

Personal information:

Name/Surname: Apostolos Zaravinos

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Publons: <https://publons.com/author/1365437/apostolos-zaravinos#profile>

Professional experience:

October 2015-present: Assistant Professor, Cancer Genetics.

Department of Life Sciences, School of Sciences, European University Cyprus. 6, Diogenes Str. Engomi, P.O. Box 22006, 1516, Nicosia, Cyprus.

February 2014-February 2016: Senior Post-Doctoral Research Fellow.

Laboratory of Immunogenetics. Department of Laboratory Medicine, Karolinska Institutet Huddinge, Alfred Nobels Allé 8, SE-171 77 Stockholm, Sweden. Head: Professor Qiang Pan-Hammarström.

December 2011-February 2014: Post-Doctoral Researcher.

Molecular Medicine Research Center (MMRC), Department of Biological Sciences, University of Cyprus, Kallipoleos 75, 1678 Nicosia, Cyprus. Head: Professor Constantinos Deltas.

February 2009-February 2010: Honorary Research Scientist.

Harris Birthright Research Center for Fetal Medicine, King's College Hospital, 3rd floor, Golden Jubilee Wing, Denmark Hill, SE5 9RS London, United Kingdom. Head: Professor Kypros H. Nicolaides.

July 2008-December 2010: Post-Doctoral Researcher.

Laboratory of Clinical Virology, School of Medicine, University of Crete, Voutes 71110, Heraklion, Crete, Greece. Head: Professor Demetrios A. Spandidos.

Education:

March 2005-June 2008: PhD in Medicine (par excellence). School of Medicine, University of Crete. *Thesis title:* Mutations and differential expression of the oncogenes RAS and BRAF and detection of viral DNA in human nasal polyposis. Main supervisor: Professor Demetrios A. Spandidos. Co-supervisors: Professor George Sourvinos and Professor John Bizakis.

September 2003-May 2004: Exchange student through Erasmus scholarship. Department of Biology, University of Barcelona, Spain. Supervisor: Professor Jose Garcia Valero.

September 2000-March 2005: BSc in Biology. Department of Biology, University of Crete. *Thesis title:* The role of Fras1/Frem proteins in basement membrane function. Supervisor: Professor Giorgos Chalepakis.

Certifications and Specializations:

May 2017 – July 2018 (expected): Specialization in Genomic Data Science, McKusick-Nathans Institute of Genetic Medicine, Johns Hopkins University, Baltimore, Maryland, USA (by Coursera).

Courses attended:

- 1) Introduction to Genomic Technologies (License number: [SPCTE76H9WC4](#)). Instructors: Steven Salzberg, PhD & Jeff Leek, PhD.
- 2) Genomic Data Science with Galaxy (License [NSZS9JWXKLNQ](#)). Instructor: James Taylor, PhD.
- 3) Python for Genomic Data Science (License [7YCXWEDL8LMY](#)). Instructors: Mihaela Pertea, PhD & Steven Salzberg, PhD.
- 4) Algorithms for DNA Sequencing (License [VSPGN4UU4PCZ](#)). Instructors: Ben Langmead, PhD & Jacob Pritt, PhD.
- 5) Command Line Tools for Genomic Data Science (License [2D8DW9YC99TS](#)). Instructor: Liliana Florea, PhD.
- 6) Bioconductor for Genomic Data Science (License [U2ZG36YHE8VB](#)). Instructor: Kasper Daniel Hansen, PhD.
- 7) Statistics for Genomic Data Science (License [XE336R7BGBTP](#)). Instructor: Jeffrey Leek, PhD.
- 8) Genomic Data Science Capstone. Instructors: Kasper Daniel Hansen, PhD and Jeffrey Leek, PhD.

September 2014-September 2015: Specialization in Systems Biology (License number: [2996K37PHHNU](#)) and Systems Biology and Biotechnology (License number: [WVLSWKULKAMS](#)), Icahn School of Medicine, Mount Sinai, Systems Biology Center, New York, USA (by Coursera).

Courses attended:

- 1) Introduction to Systems Biology (License number: [7FHF33Y8EJ](#)). Instructor: Professor Ravi Iyengar.
- 2) Experimental Methods in Systems Biology (License number: [QL9BBVCZP5](#)). Instructor: Professor Marc Birtwistle.
- 3) Network Analysis in Systems Biology (License number: [DW92BBHUU3](#)). Instructor: Professor Avi Ma'ayan.
- 4) Integrated Analysis in Systems Biology (License number: [DPARADTUUE](#)). Instructor: Professor Eric Sobie.
- 5) Dynamical Modeling Methods for Systems Biology (License number: [F7XLCKHZ3K](#)). Instructor: Professor Susana Neves.
- 6) Specialization in Systems Biology is a Capstone project (License number: [RX5X27M443](#)).
- 7) Systems Biology and Biotechnology Specialization (License number: [WVLSWKULKAMS](#)).

Teaching experience:

2016 - today: Course Director – Cellular Biology (BIO124), European University Cyprus, Cyprus.

2016 - today: Course Director – Immunology (BIO314), European University Cyprus, Cyprus.

2015 - today: Course Director – Introduction to Genetics (BIO212), European University Cyprus, Cyprus.

2015 - today: Course Director – Microbial Genetics (BIO334), European University Cyprus, Cyprus.

2015 - today: Course Director – Biotechnology (BIO307), European University Cyprus, Cyprus.

2015 - 2016: Course Director – Molecular Biology (BIO125), European University Cyprus, Cyprus.

2012 - 2013: Lecturer - Introduction to Human Genetics (Cancer Genetics) (BIO100). University of Cyprus, Cyprus.

Supervision:

October 2008-today: Supervision of 12 PhD students, 4 MSc students and 8 BSc students.

Research grants submitted in open competitions:

As principal applicant

October 2017: Programme: New Strategic Infrastructure Units - Young Scientists. H2020 Call: INFRASTRUCTURES/1216/0016. Proposal acronym: InfraEdit. Proposal title: Investigation of RNA-editing events in colorectal cancer. Requested RPF Funding 1.000.000,00 euros.

February 2017: H2020 Call: ERC-2017-COG (ERC Consolidator Grant 2017). Proposal number: 771899. Proposal acronym: REdCRC. Proposal title: RNA Editing in Colorectal Cancer. Amount requested 2,750,000 euros. Final Panel Score: "C".

January 2017: Proposal number: Investigation of RNA editing in microRNA targeting in cancer (Acronym: REdmiR). RPF proposal number: POST-DOC/0916/0154. Programme: DIDAKTOR (POST DOCTORAL RESEARCHERS). Amount requested 160,000.00 euros. *Funded*.

September 2016: Call: H2020-MSCA-IF-2016. Individual Fellowships (IF). Proposal ID: 746092 (Proposal Number: SEP-210384699). Proposal acronym: RECAp. Total score: 68.50 (Threshold: 70.00/100.00, Weight: 1.00).

November 2014-November 2016: Karolinska Institutet's 2014 Research Foundation Grant (Karolinska Institutets Forskningsstiftelser 2014, Stockholm, Huddinge, Sweden). Grant Number: H553104033 (2014fobi41242). Project title: RNA sequencing of diffuse large B-cell lymphoma. Amount of grant: 33,700 SEK. *Funded*.

October 2014: Wenner-Gren Foundation, Stockholm, Sweden. Proposal title: Discovery of therapeutic targets in diffuse large B cell lymphoma.

September 2014: Call: H2020-MSCA-IF-2014. Individual Fellowships (IF). Proposal ID: 655083 (Proposal Number: SEP-210205625). Proposal acronym: DLBCL-OMICS. Proposal title: Discovery of therapeutic targets in diffuse large B cell lymphoma – a multi-omics analysis using next generation sequencing approaches. Total score: 78.00 (Threshold: 70.00/100.00, Weight: 1.00).

March 2014: The Strategic Research Programme in Cancer (StratCan) Senior Research Fellow grant. Project title: An integrated analysis of Chinese diffuse large B-cell lymphoma (DLBCL). (1,200,000 SEK per year for five years - not funded).

November 2013: Call: FP7-PEOPLE-2013-IOF. Funding scheme: MC-IOF. Proposal ID: 624358. Proposal acronym: MSCDIFFER. Proposal title: Design of strategies to re-juvenate "aged" mesenchymal stem cells by modulating the OPN-PI3K pathway. Total score: 80.50 (Threshold: 70.00/100.00, Weight: 1.00).

As co-applicant

November 2017: Programme: Research in Enterprises. Proposal title: ASTROphysics and COMPuting in Cyprus. Acronym: ASTROCOMP. RPF proposal number: ENCOURAGEMENT-H2020/0916/0072. Program: RESTART 2016-2020, WIDESPREAD-05-2017: Twinning. Amount requested 982.441,25 euros.

