

Dr. Theodoros Koukouratos, MD, PhD
Gastroenterologist - Hepatologist

| Είδος | Αριθμός |
|---|----------------|
| Books | |
| Book Chapters | |
| Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases | 5 |
| Articles not Indexed in Bibliographical Databases | |
| Refereed International Conference Presentations | 50 |
| Invited Presentations | 5 |
| | |
| Google Scholar/Scopus Citation Index (including self-citations) | 142 |
| Google Scholar/Scopus h-index | 5 |
| | |
| Involved in Successful Grant Applications | |

EDUCATION

1994 : General High School of Sophades, Karditsa

1994-2001 : Medical School Graduate , " Trakia" University, Stara Zagora - Bulgaria

PROFESSIONAL EXPERIENCE

25/08/2003 - 25/08/2004 : Military service as a unit doctor

16/11/2004 - 15/02/2005 : Education in Pathology, Surgery and Cardiology Clinic and Emergency Department in General Hospital of Karditsa

16/02/2005 - 16/04/2006 : Rural service doctor in Neraida, Mouzaki Health Center, Karditsa

22/08/2006 - 20/08/2008 : Pathology resident in General Hospital of Katerini

18/09/2008 - 16/06/2011 : Assistant Physician in Private Clinic in Athens

17/06/2011 - 20/09/2015 : Gastroenterology resident in Gastroenterology Clinic of General Hospital Of Athens “Evangelismos”

24/12/2015 – 4/1/2018 : Consultant Gastroenterologist in General Hospital of Karditsa

04/01/2018 - 28/6/2020 : Consultant Gastroenterologist in General Hospital of Trikala

01/09/2020 - 15/03/2021 : Consultant Gastroenterologist in General University Hospital of Larissa

16/03/2021 - today : Consultant Gastroenterologist in Koutlimbaneio & Triantafylleio General Hospital of Larissa

SCIENTIFIC EXPERIENCE

1. PhD in University of Athens, Greece with the title:

«Predictors of non response and loss of response in patients with inflammatory bowel disease receiving anti-TNF therapy».

2. ACADEMIC AND SCIENTIFIC EXPERIENCE

2.1 Teaching in undergraduate study programs

a. 2020-2021: Department of Nutrition & Dietetics, University of Thessaly

1. Human Physiology I
2. Pathophysiology
3. Pathophysiology of metabolic, cardiovascular and gastrointestinal diseases

2.2 Teaching in postgraduate study programs

a. 2020-2021: Postgraduate study program “Diet in Health and Disease”, University of Thessaly, Department of Medicine

1. Lecture with the title “Celiac disease-Pathophysiology and epidemiology”, Larissa, 6 December 2020
2. Lecture with the title “Parenteral nutrition at home”, Larissa, 20 March 2021
3. Lecture with the title “Prebiotics and colon cancer”, Larissa, 20 March 2021

3. PUBLICATIONS

I. ARTICLES IN INTERNATIONAL JOURNALS (PUBMED)

1. N. Viazis, M. Giakoumis, **T. Koukouratos**, E. Saprikis, E. Anastasopoulos, M. Al-Odat, G. Kechagias, G. Zacharakis, K. Markoglou, P. Gouma, D. G. Karamanolis. One year infliximab administration for the treatment of chronic refractory pouchitis. Ann Gastroenterol 2011;24(4):290-293

2. Viazis N, Giakoumis M, **Koukouratos T**, Anastasiou J, Katopodi K, Kechagias G, Anastasopoulos E, Saprikis E, Chantias M, Tribonias G, Karamanolis DG. Long term benefit of one year infliximab administration for the treatment of chronic refractory pouchitis. *J Crohns Colitis*. 2013 Nov 1;7(10):e457-60.

3. Viazis N, **Koukouratos T**, Anastasiou J, Giakoumis M, Triantos C, Tsolias C, Theocharis G, Karamanolis D. Azathioprine discontinuation earlier than 6 months in Crohn's disease patients started on anti-TNF therapy is associated with loss of response and the need for anti-TNF dose escalation. *Eur J Gastroenterol Hepatol* 2015;27(4):436-41.

4. Karmiris K, Avgerinos A, Tavernaraki A, Zeglinas C, Karatzas P, **Koukouratos T**, Oikonomou KA, Kostas A, Zampeli E, Papadopoulos V, Theodoropoulou A, Viazis N, Polymeros D, Michopoulos S, Bamias G, Kapsoritakis A, Karamanolis DG, Mantzaris GJ, Tzathas C, Koutroubakis IE. Prevalence and characteristics of extra-intestinal manifestations in a large cohort of Greek patients with Inflammatory Bowel Disease. *J Crohns Colitis* 2016;10(4):429-36

5. Viazis N, Giakoumis M, Bamias G, Goukos D, **Koukouratos T**, Katopodi K, Karatzas P, Triantos C, Tsolias C, Theocharis G, Daikos GL, Ladas SD, Karamanolis DG, Mantzaris GJ. Predictors of tissue healing in ulcerative colitis patients treated with anti-TNF. *Dig Liver Dis*. 2017 Jan;49(1):29-33. doi: 10.1016/j.dld.2016.10.008. Epub 2016 Oct 20.

