

Curriculum Vitae

Maria Charismiadou – Mitsakou

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1. Personal details

Name & Surname: Maria Charismiadou – Mitsakou

Date of birth: 10 April, 1960

Place of birth: Athens

Marital status: Married, two children

Work address: Accosiated Professor, Laboratory of Animal Breeding and Husbandry, Department of Animal Science and Aquaculture, Agricultural University of Athens

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2. Education

1983: *Ptychion* in Department of Food Science and Technology, Agricultural University of Athens (grade 8,0/10,0).

1997: *Ph.D.* Laboratory of Animal Breeding and Husbandry, Department of Animal Science and Aquaculture (A.S.A.), Agricultural University of Athens (A.U.A.).

Thesis title: “Metabolic adaptations during the perinatal period in dairy sheep in relation to level of nutrition, during pregnancy, and milk yield.” (grade 10,0/10,0).

Supervisor: Prof. E. Rogdakis.

1985 – 2004: Researcher in Laboratory of Animal Breeding and Husbandry, Department A.S.A., A.U.A.

2004 – 2014: Lecturer in “Physiology of Productive Traits” of the Department A.S.A., A.U.A.

2014 – ongoing: Associated Professor in “Physiology of Productive Traits” of the Department A.S.A., A.U.A.

3. Professional Experience

Teaching in the undergraduate and postgraduate programs, research, participation in the activities of the Laboratory and Department.

■ Undergraduate Program of the Department of Animal Science and Aquaculture:

- a. Physiology of Productive Traits, Theory and Practicals (7th semester, 2004 – ongoing)
- b. Livestock Farming of Ruminants, Theory and Practicals (8th semester, 2009 – ongoing)
- c. Introduction to Animal Breeding and Husbandry, Practicals (3rd semester, 2004 – ongoing)

■ Undergraduate Program of all the Departments of AUA, except of the Department of Animal Science and Aquaculture:

- a. Animal Breeding and Husbandry, Theory and Practicals (5th semester, 2004 – 2015 ongoing)
- b. Animal Breeding and Husbandry, Theory and Practicals (1st, 3rd and 5th semester, 2015 – ongoing)

■ Postgraduate Program

- a. “Animal Genetic Breeding, Reproduction and Nutrition” specialization «Population and Molecular Genetics of farm animals» of the Department A.S.A. Theory and practicals (2004 - 2009).
- b. “Livestock Production Systems” specialization “Quality Products of Animal Origin” of the Department A.S.A. Theory and practicals (2009 - ongoing).
- c. “Intergrated Production Management of milk and dairy products” of the Departments of Food Science and Human Nutrition and A.S.A. Theory and practicals (2009 - ongoing).

■ Supervision and participation in supervising committee of undergraduate and postgraduate students

- a. Supervisor in 2 postgraduate and 24 undergraduate students (2011 – 2020)
- b. Member of supervising committee of 22 postgraduate and 71 undergraduate students (2006 – 2020)
- c. Member of supervising committee of 1 doctorate thesis

4. Research Experience and Interests

1. Physiological mechanisms of lipogenesis and lipolysis in the adipose tissue of productive animals
2. Quantitative and molecular study of enzymes and hormones implying in the adipose tissue metabolism

3. Physiological mechanisms of mammary growth
 4. Study of evaluation of indices for meat, milk and egg quality
 5. Evaluation of milk proteolytic enzymes
 6. Study of animal behaviour
- Continued collaboration with members of A.S.A. and other departments of A.U.A.
 - Involvement in experiments carried out at the Laboratory of Animal Breeding and Husbandry
 - Participation in committees of A.S.A.'s proposal for the procurement of laboratory equipment for the advancement of the education provided by the Dpt of A.S.A.

