

Europass Curriculum Vitae

Personal information

First name(s) / Surname(s)

Work Address(es)

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Nationality

Date of birth

Marital Status

Title

Professor Dimitrios Kouretas

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Greek

02-05-1962

Married to Charitini Nepka MD, PhD, Physician in the University Hospital of Larissa, a daughter born in 1995, student of Medicine School, University of Ioannina.

Professor of Physiology-Toxicology

Work experience

Dates

2007- Today

Occupation or position held

Professor, Department of Biochemistry-Biotechnology, Animal Physiology
University of Thessaly.

Dates

2003 - 2007

Occupation or position held

Associate Professor, Department of Biochemistry-Biotechnology,
University of Thessaly.

Dates

1997 – 2003

Occupation or position held

Assistant Professor
University of Thessaly.

Dates

1995 - 1997

Occupation or position held

Lecturer in University of Thessaly

Dates

1993-1995

Occupation or position held

Researcher

Organization

Theagenion Cancer Hospital, Thessaloniki, Greece.

Dates

1990-1992

Occupation or position held

Post doc

Organization

Harvard Medical School, Boston, USA

Scientific distinction

- Award in 7th multi-conference on "Innovation & Development" for his contribution to the Innovation and Development. The selection was made by the Joint Committee of the German-Hellenic Chamber of Commerce and the organizing committee of the congress, 2014.
- Award of Academic and Scientific Excellence in the field of eco-innovation food by EU , 2012.

Education and training

PhD

1989:

PhD in Biochemistry, Faculty of Chemistry, University of Thessaloniki, Greece

BSc

1985:

BSc in Pharmacy, University of Patras, Greece

Research interests

- Molecular mechanisms of antioxidant activity of plant phenolics.
- Oxidative stress and exercise.
- Antioxidant activities of plant extracts
- Biofunctional foods in exercise

Administrative posts

2013-2015, Chairman of the Regional Council of Innovation, Region of Thessaly (http://liaison.uth.gr/attachments/2014/134-RIS3Thessaly_V2.pdf)
2013-2014, Associate Rector at the University of Thessaly
2013-2014, Scientific Coordinator of the Liaison Office in UTH (<http://liaison.uth.gr/index.php/el/>)
2012- Today, Scientific Coordinator of the Eatwalk company, dealing with functional foods (www.eatwalk.gr)

Editorial

Associate Editor Food and Chemical Toxicology (Elsevier , IF 3.2, top journal in Biochemical Toxicology)

Guest Editor: Food and Chemical Toxicology 2013

Editorial boards: Open Journal of Sport Medicine, Open Journal of Molecular and Integrative Physiology

Reviewer

Sport Medicine, Molecular Endocrinology, Xenobiotica, Toxicology in Vitro, Chemico Biological Interactions, Toxicology Letters, Food and Chemical Toxicology, European Journal Of Applied Physiology, Chemical research in Toxicology, Mutation Research, Journal Of Physiology, Physiological research, Journal Of Medicinal Food, British Journal Of Pharmacology, Pharmacological Research, Toxicology, Scand. Journ. Of Sport Medicine, British Journal of Sport Medicine, Basic and Clinical Pharmacology Toxicology, Chinese Journal of Physiology, Fitotherapy, Biochemical Pharmacology

Funded Research Projects:

1. PENED 2003 'Identification and assessment of biological active chemical compounds in Greek wines and respective Greek grape varieties (VITIS VINIFERA)- Investigation of their roles as chemopreventive compounds' (completed).
2. EYREKA 2006-2008 'Exploitation of byproducts from tomato paste industry and processing of fruits through the regain of bioactive compounds of high added value'. Budget: 350000 euros.
3. Biochemical monitoring of athletes of the Greek national team of classic athletics (SEGAS; 55000 euros) (2007-2008).
4. INTERNATIONAL COLLABORATION in the context of Thrace's PEP 2006-2008 'Incorporation of bioactive plant extracts in the production and certification of biofunctional milk products of high added value'. Budget 400000 euros.
5. 'Nutritional value and production of high quality biofunctional milk products by adding plant extracts enriched in antioxidants (budget: 260000 euros) From the grant Innovation poles of GSRT.
6. 'Development of biofunctional flour by incorporation of plant extracts enriched in bioactive compounds'. In collaboration with the Kaplanides' Mills company (budget: 70000 euros).
7. 'Human networks of research and technological education. Human network of education in the field of biofunctional foods'. It was funded by the GSRT with 200000 euros.
8. Production of biofunctional milk products of high quality by adding plant extracts enriched in antioxidants (budget: 50000 euros) in collaboration with the Olympos company.
9. Production of biofunctional foods from extracts of pharmaceutical plants from Kissavos (50.000 euros). Prefecture of Larissa (2009-2011).
10. Study of co-existence of genetic modified with normal plants in Cyprus (150.000 euros). From Cypriot Government after international competition (2009-2012).
11. Contract work for spin-off K-Meditura (105.000 euros for 3 years) (2010-2013).
12. Incorporation of natural antimicrobials of plant origin to meat products of high added value in collaboration with 'Vogiatzoglou meat company' (30000 euros) (2011-2013).
13. Assessment of the antioxidant activity of grape stem extracts - Incorporation of grape stem extracts to bakery products and assessment of their in vivo antioxidant capacity in collaboration with 'Kaplanidis Mills' and 'Ntougkos Winery' (80000 euros) (2010-2013).
14. Study of the agro-nutrient identity of foods in collaboration with 'Eat walk Hellas' company (60000 euros) (2012-2014).
15. Study of oxidative stress biomarkers and metabolic profile in patients (200000 euros) (2012-2014).
16. Effects of a product containing carbohydrates and proteins on oxidative stress biomarkers after administration to athletes (ESPA; 45000 euros) (2011-2014).
17. Assessment of oxidative stress in physiological and pathophysiological conditions using the diagnostic system ORP of Luoxis company (47000 euros) (2013-2014).
18. Study of the chemical composition and toxicity of liquids used in electronic cigarettes (Association of companies of electronic cigarette; 756000 euros) (2012-2015).

19. Study of bioactivity of biofunctional foods from spirulina (20000 euros) (2014-2017).
20. Assessment of oxidative stress in i) athletes, ii) septic patients, iii) patients with eating disorders, using the diagnostic tests ORP company Luoxis (budget EUR 45,000) (2014-2015).

Trainees in my lab

PhD students completed:

1. D. Stagkos (2006) Study of biological properties of plant polyphenols and extracts from Greek grape varieties (*Vitis Vinifera*).
2. Ch. Spanou (2010) Study of biological properties of extracts from various plants of Leguminosae family.
3. A. Veskoukis (2010) Effects of allopurinol administration on oxidative stress during exercise.
4. A. El Hamitie (2013) Regulation of protein kinases by Cdc37 and chaperone proteins.
5. E. Varamenti (2012) Assessment of oxidative stress, inflammation and angiogenesis markers during an annual period in water polo training.
6. E. Kerasioti (2011-2014) Effects of carbohydrate – protein product administration on markers of oxidative stress, inflammation and hypoxia after exercise in humans.

Ongoing PhD students:

1. N. Gkoutzourelas (2012) Study of the antioxidant administration on muscle and endothelial cells, and in vivo by a combination of molecular techniques.
2. K. Gerasopoulos (2012) Production of natural extracts and antioxidants nanoencapsulated in powder from olive mill waste waters, and assessment of their bioactivity.
3. S. Makri (2014) Assessment of antioxidant capacity of bio-functional animal feed enriched with winery and oil mill products in broiler chickens and sheep.