January 2017: Programme: Research in Enterprises. Proposal title: Donkey Milk Bioactive Powder. Acronym: DELIVER. RPF proposal number: ENTERPRISES/0916/0083. Program: RESTART 2016-2020, Research in Enterprises. Amount requested 200,000 euros. *Funded*.

October 2014: PHC-02-2015: Understanding disease: systems medicine. Proposal No: 668157-1. Acronym: THERAMIR. Proposal title: Development of miRNA-loaded, mesenchymal stem cell derived microparticles as targeted cancer therapy. Total score: 7.0/10.

October 2014: PHC-16-2015: Tools and technologies for advanced therapies. Personalising health and care. Proposal No: 667684-1. Acronym: INFLAMOSIS. Proposal title: An inflammatory model of in-stent restenosis. Total score: 6.5/10.

January 2012-December 2014: Infrastructure Strategic Grant co-funded by the European Regional Development Fund and the Republic of Cyprus through the Research Promotion Foundation (Strategic Infrastructure Project NEW INFRASTRUCTURE/STRATEGIC/0308/24). Proposal title: Creation of a kidney specific Biobank and infrastructure for genomics/proteomics research. Amount: €3,845,656 (reduced to €2.0 million due to the economic crisis).

Review of research work

I have authored in >70 peer-reviewed scientific publications in International Journals and book chapters and in >85 abstracts presented at International meetings. My publications are depicted below, followed by the bibliometric results (h-index, number of total citations and total number of publications) according to three major bibliographic databases (Scopus, World of Science and Google scholar). All publications are reachable through PubMed, Scopus, the Web of Science and Google scholar, typing "Apostolos Zaravinos".

Citation Index and number of publications (as of March 27, 2018):

	Scopus	Web of Science	Google.scholar
Citations	1495	1296	2229
h-index	23	22	28
i10-index	-	-	51
No. of publications	69	125	136
Total Impact Factor (research articles)	277.379		
First author	24	49	52
Second author	19	36	39
Third author	6	11	12
Other position in authorship	13	21	24
Last (senior) author	7	8	9

Time periods deducted from active research time:

February 2011-November 2011: Service at the Hellenic Army Forces, 401 Military Hospital of Athens (401 ΓΣΝΑ).

Peer-Reviewed Publications:

1) Chartoumpakis DV, Yagishita Y, Fazzari M, Palliyaguru DL, Rao UNM, Zaravinos A, Khoo NKH, Schopfer FJ, Weiss KR, Michalopoulos GK, Sipula I, O'Doherty RM, Kensler TW, Wakabayashi N. Nrf2 prevents Notch-induced insulin resistance and tumorigenesis in mice. JCI Insight. 2018;3(5). pii: 97735. doi: 10.1172/jci.insight.97735.

- 2) Roufas C, Chasiotis D, Makris A, Efstathiades C, Dimopoulos C, **Zaravinos A**. The expression and prognostic impact of immune cytolytic activity-related markers in human malignancies: A comprehensive meta-analysis. *Front Oncol*. 2018;8:27.
- 3) **Zaravinos A**. Oncogenic RAS: From Its Activation to Its Direct Targeting. *Crit Rev Oncog*. 2017;22(3-4):283–301. doi: 10.1615/CritRevOncog.2017024695.
- 4) **Zaravinos A**. Preface: Oncogenes and Tumor Suppressor Genes in Cancer: Honoring of Professor Demetrios A. Spandidos. *Crit Rev Oncog*. 2017;22(3-4): vii-x. doi: 10.1615/CritRevOncog.2018025390.
- 5) Koutsaki M, Libra M, Spandidos DA, **Zaravinos A**. The miR-200 family in ovarian cancer. *Oncotarget*. 2017;8(39):66629-66640.
- 6) Romano R, **Zaravinos A**, Liadaki K, Caridha R, Lundin J, Carlsson G, Winiarski J, Pan-Hammarström Q, Hammarström L. NEIL1 is a candidate gene associated with common variable immunodeficiency in a patient with a chromosome 15q24 deletion. *Clin Immunol*. 2017;176:71-76.
- 7) Mammas IN, Theodoridou M, Kramvis A, Thiagarajan P, Gardner S, Papaioannou G, Melidou A, Koutsaki M, Kostogianni G, Achtsidis V, Koutsaftiki C, Calachanis M, **Zaravinos A**, Greenough A, Spandidos DA. Paediatric Virology: A rapidly increasing educational challenge. *Exp Ther Med*. 2017;13(2):364-377.
- 8) Wang Z, Monteiro CD, Jagodnik KM, Fernandez NF, Gundersen GW, Rouillard AD, Fledmann AS, Hu KS, McDermott MG, Duan Q, Clark NR, Jones MR, Kou Y, Jenkins SL, Woodland H, Amaral FMR, Szeto GL, Fuchs O, Schüssler-Fiorenza Rose SM, Sharma S, Schwartz U, Bausela BX, Szymkiewicz M, Maroulis V, Salykin A, Barra CM, Kruth CD, Bongio NJ, Mathur V, Todoric RD, Rubin UE, Malatras A, Fulp CT, Galindo JA, Motiejunaite R, Jüscke C, Dishuck PC, Lahl K, Jafari M, Aibar S, **Zaravinos A**, Steenhuizen LH, Allison LA, Gamallo P, de Andres Segura F, Dae Devlin T, Pérez-García T, Ma'ayan A. Extraction and Analysis of Mammalian Gene Expression Signatures from GEO by the Crowd. *Nat Commun*. 2016;7:12846. doi: 10.1038/ncomms12846.
- 9) Lambrou GI, Braoudaki M, **Zaravinos A**. Computational analysis of transcription factor binding motifs in co-expressed genes in urinary bladder cancer. *Biomed Genet Genomics*. 2016; 1(1):14-23.
- 10) Björkman A, Qvist P, Du L, Bartish M, **Zaravinos A**, Georgiou K, Børglum AD, Gatti RA, Törngren T, Pan-Hammarström Q. Aberrant recombination and repair during immunoglobulin class switching in BRCA1-deficient human B cells. *Proc Natl Acad Sci U S A*. 2015; 112(7):2157-62.
- 11) **Zaravinos A**. The regulatory role of microRNAs in EMT and cancer. *J Oncol*. 2015;2015:865816.
- 12) Lambrou GI and **Zaravinos A**. Fractal dimensions of in vitro tumor cell proliferation. *J Oncol*. 2015;2015:698760.
- 13) Pan-Hammarström Q and **Zaravinos A**: F1000Prime Recommendation of [Papaemmanuil E et al., *Nat Genet* 2014,46(2):116-25]. Faculty of 1000, 18 Sep 2014; doi: 10.3410/f.718235065.793499765.
- 14) de Miranda NFCC, Georgiou K, Chen L, Wu C, Gao Z, **Zaravinos A**, Lisboa S, Enblad G, Teixeira MR, Zheng Y, Peng R, Pan-Hammarström Q. Exome sequencing reveals novel mutation targets in diffuse large B cell lymphomas derived from Chinese patients. *Blood*. 2014; 124(16):2544-53.
- 15) **Zaravinos A**, Lambrou GI, Mourmouras N, Katafygiotis P, Papagregoriou G, Giannikou K, Delakas D, Deltas C. New miRNA profiles accurately distinguish renal cell carcinomas and upper tract urothelial carcinomas from the normal kidney. *PLoS One*. 2014;9(3): e91646.

