

Petros Ntinias (Dinas)

Publications and PubMed name: **Dinas PC**

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Academic profile

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|--|----------|
| Peer-reviewed Publications | 16 |
| Peer-reviewed Abstract Publications | 2 |
| Cumulative Impact Factor | 30.40 |
| Total Citations (Google Scholar) / h-index | ~247 / 6 |
| Scientific Conference Presentations | 37 |
| Reviewer Services in Peer-Reviewed Journals | 21 |
| Editorial Board | 1 |
| Personal Grants-Scholarships-Academic awards | € 47,617 |
| Dissertations/Projects | 5 |

Education

| Qualification | Subject/GPA | University/Institute |
|----------------------|-------------------------------|---|
| PhD (2017) | Molecular Exercise Physiology | University of Wolverhampton (United Kingdom) |

*Thesis: Function and activation of human adipose tissue: The role of genes in the link between physical activity and brown adipose-like phenotype
(peer-reviewed publications: 5)*

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| Diploma (2014) | Space Studies, GPA: 86% (distinction) | International Space University (Canada/France) |
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*Projects: 1. Space for Health, 2. Human Performance under Lunar Lighting Conditions
(peer-reviewed publications: 2)*

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| MSc (2012) | Exercise and Health, GPA: 94.4% (distinction) | University of Thessaly (Greece) |
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*Thesis: The relationship between physical activity and brown adipose tissue in humans
(peer-reviewed publications: 2)*

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| BSc (Honors 1st class) (2010) | Physical Education and Exercise Science, GPA: 91.10%. Main specialization: Exercise and Health, GPA: 100% | University of Thessaly (Greece) |
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*Thesis: Acute effects of passive tobacco smoking on heart rate variability
(peer-reviewed publications: 2)*

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|-------------------|---------------------------------|---|
| BSc (1988) | Military Academy, GPA: 77.5% | School of Non-commissioned Officers (Greece) |
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Publications in peer-reviewed journals

1. Chachopoulos Vasileios+, **Dinas Petros C.+**, Chasioti Markella, Jamurtas Athanasios Z., Koutedakis Yiannis and Flouris Andreas D. A technique for subcutaneous abdominal adipose tissue biopsy via a non-diathermy method. *Journal of Visualized Experiments* (in press, accepted 4-5-2017). + Shared first authorship. **IF*: 1.1. (PhD work).**
2. **Petros C. Dinas**, Angelica Valente, Marnie Granzotto, Marco Rossato, Roberto Vettor, Aikaterini Zacharopoulou, Andres E. Carrillo, Natalie A. Davies, Paraskevi Gkiata, Athanasios Z. Jamurtas, Yiannis Koutedakis, George S. Metsios, and Andreas D. Flouris. Browning formation markers of subcutaneous adipose tissue in relation to resting energy expenditure, physical activity and diet in humans. *Hormone Molecular Biology and Clinical Investigation* (in press, accepted 9-4-2017). **IF*: N/A. (PhD work)**
3. **Petros C. Dinas**, Ian M. Lahart, James A. Timmons, Per-Arne Svensson, Yiannis Koutedakis, Andreas D. Flouris, George S. Metsios. Effects of physical activity on the link between PGC-1a and FNDC5 in muscle, circulating Irisin and UCP1 of white adipocytes in humans: A systematic review. *F1000Research* 2017, 6:286 (doi: 10.12688/f1000research.11107.1). **IF*: N/A. (PhD work).**
4. Andreas D. Flouris, **Petros C. Dinas**, Angelica Valente, Cláudia Marlise Balbinotti Andrade, Nair Honda Kawashita and Paraskevi Sakellariou. Exercise-induced effects on UCP1 expression in classical brown adipose tissue: a systematic review. *Hormone Molecular Biology and Clinical Investigation* (in press, accepted 11-11-2016). **IF*: N/A.**
5. **Petros C. Dinas**, Sreerekha Suresh, Subbananthan Thangamani, and Alan Zide. Human physical performance under simulated lunar lighting conditions. Is it possible to walk on the Moon? *Hypothesis*, 2016, 14(1): e2 (doi:10.5779/hypothesis.v14i1.472). **IF*: N/A. (Diploma work)**
6. Andreas D. Flouris, **Petros C. Dinas**, Kiriakos Tsitoglou, Ioanna Patramani, Koutedakis Yiannis, Glen P. Kenny. Non-invasive measurements of tibialis anterior muscle temperature during rest, cycling exercise, and post-exercise recovery. *Physiological Measurements*, 2015 May 27; 36 (7): N103-N113 (PMID: 26012697). **IF*: 1.61.**
7. **Petros C. Dinas**, Christian Mueller, Nathan Clark, Tim Elgin, Seyed Ali Nasser, Etai Yaffe, Scott Madry, Jonathan B. Clark, and Farhan Asrar. Innovative methods to benefit public health using space technologies during disaster relief. *Disaster Medicine and Public Health Preparedness*, 2015 Apr; 14:1-10 (PMID: 25869234). **IF*: 1.14. (Diploma work)**
8. Andreas D. Flouris and **Petros C. Dinas**. Impact of regular exercise on classical brown adipose tissue. *Clinical Endocrinology*, Oct;83(4):591-3, 2015 (PMID: 25580858). **IF*: 3.35. (MSc work).**
9. **Petros C. Dinas**, Alexandra Nikaki, Athanasios Z. Jamurtas, Vassilios Prassopoulos, Roxani Efthymiadou, Yiannis Koutedakis, Panagiotis Georgoulas, and Andreas D. Flouris. Association between habitual physical activity and brown adipose tissue activity in individuals undergoing PET-CT scan. *Clinical Endocrinology*, 2015 Jan; 82(1):147-54 (PMID: 25262810). **IF*: 3.35. (MSc work).**
10. **Petros C. Dinas**, Aleksandra S. Markati, and Andres E. Carrillo. Exercise-Induced Biological and Psychological Changes in Overweight and Obese Individuals: A

