

Dr. Epameinondas Lyros
Curriculum vitae

Tel: +306979339446

Email address: e.lyros@uop.gr or lyrosep@gmail.com

Education:

Medical Degree (MD) with Grade "Excellent" (8.74/10, 2nd rank)
Medical School, National and Kapodistrian University of Athens, Greece, 23.07.2004

Doctoral Degree (Ph.D.) with Grade "Excellent"
Medical School of University of Patras, Greece, 06.05.2009
PhD thesis: "Parkinson's disease and cognitive dysfunction: association with motor phenotype and the neuronal nicotinic acetylcholine receptor alpha4 subunit gene", on a combined clinical-laboratory research project carried out through collaboration between the Department of Neurology of the University Hospital of Patras (Director Prof. of Neurology Dr Panagiotis Papathanasopoulos) and the Department of General Biology of the University of Patras Medical School (Head Prof. of Biology and Molecular Genetics Dr. Aglaia Athanassiadou, contributor to the identification of the first ever discovered mutation as a cause for familial Parkinson's disease, in the alpha-synuclein gene, published in Science, 1997).

Clinical – academic appointments

Currently, Assistant Professor of Neurology at Department of Physiotherapy, School of Health Sciences, University of the Peloponnese, Greece (since 10.2022)

Currently, academic fellow in the field of neurodegenerative disorders at the 2nd Department of Neurology, Attikon University Hospital, Athens, Greece and private neurologist practice in Athens (including on call neurologist duties at Hygeia Hospital) and Messolonghi Greece

Neurophysiologist at Iatropolis diagnostic center in Athens from 07/2020 – 09/2022

Clinical research fellow (honorary appointee) at the National Hospital for Neurology and Neurosurgery, Queen Square, London (Functional Neurosurgery Unit) from 28.01.2019 to 31.10.2019: training in movement disorders, in particular DBS under the supervision of Professor Thomas Foltynie, as well as botulinum toxin injections under the supervision of NHS Consultant Dr. Carla Cordivari.

GMC (General Medical Council) registration with a licence to practice 12/02/2019 (Ref: 7054412)

Consultant neurologist with focus on cognitive neurology in the Department of Neurology, University Hospital of Saarland, Germany, head of the memory clinic from 2015 till 09.2018

Specialty certification in Neurology awarded after successful examination on 24.09.2015 by the Medical Association of Saarland, Germany

Residency in Clinical Neurology (neurology trainee), Department of Neurology, University Hospital of Saarland, Homburg, Germany (01.10.2009 –24.09.2015)

*from 01.07.14 till 30.03.15 interruption due to obligatory military service in Greece

Academic Clinical Fellow in Neurology. Department of Neurology, University Hospital of Patras, Medical School of University of Patras, Greece (26.07.2006-06.05.2009)

Residency in Psychiatry. Psychiatric Clinic, General Hospital of Lamia, Greece (21.01.2008 – 07.10.2008)

Residency in Internal Medicine. Internal Medicine Clinic, General Hospital of Amfissa, Greece (05.03.2007 – 04.09.2007)

Regional public service in General Medicine, General Hospital of Mesologgi, Greece (09.12.2004 – 25.07.2006)

Medical license: No 18939 issued on 20/8/2004 prefecture Athens

Awards and honors

Research award from the „Society of the Friends of the University of the Saarland“ for the project entitled: „Expression of nicotinic acetylcholine receptor subunits on transcriptional and translational level in peripheral mononuclear blood cells: Association with diagnosis of Parkinson’s disease and severity of motor and cognitive impairment“

Scholarships awarded by the State Scholarship Foundation of Greece for pre- and postgraduate studies’ performance.

