

CURRICULUM VITAE

ANASTASSIOS PHILIPPOU, Ph.D., FACSM

PERSONAL DATA

Name Anastassios Philippou
Date & place of birth: 07.19.1970, Karditsa, Greece
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Work address Department of Physiology, Medical School, National and Kapodistrian University of Athens, Mikras Asias 75, 11527, Athens, Greece

EDUCATION

2009 **PhD**, Department of Physiology, School of Medicine, National and Kapodistrian University of Athens, Greece
2001 **MSc** in Biology of Exercise, Faculty of Physical Education and Sport Science, National and Kapodistrian University of Athens, Greece
1997 **BSc** in Physical Therapy (Physiotherapy), Technological Educational Institute of Athens, Greece
1992 **BSc** in Sports Science and Physical Education, Faculty of Physical Education and Sport Science, National and Kapodistrian University of Athens, Greece

WORK EXPERIENCE IN SCIENTIFIC POSITIONS

7/2024 – Present Professor in *Physiology – Exercise Physiology*, Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece
4/2019 – 6/2024 Associate Professor in *Physiology – Exercise Physiology*, Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece
1/2015 - 3/2019 Assistant Professor in Experimental Physiology, Department of Physiology, Medical School, National and Kapodistrian University of Athens, Greece
1/2013 – 1/2015 Lecturer in Experimental Physiology, Department of Physiology, Medical School, National and Kapodistrian University of Athens, Greece
1/2010 - 8/2011 Postdoctoral Fellow, Department of Anatomy and Cell Biology, School of Dental Medicine, University of Pennsylvania, PA, USA
9/2000 - 7/2009 Master Thesis student (2000-2001), Faculty of Physical Education and Sport Science and PhD student (2003-2009), Department of Experimental Physiology, Medical School, National & Kapodistrian University of Athens, Greece.

TEACHING / SUPERVISING EXPERIENCE

7/2024 – Present Teaching as Professor in *Physiology – Exercise Physiology*, Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece
4/2019 – Present Teaching as Associate Professor in *Physiology – Exercise Physiology*, Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece
2017 – Present Director/teacher of the semester's lessons in "Exercise Physiology", Graduate Program "Ergospirometry, Exercise and Rehabilitation"
2015 - 2019 Teaching as Assistant Professor in Experimental Physiology, Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece
2015 – Present Supervision of thirteen (13) PhD candidates; Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece

- 2013 - 2015 Teaching as Lecturer in Experimental Physiology, Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece
- 2013 – Present Supervision of over one hundred and twenty (120) Master students; Medical school, National and Kapodistrian University of Athens, Greece
- 2012 – Present Supervision of twenty (22) graduate research students in the frame of the international Research Exchange Project, through the International Federation of Medical Students' Associations (IFMSA) and the Hellenic Medical Students' International Committee (HelMSIC); Department of Physiology, Medical school, National and Kapodistrian University of Athens, Greece
- 2010 – 2011 Supervision of three (3) graduate research students; Department of Anatomy & Cell Biology, University of Pennsylvania, PA, USA
- 2002 - Present Teaching in graduate and postgraduate programs:
- Medical school, National and Kapodistrian University of Athens, Greece
 - Department of Critical Care Medicine
 - Department of Cardiology
 - Department of Neurology
 - Department of Orthopaedics
 - Department of Pathology
 - Department of Physiology
 - Department of Rheumatology
 - School of Dentistry, National and Kapodistrian University of Athens, Greece
 - Department of Pharmacy, National and Kapodistrian University of Athens, Greece
 - National Technical University of Athens, Greece
 - Department of Biology, National and Kapodistrian University of Athens, Greece
 - Faculty of Physical Education and Sport Science, Department of Sports Medicine and Biology of Physical Activity, National and Kapodistrian University of Athens, Greece
 - Faculty of Physical Education and Sport Science, University of Thessaly, Greece
 - Harokopio University of Athens, Greece
 - Faculty of Physiotherapy, Technological Educational Institute of Athens, Greece

SCHOLARSHIPS

• Scholarship for graduate studies

Annual scholarship for graduate studies financed by the Greek State Scholarships Foundation (I.K.Y.), (1989)

• Scholarship for post-graduate studies

Post-graduate studies in Biology of Exercise, co-financed by the European Regional Development Fund and national resources and the Hellenic Ministry of National Education and Religious Affairs, Operational Program for Education and Initial Vocational Training, (1998-2000)