II. CONFERENCE PRESENTATIONS

A. GREEK CONFERENCES

1. N.Viazis, M.Al-Odat, E.Saprikis, I.Anastasopoulos, G Kechagias, M.Giakoumis, **T. Koukouratos**, G. Zacharakis, D.G. Results of one year infliximab in patients with refractory pouchitis. 31st Panhellenic Gastroenterology Congress. Thessaloniki, 6-8 October 2011 (Presentation P009).
2. N.Viazis, E.Saprikis, I.Anastasopoulos, G.Kechagias, M.Giakoumis, **T. Koukouratos**, G.Zacharakis, D.G.Karamanolis. Small bowel capsule endoscopy. Indications and diagnostic accuracy. A single center experience of 2300 endoscopies. 31^o Panhellenic Gastroenterology Congress. Thessaloniki, 6-8 October 2011 (Presentation P058).
3. N.Viazis, M.Al-Odat, E.Saprikis, I.Anastasopoulos, G.Kechagias, M.Giakoumis, **T. Koukouratos**, G.Zacharakis, E.Vienna, D.G.Karamanolis. One year infliximab administration for the treatment of chronic refractory pouchitis. Results 3 years later (oral presentation). 32^o Panhellenic Gastroenterology Congress. Athens, 29 November – 1 December 2012 (Presentation 008).
4. N.Viazis, M.Giakoumis, **T.Koukouratos**, J.Anastasiou, I.Anastasopoulos, E. Saprikis, K. Katopodi, M. Al-Odat, E.Keimali, P.Gouma, D.G.Karamanolis. How often is dose escalation needed in patients with inflammatory bowel disease treated with infliximab? 32^o Panhellenic Gastroenterology Congress. Athens, 29 November – 1 December 2012 (Presentation P125).
5. N.Viazis, J.Anastasiou, K.Katopodi, G.Kechagias, M.Giakoumis, **T.Koukouratos**, G.Zacharakis, K.Markoglou, P.Gouma, D.G.Karamanolis. Angiodysplasias of the jejunum are the most frequent cause of obscure gastrointestinal bleeding: our experience from 2550 patients subjected to small bowel capsule endoscopy. 32^o

6. N.Viazis, M.Giakoumis, **T.Koukouratos**, E.Saprikis, G. Kechagias, I. Anastasopoulos, G. Zacharakis, K.Markoglou. E.Vienna, D.G.Karamanolis. Symptoms and extent of ulcerative colitis at the time of diagnosis, depending on age. 32^o Panhellenic Gastroenterology Congress. Athens, 29 November – 1 December 2012 (Presentation P126).
7. N.Viazis, **T.Koukouratos**, E.Saprikis, M.Al-Odat, I.Anastasopoulos, G. acharakis, D.G.Karamanolis. One year infliximab administration for the treatment of chronic refractory pouchitis. Results 3 years later. 12^o Panhellenic IBD Congress, 14-16 June 2013, Volos (oral presentation 3).
8. N.Viazis, E.Keimali, **T.Koukouratos**, M.Giakoumis, E.Saprikis, M.Chanias, A. Ouzounidou, D.G.Karamanolis. Symptoms and extent of ulcerative colitis at the time of diagnosis, depending on age.. 12^oPanhellenic IBD Congress, 14-16 June 2013, Volos (Presentation P24).
9. N.Viazis, G.Kechagias, E.Saprikis, I.Anastasopoulos, M.Chanias, **T. Koukouratos**, J.Anastasiou, M.Mela, D.G.Karamanolis. Use of metal stents in the treatment of perforation after sleeve gastrectomy for the treatment of obesity . 33^o Panhellenic Gastroenterology Congress. Thessaloniki, 5-7 December 2013 (oral presentation 10).
10. T.Avgerinos, K.Karmiris, A.Tavernaraki, P.Karatzas, **T.Koukouratos**, V.Lotis, A.Kostas, G.Mantzaris, N.Viazis, K.Oikonomou, G. Bamias, A. Theodoropoulou, D.G.Karamanolis, I.Koutroubakis. Prevalence of extra-intestinal manifestations in a Greek population of inflammatory bowel disease patients. 33^o Panhellenic Gastroenterology Congress. Thessaloniki , 5-7 December 2013 (oral presentation 13)
11. N.Viazis, **T.Koukouratos**, M.Giakoumis, J.Anastasiou, K.Katopodi, E.Saprikis, K.Markoglou, E.Adamou, D.G.Karamanolis. Is there correlation between the BMI and need of dose escalation in patient with IBD, treated with biologic agents? 33^o Panhellenic Gastroenterology Congress. Thessaloniki , 5-7 December 2013 (oral presentation 26)
12. N.Viazis, M.Giakoumis, **T.Koukouratos**, E.Saprikis, M.Chanias, I.Anastasopoulos, G.Kechagias, M.Mela, D.G.Karamanolis. Need for colectomy in patients with ulcerative colitis in the biologic era. 33^o Panhellenic Gastroenterology Congress. Thessaloniki , 5-7 December 2013 (Presentation P50).
13. N.Viazis, K.Katopodi, M.Chanias, M.Giakoumis, **T.Koukouratos**, G.Kechagias, I.Anastasopoulos, K.Markoglou, D.G.Karamanolis. Small bowel capsule enteroscopy in the elderly patients. Indications and endoscopy findings. 33^o Panhellenic Gastroenterology Congress. Thessaloniki , 5-7 December 2013 (Presentation P103).
14. N.Viazis, **T.Koukouratos**, J.Anastasiou, M.Giakoumis, C.Triantos, C.Tsolias, G.Theocharis, E.Adamou, D.G.Karamanolis. Predictors and frequency of dose escalation of the biologic agent in patients with IBD. 13^o Panhellenic IBD Congress. Delphi, 22-24 May 2014 (Presentation AA32).
15. N.Viazis, **T.Koukouratos**, J.Anastasiou, M.Giakoumis, C.Triantos, C.Tsolias, G.Theocharis, E.Adamou, D.G.Karamanolis. Success rate of dose de-escalation in patients with inflammatory bowel disease treated with intensified anti-TNF therapy. 13^o Panhellenic IBD Congress. Delphi, 22-24 May 2014 (Presentation AA33).
16. A.Tavernaraki, A.Avgerinos, K. Karmiris , C.Zeglinas , P.Karatzas , **T.Koukouratos**, K.Oikonomou , A.Kostas , E.Zambeli , B.Papadopoulos, A.Theodoropoulou ,N.Viazis, D.Polimeros, S.Michopoulos, G.Bamias, A.Kapsoritakis , D.G.Karamanolis,

