

CURRICULUM VITAE

Name: Dimitrios Toumpanakis
Present appointment: Assistant Professor, Critical Care and Pulmonary Medicine, 2 nd Department of Critical Care Medicine, “Attikon” University Hospital, National and Kapodistrian University of Athens, Greece. October 2023 – present
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Qualifications
M.D. , Medical School, National and Kapodistrian University of Athens, Greece, 2000 – 2006. Ph.D. , Medical School, National and Kapodistrian University of Athens, Greece, 2007 – 2011. Certificate of medical specialisation in Respiratory Medicine , Athens, Greece, 2016. Certificate of medical specialisation in Intensive Care Medicine , Athens, Greece, 2020.
Professional registration
Athens Medical Association, reference number: 062191, From 16-10-2006. General Medical Council, reference number: 7785300, From 21-03-2020.
Previous (in the last 5 years) appointments:
06/2022-10/2023: <i>Consultant in Respiratory Medicine, 1st Respiratory clinic, General Hospital for Thoracic Diseases, Athens, Greece (Director: Prof. Antonia Koutsoukou).</i> 11/2020 – 06/2022: <i>Consultant in Respiratory Medicine, 4th Respiratory Clinic, General Hospital for Thoracic Diseases, Athens, Greece (Director: Dr. Georgios Tsoukalas).</i> 04/2020 – 11/2020: <i>Locum Specialist, Intensive Care Unit, 1st Respiratory Clinic, Medical School, National and Kapodistrian University of Athens, General Hospital for Thoracic Diseases, Greece, (Director: Prof. Antonia Koutsoukou).</i> 02/2018 – 03/2020: <i>Critical Care Medicine Fellow, Intensive Care Unit, General State Hospital of Athens “G.Gennimatas”, Greece (Director: Dr. Alexandros Kalogeromitros).</i>
Research experience:
04/2007 – 06/2011: PhD thesis. Following my PhD thesis in 2011, I have a continuous research activity and I have participated in several basic science and clinical research projects.
Key research appointments:
06/2022 – 05/2023: <i>Visiting Researcher, Department of National Heart and Lung Institute, Imperial College London, United Kingdom (Supervisor: Prof. Omar Usmani, European Respiratory Society Long-Term Research Fellowship).</i> 05/2018 – 04/2020: <i>Honorary Research Associate, Physiology Department, Medical School, National and Kapodistrian University of Athens, Greece, (Supervisor: Prof. Theodoros Vassilakopoulos).</i> 08/2016 – 01/2018: <i>Post-Doctoral Fellowship, 1st Department of Critical Care and Pulmonary Services, Medical School, National and Kapodistrian University of Athens, Evangelismos Hospital, Greece, (Director: Prof. Spyros Zakynthinos, Supervisor: Prof. Theodoros Vassilakopoulos).</i> 06/2015 – 11/2015: <i>Post-Doctoral Research Fellowship on “Acute Lung Injury and Mesenchymal Stem Cell Therapy”, Keenan Research Centre, St.Michael’s Hospital, Toronto, Canada, (Supervisor: Dr. Haibo Zhang, International European Respiratory Society Short Term Research Fellowship).</i>
Competitive Research Grants:
1. Research grant “Assessment of acute bronchodilator response using novel functional and imaging techniques in patients with COPD” by the Hellenic Thoracic Society, 2023. 2. European Respiratory Society, Long Term Research Fellowship, 2020, Project: Assessment of small airways function in alpha-1 antitrypsin deficiency. A cross sectional study. 3. Research grant “The therapeutic effect of the novel inhaled soluble guanylate cyclase stimulator, IWP-051, in animal models of asthma, chronic obstructive pulmonary disease (COPD) and asthma/COPD exacerbations” by the Hellenic Thoracic Society, 2020. 4. Research grant “Resistive breathing aggravates pulmonary inflammation and emphysema in experimental models of COPD” by the Hellenic Thoracic Society, 2016. 5. Research grant “The role of Transient Receptor Potential Vanilloid 4 (TRPV4) in resistive breathing-induced acute lung injury and remodeling” by the Hellenic Thoracic Society, 2015. 6. European Respiratory Society, Short Term Research Fellowship (International), 2014, Project: Acute respiratory distress syndrome and mechanical ventilation induced fibrosis: Efficacy of bone

marrow mesenchymal stromal cell therapy. Mobility: from Greece to Canada.

7. Research grant "The role of Src kinase in resistive breathing-induced acute lung injury by the Hellenic Thoracic Society, 2014.

