ΝΙΚΟΣ Β. ΜΑΡΓΑΡΙΤΕΛΗΣ / ΣΥΝΤΟΜΟ CV

ΠΡΟΣΩΠΙΚΑ ΣΤΟΙΧΕΙΑ
Ημερομηνία γέννησης: 03/11/1984
Οικογενειακή κατάσταση: Παντρεμένος, μια κόρη
Διεύθυνση: Πολυκλείτου Ρέγκου 13, 54645, Θεσσαλονίκη, Ελλάδα
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Επισκόπηση

Ο Νίκος Μαργαριτέλης είναι Επίκουρος Καθηγητής στο ΤΕΦΑΑ Σερρών του Αριστοτελείου Πανεπιστημίου Θεσσαλονίκης. Έλαβε το Μεταπτυχιακό και Διδακτορικό του Δίπλωμα από το ΑΠΘ το 2013 and 2017, αντίστοιχα. Στο μεταπτυχιακό του εστίασε στις διατομικές διαφορές στις αποκρίσεις δεικτών οξειδωτικού στρες μετά από άσκηση*(Redox Biol;2:52, 2014)*. Στη διδακτορική του διατριβή εξέτασε πως αυτές οι διαφορές μεταφράζονται σε διαφορετικές προσαρμογές σε επίπεδο φυσιολογίας και βιοχημείας μετά από χρόνια άσκηση *(Acta Physiol;222:e12989, 2018)*, ενώ αντιμετώπισε και το στατιστικό φαινόμενο της «παλινδρόμησης προς τον μέσο όρο» *(Free Radic Res;50:1237, 2016)*. Τα ερευνητικά του ενδιαφέροντα περιλαμβάνουν επίσης: (i) τον ρόλο του οξειδωτικού στρες στην υγεία και σε παθολογικές καταστάσεις *(Cell Signal;28:256, 2016; Redox Biol;35:101499, 2020)*, (ii) τη χρησιμότητα των αντιοξειδωτικών ως θεραπευτικών μέσων *(Pharmacol Res;111:126, 2016*), (iii) την πρακτική χρήση των βιοδεικτών οξειδωτικού στρες *(Free Radic Biol Med;98:2, 2016)* και (iv) την εφαρμογή της μαθηματικής μοντελοποίησης και της προσομοίωσης στη βιολογία της άσκησης (*Int J Sports Med;41, 2020*). Ο Δρ. Μαργαριτέλης έχει δημοσιεύσει περισσότερα από 30 άρθρα σε διεθνή επιστημονικά περιοδικά σχετικά με την οξειδοαναγωγική βιολογία, τη φυσιολογία, την άσκηση και την διατροφή. Τέλος, προσφέρει τις υπηρεσίες του ως αξιολογητής σε περισσότερα από 20 διεθνή περιοδικά και είναι μέλος του Editorial Board σε περιοδικά όπως τα "Frontiers in Physiology", "Frontiers in Nutrition" and "International Journal of Environmental Research and Public Health".

Ποσοτική ανάλυση του έργου

Σύνολο άρθρων σε διεθνή επιστημονικά περιοδικά (ως πρώτος συγγραφέας)	35 (16)
Κεφάλαια βιβλίων	2
Παρουσιάσεις σε συνέδρια	>20
Προσκεκλημένες ομιλίες	6
Citation Index *(Google scholar 11/2021)*	862
h index *(Google scholar 11/2021)*	17
Αξιολογητής σε διεθνή επιστημονικά περιοδικά	>20

ΕΚΠΑΙΔΕΥΣΗ

2013-2017 PhD, ΤΕΦΑΑ Σερρών, Αριστοτέλειο Πανεπιστήμιο Θεσσαλονίκης. [Thesis title: "The role of free radicals and inter-individual variability in exercise adaptations"]

2011-2013 MSc, ΤΕΦΑΑ Σερρών, Αριστοτέλειο Πανεπιστήμιο Θεσσαλονίκης. [Thesis title: "Inter-individual variability of redox biomarkers responses after exercise"]

2002-2006 Σχολή Αξιωματικών Νοσηλευτικής, Αθήνα.

