

Paris Christodoulou

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Home: Charas 31, Neo Iraklion, 14121 Athens (Greece)

REVIEW

Professional Skills

- Business Development
- Conceptualization, Design and Writing of Scientific proposals
- Conceptualization Design and Writing of Business-wised proposals
- Project Management and Administration
- SMEs consultancy
- Technology transfer and Innovation expert
- ISO 22000:2018 guidelines
- ISO 22000:2018 inspections/preparations
- ISO 9001:2015 guidelines
- ISO 9001:2015 preparations
- Troubleshooting and maintenance of the nuclear magnetic resonance equipment
- NMR-based metabolomics data processing (food and biofluid matrices)
- LC/MS-based metabolomics data processing (food and biofluid matrices)
- NMR analysis
- IRMS routine analysis
- Chemometrics applications
- R&D expertise on novel and functional foods
- Multi-omics analysis

LAB SKILLS

Analytical Techniques and Laboratory Experience

- Nuclear Magnetic Resonance: Varian 600 & 300 MHz
- Sample Preparation (Solid Phase Extraction (SPE) applications, Liquid-Liquid Extraction, Lyophilisation, Centrifugation)
- Instrumental analysis skills
- Biological/Biochemical in vitro (cell free) assays implementation
- Single-cell gel electrophoresis
- Next Generation Sequencing sample preparation

WORK EXPERIENCE

Self Employed

Self Employed [Current]

City: Athens | **Country:** Greece

- Research and Development in Chemistry
- Technology transfer and innovation expert
- ISO 22000:2018 guidelines
- ISO 22000:2018 preparations

Gastronomy Lifelong learning educational services

University of West Attica [Current]

City: Aigaleo | Country: Greece

- Lifelong learning program management
- Design of educational material
- Tutor
- Dissemination activities

Chief executive officer

Chefistry R&D in Gastronomy P.C [11/2018 – 04/2020]

City: Athens | Country: Greece

- Business Management
- Business Development
- Design of Research and Development services for Haute Gastronomy
- Design of educational services for chefs
- Dissemination activities

Business consultant

TTMI Consulting LTD [02/2017 – 12/2018]

City: Marousi | Country: Greece

- Conceptualization, Design and Writing of Scientific proposals
- Conceptualization Design and Writing of Business-wised proposals
- Project Management and Administration
- SMEs consultancy
- Technology transfer and Innovation expert
- ISO 9001:2015 guidelines
- ISO 9001:2015 preparations

RESEARCH WORK EXPERIENCE

[11/2023 – 06/2024]

Researcher in ""ElderFFV" funded program

University of West Attica

- Quality and safety evaluation of post-harvest stage of fresh fruits and vegetables during storage
- Shelf-life assessment
- Project administration and management
- Dissemination activities

[11/2022 – 05/2023]

Researcher in "Cloudscreen" funded program

National Hellenic Research Foundation

- Laboratory approaches for sitagliptin drug retargeting and repositioning
- Support for laboratory approaches

[09/2021 – 09/2022]

Researcher in "AgroWasteForNutritiousMushrooms" funded program

National Hellenic Research Foundation

- NMR metabolomic analysis of intervention serum samples
- Application of chemometrics to find biomarkers of interest
- Dissemination activities

[09/2020 – 08/2021]

Researcher in "INSPIRED - INSTRUCT - EL hub" funded program

National Hellenic Research Foundation

- Application of NMR techniques on biological matrices and biomolecules
- Dissemination activities

[06/2020 – 03/2021]

Researcher in "Immune regulation of obesity-related cardiometabolic disease" funded program

Medical School - National and Kapodistrian University of Athens

- Application of LC/MS analysis for the quantification of steroid hormones in mice serum and adrenal glands samples

[10/2019 – 11/2020]

Researcher in "Multifunctional nanosystems encapsulated with natural therapeutic agents for the treatment of osteoarthritis" funded program