Review of Recent Evidence, *ISRN Physiology*, vol. 2014, Article ID 964627, 11 pages, 2014. doi:10.1155/2014/964627. **IF*: NA. (PhD work).**

11. Andreas D. Flouris, **Petros C. Dinas**, Manolis N. Tzatzarakis, Giorgos S. Metsios, Konstantinos Kostikas, Athanasios Z. Jamurtas, Aristidis M. Tsatsakis, and Yiannis Koutedakis. Exposure to secondhand smoke promotes sympathetic activity and cardiac muscle cachexia. *International Journal of Environmental Health Research*, 2014 Jun; 24(3):189-94 (PMID: 23802614). **IF*: 1.20. (BSc work).**
12. **Petros C. Dinas**, Giorgos S. Metsios, Athanasios Z. Jamurtas, Manolis N. Tzatzarakis, A. Wallace Hayes, Yiannis Koutedakis, Aristidis M. Tsatsakis, and Andreas D. Flouris. Acute effects of secondhand smoke on complete blood count. *International Journal of Environmental Health Research*, 2014 Feb; 24(1):56-62 (PMID: 23544435). **IF*: 1.20.**
13. Konstantinos Kostikas, Markos Minas, Eftyxia Nikolaou, Papaioannou Andriana, Panayiotis Liakos, Sofia Gougoura, Konstantinos I. Gourgoulisanis, **Petros C. Dinas**, Giorgos S. Metsios, Athanasios Z. Jamurtas, Andreas D. Flouris, Yiannis Koutedakis. Secondhand smoke induces acute acidification and oxidative stress. *Respiratory Medicine*, 2013, Feb; 107(2):172-9 (PMID: 23218453). **IF*: 2.58.**
14. **Petros C. Dinas**, Yiannis Koutedakis, and Andreas D. Flouris. Effects of active and passive tobacco cigarette smoking on heart rate variability. *International Journal of Cardiology*, 2013, Feb; 163 (2):109-115 (PMID: 22100604). **IF*: 6.80. (BSc work).**
15. Mania Vafeiadou, **Petros C. Dinas**. Effects of colostrum supplementation on humans. *Hellenic Journal of Nutrition and Dietetics*, 2012, 3(2), 107–115. **IF*: NA.**
16. **Petros C. Dinas**, Yiannis Koutedakis and Andreas D. Flouris. Effects of exercise and physical activity on depression. *Irish Journal of Medical Science*, 2011 Jun; 180(2):319-25 (PMID: 21076975). **IF*: 0.69.**
17. (Abstract publication). N. Davies, **P. Dinas**, A. Valente, Y. Koutedakis, A. Jamurtas, A. Flouris, E. Ryan, A. Carrillo. Analysis of sugar intake and resting energy expenditure in adult males during a 5-week period. *Medicine & Science in Sports & Exercise*, Volume 47, Issues 5S, May 2015, P684. **IF*: 3.98. (PhD work)**
18. (Abstract publication). **P. Dinas**, A. Flouris, M. Minas, K. Kostikas, I. Mavromanolaki, I. Terzi, M. Kavvalakis, M. Tzatzarakis, A. Tsatsakis. Acute exposure to second hand smoke is associated with endogenous lung acidosis and obstructive pulmonary disorder, *Toxicology Letters*, Volume 196, Supplement 1, 17 July 2010, Page S88. **IF*: 3.4.**