ΑΚΑΔΗΜΑ'Ι'ΚΕΣ ΘΕΣΕΙΣ

2021-Today ΤΕΦΑΑ Σερρών, Αριστοτέλειο Πανεπιστήμιο Θεσσαλονίκης [Επίκουρος Καθηγητής].

ΔΗΜΟΣΙΕΥΣΕΙΣ ΣΕ ΔΙΕΘΝΗ ΕΠΙΣΤΗΜΟΝΙΚΑ ΠΕΡΙΟΔΙΚΑ

1. **Margaritelis NV**, Chatzinikolaou PN, Chatzinikolaou AN, Paschalis V, Theodorou AA, Vrabas IS, Kyparos A, Nikolaidis MG. The redox signal: A physiological perspective. IUBMB Life. 2021 Sep 3. doi: 10.1002/iub.2550 [Ahead of print]
2. Theodorou AA, Zinelis PT, Malliou VJ, Chatzinikolaou PN, **Margaritelis NV**, Mandalidis D, Geladas ND, Paschalis V. Acute L-Citrulline Supplementation Increases Nitric Oxide Bioavailability but Not Inspiratory Muscle Oxygenation and Respiratory Performance. Nutrients. 2021 Sep 22;13(10):3311.

3. **Margaritelis NV**, Theodorou AA, Kyparos A, Nikolaidis MG, Paschalis V. Eccentric exercise *per se* does not affect muscle damage biomarkers: early and late phase adaptations. Eur J Appl Physiol. 2021;121:549-559.
4. Cherouveim ED, **Margaritelis NV,** Koulouvaris P et al. Skeletal muscle and cerebral oxygenation levels during and after submaximal concentric and eccentric isokinetic exercise. J Sports Sci. 2021 Oct 4:1-8.
5. Perentis PA, Cherouveim ED, Malliou VJ, **Margaritelis NV**, Chatzinikolaou PN, Koulouvaris P, Tsolakis C, Nikolaidis MG, Geladas ND, Paschalis V. The Effects of High-Intensity Interval Exercise on Skeletal Muscle and Cerebral Oxygenation during Cycling and Isokinetic Concentric and Eccentric Exercise. J Funct Morphol Kinesiol. 2021 Jul 16;6(3):62
6. **Margaritelis NV**, Chatzinikolaou PN, Bousiou FV, Malliou VJ, Papadopoulou SK, Potsaki P, Theodorou AA, Kyparos A, Geladas ND, Nikolaidis MG, Paschalis V. Dietary cysteine intake is associated with blood glutathione levels and maximal isometric handgrip strength Int J Sports Med. 2021 May;42(5):441-447 [IF: 2.55]
7. **Margaritelis NV**, Paschalis V, Theodorou AA, Kyparos A, Nikolaidis MG. Antioxidant supplementation, redox deficiencies and exercise performance: A falsification design [published online ahead of print, 2020 Jul 17]. Free Radic Biol Med. 2020;158:44-52. doi:10.1016/j.freeradbiomed.2020.06.029 [IF: 6.18]
8. Mandroukas A, Metaxas TI, Papadopoulou Z, Heller J, **Margaritelis NV**, Christoulas K, Ekblom B, Vrabas IS. Myosin heavy chain isoform composition in the deltoid and vastus lateralis muscles of elite handball players. J Sports Sci. 2020;1-6. doi:10.1080/02640414.2020.1788284 [IF: 2.59]
9. **Margaritelis NV**, Paschalis V, Theodorou AA, Kyparos A, Nikolaidis MG. Redox basis of exercise physiology. Redox Biol. 2020 Mar 10:101499. doi: 10.1016/j.redox.2020.101499. [IF: 9.98]
10. Nikolaidis MG, **Margaritelis NV**, Matsakas A. Quantitative redox biology of exercise. Int J Sports Med. [Online ahead of print]. doi: 10.1055/a-1157-9043. [IF: 2.55]
11. Goutianos G, **Margaritelis NV**, Sparopoulou T, Veskoukis AS, Vrabas IS, Paschalis V, Nikolaidis MG, Kyparos A. Chronic administration of plasma from exercised rats to sedentary rats does not induce redox and metabolic adaptations. J Physiol Sci. 2020;70(1):3. [IF: 2.95]