• Scholarship for postdoctoral research

Post-doctoral research in Physiology, University of Pennsylvania, PA, USA, (2010-2011)

AWARDS / HONORS

1. 3rd Award in the Healthcare Business Awards (2022), awarded to the First Neurological Clinic of the National and Kapodistrian University of Athens (NKUA) in collaboration with the Physiology Laboratory of the Medical School of the NKUA and Doctors of the World-Greece
2. 1st Award for oral presentation (2021), received from The Hellenic Society of Oral & Maxillofacial Surgery, Athens, Greece
3. Award «S. Pitoulis» (2020), received from The Hellenic Endocrine Society, Athens, Greece

4. 2nd Award for oral presentation (2018), received from The Hellenic Society of Biochemistry and Physiology of Exercise, Athens, Greece
5. 3rd Award for oral presentation (2017), received from The Hellenic Society of Biochemistry and Physiology of Exercise, Athens, Greece
6. Award for best poster presentation (2015, shared), 44th European Muscle Conference, Warsaw, Poland
7. 1st Award for oral presentation (2015), received from The Hellenic Society for the Study and Research of Heart Failure, Athens, Greece
8. Awards for the best oral presentation (2013, 2014 & 2015), received from The Hellenic Society for the Study and Research of Heart Failure, Athens, Greece
9. 1st Award for oral presentation (2013), received from The Hellenic Society of Biochemistry and Physiology of Exercise, Athens, Greece
10. Award for the best poster presentation (2012, shared), received from the 41st European Muscle Conference, Rhodes, Greece
11. Award «Ioannis Vlissidis» (2011), received from the Academy of Athens, Greece
12. Award «Alexandros Kalos» (2010), received from The Hellenic Society for the Study of Bone Metabolism, Athens, Greece

SOCIETY MEMBERSHIPS

1. Fellow of the American College of Sports Medicine (ACSM)
2. European College of Sport Science
3. European Society for Muscle Research
4. IGF Society (The International Society for IGF Research)
5. Hellenic Endocrine Society
6. Hellenic Physiological Society
7. Hellenic Society of Biochemistry and Physiology of Exercise
8. Hellenic Society of Ergospirometry, Exercise and Rehabilitation
9. Hellenic Diabetes Association
10. Panhellenic Society for the Study of Obesity

MAJOR RESEARCH COLLABORATIONS

- Dr. Elisabeth Barton, Department of Anatomy & Cell Biology, University of Pennsylvania, PA, USA
Topics:
 - Mechanically sensitive signaling processes associated with muscle membrane complexes
 - Skeletal muscle adaptations (atrophy phenotype) of the mice brought back from the final shuttle mission into space (STS-135).

Both projects were conducted in collaboration with and/or funded by the National Air and Space Association (N.A.S.A.), USA.
- Research project funded by GLAXOSMITH KLINE (GSK) RESEARCH & DEVELOPMENT LIMITED
Topic:
 - Developing strategies for prostate cancer therapy

- Dr. Peter Magnusson, Professor, University of Copenhagen, Faculty of Health Science, Copenhagen, Denmark

Topics:

- The impact of the ageing-related circulating milieu on tendon integrity. Can exercise counteract?
- Effects of exercise-induced circulating factors on tendon remodelling: IGF-1 mediated signalling?

Both projects were conducted in collaboration with and/or funded by Swedish Research Council for Sport Science (CIF) & Umeå School of Sport Sciences.

SCIENTIFIC AND INSTITUTIONAL RESPONSIBILITIES

2025 - 2028	Member of the Board of Directors of the Panhellenic Society for the Study of Obesity
2022 - 2025	President of the Greek National Center –“Exercise is Medicine”
2024-2027	Treasurer of the Institution of Applied Physiology and Exercise in Medicine
2018 – 2019	President of the Administrative Committee of the Greek National Center – “Exercise is Medicine”
2016 – Present	General Manager and member of the Board of Directors of the Greek National Center “Exercise is Medicine”, hosted in Medical School, National and Kapodistrian University of Athens, Greece
2021 – 2022	President of the Hellenic Society of Ergospirometry, Exercise and Rehabilitation
2019 – 2020	Vice-President of the Hellenic Society of Ergospirometry, Exercise and Rehabilitation
2017 – 2020	Secretary General of the Institution of Applied Physiology and Exercise in Medicine
2017 - 2018	Secretary General of the Hellenic Society of Ergospirometry, Exercise and Rehabilitation
2017 – 2019, 2021-2023 & 2023-2025	Member of the Board of Directors of the Hellenic Physiological Society
2013 – Present	Faculty Member, Medical school, National and Kapodistrian University of Athens, Greece
2002	Member of the Abstract Editing Committee, 7 th Annual Congress of the European College of Sport Science, Athens, Greece.

