

CURRICULUM VITAE

Maria Vlachava
Nutritionist - Dietitian
[PhD, MSc, Associate Public Health Nutritionist (APHN)]



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Item	Number
Books	0
Book Chapters	1
Articles in International Peer-Reviewed Journals Indexed in Bibliographical Databases	13
Articles not Indexed in Bibliographical Databases	1
Refereed International Conference Presentations	25
Invited Presentations	1
Google Scholar/Scopus Citation Index (including self-citations)	419
Google Scholar/Scopus h-index	9
Involved in Successful Grant Applications	1

Research interests

Public health nutrition, epidemiology, human nutritional intervention trials during pregnancy and early life, lactation, infancy, childhood, allergies and atopic disease, omega-3 fatty acids, antioxidants, Mediterranean diet vs. western diet, physical activity, chronic diseases (cardiovascular disease, cancer, metabolic syndrome, obesity), developmental origins of health and disease, Inflammatory Bowel Diseases.

Research Grants

- Feb 2021- Dec 2022 «SMART LIVING HOMES – WHOLE INTERVENTIONS DEMONSTRATOR FOR PEOPLE AT HEALTH AND SOCIAL RISKS: ‘GATEKEEPER’»
<https://cordis.europa.eu/project/id/857223> Horizon 2020.

Work experience

- Sept. 2020 - June 2021 High School- Vocational (EPAL)Teacher of Nutrition at Volos
- January 2011- Free-lance nutritionist-dietitian in collaboration with medical doctors in Volos, Greece
- November 2009 Paediatric blood processing, separation and storage for a research project in Southampton General Hospital

- July 2007-August 2009 Nutritionist in 'Princess Anne' Maternity Hospital, Southampton, UK
- April 2007 Human nutrition seminars to medical students in University of Southampton
- 2005 (3 months-summer) Volunteer advisor in health and nutrition, in a public sports center in Volos, Greece
- 2004-2005 (6 months) Employed as a dietitian in a private weight management clinic in Athens, Greece
- 2004 (6 months) University placement: General Hospital of Volos, Department of Nutrition : Trainee as Clinical Nutritionist and Dietitian

Education

University of Thessaly, Department of Dietetics and Nutrition, 2021 Feb-today

- PostDoc position. Title: «New technologies dietary interventions for the prevention and treatment of Metabolic Syndrome».

University of Thessaly, School of Medicine, Gastroenterology Clinic, Larisa University Hospital, Central Greece, 2019-2021

- PostDoc in Gastroenterology Clinic of Larisa University Hospital, School of Medicine
Title: Nutritional assessment of IBD patients before and after dietetic advice.

EOPPEP - National Organisation for the Certification of the Vocational Guidance

- Accredited with the Certification of the teaching qualification of Trainers for Adults of non-formal education (July, 2018 : Qualification Number EB 36759)

Institute of Human Nutrition, University of Southampton, Southampton, UK, 2006- 2010

- **PhD in omega-3 fatty acids during pregnancy and allergies in infancy, a randomized controlled trial**

Thesis title: Salmon In Pregnancy Study (SIPS): The effects of increased oily fish intake during pregnancy on maternal and cord blood fatty acid composition, cord blood immunity and atopy outcomes in infants at 6 months of age. (Abstract attached)

(https://eprints.soton.ac.uk/199377/1/M.Vlachava_PhD_e-Thesis_2010.pdf)

Supervisor: Professor P.C. Calder

European project funded by EU framework 6 and AQUAMAX

University of Glasgow, Glasgow, UK, 2005-2006

- **MSc in Human Nutrition
Specialization in Public Health Nutrition (with Merit)**

Project title: The impact of exercise programmes of similar intensity and total duration, but different frequency per week, on metabolic risk factors of Coronary Heart Disease on overweight women.

In depth review title: A detailed and critical examination of the published literature on the

relation between red/processed meat consumption and risk of colorectal cancer in humans.

Technical University of Crete, Greece, 2000-2004

- **BSc (Honours) course in Human Nutrition & Dietetics (grade "Excellent" 8.8/10)**

Dissertation project title: Study of the systematic use of drugs against obesity (orlistat and sibutramine) in Greece from cases of Greek doctors and from the collaboration of doctors and dietitians.