12. Ktenidis CK, **Margaritelis NV**, Cherouveim ED, Stergiopoulos DC, Malliou VJ, Geladas ND, Nikolaidis MG, Paschalis V. Priming exercise increases cycling wingate peak power output. Eur J Sport Sci. 2020 May 25:1-9. [IF: 2.78]
13. Dolopikou CF, Kourtzidis IA, Tsiftsis AN, **Margaritelis NV**, Theodorou AA, Paschalis V, Frantzidis CA, Nikolaidis MG, Kourtidou-Papadeli C, Kyparos A. Systemic redox biomarkers suggest non-redox mediated processes in the prevention of bed rest-induced muscle atrophy after exercise training: The Cologne RSL Study. Acta Astronaut. 2020;168:116-122. [IF: 2.83]
14. **Margaritelis NV**, Paschalis V, Theodorou AA, Vassiliou V, Kyparos A, Nikolaidis MG. Rapid decreases of key antioxidant molecules in critically ill patients: a personalized approach. Clin Nutr. 2019 Apr 29. pii: S0261-5614(19)30205-5. [IF: 6.36]
15. Riganas C, Papadopoulou Z, **Margaritelis NV**, Christoulas K, Vrabas IS. Inspiratory muscle training effects on oxygen saturation and performance in hypoxemic rowers: effect of sex. J Sports Sci. 2019 Jul 29:1-9. [IF: 2.59]
16. **Margaritelis NV**, Theodorou AA, Paschalis V, Kyparos A, Nikolaidis MG. Effect of body composition on redox homeostasis at rest and in response to exercise: The case of underfat women. J Sports Sci. 2019 Jul;37(14):1630-1637. [IF: 2.59]
17. Dolopikou CF, Kourtzidis IA, **Margaritelis NV**, Vrabas IS, Kyparos A, Theodorou AA, Paschalis V, Nikolaidis MG. Acute nicotinamide riboside supplementation improves redox homeostasis and exercise performance in old individuals: a double-blind cross-over study. Eur J Nutr. 2019 Feb 6. doi: 10.1007/s00394-019-01919-4. [IF: 4.66]
18. **Margaritelis NV**, Paschalis V, Theodorou AA, Kyparos A, Nikolaidis MG. Antioxidants in personalized nutrition and exercise. Adv Nutr. 2018 Nov 1;9(6):813-823. [IF: 7.26]
19. Nikolaidis MG, **Margaritelis NV**. Same redox evidence but different physiological "stories": The Rashomon effect in biology. BioEssays. 2018 Sep;40(9):e1800041. [IF: 4.62]
20. Veskoukis AS, **Margaritelis NV**, Kyparos A, Paschalis V, Nikolaidis MG. Spectrophotometric assays for measuring redox biomarkers in blood and tissues: the NADPH network. Redox Rep. 2018 Dec;23(1):47-56. [IF: 2.75]
21. Kourtzidis I, Dolopikou CF, Tsiftsis AN, **Margaritelis NV** Veskoukis AS, Tsantarliotou M, Taitzoglou I, Vrabas IS, Paschalis V, Kyparos A, Nikolaidis MG. The effect of nicotinamide riboside on NAD(P)H-dependent glutathione redox metabolism, energy metabolism and exercise performance. Exp Physiol. 2018 Oct; 103(10):1357-1366. [IF: 2.43]
22. Paschalis V, Theodorou AA, **Margaritelis NV**, Kyparos A, Nikolaidis MG. N-acetylcysteine supplementation

increases exercise performance and reduces oxidative stress only in individuals with low levels of glutathione. Free Radic Biol Med. 2018 Feb 1;115:288-297. [IF: 6.18]

