης στο κυκλοφορικό, αναπνευστικό και στα άλλα συστήματα των αθλουμένων Επιδράσεις στην υγεία της χρήσης ουσιών doping Αξιολόγηση αποτελεσμάτων της θεραπευτικής γύμνασης ασθενών κυρίως στο μυϊκό και καρδιαγγειακό σύστημα και στην ποιότητα ζωής.
Βιβλία και κεφάλαια σε βιβλία:	<ul style="list-style-type: none"> Αθλητιατρική, University Studio Press Ιατρική της Άθλησης: από την θεωρία στην πράξη, University Studio Press Καρδιολογία της Άθλησης, Εκδόσεις Παρισιάνου
Τρέχοντα ερευνητικά προγράμματα:	<ol style="list-style-type: none"> Αξιολόγηση υγείας αθλητών Άσκηση ασθενών με χρόνια νοσήματα
Κριτής σε επιστημονικά περιοδικά:	<ul style="list-style-type: none"> American Journal of Cardiology American Journal of Kidney Disease Clinical rehabilitation European Journal of Cardiovascular Prevention and Rehabilitation European Journal of Preventive Cardiology Journal of Rehabilitation Medicine Nephrol Dialysis Transplantation
Αναφορές στη διεθνή βιβλιογραφία (Σύνολο αναφορών στο Scopus):	3008
h-index στο Scopus:	20
Δημοσιεύσεις σε διεθνή περιοδικά	<ol style="list-style-type: none"> Kouidi, E, Iacovides, A, Iordanidis, P, Vassiliou, S, Deligiannis, A, Ierodiakonou, C, Tourkantonis, A (1997). Exercise renal rehabilitation program (ERRP): Psychosocial effects. Nephron; 77,2, 152-158 Kouidi, E, Albani, M, Natsis, K, Megalopoulos, A, Gigis, P, Guiba-Tziampiri, O, Deligiannis, A, Tourkantonis, A (1998). The effects of exercise training on muscle atrophy in hemodialysis

patients. *Nephrol Dial Transpl*; 13, 685-699.

3. Mougios, V, Kouidi, E, Kiparos A, Deligiannis, A (1998). Effect of exercise on the proportion of unsaturated fatty acids in serum of untrained middle-aged individuals. *Br J Sports Med*; 32, 58-62.
4. Kouidi, E., Fahadidou - Tsiligioglou, A., Tassoulas E., Deligiannis, A., Coats, A. (1999). White coat hypertension detected during screening of male adolescent athletes. *Am J Hypertension*, 12, 223-226.
5. Deligiannis, A, Kouidi, E, Tourkantonis, A. (1999). The effects of physical training on heart rate variability in hemodialysis patients. *Am J Cardiol*, 84: 197-202.
6. Deligiannis, A., Kouidi, E., Tassoulas E., Gigis, P., Tourkantonis, A, Coats, A. (1999). Cardiac response to physical training in hemodialysis patients: An echocardiographic study at rest and during exercise. *Int J Cardiol*, 70, 253-266.
7. Kyparos, A., Matziari, C., Albani, M., Arsos, G., Sotiriadou S., Deligiannis, A. (2001). A decrease in soleus muscle force generation in rats after downhill running. *Can J Appl Physiol*, 26, 323-335
8. Siountas, A., Koutlianos, N., Kouidi, E., Molivda, E., Deligiannis, A., Tourkantonis, A. (2001). Physical activity and bone mineral density in hemodialysis patients. *Hungarian Rev Sports Med*, 163-170.
9. Konstantinidou, E., Koukouvou, G., Kouidi, E., Deligiannis, A., Tourkantonis, A. (2001). Exercise renal rehabilitation: comparison of three exercise programs. *J Rehabil Med*, 34, 40-45.
10. Deligiannis, A. Cardiac effects of anabolics. In: *Biomedical Side effects of Doping*. (Peters, C., Schulz, T., Michna, H. eds). SPORT and BUCH Straub, Cologne, 2001, 81-89.
11. Kouidi, E., Haritonidis, K., Koutlianos, N., Deligiannis, A. (2002). Effects of athletic training on heart rate variability. *Clin Physiol Funct Imag*, 22, 279-84
12. Deligiannis, A., Kouidi, E. Health risks of social drugs in athletes. In: *Health and Doping Risks of Nutritional Supplements and Social Drugs*. German Sport University Cologne, 2002, 23-27.
13. Koutlianos, A., Koutlianos, N., Kouidi, E., Metaxas, Th., Deligiannis, A. (2003). Aerobic capacity in athletes with mild mitral valve prolapse and transient arrhythmias. *Hungarian Review of Sports Medicine*, 85-93.
14. Sendelides, Th., Metaxas, Th., Kouidi, E., Koutlianos, N., Deligiannis, A. (2003). Heart rate variability changes in soccer players. *Austrian J Sports Med*, 2: 10-13.

