

## **Faidon Magkos**

### **Education:**

Doctorate of Philosophy (PhD), Lipoprotein Metabolism, Harokopio University, Athens, Greece & Washington University School of Medicine in St. Louis, MO, USA, 2008

Master in Science (MSc), Exercise Nutrition and Metabolism, Harokopio University, Athens, Greece, 2004

Bachelor of Science (BS) in Nutrition and Clinical Dietetics, Harokopio University, Athens, Greece, 2000

### **Areas of research:**

Human nutrition and its association with health and disease.

Metabolic abnormalities in obesity, insulin resistance, and cardiovascular disorders.

Energy and substrate metabolism under normal and pathological conditions.

Regulation of lipoprotein metabolism.

Techniques for human metabolic investigation in vivo and translational research.

### **Contact information:**

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### **Bibliography (out of 92):**

1. Magkos F, Wright DC, Patterson BW, Mohammed BS, Mittendorfer B. Lipid metabolism response to a single, prolonged bout of endurance exercise in healthy young men. *American Journal of Physiology: Endocrinology and Metabolism* 2006, 290 (2): E355-362.
2. Magkos F, Patterson BW, Mohammed BS, Klein S, Mittendorfer B. Women produce fewer but triglyceride-richer very low-density lipoproteins than men. *Journal of Clinical Endocrinology and Metabolism* 2007, 92 (4): 1311-1318.
3. Magkos F, Patterson BW, Mittendorfer B. Reproducibility of stable isotope-labeled tracer measures of VLDL-triglyceride and VLDL-apolipoprotein B-100 kinetics. *Journal of Lipid Research* 2007, 48 (5): 1204-1211.
4. Fabbrini E, Mohammed BS, Magkos F, Korenblat K, Patterson BW, Klein S. Alterations in adipose tissue and hepatic lipid kinetics in obese men and women with nonalcoholic fatty liver disease. *Gastroenterology* 2008, 134 (2): 424-431.
5. Magkos F, Tsekouras YE, Prentzas KI, Basioukas KN, Matsama SG, Yanni AE, Kavouras SA, Sidossis LS. Acute exercise-induced changes in basal VLDL-triglyceride kinetics leading to hypotriglyceridemia manifest more readily after resistance than endurance exercise. *Journal of Applied Physiology* 2008, 105 (4): 1228-1236.
6. Magkos F. Basal very low-density lipoprotein metabolism in response to exercise: mechanisms of hypotriacylglycerolemia. *Progress in Lipid Research* 2009, 48 (3-4): 171-190. Review.

7. Magkos F, Yannakoulia M, Chan JL, Mantzoros CS. Management of the metabolic syndrome and type 2 diabetes through lifestyle modification. *Annual Review of Nutrition* 2009, 29: 223-256. Review.
8. Fabbrini E, Magkos F, Mohammed BS, Pietka T, Abumrad NA, Patterson BW, Okunade A, Klein S. Intrahepatic fat, not visceral fat, is linked with metabolic complications of obesity. *Proceedings of the National Academy of Sciences of the United States of America* 2009, 106 (36): 15430-15435.
9. Fabbrini E, Tamboli RA, Magkos F, Marks PA, Eckhauser AW, Richards WO, Klein S, Abumrad NN. Surgical removal of omental fat does not improve insulin sensitivity and cardiovascular risk factors in obese adults. *Gastroenterology* 2010, 139 (2): 448-455.
10. Magkos F. Exercise and fat accumulation in the human liver. *Current Opinion in Lipidology* 2010, 21 (6): 507-517. Review.

## **Φαίδων Μάγκος**

### **Σπουδές:**

Διδακτορικός τίτλος σπουδών (PhD), Μεταβολισμός λιποπρωτεϊνών, Χαροκόπειο Πανεπιστήμιο, Αθήνα & Washington University School of Medicine, St. Louis, USA, 2008

Μεταπτυχιακός τίτλος σπουδών (MSc), Διατροφή και Άσκηση, Χαροκόπειο Πανεπιστήμιο, Αθήνα, 2004

Βασικό πτυχίο (BS), Διατροφή και Διαιτολογία, Χαροκόπειο Πανεπιστήμιο, Αθήνα, 2000

### **Τομείς Ερευνητικού Ενδιαφέροντος:**

Διατροφή του ανθρώπου και η σχέση της με την υγεία και τη νόσο.

Μεταβολικές διαταραχές σχετικές με την παχυσαρκία, την ινσουλινο-αντίσταση, και τα καρδιαγγειακά νοσήματα.

Μεταβολισμός ενέργειας και υποστρωμάτων σε φυσιολογικές και παθολογικές καταστάσεις.

Ρύθμιση του μεταβολισμού των λιποπρωτεϊνών.

Τεχνικές για τη μελέτη του μεταβολισμού στον άνθρωπο.

### **Επικοινωνία:**

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### **Ενδεικτικές δημοσιεύσεις (από 92):**

1. Magkos F, Wright DC, Patterson BW, Mohammed BS, Mittendorfer B. Lipid metabolism response to a single, prolonged bout of endurance exercise in healthy young men. *American Journal of Physiology: Endocrinology and Metabolism* 2006, 290 (2): E355-362.
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4. Fabbrini E, Mohammed BS, Magkos F, Korenblat K, Patterson BW, Klein S. Alterations in adipose tissue and hepatic lipid kinetics in obese men and women with nonalcoholic fatty liver disease. *Gastroenterology* 2008, 134 (2): 424-431.
5. Magkos F, Tsekouras YE, Prentzas KI, Basioukas KN, Matsama SG, Yanni AE, Kavouras SA, Sidossis LS. Acute exercise-induced changes in basal VLDL-triglyceride kinetics leading to hypotriglyceridemia manifest more readily after resistance than endurance exercise. *Journal of Applied Physiology* 2008, 105 (4): 1228-1236.

6. Magkos F. Basal very low-density lipoprotein metabolism in response to exercise: mechanisms of hypotriacylglycerolemia. *Progress in Lipid Research* 2009, 48 (3-4): 171-190. Ανασκόπηση.
7. Magkos F, Yannakoulia M, Chan JL, Mantzoros CS. Management of the metabolic syndrome and type 2 diabetes through lifestyle modification. *Annual Review of Nutrition* 2009, 29: 223-256. Ανασκόπηση.
8. Fabbrini E, Magkos F, Mohammed BS, Pietka T, Abumrad NA, Patterson BW, Okunade A, Klein S. Intrahepatic fat, not visceral fat, is linked with metabolic complications of obesity. *Proceedings of the National Academy of Sciences of the United States of America* 2009, 106 (36): 15430-15435.
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10. Magkos F. Exercise and fat accumulation in the human liver. *Current Opinion in Lipidology* 2010, 21 (6): 507-517. Ανασκόπηση.