COMMISSIONS OF TRUST

Ad hoc Grant Reviewer:

2024 – 2025	Evaluation of Proposals/Applications under the actions of HELLENIC FOUNDATION FOR RESEARCH AND INNOVATION
2024 – 2025	State Scholarship Foundation (IKY) – “Nik. D. Chrysovergis” Endowment: “Doctoral and Post-graduate Researchers Support” program
2021 - 2022	State Scholarship Foundation (IKY) – ERASMUS+ program: “Key Action 2: Cooperation partnerships in higher education”
2020 - 2021	State Scholarship Foundation (IKY) – ERASMUS+ program: “Key Action 2: Strategic Partnerships”

2018 - 2019	Action of State Support for Research, Technological Development & Innovation "RESEARCH - CREATION - INNOVATION"
2018 – 2019	State Scholarship Foundation (IKY) – “Postdoctoral Researchers Support” program
2017 – Present	Cyprus Research Promotion Foundation's (RPF) Innovation and Research Information System (IRIS)
2017 – 2018	Post-doctoral Fellowships, Stavros Niarchos Foundation
2014 – 2015	State Scholarship Foundation (IKY) and the German Society for Academic Exchanges (Deutscher Akademischer Austauschdienst – DAAD) IKYDA program
2017 & 2021	Basic Scientific Research, Czech Science Foundation
2019 - Present	Member of the Editorial Board of the Journal of Oncology and Case Reports
2017 - Present	Member of the Editorial Board of the International Journal of Pediatric Health Care & Advancements (IJPA)
2017 – Present	Member of the Editorial Board of the Journal of Clinical Case Reports and Case Studies Guest Associate Editor, Frontiers in Experimental Endocrinology, Research topic: “Regulation of IGF-1 pre-mRNA splicing, pro-protein processing, and bioactivity”
2013 – Present	Member of the Editorial Board of the electronic journal of the Hellenic Society of Biochemistry and Physiology of Exercise
2013 - Present	Research Editor, Open Access (OA) Case Reports Journal
2012 - Present	Ad hoc Reviewer of over 55 Scientific Journals including Ageing Research Reviews, Cellular Physiology and Biochemistry, Clinical Cardiology, European Journal of Applied Physiology, Exercise Immunology Review, Experimental Biology and Medicine, Frontiers in Clinical and Translational Physiology, Growth Factors, Growth Hormone & IGF Research, International Journal of Sports and Exercise Medicine, Journal of Biomechanics, Journal of Musculoskeletal and Neuronal Interactions, International Journal of Sports Medicine, Journal of Inflammation, Journal of Molecular Endocrinology, Journal of Physiology and Biochemistry, Metabolism, Mutation Research – Reviews, PlosONE, Journal of Rehabilitation Medicine, Journal of Sports Sciences, Sports Medicine.

BOOK CHAPTERS

Invited Chapters:

- The teaching of CPR in education: Kallipos, Open Academic Publications. Title: Principles of risk assessment. 2024, pp. 263-280 (In Greek).
F. Zarani, E. Misouridou, **A. Philippou**, C. Karatzaferi, G.K. Sakkas
- The teaching of CPR in education: Kallipos, Open Academic Publications. Title: Emergency/Crisis response plans. 2024, pp. 281-303 (In Greek)
F. Zarani, E. Misouridou, **A. Philippou**, C. Karatzaferi, G.K. Sakkas
- Honorary Book for Professor Emeritus Michael Koutsilieris: National and Kapodistrian University of Athens Publications. Title: Physical activity in modern societies: An evolutionary necessity. 2023, pp. 19-28 (In Greek).
Peter Lembessis, Stamatis Mourtakos, **Anastassios Philippou**
- Honorary Book for Professor Emeritus Michael Koutsilieris: National and Kapodistrian University of Athens Publications. Title: Factors of inflammation, angiogenesis and tissue remodelling in skeletal muscle. 2023, pp. 393-412 (In Greek).
Antrea Tryfonos, Eirini Chatzinikita, Costas Chryssanthopoulos, Maria Maridaki, **Anastassios Philippou**