Distinction awards for first-rank during the final Diploma Examinations of the Medical School of University of Athens by the Chairman of the School of Medicine and the Rector of the University of Athens

European Federation of Neurological Societies Grant for Department to Department Co-operation Programme, 2008 (Department of Neurology, Johannes Gutenberg - University of Mainz, Germany)

Reviewer for articles submitted to:

Journal of Neurology, European Journal of Neuroscience, Archives of Clinical Neuropsychology, The Clinical Neuropsychologist, Journal of Neurology Neurosurgery and Psychiatry, Current Alzheimer Research, Journal of Neural Transmission, Journal of Alzheimer’s disease, Journal of Molecular Neuroscience, The American Journal of the Medical Sciences

Reviewer for project grant application submitted to:

Parkinson’s Disease Society (Renamed to Parkinson’s UK)

Current projects:

Structural imaging in advanced PD patients considered for DBS.

Participation in a multicenter consortium on Frontotemporal Lobar Degenerations (FTLD) throughout Germany with the mission of performing a large register of clinical, neuropsychological, brain imaging, and fluid biomarker assessments in patients across the clinical range of FTLD subtypes, in patients with other degenerative diseases as positive controls and in neurologically healthy people as negative controls.

Expression of nicotinic and muscarinic acetylcholine receptor subunit genes in the peripheral blood mononuclear cells of Parkinson’s disease patients.

Publications which appear in Pubmed

1. **Lyros E.**, Messinis L., Papathanasopoulos P. Does motor subtype influence neurocognitive performance in Parkinson’s disease without dementia? *Eur J Neurol* 2008 Mar;15(3):262-7.
2. Papathanasopoulos P., Messinis L., **Lyros E.**, Kastellakis A., Panagis G. Multiple Sclerosis, Cannabinoids and Cognition. *J Neuropsych Clin Neurosci* 2008 Winter;20(1):36-51.
3. Papathanasopoulos P., Messinis L., **Lyros E.**, Nikolakopoulou A., Gourzoulidou E., Malefaki S. Communicating the diagnosis of multiple sclerosis: results of a survey among Greek Neurologists. *J Neurol* 2008 Dec;255(12):1963-9.