- 16) **Zaravinos A** and Deltas C. ccRCC is fundamentally a metabolic disorder. *Cell Cycle*. 2014; 13(16): 2481-2482.
- 17) Nagara M, Voskarides K, Elouej S, **Zaravinos A**, Riahi Z, Papagregoriou G, Kefi R, Boussetta K, Deltas C, Abdelhak S, Tinsa F. A novel splice-site mutation in ATP6V0A4 gene in two brothers with distal renal tubular acidosis from a consanguineous Tunisian family. *J Genet*. 2014; 93(3):859-63.
- 18) Ayiomamitis GD, Notas G, **Zaravinos A**, Drygiannakis I, Georgiadou M, Sfakianaki O, Mastrodimou N, Thermos K, Kouroumalis E. Effects of octreotide and insulin on colon cancer cellular proliferation and correlation with hTERT activity. *Oncoscience*. 2014; 1(6):457-467. eCollection 2014.
- 19) **Zaravinos A**. An updated overview of HPV-associated head and neck carcinomas. *Oncotarget*. 2014; 5(12):3956-3969.
- 20) Koutsaki M, Spandidos DA, **Zaravinos A**. Epithelial-mesenchymal transition-associated miRNAs in ovarian carcinoma, with highlight on the miR-200 family: Prognostic value and prospective role in ovarian cancer therapeutics. *Cancer Lett*. 2014; 351(2):173-81.
- 21) Ayiomamitis GD, Notas G, **Zaravinos A**, Zizi-Sermpetzoglou A, Georgiadou M, Sfakianaki O, Kouroumalis E. Differences in telomerase activity between colon and rectal cancer. *Can J Surg*. 2014; 57(3):199-208.
- 22) Ragin C, Obikoya-Malomo M, Kim S, Chen Z, Flores-Obando R, Gibbs D, Koriyama C, Aguayo F, Koshiol J, Caporaso NE, Carpagnano GE, Ciotti M, Dosaka-Akita H, Fukayama M, Goto A, Spandidos DA, Gorgoulis V, Heideman DAM, van Boerdonk RAA, Hiroshima K, Iwakawa R, Kastrinakis NG, Kinoshita I, Akiba S, Landi MT, Liu HE, Wang JL, Mehra R, Khuri FR, Lim WT, Owonikoko TK, Ramalingam S, Sarchianaki E, Syrjanen K, Tsao MS, Sykes J, Hee SW, Yokota J, **Zaravinos A**, Taioli E. HPV-associated lung cancers: an international pooled analysis. *Carcinogenesis*. 2014; 35(6):1267-75.
- 23) **Zaravinos A**, Kanellou P, Lambrou GI, Spandidos DA. Gene set enrichment analysis of the NF- κ B/Snail/YY1/RKIP circuitry in multiple myeloma. *Tumour Biol*. 2014; 35(5):4987-5005.
- 24) **Zaravinos A**, Pieri M, Mourmouras N, Anastasiadou N, Zouvani I, Delakas D, Deltas C. Altered metabolic pathways in clear cell renal cell carcinoma: A meta-analysis and validation study focused on the deregulated genes and their associated networks. *Oncoscience*. 2014; 1(2):117-31. eCollection 2014 (*Selected as the cover for the second issue of *Oncoscience*).
- 25) Voudris K, Apostolakis S, Karyofilis P, Doukas K, **Zaravinos A**, Androutsopoulos VP, Michalis A, Voudris V, Spandidos DA. Genetic diversity of the KCNE1 gene and susceptibility to postoperative atrial fibrillation. *Am Heart J*. 2014; 167(2):274-280.e1.
- 26) Pieri M, Stefanou C, **Zaravinos A**, Erguler K, Stylianou K, Lapatitis G, Karaiskos C, Savva I, Paraskeva R, Dweep H, Sticht C, Anastasiadou N, Zouvani I, Goumenos D, Felekkis K, Saleem M, Voskarides K, Gretz N, Deltas C. Evidence for activation of the unfolded protein response in collagen IV nephropathies. *J Am Soc Nephrol*. 2014; 25(2):260-75.
- 27) Ayiomamitis GD, **Zaravinos A**, Stathakis PC, Kouroumpas E, Georgiades P, Polymeneas G. Tacks-free transabdominal preperitoneal (TAPP) inguinal hernioplasty, using an anatomic 3-dimensional lightweight mesh with peritoneal suturing: pain and recurrence outcomes-initial experience. *Surg Laparosc Endosc Percutan Tech*. 2013; 23(4): e150-5.
- 28) Lambrou GI, Adamaki M, Delakas D, Spandidos DA, Vlahopoulos S, **Zaravinos A**. Gene expression is highly correlated on the chromosome level in urinary bladder cancer. *Cell Cycle*. 2013; 12(10):1544-59.

- 29) Chartoumpakis D, Ziros PG, **Zaravinos A**, Iskrenova RP, Psyrogianis AI, Kyriazopoulou VE, Sykiotis GP, Habeos IG. Hepatic gene expression profiling in Nrf2 knock-out mice after long-term high-fat diet-induced obesity. *Oxid Med Cell Longev.* 2013; 2013:340731.
- 30) Vageli DP, **Zaravinos A**, Daniil Z, Dahabreh J, Doukas SG, Spandidos DA, Gourgoulisanis KI, Koukoulis GK. hMSH2 and hMLH1 gene expression patterns differ between lung adenocarcinoma and squamous cell carcinoma: correlation with patient survival and response to adjuvant chemotherapy treatment. *Int J Biol Markers.* 2013; 27(4):e400-4.
- 31) Lambrou GI, **Zaravinos A**, Adamaki M, Vlahopoulos S. Studying non-linear phenomena of tumour cell populations under chemotherapeutic drug influence. *Chaotic Modeling and Simulation (CMSIM).* 2012; 2:371-385.
- 32) **Zaravinos A**, Volanis D, Lambrou GI, Delakas D, Spandidos DA. Role of the angiogenic components, VEGFA, FGF2, OPN and RHOC, in urothelial cell carcinoma of the urinary bladder. *Oncol Rep.* 2012; 28(4):1159-66.
- 33) **Zaravinos A**, Radojicic J, Lambrou GI, Volanis D, Delakas D, Stathopoulos EN, Spandidos DA. Expression of miRNAs involved in angiogenesis, tumour cell proliferation, tumour suppressor inhibition, EMT and activation of metastasis in urinary bladder cancer. *J Urol.* 2012; 188(2):615-23.
- 34) Chartoubekis DV, **Zaravinos A**, Ziros PG, Iskrenova R, Psyrogiannis AI, Kyriazopoulou VE, Habeos IG. Differential expression of microRNAs in adipose tissue after long-term high-fat diet-induced obesity in mice. *PLoS One.* 2012; 7(4):e34872.
- 35) Chaveles I, **Zaravinos A**, Habeos IG, Karavias DD, Maroulis I, Spandidos DA, Karavias D. MicroRNA profiling in murine liver after partial hepatectomy. *Int J Mol Med.* 2012; 29(5):747-55.
- 36) Lambrou GI, **Zaravinos A**, Adamaki M, Spandidos DA, Tzortzatou-Stathopoulou F, Vlachopoulos S. Pathway simulations in common oncogenic drivers of leukemic and rhabdomyosarcoma cells: A systems biology approach. *Int J Oncol.* 2012; 40(5):1365-90.
- 37) Koutsaki M, **Zaravinos A**, Spandidos DA. Modern trends into the epidemiology and screening of ovarian cancer. Genetic substrate of the sporadic form. *Pathol Oncol Res.* 2012; 18(2):135-48.
- 38) Radojicic J, **Zaravinos A**, Spandidos DA. HPV, KRAS mutations, alcohol consumption and tobacco smoking effects on esophageal squamous-cell carcinoma carcinogenesis. *Int J Biol Markers.* 2012; 27(1):1-12.
- 39) **Zaravinos A**, Lambrou GI, Boulalas I, Delakas D, Spandidos DA. Identification of common differentially expressed genes in urinary bladder cancer. *PLoS One.* 2011; 6(4):e18135.
- 40) Radojicic J, **Zaravinos A**, Vrekoussis T, Kafousi M, Spandidos DA, Stathopoulos EN. MicroRNA expression analysis in triple-negative (ER, PR and Her2/neu) breast cancer. *Cell Cycle.* 2011; 10(3):507-17.
- 41) Symvoulakis EK, **Zaravinos A**, Zoras O, Spandidos DA. KRAS and BRAF mutation status in patients with sporadic colorectal cancer: data from two different Mediterranean countries. *Int J Biol Markers.* 2011; 26(4):276-7.
- 42) Amanatidou V, **Zaravinos A**, Apostolakis S, Spandidos DA. Chemokines in respiratory viral infections: focus on their diagnostic and therapeutic potential. *Crit Rev Immunol.* 2011; 31(4):341-56.
- 43) Chartoubekis DV, Ziros PG, Sykiotis GP, **Zaravinos A**, Psyrogiannis AI, Kyriazopoulou VE, Spandidos DA, Habeos IG. Nrf2 activation diminishes during adipocyte differentiation of ST2 cells. *Int J Mol Med.* 2011; 28(5):823-8.