- Fundamentals of Recovery, Regeneration, and Adaptation to Exercise Stress: An Integrated Approach: Springer. Title: Mechanotransduction in Skeletal Muscle. 2025, pp. 163-184
Eirini Chatzinikita, Maria Maridaki, **Anastassios Philippou**
- Exercise for Health-Prevention and Rehabilitation: Konstantaras Medical Books. Title: Exercise and Cancer. 2021, pp. 425-458 (In Greek).
A. Philippou, A. Papadopetraki, M. Maridaki, M. Koutsilieris
- Sports Medicine: Open Access eBooks. Title: Exercise As Complementary Therapy for Cancer Patients During and After Treatment, 2020, pp. 1-24.
A. Philippou, A. Papadopetraki, M. Maridaki, and M. Koutsilieris
- Cardiorespiratory Fitness in Cardiometabolic Diseases: Springer. Title: Exercise Metabolism in Health and Disease, 2019, pp. 57-96.
A. Philippou, C. Chryssanthopoulos, M. Maridaki, G. Dimitriadis, and M. Koutsilieris
- Iamatic Medicine: Complementary Therapies: Doctors MEDIA. Title: Iamatic Hydrokinesiotherapy – Therapeutic Exercise. 2019, pp. 182-206 (In Greek).
A. Philippou and M. Koutsilieris
- Introduction to Translational Cardiovascular Research: Springer. Title: The multiple actions of the insulin-like growth factor-I signaling in the myocardium, 2015, pp. 187-204.
A. Philippou, M. Maridaki, T. Karatzas and M. Koutsilieris
- Advances in Clinical Chemistry, Burlington, Academic Press. Title: Cytokines in Muscle Damage. 2012, pp. 49-87.
A. Philippou, M. Maridaki, A. Theos, and M. Koutsilieris.

PUBLICATIONS

A) Overview

Number of publications: Over 155

Citations (Google scholar): Over 6,000

H-index (Google scholar): 38

B) List of publications

1. **A. Philippou**. *Cryotherapy: Basic principles and applications in sports physiotherapy*. Physiotherapy Issues, 2(4), 20-31, 2002
2. Maridaki M., Kounalakis S., **Phillipou A.**, and Athanasopoulos S. *Isokinetic and isometric strength values in relation to maturity in females*. Journal of Human Movement Studies, 36, 225- 236, 1999.
3. Maridaki M., Athanasopoulos S., **Phillipou A.**, Kounalakis S. and Tsakoniti A. *Assessment of Neuromuscular performance in preadolescent and adolescent females*. Journal of Human Movement Studies, 36, 95- 102, 1999
4. **A. Philippou**, M. Maridaki and G.C. Bogdanis. *Angle-specific impairment of elbow flexors strength after isometric exercise at long muscle length*. Journal of Sports Sciences, 21, 859-865, 2003
5. **Anastassios Philippou**, Gregory C. Bogdanis, Alan M. Nevill, Maria Maridaki. *Changes in the angle-force curve of human elbow flexors following eccentric and isometric exercise*. Eur J Appl Physiol 93: 237–244, 2004
6. **Philippou A.**, Maridaki M., Halapas A., Koutsilieris M. *The role of the insulin-like growth factor (IGF-1) in skeletal muscle physiology*. In Vivo, 21, 45-54, 2007
7. **Philippou A.**, Halapas A., Maridaki M., Koutsilieris M. *Type I insulin-like growth factor receptor signaling in skeletal muscle regeneration and hypertrophy*. J Musculoskelet Neuronal Interact, 7(3), 208-218, 2007
8. **Philippou A.**, G.C. Bogdanis, M. Maridaki. *Isotonic muscle function is selectively reduced after muscle damage induced by isometric exercise at a long muscle length*. Isokinetics and Exercise Science, 15(2), 69–75, 2007
9. **Philippou A.**, A. Stavropoulou, A. Sourla, N. Pissimissis, A. Halapas, M. Maridaki, and M. Koutsilieris. *Characterization of a rabbit antihuman mechano growth factor (MGF) polyclonal antibody against the last 24 amino acids of the E domain*. In vivo, 22, 27–36, 2008.