(IF*: Impact factor at the time of acceptance)

Personal grants – scholarships – academic awards

1. **Jan. – July 2016:** Nominated personal grant **€10,362** offered from the University of Wolverhampton, UK (FUEGO/FP7/IRSES project) to participate in the research collaboration with the Department of Internal Medicine, Federal University of Parana, Endocrine Division (SEMPR), University Hospital, Brazil.
2. **Nov. 2015:** Winner of the second prize of the poster competition **€150** for the study “The effects of physical activity on PGC-1 α and FNDC5 in muscle, circulating Irisin, and UCP1 of white adipocytes in humans: A systematic review”. 5th Conference of Biochemistry and Physiology of Exercise, Hellenic Society of Biochemistry and Physiology of Exercise, 7th Nov 2015, Athens, Greece.

3. **Feb. – Aug. 2015:** Nominated personal grant **€8,670** offered from the University of Wolverhampton, UK (U-GENE/FP7/IRSES project) to participate in the research collaboration with the Institute of Gene Biology, Russian Academy of Sciences.
4. **June 2015:** Winner of the poster competition **€135** for the study “A Novel Method Using Space Technologies for the Benefit of Public Health during Natural Disasters”. 2nd Annual Research Conference 16th June 2015, University of Wolverhampton, UK.
5. **Mar. 2014:** Competitive scholarship **€13,000** offered from the “International Space University, Strasbourg, France” via the “European Space Agency” to attend the “Space Studies Program 2014” in Montreal Canada between 9 June to 9 Aug. 2014.
6. **Feb. 2013:** Nominated scholarship **€11,000** as achievement of excellence offered from the “Functional Architecture of Mammals in their Environment Laboratory, School of Physical Education and Exercise Science, University of Thessaly, Greece” towards my PhD tuition fees.
7. **Sep. 2011:** Nominated scholarship **€3,000** as achievement of excellence to complete my MSc studies in “Exercise and Health” offered from the “School of Physical Education and Exercise Science, University of Thessaly, Greece”.
8. **Jan. 2011:** Competitive scholarship **€1,000** due to the 2nd place in ranking (annually offered to the 1st and the 2nd candidate) for the entry in the MSc program “Exercise and Health”, offered from the “School of Physical Education and Exercise Science, University of Thessaly, Greece”.
9. **July 2011:** Nominated scholarship **€300** Awarded the W.L. Gore & Associates Postgraduate Student International Conference of Environmental Ergonomics Stipend 2011, Nafplio, Greece.
10. **July 2010:** First graduated student (BSc) of the “School of Physical Education and Exercise Science, University of Thessaly, Greece”. GPA: 91.10%.

Teaching experience

1. **2016:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, UK. Module: (4SR026-undergraduate) Physical Activity, Sedentary Behaviour, and Health. (One semester).
2. **2016:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, UK. Module: (4SR027-undergraduate) Research Skills for Sport and Exercise Science (One semester).
3. **2015-2016:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, UK. Module: (6SR002-undergraduate) Applied Sport and Exercise Physiology (One semester).
4. **2014-2015:** Visiting Lecturer at the Institute of Sport, Faculty of Education Health and Wellbeing, **University of Wolverhampton**, UK. Module: (6SR004-undergraduate) Clinical Cardiopulmonary Exercise Testing (One semester).
5. **2013-2014:** Honorary teaching staff at the School of Physical Education and Sport Sciences, **University of Thessaly**, Trikala, Thessaly, Greece. 2013-2014. Module: (MK045-undergraduate) Human Physiology (Two semesters).