- 44) Koukoura O, Sifakis S, Soufla G, **Zaravinos A**, Apostolidou S, Jones A, Widschwendter M, Spandidos DA. Loss of imprinting and aberrant methylation of IGF2 in placentas from pregnancies complicated with fetal growth restriction. *Int J Mol Med.* 2011; 28(4):481-7.
- 45) Volanis D, **Zaravinos A**^{*}, Kadiyska T, Delakas D, Zoumpourlis V, Spandidos DA. Expression profile of Rho kinases in urinary bladder cancer. *J BUON.* 2011; 16(3):511-21. (*co-first author contribution).
- 46) **Zaravinos A**, Lambrou GI, Volanis D, Delakas D, Spandidos DA. Spotlight on differentially expressed genes in urinary bladder cancer. *PLoS One.* 2011; 6(4):e18255.
- 47) Mammas IN, Koutsaftiki C, Nika E, Vagia F, **Zaravinos A**, Priftis KN, Voyatzi A, Theodoridou M, Myriokefalitakis N and Spandidos DA. Detection of human metapneumovirus in infants with acute respiratory tract infection. *Mol Med Report.* 2011; 4(2):267-71.
- 48) Mammas IN, **Zaravinos A**, Sourvinos G, Myriokefalitakis N, Theodoridou M, Spandidos DA. Can 'high-risk' human papillomaviruses (HPVs) be detected in human breast milk? *Acta Paediatr.* 2011; 100(5):705-7.
- 49) Koutsaki M, Sifakis A, **Zaravinos A**, Koutroulakis D, Koukoura O, Spandidos DA. Decreased placental expression of hPGH, IGF-I and IGFBP-1 in pregnancies complicated by fetal growth restriction. *Growth Horm IGF Res.* 2011; 21(1):31-6.
- 50) Mammas IN, **Zaravinos A**, Sourvinos G, Spandidos DA. Detection of human papillomavirus in bronchoalveolar lavage samples in immunocompetent children. *Pediatr Infect Dis J.* 2011; 30(5):384-6.
- 51) Koukoura O, Sifakis S, **Zaravinos A**, Apostolidou S, Jones A, Hajioannou J, Widschwendter M, Spandidos DA. Hypomethylation along with increased H19 expression in placentas from pregnancies complicated with fetal growth restriction. *Placenta.* 2011; 32(1):51-7.
- 52) **Zaravinos A**, Tzoras S, Apostolakis S, Lazaridis K, Spandidos DA. Levosimendan reduces plasma cell-free DNA levels in patients with ischemic cardiomyopathy. *J Thromb Thrombolysis* 2011; 31(2):180-7.
- 53) **Zaravinos A**, Chatziioannou M, Lambrou GI, Boulalas I, Delakas D, Spandidos DA. Implication of RAF and RKIP genes in urinary bladder cancer. *Pathol Oncol Res.* 2011; 17(2):181-90.
- 54) Mammas IN, Sourvinos G, **Zaravinos A**, Spandidos DA. Vaccination against human papilloma virus (HPV): epidemiological evidence of HPV in non-genital cancers. *Pathol Oncol Res.* 2011; 17(1):103-19.
- 55) **Zaravinos A**, Kanellou P and Spandidos DA. Viral DNA detection and RAS mutations in actinic keratosis and non-melanoma skin cancers. *Br J Dermatol.* 2010; 162(2):325-31.
- 56) Tsarouhas K, Soufla G, Apostolakis S, **Zaravinos A**, Panagiotou M, Khoury M, Hassoulas JA, Tsatsakis AM and Spandidos DA. Transcriptional regulation of TIMPs in ascending aorta aneurysms. *Thromb Res.* 2010; 126(5):399-405.
- 57) Tsapaki A, **Zaravinos A**^{*}, Apostolakis S, Voudris K, Vogiatzi K, Kochiadakis GE, Spandidos DA. Genetic variability of the distal promoter of the ST2 gene is associated with angiographic severity of coronary artery disease. *J Thromb Thrombolysis.* 2010; 30(3):365-71. (*co-first author contribution).
- 58) Detorakis ET, **Zaravinos A**, Spandidos DA. Growth Factor Expression in Ophthalmic Pterygia and Normal Conjunctiva. *Int J Mol Med.* 2010; 25(4):513-6.
- 59) **Zaravinos A** and Spandidos DA. Yin Yang 1 expression in human tumors. *Cell Cycle.* 2010; 9(3):512-22.

- 60) **Zaravinos A**, Mammas IN, Sourvinos G, Spandidos DA. Molecular detection methods of human papillomavirus (HPV). *Int J Biol Markers*. 2009; 24(4):215-22.
- 61) **Sifakis S, Zaravinos A, Maiz N, Spandidos DA, Nicolaidis KH**. First-trimester maternal plasma cell-free fetal DNA and preeclampsia. *Am J Obstet Gynecol*. 2009; 201(5):472.e1-7.
- 62) **Zaravinos A, Bizakis J and Spandidos DA**. Prevalence of Human Papilloma Virus and Human Herpes Virus types 1-7 in human nasal polyposis. *J Med Virol*. 2009; 81(9):1613-9.
- 63) **Boulalas I, Zaravinos A***, Karyotis I, Delakas D, Spandidos DA. Mutational analysis of the BRAF gene in transitional cell carcinoma of the bladder. *Int J Biol Markers*. 2009; 24(1):17-21. (*co-first author contribution).
- 64) **Zaravinos A and Spandidos DA**. Yin Yang 1 as a prognostic factor. *Cell Cycle*. 2009; 8(9):1305-1307.
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69) **Zaravinos A**, Lambrou GI, Boulalas I, Delakas D, Spandidos DA. Expression profiling of bladder carcinoma. An investigation using cDNA microarrays and GEO computational analysis. 15th World Congress on Advances in Oncology and 13th International Symposium on Molecular Medicine.

7-9 October 2010, Loutraki, Greece. Publication of Abstract in: *Int J Mol Med* 2010:26 (suppl 1): s53.

70) Vogiatzi K, Voudris K, **Zaravinos A**, Apostolakis S, Thomopoulou S, Kochiadakis GE, Spandidos DA. Polymorphism in CCL5 and CXCL8 gene and susceptibility to coronary artery disease and restenosis after percutaneous coronary intervention. 15th World Congress on Advances in Oncology and 13th International Symposium on Molecular Medicine. 7-9 October 2010, Loutraki, Greece. Publication of Abstract in: *Int J Mol Med* 2010:26 (suppl 1): s12.

71) **Zaravinos A**, Koukoura O, Sifakis S, Apostolidou S, Widschwendter M, Spandidos DA. IGF2 and H19 promoter methylation is not correlated with expression of the genes in placentas complicated by fetal growth restriction. 15th World Congress on Advances in Oncology and 13th International Symposium on Molecular Medicine. 7-9 October 2010, Loutraki, Greece. Publication of Abstract in: *Int J Mol Med* 2010:26 (suppl 1): s53.

72) Koutsaki M, **Zaravinos A**, Sifakis S, Koutroulakis D, Spandidos DA. Decreased hPGH and IGF-1 expression levels in IUGR associated placentas. 15th World Congress on Advances in Oncology and 13th International Symposium on Molecular Medicine. 7-9 October 2010, Loutraki, Greece. Publication of Abstract in: *Int J Mol Med* 2010:26 (suppl 1): s55.

73) Sifakis S, Akolekar R, Kappou D, Mantas N, **Zaravinos A**, Nicolaidis KH. Maternal serum IGF-I, IGFBP-1 and IGFBP-3 at 11-13 weeks in trisomy 21 and trisomy 18 pregnancies. 9th World Congress in Fetal Medicine. Rhodes, Greece, 20th-24th June 2010.

74) Koukoura O, Sifakis S, **Zaravinos A**, Apostolidou S, Mantas N, Jones A, Hatzioannou J, Widschwendter M, Spandidos DA. Aberrant methylation and increased H19 expression in placentas from pregnancies complicated with fetal growth restriction. 9th World Congress in Fetal Medicine. Rhodes, Greece, 20-24 June 2010.

75) Sifakis S, **Zaravinos A**, Ghatpande S, Seppo A, Vakonaki E, Kilpatrick MW, Tafas T, Tsiouras P. Fetal cells detection by endocervical sampling at first gestational trimester. Society for Maternal-Fetal Medicine. 30th Annual Meeting. Chicago, Illinois, USA, 1-6 February 2010. Publication of Abstract in: *Am J Obstet Gynecol* 2009;201(6):s254. Doi: 10.1016/j.ajog.2009.10.727.

76) **Zaravinos A**, Lambrou GI, Boulalas I, Delakas D, Spandidos DA. Gene expression profiling and classification of urinary bladder cancer. A computational study using microarrays. 3rd World Congress on Controversies in Urology (CURy). Athens, Greece, 25-28 February 2010.

77) **Zaravinos A**, Sifakis S, Maiz N, Spandidos DA, Nicolaidis KH. Plasma cell-free fetal DNA exhibits significantly higher concentration in early than late preeclampsia and control pregnancies. 14th World Congress on Advances in Oncology and 12th International Symposium on Molecular Medicine. 15-17 October 2009, Loutraki, Greece. Publication of Abstract in: *Int J Mol Med* 2009:24 (suppl 1): s72.

78) **Zaravinos A**, Kanellou P, Spandidos DA. Viral infection and H-RAS activation appear to represent independent factors in the etiology of actinic keratosis and non-melanoma skin cancers. 14th World Congress on Advances in Oncology and 12th International Symposium on Molecular Medicine. 15-17 October 2009, Loutraki, Greece. Publication of Abstract in: *Int J Mol Med* 2009:24 (suppl 1): s67.

