

# Christina Gratziou, MD PhD

EDUCATION/TRAINING			
INSTITUTION AND LOCATION	DEGREE	YEAR(s)	FIELD OF STUDY
University of Athens	MD	1982	Medicine
University of Athens		1987	Specialty Training in Respiratory and Critical Care Medicine
University of Athens	PhD	1989	

## **A. Current Positions**

2008-Present Associate Professor of Pulmonary and Critical care of Medicine, in A' University Department of Critical Care and Pulmonary services, Internal Medicine section, Medical School of National Kapodistrian University, Athens, Greece.

2001-Present Head of Asthma and Allergy Clinic and Head of Smoking Cessation Clinic in Pulmonary Medicine Unit at Evgenideio Hospital , Medical School of National Kapodistrian University, Greece.

2012-Present Head of Research Center of Tobacco Control and Smoking Cessation Clinic in A University Pulmonary Department of Athens, Medical School of National Kapodistrian University, General Hospital of Thoracic Medicine "Sotiria "Hospital, Athens Greece (19/12/11.)

## **Past Positions**

**1990-1992** Lecturer in Pulmonary Medicine, Medical School of Crete University (elected in 11/1990.)

**1996-2000** Scientific consultant & Research Assistant in A' University Department of Critical Care and Pulmonary services , Internal Medicine section , Medical School of National Kapodistrian University, Greece

**2001-2006** Assistant Professor of Critical Care Medicine, A' University Department of Critical Care and Pulmonary services , Internal Medicine section , Medical School of National Kapodistrian University, Greece

**2006 -2008** Permanent Position as Assistant Professor of Critical Care Medicine, A' University Department of Critical Care and Pulmonary services , Internal Medicine section , Medical School of National Kapodistrian University, Greece

## **B. Honors/fellowships (Selected)**

2001-2008 Advanced courses on Smoking cessation (ERS certificates)

**1989** Scholarship of S.E.P.C.R (Societas European Physiologiae Clinicae Respiratory) (after exams),

**1989** Scholarship of National Greek Institution of National University  
Scholarship (after exams)

## **Memberships and Committees:**

- European respiratory Society (ERS),
- American Thoracic Society (ATS),
- British Thoracic Society (BTS)
- European Academy of Allergology and Clinical Immunology (EAACI)
- Hellenic Thoracic Society ( HTS)
- **2005-2008** Secretary of Epidemiology and Occupational Assembly (ERS Assembly)
- **2005-2008** Active member of ERS School (for educational activities)
- **2004-2007** Member of Smoking Prevention Committee of ERS
- **2007-2009** Member of the task force of ERS smoking cessation guidelines on respiratory diseases (working also for smoking cessation programs implementation in Europe)
- **2012-2014** Member of the task force of ERS smoking cessation guidelines in difficult smokers
- **2001-2004** Member at Large of Executive committee of ERS

## **C. Publications (Selected publications relevant to this proposal)**

**Publications:** 46, **Impact Points:** 22.87, **Citations:** 302, **RG Score:** 12.6

## **BOOK CHAPTERS**

1. Carroll M, **Gratziou C** and Holgate ST. Inflammation and inflammatory mediators chapter in asthma. In "Asthma",edt.by Clark TJH, Godfrey S, Lee TH,Chapman and Hall, London,1992, 182-.223.
2. **Gratziou Ch.** Exhaled Nitric Oxide and Atopy. Chapter in Disease Markers in Exhaled Breath. By eds Marczin and H. Yacoub, IOS press 2002 p
3. Andreas Papapetropoulos, Simoes Davina de, Georgia Xanthou, Charis Roussos, **Christina Gratziou** .Reduction of soluble guanylyl cyclase expression in asthma. BMC Pharmacology. 01/2005 p 63-66
4. **Gratziou Ch.** Smoking Prevention and Cessation Policies .Chapter in «Tumors of the Chest: Biology, Diagnosis and Management » by K Syrigos,C. Nutting, Ch

Roussos, Springer Verlag, 2006; 627-639.

5. **Gratziou C.** Tonessen P. Smoking Cessation and Prevention Chapter in ERS Monograph Management of Chronic Obstructive Pulmonary Disease. 2006 Vol11:242-257.

6. **Gratziou Ch.** Review of current guidelines on Smoking Cessation. Chapter in ERS Monograph on "Smoking Cessation, a Chest-physician's responsibility" Editors: Nardini, Bartsch, Tonnesen 2008; 42 Smoking Cessation: 35-43;

7. **Gratziou Ch.** Pharmacological treatment for smoking cessation. Chapter In book Smoking cessation in general practice. Editors K.Lewis.Oxford 2010 90-99

8. **Gratziou Ch.** New treatments and the future in smoking cessation. Chapter In book Smoking cessation in general practice. Editors K.Lewis.Oxford 2010; 113-119 2.

9. **Gratziou C,** N. Rovina. Physiological consequences of smoking cessation Benefits for respiratory and cardiovascular system. E-book pp 1-23 Publishing company NOVA Biomedical, 2011.

10. **Gratziou C,** N. Rovina. Smoking: Health effects, psychological aspects and cessation. E-book pp 59-73 2012

### **Peer Reviewed Publications**

Tonnesen P, Carrozzi L, Fagerstrom KO, **Gratziou C,** Jimenez-Ruiz C, Nardini S, Viegi G, Lazzaro C, Campell IA, Dagli E, West R. Smoking cessation in patients with respiratory diseases: a high priority, integral component of therapy. Eur Respir J. 2007 Feb;29(2):390-417.

Rovina N, Nikoloutsou I, Dima E, Michailidou M, Roussos Ch, and **Gratziou Ch** Smoking cessation treatment in a real-life setting: the Greek experience. Therapeutic advances in Respiratory Disease. Vol1 (2) Dec 2007

**Gratziou C.** Respiratory, cardiovascular and other physiological consequences of smoking cessation. Curr Med Res Opin. 2009 Feb; 25(2):535-45.

Ischaki E, **Gratziou C.** Smoking and depression: Is smoking cessation effective? Ther Adv Respir Dis. 2009 Feb; 3(1):31-8.

Rovina N, Nikoloutsou I, Katsani G, Dima E, Fransis K, Roussos C, **Gratziou C.** Effectiveness of pharmacotherapy and behavioral interventions for smoking cessation in actual clinical practice.

Boudrez H, **Gratziou C,** Messig M, Metcalfe M Effectiveness of varenicline as an aid to smoking cessation: results of an inter-European observational study. Curr Med Res Opin. 2011 Feb 4.

**Gratziou C,** Gourgoulisanis K, Pataka PA, Sykara GD, Messig M, Raju S. Varenicline as a smoking cessation aid in a Greek population: a sub analysis of an observational study. Tob Induc Dis. 2012 Feb 2;10(1):1

Rabe KF, **Gratziou C,** Ward B, Berteletti F. Towards a total ban on links with the

tobacco industry: new rules for the ERS. Eur Respir J. 2012 Oct;40(4):809-10.

Annesi-Maesano I, Norback D, Zielinski J, Bernard A, **Gratziou C**, Sigsgaard T, Sestini P, Viegi G; Geriatric study in Europe on health effects of air quality in nursing homes (GERIE study) profil objectives, study protocol and descriptive data. GERIE Study. Multidiscip Respir Med. 2013 Nov 21;8(1):71.

**Gratziou Ch**, Florou A, Ischaki E, Eleftheriou K, Sachlas A, Bersimis S, Zakynthinos S. Smoking cessation effectiveness in smokers with COPD and asthma under real life conditions. Respir Med. 2014 Apr; 108(4):577-83.