G.Mantzaris , C.Tzathas, I.E.Koutroubakis. Hepatobiliary, pancreatic and renal manifestations in Greek Inflammatory Bowel Disease patients. 13^o Panhellenic IBD Congress. Delphi, 22-24 May 2014 (Presentation AA15).

17. A.Avgerinos, A.Tavernaraki, K.Karmiris, C.Zeglinas, P.Karatzas, **T. Koukouratos**, K.Oikonomou, A.Kostas, E.Zambeli, B.Papadopoulos, A.Theodoropoulou, N.Viazis, D.Polimeros, S.Michopoulos, G.Bamias, A.Kapsoritakis, D.G.Karamanolis, G.Mantzaris, C.Tzathas, I.E.Koutroubakis. Prevalence and characteristics of extra-intestinal manifestations in a Greek population of inflammatory bowel disease patients. 13^o Panhellenic IBD Congress. Delphi, 22-24 May 2014 (Presentation AA16).
18. A.Avgerinos, A.Tavernaraki, K.Karmiris, C.Zeglinas, P.Karatzas, **T. Koukouratos**, K.Oikonomou, A.Kostas, E.Zambeli, B.Papadopoulos, A.Theodoropoulou, N.Viazis, D.Polimeros, S.Michopoulos, G.Bamias, A.Kapsoritakis, D.G.Karamanolis, G.Mantzaris, C.Tzathas, I.E.Koutroubakis. Prevalence and characteristics of dermatologic manifestations in a Greek population of inflammatory bowel disease patients. 13^o Panhellenic IBD Congress. Delphi, 22-24 May 2014 (Presentation AA17).
19. A.Tavernaraki, A.Avgerinos, K.Karmiris, C.Zeglinas, P.Karatzas, **T.Koukouratos**, K.Oikonomou, A.Kostas, E.Zambeli, G.Vlachonikolou, A.Theodoropoulou, N.Viazis, D.Polimeros, S.Michopoulos, G.Bamias, S.Potamianos, D.G.Karamanolis, G. Mantzaris, C.Tzathas, I.E. Koutroubakis. Prevalence of autoimmune diseases and cancer in a Greek population of inflammatory bowel disease patients. 13^o Panhellenic IBD Congress. Delphi, 22-24 May 2014 (Presentation AA18).
20. N.Viazis, D.Karapiperis, K.Katopodi, L.Varytimiadis, G.Kechagias, M.Chanias, M.Giakoumis, **T.Koukouratos**, X.Tzanetakou, D.G.Karamanolis. High resolution manometry versus classic in diagnosis of dysphagia. 34^o Panhellenic Gastroenterology Congress, Athens, 4-5 December 2014 (Oral presentation 3).
21. N. Viazis, K.Katopodi, X.Tzanetakou, P.Karatzas, L.Varytimiadis, **T.Koukouratos**, S.Anastasiadis, G. Kechagias, M.Mela, D.G. Karamanolis. Predictors of finding of proximal small bowel lesions in patients with established Crohn's disease undergoing small bowel capsule endoscopy. 34^o Panhellenic Gastroenterology Congress, Athens, 4-5 December 2014 (Oral presentation 11).
22. N.Viazis, **T.Koukouratos**, J.Anastasiou, M.Giakoumis, C.Triantos, C.Tsolias, G.Theocharis, K.Katopodi, M.Chanias, D.G.Karamanolis. Azathioprine discontinuation earlier than 6 months in IBD patients is associated with loss of response and the need for anti-TNF dose escalation. 34^o Panhellenic Gastroenterology Congress, Athens, 4-5 December 2014 (Oral presentation 14, plenary session).
23. N.Viazis, I.Anastasopoulos, I.Internos, **T.Koukouratos**, X.Tzanetakou, S.Anastasiadis, J.Anastasiou, P.Karatzas, A.Christidou, D.G.Karamanolis. Need for colectomy in patients with ulcerative colitis treated with biologic agent and CRP corellation. 34^o Panhellenic Gastroenterology Congress, Athens, 4-5 December 2014 (presentation P64).
24. K.Katopodi, N.Viazis, G.Karamanolis, J.Anastasiou, K.Denaxas, M.Giakoumis, **T.Koukouratos**, M.Chanias, D.Kamperoglou, A.Christidou, S.Ladas, D.G. Karamanolis. Proton pump inhibitors and selective serotonin reuptake inhibitors in the treatment of non-cardiac chest pain. 35^o Panhellenic Gastroenterology Congress, Kalamata, 8-11 October 2015 (Oral presentation ΠΑ03).
25. N.Viazis, **T.Koukouratos**, J.Anastasiou, M.Giakoumis, C.Triantos, C.Tsolias, G.Theocharis, S.Anastasiadis, I.Internos, E.Adamou, E.Keimali, D.G.Karamanolis. Safety and efficacy of anti-TNF therapy in elderly patients with inflammatory bowel

