

**Michael (Michail) Koutsilieris** is an **Endocrinologist**, holding the position “**Professor of Experimental Physiology**” at the **Medical School, [National and Kapodistrian University of Athens](#)** where he has served as **Director of the “Physiology Laboratory”<sup>[1]</sup>** from 2004-2020 and as **Chairman of the Department of “Basic Medical Sciences”** from 2004 up to 2006 and from 2018 up to 2020 when he was appointed **President & Chairman of the Administrative Board of the “State Scholarship Foundation – IKY<sup>[2]</sup>”** of Greece.



## Contents

### **Biography**[\[edit\]](#)

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**Michael Koutsilieris** was born in [Pireaus](#), Greece (July 10th, 1954) and he has a family of four children (Nicholas, Vassilis, Maria, Dimitra).

He graduated the **Medical School, National and Kapodistrian University of Athens<sup>[3]</sup>** (1980) and continued his **Graduate Studies and Clinical Training in Endocrinology** at the “**Royal Victoria Hospital**”, **Department of Medicine, Division of Endocrinology, McGill University, Montreal<sup>[4]</sup>** [(1982-1987), **Province of Quebec, Canada** (license no. 91164: **College des Medecins du Quebec<sup>[5]</sup>** and he is currently holding the “**Clinical Specialty of Endocrinology & Metabolism**” in Greece. He presented his **Doctor of Philosophy Thesis (Ph.D)** at **McGill University Montreal, PQ, Canada, Department of “Experimental Medicine”, Faculty of Graduate Studies - Thesis title: Prostate-derived mitogen(s) with selective activity for osteoblasts: implications for the pathophysiology of osteoblastic metastasis from prostate cancer - Scientific Field: PHYSIOLOGY/ENDOCRINOLOGY/ONCOLOGY [Thesis Advisor: Dr. [David Goltzman, MD](#) - Calcium Research Laboratory, McGill University<sup>[6]</sup>** (1983-1987)].

### **Scientific interests:**[\[edit\]](#)

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Molecular Physiology – Molecular Endocrinology – Endocrine Oncology – Exercise Physiology – Prostate & Breast Cancer – Bone Metastasis - Medical Education.

### **Academic career**[\[edit\]](#)

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He worked for 16 years in Canada initially at **McGill University<sup>[6]</sup>** (Research & Clinical Fellow: 1982-1987); at **Sherbrooke University<sup>[7]</sup>** (Research Associate: 1987-1988); and at **Laval University<sup>[8]</sup>** (Assistant Professor (1988-91); Associate

Professor (1991-1997); Tenure Professor (1997)] and served as an independent researcher at Research Units/Laboratories and Research Centers, such as "**BIOREGULATION HORMONALE**", "**MOLECULAR ENDOCRINOLOGY**" and "**PROSTATE CLINIC**", Hopital St. Francoise d' Assise and CHUL, Laval University<sup>[8]</sup>.

In 1997, he was elected at the "**Physiology Laboratory**", Medical School of National and Kapodistrian University of Athens<sup>[3]</sup> (Professor of Experimental Physiology) and served as **Director**<sup>[1]</sup> from 2004 up to 2020. In addition, he was elected twice as **Chairman of the "Department of Basic Medical Sciences"** at the Medical School, National and Kapodistrian University of Athens (2004-2006 & 2018-2020).

He holds currently the academic title of "**Adjunct Professor**" at the **Department of Physiology, Faculty of Medicine, Laval University**<sup>[8]</sup>, Quebec, Canada (from 2008) and at the **Medical School of the University of Cyprus**<sup>[9]</sup> (from 2014). He is also holds the title of "**Visiting Professor**" at the **Medical School, European University of Cyprus**<sup>[10]</sup> (from 2016), and he was nominated as "**Distinguished Fellow**" of the **New Westminster College in Vancouver**<sup>[11]</sup> Canada (2013). He serves as a member of the "International Committee for Planning & Establishment of the Medical School" at the **University of Cyprus, Ministry of Education of the Republic of Cyprus**<sup>[12]</sup> (since 2008).

He served also as a member of the "**National Council for Research**" in **Biomedical Sciences** of the Ministry of Education (2011-2015) and as member of the "**Board of Directors**" of the **Biomedical Science Research Center "ALEXANDER FLEMING"**<sup>[13]</sup> (2006-08 & 2010-12). He served also as a member of the independent authority "**National Ethics Committee for Clinical Studies in Greece**" of the **Ministry of Health**<sup>[14]</sup> (2013-2017). He is a Member of the **Hellenic Foundation for Research & Innovation**<sup>[15]</sup>, **Ministry of Education and Religions, Greek Government** (2018-). He is currently the **President of "State Scholarships Foundation"**<sup>[2]</sup> of Greece (2020-2024).