15. Haritonidis, K., Koutlianos, N., Kouidi, E., Haritonidou, M., Deligiannis, A. (2004). Seasonal variation of aerobic capacity in elite soccer, basketball and volleyball players. *J Hum Movement Stud*, 46: 289-302.
16. Koukouvou, G., Kouidi, E., Iacovides, A., Konstantinidou, E., Kaprinis, G. Deligiannis, A. (2004). Quality of life, psychological and physiological changes following exercise training in patients with chronic heart failure. *J Rehabil Med.*, 36(1):36-41.
17. Kouidi, E., Grekas, D., Deligiannis, A., Tourkantonis, A. (2004). Outcomes of long-term exercise training in dialysis patients: comparison of two training programs. *Clin Nephrol.*, 61 Suppl 1:S31-8.
18. Deligiannis, A. (2004). Exercise rehabilitation and skeletal muscle benefits in hemodialysis patients. *Clin Nephrol.*, 61 Suppl 1:S46-50.
19. Deligiannis, A. (2004). Cardiac adaptations following exercise training in hemodialysis patients. *Clin Nephrol.*, 61 Suppl 1:S39-45
20. Metaxas, T., Koutlianos, N., Sentelides, T., Kouidi, E., Deligiannis, A. (2004). Physiological profile of amateur top level soccer players according to positional role. *J Hum Movement Stud*, 46: 347-358.
21. Koutlianos, N., Kouidi, E., Metaxas, T., Deligiannis, A. (2004). Non-invasive cardiac electrophysiological indices in soccer players with mitral valve prolapse. *Eur J Cardiovasc Prevent Rehabil*, 11: 435-441
22. Koutlianos, N., Kouidi, E., Deligiannis A. (2004). Heart rate variability in soccer players with mitral valve prolapse or benign arrhythmia. *J Sport Sci Health*; 1:5-10
23. Haritonides, K., Kouidi, E., Koutlianos, N., Haritonidou, M., Deligiannis, A. (2004). Cardiac adaptations in elite volleyball players. *Austrian J Sports Medicine*; 1: 23-29.
24. Mameletzi, D., Deligiannis, A. (2004). Preparticipation health screening in swimmers. *Osterreichisches J Sportmedizin*, 4: 6-10.
25. Mameletzi, D., Deligiannis, A. (2004). Physiological responses and health disorders in marathon swimmers. *Osterreichisches J Sportmedizin*, 4: 11-16.
26. Corrado, D., Pelliccia, A., Bjornstad, H., Vanhees, L., Biffi, A., Borjesson, M., Panhuyzen-Goedkoop, NM., Deligiannis, A., Solberg, E., Dugmore, D., et al. (2005). Cardiovascular pre-participation screening of young competitive athletes for prevention of sudden death: proposal for a common European protocol. Consensus Statement of the Study Group

of Sport Cardiology of the Working Group of Cardiac Rehabilitation and Exercise Physiology and the Working Group of Myocardial and Pericardial Diseases of the European Society of Cardiology. *Eur Heart J*; 26(5):516-24.