5. Competitive Research Grant Awards

- ◆ “Protein polymorphism in various Greek breeds of sheep” Funding Body: General Secretary for Research and Technology. Duration: 1993 – 1995.
- ◆ “Undergraduate Studies of the Department of Animal Science, A.U.A.” . Duration: 1/4/2003 – 31/12/2008.
- ◆ “The effects of antioxidant’s dietary supplementation on animal product quality” Funding Body: Hellenic State and European Union, project called “THALIS”. Duration: 12/2011-09/2015.
- ◆ “Implementation of innovative technologies in the production of yogurt with enhanced biofunctional properties” Funding Body: General Secretary for Research and Technology, project called “ESPA – SYNERGASIA” 2011. Duration: 6/2013 - 7/2015

6. Research articles in refereed journals

1. ΧΑΡΙΣΜΙΑΔΟΥ Μ. (1997): «Μεταβολικές προσαρμογές κατά την περιγεννητική περίοδο στο γαλακτοπαραγωγό πρόβατο σε σχέση με το επίπεδο διατροφής κατά την κνοφορία και το δυναμικό γαλακτοπαραγωγής». **Διδακτορική διατριβή**, Αθήνα. (Ph.D, Athens)

2. ΜΠΙΖΕΛΗΣ Ι., Μ. ΧΑΡΙΣΜΙΑΔΟΥ και Ε. ΡΟΓΔΑΚΗΣ (1993): «Επίδραση του αριθμού των εμβρύων στην ανάπτυξη του μαστού του προβάτου». Επιθεώρηση Ζωοτεχνικής Επιστήμης, 17: 21 - 38.

3. ROGDAKIS E., M. CHARISMIADOU, S. ORPHANOS, E. PANOPOULOU and I. BIZELIS (1997): «Cellularity and enzymatic activity of adipose tissue in the Karagouniko dairy breed of sheep from birth to maturity». J. Anim. Breed. Genet. 114, 385-396.

4. CHARISMIADOU, M., BIZELIS, I. and ROGDAKIS, E. (2000): «Metabolic changes during the perinatal period in dairy sheep in relation to level of nutrition and breed. I. Late pregnancy». J. Anim. Physiol. a. Anim. Nutr., 84, 61-72.

5. BIZELIS, I., CHARISMIADOU, M. and ROGDAKIS, E. (2000): «Metabolic changes during the perinatal period in dairy sheep in relation to level of nutrition and breed. II. Early lactation». J. Anim. Physiol. a. Anim. Nutr., 84, 73-84.

6. ΠΑΝΟΠΟΥΛΟΥ, Ε., ΚΟΥΤΣΟΤΟΛΗΣ, Κ., ΧΑΡΙΣΜΙΑΔΟΥ, Μ. και ΖΕΡΒΑΣ, Γ. (2001): «Επίδραση της «κατά βούληση» ή «κατά γεύματα» διατροφής στα χαρακτηριστικά του σφαγίου και του λιπώδους ιστού στο Μπούτσικο πρόβατο». Επιθεώρηση Ζωοτεχνικής Επιστήμης, 28, 57-71.

7. ΓΚΟΛΙΟΜΥΤΗΣ, Μ., ΠΑΝΟΠΟΥΛΟΥ, Ε., ΧΑΡΙΣΜΙΑΔΟΥ, Μ. και Ε. ΡΟΓΔΑΚΗΣ (2002): «Εξέλιξη του μεγέθους και του αριθμού των λιποκυττάρων στον κοιλιακό λιπώδη ιστό, καθώς και ενζύμων λιπογένεσης στον κοιλιακό λιπώδη ιστό και το ήπαρ ορνιθίων κρεοπαραγωγής, από την εκκόλαψη έως την ενηλικίωση». Επιθεώρηση Ζωοτεχνικής Επιστήμης, 30, 45-60.

8. ΠΑΝΟΠΟΥΛΟΥ, Ε., ΣΙΝΑΠΗΣ, Ε., ΧΑΡΙΣΜΙΑΔΟΥ, Μ., ΧΑΤΖΗΜΗΝΑΟΓΛΟΥ, Ι. και Α. ΚΑΡΑΛΑΖΟΣ (2003): «Εξέλιξη του μεγέθους των λιποκυττάρων και των NADP-αφυδρογονασών στο λιπώδη ιστό αμνών Ορεινής φυλής μέχρι την ηλικία των 120 ημερών». Επιθεώρηση Ζωοτεχνικής Επιστήμης, 31, 35-45.

9. PANAGIOTIS E. SIMITZIS, MARIA A. CHARISMIADOU, VASILIKI KOTSABASI, GEORGE PAPADOMICHELAKIS, EUGENIA P. CHRISTOPOULOU, EIRINI K. PAPAVALASOPOULOU and STELIOS G. DELIGEORGIS (2009) : «Influence of maternal undernutrition on the behaviour of juvenile lambs». Appl. Anim. Behav. Sci. , 116, 191 – 197.