Master students completed in my lab: 44

Undergraduate: 103

Publications in journals

(h index=22, citations more than 2500 , Oct. 2014)

- **Kouretas D**, Papageorgiou A, Antonoglou O. Increased protective activity against acid precipitation of poly(U) in the serum of tumor-bearing mice. *Anticancer Res.* 1988 Nov-Dec;8(6):1307-11.
- **Kouretas D**, Kountouras J, Tsapas G, Anastasiades N, Tsakiri I, Antonoglou O. Value of serum protective activity against acid precipitation of poly (U) in the differentiation between cirrhotic patients with and without hepatocellular carcinoma. *Anticancer Res.* 1990 Jul-Aug;10(4):1025-8.
- **Kouretas D**, Trnovsky J, Holdridge M, Theoharides TC. Two-dimensional gel electrophoretic profile of rat basophilic leukemia (RBL) and mast cells. *Life Sci.* 1991;49(18):1289-94.
- **Kouretas D**, Karinch AM, Rishi A, Melchers K, Floros J. Conservation analysis of rat and human SP-A gene identifies 5' flanking sequences of rat SP-A that bind rat lung nuclear proteins. *Exp Lung Res.* 1993 Jul-Aug;19(4):485-503.
- **Kouretas D**, Vaitopoulos J, Petropoulos P, Antonoglou O. Characterization of the protein protecting RNA from Acid precipitation and its evaluation as tumor-marker in gastrointestinal and gynecological cancer. *Oncol Rep.* 1995 Nov;2(6):1107-13.
- **Kouretas D**, Voyatzi S, Sahpazidou D, Lazopoulos K, Antonoglou O. Enzymatic conversion of dihydrotestosterone from 3-keto to 3-enol form in the rat prostate. *Anticancer Res.* 1996 Sep-Oct;16(5A):2843-8.
- Kala P, Koptides M, Diangelo S, Hoover RR, Lin Z, Veletza V, **Kouretas D**, Floros J. Characterization of markers flanking the human SP-B locus. *Dis Markers.* 1997 Nov;13(3):153-67.
- **Kouretas D**, Antonoglou O. Ribonucleases protect RNA from acid precipitation. *Cell Mol Biol (Noisy-le-grand).* 1997 Dec;43(8):1181-90.
- Zeginiadou T, Koliass S, **Kouretas D**, Antonoglou O. Nonlinear binding of sex steroids to albumin and sex hormone binding globulin. *Eur J Drug Metab Pharmacokinet.* 1997 Jul-Sep;22(3):229-35.

