

Sophia E. Schiza

CURRICULUM VITAE
STUDIES-PUBLICATIONS
WORK EXPERIENCE

HERAKLION, April 2013

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- Place of birth:** Thessaloniki
- Marriage status:** Married: One children
- Undergraduate training:** Crete University, Medical School 1985-1991
- Medical specialties:** ➤ Pulmonary Medicine 1992-1996 (Boards 1996)
- Academic Degrees:** ➤ MD, Crete University 1991
➤ **PhD**, Crete University 1998
➤ **Somnologist Expert in Sleep Medicine** (ESRS board certified 2012)
- Postgraduate training/
academic positions:** ➤ Center for Sleep and Chronobiology, University of Toronto, Ontario, Canada, **Clinical research fellow** (1998-1999)
➤ **Lecturer of Respiratory Medicine**, Dept of Respiratory Medicine, University of Crete, 2003-2008
➤ **Assistant professor of Respiratory Medicine**, Department of Respiratory Medicine, University of Crete @008- today
➤ **Head of Sleep Disorders Center**, Department of Respiratory Medicine, Medical School, University of Crete (2001-today)
➤ **Vice President of the Accreditation Committee of Sleep Laboratories**, of the Hellenic Thoracic Society (www.hts.org.gr) (2008- today)
➤ **Member of the board of Hellenic Sleep Research Society** (HSRS) and chair of the education committee of the HSRS
➤ **Chair of the educational committee of HSRS** 2012- today

➤ **Coordinator of the Sleep Breathing Disorders group** of the Hellenic Thoracic Society (2008-today)

➤ **Alternate member from Greece in the European Committee for “safe driving” and the causes for care crashes** since March 2013

Research interests:

Pathophysiology, cardiovascular and metabolic consequences of sleep breathing disorders, IPF and sleep breathing disorders, Control of Breathing, Pleural effusions

Reviewer of Journals:

Chest, Sleep and Breathing, International Journal of Cardiology, Cytokine, Journal of Medical Case Reports, Medical Science Monitor, Annals of Behavioral Medicine, Sleep Medicine

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SUMMARY OF PUBLICATIONS:

Publications in peer reviewed Journals: **53, one in New England Journal of Medicine (Pub Med, ISI)**

Abstracts in international Meetings: **110**

Citations: **>620**

II Publication in peer reviewed journals

1. Obstructive sleep apnea in patients with interstitial lung diseases: past and future. Mermigkis C, Bouloukaki I, **Schiza SE**.

Sleep Breath. 2013 Apr 12. [Epub ahead of print] No abstract available.

2. Natural course of sleep-disordered breathing after acute myocardial infarction Charalampos Mermigkis, Izolde Bouloukaki and **Sophia E. Schiza** ERJ in press
3. Epworth Sleepiness Scale scores and adverse pregnancy outcomes. **Schiza SE**, Bouloukaki I, Mermigkis C. Sleep Breath. 2013 Mar 13. [Epub ahead of print] No abstract available.
4. Medical treatment with thiamine, coenzyme Q, vitamins E and C, and carnitine improved obstructive sleep apnea in an adult case of Leigh disease. Mermigkis C, Bouloukaki I, Mastorodemos V, Plaitakis A, Alogdianakis V, Siafakas N, **Schiza S**. Sleep Breath. 2013 Feb 7. [Epub ahead of print]
5. CPAP therapy in patients with idiopathic pulmonary fibrosis and obstructive sleep apnea: does it offer a better quality of life and sleep? Mermigkis C, Bouloukaki I, Antoniou KM, Mermigkis D, Psathakis K, Giannarakis I, Varouchakis G, Siafakas N, **Schiza SE**. Sleep Breath. 2013 Feb 6. [Epub ahead of print]
6. Translation and validation of Berlin questionnaire in primary health care in Greece. Bouloukaki I, Komninos ID, Mermigkis C, Micheli K, Komninou M, Moniaki V, Mauroudi E, Siafakas NM, **Schiza SE**. BMC Pulm Med. 2013 Jan 24;13:6. doi: 10.1186/1471-2466-13-6.
7. Bone mineral density in patients with obstructive sleep apnea syndrome. **Schiza SE**, Bouloukaki I, Mermigkis C. Sleep Breath. 2013 Mar;17(1):17-8. doi: 10.1007/s11325-012-0699-x. Epub 2012 Apr 13. No abstract available.
8. Sleep disordered breathing in patients with acute coronary syndromes. **Schiza SE**, Simantirakis E, Bouloukaki I, Mermigkis C, Kallergis EM, Chrysostomakis S, Arfanakis D, Tzanakis N, Vardas P, Siafakas NM. J Clin Sleep Med. 2012 Feb 15;8(1):21-6. doi: 10.5664/jcsm.1652.

