EIRINI CHRISTAKI, MSC., Phdcandidate



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## PERSONAL DETAILS

* Born : 31st July 1985
* Greek (EU) Citizen
* Qualified and experienced Clinical Dietician – Nutritionist, Clinical Research Associate, founding member of a digital nutrition initiative, scientific associate of the press
* Excellent public speaking, troubleshooting, leadership, teamwork, determination, effectiveness, organizational, time management and communication skills
* Creator of the Scientific Blog on Nutrition: [eatpositivethink.blogspot.com](http://eatpositivethink.blogspot.gr/)

## Education/Training

**Harvard medical school**

* Winter Seminar with the subject: Exercise and Other Groundbreaking Techniques for the Treatment of ADHD, Aggression, and Autism (February 2016)

**National and Kapodistrian University of Athens – Medical School**

* *PhD Candidate* in the field of Childhood Obesity and Stress (9/2013-Present)

**center for training and treating eating disorders – athens**

* *Master practitioner programme in eating disorders and obesity*

6-month training for Dieticians - Nutritionists and experts in the field of Mental Health (psychologists, psychotherapists, etc.) approved by the National Centre for Eating Disorders, UK

(11/2012 – 5/2013)

**National and Kapodistrian University of Athens – Medical School**

* *MSc. Stress Management and Health Promotion (Grade 10/10)*

Thesis: Stress management techniques can facilitate weight loss in overweight and obese women trying to lose weight *(published in the Journal of Human Nutrition and Dietetics, April 2013)*

(9/2009 – 12/2011)

**Harokopio University, Athens**

* *BSc. (Hons), Clinical Nutrition and Dietetics*

Department of Nutrition and Dietetics (Grade 6.6/10)

Thesis: The effect of water intake on athletic performance: the role of pharyngeal receptors, Grade: 10/10

02/2009 (*published in Medicine and Science in sports and exercise, January 2012*)

(9/2004 –3/2009)

**Technical University of Munich, Germany**

Nutrition Department (Exchange Student)

9/2005 – 3/2006

**Scholarships/awards**

Socrates Erasmus Scholarship, 2005  
Leonardo Da Vinci Scholarship, 2007

Award of the Greek Pediatric Society 2016 for the

## Professional Membership

* Member of Hellenic Association of Dietitians-Nutritionists (since 5/2009)
* Member of the Nutrition Society, UK (since 11/2011)

## professional Experience

**1st Paediatric Clinic of the University of athens, “choremio” research laboratory, Athens, 9/2013-present**

**Clinical Research Associate, Childhood Obesity Clinic**

* Nutritional assessment, diagnosis and treatment of diet and nutrition problems at an individual level in cooperation with a Pediatrician
* Design and implementation of research protocols
* Laboratory analysis of blood samples

**Symmetria, Medical Center of Aesthetic Medicine, Athens. 09/2010- present**

**Clinical Dietician-Nutritionist**

* Nutritional assessment, diagnosis and treatment of diet and nutrition problems at an individual level in cooperation with a Physician when needed
* Writing articles for the press (Scientific associate of WOW NOW digital magazine)
* Organizing and conducting nutrition related workshops and seminars
* Implementation of ISO 9001:2008
* Development of new products and strategies for their promotion

**I Live For Me, Athens, 01/2011 - present**

***(Non Profit Organization for People with Cancer and Chronic Diseases)***

**Clinical Dietician-Nutritionist (Volunteer)**

* Providing nutritional counseling and patient support
* Organisation of seminars for patients and caregivers
* Preparation and conducting seminars on cancer prevention
* Preparation of leaflets and a handbook for patients

**www.dietisnotforme.com,** **Website. 11/2011-present**

**Scientific Associate and founding member**

• Creation of a virtual dietician

• Design of the operating mechanism of the web page  
• Responsibility for the content of the page  
• Nutritional analysis of recipes which are used

• Coordination and corrections of content

**Runner Magazine , ATHENS. 5/2009 – present**

**Scientific Associate**

* Contribution of articles regarding sports nutrition
* Conducting seminars and speeches regarding sports nutrition

**Tzaneio Hospital, Sotiria Hospital, Ag. Sophia Children’s Hospital, KAT Hospital, G Gennimatas General Hospital. 10/2007 – 05/2008**

**Internship**

* Nutritional treatment of patients in the following clinics : Cardiology, Diabetes, Respiratory, Pediatrics, Neurosurgery, ICU, Nephrology, Gastroenterology
* Nutritional monitoring of patients in outpatient clinics.