4. Messinis L., **Lyros E.**, Georgiou V., Papathanasopoulos P. Benton Visual Retention Test Performance in Normal Adults and Acute Stroke Patients: Demographic Considerations, Discriminant Validity and Test-Retest Reliability. *Clin Neuropsych* 2009 Mar 4:1-16.
5. Paschali A., Messinis L., **Lyros E.**, Constantoyannis C., Kefalopoulou Z., Lakiotis V., Papathanasopoulos P., Vassilakos P. Neuropsychological functions and rCBF SPECT in Parkinson's disease patients considered candidates for deep brain stimulation. *Eur J Nucl Med Mol Imaging* 2009 Nov;36(11):1851-8.
6. Messinis L., **Lyros E.**, Andrian V., Katsakiori P., Panagis G., Georgiou V., Papathanasopoulos P. Neuropsychological functioning in buprenorphine maintained patients versus abstinent heroin abusers on naltrexone hydrochloride therapy. *Hum Psychopharmacol* 2009 Oct;24(7):524-31.
7. **Lyros E.**, Messinis L., Dendias G., Siavelis C., Triantafyllou A., Papathanasopoulos P. Increased self-report of obsessive-compulsive behaviors among hemodialysis patients: a case control study. *Prim Care Companion J Clin Psychiatry* 2010;12(3).
8. Messinis L, Kosmidis MH, **Lyros E**, Papathanasopoulos P. Assessment and rehabilitation of cognitive impairment in multiple sclerosis. *Int Rev Psychiatry*. 2010;22(1):22-34.
9. **Lyros E**, Messinis L, Papageorgiou SG, Papathanasopoulos P. Cognitive dysfunction in multiple sclerosis: the effect of pharmacological interventions. *Int Rev Psychiatry*. 2010;22(1):35-42.
10. **Lyros E**, Bakogiannis C, Liu Y, Fassbender K. Molecular links between endothelial dysfunction and neurodegeneration in Alzheimer's disease. *Curr Alzheimer Res*. 2014 Jan;11(1):18-26.
11. **Lyros E**, Walter S, Keller I, Papanagiotou P, Fassbender K. Subacute reversible toxic encephalopathy related to treatment with capecitabine: A case report with literature review and discussion of pathophysiology. *Neurotoxicology*. 2014 May;42:8-11.
12. Kalampokini S, **Lyros E**, Luley M, Schöpe J, Spiegel J, Bürmann J, Dillmann U, Fassbender K, Unger MM. Facial emotion recognition in Parkinson's disease: Association with age and olfaction. *J Clin Exp Neuropsychol*. 2017 Jun 21:1-11.
13. Soininen H, Solomon A, Visser PJ, Hendrix SB, Blennow K, Kivipelto M, Hartmann T; LipiDiDiet clinical study group: Hallikainen I, Hallikainen M, Helisalmi S, Lappalainen T, Liu Y, Paajanen T, Wahlund LO, Freund-Levi Y, Andreasen N, Hagman G, Lindblom S, Fassbender K, Riemenschneider M, Grimm MO, Klees-Rollmann A, Luley M, **Lyros E**, et al of totally 40 collaborators. 24-month intervention with a specific multinutrient in people with prodromal Alzheimer's disease (LipiDiDiet): a randomised, double-blind, controlled trial. *Lancet Neurol*. 2017 Dec;16(12):965-975.
14. Schönecker S, Hell F, Bötzel K, Wlasich E, Ackl N, Süßmair C; German FTLN Consortium, Otto M, Anderl-Straub S, Ludolph A, Kassubek J, Huppertz HJ, Diehl-Schmid J, Riedl L, Roßmeier C, Fassbender K, **Lyros E**, Kornhuber J, Oberstein TJ, Fliessbach K, Schneider A, Schroeter ML, Prudlo J, Lauer M, Jahn H, Levin J, Danek A. The applause sign in frontotemporal lobar degeneration and related conditions. *J Neurol*. 2019 Feb;266(2):330-33.
15. Diehl-Schmid J, Licata A, Goldhardt O, Förstl H, Yakushew I, Otto M, Anderl-Straub S, Beer A, Ludolph AC, Landwehrmeyer GB, Levin J, Danek A, Fliessbach K, Spottke A, Fassbender K, **Lyros E**, Prudlo J, Krause BJ, Volk A, Edbauer D, Schroeter ML, Drzezga A, Kornhuber J, Lauer M; FTLNc Study Group, Grimmer T. FDG-PET underscores the key role of the thalamus in frontotemporal lobar degeneration caused by C9ORF72 mutations. *Transl Psychiatry*. 2019 Jan 31;9(1):54.

16. Albrecht F, Mueller K, Ballarini T, Lampe L, Diehl-Schmid J, Fassbender K, Fliessbach K, Jahn H, Jech R, Kassubek J, Kornhuber J, Landwehrmeyer B, Lauer M, Ludolph AC, **Lyros E**, Prudlo J, Schneider A, Synofzik M, Wiltfang J, Danek A, Otto M, FTLD-Consortium, Schroeter ML. Unraveling corticobasal syndrome and alien limb syndrome with structural brain imaging. *Cortex*. 2019 Aug;117:33-40.
17. Lochner P, Czosnyka M, Naldi A, **Lyros E**, Pelosi P, Mathur S, Fassbender K, Robba C. Optic nerve sheath diameter: present and future perspectives for neurologists and critical care physicians. *Neurol Sci*. 2019 Dec;40(12):2447-2457.
18. Kalampokini S, Becker A, Fassbender K, **Lyros E**, Unger MM. Nonpharmacological modulation of chronic inflammation in Parkinson's disease: role of diet interventions. *Parkinsons Dis*. 2019 Aug 25; 2019:7535472.
19. **Lyros E**, Ragoschke-Schumm A, Kostopoulos P, Sehr A, Backens M, Kalampokini S, Decker Y, Lesmeister M, Liu Y, Reith W, Fassbender K. Normal brain aging and Alzheimer's disease are associated with lower cerebral pH: an in vivo histidine 1H-MR spectroscopy study. *Neurobiol Aging*. 2020 Mar; 87:60-69.
20. Kalampokini S, **Lyros E**, Lochner P, Fassbender K, Unger MM. "Effects of subthalamic nucleus deep brain stimulation on facial emotion recognition in Parkinson's disease: a critical literature review " *Behav Neurol*. 2020 Jul 17;2020:4329297.
21. Soininen H, Solomon A, Visser PJ, Hendrix SB, Blennow K, Kivipelto M, Hartmann T; LipiDiDiet clinical study group. 36-month LipiDiDiet multinutrient clinical trial in prodromal Alzheimer's disease. *Alzheimers Dement*. 2021 Jan;17(1):29-40, as a member of the LipiDiDiet clinical study group.
22. Rosenberg A, Solomon A, Soininen H, Visser PJ, Blennow K, Hartmann T, Kivipelto M; LipiDiDiet clinical study group.(corporate author **Lyros E**). Research diagnostic criteria for Alzheimer's disease: findings from the LipiDiDiet randomized controlled trial. *Alzheimers Res Ther*.2021 Mar 25;13(1):64.

