

Dr. Athanasia Spandidos after receiving a First Class Honours Degree from the University of Glasgow, Scotland in Medical Biochemistry in 1998 was accepted at the Medical Research Council Laboratory of Molecular Biology (one of the most renowned Molecular Biology laboratories in the world which has attracted 10 Nobel prizes) in Cambridge, England and received her Ph.D. from the University of Cambridge in 2002. She was asked to stay at the Medical Research Council Laboratory of Molecular Biology for an additional two years as a Research Associate (Postdoctoral Fellow) from 2002-2003. Dr. Spandidos was accepted and worked as a Research Associate (Postdoctoral Fellow) at the Department of Molecular Biology and in the Center for Computational and Integrative Biology, Massachusetts General Hospital and Department of Genetics, Harvard Medical School, Boston, U.S.A. for almost 6 years (Jan 2004 – Sep 2009). Dr. Spandidos is currently a Research Collaborator at the National and Kapodistrian University of Athens, Medical School since 2010. Dr. Spandidos since October 2009 has been working as Deputy Editor at International Journal of Oncology, Oncology Reports, International Journal of Molecular Medicine, Molecular Medicine Reports, Oncology Letters, Experimental and Therapeutic Medicine, Molecular and Clinical Oncology and Biomedical Reports. In addition, since October 2015, Dr. Spandidos has been a Faculty Member at the University of Greenwich, Athens (New York College, Athens). Dr. Spandidos is also Guest Professor at Shandong University, China, and has given invited lectures at various international conferences and at renowned Universities around the world. Dr. Spandidos's publications have received more than 500 citations.

Dr. Panagiota Tsioli: Biologist PhD, M.Sc, 1st Department of Pathology, National and Kapodistrian University of Athens, Laiko General Hospital. As a Biologist PhD, M.Sc in National and Kapodistrian University of Athens, Laiko Hospital and a research collaborator in the Department of Experimental Physiology, Medical School, National & Kapodistrian University of Athens Dr. Tsioli supervises under graduate, M.Sc and PhD students. Her research primary goal is to understand the molecular basis of cancer and gain insight into signal transduction pathways inducing cancer cell growth and death. The long-term goal is to identify novel targets that can be translated into new therapeutic approaches for cancer patients. The team's research data through integration of functional and clinical data could lead to identification of altered signaling pathways in different type of cancers and establishment of prognostic and predictive markers. Through development of genetically engineered mouse models new mechanistic and novel target therapeutics could be tested and define specific interventional molecules for targeted therapies. These could be the basis for individualized treatment strategies.

Dr Margarita Pagou: Margarita Pagou graduated in Pharmacy and Medicine from the National and Kapodistrian University of Athens (NKUA) and has the medical specialty in Nuclear Medicine. She has a PhD from NKUA. She has MSc in Nuclear Medicine from the University of London, United Kingdom (UK), as a fellow of the International Atomic Energy Agency. She has work experience in hospitals and clinics in Athens. She has also experience as a resident physician in Western General Hospital, Edinburgh and as a qualified medical doctor in St

Bartholomew's Hospital, London, UK and Central Manchester University Hospitals, Manchester, UK. She had scientific committee duties with the National Drug Organization, Greece. She has continuing education. She has multiannual teaching experience with resident physicians, nurses and students. She has research experience with original reports in international mainly and national journals, original reports in proceedings of European mainly and national meetings, as well as with monographs and platform/poster presentations. She has also been invited in national and European presentations, as well as a reviewer and congress chairperson in a European congress. She contributed to the criticism of earlier drafts of a book, Springer Publisher, as well as to the writing of two books in Greece.