10. STAMATINA TRIVIZAKI, GEORGE LALIoTIS, IOSIF BIZELIS, MARIA CHARISMIADOU and EMMANUEL ROGDAKIS (2010): «Enzymatic and

mRNA transcript response of ovine 6-phosphogluconate dehydrogenase (6PGD) in respect to different milk yield». *Biochemistry Research International* 2010 , 1- 5(open access).

11. SIMITZIS, P. E., G. K. SYMEON, M. A. CHARISMIADOU, J. A. BIZELIS and S. G. DELIGEORGIS (2010): «The effects of dietary oregano oil supplementation on pig meat characteristics». *Meat Science*, 84, 670 – 676.

12. GEORGE LALLOTIS, STAMATINA TRIVIZAKI, IOSIF BIZELIS, MARIA CHARISMIADOU and EMMANUEL ROGDAKIS (2010): «Enzymatic and mRNA transcript response of ovine 6-phosphogluconate dehydrogenase (6PGD) in respect to different weights from weaning to four months of age». *Animal Biotechnology*, 21 (3), 149-155.

13. GEORGE LALLOTIS, ALKISTIS VITSA, IOSIF BIZELIS, MARIA CHARISMIADOU and EMMANUEL ROGDAKIS (2010): «Molecular study of ovine glucose 6-phosphate dehydrogenase gene expression in respect to different energy intake». *Comparative Biochemistry and Physiology, Part D*, 5(2): 124-129.

14. SIMITZIS, P. E., G. K. SYMEON, M. A. CHARISMIADOU, A. G. AYOUTANTI and S. G. DELIGEORGIS (2011): «The effects of dietary hesperidin supplementation on broiler performance and chicken meat characteristics». *Can. J. Anim. Sci.*, 91(2), 275 – 282.

15. SIMITZIS P. E. , E. KALOGERAKI, M. GOLIOMYTIS, M. A. CHARISMIADOU, K. TRIANTAFYLLOPOULOS, A. AYOUTANTI, K. NIFOROU, A. L. HAGER-THEOTHORIDES and S. G. DELIGEORGIS (2012) : «Impact of Stocking Density on Broiler Growth Performance, Meat Characteristics, Behavioural Components and Indicators of Physiological and Oxidative Stress ». *British Poultry Science*, 53(6), 721 – 730.

16. SYMEON G. K., M. CHARISMIADOU, F. MANTIS, I. BIZELIS, A. KOMINAKIS and E. ROGDAKIS (2013): «Effects of caponization on fat metabolism related biochemical characteristics of broilers». *J. Anim. Physiol. a. Anim. Nutr.*, 97(1), 162 – 169.

17. SIMITZIS P. E., V. ILIAS-DIMOPOULOS, M.A. CHARISMIADOU, E.E. BINIARI and S.G. DELIGEORGIS (2013) : «The Effects of Dietary Hesperidin Supplementation on Lamb Performance and Meat Characteristics». *Animal Science Journal*, 84, 136-143.