Other publications

Messinis L., **Lyros E.**, Papathanasopoulos P. Chronic effects of exposure to cannabis on cognition: overview of neuropsychological and neuroimaging studies. *The International Journal of Health Science* 2008 Jan;1(1):26-30

Messinis, L., **Lyros, E**, Papathanasopoulos, P (2007). Effects of Depression on Neurocognitive Performance in Different Stages of Parkinsons disease. *Proceedings of the European Cognitive Science Society 2007* (pp 528-533).

Messinis. L., Anyfantis, E., **Lyros, E.**, Papathanasopoulos, P. (2009). Computerized neuropsychological battery detects psychomotor processing speed impairment as the core cognitive deficit in relapsing-remitting multiple sclerosis patients. *Proceedings of the 7th International Congress on the Improvement of the Quality of life on Dementia, Parkinson's disease, Epilepsy, MS, Muscular disorders and Neuroethics*, pp (27- 30)

Contribution of Neuropsychological evaluation and SPECT Neuroimaging in Parkinson's disease. Lambros Messinis., Ph.D, Thanos Papathanasiou., MD., Epameinondas **Lyros.**, MD, PhD, Panagiotis Papathanasopoulos., MD, PhD. Chapter in: Parkinson's disease, Book 1, Intech open access publisher

Selected Conference Abstracts

Lyros E., Messinis L., Papathanasopoulos P. Clinical correlates of mental dysfunction in Parkinson's disease without dementia. *Annals of General Psychiatry*, 2007, 7 (suppl 1):S262 (poster presentation at the 3rd International Congress on Brain & Behaviour, Thessaloniki, Nov 28-Dec 2, 2007)

Lyros E., Messinis L., Papathanasopoulos P. A comparison of cognitive functions between non-demented Parkinson's disease patients of different motor subtypes. 39th Annual Meeting of the European Brain and Behaviour Society, Trieste, September 2007 (poster presentation, published in Hindawi Publishing Corporation, *Neural Plasticity*, Volume 2007, Article ID 23250, 136 pages, doi:10.1155/2007/23250, on page 70)

Lyros E., Messinis L., Dendias G., Siavellis C., Triantafyllou A., Papathanasopoulos P. An investigation of obsessive-compulsive complaints among patients with end-stage renal disease undergoing hemodialysis treatment. 2nd European Federation of Neuropsychiatry Congress, Florence, Nov 2007 (poster presentation)

Messinis L., Anyfantis E., **Lyros E.**, Papathanasopoulos P. Computerized neuropsychological battery detects psychomotor processing speed impairment as the core cognitive deficit in relapsing-remitting multiple sclerosis patients. 7th International Congress on the Improvement of the Quality of Life on Dementia, Parkinson's disease, Epilepsy, M.S., Muscular disorders and Neuroethics, Thessaloniki, 29 Jan-1 Feb, 2009.