79) **Zaravinos A**, Bizakis J, Spandidos DA. EBV markedly influences the pathogenesis of nasal polyps. 14th World Congress on Advances in Oncology and 12th International Symposium on Molecular Medicine. 15-17 October 2009, Loutraki, Greece. Publication of Abstract in: *Int J Mol Med* 2009:24 (suppl 1): s66.

- 80) **Zaravinos A**, Mammas I, Vakonaki E, Zafiroopoulos A, Sourvinos G, Spandidos DA. Comparison of different molecular methodologies for the detection of human papilloma virus (HPV). 14th World Congress on Advances in Oncology and 12th International Symposium on Molecular Medicine. 15-17 October 2009, Loutraki, Greece. Publication of Abstract in: Int J Mol Med 2009:24 (suppl 1): s63.
- 81) Chatziioannou M, **Zaravinos A**, Boulalas I, Spandidos DA. RAF and RKIP implication in urinary bladder cancer. 14th World Congress on Advances in Oncology and 12th International Symposium on Molecular Medicine. 15-17 October 2009, Loutraki, Greece. Publication of Abstract in: Int J Mol Med 2009:24 (suppl 1): s67.
- 82) Sifakis S, Vakonaki E, **Zaravinos A**, Chatpande S, Kilpatrick MW, Seppo A, Nicolaidis KH. Fetal cells from endocervical sampling. 8th World Congress in Fetal Medicine, Portorose Slovenia, 28 June-2 July 2009.
- 83) Sifakis S, **Zaravinos A**, Maiz N, Spandidos DA, Nicolaidis KH. Free fetal DNA in maternal blood in PE and trisomy 21. 8th World Congress in Fetal Medicine, Portorose Slovenia, 28 June-2 July 2009.
- 84) Koukoura O, Sifakis S, **Zaravinos A**, Konstantinidou A, Mantas N, Matalliotakis I, Spandidos DA. Reduced IGF2 placental expression in pregnancies with intrauterine growth restriction. 8th World Congress in Fetal Medicine, Portorose Slovenia, 28 June-2 July 2009.
- 85) Koukoura O, Sifakis S, Apostolidou S, **Zaravinos A**, Koutroulakis D, Widswendter M, Spandidos DA. Methylation pattern of H19 imprinted gene in the placenta of normal and IUGR affected pregnancies. 8th World Congress in Fetal Medicine, Portorose Slovenia, 28 June-2 July 2009.
- 86) Koutsaki M, Sifakis S, **Zaravinos A**, Koutroulakis D, Koukoura O, Spandidos DA. Placental mRNA expression of human Placental Growth Hormone (hPGH), Insulinlike-Growth Factor 1 (IgF-1), and IgF-binding proteins -1 and -3 in pregnancies complicated by intrauterine growth restriction. 8th World Congress in Fetal Medicine, Portorose Slovenia, 28 June-2 July 2009.
- 87) Ploumidis A, Boulalas I, **Zaravinos A**, Karyotis I, Serafetinidis E, Delakas D, Spandidos DA. Mutations and expression of the ras family genes in urothelial carcinoma. AUA 2009 Annual Meeting. 25-30 April, 2009, Chicago, Illinois, USA. Publication of Abstract in: J UROL 2009:181 (suppl 4): s344.
- 88) Vogiatzi K, Voudris K, Apostolakis S, **Zaravinos A**, Thomopoulou S, Kochiadakis GE, Spandidos DA. Genetic diversity of RANTES gene promoter and susceptibility to coronary artery disease and restenosis. 13th World Congress on Advances in Oncology and 11th International Symposium on Molecular Medicine. 9-11 October 2008, Hersonissos, Crete, Greece. Publication of Abstract in: Int J Mol Med 2008:22 (suppl 1): s5-91.
- 89) Boulalas I, **Zaravinos A**, Volanis D, Kariotis I, Delakas D, Spandidos DA. Absence of B-RAF mutations in transitional cell carcinoma (TCC). 13th World Congress on Advances in Oncology and 11th International Symposium on Molecular Medicine. 9-11 October 2008, Hersonissos, Crete, Greece. Publication of Abstract in: Int J Mol Med 2008:22 (suppl 1): s5-91.
- 90) Boulalas I, **Zaravinos A**, Volanis D, Serafetinidis E, Delakas D, Spandidos DA. Activation of the RAS family genes in transitional cell carcinoma (TCC). 13th World Congress on Advances in Oncology and 11th International Symposium on Molecular Medicine. 9-11 October 2008, Hersonissos, Crete, Greece. Publication of Abstract in: Int J Mol Med 2008:22 (suppl 1): s5-91.
- 91) Kanellou P, **Zaravinos A**, Zioqa M, Stratigos A, Zoras O, Spandidos DA. Mutational analysis and genomic instability of the CDKN2A and CDKN2B genes in actinic keratosis. 13th World Congress

on Advances in Oncology and 11th International Symposium on Molecular Medicine. 9-11 October 2008, Hersonissos, Crete, Greece. Publication of Abstract in: Int J Mol Med 2008:22 (suppl 1): s5-91.

92) Kanellou P, Zaravinos A, Zioga M, Spandidos DA. Deregulation of the tumor suppressor genes p14ARF, p15INK4b, p16INK4a, p53 and correlation with HPV infection in basal cell carcinoma (BCC). 13th World Congress on Advances in Oncology and 11th International Symposium on Molecular Medicine. 9-11 October 2008, Hersonissos, Crete, Greece. Publication of Abstract in: Int J Mol Med 2008:22 (suppl 1): s5-91.

93) Zaravinos A, Kanellou P, Zioga M, Spandidos DA. Evaluation of B-RAF gene mutations and expression analysis for B-RAF and RKIP, in non-melanoma skin tumors. 13th World Congress on Advances in Oncology and 11th International Symposium on Molecular Medicine. 9-11 October 2008, Hersonissos, Crete, Greece. Publication of Abstract in: Int J Mol Med 2008:22 (suppl 1): s5-91.

94) Kanellou P, Zaravinos A, Zioga M, Stratigos A, Zoras O and Spandidos DA. Expression analysis of the p14ARF, p15INK4b and p16INK4a genes in patients with actinic keratosis and non-melanoma skin cancers. 12th World Congress on Advances in Oncology and 10th International Symposium on Molecular Medicine. 10-14 October 2007, Hersonissos, Crete, Greece. Publication of Abstract in: Int J Mol Med 2007:20 (suppl 1): s5-84.

95) Zaravinos A, Soufla G, Bizakis J, Hajjiioanou Y, Spandidos DA. Expression analysis of VEGFA, FGF2, TGF β 1, EGF and IGF1 in human nasal polyposis. 12th World Congress on Advances in Oncology and 10th International Symposium on Molecular Medicine. 10-14 October 2007, Hersonissos, Crete, Greece. Publication of Abstract in: Int J Mol Med 2007:20 (suppl 1): s5-84.

96) Zaravinos A, Bizakis J, Spandidos DA. mRNA expression of genes BRAF and RKIP, as well as mutation analysis of BRAF exons 14 and 15 in human nasal polyposis. 12th World Congress on Advances in Oncology and 10th International Symposium on Molecular Medicine. 10-14 October 2007, Hersonissos, Crete, Greece. Publication of Abstract in: Int J Mol Med 2007:20 (suppl 1): s5-84.

97) Zaravinos A, Bizakis J, Soufla G, Sourvinos G, Spandidos DA. The activated RAS family genes play a potential key role to the development of nasal polyps and to the hypertrophy of their adjacent turbinates. 12th World Congress on Advances in Oncology and 10th International Symposium on Molecular Medicine. 10-14 October 2007, Hersonissos, Crete, Greece. Publication of Abstract in: Int J Mol Med 2007:20 (suppl 1): s5-84.

98) Symvoulakis EK, Zaravinos A, Panutsopoulos D, Zoras O, Papalambros E, Sigala F and Spandidos DA. Highly conserved sequence of exon 15 BRAF gene among greek patients with colorectal cancer. 11th World Congress on Advances in Oncology and 9th International Symposium on Molecular Medicine. 12-14 Oct 2006, Hersonissos, Crete, Greece. Publication of Abstract in: Int J Mol Med 2006:18 (suppl 1): s5-86.

99) Zaravinos A, Bizakis J, Soufla G, Sourvinos G, Spandidos DA. Mutation and expression analysis of the ras family genes in human nasal polyposis using real-time PCR assay. 11th World Congress on Advances in Oncology and 9th International Symposium on Molecular Medicine. 12-14 Oct 2006, Hersonissos, Crete, Greece. Publication of Abstract in: Int J Mol Med 2006:18 (suppl 1): s5-86.