disease. 35^o Panhellenic Gastroenterology Congress, Kalamata, 8-11 October 2015 (presentation AA07).

26. N.Viazis, J.Anastasiou, K.Katopodi, Th.Tsigaridas, M.Giakoumis, **T.Koukouratos**, L.Varytimiadis, M.Galanopoulos, M.Chanias, I.Tziortziotis, K.Markoglou, D.G. Karamanolis. Prevalence of helicobacter pylori infection in Crohn's disease. 35^o Panhellenic Gastroenterology Congress, Kalamata, 8-11 October 2015 (presentation AA87)
27. M.Giakoumis, N.Viazis, G.Bamias, D.Goukos, **T.Koukouratos**, K.Katopodi, P.Karatzas, S.Ladas, D.G.Karamanolis, G.Mantzaris. Predictors of tissue healing in ulcerative colitis patients treated with anti-tnfa agents. 15o Panhellenic IBD Congress, Ioannina 3-5 June 2016 (presentation PP20).
28. N.Viazis, M.Giakoumis, G.Bamias, D.Goukos, **T.Koukouratos**, K.Katopodi, P.Karatzas, C.Triantos, C.Tsolias, G.Theocharis, S.Ladas, D.G.Karamanolis, G.Mantzaris. Predictors of tissue healing in ulcerative colitis patients treated with anti-tnfa agents. 36o Panhellenic Gastroenterology Congress, 24-27 November 2016, Athens.
29. G.Koukoulis, **T.Koukouratos**, G.Karampekos, K.Karkantas, D.Katsanos, A.Anastasiadi, C.Danatsas, G.Chasanidis. Pseudomembranous ileitis after right colectomy. 30^o Panhellenic Surgical Conference & International Surgical Forum. 8-12 November 2016 Thessaloniki . (Presentation P192).
30. **T.Koukouratos**, A.Papaefthimiou, D.Papagoras, D.Panagiotou, A.Kapsoritakis, S.Potamianos. Elastic pseudoxanthoma as a rare cause of gastrointestinal bleeding: 40^o Panhellenic Gastroenterology Congress. 3-6 December 2020 Athens (Presentation AA018)
31. **T.Koukouratos**, A.Papaefthimiou, E.Nakou, A.Zorbas, A.Kofas, A.Kapsoritakis, S.Potamianos. CMV gastrointestinal infection in immunocompromised patients Παρουσίαση δύο περιπτώσεων ασθενών. 40^o Panhellenic Gastroenterology Congress. 3-6 December 2020 Athens (Presentation AA095)
32. A.Papaefthimiou, C.Kateri, **T.Koukouratos**, F.Fitsilis, A.Kapsoritakis, S.Potamianos. CMV infection in patients with IBD. Five-year data from Thessaly. 40^o Panhellenic Gastroenterology Congress. 3-6 December 2020 Athens (Presentation)

B. INTERNATIONAL CONFERENCES

1. N.Viazis, M.Giakoumis, **T.Koukouratos**, I.Anastasopoulos, G.Kechagias, K.Katopodi, D.Karamanolis. A single center experience with small bowel capsule endoscopy for patients with established Crohn's disease: when is it safe? 7th Congress of ECCO. Barcelona – Spain, 16-18 February 2012. (abstract P105).
2. N.Viazis, E.Saprikis, M.Giakoumis, **T.Koukouratos**, M.Al-Odat, J.Anastasiou, K.Katopodi, G.Zacharakis, D.G.Karamanolis. How often is dose escalation needed in patients with inflammatory bowel disease treated with infliximab? EUGW 2012, Amsterdam – the Netherlands, 19-24 October 2012. Gut 2012;61(suppl 3):A 401.
3. N.Viazis, E.Saprikis, M.Giakoumis, **T.Koukouratos**, E.Anastasopoulos, G.Kechagias, K.Katopodi, G.Zacharakis, D.G.Karamanolis. Safety of small bowel capsule endoscopy for patients with established Crohn's disease. EUGW 2012, Amsterdam – the Netherlands, 19-24 October 2012. Endoscopy 2012;44(suppl 1):A 147.