**Teaching/
Research
activities**

March 2021-July 2021 Contract for teaching and research, 407/80, at University of Thessaly for teaching «Dietary planning» 2h/week (1 h Theory + 1 h Lab), Department of Dietetics and Human Nutrition

October 2020- January 2021 Academic Fellow at Department of Public Health, University of Thessaly, teaching of module «Human Nutrition» 2h/week

October 2020- January 2021 Academic Fellow at Department of Nutrition & Dietetics, University of Thessaly, teaching of 2 modules: «Dietetic planning at life stages», 2h/week & «Nutrition Counselling», 2h/week

10.2019- 6.2020 Contract for teaching and research at University of Thessaly for teaching 'Introduction to Human Nutrition and Foods Sciences', 'Nutritional trends and consuming patterns', 'Nutritional education'. Department of Dietetics and Nutrition, University of Thessaly, Trikala.

02.2019 – 6.2019 Scientific associate at Department of Nutrition and Dietetics, Karditsa, Technical University of Thessaly, Greece. Modules: 'Nutritional Habits & Nutritional Education' (Theory 2hours/week), 'Nutrition at Life Stages II' (Theory 2hours/week)
+Supervision of 6 Dissertation Theses.

10.2018 - 02.2019 Academic Fellow for gaining teaching experience for new Doctorates At TEI of Thessaly, Department of Nutrition & Dietetics. Module: 'Nutrit Counseling' (Theory 2hours/week)

02.2018 – 09.2018 Scientific associate at Department of Nutrition and Dietetics, Karditsa, Technical University of Thessaly, Greece. Modules: 'Nutritional Assessment' (Theory 3hours/week)

01.2017 - Scientific cooperation with the Department of Ichthyology, lab of Aquaculture and Welfare, University of Thessaly, Greece

10.2015 - Tutor at MSc course 'Nutrition in Health and Disease', Faculty of Medicine, University of Thessaly, Greece. Seminars on 'Human nutrition in life stages', 'Nutrition during pregnancy, lactation and infancy' and 'Obesity, childhood obesity and metabolic syndrome' + Supervision of 2 MSc Theses.

10.2012 - 02.2013 Scientific and Lab associate at Department of Nutrition and Dietetics, Karditsa, Technical University of Thessaly, Greece. Module: 'Diet planning physiological life stages' (Theory + practical), 8 hours/week

2006-2010

European Union Framework 6 Funding-AQUAMAX programme-PhD Student
3.5 years (42 months)