23. **Margaritelis NV**, Theodorou AA, Paschalis V, Veskoukis AS, Dipla K, Zafeiridis A, Panayiotou G, Vrabas IS, Kyparos A, Nikolaidis MG. Adaptations to endurance training depend on exercise-induced oxidative stress: exploiting redox interindividual variability. Acta Physiol (Oxf). 2018 Feb;222(2). [Epub ahead of print; doi: 10.1111/apha.12898]. [IF: 5.54]
24. Goutianos G, Veskoukis AS, Tzioura A, Paschalis V, **Margaritelis NV**, Dipla K, Zafeiridis A, Vrabas IS, Nikolaidis MG, Kyparos A. Plasma from exercised rats administered to sedentary rats induces systemic and tissue inflammation Physiol Rep. 2016 Dec;4(24). pii: e13087. [IF: *not available yet*]
25. **Margaritelis NV**. Antioxidants as therapeutics in the intensive care unit: have we ticked the redox boxes? Pharmacol Res. 2016 Sep;111:126-32. [IF: 5.89]
26. Kourtzidis I, Stoupas A, Gioris I, Veskoukis AS, **Margaritelis NV**, Tsantarliotou M, Taitzoglou I, Vrabas IS, Paschalis V, Kyparos A, Nikolaidis MG. The NAD+ precursor nicotinamide riboside decreases exercise performance in rats. J Int Soc Sports Nutr. 2016 Aug 2;13:32. [IF: 5.06]
27. Veskoukis AS, Goutianos G, Paschalis V, **Margaritelis NV**, Tzioura A, Dipla K, Zafeiridis A, Vrabas IS, Kyparos A, Nikolaidis MG. The rat closely mimics oxidative stress and inflammation in humans after exercise but not after exercise combined with vitamin C administration. Eur J Appl Physiol. 2016 Apr;116(4):791-804. [IF:2.58]
28. **Margaritelis NV**, Cobley JN, Paschalis V, Veskoukis AS, Theodorou AA, Kyparos A, Nikolaidis MG. Going retro: Oxidative stress biomarkers in modern redox biology. Free Radic Biol Med. 2016 Sep;98:2-12. [IF: 6.18]
29. **Margaritelis NV**, Cobley JN, Paschalis V, Veskoukis AS, Theodorou AA, Kyparos A, Nikolaidis MG. Principles for integrating reactive species into in vivo biological processes: Examples from exercise physiology. Cell Signal. 2016 Apr;28(4):256-71. [IF: 3.96]
30. **Margaritelis NV**, Theodorou AA, Paschalis V, Veskoukis AS, Dipla K, Zafeiridis A, Panayiotou G, Vrabas IS, Kyparos A, Nikolaidis MG. Experimental verification of regression to the mean in redox biology: differential responses to exercise. Free Radic Res. 2016 Sep 6:1-24. [IF: 2.83]
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32. **Margaritelis NV**, Veskoukis AS, Paschalis V, Vrabas IS, Dipla K, Zafeiridis A, Kyparos A, Nikolaidis MG. Blood reflects tissue oxidative stress: a systematic review. Biomarkers. 2015 Mar;20(2):97-108. [IF: 2.07]
33. **Margaritelis NV**, Theodorou AA, Baltzopoulos V, Maganaris CN, Paschalis V, Kyparos A, Nikolaidis MG. Muscle damage and inflammation after eccentric exercise: can the repeated bout effect be removed? Physiol Rep. 2015 Dec;3(12). [IF: *not available yet*]
34. Goutianos G, Tzioura A, Kyparos A, Paschalis V, **Margaritelis NV**, Veskoukis AS, Zafeiridis A, Dipla K, Nikolaidis MG, Vrabas IS. The rat adequately reflects human responses to exercise in blood biochemical profile: a comparative study. Physiol Rep. 2015 Feb 12;3(2). [IF: *not available yet*]
35. **Margaritelis NV**, Kyparos A, Paschalis V, Theodorou AA, Panayiotou G, Zafeiridis A, Dipla K, Nikolaidis MG, Vrabas IS. Reductive stress after exercise: The issue of redox individuality. Redox Biol. 2014 Feb 19;2:520-8. [IF: 9.98]