4. N.Viazis, **T.Koukouratos**, E.Saprikis, M.Al-Odat, E.Anastasopoulos, G.Zacharakis, D.Karamanolis. How often is dose escalation needed in patients with inflammatory bowel disease treated with anti-TNF? 8th Congress of ECCO – European Crohn’s and Colitis Organization 2013. Vienna - Austria, 14-16 February 2013 (abstract P489).
5. N.Viazis, M.Giakoumis, **T.Koukouratos**, K.Katopodi, E.Anagnostopoulos, M.Chanias, G.Zacharakis, K.Markoglou, D.G.Karamanolis. Angiodysplasias of the jejunum are the most frequent cause of obscure gastrointestinal bleeding: our experience from 3050 patients subjected to small bowel capsule endoscopy. 21st United European Gastroenterology Week 2013, 12-16 October 2013, Berlin – Germany (P1673).
6. N.Viazis, I.Anastasiou, **T.Koukouratos**, M.Giakoumis, E.Anastasopoulos, M.Chanias, K.Markoglou, D.G. Karamanolis. Success rate of dose de-escalation in patients with inflammatory bowel disease treated with intensified anti-TNF therapy. 9th Congress of ECCO, 20-22 February 2014, Copenhagen – Denmark (digital oral poster presentation, DOP085).
7. N.Viazis, **T.Koukouratos**, I.Anastasiou, E.Saprikis, G.Kechagias, K.Katopodi, M. Mela, D.G. Karamanolis. Predictors and frequency of anti-TNF dose escalation in patients with inflammatory bowel disease. 9th Congress of ECCO, 20-22 February 2014, Copenhagen – Denmark (poster presentation, P381).
8. K.Karmiris, A.Avgerinos, A.Tavernaraki, G.Mantzaris, **T.Koukouratos**, K.Oikonomou, A.Kostas, N.Viazis, A.Kapsoritakis, G.Bamias, A.Theodoropoulou, D.G. Karamanolis, I.Koutroubakis. Prevalence and characteristics of extra-intestinal manifestations in a Greek population of inflammatory bowel disease patients followed up in tertiary centers. 9th Congress of ECCO, 20-22 February 2014, Copenhagen – Denmark (poster presentation, P603).
9. K.Karmiris, A.Avgerinos, A.Tavernaraki, G.Mantzaris, **T.Koukouratos**, K.Oikonomou, A.Kostas, N.Viazis, A.Kapsoritakis, G.Bamias, A.Theodoropoulou, D.G. Karamanolis, I.Koutroubakis. Prevalence and characteristics of dermatologic manifestations in a Greek population of inflammatory bowel disease patients followed up in tertiary centers. 9th Congress of ECCO, 20-22 February 2014, Copenhagen – Denmark (poster presentation, P604).
10. K.Karmiris, A.Avgerinos, A.Tavernaraki, Ch.Zeglinas, P.Karatzas, **Th.Koukouratos**, K.Oikonomou, A.Kostas, E.Zampeli, V.Papadopoulos, A.Theodoropoulou, N.Viazis, D.Polymeros, S.Michopoulos, G.Bamias, A.Kapsoritakis, D.G.Karamanolis, G.Mantzaris, Ch.Tzathas, I.Koutroubakis. Hepatobiliary, pancreatic and renal manifestations in Greek Inflammatory Bowel Disease patients. United European Gastroenterology Week, Vienna – Austria, 18-22 October 2014 (Po845).
11. N.Viazis, **Th.Koukouratos**, J.Anastasiou, M.Giakoumis, Ch.Triantos, Ch.Tsolias, G.Theocharis, E.Vienna, D.G. Karamanolis. Predictors and frequency of anti-TNF dose escalation and de-escalation in patients with inflammatory bowel disease. United European Gastroenterology Week, Vienna – Austria, 18-22 October 2014 (Po916).
12. N.Viazis, J.Anastasiou, **T.Koukouratos**, K.Katopodi, L.Varitimiadis, S.Anastasiadis, P.Karatzas, G.Kechagias, D.G. Karamanolis. A single center experience with small bowel capsule endoscopy for patients with established Crohn’s disease: in which patients are lesions found? 10th Congress of ECCO, Barcelona – Spain, 18-21 February 2015 (P123).
13. N.Viazis, **Th.Koukouratos**, J.Anastasiou, M.Giakoumis, Ch.Triantos, Ch.Tsolias, G.Theocharis, D.G. Karamanolis. Azathioprine discontinuation earlier than 6 months

in Crohn's disease patients is associated with loss of response and the need for anti-TNF dose escalation. Falk Symposium 196, Frankfurt – Germany, 6-7 March 2015.

14. N.Viazis, J.Anastasiou, **Th.Koukouratos**, M.Galanopoulos, L.Varytimiadis, K.Markoglou, N.Raptis, D.G. Karamanolis. Small bowel capsule endoscopy in elderly patients is feasible, safe and has a high diagnostic yield. Hellenic – Israeli Gastroenterology meeting, Heraklion – Crete, 30 April – 2 March 2015.
15. N.Viazis, **Th.Koukouratos**, J.Anastasiou, M.Giakoumis, Ch.Triantos, Ch.Tsolias, G. Theocharis, D.G. Karamanolis. Azathioprine discontinuation earlier than 6 months in Crohn's disease patients is associated with loss of response and the need for anti-TNF dose escalation. Hellenic – Israeli Gastroenterology meeting, Heraklion – Crete, 30 April – 2 March 2015.
16. N.Viazis, I.Anastasiou, K.Katopodi, T.Tsigaridas, M.Giakoumis, **T.Koukouratos**, L.Varytimiadis, M.Galanopoulos, M.Chanias, D.Karamanolis. Prevalence of helicobacter pylori infection in Crohn's disease. XXVIIIth International Workshop on Helicobacter and Microbiota in Inflammation and Cancer. Nicosia – Cyprus 24-26 September 2015 (oral presentation).
17. N.Viazis, M.Giakoumatos, G.Bamias, D.Goukos, **T.Koukouratos**, J.Anastasiou, K.Katopodi, S.Ladas, D.Karamanolis. Predictors of tissue healing in ulcerative colitis patients treated with anti-TNF. 11th Congress of ECCO, Amsterdam - the Netherlands, 16-19 March 2016 (P385).
18. N.Viazis, M.Giakoumis, G.Bamias, D.Goukos, **Th.Koukouratos**, K.Katopodi, P.Karatzas, Ch.Triantos, Ch.Tsolias, G.Theocharis, S.D.Ladas, D.G. Karamanolis, G. Mantzaris. Predictors of tissue healing in ulcerative colitis patients treated with anti-tnfa agents. World Gastroenterology Organization International Congress, Gastro 2016. Abu Dhabi, 17-19 November 2016 (oral presentation 2).