Dr Efstathia Papageorgiou: Efstathia Papageorgiou is a chemist PhD, research associate at the Department of Experimental Physiology at the Medical School of the University of Athens, lecturer at the Biomedical Sciences Department of "New York College" since 2014 and a middle school teacher of chemistry. The scientific work of Dr. Papageorgiou covers a wide range of research objects in biotechnology, biochemistry and physiology. In particular, her research is focused on Molecular Physiology, Molecular Endocrinology, Endocrine Oncology, Bone Metastasis in Prostate Cancer, Exercise and Medical Education.

During her more than 15 years of work in biochemistry and biotechnology she has supervised undergraduate, postgraduate and Ph.D students.

Dr. Papageorgiou has published more than 20 research articles in peer-reviewed journals and 5 reviews and commentaries. Her scientific work was supported by several competitive grants from the European Commission and national sources, as well as by the pharmaceutical industry, for example PENED2001-Greek Secretariat of Research & Technology (2002-2005), AKMON (2006-2008), ESPA (2012-2015)

She was recently awarded a Grant from the Hellenic Medical Society for her research in molecular Endocrinology.

Dr. Papageorgiou is a Member of the Hellenic Society of Biochemistry, Molecular Biology, Association of Hellenic Chemists and Hellenic association of Endocrinology.

Dr. Ioannis Bratsos: Ioannis graduated from the National and Kapodistrian University of Athens (Greece), obtaining the BSc Degree of Chemistry in 2000. The same year he was awarded with a four-year fellowship from National Center for Scientific Research "Demokritos" (Athens, Greece) for graduate studies. He received his MSc (2003) and PhD (2005) in Bioinorganic Chemistry, both with honors, from the National and Kapodistrian University of Athens. From 2005 to 2011, with a break in 2008 to accomplish his military service, he worked at the University of Trieste (Department of Chemical and Pharmaceutical Sciences, Italy) as Postdoctoral Researcher. Since 2012, he is working as a Research

Associate at the NCSR "Demokritos", Institute of Nanoscience and Nanotechnology (INN), in the lab of Chemical Biology of Natural Products and Designed Molecules.

During his research career, either as graduate student or as postdoctoral fellow, he visited top class European laboratories, including CERM (University of Florence, Italy) and Gorlaeus Laboratorium (Leiden University, The Netherlands) and worked under the supervision of well-recognized researchers.

He is an active researcher. His research interests and experience is focused mainly on Inorganic and Bioinorganic Chemistry (development of novel metal based drugs). He has also good experience in Organic Synthesis, whereas currently his interest has shifted also to Materials (development of novel advanced microporous materials, i.e. metal organic frameworks (MOFs), with applications in health, energy and environment). His work has led to the publication of 34 peer-reviewed articles in highly respected international journals, he is the co-author of a chapter in a book entitled "Bioinorganic Medicinal Chemistry", and co-inventor of an Italian patent dealing with novel ruthenium complexes as potential antitumor agents. At a recent count (Scopus 10/03/2021), he had 1389 citations and an h-index factor of 21. In addition he has attended more than 20 international and national conferences, in which he gave 7 oral presentations and presented more than 10 posters. He has also been appointed by several international publishers, including Elsevier, American Chemical Society, Royal Society of Chemistry etc, to serve as referee to scientific articles.

Ioannis has supervised several undergraduate and postgraduate students and has been the co-advisor of three undergraduate theses and three MSc dissertations. During the 2008-2009 school year he worked as hourly waged teacher of chemistry at the 40th General Lyceum of Athens (Grava). He joined New York College in 2015 and since then, besides being the responsible for the science laboratory facilities, he is the laboratory instructor of the practical courses "Laboratory Skills" (Foundation) and "Practical and Academic Skills" (Year 1), as well as the tutor of the theoretical courses "Chemistry" (Foundation) and "Basic Chemistry for Life Science" (Year 1) in the frame of the programs BSc (Hons) in Biomedical Sciences and BSc (Hons) in Human Nutrition and Dietetics of the University of Greenwich, UK.