9. Sleep apnea. Alchanatis M, Macfarlane J, **Schiza S**. Sleep Disord. 2012;2012:308978. doi: 10.1155/2012/308978. Epub 2012 Jun 13. No abstract available.
10. Management of pregnancy and delivery of a patient with malfunctioning ventriculoperitoneal shunt. **Schiza S**, Stamatakis E, Panagopoulou A, Valsamidis D. J Obstet Gynaecol. 2012 Jan;32(1):6-9. doi: 10.3109/01443615.2011.622058.
11. Long-term omalizumab treatment in severe allergic asthma: the South-Eastern Mediterranean "real-life" experience. Tzortzaki EG, Georgiou A, Kampas D, Lemessios M, Markatos M, Adamidi T, Samara K, Skoula G, Damianaki A, **Schiza S**, Tzanakis N, Sifakas NM. Pulm Pharmacol Ther. 2012 Feb;25(1):77-82. doi: 10.1016/j.pupt.2011.11.004. Epub 2011 Dec 3.
12. Prediction formulas for nasal continuous positive airway pressure in patients with obstructive sleep apnea syndrome. **Schiza SE**, Bouloukaki I. Sleep Breath. 2012 Dec;16(4):941-3. doi: 10.1007/s11325-011-0613-y. Epub 2011 Nov 9. No abstract available.
13. Effect of Mediterranean diet versus prudent diet combined with physical activity on OSAS: a randomised trial. Papandreou C, **Schiza SE**, Bouloukaki I, Hatzis CM, Kafatos AG, Sifakas NM, Tzanakis NE. Eur Respir J. 2012 Jun;39(6):1398-404. doi: 10.1183/09031936.00103411. Epub 2011 Oct 27.
14. Effect of Mediterranean diet on lipid peroxidation marker TBARS in obese patients with OSAHS under CPAP treatment: a randomised trial. Papandreou C, **Schiza SE**, Tzatzarakis MN, Kavalakis M, Hatzis CM, Tsatsakis AM, Kafatos AG, Sifakas NM, Tzanakis NE. Sleep Breath. 2012 Sep;16(3):873-9. doi: 10.1007/s11325-011-0589-7. Epub 2011 Sep 15.
15. CRP evolution pattern in CPAP-treated obstructive sleep apnea patients. Does gender play a role? Mermigkis C, Bouloukaki I, Mermigkis D, Kallergis E, Mavroudi E, Varouchakis G, Tzortzaki E, Sifakas N, **Schiza SE**. Sleep Breath. 2012 Sep;16(3):813-9. doi: 10.1007/s11325-011-0580-3. Epub 2011 Sep 1.