- Papazisis KT, **Kouretas D**, Geromichalos GD, Sivridis E, Tsekreli OK, Dimitriadis KA, Kortsaris AH. Effects of melatonin on proliferation of cancer cell lines. *J Pineal Res.* 1998 Dec;25(4):211-8.
- Taitzoglou IA, Tsantariotou M, **Kouretas D**, Kokolis NA. Gossypol-induced inhibition of plasminogen activator activity in human and ovine acrosomal extract. *Andrologia.* 1999 Dec;31(6):355-9.
- Drmanovic Z, Voyatzi S, **Kouretas D**, Sahpazidou D, Papageorgiou A, Antonoglou O. Albumin possesses intrinsic enolase activity towards dihydrotestosterone which can differentiate benign from malignant breast tumors. *Anticancer Res.* 1999 Sep-Oct;19(5B):4113-24.
- **Kouretas D**, Laliotis V, Taitzoglou I, Georgellis A, Tsantariotou M, Mougios V, Amiridis G, Antonoglou O. Sex-hormone binding globulin from sheep serum: purification and effects of pregnancy and treatment with exogenous estradiol. *Comp Biochem Physiol C Pharmacol Toxicol Endocrinol.* 1999 Jul;123(3):233-9.
- Nepka C, Asproдини E, **Kouretas D**. Tannins, xenobiotic metabolism and cancer chemoprevention in experimental animals. *Eur J Drug Metab Pharmacokinet.* 1999 Apr-Jun;24(2):183-9. Review.
- Georgellis A, Kolmodin-Hedman B, **Kouretas D**. Can traditional epidemiology detect cancer risks caused by occupational exposure to pesticides? *J Exp Clin Cancer Res.* 1999 Jun;18(2):159-66. Review.
- Mylonas C, **Kouretas D**. Lipid peroxidation and tissue damage. *In Vivo.* 1999 May-Jun;13(3):295-309. Review.
- Nepka C, Sivridis E, Antonoglou O, Kortsaris A, Georgellis A, Taitzoglou I, Hytiroglou P, Papadimitriou C, Zintzaras I, **Kouretas D**. Chemopreventive activity of very low dose dietary tannic acid administration in hepatoma bearing C3H male mice. *Cancer Lett.* 1999 Jul 1;141(1-2):57-62.
- **Kouretas D**. More on music therapy with children during invasive procedures. *J Emerg Nurs.* 1999 Jun;25(3):167. No abstract available.
- **Kouretas D**, Taitzoglou I. Dexamethasone has a biphasic effect on the c-Jun mRNA expression in the fetal and adult rat lung, in vivo. *Cell Mol Biol (Noisy-le-grand).* 1999 Mar;45(2):219-23.
- Papazisis KT, Geromichalos GD, **Kouretas D**, Dimitriadis KA, Kortsaris AH. CDK-inhibitor olomoucine inhibits cell death after exposure of cell lines to cytosine-arabinoside. *Cancer Lett.* 1999 Apr 26;138(1-2):221-6. Erratum in: *Cancer Lett* 2000 Feb 28;149(1-2):227.
- Taitzoglou IA, Tsantariotou MP, Nepka C, Zervos I, Maltezos E, **Kouretas D**, Kokolis NA. Dietary administration of tannic acid lowers plasminogen activator activity in the liver of C3H hepatoma bearing male mice. *In Vivo.* 2000 Nov-Dec;14(6):767-71.
- Margaritopoulos JT, **Kouretas D**, Tsitsipis JA. A modified method for the detection of differentially expressed mRNAs without using radioactivity. *In Vivo.* 2001 May-Jun;15(3):245-7.
- Tsamis V, Mamuris Z, Panagiotaki P, **Kouretas D**. Proteins from fish eggs that protect DNA from acid precipitation and inhibit DNA synthesis. *Comp Biochem Physiol C Toxicol Pharmacol.* 2001 Aug;129(4):369-76.
- Tsitsimpikou C, Spyridaki MH, Georgoulakis I, **Kouretas D**, Konstantinidou M, Georgakopoulos CG. Elimination profiles of flurbiprofen and its metabolites in equine urine for doping analysis. *Talanta.* 2001 Dec 24;55(6):1173-80.
- **Kouretas D**, Mamuris Z, Stamatis C, Rodriguez-Burgos A, Tsamis V, Neofitou C. Isolation and characterization of a protein from *Mendole (Spicara maena)* eggs that binds to DNA and inhibits its replication as well as its acid precipitation. *In Vivo.* 2001 Jan-Feb;15(1):49-52.
- Taitzoglou IA, Tsantariotou M, Zervos I, **Kouretas D**, Kokolis NA. Inhibition of human and ovine acrosomal enzymes by tannic acid in vitro. *Reproduction.* 2001 Jan;121(1):131-7.
- Dakis D, **Kouretas D**. Differential display of m-RNAs in fish gonads by modified DD-PCR. *In Vivo.* 2002 Mar-Apr;16(2):103-5.
- Khah EM, **Kouretas D**. Influence of storage conditions on protein profile of pepper seeds, analyzed by SDS-PAGE. *In Vivo.* 2003 May-Jun;17(3):259-60.
- Panoutsopoulos GI, **Kouretas D**, Gounaris EG, Beedham C. Enzymatic oxidation of 2-phenylethylamine to phenylacetic acid and 2-phenylethanol with special reference to the metabolism of its intermediate phenylacetaldehyde. *Basic Clin Pharmacol Toxicol.* 2004

Dec;95(6):273-9.