Dr. Valentini Konstantinidou holds a PhD in Biomedicine from Pompeu Fabra University in Barcelona (2010), the first Spanish university in the world. She also holds a master's degree in Biomedical Research from the same university as well as two bachelor's degrees in Nutrition and Dietetics and Food Technology from the CEU San Pablo University of Madrid and the TEI of Athens, respectively.

Her research activity began in 2001, when she received the European Leonardo da Vinci Undergraduate Scholarship and moved to Spain to specialize in the benefits of the Mediterranean diet and extra virgin olive oil consumption for the prevention of cardiovascular disease. Her research continues with a scholarship from the Greek I.K.Y. to study the nutritional genomic benefits of the Mediterranean diet and extra virgin olive oil and had evolved with postdoctoral studies in the field of nutrigenetics and nutrigenomics. Her whole research activity is published in PUBMED here (<http://bit.ly/30y6bz5>).

She is the founder of the start-up company DNANUTRICOACH® (www.dnanutricoach.com), based in Barcelona, with the aim of promoting and correctly applying nutrigenetics knowledge for the prevention

of multifactorial diseases and thrives of longevity by offering personalized nutritional and wellbeing guidelines. Since 2012, she is a university lecturer in Spain, a member of the American Dietetic Association (ASN), a founding member and ambassador of the European Lifestyle Medicine Organization (ELMO) and she is a registered Dietitian-Nutritionist. He has been teaching at New York College since 2019.

Dr Konstantinos Katsanakis: Dr Katsanakis holds a BSc from the University of Athens and a PhD from the Univ. of Glasgow. He was a research fellow in NHRF and the Univ. of Nottingham. From 2008 to 2010 he worked in state education, and between 2009-2015 in continuous education. The latter years is a NYC associate.

Dimitris Vagenos, MSc, PhDc. Mr. Vagenos is a Ph.D student of the Department of Water Resources and Environment of the National Technical University of Athens. He has obtained his Bachelor Degree in Biology in 1996 by the Biology Department of Virginia Commonwealth University, Richmond, U.S.A and his Master degree as a scholarship-recipient on Biology-Microbiology in 1999 by the Biology Department of University of Long Island, New York, U.S.A. He taught Biology at the University of Long Island Adjunct Faculty Member of the Biology Department Faculty as well as a Biology Instructor to children with special needs at Legacy High School, New York, U.S.A. In 2013 he was accepted for Ph.D studies to the Department of Water Resources and Environment of the National Technical University of Athens. Presently, he writes his Ph.D thesis titled: "Study of the cyanobacterial photosynthesis: Source of energy friendly to the environment". His experiments for his Ph.D are performed in the labs of the Biology Department of the National Centre for Scientific Research, "DEMOKRITOS", Agia Paraskevi, Greece. In 2015, he was a member of the organizing committee of the international conference "Photosynthesis Research for Sustainability – 2015" Chania, Greece. He has presented his experimental work to conferences. Currently, he teaches an undergraduate course in Biology at New York College.

Konstantinos Zervos. He is Registered Nutritionist with specialization in mindful eating, in disorder eating behaviors and health promotion. - Founder of EATT intervention. - Certified Wellcoach and bodyART instructor level 1+2. His work focuses to inspire and motivate people to make sustainable changes in their eating behavior by improving their holistic wellbeing. He offers experiential knowledge through innovative workshops/concepts with application in small groups, in public and corporate settings. He holds a master's degree in health Promotion and Health Education, and he has more than twenty years of working experience with specialization in weight management, in disordered eating behaviors and wellness consulting. The last six years he specializes in the field of mindfulness and its application in eating behavior. He is the founder of the program "EATT*", a scientific and evidenced based mindful eating intervention

which has helped -since 2016- more than 70 of people to change their relationship with food and their body. "EATT*" has been nominated in the 7th Panhellenic Congress of Health Promotion and Health Education (Athens, 2017) as one of the best community-based interventions. He is research affiliate of Health Services Research Department, Medical School of Athens and Birmingham City University and he is also visiting lecturer of University of Shuffolk, UK. Find more: www.konstantinoszervos.gr

Konstantinos Chardavellas obtained his BSc degree in Nutrition and Dietetics at King's College London. He obtained a Postgraduate degree in Psychology from the University of Liverpool, a coaching certificate from the Kapodistrian National University of Athens, as well as a MSc degree in Pharmaceutical, Professional and Environmental Risk Assessment and Mitigation from the Medical School of Athens.