<u>Κεφάλαια Βιβλίων</u>

1. Nikolaidis MG, **Margaritelis NV**, Paschalis V, Theodorou AA, Kyparos A, Vrabas IS. Common questions and tentative answers on how to assess oxidative stress after antioxidant supplementation and exercise. In: Lamprecht M, editor. Antioxidants in Sport Nutrition. 2015. Boca Raton (FL): CRC Press/Taylor & Francis.
2. Chatzinikolaou P, **Margaritelis NV**, Nikolaidis MG. Oxygen transport: a redox O_2dyssey. *In Press*

ΕΝΔΕΙΚΤΙΚΕΣ ΕΡΓΑΣΙΕΣ ΣΥΝΕΔΡΙΩΝ

1. **Margaritelis NV**, Theodorou AA, Kyparos A, Nikolaidis MG, Paschalis V. Validating personalised redox biology: the effect of targeted and non-targeted antioxidant supplementation on exercise performance. 9th Congress of Exercise Biochemistry and Physiology, Thessaloniki, Greece, 2019.
2. Bousiou FV, **Margaritelis NV**, Theodorou AA, Papadopoulou SK, Potsaki P, Kyparos A, Vlastos I, Geladas ND, Nikolaidis MG, Paschalis V. Dietary cysteine intake is correlated with erythrocyte glutathione levels in healthy individuals. 9th Congress of Exercise Biochemistry and Physiology, Thessaloniki, Greece, 2019.
3. Dolopikou CF, Kourtzidis IA, **Margaritelis NV**, Vrabas IS, Kyparos A, Theodorou AA, Paschalis V, Nikolaidis MG. The effect of acute nicotinamide riboside supplementation on redox homeostasis and physical performance in

young and old individuals. 8th Congress of Exercise Biochemistry and Physiology, Thessaloniki, Greece, 2018.

4. Tsiftsis AN, **Margaritelis NV**, Theodorou AA, Paschalis V, Dipla K, Zafeiridis A, Panayiotou G, Vrabas IS, Kyparos A, Nikolaidis MG. Exercise-induced oxidative stress promotes beneficial adaptations in insulin sensitivity and lipid profile: exploiting redox inter-individual variability. 25th International Congress of Physical Education and Sport Science, Komotini, Greece, 2017.
5. Tsiftsis AN, Paschalis V, Theodorou AA, **Margaritelis NV**, Kyparos A, Nikolaidis MG. The effect of body composition on redox responses after eccentric exercise. 20th International Congress of Physical Education and Sport, Thessaloniki, Greece, 2017.
6. Tsiftsis AN, Paschalis V, Theodorou AA, **Margaritelis NV**, Kyparos A, Nikolaidis MG. Body composition affects the degree of muscle damage after eccentric exercise. 20th International Congress of Physical Education and Sport, Thessaloniki, Greece, 2017.
7. Dolopikou CF, Paschalis V, Theodorou AA, **Margaritelis NV**, Kyparos A, Nikolaidis MG. Baseline glutathione levels do not determine the effect of chronic N-acetylcysteine supplementation on antioxidant enzyme activity. 20th International Congress of Physical Education and Sport, Thessaloniki, Greece, 2017.
8. **Margaritelis NV**, Theodorou AA, Paschalis V, Veskoukis AS, Dipla K, Zafeiridis A, Panayiotou G, Vrabas IS, Kyparos A, Nikolaidis MG. Oxidative stress as signal for exercise adaptations: exploiting inter-individual variability. 6th Congress of Exercise Biochemistry and Physiology, Athens, Greece, 2016.
9. **Margaritelis NV**. Antioxidant administration as therapeutic strategy in the Intensive Care Unit: current and emerging approaches. 26th Medical Conference of the Hellenic Armed Forces, Thessaloniki, Greece, 2016.
10. **Margaritelis NV**. Acute antioxidant administration to combat episodes of oxidative stress in the Intensive Care Unit: application in blood transfusion. 26th Medical Conference of the Hellenic Armed Forces, Thessaloniki, Greece, 2016.
11. **Margaritelis NV**, Theodorou AA, Baltzopoulos V, Maganaris CN, Paschalis V, Kyparos A, Nikolaidis MG. Can the "repeated bout effect" after eccentric exercise be removed? 20th Annual Congress of the European College of Sport Science (ECSS), Malmö, Sweden, 2015.
12. **Margaritelis NV**, Kyparos A, Paschalis V, Theodorou AA, Panayiotou G, Grivas GV, Zafeiridis A, Dipla K, Nikolaidis MG, Vrabas IS. An oxidant stimulus may induce both oxidative and reductive stress: the issue of redox individuality. Conference of the Society for Free Radical Research Europe (SFRR-E), Athens, Greece, 2013.