He is the founder of the "**Hellenic Society of Physiology**" (2006) and has been the first elected President of the society for the years 2007-2009 & 2009-2011, while since then he is an elected member of the Administrative Board (2011-2013; 2013-2015; 2015-2017; 2017-2019; 2019-2021). He was elected 3 times President of the "**Association of Medical Professors of the University of Athens**" (**EKIPA**) in the years 2009-2011, 2011-2013 and 2013-1015 and named "**Honorary President of EKIPA**" (2015). From 2016 to 2020 he was the president of "**EXERCISE IS MEDICINE-GREECE**"<sup>[16]</sup> and President of the Institute of the "**Applied Physiology**

**& Exercise in Medicine (IEFAI)<sup>[17]</sup>** achieving the recognition of "**Therapeutic Exercise**" as **Complementary Therapy by the "National Health Council", Ministry of Health,<sup>[18]</sup> Greece (KESY).**

He formulated the teaching of Human Physiology (3 semesters - Physiology) in the **Undergraduate Program of the Medical School and the Departments of Dentistry, Nursing and Pharmacy, National and Kapodistrian University of Athens** (from 1998 up to 2020). He formerly participated in the committees for "reforming of the graduate & postgraduate program" of the Medical School and was the founder of the elective course "**Seminars in Clinical Physiology - Basic Clinical Skills**" and of the "**Exercise Physiology and Ageing**" course, which have been enthusiastically accepted by the students of the Medical School.

He is the founder and Director/Scientific Officer of the highly successful Postgraduate Program of the Medical School in "**Molecular & Applied Physiology**"<sup>[19]</sup>. He is an evaluator of research programs, such as the State Scholarships Foundation (IKY) and National Evaluating committees of the Ministry of Development Programs "THALIS - HERAKLITOS - PENED – ELIDEK". He also participates in the committees for external evaluation of international research programs and international institutions, such as: **MRC of CANADA - MEDICAL RESEARCH COUNCIL, UK - CANCER RESEARCH COUNCIL, THE NETHERLANDS - DUTCH CANCER SOCIETY, ROMANIA - ROMANIAN RESEARCH COUNCIL & ITALY - ITALIAN RESEARCH COUNCIL.**

August 2020, he was appointed President and Chairman of the Administrative Board of the State Scholarship Foundation<sup>[21]</sup> (I.K.Y.) with the decision No.105280 / Z1 / 12.08.2020 of the Minister of Education and Religions.

### **Honors & Distinctions**[\[edit\]](#)

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He has received many scientific distinctions in Basic and Translation Research (scholarships, distinctions & awards), including:

- **Research Fellow Award** of the *National Medical Research Council of Canada*<sup>[20]</sup>; 1984-1988);
- *American Society for Bone & Mineral Research*<sup>[21]</sup> "**Young Investigator Award**" (1985) presented by Representative to the President of the United States Ronald Reagan;
- "**Scholarship Award**" of the *Quebec Medical Research Council*<sup>[22]</sup> (Fonds de la Recherche en Sante du Quebec - FRSQ; (1989-1992);

- **Scholarship Award** of the *Quebec Medical Research Council*<sup>[22]</sup> (Fonds de la Recherche en Sante du Quebec -FRSQ, (1993-1996);
- "**Volunteerism Award**" from the *Ministry of Health*<sup>[23]</sup>, awarded by his Excellency the President of the Hellenic Republic Mr. K. Stefanopoulos, for the organization & participation in programs "Early Diagnosis of Prostate Cancer in Eastern Mani", which has benefited dozens of citizens who suffered from the disease (2005);
- He received an "**Honorary Citizen**" of the *Municipality of East Mani*<sup>[24]</sup> (2013);
- the title of "**Distinguished Fellow**" of the New Westminster Medical College, Vancouver, Canada<sup>[11]</sup> (2013);
- the title of "**Distinguished Researcher Award**" by the Hellenic Society of Obesity<sup>[25]</sup> (2015);
- the **Research Award** of the European Muscle Conference, Warsaw, Poland (2015),
- title of "**Distinguished Academic Tutor**" by the Hellenic Pediatric Academy<sup>[26]</sup> (2016);
- "**Vassilis Xanthopoulos - Stephanos Pnevmatikos**" Award for Excellence in Academic Teaching by the **Foundation for Research and Technology - Hellas**<sup>[27]</sup>(FORTH) of the University of Crete - award by Excellency the President of the Hellenic Republic Mr. *P. Pavlopoulos* (2017).
- **Honorary Distinction** of the *Academy of Athens*<sup>[28]</sup> in "Surgical Urology" (2018) for the Work in the Scientific Journal "Molecular Medicine" on "Oncogenic role of Ec in prostate cancer";
- **Award for "Best Research Work"** of the Hellenic Urological Society<sup>[29]</sup> for the work "Circulating Cancer Cells in Bladder Cancer" with his research team (2018);
- "**Apollonian Award**" for the contribution to Science and the Greek Society by the Associations of "Greek Olympians, Panhellenic Gymnastics Society, Veteran Basketball Athletes, Panhellenic Association of Gyms, Institute of International and Greek Athletics" Sports - Science & Society (2019);
- **Honorary Distinction** of the Directorate of Mental Health of UNESCO-Piraeus & Islands<sup>[30]</sup> for the academic year 2019 – 2020.
- Title of "**Honorary Professor**" of the Medical Department, School of Health Sciences, Democritus University of Thrace<sup>[31]</sup> (2019).
- **Honorary President** of the National Foundation "Exercise is medicine - Greece"<sup>[16]</sup>(2020).