27. Metaxas Th, Koutlianos, N., Kouidi, E., Deligiannis, A. (2005). Comparative study of field and laboratory tests for the evaluation of aerobic capacity in soccer players. *J Strength Cond Res*;19(1):79-84.
28. Pelliccia, A., Fagard, RH., Bjornstad, H., Deligiannis, A. et al (2005) Recommendations for competitive sports participation in athletes with cardiovascular disease: a consensus document from the Study Group of Sports Cardiology of the Working Group of Cardiac Rehabilitation and Exercise Physiology and the Working Group of Myocardial and Pericardial Diseases of the European Society of Cardiology. *Eur Heart J.*;26(14):1422-45
29. Fagard, RH.,Bjornstad, H., Borjesson, M., Carre, F., Deligiannis, A., Vanhees, L. (2005). ESC Study Group of Sports Cardiology recommendations for participation in leisure-time physical activities and competitive sports for patients with hypertension. *Eur J Cardiovasc Prev Rehabil.*;12(4):326-31
30. Alexiou, S., Kouidi, E., Fahadidou-Tsiligioglou, A., Karamouzis, M., Deligiannis, A. (2005). Cardiac function after exhaustive open-sea swimming. *J Sports Med Phys Fitness.*;45(1):98-104.
31. Alexiou, S., Haritonidis, K., Deligiannis, A. (2005). Cardiovascular responses to swimming. *Angiology.*; 56(6):715-21.
32. Tsintsifa, E.,Fahadidis, P.,Fahadidou -Tsiligioglou, A., Deligiannis, A (2006). Interactions among habitual physical activity, eating patterns, and diet composition. *Angiology*;57(2):205-9.
33. Deligiannis, A., Bjornstad, H., Carre, F., Heidbuchel, H., Kouidi, E., Panhuyzen-Goedkoop, NM., Pigozzi, F., Schanzer, W., Vanhees, L.; on behalf of the ESC Study Group of Sports Cardiology (2006). ESC Study Group of Sports Cardiology Position Paper on adverse cardiovascular effects of doping in athletes. *Eur J Cardiovasc Prev Rehabil*, 13(5):687-694.
34. Kouidi, E., Farmakiotis, A., Kouidis, N., Deligiannis, A. (2006). Transtelephonic electrocardiographic monitoring of an outpatient cardiac rehabilitation programme. *Clin Rehabil.*; 20(12):1100-4.
35. Deligiannis, A., Kouidi, E. (2007). Health side effects of doping substancescardiovascular system. *Manual of International Symposium"Biomedical side effects of Doping"*; Munich, 21st October, pp 45-54.
36. Sarikaya, H., Ohanian, J. Deligiannis, A., Georgieva, K., Giraldo,

E., Gruzca, R., Hinchado, D., Koutlianos, N., Kwiatkowska, D., Ortega, E., Peters, C. (2007). Prevention Strategies of doping: Overview about the actual status quo in Europe. Congress Manual: Biomedical side effects of doping; International Symposium, Munich, Germany, pp. 250-261.

