



Short Curriculum Vitae **Dr. PETROS PAPALEXIS**

Personal information

Full Name-affiliations: Dr. Petros Papalexis, MD, B.Sc, M.Sc, M.Sc, Ph.D Greece

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Academic knowledge:

- **Ph.D** in the scientific field of breast cancer, Medical School of the University of Athens, 2024 (unanimously excellent).
- **Medical Doctor, M.D.**, Medical School, Aristotle University of Thessaloniki, 2016.
- **M.Sc in «Environment and Health**. Capacity building for Decision Making», Medical School, National and Kapodistrian University of Athens, Greece, 2011.
- **M.Sc in Molecular Medicine (specialization in Advanced Molecular Diagnostics)**, Medical School, National and Kapodistrian University of Athens, Greece, 2009.
- **B.Sc: Bachelor's degree with Honour in Medical Laboratory Technology**, Faculty of Health and Caring Professions, Department of Medical Laboratories Technologists, Highest Technological Educational Institute of Athens (T.E.I.-Athens), (excellent score with distinction), Athens, Greece, 2005.

Language Knowledge:

- English [Proficiency level]
- German [Mittelstufe level]
- Greek as native language.

Professional Experience:

- Resident doctor in Endocrinology-Metabolism and Diabetes in the central General Hospital “Laikon”, 2021 till now, Athens, Greece.
- Professor at the National Center for Public Administration and Local Government from year: 2019 to present (Scientific field: Occupational Health & Safety).
- University of West Attica, Department of Biomedical Sciences, Academic Fellow, academic years: 2021-2025.

- University of West Attica, Laboratory Assistant of Hematology, academic years: 2017-2018, 2019-2020, 2020-2021.
- Highest Technological Educational Institute of Larissa (T.E.I.-Larissa), Laboratory Assistant of Clinical Chemistry, academic year: 2012-2013.
- Medical Laboratory Technologist in Greek Military Hospitals, Microbiological Laboratories.
- Member of the research group in the framework of the Research Programme of T.E.I.-Athens, Department of Medical Laboratories Technologists, with the following research field: “Molecular HPV typing, HPV association with cervical cancer, correlation with oncogenes and other diseases. Completed research”.
- Doping Control Department, Olympic and Paralympic Games of Athens 2004.
- Greek Ministry of National Education and Religions, Vocational Training Institutes (I.E.K.), Athens, Greece. Professor of the following courses: Biochemistry, Microbiology, Haematology, Sterilization & Diagnostic Laboratory Instruments, Hospital-acquired Infections, Parasitology, First Aid, Hygiene, Virology, Mycology.
- Practice in Private Microbiological-Biochemical Laboratories, Athens, Greece.

European, International Diplomas-IT Skills:

- BLS-AED PROVIDER, European Cardiopulmonary Resuscitation Council.
- Professional Certification in Biorisk Management, International Federation of Biosafety Associations.
- Certificate of the European Society of Endocrinology Summer School 2024
- Microsoft Office Specialist Master Instructor (MMI).
- Internet and Computing Core Certification IC³ authorized Instructor (IC³I).

Representative Scientific Publications:

- 1) **Papalexis P**, Georgakopoulou VE, Drossos PV, Thymara E, Nonni A, Lazaris AC, Zografos GC, Spandidos DA, Kavantzias N, Thomopoulou GE. Precision medicine in breast cancer (Review). *Mol Clin Oncol*. 2024 Aug 20; 21(5):78. doi: 10.3892/mco.2024.2776. PMID: 39246849; PMCID: PMC11375768.
- 2) Adamidis N, **Papalexis P**, Adamidis S. Exploring the Link between Metabolic Syndrome and Cellulite. *Cureus*. 2024 Jun 29; 16(6):e63464. doi: 10.7759/cureus.63464. PMID: 38947139; PMCID: PMC11214470.
- 3) Mpourazanis G, Harissis HV, Seretis K, **Papalexis P**, Korkontzelos I, Vogiatzis R, Kosmas I, Zagaliki A, Tsirkas P. Giant Borderline Phyllodes Tumor of the Breast: A Case Report. *Cureus*. 2024 May 14; 16(5):e60251. doi: 10.7759/cureus.60251. PMID: 38751407; PMCID: PMC11094512.
- 4) **Papalexis P**, Georgakopoulou VE, Keramydas D, Vogiatzis R, Taskou C, Anagnostopoulou FA, Nonni A, Lazaris AC, Zografos GC, Kavantzias N, Thomopoulou GE. Clinical, Histopathological, and Immunohistochemical Characteristics of Predictive Biomarkers of Breast Cancer: A Retrospective Study. *Cancer Diagn Progn*. 2024 May 3; 4(3):340-351. doi: 10.21873/cdp.10330. PMID: 38707726; PMCID: PMC11062156.
- 5) Georgakopoulou VE, Makrodimitri S, Gkoufa A, Apostolidi E, Provatas S, **Papalexis P**, Spandidos DA, Lempesis IG, Gamaletsou MN, Sipsas NV. Lung function at three months after hospitalization due to COVID-19 pneumonia: Comparison of alpha, delta and omicron variant predominance periods. *Exp Ther Med*. 2024 Jan 5; 27(2):83. doi: 10.3892/etm.2024.12372. PMID: 38274344; PMCID: PMC10809351.
- 6) Lempesis IG, Georgakopoulou VE, **Papalexis P**, Chrousos GP, Spandidos DA. Role of

- stress in the pathogenesis of cancer (Review). *Int J Oncol.* 2023 Nov; 63(5):124. doi: 10.3892/ijo.2023.5572. Epub 2023 Sep 15. PMID: 37711028; PMCID: PMC10552722.
- 7) Mytareli C, Ziogas DC, Karampela A, **Papalexis P**, Siampanopoulou V, Lafioniatis A, Benopoulou O, Gogas H, Angelousi A. The Uncharted Landscape of Rare Endocrine Immune-Related Adverse Events. *Cancers (Basel).* 2023 Mar 28; 15(7):2016. doi: 10.3390/cancers15072016. PMID: 37046677; PMCID: PMC10093286.
 - 8) Taskou C, Sarantaki A, Beloukas A, Georgakopoulou VE, Daskalakis G, **Papalexis P**, Lykeridou A. Knowledge and Attitudes of Healthcare Professionals Regarding Perinatal Influenza Vaccination during the COVID-19 Pandemic. *Vaccines (Basel).* 2023 Jan 12; 11(1):168. doi: 10.3390/vaccines11010168. PMID: 36680013; PMCID: PMC9863632.
 - 9) Angelousi A, **Papalexis P**, Karampela A, Marra M, Misthos D, Ziogas D, Gogas H. Diabetes insipidus: A rare endocrine complication of immune check point inhibitors: A case report and literature review. *Exp Ther Med.* 2022 Nov 16; 25(1):10. doi: 10.3892/etm.2022.11709. PMID: 36561623; PMCID: PMC9748697.
 - 10) Georgakopoulou, V. E., **Papalexis, P.**, Sanos, C., Bitsani, A., Garmpi, A., Damaskos, C., Garmpis, N., Gkoufa, A., Chlapoutakis, S., Sklapani, P., Mantzouranis, K., Trakas, N., Spandidos, D. A. "Asymptomatic SARS-CoV-2 infection in an unvaccinated 97-year-old woman: A case report". *Biomedical Reports* 15, no. 6 (2021): 107. <https://doi.org/10.3892/br.2021.1483>.
 - 11) Mantzouranis, K., Georgakopoulou, V. E., Mermigkis, D., Damaskos, C., Garmpis, N., **Papalexis, P.**, Gkoufa, A., Drossos, P., Chlapoutakis, S., Garmpi, A., Sklapani, P., Trakas, N., Tsiafaki, X. "*Staphylococcus aureus* mediastinitis following a skin infection in a non-immunocompromised patient: A case report". *Biomedical Reports* 15, no. 6 (2021): 104. <https://doi.org/10.3892/br.2021.1480>
 - 12) Georgakopoulou, V. E., Avramopoulos, P., **Papalexis, P.**, Bitsani, A., Damaskos, C., Garmpi, A., Gkoufa, A., Garmpis, N., Mantzouranis, K., Chlapoutakis, S., Sklapani, P., Trakas, N., Spandidos, D. A. "Exacerbation of bronchiectasis by *Pseudomonas putida* complicating COVID-19 disease: A case report". *Experimental and Therapeutic Medicine* 22, no. 6 (2021): 1452. <https://doi.org/10.3892/etm.2021.10887>
 - 13) Moragianni, D., Dryllis, G., Andromidas, P., Kapeta-Korkouli, R., Kouskouni, E., Pessach, I., **Papalexis, P.**, Kodonaki, A., Athanasiou, N., Pouliakis, A., Baka, S. "Genital tract infection and associated factors affect the reproductive outcome in fertile females and females undergoing in vitro fertilization". *Biomedical Reports* 10, no. 4 (2019): 231-237. <https://doi.org/10.3892/br.2019.1194>.
 - 14) Tsitsimpikou, C., Tsarouhas*, K., Vasilaki, F.*, **Papalexis, P.***, Dryllis, G., Choursalas, A., Spandidos, D. A., Tsatsakis, A., Charvalos, E., Bacopoulou, F. "Health risk behaviors among high school and university adolescent students". *Experimental and Therapeutic Medicine* 0, no. 0, Accepted August 17, 2018, doi:10.3892/etm.2018.6612 (*Equally contribution).
 - 15) Tsarouhas K, Kioukia-Fougia N, **Papalexis P**, Tsatsakis A, Kouretas D, Bacopoulou F, Tsitsimpikou C. Use of nutritional supplements contaminated with banned doping substances by recreational adolescent athletes in Athens, Greece. *Food Chem Toxicol.* 2018, Apr 3; 115:447-450. doi: 10.1016/j.fct.2018.03.043.
 - 16) Apatsidou M, Konstantopoulou I, Foufa E, Tsarouhas K, **Papalexis P**, Rezaee R, Spandidos DA, Kouretas D, Tsitsimpikou C. Safe use of chemicals by professional users and health care specialists. *Biomed Rep.* 2018 Feb; 8(2):160-165. doi: 10.3892/br.2018.1037. Epub 2018 Jan 2.