PRIZES

1. «Predictors and frequency of dose escalation of the biologic agent in patients with IBD», N.Viazis, **Th.Koukouratos**, J.Anastasiou, M.Giakoumis, C.Triantos, C.Tsolias, G.Theocharis, E. Adamou, D. G. Karamanolis, Best Posted Announcement Award 13^o Panhellenic IBD Congress. Delphi, 22-24 May 2014 (Presentation AA32)
2. «Azathioprine discontinuation earlier than 6 months in IBD patients is associated with loss of response and the need for anti-TNF dose escalation.», N.Viazis, **T.Koukouratos**, J.Anastasiou, M.Giakoumis, C.Triantos, C.Tsolias, G.Theocharis, K. Katopodi, M.Chanias, D.G.Karamanolis 3^d prize for best oral presentation - 34^o Panhellenic Gastroenterology Congress, Athens, 4-5 December 2014 (Oral presentation 14, plenary session).
3. « Prevalence and characteristics of extra-intestinal manifestations in a Greek population of inflammatory bowel disease patients.», A.Avgerinos, K.Karmiris, A.Tavernaraki, P.Karatzas, **T.Koukouratos**, V.Lotis, A.Kostas, G.Mantzaris, N.Viazis, K.Oikonomou, G.Bamias, A.Theodoropoulou, D.G.Karamanolis, I. Koutroubakis, 2nd prize for best oral presentation -33^o Panhellenic Gastroenterology Congress. Thessaloniki , 5-7 December 2013 (oral presentation 13)

4. «Predictors of tissue healing in ulcerative colitis patients treated with anti-tfnc agents. M. Giakoumis, N.Viazis, G.Bamias, D.Goukos, **T.Koukouratos**, K.Katopodi, P.Karatzas, S.Ladas, D.Karmanolis, G.Mantzaris
Best Posted Announcement Award - 15o Panhellenic IBD Congress, Ioannina 3-5 June 2016 (presentation PP20).

4. INVITED PRESENTATIONS

- 1.N.Viazis, **T.Koukouratos**, M.Giakoumis, J.Anastasiou, K.Katopodi, E.Saprikis, K.Markoglou, E.Adamou, D.G.Karamanolis. Is there correlation between the BMI and need of dose escalation in patient with IBD, treated with biologic agents? 33o Panhellenic Gastroenterology Congress. Thessaloniki , 5-7 December 2013 (oral presentation 26). Presenter
2. Educational seminar General Hospital Evaggelismos .2013. Clinical case.Presenter
3. 9th Congress of ECCO, 20-22 February 2014, Copenhagen – Denmark. Poster P381. «Predictors and frequency of anti-TNF dose escalation in patients with inflammatory bowel disease».Presenter
4. General hospital of Trikala. «Prevention of colon cancer». Trikala 13 July 2018.
5. Educational seminal General hospital of Triakala.:« Gastrointestinal infections».

5. CLINICAL TRIAL PROTOCOLS

1. Study PPD CCX114643 «A Randomised, Double-blind, Active Treatment Study to Induce Clinical Response and/or Remission with GSK1605786A in Subjects with Moderately-to-Severely Active Crohn's Disease ». Sub-investigator
2. Study ABBVIE M13-045 «A Multicenter Study to Evaluate the Impact of Adalimumab on Quality of Life, Health Care Utilization and Costs of Ulcerative Colitis Subjects in the Usual Clinical Practice Setting (Inspira)» Sub-investigator
3. Study JANSSEN VX-950HEP3002 « Multicenter, Open-Label, Early Access Program of Telaprevir in Combination With Peginterferon Alfa and Ribavirin in Genotype 1 Chronic Hepatitis C Subjects With Severe Fibrosis and Compensated Cirrhosis » Sub-investigator