Refereed Greek conference abstract publications:

- 1) **Zaravinos A.** Ανοσοκυτταρολυτική ενεργότητα στον καρκίνο του παχέος εντέρου. 14^ο Επιμορφωτικό Επιστημονικό Συνέδριο Συνδέσμου Φυσιολογιστών-Βιολόγων ΟΕΛΜΕΚ. Σάββατο 24 Μαρτίου. Αμφιθέατρο UNESCO, Πανεπιστήμιο Λευκωσίας, Κύπρος.
- 2) ΓΔ Αγιομαμίτης, Δ Νότας, A Zaravinos, Ο Σφακιανάκης, Μ Γεωργιάδου, Η Κουρούμαλης. Η έκφραση του p53 και όχι η δραστηριότητα της τελομεράσης σχετίζεται με την επιβίωση ασθενών με καρκίνο παχέος εντέρου. 31^ο Πανελλήνιο Συνέδριο Γαστρεντερολογίας. 6-8 Οκτωβρίου 2011, Θεσσαλονίκη.
- 3) A Αβρααμίδου, ΓΔ Αγιομαμίτης, A Zaravinos, Σ Βρακάς, Χ Κιολέογλου, Φ Παυλόπουλος. Σύγκριση μεταξύ της επισκληριδίου αναλγησίας και ενδοφλέβιας λιδοκαΐνης στον μετεγχειρητικό πόνο και στην κινητικότητα του εντέρου στους ασθενείς μετά κολεκτομή. Διπλή τυφλή τυχαιοποιημένη μελέτη. 28^ο Πανελλήνιο Χειρουργικό Συνέδριο & Διεθνές Χειρουργικό Φόρουμ. 21-24 Νοεμβρίου 2012, Αθήνα.
- 4) ΓΔ Αγιομαμίτης, Φ Κυραμαργιός, Ε Κουρουμπάς, A Zaravinos, Κ Στριγκλής, Γ Κοροβέσης, Γ Πολυμενέας. Λαπαροσκοπική αποκατάσταση βουβωνοκήλης με την μέθοδο (TAPP). Εξέλιξη της μεθόδου χωρίς καθόλου χρήση tacks για εξάλειψη του μετεγχειρητικού πόνου. 28^ο Πανελλήνιο Χειρουργικό Συνέδριο & Διεθνές Χειρουργικό Φόρουμ. 21-24 Νοεμβρίου 2012, Αθήνα.
- 5) ΓΔ Αγιομαμίτης, Γ Νότας, A Zaravinos, Α Ζηζη-Σερμπετζόγλου, Μ Γεωργιάδου, Ο Σφακιανάκης, Η Κουρούμαλης. Διαφορές στην ενεργότητα τελομεράσης μεταξύ παχέος εντέρου και ορθού. 29^ο Πανελλήνιο Χειρουργικό Συνέδριο & Διεθνές Χειρουργικό Φόρουμ. 12-15 Νοεμβρίου 2014, Αθήνα. (Βραβείο καλύτερης παρουσίασης).
- 6) A Αβρααμίδου, ΓΔ Αγιομαμίτης, A Zaravinos, Σ Βρακάς, Χ Κιολέογλου, Φ Γεωργιάδης. Διπλή τυφλή τυχαιοποιημένη μελέτη σύγκρισης οσφυϊκής επισκληριδίου αναλγησίας και ενδοφλέβιας χορήγησης λιδοκαΐνης στον μετεγχειρητικό πόνο, την κινητικότητα του εντέρου και την παραμονή στον νοσοκομείο σε ασθενείς που υποβάλλονται σε ανοικτή μείζονα χειρουργική επέμβαση του παχέος εντέρου. 28^ο Πανελλήνιο Συνέδριο Χειρουργικής Διεθνές Χειρουργικό Φόρουμ 2012. Αθήνα, 21-24 Νοεμβρίου 2012.
- 7) Boulalas I*, Zaravinos A*, Delakas D, Spandidos DA. BRAF gene mutation incidence in urinary bladder cancer. 21th Panhellenic Urological Congress. Athens, 11-14 October 2012. (*equal contribution)
- 8) Boulalas I, Zaravinos A, Karyotis I, Delakas D, Spandidos DA. RAS gene activation in urothelial carcinoma. 20th Panhellenic Urological Congress. Limassol Cyprus, 23-27 October 2010.
- 9) Zaravinos A, Volanis D, Delakas D, Spandidos DA. Expression analysis of the genes YY1, p14^{ARF}, p15^{INK4B}, p16^{INK4A}, p53, and correlation with survival of patients suffering from urinary bladder cancer. 20th Panhellenic Urological Congress. Limassol Cyprus, 23-27 October 2010.
- 10) Volanis D, Zaravinos A, Zoumpourlis V, Delakas D, Spandidos DA. Study of the gene expression of the Rho kinases in urinary bladder cancer. 20th Panhellenic Urological Congress. Limassol Cyprus, 23-27 October 2010.
- 11) Zaravinos A, Lambrou GI, Boulalas I, Volanis D, Delakas D, Spandidos DA. Study of the genetic expression of urinary bladder cancer using microarrays, GEO analysis, qPCR and immunohistochemistry. 20th Panhellenic Urological Congress. Limassol Cyprus, 23-27 October 2010.
- 12) Zaravinos A, Boulalas I, Volanis D, Delakas D, Spandidos DA. Examination of the expression levels of the genes RAF and PEBP1/RKIP, in urinary bladder cancer. 20th Panhellenic Urological Congress. Limassol Cyprus, 23-27 October 2010.

- 13) **Zaravinos A**, Boulalas I, Delakas D, Spandidos DA. Study of the loss of imprinting (LOI), the genetic expression and the mechanism of methylation of the genes H19 and IGF2 in urinary bladder cancer. 20th Panhellenic Urological Congress. Limassol Cyprus, 23-27 October 2010.
- 14) **Zaravinos A**, Lambrou GI, Boulalas I, Delakas D, Spandidos DA. Registration of the genetic profile in the cancer of the urinary bladder. 20th Panhellenic Urological Congress. Limassol Cyprus, 23-27 October 2010.
- 15) **Zaravinos A**. Molecular mechanisms behind the malignant transformation of endometriosis. 4th Panhellenic Congress of Endometriosis, Heraklion, Crete, 16-17 October 2010.
- 16) Sifakis S, Akolekar R, **Zaravinos A**, Kappou D, Mantas N, Papadopoulou E, Nicolaidis KH. The Placental Growth Hormone (PGH) as an index of trisomy 21 and 18 at the first trimester of pregnancy. 6th Panhellenic Congress of the Greek Society of Embryomaternal Medicine, Metsovo, 14-16 May 2010.
- 17) Sifakis S, Akolekar R, Kappou D, **Zaravinos A**, Mantas N, Papadopoulou E, Nicolaidis KH. Correlation of the levels of the Placental Growth Hormone (PGH) during the 11th-13rd week in pregnancies implicated with preeclampsia. 6th Panhellenic Congress of the Greek Society of Embryomaternal Medicine, Metsovo, 14-16 May 2010.
- 18) Sifakis S, Akolekar R, **Zaravinos A**, Kappou D, Mantas N, Nicolaidis KH. Measurement of the levels of the growth factor IGF-I and the binding proteins IGFBP-1 and IGFBP-3 during the 11th-13rd week in pregnancies implicated with trisomy 21 and trisomy 18. 6th Panhellenic Congress of the Greek Society of Embryomaternal Medicine, Metsovo, 14-16 May 2010.
- 19) Sifakis S, Kappou D, Akolekar R, **Zaravinos A**, Mantas N, Nicolaidis KH. Reduced levels of IGF-I in the maternal serum during the 11th-13rd week in pregnancies implicated with preeclampsia. 6th Panhellenic Congress of the Greek Society of Embryomaternal Medicine, Metsovo, 14-16 May 2010.
- 20) Sifakis S, **Zaravinos A**, Ghatpande S, Seppo A, Vakonaki E, Bitziou G, Frajiadaki P, Tafas T, Kilpatrick MW, Matalliotakis I, Spandidos DA, Antsaklis A, Tsipouras P. Detection of fetal cells in endocervical scrape during the first trimester of pregnancy. Contribution in the establishment of non-invasive prenatal test. 3rd Inter-university Hospital Congress of Obstetrics and Gynecology, Heraklion, Crete, 18-20 October 2009.
- 21) Sifakis S, **Zaravinos A**, Maiz N, Kappou D, Spandidos DA, Nicolaidis KH. Determination of the levels of cell-free fetal DNA during the 1st trimester in pregnancies implicated with preeclampsia. 15th Panhellenic Congress of Perinatal Medicine, Thessaloniki, 18-20 September 2009. Abstract publication in Perinatal Medicine and Neonatology, 2009; 4(3):77.
- 22) Koukoura O, Sifakis S, **Zaravinos A**, Apostolidou S, Mantas N, Matalliotakis I, Widschwendter M, Spandidos DA. Reduced expression and deregulation in the imprinting and the mechanism of methylation of the genes IGF2 and H19 related with fetal growth restriction, in placentas with IUGR. 15th Panhellenic Congress of Perinatal Medicine, Thessaloniki, 18-20 September 2009. Abstract publication in Perinatal Medicine and Neonatology, 2009; 4(3):26.
- 23) Koukoura O, Sifakis S, **Zaravinos A**, Koutroulakis D, Soufla G, Matalliotakis I, Spandidos DA. Disorder in the expression of the imprinting gene *Igf2* in placentas with IUGR. 11th Panhellenic Congress of Obstetrics and Gynecology. Athens, 28-31 May 2009.
- 24) Koutsaki M, Sifakis S, **Zaravinos A**, Koutroulakis D, Koukoura O, Spandidos DA. Study of the placental expression of the genes hPGH, IGF-I, IGFBP-I and IGFBP-3, in pregnancies with fetal growth restriction. 11th Panhellenic Congress of Obstetrics and Gynecology. Athens, 28-31 May 2009. Second best presentation award (**€2000 grant**).