- 17) Gioula G, Melidou A, Exindari M, **Papalexis P**, Xanthis D, Malisiovas N. «The burden of influenza, respiratory syncytial virus and human metapneumovirus in infants and young children in N. Greece, 2004-2013». *Acta Medica International*. 2016; 3(1):154-157. DOI: 10.5530/ami.2016.1.32.
- 18) Tzitzis P, Staikoglou N, **Papalexis P**, Tsantsas C, Myronidou-Tzouveleki M. «Cannabinoids in therapy: A critical approach to the cannabis plant: medical and social data, cannabinoids receptors, potential therapeutic aspects». *Review of Clinical Pharmacology and Pharmacokinetics*, Greek edition, 33:223-239 (2015), ISSN: 1011-6575.
- 19) Tsitsimpikou C, Tsarouhas K, Kioukia-Fougia N, Skondra C, Fragkiadaki P, **Papalexis P**, Stamatopoulos P, Kaplanis I, Hayes AW, Tsatsakis A, Rentoukas E. «Dietary supplementation with tomato-juice in patients with metabolic syndrome: A suggestion to alleviate detrimental clinical factors». *Food and Chemical Toxicology* 74 (2014) 9–13.
- 20) Tsitsimpikou C, Kioukia-Fougia N, Tsarouhas K, Stamatopoulos P, Rentoukas E, Koudounakos A, **Papalexis P**, Liesivuori J, Jamurtas A. «Administration of tomato juice ameliorates lactate dehydrogenase and creatinine kinase responses to anaerobic training». *Food Chem Toxicol*. 2013 Jan 3. pii: S0278-6915(12)00896-4. doi: 10.1016/j.fct.2012.12.023.
- 21) Christina Tsitsimpikou, Nastasia Chrisostomou, **Peter Papalexis**, Konstantinos Tsarouhas, Aristidis Tsatsakis, Athanasios Jamurtas. “The Use of Nutritional Supplements among Recreational Athletes in Athens, Greece”. *International Journal of Sport Nutrition and Exercise Metabolism*, Int J Sport Nutr Exerc Metab. 2011 Oct; 21(5):377-84. Epub 2011 Jul 22. PMID: 21799216.
- 22) Tsarouhas K., **Papalexis P.**, Kafantaris I., Tsitsimpikou Ch., Vavetsi S., Rentoukas E. “Electrocardiographic findings compatible with Brugada syndrome in a patient with febrile respiratory infection”. *HIPPOKRATIA* 2010, 14, 3: 221-223.
- 23) Tsitsimpikou C, Jamurtas A, Fitch K, **Papalexis P**, Tsarouhas K. “Medication use by athletes during the Athens 2004 Paralympic Games”. *British Journal of Sports Medicine* 2009 Dec; 43(13):1062-6. Epub 2009 Oct 22.
- 24) Ath. Tsiokanos, Ath. Jamurtas, P. Schamasch, **P.Papalexis**, Chr. Tsitsimpikou. “Statistical Data Collected during Urine Collection for Doping Control at the Athens 2004 Olympic Games and Recommendations to Improve the Urine Collection Process”. *Review of Clinical Pharmacology and Pharmacokinetics*, Volume 22, 2008, No2, International edition, pages 347-349: ISSN: 1011-6583.
- 25) Tsitsimpikou C., **Papalexis P.**, Tsiokanos Ath., Jamurtas Ath., Schamasch P., Fitch K., Georgakopoulos C., Parisi C., Valasiadis D., Skouroliahou M. “Medication Use by Athletes at the Athens 2004 Olympic Games”. *Journal of the Sports Medicine Association of Greece*, Vol. 1, May 2006, ISSN: 1790-7810, page 51.