10. **Philippou A.**, M. Maridaki, and M. Koutsilieris. *The Role of Urokinase-type Plasminogen Activator (uPA) and Transforming Growth Factor Beta 1 (TGFβ1) in Muscle Regeneration*. In vivo, 22: 735-750, 2008.
11. Halapas A, Papalois A, Staurovoulou A, **Philippou A.**, Pissimissis N, Chatzigeorgiou A, Kamper E, Koutsilieris M. *In vivo models for heart failure research*. In Vivo, 22(6), 767-80, 2008.
12. Anastasia Stavropoulou, Antonios Halapas, Antigone Sourla, **Anastassios Philippou**, Efstathia Papageorgiou, Apostolos Papalois and Michael Koutsilieris. *IGF-1 Expression in Infarcted Myocardium and MGF E Peptide Actions on Rat Cardiomyocytes, In Vitro*. Molecular Medicine, 22: 735-750, 2009.
13. **Philippou A.**, Bogdanis G, Maridaki M, Halapas A, Sourla A, Koutsilieris M. *Systemic cytokine response following exercise-induced muscle damage in humans*. Clin Chem Lab Med., 47(6): 777-782, 2009.
14. **Philippou A.**, E. Papageorgiou, G. Bogdanis, A. Halapas, A. Sourla, M. Maridaki, N. Pissimissis and M. Koutsilieris. *Expression of IGF-1 Isoforms after Exercise-induced Muscle Damage in Humans: Characterization of the MGF E Peptide Actions In Vitro*. In vivo, 23(4): 567-575, 2009.
15. **Philippou A.**, M. Maridaki, G. Bogdanis, A. Halapas and M. Koutsilieris. *Changes in the Mechanical Properties of Human Quadriceps Muscle after Eccentric Exercise*. In vivo, 23: 859-866, 2009.
16. M. Karalaki, S. Fili, **A. Philippou** and M. Koutsilieris. *Muscle Regeneration: Cellular and Molecular Events*. In vivo, 23: 779-796, 2009.
17. Katopodis H., **A. Philippou**, R. Tenta, C. Doillon, K. Papachroni, A. Papavassiliou and M. Koutsilieris. *MG-63 osteoblast-like cells enhance the osteoprotegerin expression of PC-3 prostate cancer cells*. Anticancer Research, 29: 4013-4018, 2009.
18. Barton ER, **Philippou A.** Comments on Point: Counterpoint: IGF is/is not the major physiological regulator of muscle mass. *Is any factor necessary and sufficient for muscle mass regulation?* J Appl Physiol., 108(6): 1827-1828, 2010.
19. **Philippou A.**, Bogdanis GC, Maridaki M. *Neuromuscular dysfunction with the experimental arm acting as its own reference following eccentric and isometric exercise*. Somatosens Mot Res., 27(2): 45-54, 2010.
20. Armakolas A, **Philippou A.**, Panteleakou Z, Nezos A, Sourla A, Petraki C, Koutsilieris M. *Preferential expression of IGF-1Ec (MGF) transcript in cancerous tissues of human prostate: evidence for a novel and autonomous growth factor activity of MGF E peptide in human prostate cancer cells*. Prostate, 70(11): 1233-1242, 2010.
21. Milingos DS, **Philippou A.**, Armakolas A, Papageorgiou E, Sourla A, Protopapas A, Liapi A, Antsaklis A, Mastrominas M, Koutsilieris M. *Insulin-like growth factor-1Ec (MGF) expression in eutopic and ectopic endometrium: characterization of the MGF E peptide actions in vitro*. Mol Med., 17 (1-2): 21-28, 2011.