- 25) Sifakis S, Zaravinos A, Maiz N, Spandidos DA, Nicolaidis KH. Embryonic cells and cell-free fetal DNA: prognostic and diagnostic value. 3rd Inter-university Hospital Congress of Obstetrics and Gynecology. Heraklion, Crete, 18-20 October 2009.
- 26) Zaravinos A. Molecular mechanisms in the carcinogenesis of the female genital system. 2nd Pancretan Postgraduate Seminar of Obstetrics and Gynecology Gynecological cancer. Rethymno, Crete, 4-5 April 2009.
- 27) Boulalas I, Zaravinos A, Volanis D, Karyotis I, Delakas D, Spandidos D. Study of the mutation frequency of the BRAF oncogene (Serine/Threonine Kinase B-type RAF kinase) in urothelial carcinoma. 19th Panhellenic Urological Congress. Porto Carras Chalkidiki, 1-5 October 2008.
- 28) Boulalas I, Zaravinos A, Volanis D, Serafetinides E, Delakas D, Spandidos D. Effect of the Ras oncogenes mutations in urothelial carcinoma. 19th Panhellenic Urological Congress. Porto Carras Chalkidiki, 1-5 October 2008.
- 29) Zaravinos A. Detection of the differential expression of the oncogenes ras and BRAF, of the angiogenic factors VEGFA, TGFβ1, IGF, FGF2, EGF and of the tumor-suppressor gene TP53 in human nasal polyps. 1st Stratagene Real-Time qPCR users meeting. Pasteur Institute, Athens, March 2007.
- 30) Dimitropoulou P⁺, Zaravinos A⁺, Soufla G, Baritaki S, Kourepini E, Sifakis S, Spandidos DA. Detection and typing of viral DNA in cervical brush of women from Crete, using the polymerase chain reaction (PCR). 3rd National Congress of Clinical Microbiology/9th Panhellenic Congress of Hospital Infections and Hygiene. Athens, 6-8 February 2007 (⁺equal contribution).
- 31) Zaravinos A⁺, Dimitropoulou P⁺, Soufla G, Baritaki S, Kourepini E, Spandidos DA. Detection of the herpes viruses HSV, CMV, EBV and VZV in cerebrospinal fluid of patients with suspected encephalitis, using the polymerase chain reaction (PCR). 3rd National Congress of Clinical Microbiology/9th Panhellenic Congress of Hospital Infections and Hygiene. Athens, 6-8 February 2007 (⁺equal contribution).
- 32) Germanakis A, Cleronomos E, Patronidou A, Galatsanos A, Papadaki A, Tranaka E, Kanellou P, Saloustros E, Spyridaki E, Zaravinos A. Mollaret's meningitis from HSV 1. Panhellenic Congress of Internal Pathology. Athens, 30 October-3 November 2006.

Fellowships and awards:

October 2017: 1st Young Investigator Award. The 3rd Cyprus Oncology Conference: New Frontiers in Cancer Prevention and Personalised Treatment. 27-29 October 2017. Limassol, Cyprus.

February 2017: Science Award from the Youth Board of Cyprus & Cooperative Central Bank Ltd. 15 February 2017. Limassol, Cyprus.

October 2014: FEBS YTF bursary – FEBS Advanced course/workshop: FEBS Workshop on Decoding non-coding RNAs in development and cancer. 12-15 October 2014. Capri, Italy.

February 2014: ESPCA-FAPESP Scholarship (Escola São Paulo de Ciência Avançada – Fundação de Amparo a Pesquisa do Estado de Sao Paulo) – ESPCA in Oncogenesis and Translational Medicine for the Treatment of Cancer. 17-22 February 2014. Ribeirão Preto, Brazil.

July 2013: YSF/FEBS bursary – 13th Young Scientists Forum and 38th FEBS Congress. 3-11 July 2013. St. Petersburg, Russia.

May 2013: Differentially expressed genes and their associated networks in clear-cell renal cell carcinoma (ccRCC). Authors: Apostolos Zaravinos, Constantinos C Deltas. Most viewed poster in the

topic "Genetic diseases and molecular genetics". 50th ERA EDTA Congress. 18-21 May 2013. Istanbul, Turkey.

May 2013: Best abstract in the Young Investigators category of the 50th ERA EDTA Congress. 18-21 May 2013. Istanbul, Turkey.

September 2012: FEBS bursary to attend the 22nd IUBMB & 37th FEBS Congress. From Single Molecules to Systems Biology. 4-9 September 2012. Sevilla, Spain.

January 2010: Procter & Gamble Award of Original Research "G. Papanikolaou" (€22,000) awarded from the Hellenic Obstetrics and Gynecology Society for the study: Detection of trophoblastic cells at the outer cervical hilum of pregnant women using an automated FISH system. Contribution to the establishment of non-invasive prenatal diagnosis during the first semester of pregnancy.

October 2009: Best presentation award at the 3rd Inter-university Hospital Congress of Obstetrics and Gynecology, for the following study: Detection of embryonic cells in endocervical brush during the first semester of pregnancy. Contribution to the establishment of non-invasive prenatal diagnosis. 18-20 October 2009. Heraklion, Crete, Greece.

October 2009: Best presentation award provided by the Greek Obstetrics and Gynecology Society, at the 3rd Inter-university Hospital Congress of Obstetrics and Gynecology, for the following study: Embryonic cells and cell-free fetal DNA: prognostic and diagnostic value. 18-20 October 2009. Heraklion, Crete, Greece.

September 2003: State Scholarships Foundation (IKY) scholarship (€2,400) to study at the University of Barcelona (UB) and to attend courses at the laboratory of Cellular and Molecular Neurobiology of the Institute of Biomedicine Investigations, University of Barcelona, Spain.

Editorial Boards:

March 2018-today: Member of the Editorial board of Trends in Immunotherapy (<http://systems.enpress-publisher.com/index.php/ti/about/editorialTeam>).

July 2017-March 2018: Guest Editor in Critical Reviews in Oncogenesis (CRO), Begell House publications, for the Special issue under the research topic "Oncogenes and tumor suppressor genes in cancer: Honoring of Professor Demetrios A. Spandidos . Crit Rev Oncog. Volume 22, 2017 Issue 3-4. doi: 10.1615/CritRevOncog.v22.i3-4. (<http://www.dl.begellhouse.com/journals/439f422d0783386a,68adc3ff72d697d8.html>).

July 2017-today: Member of the Editorial board of Journal of Biotechnology Science Research (<http://issrpublishing.com/jbsr/editorial-board>).

May 2016-today: Member of the Editorial board of SRL Cancer & Cellular Biology (<http://scireslit.com/Cancer/editorsJ.php>).

March 2016-today: Member of the Editorial board of Archives of Microbiology and Biotechnology. (<http://elynsgroup.com/journal/arc-micro-biotech/ebm/Apostolos>).

October 2015-today: Review Editor of Frontiers in Oncology, Specialty section "Hematology Oncology" (loop.frontiersin.org/people/281339/overview).

July 2014-today: Member of the Editorial board for the HSOA Journal of Gene Therapy for Genetic Disorders (GTGD) (<http://heraldopenaccess.org/herald/eb/Genetics/>).

February 2014-October 2015: Associate Faculty Member of the F1000Prime (<http://f1000.com/prime/thefaculty/member/499999771097536012>).

February 2014-October 2014: Lead Guest Editor for the Special Issue "EMT, invasion and metastasis" in the Journal of Oncology, Hindawi publications (<http://www.hindawi.com/journals/jo/osi/>).

December 2013-today: Editorial Board Member of the World Journal of Biological Chemistry (WJBC) (http://www.wjgnet.com/1949-8454/edboard_872.htm).

September 2013-April 2014: Guest Editor for the Special issue on "HPV infections in head and neck cancers", in the BioMed Research International Journal, Hindawi publications (<http://www.hindawi.com/journals/bmri/si/783542/cfp/>).