Messinis L., Anyfantis E., **Lyros E.**, Paschali A., Papathanasopoulos P. Neuropsychological deficits in Relapsing Remitting Multiple Sclerosis Patients with low disability status. 7th International Congress on the Improvement of the Quality of Life on Dementia, Parkinson's disease, Epilepsy, M.S., Muscular disorders and Neuroethics, Thessaloniki, 29 Jan-1 Feb, 2009.

Lyros E., Messinis L., Papachatzopoulou A., Athanassiadou A., Papathanasopoulos P. A variation in a brain nicotinic receptor subunit gene preferentially linked to attentional performance in Parkinson's disease patients. *J Neurol*, June 2009, 256 (suppl 2):S145 (poster presentation at the 19th Meeting of the European Neurological Society, Milan, 20-24 June 2009)

Lyros E., Koulelis A., Papathanasiou T., Messinis L., Papathanasopoulos P. Electrocardiographic abnormalities in acute stroke. (13th Congress of the EFNS, Florence, 12-15 Sept 2009)

Lyros E., Koukou E., Messinis L., Papathanasiou T., Papathanasopoulos P. Acute Datura stramonium poisoning. (13th Congress of the EFNS, Florence, 12-15 Sept 2009)

Lyros E., Papachatzopoulou A., Messinis L., Papathanasopoulos P., Athanassiadou A. Genetic polymorphism of nicotinic acetylcholine receptor $\alpha 4$ subunit is associated with Parkinson's disease. *Parkinsonism and related disorders* 15S2 (2009) S181 (WFN XVIII World Congress of Parkinson's Disease and Related Disorders, Miami, USA, 13-16 December 2009)

Lyros E., Schomburg R., Gerum A., Spiegel J., Kostopoulos P., Fassbender K. A case report of a corticobasal syndrome. 8th International Congress on Mental Dysfunction & Other Non-Motor Features in Parkinson's Disease and Related Disorders - MDPD 2012, Berlin, Germany, May 3-6, 2012

Lyros E., Tsapanou A., Messinis L., Papathanasopoulos P., Fassbender K. A meta-analysis of cognitive deficits in clinical subtypes of multiple system atrophy. *European Journal of Neurology* 2012, 19 (Suppl. 1), 90-457 (16th Congress of the European Federation of Neurological Societies, 08-11.09.2012, Stockholm Sweden)

Lyros E., Fassbender K., Kalampokini S. Neuropsychological prediction of dementia in Parkinson's disease : a review and metaanalysis of longitudinal studies. XX World Congress on Parkinson's Disease and Related Disorders, of the International Association of Parkinsonism and Related Disorders, Geneva, Switzerland, 8-11 December 2013

Kalampokini S, **Lyros E.**, Luley M., Spiegel J., Unger M. Facial emotion recognition in Parkinson's disease. XXI World Congress on Parkinson's Disease and Related Disorders, Milan, Italy, 6-9 December 2015

Membership

Greek Neurological Society

Greek Neuroscience Society

Geriatric and Gerontologic Society of Northwest Greece

FENS (Federation of European Neuroscience Societies)

IBRO (International Brain Research Organization).

EAN (European Academy of Neurology)

MDS (Movement Disorders Society)

DGKN (German section of the international federation of clinical neurophysiology)

Participation in scientific seminars – congresses (most representative)

WFN XVIII World Congress of Parkinson's Disease and Related Disorders, 13-16 December 2009, Miami, USA

1 Annual Winter School for young Neurologists of the movement disorders society, 24-26.02.2012, Innsbruck Austria

8th international congress on mental dysfunction and other non-motor features in Parkinson's disease and related disorders MDPD 2012, 03-06.05.2012, Berlin Germany

16th Congress of the European federation of neurological societies, 08-11.09.2012, Stockholm Sweden