**Max Rubner-Institute (BfEL Karlsruhe), Karlsruhe, Germany. 02/2007-05/2007**

**Internship**

* Main tasks:
* Analysis of biomarkers of oxidative stress and defense in human samples.
* Separation of human lipoproteins by sequential flotation ultracentrifugation.
* Purification of human lipoprotein fractions by sephadex gel chromatography (PD10)
* Spectrophotometric determination of paraoxonase activity in human serum and fractionated lipoproteins with paraoxon as substrate.
* Involvement in the anthropometric measurements of study participants (body weight, height, BMI, Bioelectrical impedance analysis of body fat content, waist circumference).
* Participation in the following research areas and techniques:
* Extraction and chemical analysis of broccoli ingredients (glucosinolates)
* Determination of DNA damage in human lymphocytes by means of the single cell gel electrophoresis assay (comet assay).
* Introduction in cell culture techniques of human cancer cells
* Preparing histological specimens from frozen rat liver; tissue sections, staining procedures.

## publications/SPEECHES

**98th Annual Meeting and Expo of the Endrocrine Society, 1-4 /4/2016, United States of America, Boston (ENDO 2016)**

[Excessive Body Fat Accumulation in Prepubertal Girls Correlates Positively with Hair and Salivary Cortisol Levels and Serum Fasting Insulin Concentrations](http://press.endocrine.org/doi/10.1210/endo-meetings.2016.OABA.7.FRI-618) – Poster presentation

[Christaki](http://press.endocrine.org/author/Christaki%2C+Eirini) E., [Papafotiou](http://press.endocrine.org/author/Papafotiou%2C+Chrysanthe) C.,  [Van den Akker](http://press.endocrine.org/author/van+den+Akker%2C+Erica+LT) E. , [Wester](http://press.endocrine.org/author/Wester%2C+Vincent+L) L V.,  [Bastaki](http://press.endocrine.org/author/Bastaki%2C+Despoina) D, [Apostolakou](http://press.endocrine.org/author/Apostolakou%2C+Filia) F, [Boschiero](http://press.endocrine.org/author/Boschiero%2C+Dario) D, [Papassotiriou](http://press.endocrine.org/author/Papassotiriou%2C+Ioannis) I, [George P. Chrousos](http://press.endocrine.org/author/Chrousos%2C+George+P) GP  and [Pervanidou](http://press.endocrine.org/author/Pervanidou%2C+Panagiota) P.

Hair Cortisol Concentrations Correlate with Daily Salivary Levels and Are Increased in Obese Prepubertal Girls– Poster presentation

[Papafotiou](http://press.endocrine.org/author/Papafotiou%2C+Chrysanthe) C., [Christaki](http://press.endocrine.org/author/Christaki%2C+Eirini) E.,   [Van den Akker](http://press.endocrine.org/author/van+den+Akker%2C+Erica+LT) E. , [Wester](http://press.endocrine.org/author/Wester%2C+Vincent+L) L V.,  [Apostolakou](http://press.endocrine.org/author/Apostolakou%2C+Filia) F, [Boschiero](http://press.endocrine.org/author/Boschiero%2C+Dario) D, [Papassotiriou](http://press.endocrine.org/author/Papassotiriou%2C+Ioannis) I,  [Chrousos](http://press.endocrine.org/author/Chrousos%2C+George+P) GP  and [Pervanidou](http://press.endocrine.org/author/Pervanidou%2C+Panagiota) P.

Asymmetry between Hypothalamic-pituitary-adrenal axis and Sympathetic Nervous System activation in obese prepubertal girls– Poster presentation

Papafotiou C., Christaki E., Pervanidou P., Apostolakou F., Papassotiriou I., Chrousos GP.

**9th Intensive Seminar on Adolescent Medicine, 1-2/4/2016, Athens**

Positive correlations between fat mass and salivary cortisol, hair cortisol and serum fastin insulin levels and correlation of the Body Mass Index with hair cortisol concentrations – Oral presentation of the findings

[Christaki](http://press.endocrine.org/author/Christaki%2C+Eirini) E., [Papafotiou](http://press.endocrine.org/author/Papafotiou%2C+Chrysanthe) C.,  [Van den Akker](http://press.endocrine.org/author/van+den+Akker%2C+Erica+LT) E. , [Wester](http://press.endocrine.org/author/Wester%2C+Vincent+L) L V.,  [Bastaki](http://press.endocrine.org/author/Bastaki%2C+Despoina) D, [Apostolakou](http://press.endocrine.org/author/Apostolakou%2C+Filia) F, [Boschiero](http://press.endocrine.org/author/Boschiero%2C+Dario) D, [Papassotiriou](http://press.endocrine.org/author/Papassotiriou%2C+Ioannis) I, [George P. Chrousos](http://press.endocrine.org/author/Chrousos%2C+George+P) GP  and [Pervanidou](http://press.endocrine.org/author/Pervanidou%2C+Panagiota) P.

**1st National Conference of the Greek Association of Child and Adolescent Endocrinology, 27-28/2/2016, Athens**

Positive correlations of serum fasting insulin concentrations, hair and salivary cortisol in prepubertal girls - Oral presentation of findings

Christaki E. , Papafotiou C. , van den Akker E. , Wester VL , Bastaki D. , Apostolakou F. , Boschiero D. , Papassotiriou I , Boschiero D. ,Chrousos GP. , Kanaka-Geintenbein C., Pervanidou P.