37. Pagkalos, M., Koutlianos, N., Kouidi, E., Pagkalos, E., Mandroukas, K., Deligiannis, A. (2008). Heart rate variability modifications following exercise training in type 2 diabetic patients with definite cardiac autonomic neuropathy. *Br J Sports Med.*; 42:47-54.
38. Samaras, T., Karavasiliadou, S., Kouidi, E., Sahalos, JN., Deligiannis, A. (2008). Transtelephonic electrocardiographic transmission in the preparticipation screening of athletes. *Int J Telemed Appl*:217909
39. Petraki, M., Kouidi, E., Grekas, D., Deligiannis, A. (2008). Effects of exercise training during hemodialysis on cardiac baroreflex sensitivity. *Clin Nephrol*; 70: 210-219.
40. Ouzouni, S., Kouidi, E., Sioulis, A., Grekas, D., Deligiannis, A. (2009). Effects of intradialytic exercise training on health-related quality of life indices in haemodialysis patients. *Clin Rehabil*; 23:53-63.
41. Karamouzis, I., Grekas, D., Karamouzis, M., Kallaras, K., Stergiou-Michailidou, V., Kouidi E., Deligiannis, A., Vavatsi-Christaki, N. (2009). Physical training in patients on hemodialysis has a beneficial effect on the levels of eicosanoid hormone-like substances. *Hormones*; 8:129-37.
42. Kouidi, EJ., Grekas, DM., Deligiannis, AP. (2009). Effects of exercise training on noninvasive cardiac measures in patients undergoing long-term hemodialysis: a randomized controlled trial. *Am J Kidney Dis*; 54: 511-21.
43. Mavrovouniotis, F., Koutsis, G., Koutlianos, N., Deligiannis, A. (2009). The role of media in central obesity of elementary school children in Greece. *J Strength and Conditioning Res*; 23(6): 1704-1713
44. Giagkoudaki, F., Dimitros E., Kouidi, E., Deligiannis, A. (2010). Effects of exercise training on heart rate variability indices in individuals with Down Syndrome. *Journal of Sport Rehabilitation*; 19(2):173-83.
45. Corrado, D., Pelliccia, A., Heidbuchel, H., Sharma, S., Biffi, A., Delise, P., Basso, C., Anastassakis, A., Borjesson, M., Bjornstad, H., Carre, F., Deligiannis, A., Dugmore, D., Solberg, E., Mellwig, K., Panhuyzen-Goedkoop, N., Vanhees, L., Buja, G., McKenna, W. (2010). Recommendations for interpretation of 12-lead electrocardiogram in athlete. *Eur Heart J*; 31(2):243-59
46. Kouidi, E, Karagiannis, V., Grekas, D., Iakovides, A., Kaprinis, G., Tourkantonis, A., Deligiannis, AP. (2010). Depression, heart

rate variability and exercise training in dialysis patients. *European Journal of Cardiovascular Prevention and Rehabilitation*;17(2):160-7.

47. Deligiannis A, Anastasakis A, Antoniadis L, Bobotis G, Geleris P, Goudevenos J, Hahalis G, Kouidi E, Kranidis A, Kremastinos D, Lekakis J, Parcharidis G, Pyrgakis V, Rontogiannis G, Stefanadis C, Styliadis I, Vardas P. (2010). Recommendations for the cardiovascular screening of athletes. *Hellenic J Cardiol*; 51(6):530-7.
48. Mameletzi D, Kouidi E, Koutlianos N, Deligiannis A. (2011). Effects of long-term exercise training on cardiac baroreflex sensitivity in patients with coronary artery disease: a randomized controlled trial. *Clin Rehabil*;25(3):217-27.
49. Christoforidi V, Koutlianos N, Deligiannis P, Kouidi E, Deligiannis A.(2012). Heart rate variability in free diving athletes. *Clin Physiol Funct Imaging*; 32(2):162-6.
50. Fountoulakis KN, Lekka E, Kouidi E, Chouvarda I, Deligiannis A, Maglaveras N.(2012). Development of Global Disability Scale (GloDiS): preliminary results. *Ann Gen Psychiatry*; 11(1):14.
51. Samara AP, Kouidi E, Ouzouni S, Vasileiou S, Sioulis A, Deligiannis A. (2012). Relationship between exercise test recovery indices and psychological and quality-of-life status in hemodialysis patients: a pilot study. *J Nephrol*; 26(3):495-501
52. Deligiannis, A., Kouidi E. (2012). Cardiovascular Side-Effects of Doping in Sports. *HJC*, 53:447-457
53. Dimitros, E., Koutlianos, N., Kouidi, E., Anifanti, M., Pagourelas, E., Deligiannis, A. (2012). Comparative study of ECG and echocardiographic parameters indicative of cardiac hypertrophy in athletes. *Sport Sci Health*, 8: 101-7
54. Kouidi, E., Vergoulas, G., Anifanti, M., Deligiannis, A. (2012). A randomized controlled trial of exercise training on cardiovascular and autonomic function among renal transplant recipients. *Nephrol Dial Transplant*, 28(5):1294-305
55. Pagourelas, E, Efthimiadis, G, Kouidi, E, Zorou, P, Giannoglou, G, Deligiannis, A, Athyros, V, Karagiannis, A, Geleris, P. (2013). Efficacy of Various "Classic" Echocardiographic and Laboratory Indices in Distinguishing the "Gray Zone" between Athlete's Heart and Hypertrophic Cardiomyopathy: A Pilot Study. *Echocardiography*; 30(2):131-9.
56. Pagourelas ED, Kouidi E, Efthimiadis GK, Deligiannis A, Geleris P, Vassilikos V. (2013). Right atrial and ventricular adaptations to training in male Caucasian athletes: an echocardiographic study. *J Am Soc Echocardiogr*;26(11):1344-52.
57. Sotiriou, P., Kouidi, E., Samaras, Th, Deligiannis, A. (2013). Linear and non- linear analysis of heart rate variability in