23rd Meeting of the European Neurological Society, 08-11.06.2013 Barcelona, Spain

XX World Congress on Parkinson's Disease and Related Disorders, of the International Association of Parkinsonism and Related Disorders, 8-11 December 2013, Geneva, Switzerland

XXI World Congress on Parkinson's Disease and Related Disorders, of the International Association of Parkinsonism and Related Disorders, 6-9 December 2015, Milan, Italy

10th International Conference on Frontotemporal Dementias, Munich, Germany, 31 Aug-2 Sep 2016

89. Kongress der Deutschen Gesellschaft für Neurologie mit Fortbildungsakademie, 21-24 Sept 2016, Mannheim, Germany

4th Congress of the European Academy of Neurology, 16-19 June 2018, Lisbon, Portugal

Botulinum Toxin Training for Neurological Diseases (Movement Disorders Society course) 29-30.11.2012 Rome Italy

„Basiskurs qualifizierte Botulinumtoxin Therapie“, Arbeitskreis Botulinumtoxin e.V. der deutschen Gesellschaft für Neurologie, 26.-27.04.13 in Trier Germany

„Optimierung der Botulinumtoxininjektion“, Arbeitskreis Botulinumtoxin e.V. der deutschen Gesellschaft für Neurologie, 11.10.2013, Heinrich Heine Universität Düsseldorf, Universitätsklinikum, Neurologische Klinik

„Sonographisch gesteuerte Anwendung von Botulinustoxin und Redression bei fokaler Spastizität“, Arbeitskreis Botulinumtoxin e.V. der deutschen Gesellschaft für Neurologie, 17.05.2014, Kliniken Schmieder Heidelberg

„Anwendertreffen Botulinumtoxin bei Spastik der oberen Extremität- Anatomie- Workshop“, 06.11.2015, Universitätsklinikum Leipzig, Klinik und Poliklinik für Neurologie

‘Aktuelle Therapie motorischer und nicht motorischer Störungen bei der Parkinson-Krankheit’, 08.06.2016, Saarbrücken, Germany

17. Münchner Neuroradiologie-Symposium, 16-18.06.2016, München, Germany

„Neue Behandlungsmöglichkeiten in der zervikalen Dystonie“, 9.07.2016, Freiburg, Germany

Expertenforum 2016: Botulinum in der Neurologie: Neue Perspektiven zur Therapie von Dystonie und Spastik (Veranstalter: Parkinson-Klinik Ortenau), Frankfurt, a.M., Germany, 11-12.11.2016

2tes Mitteldeutsches Neuroradiologie-Symposium 02-04.11.2017, Leipzig, Germany

Basic Life Support (ERC qualification course), 11.05.2018, Athens, Greece

2.Hands-on DBS Programming Düsseldorf, Basic Programming (DBS Academy Düsseldorf) on 04.07.2018

Advanced Deep Brain Stimulation for Movement Disorders course of the International Parkinson and Movement Disorders Society, 14-15.11.2019, The Hague, Netherlands

Other skills-interests

Excellent knowledge of english (owner of Proficiency of Cambridge and Michigan Certifications, IELTS exam 2019) and german as foreign languages and greek as mother language.

Familiarized with following laboratory procedures: DNA and RNA extraction from blood samples, reverse transcription and Real-Time PCR, ELISA on human serum, isolation of mononuclear blood cells from whole blood, immunostaining of cells, single-colour or multicolour flow cytometry, RFLP (Restriction Fragment Length Polymorphism) analysis, agarose gel electrophoresis

Familiarized with software useful in research, such as Excel, Powerpoint, SPSS-(Statistical Package for the Social Sciences), Adobe Illustrator, Comprehensive Metaanalysis V2, Freesurfer

Successful attendance of foundation course in Clinical Research and GCP for Clinical Trials with Investigational Drugs by LuSciMED Academy on 16 & 17.02.2016 in Mainz, Germany