## Scientific Productions & Recognition<sup>[edit]</sup>

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Publications > 300 publications (Aug. 2020 - pubmed)

h-index > 55 (Aug. 2020 - google scholar)

i10 – index > 200 (Aug. 2020)

Citations > 10,000 (Aug. 2020 - google scholar)

## Membership at international scientific societies<sup>[edit]</sup>

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He has actively participated to the following scientific societies:

- 1982-: [Endocrine Society](#) (USA)
- 1884-: Inter-American Society for Chemotherapy<sup>[32]</sup>
- 1985-: [American Fertility Society](#) (AFS)
- 1985-: [New York Academy of Science](#) (NYAS)
- 1985-: American Society for Bone & Mineral Research<sup>[33]</sup>
- 1988-1998: Club de Recherches Cliniques du Québec
- 1991-: European Society of Human Reproduction & Embryology<sup>[34]</sup> (ESHRE)
- 1996-: European Urological Association<sup>[35]</sup> (EUA)
- 1996-: American Urological Association<sup>[36]</sup> (AUA)
- 1996-1998: Hellenic Medical Association of Quebec
- 1997-: Canadian University Alumni Association
- 1998-: World Endometriosis Society<sup>[37]</sup> (ES)
- 1998-: International Association of Medical Science Educators (IAMSE)
- 1999-: [Metastasis Research Society](#) (MRS)
- 1999-: Molecular Medicine Society (MMS)
- 2000-: Society of Basic Urology Research (SBUR)
- 2000-: Breast Cancer Coalition-EUROPA DONNA
- 2002-: Hellenic Endocrine Society (HES)
- 2002-: [American Diabetes Association](#) (ADA)
- 2006-: Steering Committee “Steroidal Hormones & Hormones and Cancer”
- 2006-: Hellenic Society of Physiology (HSP)
- 2009-: [American Physiological Society](#) (APS)
- 2013-: Hellenic Society of Reproductive Medicine<sup>[38]</sup> (HSRM)

## **Editorial board & External Reviewer of International Medical Journals**[\[edit\]](#)

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Michael Koutsilieris is a member of the Editorial Board and/or External Reviewer for many International Medical Journals such as: Journal of Clinical Investigation (JCI), Molecular Medicine (MM), New England Journal of Medicine (NEJM), World Journal of Experimental Medicine (WJEM), Frontiers in Endocrinology, Hormones, Endocrinology, Journal Clinical Endocrinology & Metabolism (JCEM), Journal of Bone & Mineral Research (JBMR), Plos ONE, Fertility & Sterility, American Journal of Arthritis Research (AJAR), Cancer Research (CR), Open Journal of Integrative Physiology, Cancer Biology & Medicine, Clinical Cancer Drugs (CCD), Molecular Medicine: Current Aspects (MMCA), American Journal of Clinical & Experimental Medicine (AJCEM), Journal of Anatomy & Physiology, Mastologia, Updates in Cardiovascular Diseases & Diagnosis (UCDD), World Journal of Orthopedics (WJO), Tumor Microenvironment (TME), J Medical & Experimental Images (JCMEI), Journal of Cardiovascular Disorders (SMJCD), Journal of Frailty Sarcopenia and Falls (JF), Cancer Translational Medicine (CTM), Expert Opinion on Investigational Drugs (EOID), Expert Opinion on Pharmacotherapy (EOP), Journal of Musculoskeletal & Neuronal Interactions (JMNI), International Journal of European Citizen's Quality of Life, In Vivo, World Journal of Gastroenterology (WJG), World Journal of Methodology (WJM), Open Journal of Molecular & Intergrated Physiology, CPQ Orthopaedics, International Journal of Molecular Sciences-Molecular Endocrinology & Metabolism, Molecular Medicine Reports.

## **External links**[\[edit\]](#)

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[Google Scholar](https://scholar.google.com/citations?user=qmhO0LEAAAJ) <https://scholar.google.com/citations?user=qmhO0LEAAAJ>

## **Other activities**[\[edit\]](#)

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He is the **Founder and President** of the Institute for the Promotion and Development of Mani "**Equals of Mani**"<sup>[39]</sup> (2017 - ). He is the **founder and President** of the "**Institute of Applied Physiology & Exercise in Medicine**" (IEFAI)<sup>[40]</sup> (2017 - ) and one of the **founders of the "Hellenic National Center" & Honorary President of "Exercise is Medicine-Greece"**.