16. Gluteal adipose-tissue polyunsaturated fatty-acids profiles and depressive symptoms in obese adults with obstructive sleep apnea hypopnea syndrome: a cross-sectional study. Papandreou C, **Schiza SE**, Tsibinos G, Mermigkis C, Hatzis CM, Kafatos AG, Siafakas NM, Fragkiadakis GA, Tzanakis NE. *Pharmacol Biochem Behav.* 2011 Apr;98(2):316-9. doi: 10.1016/j.pbb.2011.01.016. Epub 2011 Jan 31.
17. CPAP treatment in patients with idiopathic pulmonary fibrosis and obstructive sleep apnea--therapeutic difficulties and dilemmas. Mermigkis C, Mermigkis D, Varouchakis G, **Schiza S**. *Sleep Breath.* 2012 Mar;16(1):1-3. doi: 10.1007/s11325-010-0476-7. Epub 2011 Jan 9. No abstract available.
18. Prediction of obstructive sleep apnea syndrome in a large Greek population. Bouloukaki I, Kapsimalis F, Mermigkis C, Kryger M, Tzanakis N, Panagou P, Moniaki V, Vlachaki EM, Varouchakis G, Siafakas NM, **Schiza SE**. *Sleep Breath.* 2011 Dec;15(4):657-64. doi: 10.1007/s11325-010-0416-6. Epub 2010 Sep 25.
19. Evidence of dysregulated affect indicated by high alexithymia in obstructive sleep apnea. Nikolaou A, **Schiza SE**, Chatzi L, Koudas V, Fokos S, Solidaki E, Bitsios P. *J Sleep Res.* 2011 Mar;20(1 Pt 1):92-100. doi: 10.1111/j.1365-2869.2010.00865.x.
20. C-reactive protein evolution in obstructive sleep apnoea patients under CPAP therapy. **Schiza SE**, Mermigkis C, Panagiotis P, Bouloukaki I, Kallergis E, Tzanakis N, Tzortzaki E, Vlachaki E, Siafakas NM. *Eur J Clin Invest.* 2010 Nov;40(11):968-75. doi: 10.1111/j.1365-2362.2010.02348.x. Epub 2010 Aug 19.
21. Utility of formulas predicting the optimal nasal continuous positive airway pressure in a Greek population. **Schiza SE**, Bouloukaki I, Mermigkis C, Panagou P, Tzanakis N, Moniaki V, Tzortzaki E, Siafakas NM. *Sleep Breath.* 2011 Sep;15(3):417-23. doi: 10.1007/s11325-010-0352-5. Epub 2010 Apr 28.
22. Deregulation of apoptosis mediators' p53 and bcl2 in lung tissue of COPD patients. Siganaki M, Koutsopoulos AV, Neofytou E, Vlachaki E, Psarrou M, Soultzis N, Pentilas N, **Schiza S**, Siafakas NM, Tzortzaki EG. *Respir Res.* 2010 Apr 27;11:46. doi: 10.1186/1465-9921-11-46.

23. How common is sleep-disordered breathing in patients with idiopathic pulmonary fibrosis? Mermigkis C, Stagaki E, Tryfon S, **Schiza S**, Amfilochiou A, Polychronopoulos V, Panagou P, Galanis N, Kallianos A, Mermigkis D, Kopanakis A, Varouchakis G, Kapsimalis F, Bouros D. *Sleep Breath*. 2010 Dec;14(4):387-90. doi: 10.1007/s11325-010-0336-5. Epub 2010 Mar 16.
24. Maintained smoking cessation for 6 months equilibrates the percentage of sputum CD8+ lymphocyte cells with that of nonsmokers. Bouloukaki I, Tsoumakidou M, Vardavas CI, Mitrouska I, Koutala E, Siafakas NM, **Schiza SE**, Tzanakis N. *Mediators Inflamm*. 2009;2009:812102. doi: 10.1155/2009/812102. Epub 2010 Feb 23.
25. Sleep patterns in patients with acute coronary syndromes. **Schiza SE**, Simantirakis E, Bouloukaki I, Mermigkis C, Arfanakis D, Chrysostomakis S, Chlouverakis G, Kallergis EM, Vardas P, Siafakas NM. *Sleep Med*. 2010 Feb;11(2):149-53. doi: 10.1016/j.sleep.2009.07.016. Epub 2010 Jan 18.
26. Poincare plot in obstructive sleep apnoea patients before and after CPAP treatment. Mermigkis C, Mermigkis D, Varouchakis G, **Schiza S**, Panagou P. *Eur Respir J*. 2009 Nov;34(5):1197-8. doi: 10.1183/09031936.00061609. No abstract available.
27. Altered surfactant protein-A expression in type II pneumocytes in COPD. Vlachaki EM, Koutsopoulos AV, Tzanakis N, Neofytou E, Siganaki M, Drositis I, Moniakakis A, **Schiza S**, Siafakas NM, Tzortzaki EG. *Chest*. 2010 Jan;137(1):37-45. doi: 10.1378/chest.09-1029. Epub 2009 Sep 9.
28. Sleep-disordered breathing in heart failure and the effect of cardiac resynchronization therapy. Simantirakis EN, **Schiza SE**, Siafakas NS, Vardas PE. *Europace*. 2008 Sep;10(9):1029-33. doi: 10.1093/europace/eun190. Epub 2008 Aug 4. Review.
29. Angiogenic molecule Tie-2 and VEGF in the pathogenesis of pleural effusions. Economidou F, Antoniou KM, Tzanakis N, Sfiridaki K, Siafakas NM, **Schiza SE**. *Respir Med*. 2008 May;102(5):774-9. doi: 10.1016/j.rmed.2007.10.021. Epub 2008 Mar 4.

