

## Programme Leader: Tatiana Christides, PhD

**Dr. Tatiana Christides:** Dr Tatiana Christides obtained her BA Hons in Biology from the University of Chicago in 1984. She then joined a molecular genetics research team at the University of Chicago's Pritzker School of Medicine investigating the molecular basis of Achondroplasia, a form of dwarfism. In 1985, Dr Christides left Pritzker to begin her study of medicine at Rush Medical School in Chicago, Illinois. After receiving her Medical Doctorate in 1989, she continued her medical training as a house officer at Rush Presbyterian St. Lukes Medical Centre.

Dr Christides specialised in internal medicine and became a board-certified consultant in internal medicine in 1992. She joined a group of multi-specialty consultants and adult care specialists, where she practiced as a consultant until her move to the UK.

In 2006, she decided to pursue a career in academia focusing on her interest on healthcare issues related to nutrition. She obtained a Postgraduate Certificate in Medical Education from the University of Brighton and Sussex's Medical School Postgraduate Institute of Medicine, and followed this up by receiving an MSc in Nutrition, with distinction, from King's College London.

Dr Christides developed a nutrition module for the Postgraduate Institute of Medicine at Brighton aimed towards increasing healthcare professionals understanding of nutrition in health and disease. She was also a visiting lecturer at the University of Brighton and the University of Roehampton before she joined the University of Greenwich at Medway as a Senior Lecturer in Nutrition and has subsequently taken on the role of Programme Leader of the Human Nutrition BSc (Hons) degree.

Continuing her research interests developed at King's College on iron metabolism and bioavailability, Dr Christides is currently working in the laboratory of Dr Simon Richardson, Director of Research for the School of Science, on the effects of various foodstuffs on iron absorption.

## Local Programme Director: Nikos Katsaros, PhD

**Dr. Nikos Katsaros:** Dr Nikos Katsaros has a B.Sc. in Chemistry from the University of Athens and a M.Sc. and a Ph.D from the University of Massachusetts (USA). He was appointed Assistant Prof. in the University of Southern Georgia (USA). Upon his return to Greece he was appointed Senior Research Scientist at the Nuclear Research Center Demokritos and later he was promoted to Director of Research at the National Center of Scientific Research Demokritos. He served as a Director of Graduate Studies at the Institute of Physical Chemistry of NCRS Demokritos for more than 15 years. His research interests are in Inorganic Biochemistry, Food Chemistry, Food Safety, Radiochemistry, Chemistry of the Environment, Toxic Waste Management. He published more than 150 papers in International Journals and participated in more than 200 National and International Conferences. He participated in Advisory Bodies and he has organized as a Chairman or as a Committee Member more than 100 national or International Conferences all over the world. He taught at the University of Maryland and at the Graduate Schools of the

University of Ioannina, Kapodistrian University of Athens, University of Patras and in the undergraduate science programme of Deree College. He served as a Secretary of Research at and Technology in the Ministry of Development, as a President of the Hellenic Food Authority (EFET) in the Ministry of Development, President of the National Industrial Metallurgical Center for Research and Development, Member of the Administrative Council of the National Center of Agricultural Research, member of the National Council of Graduate Studies and Scientific Research in the Ministry of Education, National Representative of the European Union Organization COST (Coordination in Science and Technology), Special Advisor to the Ministry of the Environment, National Representative at the Committee of EU of Research Policy (CREST), National Representative on the 4<sup>th</sup> Framework programme of the EU in Food and Agriculture, National Representative at the European Food Safety Authority and Representative in UNESCO in the Committee for the Development in Science and Technology in SouthEastern European Countries. He was also four times President of the Greek Chemical Society, Member of the Executive Committee of the Federation of European Chemical Societies, Secretary of the Chemical Societies of SouthEastern European Countries, and Vice President of the Greek Consumers Association. He is scientific advisor to Greek Federation of Restaurant Owners and Related Professions, the Chefs Federation of Greece, and the Association of Bakers of the Greater Athens Area. He published more than 10000 articles in Greek newspapers and gave more than 1000 interviews to the Greek Mass Media during the last four years. His activities are concentrated mainly in food safety and the Mediterranean Diet. He is Head of the Department of Human Nutrition at New York College in Athens. He is also Vice-President of New York College.

## **Local Tutors**

**Dr. Geena Dalageorgou:** Dr. Geena Dalageorgou graduated with Honors from Mount Holyoke College, Massachusetts, USA in 2001 with a Bachelor's of Arts and Sciences Degree in Biochemistry and a Minor in Child Psychology and Development. She continued her studies by completing a 2 year Fellowship Award from Brigham and Women's Hospital - Harvard Medical School and worked until 2006 at Boston University Medical School as a Teaching Assistant/Research Fellow. Geena holds a Master's Degree in Medical Psychiatry and Promotion of Public health, as well a PhD in Medical Biology - Human Virology, both received with Honors from Athens and Thrace Medical Schools.