1. International Journal papers with reviewers (14)

1. Garcia-Rodriguez CE, Olza J, Mesa MD, Aguilera CM, Miles EA, Noakes PS, **Vlachava M**, Kremmyda LS, Diaper ND, Godfrey KM, Calder PC, Gil A. Fatty acid status and antioxidant defense system in mothers and their newborns after salmon intake during late pregnancy. *Nutrition*.2017; 33:157-162.
2. Rossary A, Farges MC, Lamas B, Miles EA, Noakes PS, Kremmyda LS, **Vlachava M**, Diaper ND, Robinson SM, Godfrey KM, Calder PC, Gil A. Increased consumption of salmon during pregnancy partly prevents the decline of some plasma essential amino acid concentrations in pregnant women. *Clinical Nutrition*.2014; 33(2):267-273.
3. Urwin HJ, Miles EA, Noakes PS, Kremmyda LS, **Vlachava M**, Diaper ND, Godfrey KM, Calder PC, Vulevic J, Yaqoob P. Effect of salmon consumption during pregnancy on maternal and infant faecal microbiota, secretory IgA and calprotectin. *British Journal of Nutrition*. 2014; 111(5):773-84.
4. Urwin HJ, Miles EA, Noakes PS, Kremmyda LS, **Vlachava M**, Diaper ND, Perez-Cano FJ, Godfrey KM, Calder PC, Yagoob P. Salmon Consumption during Pregnancy Alters Fatty Acid Composition and Secretory IgA Concentration in Human Breast Milk. *Journal of Nutrition*. 2012; 142(8): 1603-10.
5. Garcia-Rodriguez CE, Mesa MD, Olza J, Aguilera CM, Miles EA, Noakes PS, **Vlachava M**, Kremmyda LS, Diaper ND, Godfrey, KM, Calder PC, Gil A. Plasma inflammatory and vascular homeostasis biomarkers in newborns are not affected by mothers' oily fish intake. *Journal of Nutrition*. 2012; 142(7):1191-6.
6. García-Rodríguez CE, D Mesa M, Olza J, **Vlachava M**, Kremmyda LS, Diaper ND, Noakes PS, Miles EA, Ramírez-Tortosa MC, Liaset B, Frøyland L, Rossary A, Farges MC, Vasson MP, Aguilera CM, Helmersson-Karlqvist J, Godfrey KM, Calder PC, Basu S, Gil A. Does Consumption of Two Portions of Salmon Per Week Enhance the Antioxidant Defense System in Pregnant Women? *Antioxidants & Redox Signaling*. 2012; 16(12): 1401-6.
7. Noakes PS, **Vlachava M**, Kremmyda LS, Diaper ND, Miles EA, Erlewyn-Lajeunesse M, Williams AP, Godfrey KM, Calder PC. Increased intake of oily fish in pregnancy: effects on neonatal immune responses and on clinical outcomes in infants at 6 months. *American Journal of Clinical Nutrition*. 2012; 95(2):395-404.
8. Helmersson-Karlqvist J, Miles EA, **Vlachava M**, Kremmyda LS, Noakes PS, Diaper ND, Godfrey KM, Calder PC, Basu S. Enhanced prostaglandin F2 α formation in human pregnancy and the effect of increased oily fish intake: results from the Salmon in Pregnancy Study. *Prostaglandins Leukotriens Essential Fatty Acids*. 2012; 86(1-2):35-8.
9. Van den Elsen LW, Noakes PS, van der Maarel MA, Kremmyda LS, **Vlachava M**, Diaper ND, Miles EA, Eussen SR, Garssen J, Willemsen LE, Wilson SJ, Godfrey KM and Calder PC. Salmon consumption by pregnant women reduces ex vivo umbilical cord endothelial cell activation. *American Journal of Clinical Nutrition*. 2011; 94(6):1418-25.
10. Miles EA, Noakes PS, Kremmyda L-S, **Vlachava M**, Diaper ND, Rosenlund G, Urwin H, Yaqoob P, Rossary A, Farges M-C, Vasson M-P, Liaset B, Frøyland L, Helmersson J, Basu S, Garcia E, Olza J, Mesa MD, Aguilera CM, Gil A, Calder PC. The Salmon in Pregnancy Study: study design, subject characteristics, maternal fish and

marine n-3 fatty acid intake, and marine n-3 fatty acid status in maternal and umbilical cord. *American Journal of Clinical Nutrition*. 2011; 94(6 Suppl):1986S-1992S.

11. García-Rodríguez CE, Helmersson-Karlqvist J, Dolores Mesa M, Miles EA, Noakes PS, **Vlachava M**, Kremmyda LS, Diaper ND, Godfrey KM, Calder PC, Gil A and Basu S. Does increased intake of salmon increase markers of oxidative stress in pregnant women? The salmon in pregnancy study. *Antioxidants & Redox Signaling*. 2011; 15(11): 2819-23.
12. Kremmyda LS, **Vlachava M**, Noakes PS, Diaper ND, Miles EA, Calder PC. Atopy Risk in Infants and Children in Relation to Early Exposure to Fish, Oily Fish, or Long-Chain Omega-3 Fatty Acids: A Systematic Review. *Clinical Reviews in Allergy & Immunology*. 2011; 41(1):36-66.
13. Calder PC, Kremmyda LS, **Vlachava M**, Noakes PS, Miles EA. Is there a role for fatty acids in early life programming of the immune system? *Proceedings of the Nutrition Society*. 2010; 69(3):373-80.
14. **Vlachava M**, Stavropoulos V. School and social integration of refugee and migrant adolescent students in Greece. Contemporary insights and trends towards upper secondary education. *International Journal of Educational Innovation*. 2019;1:142-151.

2. Chapters in books (1)

- i. Calder PC, Kremmyda LS, **Vlachava M**, Noakes PS and Mile EA, Papel de los acidos grasos en la programacion temprana del sistema inmunitario. In: Marcos, A. (ed.) Inmunonutricion – En la salud y la Enfermedad. Editorial Medica Panamericana, Madrid, 2011, pp. 102-112.

3. Conference communications (international and national level)

➤ Oral communications (8)

13^ο Μακεδονικό Συνέδριο Διατροφής-Διαιτολογίας, Διαδικτυακό Συνέδριο, 25-27 Σεπτεμβρίου 2020.

