Fotios Barkas

Subjects: Cardiac & Cardiovascular Systems
Contributor: Fotios Barkas
Keywords: dysdlipidemias ; cholesterol ; cardiovascular prevention ; obesity ; diabetes

Basic Information

Fotios Barkas

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(Oct 1986–)

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1. Fotios Barkas

Nationality: Greek (+30) 6936636376 (+30) 2651099846 Date of birth: 16/10/1986

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2. Work Experience

- Consultant in Internal Medicine
  University Hospital of Ioannina, Hellenic NHS [15/07/2020 – Current]
  City: Ioannina
  Country: Greece
- Resident Physician in Internal Medicine
  University Hospital of Ioannina, Hellenic NHS [27/05/2015 – 14/07/2020]
  City: Ioannina
  Country: Greece
- Clinical Research Associate
  Department of Internal Medicine, School of Medicine, University of Ioannina [09/2011 – 05/2015]
  City: Ioannina
  Country: Greece
- SHO Physician
  'Olympion', Rehabilitation Clinic [06/2013 – 12/2014]
  City: Ioannina
  Country: Greece
- SHO Physician
  Health Center of Derviziana, General Hospital 'Xatzikosta' of Ioannina, Hellenic NHS [27/05/2012 – 26/05/2013]
  City: Ioannina
  Country: Greece
- Military SHO Physician
  Hellenic Army [08/12/2010 – 16/08/2011]
  City: Filiates
  Country: Greece

3. Education and Training

- **Visiting Researcher**
  Imperial Centre for Cardiovascular Disease Prevention, Imperial College London [01/09/2022 – Current]
  Address: London (United Kingdom)
- **Postdoctoral Researcher**
  Department of Hygiene & Epidemiology, School of Medicine, University of Ioannina [19/12/2021 – Current]
  Address: Ioannina (Greece) Thesis: Investigation of residual cardiovascular risk factors using big data analysis
- **MSc in Applied Nutrition and Dietetics**
  Department of Nutrition and Dietetics, School of Health Science & Education, Xarokopio University [09/2017 – 07/2020]
  Address: Athens (Greece)
  Final grade : Excellent – Level in EQF: EQF level 7
  Type of credits: ECTS – Number of credits: 90
  Thesis: Diet and cardiovascular disease risk among individuals with familial hypercholesterolemia: a systematic review and meta-analysis
- **PhD in Internal Medicine**
  Department of Internal Medicine, School of Medicine, University of Ioannina [03/2012 – 14/01/2020]
  Address: Ioannina (Greece)
  Final grade : Excellent – Level in EQF: EQF level 8
  Thesis: Association of established and novel risk factors with cardiovascular disease in patients with dyslipidemia
- **Degree of Medicine**
  School of Medicine, University of Ioannina [09/2004 – 07/2010]
  Address: Ioannina (Greece)

4. Total Publications: 54 - Most Cited Publications [1-21]

1. Barkas, F., et al., Sinus bradycardia associated with remdesivir treatment in COVID-19: a case report and literature review. Journal of Cardiovascular Development and Disease, 2021. 8(2): p. 18.
2. Barkas, F., et al., Statins and PCSK9 inhibitors: What is their role in coronavirus disease 2019? Medical hypotheses, 2021. 146: p. 110452.
3. Barkas, F., et al., Anakinra in hospitalized non-intubated patients with coronavirus disease 2019: a systematic review and meta-analysis. Rheumatology, 2021. 60(12): p. 5527-5537.
4. Barkas, F., et al., Diet and cardiovascular disease risk among individuals with familial hypercholesterolemia: systematic review and meta-analysis. Nutrients, 2020. 12(8): p. 2436.
5. Liamis, G., et al., Hyponatremia in acute stroke patients: pathophysiology, clinical significance, and management options. European Neurology, 2019. 82(1-3): p. 32-40.
6. Barkas, F., M. Elisaf, and H. Milionis, Protection against stroke with glucagon-like peptide 1 receptor agonists: a systematic review and meta-analysis. European journal of neurology, 2019. 26(4): p. 559-565.
7. Barkas, F., et al., Uric acid and incident chronic kidney disease in dyslipidemic individuals. Current medical research and opinion, 2018. 34(7): p. 1193-1199.
8. Barkas, F., et al., Dipeptidyl peptidase-4 inhibitors and protection against stroke: A systematic review and meta-analysis. Diabetes & metabolism, 2017. 43(1): p. 1-8.
9. Barkas, F., et al., The CHADS2 and CHA2DS2-VASc scores predict atrial fibrillation in dyslipidemic individuals: role of incorporating low high-density lipoprotein cholesterol levels. International Journal of Cardiology, 2017. 241: p. 194-199.
10. Milionis, H., et al., Proprotein convertase subtilisin kexin 9 (PCSK9) inhibitors to treat hypercholesterolemia: effect on stroke risk. European journal of internal medicine, 2016. 34: p. 54-57.
11. Filippatos, T., et al., Cholesteryl ester transfer protein inhibitors: challenges and perspectives. Expert Review of Cardiovascular Therapy, 2016. 14(8): p. 953-962.
12. Barkas, F., et al., Familial hypercholesterolemia is undertreated in clinical practice. Hellenic J Atheroscler, 2016. 7: p. 120-130.
13. Barkas, F., et al., High triglyceride levels alter the correlation of apolipoprotein B with low-and non-high-density lipoprotein cholesterol mostly in individuals with diabetes or metabolic syndrome. Atherosclerosis, 2016. 247: p. 58-63.
14. Barkas, F., et al., Statin therapy with or without ezetimibe and the progression to diabetes. Journal of Clinical Lipidology, 2016. 10(2): p. 306-313.
15. Barkas, F., et al., How effective are the ESC/EAS and 2013 ACC/AHA guidelines in treating dyslipidemia? Lessons from a lipid clinic. Current Medical Research and Opinion, 2015. 31(2): p. 221-228.

16. Barkas, F., et al., Lipid target achievement among patients with very high and high cardiovascular risk in a lipid clinic. Angiology, 2015. 66(4): p. 346-353.
17. Barkas, F., M. Elisaf, and H. Milionis, Statins decrease the risk of stroke in individuals with heterozygous familial hypercholesterolemia: a systematic review and meta-analysis. Atherosclerosis, 2015. 243(1): p. 60-64.
18. Rizos, C.V., F. Barkas, and M.S. Elisaf, Reaching low density lipoprotein cholesterol targets. 2014, Taylor & Francis. p. 1967-1969.
19. Liamis, G., et al., Diabetes mellitus and electrolyte disorders. World Journal of Clinical Cases: WJCC, 2014. 2(10): p. 488.
20. Liamis, G., et al., Spurious electrolyte disorders: a diagnostic challenge for clinicians. American Journal of Nephrology, 2013. 38(1): p. 50-57.
21. Barkas, F., et al., Electrolyte and acid-base disorders in inflammatory bowel disease. Annals of Gastroenterology: Quarterly Publication of the Hellenic Society of Gastroenterology, 2013. 26(1): p. 23.