In the past he has worked as a specialist dietitian at Saint Thomas' and Guy's Hospitals, working with cancer patients and people with HIV/AIDS. Since 2020, he runs his own practice in Palaio Faliro, Greece, through which he works with a variety of health professionals, and more specifically, obstetricians and gynecologists, endocrinologists and oncologists.

He is the Deputy Mayor of Digital Governance and European Projects at the municipality of Palaio Faliro, as well as a member of the governmental work group for Smart Cities Transformation.

Additionally, he works in public health and sustainability projects and initiatives as the Executive Director of WESIG (Workforce and Environmental Sustainability Initiatives in Greece), an NGO active in the field of sustainability and technological innovation.

Theodoros Koutrakos, MmedSci, Lead Dietician – Nutritionist Athens Medical Center

Theodoros Koutrakos is the lead dietician of Athens Medical Center in Marousi, Athens. He has the responsibility for the dietary treatment of the different wards in Marousi main clinic (general - maternal - pediatric) and the peripheral clinics of the AMC group located in the rest of Athens. He received his bachelor's degree in Human Nutrition in Southbank University, London (2001) and Bsc Dietetics in Harokopio University (2003). During 2004 - 2005 he completed his master's in medical science in Human Nutrition with specialization in Clinical Nutrition (MmedSci) in medical school of Glasgow University, Scotland. In 2017, he completed a postgraduate course in Paediatric Nutrition organized by the medical school of Boston University USA. Due to his professional background, he focuses in the evidence-based approach for the prevention and management of nutritional issues in a multi-disciplinary environment. His main research interests are paediatric, maternal, enteral, obesity, bariatric, oncology, gastrointestinal nutritional and dietetic management. He has been dietetic placement supervisor since 2015 and also he has teaching experience in private colleges in Athens.

Anastasia Kolomvotsou, Dietitian - Nutritionist, graduate of University of Surrey, UK. Holder of two master degrees (entitled "Nutrition and Public Health", Department of Human Nutrition of the University of Glasgow and @International medicine & Health crisis management", EKPA, School

of Medicine, Greece) and in 2012 I received my PhD from the Department of Human Nutrition Unit of the Agricultural University of Athens. I have received a scholarship from the State Scholarship Foundation. I have worked as a Dietitian in charge of a database at Dairy Council, UK as a Clinical Dietitian Nutritionist at the Diagnostic and Therapeutic Center of Athens "Ygeia" and from 2008 until today as a clinical dietitian in the Polyclinic of the Olympic Village. I also participate in a public health program, within the framework of the primary health care program in remote areas implemented by the collaboration of the Polyclinic of the Olympic Village with the Niarchos Foundation. My research activities focus on the effect of the Mediterranean diet on cardiovascular disease risk factors in patients with metabolic syndrome, on the action of antioxidants, on the nutritional advice for vulnerable groups in the management of DM, on obesity in both adults and children, on hypertension and dyslipidaemias.

I am a member of the Nutrition Society and the Hellenic Association of Dietitians - Nutritionists, ESPEN, GRESPEN. I have been a speaker at Conferences of the Hellenic Society of Atherosclerosis, the Hellenic Association of Dietitians, the Hellenic Medical Society for Obesity and the Hellenic Diabetological Society as well as at various events to inform the public about nutrition. My writing work includes articles in international scientific journals with reviewers and I have edited the translation of 3 books in the Medical Publications BC. Paschalidis Ltd.