She has been working since 2001 as teaching assistant and tutor in American and Greek Academic Science Departments. Furthermore, Geena has at least 15 years of laboratory molecular medicine research experience, 14 scientific publications in international Science Journals, more than 30 participations in international Scientific Meetings, and has won various grants and scholarships based on her academic and research merit. Currently, she holds a position as a Lecturer/Research Fellow at the Department of Biochemistry, Athens Medical School where she teaches Biochemistry to first year students.

Geena joined the faculty of New York College in 2011 and has been teaching courses and labs in the Departments of Nutrition and Psychology. She has also assisted the Head of the Nutrition and Biomedicine Programs to organize and set the Science Laboratory Facilities of New York College.

**Joanne Adamidou, MS, Registered Dietitian & Biologist**, holds two Bachelor's degrees and a Master's degree from three top UK and U.S. universities. She studied Applied Biology at Kingston University in London, UK, and specialized in the field of Immunology with a Master's degree from King's College – University of London. Following her considerable experience working with many obese patients at the Sleep Disorders' Centre of St Thomas' Hospital in London, she pursued a second Bachelor's degree in Nutrition & Dietetics in addition to the Dietetic Internship program at the Ohio State University, with a scholarship and a cum laude upon graduation, while working full-time at the Ohio State University Medical Center.

Joanne has significant clinical experience as a dietitian and biologist, following her growing interaction with a plethora of patients; she has been trained in sports and elderly nutrition, CPR, eating disorders and food management, and has been providing optimum nutrition counseling for weight management and health problems. She is a lecturer and a laboratory instructor at New York College in Athens, teaching Nutrition and Biology courses that are part of the BSc (Hons) in Human Nutrition and the BSc (Hons) in Biomedical Sciences of the University of Greenwich, UK. She has also been practising serological and molecular diagnostic techniques at Pasteur Institute in Athens, Greece.

Joanne is a member of the Academy of Nutrition & Dietetics, currently serving as CPE Chair of the American Overseas Dietetic Association (AODA). She has co-represented the State of Ohio at the Academy's Public Policy Workshop in Washington DC in 2006, handling and promoting nutrition legislation issues. She has also been a highly involved member of the Hellenic Dietetic Association (HDA), currently serving in the HDA International Affairs and Communication Committees, as well as in the HDA Clinical Nutrition and Public Health Groups of Experts. She has additionally been a member of the 8<sup>th</sup> EFAD – DIETS Conference Organizing Committee (to be held in Athens in October 2014) and the HDA Congress 2011 and 2013 Organizing Committees. She has attended a plethora of congresses and conferences both in the U.S. and in Greece, often as an invited speaker, while authoring articles and educating the community on nutrition and diet issues through presentations as well as on TV.

**Dr. Areti Regkli:** Dr. Areti Regkli has completed a Bachelor degree in Biology from the University of Athens, an MSc in Biomedical Sciences at Edinburgh Napier University and received her PhD in Hematology and Immunology from the University of Ioannina. She currently works at the Hematology Department of the General Hospital Pammakristos, in supporting the Director of the Hematology Department in patient support. She is an active researcher in the areas of hematology and immunology in national and international peer-reviewed journals. She has taught Immunology and supervised Laboratory Practicals at the Technical University of Athens.

She has recently joined New York College Department of Science where she teaches a number of courses and labs for the Human Nutrition and Biomedical Sciences bachelor students.

**Emmanuella Magriplis:** Emmanuella attended McGill University in Montreal, Canada where she received her bachelor degree in Nutritional Sciences, completing her studies with Honors and Great Distinction. She was awarded the NSERC (Natural Sciences and Engineering Research Council) scholarship having graduated in the top 15% of all Canadian Universities in her field. Throughout her studies she was invited to work along with well-recognized researchers like Dr. Peter Jones, helping in research implementation, laboratory work and data analysis. Emmanuella designed and implemented a study upon a scholarship award along with Dr. Peter Jones testing the oil metabolism through the measurement of the Thermic Effect of Food (TEF). She then attended University of London (LSHTM) where she completed her Masters degree in Epidemiology, specializing on chronic diseases. The past years Emmanuella has been working as a research assistant at the Agricultural University of Athens (AUA) with a team that specializes in human nutrition emphasizing on childhood obesity, a well-known epidemic. Her research goal is to help in the identification of the multi-factorial causes of child obesity combining the nutritional framework along with socio-economic behaviors in order to help prevent and combat this disease. Currently she has a well-established private practice, where nutritional education and teaching is a primary goal. Her willingness for others to understand and relate to the importance of human nutrition in promoting health and preventing disease, along with her enthusiasm, make Emmanuella eager to teach and support the students on completing their studies.