6. OTHER

1. Member of the Scientific Council of G.Hospital Trikala 6/2018 –6/2020

EDUCATIONAL ACTIVITY

1. EDUCATIONAL SEMINAR AND POSGRADUATE COURSES ATTENDANCE

1. Postgraduate course - 24o Panhellenic Gastroenterology Congress. Athens 6 November 2004.

2. Educational seminar "Hepatology". Lake Plastira, 30 September – 2 October 2005.
3. 16^o Symposium of Pancreas - 25^{ou} Panhellenic Gastroenterology Congress. Thessaloniki , 5 October 2005.
4. Postgraduate course « Therapeutic approach to liver diseases» - 25^{ou} Panhellenic Gastroenterology Congress. Thessaloniki , 6 October 2005.
5. Annual Postgraduate Courses in Diabetes. Athens, 21-25 November 2005.
6. Primary Health Care Training Days «G.Papadakis». Athens, 13-17 February 2006.
7. Educational clinical seminar « The basic imaging test»- Primary Health Care Training Days «G.Papadakis». Athens, 15 February 2006.
8. BLS/AED Athens, 13 February 2006 .
9. Postgraduate course - 26^{ou} Panhellenic Gastroenterology Congress. Athens, 12 November 2006.
10. Postgraduate courses «From symptom to disease» - HSG. Thessaloniki , 12 MAY 2007.
11. Primary Health Care Training Days «G.Papadakis». Athens 11-15 February 2008.
12. Primary Health Care educational seminar . Volos 11-13 April 2008.
13. Postgraduate course of gastroenterology « From symptom to disease ». Karditsa 12 May 2008.
14. Emergency Life Support Seminar . Athens, 23 May 2008.
15. Primary Health Care Training Days «G.Papadakis». Athens 1-5 February 2010.
16. Postgraduate course «Developments in Internal medicine». Leykada , 4-6 June 2010.
17. Postgraduate course "Endoscopy". HSG Athens, 25 September 2010.
18. 8ⁿ Educational Workshop-EPEGE « IBD in every day clinical practice. Athens, 2-3 Οκτωβρίου 2010.
19. Εκπαιδευτικές Ημερίδες Πρωτοβάθμιας φροντίδας υγείας "Γ.Παπαδάκης". Athens, 31 January - 4 February 2011.
20. 7ⁿ Educational Workshop ELIGAST « Developments in Gastroenterology and Hepatology». Athens, 10-11 February 2012.
21. Educational Workshop « What is changing in Hepatology». Ioannina ,11-12 May 2012.
22. 25th ECCO Educational Workshop on the ECCO Consensus on Crohn's disease, Ulcerative Colitis, Opportunistic Infections and Reproduction in IBD. Athens, Greece July 7, 2012.
23. 11ⁿ Educational Workshop-EPEGE «Hepatology in every day clinical practice. Athens, 28-29 September 2013.

24. 8ⁿ Educational Workshop ELIGAST « Developments in Gastroenterology and Hepatology». Athens, 8-9 February 2013.
25. Postgraduate Teaching Programme October 12-13, 2013, 21th United European Gastroenterology Week, Berlin, Germany.
26. 6^o Hepatology school - Hellenic Association for the Study of the Liver ακαδημαϊκό 2012-2013.
27. 2nd Teaching Course on Gastrointestinal Endoscopy (Hands –on Postgraduate course) . Athens, Greece January 24-25, 2014.
28. 8ⁿ Educational Workshop ELIGAST « Developments in Gastroenterology and Hepatology». Athens 7-8 February 2014.
29. 12th IBD Intensive Advanced Course for Junior Gastroenterologists at the 9th Congress of ECCO- European Crohn's and Colitis Organization. Copenhagen, Denmark, February 19-20, 2014.
30. Postgraduate courses – HSG 2013-2014 «Oesophagus – Stomach ».
31. 13ⁿ Educational Workshop-EPEGE « Functional gastrointestinal disorders» Athens 5-6 December 2015.
32. Educational Workshop Gastroenterology – Hepatology 2016, Thessaloniki, 30 September -1 October 2016.
33. 14ⁿ Educational Workshop-EPEGE «Medication and digestive system» Athens, 8-9 October 2016.
34. 12ⁿ Educational Workshop ELIGAST. Athens,3-4 February 2017.
35. Postgraduate courses -HSG 2014-2015 «Small & large intestine»
36. Postgraduate courses -HSG . 2015-2016.
37. Postgraduate courses -HSG 2016-2017.
38. Postgraduate courses -HSG 2017-2018.
39. Postgraduate courses -HSG 2018-2019.
40. Postgraduate course - HSG . 37^{ou} Panhellenic Gastroenterology Congress. Thessaloniki, 5-7 October 2017.
41. Received the ERC(European Resuscitation Council) qualification Immediate Life Support(ILS)- Athens 28/9/2018.
42. 1st Intensive seminar of ibd and Immune Diseases of the Intestine . Athens, 27-28 September 2019
43. 2nd Educational school - 2019

2. CONFERENCE ATTENDANCE

A. International

1. 4th International Athens Live Endoscopy Course. Athens, 3 November, 2012.
2. 30th GEEW ("Gastroenterology and Endotherapy: 30th European Workshop"). Brussels, 18-20 June, 2012.
3. 21th United European Gastroenterology Week (UEG Week), Berlin, Germany 12-16 October 2013.
4. Amsterdam Live Endoscopy 2013 (Paul Fockens). Amsterdam ,Netherlands 16-17 December ,2013.
5. 9th Congress of ECCO - European Crohn's and Colitis Organization, Inflammatory Bowel Diseases 2014. Copenhagen, Denmark, February 20 - 22, 2014.
6. Endo Live Roma 2015 (Dr G. Costamagna). Rome, Italy, 6-8 May ,2015
7. EndoClub Nord 2017, "live streaming" Hamburg 3 Νοεμβρίου 2017.
8. ESGE DAYS 2019 Congress ,Prague, Czech Republic. April 4-6,2019

