Antonis Stavropoulos-Kalinoglou

PhD, MSc, BSc

Research specialisation: Clinical Exercise Physiology, exercise testing and prescription in patients with chronic conditions

Experience: 9 years as an academic and researcher in sports and exercise physiology, and clinical exercise physiology in the UK and Greece. Currently a Senior Lecturer in Sports and Exercise Physiology at Leeds Beckett University, but previously worked at the University of Thessaly (Greece) as a Senior Researcher and Lecturer, the University of Birmingham (UK) as a research fellow, and the University of Wolverhampton (UK) as a post-doctoral researcher. Teaching interests include clinical exercise testing and prescription, altitude physiology, training for ultra-endurance events.

Research overview: His research has focused mainly on patients with chronic inflammatory conditions and especially arthritis. Obesity, inflammation, exercise and their interactions have been the key areas of his investigations. Several of his publications have been used by various national and international bodies (such as the NICE and WHO) to produce guidelines for patient management. Recently he has expanded his interests towards healthy individuals and recreational athletes, investigating the physiological effects of high-intensity or extreme-duration exercise. Moreover, he is now involved in a number of nutritional supplementation studies and also he is leading the development of a number of innovative products for health promotion.

Postgraduate supervision: 3 MSc to completion. Currently supervising 3 MSc and 2 PhD projects. Topics range from fuel utilisation during prolonged exercise, to intramuscular structural adaptations following different training protocols, and using novel technologies to fight childhood obesity.

Research publications: >80 research outputs overall, including 44 papers in peer reviewed journals, 6 book chapters and several conference presentations. Example publications:

Stavropoulos-Kalinoglou A, Metsios GS, Koutedakis Y, Kitas GD. Body-size phenotypes and cardiometabolic risk in Rheumatoid Arthritis. Mediterr J Rheumatol 2016; 27(2): 34-40

Metsios GS, Koutedakis Y, Veldhuijzen van Zanten JJ, Stavropoulos-Kalinoglou A, Vitalis P, Duda JL, Ntoumanis N, Rouse PC, Kitas GD. Cardiorespiratory fitness levels and their association with cardiovascular profile in patients with rheumatoid arthritis: a cross-sectional study. Rheumatology (Oxford). 2015 Jul 25. pii: kev035.

Jamurtas A, Stavropoulos-Kalinoglou A, Koutsias S, Koutedakis Y, Fatouros I. Adiponectin, Resistin and Visfatin in Childhood Obesity and Exercise.. Pediatr Exerc Sci. 2015 Apr 22. [Epub ahead of print]

Stavropoulos-Kalinoglou A, Deli C, Kitas GD, Jamurtas AZ. Muscle wasting in rheumatoid arthritis: The role of oxidative stress. World J Rheumatol 2014; 4(3): 44-53

Wadley AJ, Veldhuijzen van Zanten JJ, Stavropoulos-Kalinoglou A, Metsios GS, Smith JP, Kitas GD, Aldred S. Three months of moderate-intensity exercise reduced plasma 3-nitrotyrosine in rheumatoid arthritis patients. Eur J Appl Physiol. 2014 Jul;114(7):1483-92. doi: 10.1007/s00421-014-2877-y. Epub 2014 Apr 10.

Panoulas VF, Toms TE, Douglas KM, Sandoo A, Metsios GS, Stavropoulos-Kalinoglou A, Kitas GD. Prolonged QTc interval predicts all-cause mortality in patients with rheumatoid arthritis: an association driven by high inflammatory burden. Rheumatology (Oxford). 2014 Jan;53(1):131-7.

Metsios GS, Stavropoulos-Kalinoglou A, Veldhuijzen van Zanten JJ, Nightingale P, Sandoo A, Dimitroulas T, Kitas GD, Koutedakis Y. Individualised exercise improves endothelial function in patients with rheumatoid arthritis.Ann Rheum Dis. 2013 Jul 31. doi: 10.1136/annrheumdis-2013-203291. [Epub ahead of print]

Dimitroulas T, Sandoo A, Veldhuijzen van Zanten JJ, Smith JP, Hodson J, Metsios GS,Stavropoulos-Kalinoglou A, Kitas GD. Predictors of asymmetric dimethylarginine levels in patients with rheumatoid arthritis: the role of insulin resistance. Scand J Rheumatol. 2013;42(3):176-81.

Stavropoulos-Kalinoglou A, Metsios GS, Veldhuijzen van Zanten JJ, Nightingale P, Kitas GD, Koutedakis Y. Individualised aerobic and resistance exercise training improves cardiorespiratory fitness and

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reduces cardiovascular risk in patients with rheumatoid arthritis. Ann Rheum Dis. 2013 Nov 1;72(11):1819-25.

Stavropoulos-Kalinoglou A, Metsios GS, Panoulas VF, Nightingale P, Koutedakis Y, Kitas GD. Anti-tumour necrosis factor alpha therapy improves insulin sensitivity in normal-weight but not in obese patients with rheumatoid arthritis. Arthritis Res Ther. 2012 Jul 5;14(4):R160