22. Stavropoulou A, **Philippou A.**, Halapas A, Sourla A, Pissimissis N, Koutsilieris M. *uPA, uPAR and TGFβ1 expression during early and late post myocardial infarction period in rat myocardium*. In Vivo, 24(5): 647-652, 2010.
23. Moschos M, Armakolas A, **Philippou A.**, Pissimissis N, Panteleakou Z, Nezos A, Kaparelou M, Koutsilieris M. *Expression of the insulin-like growth factor 1 (IGF-1) and type I IGF receptor mRNAs in human HLE-B3 lens epithelial cells*. In Vivo, 25: 179-184, 2011.
24. **Philippou A.**, Armakolas A, Panteleakou Z, Pissimissis N, Nezos A, Theos A, Kaparelou M, Armakolas N, Pneumaticos SG, Koutsilieris M. *IGF-1Ec expression in MG-63 human osteoblast-like osteosarcoma cells*. Anticancer Res. 31(12): 4259-4265, 2011.
25. A. Armakolas, **A. Philippou**, S Pneumaticos, A. Theos, M. Kaparelou, N. Pissimissis, A. Nezos, Z. Panteleakou, P. Papagelopoulos, M. Koutsilieris. *IGF-1 isoform expression in MG-63 human osteoblast-like osteosarcoma cells*. Οστούν, 23(1): 26-37, 2012 (in Greek).
26. Barton ER, Park S, James JK, Makarewich CA, **Philippou A.**, Eletto D, Lei H, Brisson B, Ostrovsky O, Li Z, Argon Y. *Deletion of muscle GRP94 impairs both muscle and body growth by inhibiting local IGF production*. FASEB J. 26(9):3691-3702, 2012.
27. **Philippou A.**, Koutsilieris M, Maridaki M. *Changes in kinematic variables at various muscle lengths of human elbow flexors following eccentric exercise*. J Muscle Res Cell Motil. 33(3-4): 167-175, 2012
28. Kostakis D.I., A.G. Vaiopoulos, **A. Philippou**, A.G. Papavassiliou, M. Koutsilieris and G. Kouraklis. *Preoperative serum lactate dehydrogenase levels in colorectal and gastric cancer: a hospital-based case-control study*. Biomarkers Med. 7(1): 131-137, 2013.
29. *Durzynska J, ***Philippou A.**, Brisson BK, Nguyen-McCarty M, Barton ER. *The pro-Forms of Insulin-Like Growth Factor I (IGF-I) Are Predominant in Skeletal Muscle and Alter IGF-I Receptor Activation*. Endocrinology. 154(3): 1215-1224, 2013
30. **Philippou A.**, Armakolas A and Koutsilieris M (2013) *Evidence for the possible biological significance of the igf-1 gene alternative splicing in prostate cancer*. Front. Endocrinol. 4:31. doi: 10.3389/fendo.2013.00031
31. Ntanasis-Stathopoulos J., J-G. Tzanninis, **A. Philippou**, M. Koutsilieris. *Epigenetic regulation on gene expression induced by physical exercise*. J Musculoskelet Neuronal Interact, 13(2):133-146, 2013
32. Bogdanis G.C., P. Stavrinou, I.G. Fatouros, **A. Philippou**, A. Chatzinikolaou, D. Draganidis, G. Ermidis, M. Maridaki. *Short-term high-intensity interval exercise training attenuates oxidative stress responses and improves antioxidant status in healthy humans*. Food Chem Toxicol., 61:171-7, 2013.
33. Papaiconomou E, Lymperi M, Petraki C, **Philippou A.**, Msaouel P, Michalopoulou F, Kafiri G, Vassilakos G, Zografos G, Koutsilieris M. *Kiss-1/GPR54 Protein Expression in Breast Cancer*. Anticancer Res, 34(3): 1401-1407, 2014