School of Chemical Engineers - National Technical University of Athens

- Characterization of nanoparticles by NMR techniques
- In vitro evaluation of their biological activity

[03/2019 – 09/2019]

Researcher in "Targeted therapeutic approaches against degenerative diseases with emphasis on Cancer and Aging - optimization of targeted bioactive compounds" funded program

National Hellenic Research Foundation

- Evaluation of cytotoxic and genotoxic effect of bioactive compounds with anticancer/antiaging activity

[12/2017 – 05/2018]

Researcher in "PHYTOM" funded program

National Hellenic Research Foundation

- Application of pyrosequencing analysis to study the effects of exposure to biopersistent pollutants on Neurodevelopment
- Chemometrics application

[08/2015 – 11/2015]

Researcher in "Targeted therapeutic approaches against neurodegenerative diseases with emphasis on Cancer and Aging" funded program

National Hellenic Research Foundation

- NMR application to study the entrapment of bioactive compounds in nanostructures

[03/2013 – 06/2013]

Practical Thesis

General Chemical State Laboratory

- Routine food analysis studying the authenticity of food and beverages according to European and National Food and Drink Standards Legislation

EDUCATION AND TRAINING

Academic Education - Post Doctoral Researcher

Food Science and Technology Department, University of West Attica [Current]

City: Aigaleo | Country: Greece | Website: <https://fst.uniwa.gr/>

"Smart data analysis methodology, targeting natural compounds identification of food matrices - Application in food metabolomic studies"

"Development of a functional food targeting Elderly people - ElderFun"

Academic Education - PhD

Department of Biochemistry and Biotechnology, University of Thessaly [01/2017 – 09/2023]

City: Larissa | Country: Greece

"Effect of mushrooms β -glucans on gut microbiome's metabolome (NMR) & metataxome (NGS)"

Academic Education - M.Sc in Industrial Chemistry

Department of Chemistry, National and Kapodistrian University of Athens [09/2013 – 03/2016]

City: Athens | Country: Greece

"Investigation of antioxidant activity of wine extract and synthetic analogues of hydroxytyrosol in Caco2 cell line utilizing Comet assay and applied NMR metabolomic of the intracellular metabolic footprint"

Academic Education - Bachelor of Science in Chemistry

Department of Chemistry, National and Kapodistrian University of Athens [09/2005 – 06/2013]

City: Athens | Country: Greece

Training - ISO 22000:2018 (Inspectors)

BQG Hellas [02/2019 – 02/2019]

City: Athens | Country: Greece

Certified inspector

Training - ECDL

GlobalCert - EOPEP [09/2020 – 10/2020]

City: Athens | Country: Greece

- Word processing
- Spreadsheets
- Internet services

Training - LINUX

GlobalCert - EOPEP [09/2020 – 11/2020]

City: Athens | Country: Greece

- Command line
- RDP
- SSH
- Implementation of open source systems
- LTSP

Training - Urinary NMR diagnostics for inborn errors of metabolism using rule-based interpretation

SelectScience [10/2020 – 10/2020]

Country: United Kingdom

- NMR quantitative report
- Link NMR report with metagene data
- Prognosis and diagnosis analysis

LANGUAGE SKILLS

Mother tongue(s): Greek

Other language(s):

English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

DIGITAL SKILLS

Advanced MS Office user / NMR spectroscopy s/w: Chenomx NMR suite, MestreNova, ACD/Labs, VnmrJ / Chemometrics softwares: Simca-P, Metaboanalyst, Microbiomeanalyst / Databases: Metabominer, Metaboneer, HMDB, FooDB, PH-hub, PlantReactome

PUBLICATIONS

[2024]

[A Computational Approach for the Discovery of Novel DNA Methyltransferase Inhibitors](#) E Kritsi, P Christodoulou, T Tsiaka, P Georgiadis, M Zervou

Current Issues in Molecular Biology 46 (4), 3394-3407

[2024]