Βλαχάβα Μ. Αξιολόγηση κατάστασης θρέψης ασθενών με ιδιοπαθή φλεγμονώδη εντερικά νοσήματα. **(CONF.20)**

4^ο Διεθνές Συνέδριο για την Προώθηση της Εκπαιδευτικής Καινοτομίας, Λάρισα. 12-14 Οκτώβριου 2018.

Vlachava M. & Stavropoulos V. School and social integration of refugee and migrant adolescent students in Greece. Contemporary insights and trends towards upper secondary education. **(3ο Βραβείο 9/σέλιδης εργασίας με κρίση)**

12^ο Μακεδονικό Συνέδριο Διατροφής & Διαιτολογίας, Θεσσαλονίκη, 11-13 Μαΐου 2018.

Βλαχάβα Μ., Κρεμμύδα Λ-Σ, Noakes P, Miles L, Calder P. Η επίδραση της διατροφικής παρέμβασης με λιπαρό ψάρι, κατά τη διάρκεια της εγκυμοσύνης, στην περιεκτικότητα ω-3 λιπαρών οξέων στο αίμα εγκύων και των νεογνών τους και στην εκδήλωση ατοπικής νόσου κατά τη διάρκεια της βρεφικής ηλικίας.

12^ο Συνέδριο Αλλεργιολογίας και Κλινικής Ανοσολογίας, Αθήνα, 29 Μαρτίου-1 Απριλίου 2018.

Βλαχάβα Μ., Κρεμμύδα Λ-Σ, Noakes P, Miles L, Calder P. Η επίδραση της αυξημένης διατροφικής πρόσληψης ω-3 λιπαρών οξέων από έγκυες γυναίκες στην εκδήλωση ατοπικής

νόσου στα βρέφη τους στην ηλικία των 6 μηνών.

International Conference on developmental Origins of health and Disease, Campus of the University Hospital, Munich, Germany, 6-8 May 2010 'The Power of Programming'

Plenary session με 3 ομιλίες με αναφορές στο ερευνητικό έργο της ομάδας από τους Liz Miles, Paul Noakes, Angel Gil (SIPS study)

6th World Congress on Developmental Origins of Health and Disease conference, 19-22 November 2009, Santiago, Chile (με βραβείο «νέου ερευνητή»)

O-7C-67. **M. Vlachava**, L-S Kremmyda, EA Miles, ND Diaper, PN Noakes, PC Calder. Salmon in Pregnancy study (SIPS): Consumption of farmed salmon twice a week during pregnancy increases the EPA and DHA content of maternal and foetal plasma phospholipids.

➤ **Poster communications (15)**

18^ο Πανελλήνιο Συνέδριο Ιδιοπαθών Φλεγμονοδών Νόσων του Εντέρου, Αργολίδα, 30 Μαΐου-2 Ιουνίου 2019.

Βλαχάβα Μ, Ποταμιάνος Σ. Βιβλιογραφική ανασκόπηση της διατροφικής κατάστασης ασθενών με ιδιοπαθή φλεγμονώδη εντερικά νοσήματα (ΙΦΕΝ).

3rd International Congress on Applied Ichthyology and Aquatic Environment, HYDROMEDIT, Volos, 8-11 November 2018.

Vlachava M., Kremmyda L.-S., Noakes P., Miles E., Liaset B., Froyland L., Calder P. Functional aquacultured oily fish enhances the long chain omega-3 fatty acids status in human nutrition intervention study.

40th ESPEN Congress on Clinical Nutrition and Metabolism, Madrid, September 2018.

Gouela M., Migdanis A., **Vlachava M.**, Migdanis I. Koukoulis G., Oikonomou K., Kapsoritakis A., Sgantzios M. Assessment Of Nutritional Status, Intake, And Habits Of Refugees Residing In Reception And Resettlement Centres In Greece: Preliminary Results.

6th International Workshop on Immunonutrition, 15-17 October 2012, Palma de Mallorca, Spain

C. E. Garcia-Rodriguez, M. D. Mesa, J. Olza, C. M. Aguilera, E. A. Miles, P. S. Noakes, **M. Vlachava**, L. S. Kremmyda, N. D. Diaper, K. M. Godfrey, P. C. Calder and A. Gil. Plasma inflammatory and vascular homeostasis biomarkers in newborns are not affected by mothers' oily fish intake.