34. **Philippou A.**, Maridaki M., Pneumaticos S., Koutsilieris M. *The complexity of the IGF1 gene splicing, post-translational modification and bioactivity*. Mol Med., 20:202-214, 2014.
35. George Vassilakos, **Anastassios Philippou**, Panagiotis Tsakiroglou, Michael Koutsilieris. *Biological activity of the E domain of the IGF-1Ec as addressed by synthetic peptides*. HORMONES, 13:182-196, 2014.
36. **Philippou A**, Barton ER. *Optimizing IGF-I for skeletal muscle therapeutics*. Growth Horm IGF Res., 24: 157-63, 2014
37. Moorwood C, **Philippou A**, Spinazzola J, Keyser B, Macarak EJ, Barton ER. *Absence of γ -sarcoglycan alters the response of p70S6 kinase to mechanical perturbation in murine skeletal muscle*. Skeletal Muscle 4: 13, 2014.
38. Nitoda E, Koutsilieris M, Brouzas D, Koutsandrea C, **Philippou A**, Ladas D, Moschos MM. *Correlation of platelet activating factor and age-related macular degeneration*. Expert Opin Ther Targets. 18(9): 987-97, 2014.
39. Christopoulos PF, **Philippou A**, and Koutsilieris M. *Pattern of IGF-1 variants' expression in human cancer cell lines using a novel q-RT-PCR approach*. Anticancer Research 35: 107-116, 2015.
40. **Anastassios Philippou**, Fabio Minozzo, Janelle M. Spinazzola, Lucas R. Smith, Hanqin Lei, Dilson Rassier, and Elisabeth R. Barton. *Masticatory muscles of mouse do not undergo atrophy in space*. FASEB J. 29: 2769-79, 2015.
41. Gkioka E, Msaouel P, **Philippou A**, Vlaghogiannis N, Vogkou CT, Margiolis A, Koutsilieris M. *The role of insulin-like growth factor-1 signaling pathways in uterine leiomyoma*. In Vivo. 29: 637-49, 2015.
42. Bikle DD, Tahimic C, Chang W, Wang Y, **Philippou A**, Barton ER. *Role of IGF-I signaling in muscle bone interactions*. Bone 80:79-88, 2015
43. Floros T, **Philippou A**, Bardakostas D, Mantas D, Koutsilieris M. *The growth endocrine axis and inflammatory responses after laparoscopic cholecystectomy*. HORMONES 15(1):73-80, 2016.
44. Charalampos G. Thomas, Constantinos Psarros, Aristomenis Gekas, Gerasimos G. VANDOROS, **Anastassios Philippou** and Michael Koutsilieris. *Alternative Splicing of IGF1 Gene as a Potential Factor in the Pathogenesis of Peyronie's Disease*. In vivo 30: 251-256, 2016.
45. Ahtainen JP, Hulmi JJ, Lehti M, Kraemer WJ, Nyman K, Selänne H, Alen M, Komulainen J, Kovanen V, Mero AA, **Philippou A**, Laakkonen EK, Häkkinen K. *Effects of resistance training on expression of IGF-I splice variants in younger and older men*. Eur J Sport Sci. 27:1-9, 2016.
46. Georgios Tzanis, **Anastassios Philippou**, Eleftherios Karatzanos, Stavros Dimopoulos, Elisavet Kaldara, Emmeleia Nana, Theodoros Pitsolis, Dimitra Rontogianni, Michael Koutsilieris, Serafim Nanas. *Effects of high intensity interval exercise training on skeletal myopathy of chronic heart failure*. Journal of Cardiac Failure, 23:36–46, 2017.
47. Efstathia Papageorgiou, **Anastassios Philippou**, Athanasios Armakolas, Panagiotis F. Christopoulos, Andreas Dimakakos, Michael Koutsilieris. *The human Ec peptide: the active core of a progression growth factor with species-specific mode of action*. HORMONES 15(3):423-434, 2016.
48. Vlasia Belimpasaki, Eirini Grammatopoulou, **Anastassios Philippou**, Ioannis Doulmas, Aikaterini M. Haniotou, Michael Koutsilieris. *The Implementation of global asthma management guidelines in two general respiratory outpatient clinics in Greece*. HOSPITAL CHRONICLES 11(3):153–161, 2016.
49. Vassilakos G, **Philippou A**, Koutsilieris M. *Identification of the IGF-1 processing product human Ec/rodent Eb peptide in various tissues: Evidence for its differential regulation after exercise-induced muscle damage in humans*. Growth Hormone & IGF Research 32: 22–28, 2017.
50. Georgios Tzanis, **Anastassios Philippou**, Stavros Dimopoulos, Michael Koutsilieris, Serafim Nanas. *Insulin-like growth factor-1 bioregulation system abnormalities: Another explanatory mechanism of exercise intolerance in heart failure*. JACC: Heart Failure, 5(2): 155-156, 2017.
51. Elias Armenis, **Anastassios Philippou**, Maria Maridaki, Panayiotis Baltopoulos and Maria Tsironi. *Growth and vascular remodeling factors during a basketball season in adolescent boys*. Int J Vasc Surg Med 3(1): 001-007.
52. **Philippou A**, Christopoulos PF, Koutsilieris DM. *Clinical studies in humans targeting the various components of the IGF system show lack of efficacy in the treatment of cancer*. Mutat Res Rev Mutat Res., 772: 105-122, 2017
53. Kalliopi Adraskela, Eleftheria Veisaki, Michael Koutsilieris, **Anastassios Philippou**. *Physical Exercise Positively Influences Breast Cancer Evolution*. Clinical Breast Cancer, 17(6), 408-17, 2017.
54. Chryssanthopoulos C, Ziaras C, Oosthuysen T, Lambropoulos I, Giorgios P P, Zacharogiannis E, **Philippou A**, Maridaki M. *Carbohydrate mouth rinse does not affect performance during a 60-min running race in women*. J Sports Sci., 5: 1-10, 2017
55. Krystallenia I. Alexandraki, **Anastassios Philippou**, Georgios Boutzios, Eirini Theohari, Michael Koutsilieris, Ioanna Kassiani Delladetsima and Gregory A. Kaltsas. *IGF-IEc expression is increased in secondary compared to primary foci in neuroendocrine neoplasms*. Oncotarget, 8: 79003-79011, 2017
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TRANSLATIONS AND SCIENTIFIC EDITORSHIP OF BOOKS