30. Microsatellite DNA analysis does not distinguish malignant from benign pleural effusions. Economidou F, Tzortzaki EG, **Schiza S**, Antoniou KM, Neofytou E, Zervou M, Lambiri I, Siafakas NM. *Oncol Rep.* 2007 Dec;18(6):1507-12.
31. The 5-min pupillary alertness test is sensitive to modafinil: a placebo controlled study in patients with sleep apnea. Nikolaou A, **Schiza SE**, Giakoumaki SG, Roussos P, Siafakas N, Bitsios P. *Psychopharmacology (Berl).* 2008 Feb;196(2):167-75. Epub 2007 Sep 25.
32. Health-related quality of life in patients with obstructive sleep apnoea and chronic obstructive pulmonary disease (overlap syndrome). Mermigkis C, Kopanakis A, Foldvary-Schaefer N, Golish J, Polychronopoulos V, **Schiza S**, Amfilochiou A, Siafakas N, Bouros D. *Int J Clin Pract.* 2007 Feb;61(2):207-11.
33. Pupil miosis within 5 minutes in darkness is a valid and sensitive quantitative measure of alertness: application in daytime sleepiness associated with sleep apnea. Bitsios P, **Schiza SE**, Giakoumaki SG, Savidou K, Alegakis AK, Siafakas N. *Sleep.* 2006 Nov;29(11):1482-8.
34. Effect of inhaled salbutamol on coronary circulation in humans. Kochiadakis GE, Hamilos MI, Skalidis EI, Igoumenidis NE, **Schiza SE**, Vardas PE. *Int J Cardiol.* 2007 May 2;117(3):408-10. Epub 2006 Aug 7.
35. Clinical presentation and management of empyema, lung abscess and pleural effusion. **Schiza S**, Siafakas NM. *Curr Opin Pulm Med.* 2006 May;12(3):205-11. Review.
36. Continuous positive airway pressure therapy lowers vagal tone in patients with obstructive sleep apnoea-hypopnoea syndrome. Chrysostomakis SI, Simantirakis EN, **Schiza SE**, Karalis IK, Klapsinos NC, Siafakas NM, Vardas PE. *Hellenic J Cardiol.* 2006 Jan-Feb;47(1):13-20.
37. Atrial overdrive pacing for the obstructive sleep apnea-hypopnea syndrome. Simantirakis EN, **Schiza SE**, Chrysostomakis SI, Chlouverakis GI, Klapsinos NC, Siafakas NM, Vardas PE. *N Engl J Med.* 2005 Dec 15;353(24):2568-77.