- Panoutsopoulos GI, **Kouretas D**, Beedham C. Contribution of aldehyde oxidase, xanthine oxidase, and aldehyde dehydrogenase on the oxidation of aromatic aldehydes. *Chem Res Toxicol.* 2004 Oct;17(10):1368-76.
- Panoutsopoulos GI, **Kouretas D**, Gounaris EG, Beedham C. Metabolism of 2-phenylethylamine and phenylacetaldehyde by precision-cut guinea pig fresh liver slices. *Eur J Drug Metab Pharmacokinet.* 2004 Apr-Jun;29(2):111-8.
- Jamurtas AZ, Koutedakis Y, Paschalis V, Tofas T, Yfanti C, Tsiokanos A, Koukoulis G, **Kouretas D**, Loupos D. The effects of a single bout of exercise on resting energy expenditure and respiratory exchange ratio. *Eur J Appl Physiol.* 2004 Aug;92(4-5):393-8. Epub 2004 Jun 17.
- Stagos D, Kouris S, **Kouretas D**. Plant phenolics protect from bleomycin-induced oxidative stress and mutagenicity in Salmonella typhimurium TA102. *Anticancer Res.* 2004 Mar-Apr;24(2B):743-5.
- Spyridaki MH, Lyris E, Georgoulakis I, **Kouretas D**, Konstantinidou M, Georgakopoulos CG. Determination of xylazine and its metabolites by GC-MS in equine urine for doping analysis. *J Pharm Biomed Anal.* 2004 Apr 1;35(1):107-16.
- Stagos D., Karaberis E., **Kouretas D**. Assessment of antioxidant/ anticarcinogenic activity of plant extracts by a combination of molecular methods. *In Vivo* (2005), 19:741-747.
- Stagos D., Kazantzoglou G., Magiatis P., Mitaku S., Anagnostopoulos K., **Kouretas D**. Effects of plant phenolics and grape extracts from Greek varieties of *Vitis vinifera* on Mitomycin C and topoisomerase I-induced nicking of DNA. *International Journal of Molecular Medicine* (2005), 15:1013-1022.
- Stagos D., Kazantzoglou G., Theofanidou D., Kakalopoulou G., Magiatis P., Mitaku S., **Kouretas D**. Activity of grape extracts from Greek varieties of *Vitis vinifera* against mutagenicity induced by bleomycin and hydrogen peroxide in Salmonella typhimurium TA102. *Mutation Research* (2006), 609:165-175.
- Nikolaidis MG, Jamurtas AZ, Paschalis V, Kostaropoulos IA, Kladi-Skandali A, Balamitsi V, Koutedakis Y, **Kouretas D**. Exercise-induced oxidative stress in G6PD-deficient individuals. *Med Sci Sports Exerc.* 2006 38(8):1443-50.
- Fatouros IG, Destouni A, Margonis K, Jamurtas AZ, Vrettou C, **Kouretas D**, Mastorakos G, Mitrakou A, Taxildaris K, Kanavakis E, Papassotiriou I. Cell-free plasma DNA as a novel marker of aseptic inflammation severity related to exercise overtraining. *Clin Chem.* 2006 52(9):1820-4.
- Jamurtas AZ, Theocharis V, Koukoulis G, Stakias N, Fatouros IG, **Kouretas D**, Koutedakis Y. The effects of acute exercise on serum adiponectin and resistin levels and their relation to insulin sensitivity in overweight males. *Eur J Appl Physiol.* 2006 97(1):122-6.
- Kostaropoulos IA, Nikolaidis MG, Jamurtas AZ, Ikonomidou GV, Makrygiannis V, Papadopoulos G, **Kouretas D**. Comparison of the blood redox status between long-distance and short-distance runners. *Physiol Res.* 2006;55(6):611-6.
- Veskokoukis A.S., **Kouretas D.**, Panoutsopoulos G.I. Substrate specificity of guinea pig liver aldehyde oxidase and bovine milk xanthine oxidase for methyl- and nitrobenzaldehydes. *Eur J Drug Metab Pharmacokinet.* (2006) Jan-Mar; 31(1):11-6.
- Stagos D., Umstead T.M., Phelps D.S., Skaltsounis L., Charoutounian S., Floros J., **Kouretas D**. Inhibition of ozone-induced SP-A oxidation by plant polyphenols. *Free Radical Research* (2007), 41(3):357-366.
- Kyparos A, Salonikidis K, Nikolaidis MG, **Kouretas D**. Short duration exhaustive aerobic exercise induces oxidative stress: a novel play-oriented volitional fatigue test. *J Sports Med Phys Fitness.* 2007 47(4):483-90.
- Stagos D., Spanou C., Margariti M., Stathopoulos C., Mamuris Z., Kazantzoglou G., Magiatis P., **Kouretas D**. Cytogenetic effects of grape extracts and plant polyphenols on MMC-induced SCEs in human blood lymphocytes. *Journal of Agricultural and Food Chemistry* (2007), 55:5246-5252.
- Gougoura S, Nikolaidis MG, Kostaropoulos IA, Jamurtas AZ, Koukoulis G, **Kouretas D**. Increased oxidative stress indices in the blood of child swimmers. *Eur J Appl Physiol.* 2007 100(2):235-9.