Oral-Poster Presentations:

More than 120 oral-poster presentations in Panhellenic, European and International Congresses, Seminars.

Continued Medical Education and other scientific activities:

-More than 560 certified C.M.E. credits.

-Chair and member of Organizing and Scientific Committees in several Panhellenic and European Conferences.

Total Number of Citations (till September 2025): 778, h-index: 14, i10-index: 23

Monographs-Books:

- Christos Lolas, Costas Parisis, Demetrios Pyrros, Spyridon Spyrou, Patricia Trethowan, Christina Tsitsimpikou: The Olympics, Medical Care, Odysseus publications, 1st edition, Athens 2008. ISBN: 978-960-210-541-2, participation in bibliographic support and writing of the chapter: Doping & Doping Control, **P. Papalexis**, pages 251-292.
- **Dr. Papalexis Petros:** “Answers to the EOPPEP Exam Questions Bank - Medical Laboratory Assistant”, ISBN: 978-618-20109-07, Editions 24 Letters (24 γράμματα), first edition, Athens, November 2020.

Research Interests:

Breast Cancer, Covid-19, Diabetes, Endocrinology, Metabolism, Doping, Environment & Health, Toxicology, Molecular Diagnostics, Hematology, Infections, Molecular Oncology, Virology, Clinical Chemistry, Immunohistochemistry.

Memberships-Scientific Publications Editor-Scientific Journals Reviewer:

1. Delegate from Greece to the European Association for Professionals in Biomedical Science (EPBS), from 2015 until present.
2. Former President of the Board of Directors, of the Panhellenic Association of Medical Laboratory Technologists (PETIE), from the year: 2020 to 2022.
3. Member of the Scientific Council of General Hospital “Laikon”, from year 2021 till present, Athens, Greece.
4. Secretary of the Educational Committee of the Hellenic Society of Endocrinology.
5. Member of the Education Committee of the Athens Medical Association from January/2023-present
(https://www.isathens.gr/images/eggrafa/EPITROPES_ISA_2023.pdf).
6. Member of the Greek Advisory Committee for the international certification ASCPi, American Society of Clinical Pathology (ASCPi Greek Advisory Board).
7. Vice President C', Responsible for Scientific Actions & Medical Practice in Malignant Neoplastic Diseases, Cancer Prevention Research Group in Greece (CPRGG).
8. Associate Editor of the Open Access Journal of Obesity and Metabolic Disorders (<http://ologyjournals.com/oajomd/index>)
9. Certified Reviewer of the Scientific Journals “Human and Experimental Toxicology” “Cureus Journal of Medical Science”, “Spandidos Publications” Scientific Journals, “MDPI” Scientific Journals and “Folia Medica”.
10. Athens Medical Association
11. Hellenic Society of Endocrinology
12. European Society of Endocrinology
13. Hellenic Society of Haematology
14. Hellenic Society of Toxicology
15. Hellenic Society of Pharmacology
16. Scientific Society of Greek Medical Students
17. Greek Society of Tumor Markers and Targeted Therapy.