38. Pharmacotherapy in complicated parapneumonic pleural effusions and thoracic empyema. **Schiza SE**, Antoniou KM, Economidou FN, Siafakas NM. Pulm Pharmacol Ther. 2005;18(6):381-9. Review.
39. Acute electrophysiologic effects of inhaled salbutamol in humans. Kallergis EM, Manios EG, Kanoupakis EM, **Schiza SE**, Mavrakis HE, Klapsinos NK, Vardas PE. Chest. 2005 Jun;127(6):2057-63.
40. Severe bradyarrhythmias in patients with sleep apnoea: the effect of continuous positive airway pressure treatment: a long-term evaluation using an insertable loop recorder. Simantirakis EN, **Schiza SI**, Marketou ME, Chrysostomakis SI, Chlouverakis GI, Klapsinos NC, Siafakas NS, Vardas PE. Eur Heart J. 2004 Jun;25(12):1070-6.
41. Sleep breathing disorders in patients with Idiopathic Parkinsons' disease. Basta M., **Schiza S.**, Mauridis m., Plaitakis A., Siafakas NM. Respiratory Medicine 2003'97:1151-1157.
42. Laser-assisted uvulopalatoplasty for the treatment of snoring and mild obstructive sleep apnea syndrome. Kyrmizakis DE, Chimona TS, Papadakis CE, Bizakis JG, Velegarakis GA, **Schiza S**, Siafakas NM, Helidonis ES. J Otolaryngol. 2003 Jun;32(3):174-9
43. Multi-focal tuberculosis with multiple intracranial tuberculomas in a non-immunocompromised patient. Basta M, Lydakis C, Daskalogiannaki M, **Schiza S**, Siafakas NM. Respir Med. 2001 Oct;95(10):841-3. No abstract available.
44. Assessing the knowledge of bronchial asthma among primary health care physicians in Crete: a pre- and post-test following an educational course. Rovithis E, Lionis C, **Schiza SE**, Bouros D, Karokis A, Vlachonikolis I, Siafakas NM. BMC Med Educ. 2001;1:2. Epub 2001 Aug 1.
45. Fibrinolytics in the treatment of parapneumonic effusions. Bouros D, **Schiza S**, Siafakas N. Monaldi Arch Chest Dis. 1999 Jun;54(3):258-63. Review.
46. Utility of fibrinolytic agents for draining intrapleural infections. Bouros D, **Schiza S**, Siafakas N. Semin Respir Infect. 1999 Mar;14(1):39-47. Review.

47. Concurrent twice-a-week docetaxel and radiotherapy: a dose escalation trial with immunological toxicity evaluation. Koukourakis MI, Giatromanolaki A, **Schiza S**, Kakolyris S, Georgoulas V Int J Radiat Oncol Biol Phys. 1999 Jan 1;43(1):107-14.
48. Intrapleural urokinase versus normal saline in the treatment of complicated parapneumonic effusions and empyema. A randomized, double-blind study. Bouros D, **Schiza S**, Tzanakis N, Chalkiadakis G, Drositis J, Siafakas N. Am J Respir Crit Care Med. 1999 Jan;159(1):37-42.
49. Intrapleural streptokinase versus urokinase in the treatment of complicated parapneumonic effusions: a prospective, double-blind study. Bouros D, **Schiza S**, Patsourakis G, Chalkiadakis G, Panagou P, Siafakas NM. Am J Respir Crit Care Med. 1997 Jan;155(1):291-5.
50. Intrapleural urokinase in the treatment of complicated parapneumonic pleural effusions and empyema. Bouros D, **Schiza S**, Tzanakis N, Drositis J, Siafakas N. Eur Respir J. 1996 Aug;9(8):1656-9.
51. Role of streptokinase in the treatment of acute loculated parapneumonic pleural effusions and empyema. Bouros D, **Schiza S**, Panagou P, Drositis J, Siafakas N. Thorax. 1994 Sep;49(9):852-5.

III. Book chapters

1. **Schiza SE**, Anthonisen NR. Effects of acute exacerbation on the natural history of COPD, in "Acute Exacerbations of COPD", eds: Siafakas NM, Georgopoulos D, Anthonisen NR, Marcel Dekker, Inc publications
2. Eds: Alchanatis M, Macfarlane J, **Schiza S**. Sleep Disorders Hidawyi Publications.
3. **Schiza SE**. Sleep in Acute Coronary Syndromes, in D. Barrett and P. McNamara (Eds.), Encyclopedia of sleep and dreams. Santa Barbara, CA: Greenwood Publishers.
4. Another 4 chapters in Greek books for Respiratory Medicine.