2013-today: Member of the Editorial Board of The Scientific World Journal (Computational Biology), Hindawi publications (<http://www.hindawi.com/85643870/>).

2013-today: Member of the Editorial Board of Dataset Papers in Science (Urology), Hindawi publications (<http://www.hindawi.com/journals/dpis/editors/urology/>).

Other Boards:

September 2017-today: Coordinator of BSc in Biomedical Sciences, European University Cyprus.

February 2017-today: School of Sciences Erasmus+ Coordinator, European University Cyprus.

Member in Scientific Organizations:

2018-today: American Association for Cancer Research (AACR) (Associate membership ID: 450122)

2014-today: Swedish Society for Biochemistry (Svenska Kemistsamfundet)

2011-today: Federation of European Biochemical Societies (FEBS)

2011-today: Biological Society of Cyprus

2010-today: European CanCer Organisation (ECCO)

2008-today: European Association of Urology (EAU)

2004-today: Hellenic Young Bio-scientists (HYB/ΠΕΒ)

2007-today: European Association of Cancer Research (EACR); membership ID: EACR23844

2009-2010: European Association of Human Genetics (ESHG)

2005-2008: European Society for Clinical Virology (ESCV)

Member of local organizing committees in scientific congresses:

12-14 June 2014: Frontiers in immunology – from molecules to disease. Nobel Forum, Karolinska Institutet. Stockholm, Sweden.

11-13 October 2012: 17th World Congress on Advances in Oncology/15th International Symposium on Molecular Medicine. Hersonissos, Crete, Greece.

6-8 October 2011: 16th World Congress on Advances in Oncology/14th International Symposium on Molecular Medicine. Rhodes Island, Greece.

6-9 October 2010: 15th World Congress on Advances in Oncology/13th International Symposium on Molecular Medicine. Loutraki, Greece.

15-17 October 2009: 14th World Congress on Advances in Oncology/12th International Symposium on Molecular Medicine. Loutraki, Greece.

9-11 October 2008: 13th World Congress on Advances in Oncology/11th International Symposium on Molecular Medicine. Hersonissos, Crete, Greece.

10-13 October 2007: 12th World Congress on Advances in Oncology/10th International Symposium on Molecular Medicine. Hersonissos, Crete, Greece

12-14 October 2006: 11th World Congress on Advances in Oncology/9th International Symposium on Molecular Medicine. Hersonissos, Crete, Greece.

12-15 October 2005: 10th World Congress on Advances in Oncology/8th International Symposium on Molecular Medicine. Hersonissos, Crete, Greece.

Reviews and evaluations:

Served as a reviewer for the following journals:

International Journal of Cancer	International Journal of Molecular Medicine
British Journal of Dermatology	Oncology Letters
BMC Cancer	International Journal of Biological Markers
International Journal of Oncology	Molecular Medicine Reports
Oncology Reports	Oncology Letters
Cancer Letters	Molecular and Clinical Oncology
IGI Global	Journal of Translational Medicine
Encyclopedia of Information Science and Technology, 3 rd Edition	BMC Research Notes
Annals of Medical and Health Sciences Research	Cell Physiol Biochem
Expert Review of Anticancer Therapy	MIRNA
Infectious Agents and Cancer	Cancer Research Frontiers
Cellular Physiology and Biochemistry	Oncotarget
World Journal of Methodology	GENE
World Journal of Rheumatology	World Journal of Gastroenterology
PLOS ONE	Cancer Research Frontiers
Tumor Biology	Cancer Translational Medicine
SRL Cancer and Cellular Biology	Aging
Cancer Investigation	Nucleic Acids Research
F1000Res	Nature Communications
Critical Reviews in Oncogenesis (CRO)	IUBMB Life
Frontiers in Genetics	Cancers
Journal of Experimental & Clinical Cancer Research	Mechanisms of Ageing and Development
F1000Research	BioMolecular Concepts

Publons Reviewer profile: publons.com/a/1365437/.

September 2016-today: Evaluator of proposal submitted to the Ministry of Energy, Trade, Industry, and Tourism, Cyprus (YEEBT).

Invited lectures:

3 May 2018: Invited research seminar in the Life Science Seminar Series, titled "Immune cytolytic activity in colorectal cancer". School of Science and Technology, Orebro University, Sweden.

24 March 2018: Invited lecture "Immune cytolytic activity in colorectal cancer". 14th Conference of the Organization of Greek teachers of secondary education in Cyprus (OEAMEK). University of Nicosia, Cyprus.

18 March 2014: Invited lecture "microRNAs and cancer". Zenonio Elefthero University, Larnaca, Cyprus.

4 December 2013: Invited lecture "microRNA profiles in kidney and urothelial carcinomas". Research Symposium in Biological Sciences, University of Cyprus.

30 October 2013: Lecture "microRNAs in cancer" for the BIO 800-803 Postgraduate Seminars, Department of Biology, University of Cyprus.

March 2013: Invited lecture "microRNAs in human disease" to the Research Symposium in Biological Sciences, University of Cyprus.

Professional development, scientific meetings and training courses:

July 2016-July 2017: Accomplishment of the EUC Faculty Development Program.

July 2017: Voluntary Member of the NGO, Cyprus Family Planning Association (CFPA)

30 April 2017: The Warburg effect in cancer (Café Scientifique). Mediterranean Science Festival 2017. 27-30 April, Limassol, Cyprus.

12 October 2016: Eurostars Autumn Event 12th October 2016, Amsterdam, Netherlands.

22 November 2016: ICT networking event - 120" Big Data, IoT and Security. Vienna, Austria.

September 2016-today: Member of the EUC School of Sciences Council.

September 2016-today: Member of the EUC Research Council.

5-6 March 2015: Frontiers in Cancer Research and Therapy. Karolinska Institutet, Nobel Forum. Stockholm, Sweden.

29 October 2014: Persistent viral infections in man – HIV and Herpesviruses. Symposium in memory of Professor Anneka Ehrnst. Wallenberg Lecture Hall, Nobel Forum, Karolinska Institutet, Sweden.

1-2 September 2014: Renaissance in diagnosis of monogenic diseases Mini symposium, Frontiers in Medicine. Nobel Forum, Karolinska Institutet, Sweden.

2-3 September 2014: Swedish Cancer Research Meeting. Karolinska Institutet, Sweden.

12-14 June 2014: Frontiers in Immunology – from molecules to disease. Solna, Nobel Forum, Karolinska Institutet, Stockholm, Sweden.

10 April 2014: SciLifeLab day. Aula Medica, Karolinska Institute, Solna, Stockholm, Sweden.

9 April 2014: Aii Symposium: microRNA in inflammatory diseases. Center for Molecular Medicine (CMM), Karolinska Institutet, Stockholm, Sweden.

4 April 2014: Next Generation Sequencing in Clinical Diagnostics. Rudbeck Laboratory, Uppsala, Sweden.

February 2014-today: Attendance to the weekly presentations at the Department of Laboratory medicine, Karolinska Institutet, Stockholm, Sweden.

February 2014-today: The KI Discovers seminar series. Karolinska Institutet, Stockholm, Sweden.

6-7 March 2014: Frontiers in Cancer Research and Therapy. Nobel Forum, Karolinska Institutet, Solna, Sweden.

17-22 February 2014: ESPCA in Oncogenesis and Translational Medicine for the Treatment of Cancer. Ribeirão Preto Medical School (FMRP), University of São Paulo (USP), Brazil.

16-24 August 2013: The FEBS/EACR Advanced Lecture Course co-sponsored by European Association for Cancer Research (EACR) and the CancerGenomics Netherlands. Molecular Mechanisms in Signal Transduction and Cancer. Spetses, Greece.

3-6 July 2013: The 13th Young Scientists Forum (YSF). Saint Petersburg, Russia.

1-30 August 2008: Training on fetal cell detection, using a novel robotic microscope and automated Fluorescence In Situ Hybridization (FISH). Ikonisys, Inc., New Haven, Connecticut, USA.

September 2005-August 2008: Molecular diagnostician. University program (KA: 847) entitled "Viral DNA (HPV, HSV-1/-2, CMV, EBV, HHV-6/-8) detection using PCR". University Hospital of Heraklion, Crete, Greece.

April 2005: Training on real-time PCR systems. Laboratory of Clinical Virology, School of Medicine, University of Crete, Greece.

March 2004: Technical seminars of methods and experimental techniques used in Cell Biology research. Department of Cell Biology, University of Barcelona, Spain.

Spoken Languages:

- 1) Greek (native language).
- 2) English (Certificate of Proficiency in English. The University of Michigan).
- 3) Spanish (Diploma de Español como lengua extranjera - Nivel Superior. Instituto Cervantes).
- 4) French (Good writing and verbal skills).