ΟΜΙΛΙΕΣ ΩΣ ΠΡΟΣΚΕΚΛΗΜΕΝΟΣ ΟΜΙΛΗΤΗΣ

1. "Exercise, oxidative stress and antioxidants". Invited lecture presented at the 20th Greek Conference of Physical Education and Sports. (December 2019, Thessaloniki, Greece).
2. "The role of redox biology in exercise physiology". Invited lecture presented at the 3rd International Conference of Sport Sciences of Aristotle University of Thessaloniki (March 2019, Thessaloniki, Greece).
3. "Personalised approaches in sports nutrition: application in antioxidants". Invited lecture presented at the 12th Macedonian Nutrition and Dietetics Conference (May 2018, Thessaloniki, Greece).
4. "Antioxidant supplementation in exercise: a personalised perspective". Invited lecture presented at the 7th Congress of Exercise Biochemistry and Physiology (October 2017, Athens, Greece).
5. "Modern perspectives and challenges in the field of free radical biology". One-day symposium of PhD candidates and post-doc researchers (April 2016, Serres, Greece).
6. "Free radicals and antioxidants in health and disease". Invited lecture presented annually since 2014 within the framework of the Nursing Specialty Educational Program of the University General Hospital of Thessaloniki "AHEPA", Greece.

ΑΞΙΟΛΟΓΗΣΕΙΣ ΣΕ ΔΙΕΘΝΗ ΕΠΙΣΤΗΜΟΝΙΚΑ ΠΕΡΙΟΔΙΚΑ

Αξιολογητής σε περισσότερα από 20 περιοδικά από τον χώρο της βιοχημείας, φυσιολογίας, άσκησης και διατροφής (ενδεικτική λίστα)

Περιοδικό	**# άρθρα**
Chemical Research in Toxicology [IF: 3.18]	1
European Journal of Applied Physiology [IF: 3.58]	3
Free Radical Biology & Medicine [IF: 6.18]	4
Frontiers in Physiology [IF: 3.36]	2
International Journal of Sports Physiology and Performance [IF: 3.52]	2
Journal of Applied Physiology [IF: 3.04]	3
Journal of Sports Sciences [IF: 2.59]	8

Molecules [IF: 3.26]	3
Nutrients [IF: 4.54]	6
Oxidative Medicine and Cellular Longevity [IF: 5.07]	2
Plos One [IF: 2.74]	2
Redox Biology [IF: 9.98]	3
Scandinavian Journal of Science & Medicine in Sports [IF: 3.25]	2

ΔΙΔΑΣΚΑΛΙΑ
Μέθοδοι Έρευνας
Στατιστική
Βιολογία της Άσκησης

ΛΟΙΠΕΣ ΠΛΗΡΟΦΟΡΙΕΣ

- Ο Δρ. Μαργαριτέλης είναι μέλος διάφορων επιστημονικών φορέων, όπως το European College of Sports Science (ECSS), το Society for Free Radical Research Europe (SFRR-E), το Society for Redox Biology and Medicine (SFRBM) και η Ελληνική Εταιρεία Βιοχημείας και Φυσιολογίας της Άσκησης.

- Ο Δρ. Μαργαριτέλης έχει λάβει διάφορα βραβεία σε Ελληνικά και Διεθνή συνέδρια όπως το πρώτο βραβείο προφορικών ανακοινώσεων στο 9ο Συνέδριο Βιοχημείας και Φυσιολογίας της Άσκησης (Θεσσαλονίκη, 2019) και το βραβείο Νέου Ερευνητή στο ετήσιο συνέδριο του Society for Free Radical Research Europe (Βελιγράδι, 2021).