IV. Invitations in International Congresses

1. 12th State of the Art, Interdisciplinary Review Course on Pulmonary Diseases Critical Care Emergency Medicine & Nursing Care, Athens April 11-13, 2008, Hilton Athens Hotel, Athens- Greece, Obstructive Sleep Apnea Hypopnea Syndrome
2. 3rd Mediterranean Congress on Thoracic Diseases Crete, Greece April 1-4, 2000, "Parapneumonic pleural effusions and Empyema".
3. Invited Speaker in 1nd ACCP-HTS Pulmonary Board Review Course Athens Greece, June 2010, Parapneumonic Effusions and Empyema
4. Pulmonary Review and Refreshing Course of Pulmonary Medicine, December 2009, entitled " Sleep breathing disorders: diagnostic procedures and treatment approaches"
5. Pulmonary Review and Refreshing Course of Pulmonary Medicine, Cyprus 2-4 July 2010, entitled " Obstructive sleep Apnea Hypopnea Syndrome: diagnostic procedures and treatment approaches"
6. Pulmonary Review and Refreshing Course of Pulmonary Medicine, Cyprus 2-4 July 2010, entitled " Obesity Hypoventilation Syndrome: diagnostic procedures and treatment approaches"
7. Pulmonary Review and Refreshing Course of Pulmonary Medicine, Cyprus June 2011, entitled " The role of Sleep laboratories in the evaluation of sleep breathing disorders"
8. Pulmonary Review and Refreshing Course of Pulmonary Medicine, Cyprus June 2012, entitled " Non invasive ventilation in Sleep Apnea Syndrome"
9. 1st Hellenic Thoracic Society HERMES Summer School, 5-8 July 2012,

Fodele, Heraklion, Crete, invited lecture entitled " Obstructive Sleep Apnea Hypopnea Syndrome".

10. 1st Hellenic Thoracic Society HERMES Summer School, 5-8 July 2012,

Fodele, Heraklion, Crete, invited lecture entitled " Central Sleep Apnea Hypopnea Syndrome".

11. Pulmonary Review and Refreshing Course of Pulmonary Medicine,

May 2011, entitled " Sleep breathing disorders: diagnostic procedures and treatment approaches"

V. CHAIRMAN IN INTERNATIONAL MEETINGS-CONGRESSES

1. Pulmonary Review and Refreshing Course of Pulmonary Medicine, December 2009 Chairman in Sleep breathing disorders session.

2. Chairman in the ERS-HTS Research Seminar, Athens Greece 2008 on "Sleep breathing disorders: new diagnostics and therapeutic procedures"

3. Pulmonary Review and Refreshing Course of Pulmonary Medicine, May 2011 Chairman in Sleep breathing disorders session

4. 1st Hellenic Thoracic Society HERMES Summer School, 5-8 July 2012, Fodele, Heraklion, Crete chairman in sleep disorders section

5. Pulmonary Review and Refreshing Course of Pulmonary Medicine, Cyprus June 2011 chairman in pleural effusions session

6. A total number of 15 chairman in national congresses.

VI. ORGANIZATION OF MEETINGS – SEMINARS

1. Member of the organizing committee of 1st postgraduate course in sleep disorders medicine by Hellenic Sleep Research Society and Sleep and Chronobiology Laboratory, University of Toronto, Greece 1999.
2. Member of the organizing and scientific committee of 3rd Mediterranean Congress on Thoracic Diseases, Greece 2000.
3. Member of the organizing and scientific committee of 4th congress of HSRS, Athens 2008
4. Member of the organizing committee of Pulmonary Review and Refreshing Course of Pulmonary Medicine of HTS 2011 Volos Greece
5. Member of the organizing committee of Pulmonary Review and Refreshing Course of Pulmonary Medicine of HTS 2012 Athens Greece
6. Member of the faculty 1st Hellenic Thoracic Society HERMES Summer School, 5-8 July 2012, Fodele, Heraklion, Crete
7. Chair of the organizing committee for HTS CME ONLINE courses for sleep disorders
8. Chair of the organizing committee of the 1st HTS- HSRS “School for Sleep Technicians” 2011 Athens
9. Member of the scientific committee 20th National congress of HTS, Athens 2011
10. Member of the scientific committee 21th National congress of HTS, Athens 2012

VII. MEMBER IN INTERNATIONAL SOCIETIES

1. Coordinator of sleep disorders group HTS 2008-today
2. ERS Abstract Reviewer 2011- 2012
3. American Academy of Sleep Medicine
4. European Sleep Research Society (board certified with the title of Somnologist Expert in Sleep Medicine since 2012, I am the only one board certified in Greece)
5. European Respiratory Society
6. American college of Chest Physicians
7. Reviewer in Chest, Sleep and Breathing, International Journal of Cardiology, Cytokine, Journal of Medical Case Reports, Medical Science Monitor, Annals of Behavioral Medicine, Sleep Medicine , etc
8. Alternate member from Greece in the European Committee for “safe driving” and the causes for care crashes since March 2013