- Paschalis V, Nikolaidis MG, Fatouros IG, Giakas G, Koutedakis Y, Karatzaferi C, **Kouretas D**, Jamurtas AZ. Uniform and prolonged changes in blood oxidative stress after muscle-damaging exercise. *In Vivo*. 2007 21(5):877-83.
- Metsios GS, Flouris AD, Jamurtas AZ, Carrillo AE, **Kouretas D**, Germenis AE, Gourgoulisanis K, Kiropoulos T, Tzatzarakis MN, Tsatsakis AM, Koutedakis Y. A brief exposure to moderate passive smoke increases metabolism and thyroid hormone secretion. *J Clin Endocrinol Metab*. 2007 Jan;92(1):208-11. Epub 2006 Oct 31.
- Gourgoulisanis K, Kiropoulos T, Tzatzarakis MN, Tsatsakis AM, Koutedakis Y. A brief exposure to moderate passive smoke increases metabolism and thyroid hormone secretion. *J Clin Endocrinol Metab*. 2007 92(1):208-11.
- Nikolaidis MG, Kyparos A, Hadziioannou M, Panou N, Samaras L, Jamurtas AZ, **Kouretas D**. Acute exercise markedly increases blood oxidative stress in boys and girls. *Appl Physiol Nutr Metab*. 2007 32(2):197-205.
- Psochiou E, Mamuris Z, Panagiotaki P, **Kouretas D**, Moutou KA The response of digestive proteases to abrupt salinity decrease in the euryhaline sparid *Sparus aurata* L. *Comp Biochem Physiol B Biochem Mol Biol*. 2007 Jun;147(2):156-63. Epub 2007 Mar 3.
- Nikolaidis MG, Paschalis V, Giakas G, Fatouros IG, Koutedakis Y, **Kouretas D**, Jamurtas AZ. Decreased blood oxidative stress after repeated muscle-damaging exercise. *Med Sci Sports Exerc*. 2007 39(7):1080-9.
- Michailidis Y, Jamurtas AZ, Nikolaidis MG, Fatouros IG, Koutedakis Y, Papassotiriou I, **Kouretas D**. Sampling time is crucial for measurement of aerobic exercise-induced oxidative stress. *Med Sci Sports Exerc*. 2007 39(7):1107-13.
- Margonis K, Fatouros IG, Jamurtas AZ, Nikolaidis MG, Douroudos I, Chatzinikolaou A, Mitrakou A, Mastorakos G, Papassotiriou I, Taxildaris K, **Kouretas D**. Oxidative stress biomarkers responses to physical overtraining: implications for diagnosis. *Free Radic Biol Med*. 2007 Sep 15;43(6):901-10. Epub 2007 May 23. Erratum in: *Free Radic Biol Med*. 2008 Jun 15;44(12):2058.
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- Spanou C, Stagos D, Tousias L, Angelis A, Aligiannis N, Skaltsounis AL, **Kouretas D**. Assessment of antioxidant activity of extracts from unique Greek varieties of Leguminosae plants using in vitro assays. *Anticancer Res*. 2007 Sep-Oct;27(5A):3403-10.
- Nikolaidis MG, Jamurtas AZ, Paschalis V, Fatouros IG, Koutedakis Y, **Kouretas D**. The effect of muscle-damaging exercise on blood and skeletal muscle oxidative stress: magnitude and time-course considerations. *Sports Med*. 2008 38(7):579-606.
- S. Veskokouk, M. G. Nikolaidis, A. Kyparos, D. Kokkinos, C. Nepka, S. Barbanis and **D. Kouretas**, Effects of xanthine oxidase inhibition on oxidative stress and swimming performance in rats, 2008, *Appl. Physiol. Nutr. Metab.*, 33: 1140-1154.
- Spanou, N. Aligiannis, A-L. Skaltsounis and **D. Kouretas**, Effect of Leguminosae family plant extracts and polyphenolic fractions on Topoisomerase I-induced nicking of DNA, 2008, *Review of Clinical Pharmacology and Pharmacokinetics*, 22 (2): 336-338.
- Veskokouk, A.S., Nikolaidis, M.G., Kyparos, A., Kokkinos, D., Varamenti, E., **Kouretas, D**. The effect of allopurinol on protein carbonyls and swimming performance in rats. *Review of Clinical Pharmacology and Pharmacokinetics*, 2008 22(2):360-362.
- Spanou C, Bourou G, Dervishi A, Aligiannis N, Angelis A, Komiotis D, Skaltsounis AL, **Kouretas D**. Antioxidant and chemopreventive properties of polyphenolic compounds derived from Greek legume plant extracts. *J Agric Food Chem*. 2008 Aug 27;56(16):6967-76. doi: 10.1021/jf800842p. Epub 2008 Jul 16.
- Kyparos A, Vrabas IS, Nikolaidis MG, Riganas CS, **Kouretas D**. Increased oxidative stress blood markers in well-trained rowers following two thousand-meter rowing ergometer race. *J Strength Cond Res*. 2009 23(5):1418-26.
- Kabasakalis A, Kalitsis K, Nikolaidis MG, Tsalis G, **Kouretas D**, Loupos D, Mougios V. Redox, iron, and nutritional status of children during swimming training. *J Sci Med Sport*. 2009 12(6):691-6.
- Veskokouk AS, Nikolaidis MG, Kyparos A, **Kouretas D**. Blood reflects tissue oxidative stress depending on biomarker and tissue studied. *Free Radic Biol Med*. 2009 47(10):1371-4.