Skills

1. Good clinical practice, National Institute for Health and Research, UK, 22-1-2016.
2. A0FAQ Level 3 Award in First Aid at Work (QCF), Ultimate Care (Midlands) Ltd., 20-5-2015, Certification number TP495T153366C35140.
3. Phlebotomist. Certification number 07756534, Aurum Training Ltd., 8-11-2014

Work experience

1. **2016-present:** Senior Researcher in human physiology, Functional Architecture of Mammals in their Environment Laboratory, School of Physical Education and Sport Science, University of Thessaly, Trikala, Greece.
2. **2014-2016:** Research Assistant in human physiology, Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, UK.
3. **2014-2016:** Visiting Lecturer in Exercise Physiology, Institute of Sport, Faculty of Education Health and Wellbeing, University of Wolverhampton, UK (please see teaching experience).
4. **2013-2016:** Adjunct Researcher, Functional Architecture of Mammals in their Environment Laboratory, School of Physical Education and Sport Science, University of Thessaly, Trikala, Greece.
5. **2011-2013:** Lab Manager and Research Assistant (Volunteer), Functional Architecture of Mammals in their Environment Laboratory, School of Physical Education and Sport Science, University of Thessaly, Trikala, Greece.
6. **2003-2004, 2007:** Special Forces, Master Chief Instructor of static line Paratroopers, Greek Army.
7. **2005:** Leader of a Special Forces Greek Team in Afghanistan for the International Security Assistant Force.
8. **2001-2003:** Officer in charge in recruitment of Greek Special Forces soldiers and officer in charge of the security in the local barrack, Greek Army.
9. **1988-2007:** Officer Manager of military equipment systems and Special Forces Officer, Greek Army.

Professional Memberships

Hellenic Society of Biochemistry and Physiology of Exercise

Editorial board

Hellenic Journal of Biochemistry and Physiology of Exercise

References (as per series of acquaintance)

1. Dr. Andreas D. Flouris: Associate Professor in Environmental Physiology, School of Physical Education and Exercise Science, University of Thessaly, Greece. E-mail: andreasflouris@gmail.com, Tel: +302431500601. **BSc and MSc theses advisor, PhD thesis co-supervisor, Line Manager FAME Laboratory**
2. Professor George Metsios: Professor in Clinical Exercise Physiology, Institute of Sport, University of Wolverhampton, UK. Email: G.Metsios@wlv.ac.uk, Tel: +44(0)1902323104. **PhD Director of studies, Line Manager Wolverhampton University**
3. Professor Yiannis Koutedakis: Professor in Applied Physiology, Dean of School of Physical Education and Exercise Science, Thessaly University, Greece. Email: y.koutedakis@pe.uth.gr, Tel: +3024310 47056. **MSc thesis supervisor and PhD thesis co-supervisor**
4. Professor Athanasios Jamurtas: Professor in Exercise Biochemistry, School of Physical Education and Exercise Science, Thessaly University, Greece. E-mail: ajamurt@pe.uth.gr, Tel: +30 24310 47054. **BSc thesis supervisor**

5. Dr. Farhan Asrar: Lecturer and clinical teacher of medicine, University of Toronto, Ontario, Canada. Email: farhan.asrar@medportal.ca. **Diploma project supervisor**
6. Dr. Andres E. Carrillo: Assistant Professor in Exercise Physiology. Department of Exercise Science, Chatham University, Pittsburgh, PA 15232 USA. E-mail: aecarrill@gmail.com, Tel. +1 412 365 1166.
7. Dr. Giorgos Sakkas: Associate Professor in Clinical Exercise Physiology at the University of St Mark & St John, Plymouth, UK. E-mail: gsakkas@marjon.ac.uk, Tel: +441752 636700 Ext 2037.