**4th National Conference on Developmental and Behavioral Pediatrics, 21-22/11/2015, Athens**

Excessive body fat accumulation in prepubertal girls correlates positively with hair and salivary cortisol levels and serum fasting insulin concentrations - Oral presentation of findings

Christaki E. , Papafotiou C. , van den Akker E. , Wester VL , Bastaki D. , Apostolakou F. , Boschiero D. , Papassotiriou I , Boschiero D. ,Chrousos GP. , Pervanidou P.

**1st National Interdisciplinary Conference on Attention Deficit – Hyperactivity "ADHD, the child in the adult", 9-11/10/2015, Athens**

Co morbidity of ADHD and Obesity in Children: Common mechanisms- common treatment

Gkourogianni A., Mpastaki D., Christaki E. , Valavani E., Chrousos GP., Pervanidou P.

**Journal of Human Nutrition and Dietetics (2013)**

Stress Management can facilitate weight loss in Greek overweight and obese women: a pilot study

Christaki E, , Kokkinos A., Costarelli V., Alexopoulos E.C., Chrousos GP., Darviri C.

**Co- author of the book “The secrets of Hypertension”, Editions “En plo” , 12/ 2012**

Nutritional Interventions for patients with Hypertension

**30th International Symposium on Diabetes and Nutrition, 28/6-1/7/2012, Athens**

Evaluation of a Stress Management Program combined with a dietary intervention in Greek women

I. Christaki, V. Costarelli, A. Kokkinos, A. Tsipis, C. Dimosthenopoulos

**9th Pan Hellenic Medical Congress on Obesity, 1-3/3/2012, Athens**

Evaluation of the duration of P wave in obese patients

A.Tsipis, A. Vlachogiorgos, I. Christaki, P. Giovas, E. Stavraka, N. Metaxotos

**Medicine and Science in Sports and Exercise 2012 Jan; 44(1):175-9**

Water ingestion improves performance compared with mouth rinse in dehydrated subjects

Arnaoutis G, Kavouras SA, Christaki I, Sidossis LS.

**Proceedings of the Nutrition Society (2011), 70(OC06), E387**

Stress Management can facilitate weight loss in Greek overweight and obese women: a pilot study

I.Christaki, E.C. Alexopoulos, C. Darviri, A. Kokkinos and V. Costarelli.

**Winter Meeting of the Nutrition Society 2011, London, 6-7 Dec 2011**

Stress Management can facilitate weight loss in Greek overweight and obese women: a pilot study

Oral presentation of findings.

I.Christaki, E.C. Alexopoulos, C. Darviri, A. Kokkinos and V. Costarelli.

## Conferences/ Seminars

* Hellenic Association of Dietitians-Nutritionists Symposium on Weight Control, Athens, GR 23/10/2004
* Hellenic Association of Dietitians-Nutritionists Symposium on Prevention and Treatment of Obesity and associated diseases in the 21st century, Thessaloniki, GR 13/11/04
* 10th Congress of the Greek Society of Lipidology and Atherosclerosis : "Medication and dietary intervention in the prevention and treatment of cardiovascular disease," Athens, GR 27/5/06
* 2nd National Conference on Counseling Psychology: " Counseling Psychology for Men: Theory, Research, Intervention", Athens, GR 23-26/11/06
* 2nd National Conference on Atherosclerosis, Athens, GR 29/11-12/02/06
* 11th International Symposium of the Greek Institute for Cardiology: Atherosclerosis and related Risk Factors. Athens, GR 9-10/11/07
* Hellenic Association of Dietitians-Nutritionists Symposium on Diet in the future: Nature or Science", Athens, GR 1/11/08
* Symposium of the Society for Mental Health of Children and Adolescents on "Nutritional Disorders in Children and Adolescents", Athens, GR 17-18/10/08
* Winter Meeting of the Nutrition Society : '70th Anniversary: ​​Body weight regulation - food, gut and brain signaling', London, UK 6-7/12/2012
* “Women of TUM” Seminar, Workshop “Fit for the public” and “Concepts for Sustainability” , Technical University of Munich, DE 10-15/10/2012
* “Women of TUM” Seminar, Workshop “Go in and win” , Technical University of Munich, DE 10-15/10/2013
* TUM Seminar, “Science meets Public-Science communication in the age of social media”, Technical University of Munich, DE 7-10/10/2015 Oral presentation of “My experience on communicating science through my blog”

## SKILLS/LANGUAGES/Interests

**Computer Skills**

* Microsoft Office, SPSS, Diet Analysis Plus
* Creator and Editor of the blog <http://eatpositivethink.blogspot.com>

**languages:**

* Greek and Romanian (Native)
* English (Fluent: Certificate of Proficiency in English, University of Cambridge)
* German (Mittelstufe, Goethe Institute / University of Muenster, Germany: level Mittelstufe 2 August 2003)
* Italian and French (Basic)

**interests:**

* Distance Running, Triathlon, Sailing, Literature