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- Kalafati M, Jamurtas AZ, Nikolaidis MG, Paschalis V, Theodorou AA, Sakellariou GK, Koutedakis Y, **Kouretas D**. Ergogenic and antioxidant effects of spirulina supplementation in humans. *Med Sci Sports Exerc.* 2010 Jan;42(1):142-51. doi: 10.1249/MSS.0b013e3181ac7a45.
- Spanou C, Stagos D, Aligiannis N, **Kouretas D**. Influence of potent antioxidant leguminosae family plant extracts on growth and antioxidant defense system of Hep2 cancer cell line. *J Med Food.* 2010 Feb;13(1):149-55. doi: 10.1089/jmf.2009.0058.
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- Spanou C, Veskoukis AS, Stagos D, Liadaki K, Anastasiadi M, Haroutounian SA, Tsouka M, Tzanakouli E, **Kouretas D**. Effects of grape extracts on the in vitro activity of enzymes involved in oxidative stress regulation. *In Vivo.* 2011 Jul-Aug;25(4):657-62.
- Tsarouhas K, Karatzaferi C, Tsitsimpikou C, Haliassos A, **Kouretas D**, Pavlidis P, Veskoukis A, Adamopoulos S, Kyriakides Z, Constantinou L, Koutedakis Y, Rentoukas E. Effects of walking on heart rate recovery, endothelium modulators and quality of life in patients with heart failure. *Eur J Cardiovasc Prev Rehabil.* 2011 Aug;18(4):594-600. doi: 10.1177/1741826710397099. Epub 2011 Feb 25.
- Tsitsimpikou C, **Kouretas D**, Tsarouhas K, Fitch K, Spandidos DA, Tsatsakis A. Applications and biomonitoring issues of recombinant erythropoietins for doping control. *Ther Drug Monit.* 2011 Feb;33(1):3-13. doi: 10.1097/FTD.0b013e31820032c4. Review.
- Kyparos A, Riganas C, Nikolaidis MG, Sampanis M, Koskoulou MD, Grivas GV, **Kouretas D**, Vrabas IS. The effect of exercise-induced hypoxemia on blood redox status in well-trained rowers. *Eur J Appl Physiol.* 2012 Jun;112(6):2073-83. doi: 10.1007/s00421-011-2175-x. Epub 2011 Sep 27.
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