- Scientific editorship of the Greek edition of the book “ACSM’s Clinical Exercise Physiology” – Walter R. Thompson, Wolters Kluwer, 2024. Konstantaras Medical Books, (In press)
- Translation of the book “The Harvard Medical School Guide to Lowering Your Cholesterol” – M. Freeman Hill, 2005. Paschalidis Medical Publications, (in press)
- Scientific co-editorship of the Greek edition of the book “Neuromechanical basis of kinesiology” - R. Enoka, Human Kinetics Pubs, 1994. Paschalidis Medical Publications, 2007
- Scientific Editorship of the Greek edition of the book “Training Therapy: Prophylaxis and Rehabilitation” - R. Gustavsen and R. Streeck, Thieme, 1993. Parisianos Publications, 2001
- Scientific Editorship of the Greek edition of the book “Aquatic Exercise Therapy” - A. Bates and Hanson N., Saunders Company, 1996. Parisianos Publications, 2000

SCIENTIFIC EDITORSHIP OF BOOK CHAPTERS

- Scientific editorship of chapters in the Greek edition of the book “Guyton and Hall Textbook of Medical Physiology”, 14th Edition - John E. Hall, Parisianos Scientific Publications, 2023
- Scientific editorship of chapters in the Greek edition of the book “Oxford Human Physiology”, 5th Edition - Gillian Pocock, Christopher D. Richards and David A. Richards., Broken Hill Publishers Ltd., 2023
- Scientific editorship of chapters in the Greek edition of the book “Medical Physiology”, 3rd Edition - Walter F. Boron and Emile L. Boulpaer, Broken Hill Publishers Ltd., 2020
- Scientific editorship of chapters in the Greek edition of the book “Human Physiology, an Integrated Approach”, 8th Edition - Dee Unglaub Silverthorn, Broken Hill Publishers Ltd, 2018
- Scientific editorship of chapters in the Greek edition of the book “Guyton and Hall Textbook of Medical Physiology”, 13th Edition - John E. Hall, Parisianos Scientific Publications, 2016
- Scientific editorship of chapters in the Greek edition of the book “Ganong's Review of Medical Physiology”, 24th Edition - Kim E. Barrett, Susan M. Barman, Scott Boitano and Heddwen Brooks, Broken Hill Publishers Ltd, 2013

FUNDED PROJECTS AS PARTNER

1. Co-applicant in the Research Grant funded by the Swedish Research Council for Sport Science (CIF) & Umeå School of Sport Sciences
Co-applicants: Peter Magnusson, Anastasios Philippou, Abigail Mackey
Topic: The impact of the ageing-related circulating milieu on tendon integrity. Can exercise counteract?
Active grant: 2023-2024
Total funding: 399,906 SEK/~35.000 €
2. Co-applicant in the Research Grant funded by the Swedish Research Council for Sport Science (CIF) & Umeå School of Sport Sciences
Co-applicants: Peter Magnusson, Anastasios Philippou, Ludvig Backman
Topic: Effects of exercise-induced circulating factors on tendon remodelling: IGF-1 mediated signalling?

Completed grant: 2022-2023
Total funding: 400,000 SEK/~35.000 €

3. Partner of the project funded by GLAXOSMITH KLINE (GSK) RESEARCH & DEVELOPMENT LIMITED.
Topic: Developing strategies for prostate cancer therapy
January 2017 – September 2019
Total funding under this Agreement: € 120,000

4. Co-investigator in the 'Come to the Sport' program funded by COSMOTE MOBILE TELECOMMUNICATIONS S.A. (a 100% subsidiary of OTE S.A.) with technical support from EFZIN, Event Production and Entertainment Development.
Topic: The program covered a large scale of measurements (about 11000 volunteers) and involved a battery of physical fitness testing in 9-16 yrs children and adolescents and a brief description of their dietary habits. Principle Investigator (co-ordinator): Associate Prof. Maria Maridaki, National and Kapodistrian University of Athens, Greece.
October 2006 - May 2008
Total amount awarded: € 420,000

5. Participation in the Program "Thalis" funded by the European Union (European social Fund). Principle Investigator: Prof. Yiannis Koutedakis, Institute of Human Performance and Rehabilitation & Thessaly University, Trikala, Greece.
Topic: Mechanisms of Muscle function: Fatigue and Oxidative Stress
July 2012 – July 2015
Total amount awarded: € 1,200,000