70th Anniversary Conference on From Plough Through Practice to Policy. Proceedings of the Summer Meeting of the Nutrition Society, University of Reading, UK, 4-6 July 2011

- Miles EA, Kremmyda LS, **Vlachava M**, Diaper ND, Noakes PS, Godfrey KM, Calder PC. Increased intake of oily fish during pregnancy increases both maternal and neonatal n-3 PUFA status: results from the Salmon in Pregnancy Study. *Proceedings of the Nutrition Society*. 2011; 70(OCE4): E164.
- Noakes PS, Kremmyda LS, **Vlachava M**, Diaper ND, Miles EA, Godfrey KM, Calder PC. Dietary supplementation with oily fish in pregnancy: effects on neonatal immune responses. *Proceedings of the Nutrition Society*. 2011; 70(OCE4): E225.

European Society for Paediatric Gastroenterology, Hepatology, and Nutrition Annual Meeting, June 9–12, 2010, Istanbul, Turkey

- Van den Elsen LWJ, Noakes PS, van der Maarel MA, Kremmyda LS, **Vlachava M**, Diaper ND, Miles

EA, Eussen SR, Garssen J, Willemsen LE, Wilson SJ, Godfrey KM and Calder PC. Salmon consumption by pregnant women reduces ex vivo umbilical cord endothelial cell activation. *Journal of Pediatric Gastroenterology and Nutrition*. 2010; 50(S2): E95-E96.

11th European Nutrition Conference (FENS), Madrid, Spain, 26-29 October 2011

- Garcia-Rodriguez C, Mesa M, Olza J, Vlachava M, Kremmyda LS, Diaper ND, Noakes PS, Miles EA, Liaset B, Froyland L et al. Farmed salmon supplementation enhances the enzymatic defence system. *Annals of nutrition and Metabolism*. 2011; 58(S3): 89-90.
- Garcia-Rodriguez C, Helmersson-Karlqvist J, Mesa M, Miles EA, Noakes PS, Vlachava M, Kremmyda L, Diaper ND, Gil A, et al. Increased intake of salmon decreases F2-isoprostanes in pregnant women. *Annals of nutrition and Metabolism*. 2011; 58 (S3):122-3.

3rd Immunonutrition Workshop, 21-24 October 2009, Girona, Spain

- Kremmyda LS, **Vlachava M**, Noakes PS, Miles EA, Diaper ND, Calder PC. Salmon in pregnancy study (SIPS): the effects of increased oily fish intake during pregnancy on maternal peripheral blood mononuclear cell fatty acid composition and cytokine responses. *Proceedings of the Nutrition Society*. 2010; 69:310.
- Kremmyda LS, **Vlachava M**, Noakes PS, Miles EA, Diaper ND, Calder PC. The effects of increased oily fish intake during pregnancy on maternal immune cell subsets- results from the salmon in pregnancy study (SIPS). *Proceedings of the Nutrition Society*. 2010; 69:302.
- Noakes PS, **Vlachava M**, Kremmyda LS, Diaper ND, Miles EA, Calder PC. The effects of increased oily fish intake during pregnancy on neonatal immune cells: results from the salmon in pregnancy study (SIPS). *Proceedings of the Nutrition Society*. 2010; 69:230.
- **Vlachava M**, Kremmyda LS, Diaper ND, Noakes PS, Miles EA, Calder PC. Salmon in pregnancy study (SIPS): the effects of increased oily fish intake during pregnancy on cord blood mononuclear cell (CBMC) fatty acid composition and cytokine responses. *Proceedings of the Nutrition Society*. 2010; 69:310.
- **Vlachava M**, Kremmyda LS, Diaper ND, Noakes PS, Miles EA, Calder PC. Salmon in pregnancy study (SIPS): increased oily fish intake during pregnancy, cord blood plasma immunoglobulin E (IgE) and interleukin-13 (IL-13) concentrations and clinical outcomes in infants at high risk of atopy. *Proceedings of the Nutrition Society*. 2010; 69:311.

6th World Congress on Developmental Origins of Health and Disease conference, 19-22 November 2009, Santiago, Chile

- P-7C-328. Salmon in Pregnancy Study (SIPS): the effects of increased oily fish intake during pregnancy on maternal and cord blood mononuclear cell fatty acid composition. L-S Kremmyda, M. Vlachava, EA Miles, ND Diaper, PN Noakes, PC Calder.