master athletes and healthy middle-aged non-athletes. *Medical Engineering Physics*, 35(11):1676-81

58. Kaltsatou AC, Kouidi EI, Anifanti MA, Douka SI, Deligiannis AP. (2014). Functional and psychosocial effects of either a traditional dancing or a formal exercising training program in patients with chronic heart failure: a comparative randomized controlled study. *Clin Rehabil* 2014;28(2):128-38.
59. Assanelli D, Ermolao A, Carre F, Deligiannis A, Mellwig K, Mellwig K, Tahmi M, Cesana BM, Levaggi R, Aliverti P, Sharma S. (2014). Standardised pre-competitive screening of athletes in some European and African countries: the SMILE study. *Intern Emerg Med.*;9(4):427-34.
60. Deligiannis AP, Kouidi EJ, Koutlianos NA, Karagiannis V, Anifanti MA, Tsorbatzoglou K, Farmakis D, Avgerinos C, Mameletzi DN, Samara AP (2014). Eighteen years' experience applying old and current strategies in the pre-participation cardiovascular screening of athletes. *Hellenic J Cardiol*; 55(1):32-41.
61. Assanelli D, Levaggi R, Carré F, Sharma S, Deligiannis A, Mellwig KP, Tahmi M, Vinetti G, Aliverti P (2015). Cost-effectiveness of pre-participation screening of athletes with ECG in Europe and Algeria. *Intern Emerg Med*; 10(2):143-50.
62. Kaltsatou A, Kouidi E, Fountoulakis K, Sipka C, Theochari V, Kandylis D, Deligiannis A (2015). Effects of exercise training with traditional dancing on functional capacity and quality of life in patients with schizophrenia: a randomized controlled study. *Clin Rehabil*;29(9):882-91.
63. Christou GA, Kouidi EJ, Anifanti MA, Sotiriou PG, Deligiannis AP. (2016). A novel strategy for evaluating tilt test in athletes with syncope. *Eur J Prev Cardiol*; 23(9):1003-10
64. Christou GA, Kouidi EJ, Anifanti MA, Sotiriou PG, Deligiannis AP (2016). Pathophysiological mechanisms of noncardiac syncope in athletes. *Int J Cardiol*; 224:20-26
65. Clyne N, Hellberg M, Kouidi E, Deligiannis A, Höglund P (2016). Relationship between declining GFR and measures of cardiac and vascular autonomic neuropathy. *Nephrology*; 21(12):1047-1055.
66. Vordos Z, Kouidi E, Mavrovouniotis F, Metaxas T, Dimitros E, Kaltsatou A, Deligiannis A. (2017). Impact of traditional Greek dancing on jumping ability, muscular strength and lower limb endurance in cardiac rehabilitation programmes. *Eur J Cardiovasc Nurs.*;16(2):150-156
67. Papadopoulou SK, Hassapidou MN, Katsiki N, Fachantidis P, Fachantidou AI, Daskalou E, Deligiannis AP (2017). Relationships Between Alcohol Consumption, Smoking Status and Food Habits in Greek Adolescents. *Vascular Implications*

for the Future. *Curr Vasc Pharmacol*; 15(2):167-173.

68. Christou GA, Kouidi EJ, Deligiannis AP, Kiortsis DN (2017).
Diagnosis and Treatment of Dyslipidaemias in Athletes. *Curr
Vasc Pharmacol*; 15(3):238-247