

## Perakakis, Nikolaos, Prof., MD (Z01)

### Personal Data

Title	Prof. Dr. med
First name	Nikolaos
Name	Perakakis
Current position	Professor of Metabolic and Vascular Medicine (W2), Head of Metabolic and Vascular Medicine, Director of University Clinical Study Center for Metabolic Diseases; permanent position
Current institution(s)/site(s), country	Department of Internal Medicine III, University Hospital Carl Gustav Carus, Medical Faculty, Technische Universität Dresden, Paul Langerhans Institute Dresden, Fetscherstr. 74, 01307 Dresden, Germany
Identifiers/ORCID	ORCID-ID: 0000-0002-2319-6603

### Qualifications and Career

Stages	Periods and Details
Degree programme: Human Medicine	2000 – 2006, National and Kapodistrian University of Athens, Athens, Greece
Doctorate: MD Thesis	27.09.2013, Supervisor: Jochen Seufert, <i>“The role of the zinc-finger transcription factor Krüppel-like factor 11 for gene regulation in pancreatic beta cells”</i> , Medical School, University of Freiburg, Freiburg, Germany
Stages of academic/professional career	
2019 – 2021	Instructor of Medicine, Harvard Medical School, Boston, USA
2016 – 2019	Postdoctoral Research Fellow (DFG Fellowship), Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, USA
2015 – 2016	Consultant in Internal Medicine, Endocrinology and Diabetology, University Hospital of Freiburg, Freiburg, Germany
2015	Board certification <i>Internal Medicine, Endocrinology and Diabetology</i>
2008 – 2015	Resident and Fellow in Internal Medicine, Endocrinology and Diabetology, University Hospital of Freiburg, Freiburg, Germany
2006 – 2008	Scientific assistant, University Hospital of Freiburg, Freiburg, Germany

### Engagement in the Research System

- Member of the Clinical Study Board of German Centers for Diabetes research [Deutsches Zentrum für Diabetesforschung (DZD)]

- Member of the Use & Access Committee for Data / Biomaterial Distribution for research from DZD Clinical Studies
- Member of the Liver Academy of DZD
- Member of Doctoral / PhD Committee – Clinical Conservative Subjects, Medical Faculty, TU Dresden, Germany
- Higher Education Teaching Certificate, Harvard University, The Derek Bok Center for Teaching and Learning (2021)
- Associate Editor: *Frontiers in Endocrinology*, *Exploration of Endocrine and Metabolic Disease*, Editorial Board: *Metabolism*, *PLOS one*, *BMC Endocrine Disorders*, *World Journal of Diabetes*
- Peer reviewer (>40 journals, selected): *Gastroenterology*, *JACC*, *JCI*, *Clinical Gastroenterology and Hepatology*, *Molecular Therapy*, *Theranostics*, *DOM*, *JCEM*
- Peer reviewer for funding agencies: DAAD, Austrian Science Fund, Universities of Foro Italico Rome, Italy and of Mons, Belgium
- Affiliated researcher, Helmholtz Institute of Munich, Germany
- Experience and qualification in conducting clinical trials: ICH GCP-Training (2012, 2021) Participation as Principal Investigator or Subinvestigator in more than 20 clinical studies