[Evaluation of the Quality Changes in Three Commercial Pastourma Samples during Refrigerated Storage Using Physicochemical, Microbiological, and Image Analyses Combined with Chemometrics](#) E. Kritsi, G. Ladika, N. A Stavropoulou, M. Oikonomakou, A.-G. Ioannou, P. Christodoulou, S. J Konteles, D. Cavouras, V. J Sinanoglou

Foods 2024, 13(7), 1017

[Metabolomic Profiling of Second-Trimester Amniotic Fluid for Predicting Preterm Delivery: Insights from NMR Analysis](#) C. Kolvatzis, P. Christodoulou, I. Kalogiannidis, K. Tsiantas, I. Tsakiridis, C. Kyrkou, A. Cheilari, N. S Thomaidis, P. Zoumpoulakis, A. Athanasiadis, A.-M. Michaelidou

Metabolites 2023, 13(11), 1147

[2023]

[Quality Assessment of Ground Coffee Samples from Greek Market Using Various Instrumental Analytical Methods, In Silico Studies and Chemometrics](#) T. Tsiaka, E. Kritsi, S. M Bratakos, G. Sotiroidis, P. Petridi, I. Savva, P. Christodoulou, I. F Strati, P. Zoumpoulakis, D. Cavouras, V. J Sinanoglou

Antioxidants 2023, 12(6), 1184

[2023]

[In Vitro Fermentation of Pleurotus eryngii Mushrooms by Human Fecal Microbiota: Metataxonomic Analysis and Metabolomic Profiling of Fermentation Products](#) P. Christodoulou, M. Vlassopoulou, M. Zervou, E. Xanthakos, P. Moulos, G. Koutrotsios, G. I Zervakis, E. N Kerezoudi, E. K Mitsou, G. Saxami, A. Kyriacou, V. Pletsa, P. Georgiadis

J. Fungi 2023, 9(1), 128

[2022]

[Assessing the Phytochemical Profile and Potential of Traditional Herbal Infusions against Aldose Reductase through In Silico Studies and LC-MS/MS Analysis](#) T. Tsiaka, E. Kritsi, D. Z Lantzouraki, P. Christodoulou, D. Tsigrimani, I. F Strati, V. J Sinanoglou, P. Zoumpoulakis

Appl. Sci. 2022, 12(16), 8361

[2022]

[Design and development of novel nutraceuticals: Current trends and methodologies](#) T. Tsiaka, E. Kritsi, K. Tsiantas, P. Christodoulou, V. J Sinanoglou, P. Zoumpoulakis

Nutraceuticals 2022, 2(2), 71-90

[2020]

[Genoprotective properties and metabolites of \$\beta\$ -glucan-rich edible mushrooms following their in vitro fermentation by human faecal microbiota](#) A. Boulaka, P. Christodoulou, M. Vlassopoulou, G. Koutrotsios, G. Bekiaris, G. I Zervakis, E. K Mitsou, G. Saxami, A. Kyriacou, M. Zervou, P. Georgiadis, V. Pletsa

Molecules 2020, 25(15), 3554

[2020]

[Nanosystems for the encapsulation of natural products: The case of chitosan biopolymer as a matrix](#) A. Detsi, E. Kavetsou, I. Kostopoulou, I. Pitterou, A. Rozaria N. Pontillo, A. Tzani, P. Christodoulou, A. Siliachli, P. Zoumpoulakis

Pharmaceutics 2020, 12(7), 669

[2020]

Structure, activity and dynamics of extra virgin olive oil-in-water nanoemulsions loaded with vitamin D3 and calcium citrate S. Demisli, I. Theochari, P. Christodoulou, M Zervou, A Xenakis, V Papadimitriou

Journal of Molecular Liquids 306, 2020

[2019]

Evaluating the experimental cultivation of peppers in low-energy-demand greenhouses. An interdisciplinary study A. Kavga, I. F Strati, V. J Sinanoglou, C. Fotakis, G. Sotiroudis, P. Christodoulou, P. Zoumpoulakis

J Sci Food Agric 2019; 99: 781–789