VIII. ABSTRACTS IN INTERNATIONAL CONGRESSES: 110

X. SCIENTIFIC – EDUCATIONAL ACTIVITY AT NATIONAL LEVEL

1. Publications in Greek books –journals : 6
2. Speaker in Greek Congresses- Seminars : 36
3. Chairman in Congresses : 11
4. Abstracts in GREEK Congresses : 74

XI. Sleep Disorders Center, Dept of Respiratory Medicine, Medical School, University of Crete, description

The University of Crete (www.med.uoc.gr) is one of the oldest peripheral Greek universities and according to internal as well as external evaluation ranks first among Greek universities in research activities and in publications with high h-index. All the above applied and for the Medical School, founded in 1983.

Department of Thoracic Medicine, a branch of Medical School University of Crete is a very active one in clinical as well as in research area with > 280 publications. The director, Professor of Respiratory Medicine NM Sifakas served as a President of the European Respiratory Society (2009-2010).

Sleep Disorders Center starts its operation 10 years ago, led by Sophia Schiza Assistant Professor of Respiratory Medicine, employed 2 doctors and 5 technicians (mainly nurses), hosts **a five bed sleep laboratory** equipped with state of the art technology:

Five (5) type I attended in lab- PSG: four (4) Alice 5, Respirationics, one (1) Alice 4, Respirationics

One (1) type 3 modified sleep apnea testing: Jaeger

Three (3) type 4 continuous single bioparameter recording: two (2) ambulatory pulse oximeters and one (1) end-tidal CO₂ recording.

Modalities of PaP: 4 CPAP, 2 Auto-Pap, 3 BiPaP and one BiPaP with pressure and volume control.

We also perform MSLT for the objective assessment of daytime sleepiness and/or for other sleep disorders.

The center operates PAP clinic since 2005, has responsibility for education and treatment monitoring with a strict follow-up protocol: 2 visits during the first month of treatment initiation and after that every 4 months. After the operation of CPAP clinic there was improvement in treatment compliance up to 75-80% (we are in process to submit our compliance data).

Other than CPAP therapeutic modalities: we prescribe **oral appliances**.

After a proper evaluation from a specialized orthodontist (she has a one year

training in Holland), the oral appliances manufactured and after one month period of adjustment to treatment we re-evaluate the patient with in lab full PSG to verify the therapeutic efficacy.

We collaborate with ENT's for **nasal dysfunction restoration** only and in selected patients for tonsillectomy.

Additionally we collaborate with **nutritionist and trainer** for weight reduction programmes.

The last 7 years we developed a close collaboration with the department of Obesity Surgery, we evaluate patients with morbid obesity and sleep breathing disorders before and after **bariatric surgery**.

Clinical work:

Patients	2000- today Total number
Clinical evaluation	16.755
Attended in laboratory sleep studies	14077
CPAP/ CPAP clinic (daily operation)	5970
Other treatments: oral appliances, nasal or craniofacial surgery	3912

We have a close clinical and research collaboration with Cardiologists, Internists, ENTs, Urologist's (mainly for erectile dysfunction), obesity surgeons and anesthesiologists.

The research group targeting the relationships between pathophysiology, cardiologic, metabolic consequences of sleep breathing disorders and recently the relation between Idiopathic Pulmonary Fibrosis and sleep breathing disorders: until now 50 publications in peer-review journals.

Sleep Disorders Center, is accredited through national procedures as well as international: is the only one from Greece that is included in European Sleep Research Laboratories from the European Sleep Research Society (ESRS).

The director of the Sleep Disorders Center: Sophia Schiza, Assistant Professor of Respiratory Medicine, is board certified from ESRS. The other one doctor that we collaborate with Charalampos Mermigkis is board certified from the American Academy of Sleep Medicine.

Sleep disorders center has also responsibility for training medical students, residents of Respiratory medicine, provides expertise in sleep disorders in MD's in Greece.

Three (3) PhD theses have been completed and another four (3) are in progress.