Research training:

- International Course on Laboratory Animal Science, Co-ordinated by the BRSC Alexander Fleming Institute, Athens, in collaboration with the Department of Laboratory Animal Science, Utrecht University, the Netherlands. Athens, 2007.

- European Respiratory Society Research Seminar, Optimising models for human lung diseases and drug development, Paris, France, 2013.

- European Respiratory Society Research Seminar, Human translational medicine: a key bridge for the development of new drugs for severe asthma, COPD and ILD, Dublin, Ireland, 2014.

Relevant publications (from 36 in total):

Publications in the last two years

1. Usmani OS, **Toumpanakis D**, Meah S, Mak V, Biddiscombe MF. Whole lung directed anti-muscarinic therapy improves small airway dysfunction in COPD patients. *Eur Respir J*. 2026 Feb 5;67(2):2501326.

2. Kallieri M., Hillas G., Bartziokas K., Loukides S., **Toumpanakis D**. COPD and the burden of multimorbidity: navigating the complexity. *Expert Rev Resp Med*. 2025, accepted for publication.

3. **Toumpanakis D**, Vassilakopoulou V, Gu W, Mizi E, Chatzianastasiou A, Richard V, Borchers CH, Mohammed Y, Fillebeen C, Vassilakopoulos T, Pantopoulos K. Iron Regulatory Protein 2 Deficiency Is Protective Against Resistive Breathing-induced Pulmonary Inflammation. *Am J Respir Cell Mol Biol* 2025; 73: 96-108.

4. **Toumpanakis D**, Kim Y, Usmani OS. Small airway disease in COPD patients: A Q&A approach for everyday clinical practice. *Chest* 2025.

5. **Toumpanakis D**, Karagiannis K, Paredi P, Bikov A, Bonifazi M, Lota HK, Kalsi H, Minelli C, Dikaios N, Kastis GA, Barnes PJ, Wells AU, Usmani OS, Renzoni EA. Contribution of Peripheral Airways Dysfunction to Poor Quality of Life in Sarcoidosis. *Chest* 2025; 168: 423-434.

6. **Toumpanakis D**, Bartziokas K, Bakakos A, Fouka E, Bakakos P, Loukides S, Steiropoulos P, Papaioannou AI. Monoclonal Antibodies for the Treatment of Chronic Obstructive Pulmonary Disease. *Pulm Ther* 2025; 11: 177-193.

7. Mizi E, Vassilakopoulou V, Chatzianastasiou A, Georgiadis T, Glynos C, Theocharis S, Vassilakopoulos T, **Toumpanakis D**. Resistive breathing aggravates cigarette smoke-induced pulmonary inflammation. *ERJ Open Res* 2025; 11.

8. Dettoraki M, Vandorou KT, Tsoukalas D, Basagianni E, Chatziralli I, Theodossiadi P, Loukides S, **Toumpanakis D**. Ocular manifestations in COPD patients. An underrecognized comorbidity. *Respir Med* 2025; 247: 108313.

Other relevant publications

1. **Toumpanakis D**, Usmani OS. Small airways in asthma: Pathophysiology, identification and management. *Chin Med J Pulm Crit Care Med* 2023; 1: 171-180.

2. **Toumpanakis D**, Usmani OS. Small airways disease in patients with alpha-1 antitrypsin deficiency. *Respir Med* 2023; 211: 1

3. Vassilakopoulos T, **Toumpanakis D**, Mancebo J. What's new about pulmonary hyperinflation in mechanically ventilated critical patients. *Intensive Care Med* 2020; 46: 2381-2384.

4. **Toumpanakis D**, Mizi E, Vassilakopoulou V, Dettoraki M, Chatzianastasiou A, Perlikos F, Giatra G, Moscholaki M, Theocharis S, Vassilakopoulos T. Spontaneous Breathing Through Increased Airway Resistance Augments Elastase-Induced Pulmonary Emphysema. *Int J Chron Obstruct Pulmon Dis* 2020; 15: 1679-1688.

5. Hillas G, Perlikos F, **Toumpanakis D**, Litsiou E, Nikolakopoulou S, Sagris K, Vassilakopoulos T. Controlled Mechanical Ventilation Attenuates the Systemic Inflammation of Severe Chronic Obstructive Pulmonary Disease Exacerbations. *Am J Respir Crit Care Med* 2016; 193: 696-698.

6. **Toumpanakis D**, Kastis GA, Zacharatos P, Sigala I, Michailidou T, Kouvela M, Glynos C, Divangahi M, Roussos C, Theocharis SE, Vassilakopoulos T. Inspiratory resistive breathing induces acute lung injury. *Am J Respir Crit Care Med* 2010; 182: 1129-1136.