B. Greek conferences

1. 24^o Panhellenic Gastroenterology Congress. Athens 6 -9 November 2004.
2. " Cardiology ,hypertension / arrhythmias / Heart in elderly / Myocardial infarction. Karditsa. 27 Mart 2005.
3. 31^o Πανελλήνιο Ιατρικό συνέδριο. Αθήνα, 21 Μαΐου 2005.
4. 25^o Panhellenic Gastroenterology Congress. Thessaloniki, 5-8 October 2005.
5. 32^o Annual Panhellenic medical conference. Αθήνα,13 May 2006.
6. Medical Symposium . Lake Plastira, 7-8 April 2006.
7. 19 Seminar «Hypertension 2006: Αθήνα, 9 May 2006.
8. 26^o Panhellenic Gastroenterology Congress. Athens, 9-12 November 2006.
9. 33^o Annual Panhellenic medical conference. Athens, 2-5 May 2007.
10. « Prevention and Treatment of Bedsores». Katerini, 18 May 2007.
11. 27^o Panhellenic Gastroenterology Congress. Thessaloniki, 4-7 October 2007.
12. 10^o Cardiology Conference. Larisa, 11-14 October 2007.
13. 23^o Hellenic Medical Conference. Thessaloniki 27-29 March 2008.
14. 34^o Annual Panhellenic medical conference. Athens, 20-24 May 2008.

15. 4^o Symposium of General Medicine. Loutraki, 25-28 September 2008.
16. 28^o Panhellenic Gastroenterology Congress. Athens, 13-16 November 2008.
17. Developments in Gastroenterology. Athens 3-5 April 2009.
18. 16^o Hellenic Conference on Helicobacter pylori. Athens, 11-12 March 2011.
19. 31^o Panhellenic Gastroenterology Congress. Thessaloniki, 6-8 October 2011.
20. « HCV:». Athens , 25 May 2012.
21. 11^o Panhellenic IBD Congress. Porto Heli, 8-10 June 2012.
22. 32^o Panhellenic Gastroenterology Congress. Athens, 29 November –1December 2012.
23. Endoscopy seminar – HSG . Athens, 20 April 2013.
24. 33^o Panhellenic Gastroenterology Congress. Thessaloniki, 5-7 December 2013.
25. Annual Conference of Scientific Departments – HSG -Athens, 12 April 2014.
26. 13^o Panhellenic IBD Congress. Delphi, 22-24 May 2014.
27. « Synopsis of Digestive Disease Week-AASLD». Athens, 29 November 2014.
28. 34^o Panhellenic Gastroenterology Congress. Athens, 4-6 December 2014.
29. 10ⁿ Educational Workshop ELIGAST. Athens,3-4 February 2017.
« Developments in Gastroenterology and Hepatology». Athens, 6-7 February 2015.
30. Annual Conference of Scientific Departments – HSG -Athens, 4 April 2015.
31. 14^o Panhellenic IBD Congress. Eretria, 5-7 June 2015.
32. « Synopsis of Digestive Disease Week-AASLD». Αθήνα, 27 Ιουνίου 2015.
33. 35^o Panhellenic Gastroenterology Congress. Kalmata,8-10 October 2015.
34. 36^o Panhellenic Gastroenterology Congress. Athens, 24-27 November 2016
35. 16^o Panhellenic IBD Congress. Nayplio 9-11 June 2017
36. « Synopsis of Digestive Disease Week-AASLD». Athens, 20 Μαΐου 2017.
37. 37^o Panhellenic Gastroenterology Congress. Thessaloniki, 5-7 October 2017.
38. 15ⁿ Panhellenic Workshop EPEGE « Stomach». Athens 2 & 3 December 2017.
39. «Inpatient transport protocols based on guideline» Trikala February 2018.
40. 13ⁿ Educational Workshop ELIGAST. «Developments in Gastroenterology and Hepatology». Athens 23-25 February 2018.
41. 17^o Panhellenic IBD Congress. Thessaloniki 18-20 May 2018

42. « Synopsis DDW 2018». Athens 23 June 2018.
43. 16th Panhellenic Workshop EPEGE «Small & large intestine diseases ». Αθήνα 28-30 Σεπτεμβρίου 2018
44. « Palliative care for end-stage cancer patients». Trikala 1 December 2018.
45. 38^o Panhellenic Gastroenterology Congress. Athens, 6-9 December 2018
46. 18^o Panhellenic IBD Congress. Argolida 30 May – 2 June 2019
47. 17th Educational Workshop EPEGE «Endoscopy- The future, challenges and prospect», Athens 7 & 8 December 2019.
48. 15th Educational Workshop ELIGAST. «Developments in Gastroenterology and Hepatology». Athens 6-8 March 2020.
49. Educational workshop-IBD. Athens 11- 12 September 2020.
50. 12th Hepato - Gastroenterology Workshop. Ioannina 18 - 20 September 2020
51. “ Interactive Approach to Patients with Digestive System Tumors. Diagnostic and Therapeutic Dilemmas ”. Athens, 30 October -1 November 2020
52. 25^o Hellenic Conference on Helicobacter pylori. Athens 6 & 7 November 2020
53. 40^o Panhellenic Gastroenterology Congress. Athens , 3-6 Δεκεμβρίου 2020