## Scientific Results

**Category A**, \* contributed equally, # open access

1. Hoffmann C, Schwarz PE, Mantzoros CS, Birkenfeld AL, Wolfrum C, Solimena M, Bornstein SR, **Perakakis N**. Circulating levels of gastrointestinal hormones in prediabetes reversing to normoglycemia or progressing to diabetes in a year-A cross-sectional and prospective analysis. **Diabetes Res Clin Pract** 2023; 199:110636. doi: 10.1016/j.diabres.2023.110636.
2. **Perakakis N**, Stefanakis K, Feigh M, Veidal SS, Mantzoros CS. Elafibranor and liraglutide improve differentially liver health and metabolism in a mouse model of non-alcoholic steatohepatitis. **Liver Int** 2021; 41(8):1853-66. doi: 10.1111/liv.14888.
3. Bechmann N, Barthel A, Schedl A, Herzig S, Varga Z, Gebhard C, Mayr M, Hantel C, Beuschlein F, Wolfrum C, **Perakakis N**, Poston L, Andoniadou CL, Siow R, Gainetdinov RR, Dotan A, Shoenfeld Y, Mingrone G, Bornstein SR. Sexual dimorphism in COVID-19: potential clinical and public health implications. **Lancet Diabetes Endocrinol** 2022; 10(3):221-30. doi: 10.1016/S2213-8587(21)00346-6. #
4. Chrysafi P\*, **Perakakis N\***, Farr OM, Stefanakis K, Peradze N, Sala-Vila A, Mantzoros CS. Leptin alters energy intake and fat mass but not energy expenditure in lean subjects. **Nat Commun** 2020; 11(1):5145. doi: 10.1038/s41467-020-18885-9. #
5. **Perakakis N**, Farr OM, Mantzoros CS. Leptin in Leanness and Obesity: JACC State-of-the-Art Review. **J Am Coll Cardiol** 2021; 77(6):745-60. doi: 10.1016/j.jacc.2020.11.069. #
6. **Perakakis N**, Chrysafi P, Feigh M, Veidal SS, Mantzoros CS. Empagliflozin Improves Metabolic and Hepatic Outcomes in a Non-Diabetic Obese Biopsy-Proven Mouse Model of Advanced NASH. **Int J Mol Sci** 2021; 22(12). doi: 10.3390/ijms22126332. #
7. **Perakakis N\***, Polyzos SA\*, Yazdani A\*, Sala-Vila A, Kountouras J, Anastasilakis AD, Mantzoros CS. Non-invasive diagnosis of non-alcoholic steatohepatitis and fibrosis with the use of omics and supervised learning: A proof of concept study. **Metabolism** 2019; 101:154005. doi: 10.1016/j.metabol.2019.154005.

8. **Perakakis N\***, Kokkinos A\*, Peradze N, Tentolouris N, Ghaly W, Pilitsi E, Upadhyay J, Alexandrou A, Mantzoros CS. Circulating levels of gastrointestinal hormones in response to the most common types of bariatric surgery and predictive value for weight loss over one year: Evidence from two independent trials. **Metabolism** 2019; 101:153997. doi: 10.1016/j.metabol.2019.153997.
9. **Perakakis N\***, Kokkinos A\*, Peradze N, Tentolouris N, Ghaly W, Tsilingiris D, Alexandrou A, Mantzoros CS. Follistatins in glucose regulation in healthy and obese individuals. **Diabetes Obes Metab** 2019; 21(3):683-90. doi: 10.1111/dom.13572. #
10. **Perakakis N**, Triantafyllou GA, Fernandez-Real JM, Huh JY, Park KH, Seufert J, Mantzoros CS. Physiology and role of irisin in glucose homeostasis. **Nat Rev Endocrinol** 2017;13(6):324-37. doi: 10.1038/nrendo.2016.221. #

### Category B

1. **Patent:** US20230064246 - DIAGNOSIS AND TREATMENT OF NAFLD AND LIVER FIBROSIS (**applied**). Inventors: Perakakis N, Mantzoros C, Yazdani A.

### Academic Distinctions

- Funding award from German Diabetes Society (DDG) (2021)
- Reintegration Fellowship of Deutsche Forschungsgemeinschaft (DFG) (2020)
- DFG Postdoctoral research Fellowship, Number: 389891681
- Funding award from German Diabetes Society (DDG) (2015)
- Young Endocrinologist Award of the German Society of Endocrinology (2011)

### Collaborators

No.	Collaboration partners	Location/Institution
1	Münevver Demir	Berlin, Germany, Charité – Universitätsmedizin Berlin
2	Christos Mantzoros	Boston, USA, Harvard University
3	Jacob George	Sydney, Australia, University of Sydney
4	Geltrude Mingrone	Rome, Italy, University of Rome
5	Francesco Rubino	London, UK, King's College
6	Philipp Gerber	Zurich, Switzerland, University of Zurich
7	Christian Wolfrum	Zurich, Switzerland, ETH Zurich
8	Andreas Birkenfeld	Tübingen, Germany, University of Tübingen, DZD
9	Antonios Chatzigeorgiou	Athens, Greece, University of Athens
10.	Alexander Kokkinos	Athens, Greece, University of Athens

### Fields of Research

No.	Fields of research
1	205-17 <b>Endocrinology, Diabetology, Metabolism</b>
2	205-04 <b>Physiology</b>