18. SIMITZIS P.E., A. TSOPELAKOS, M.A. CHARISMIADOU, A. BATZINA, S.G. DELIGEORGIS & H. MILIOU (2013) : «Comparison of the effects of six stunning/killing procedures on flesh quality of sea bass (*Disentrarchus labrax*, Linnaeus 1758) and evaluation of clove oil anaesthesia followed by chilling in ice/water slurry for potential implementation in aquaculture». *Aquaculture Research*, 1-12.
19. SIMITZIS P.E., D. VEIS, N. DEMIRIS, M.A. CHARISMIADOU, A. AYOUTANTI and S.G. DELIGEORGIS (2013) : «The effects of the light regimen imposed during lactation on the performance and behaviour of sows and their litters». *Applied Animal Behaviour Science*, 144, 116-120.
20. GOLIOMYTIS M., Y. ORPHANOU, E. PETROU, P. M. A. CHARISMIADOU, P. E. SIMITZIS, and S. G. DELIGEORGIS (2014) : «Effect of hesperidin dietary supplementation on hen performance, egg quality and yolk oxidative stability» *British Poultry Science* 55 (1), 98-104.
21. SIMITZIS P.E., M. BRONIS, M.A. CHARISMIADOU, K.C. MOUNTZOURIS and S.G. DELIGEORGIS (2014): «The Effects of Dietary Cinnamon (*cinnamomum zeylanicum*) Essential Oil Supplementation on Lambs' Meat Characteristics». *Animal* , 8:9, 1554-1560
22. GOLIOMYTIS M., D. TSOUREKI, P. E. SIMITZIS, M. A. CHARISMIADOU, A. L. HAGER-THEOTHORIDES and S. G. DELIGEORGIS (2014) : «The effects of quercetin dietary supplementation on broiler growth performance, meat quality and oxidative stability» *Poultry Science* 93,1957-1962.
23. SIMITZIS P.E., C. BABALIARIS, M.A. CHARISMIADOU, G. PAPADOMICHELAKIS, M. GOLIOMYTIS, G.K. SYMEON, S.G. DELIGEORGIS (2014) : «The effects of hesperidin dietary supplementation on rabbit meat quality characteristics». *World Poultry Science* 22, 113-121.
24. SYMEON G. K., A. ATHANASIOU, N. LYKOS, M.A. CHARISMIADOU, M. GOLIOMYTIS, N. DEMIRIS, A. AYOUTANTI, P.E. SIMITZIS and S.G., DELIGEORGIS (2014): «The effects of dietary cinnamon (*Cinnamomum Zeylanicum*) oil supplementation on broiler feeding behavior, growth performance, carcass traits and meat quality characteristics». *Annals of Animal Science* 14(4), 883-895.
25. GOLIOMYTIS M., N. KARTSONAS, M.A. CHARISMIADOU, G. K. SYMEON, P.E. SIMITZIS, S.G. DELIGEORGIS (2015): «The influence of naringin

or hesperidin dietary supplementation on broiler meat quality and oxidative stability» PLOS-ONE doi:10.1371/journal.pone.0141652

26. GOLIOMYTIS M., E.-P. SKOUPA, A. KONGA, G. K. SYMEON, M. A. CHARISMIADOU AND S. G. DELIGEORGIS (2016): «Influence of gestational maternal feed restriction on growth performance and meat quality of rabbit offsprings». *Animal*, 10(1), 157-162.

27. CHARISMIADOU M. A., G. KARLA, G. THEODOROU, M. GOLIOMYTIS AND I. POLITIS (2015): «The effect of health status of the udder on plasminogen activator activity of milk somatic cells in ovine milk» *Small Ruminant Research*, 133, 54-57.

28. SIMITZIS P.E., A. CHAZLARI, **M.A. CHARISMIADOU**, M. GOLIOMYTIS and S.G. DELIGEORGIS (2018) «Partial replacement of alfalfa hay by wheat straw improves milk oxidative stability without negative effects on milk yield and composition in sheep» *J. Vet. Med. Animal Sci. Open Access*, 2: 1006.

29. SIMITZIS P.E., **M. A. CHARISMIADOU**, M. GOLIOMYTIS, A. CHARALAMBOUS, I. NTETSKA, E. GIAMOURI and S. G. DELIGEORGIS (2019) «Antioxidant status, meat oxidative stability and quality characteristics of lambs fed with hesperidin, naringin or α -tocopheryl acetate supplemented diets» *Journal of The Science of Food and Agriculture*, 99 (1): 343-349.

30. GOLIOMYTIS M., P.E. SIMITZIS, A. PAPALEXI, N. VENETI, A.L. HAGER-THEODORIDES, **M.A. CHARISMIADOU**, S.G. DELIGEORGIS (2019) «Influence of citrus flavonoids on laying hen performance, inflammatory immune response, egg quality and yolk oxidative stability» *British Poultry Science*, 60 (3): 272-278.

31. SIMITZIS P.E., TH. MASOURAS, **M. A. CHARISMIADOU**, M. GOLIOMYTIS, S. LEPESIOTI, V. PAPADEDES, S.G. DELIGEORGIS (2019) «The effects of hesperidin or naringin dietary supplementation on the milk properties of dairy ewes» *Journal of the Science of Food and Agriculture*,

32. ATHANASIOS C. PAPPAS, EVANGELOS ZOIDIS, MICHAEL GOLIOMYTIS, PANAGIOTIS E. SIMITZIS, KYRIAKI SOTIRAKOGLU, **MARIA A. CHARISMIADOU**, CHRISTOS NIKITAS, GEORGE DANEZIS, STELIOS G. DELIGEORGIS and CONSTANTINOS A. GEORGIU (2019) «Elemental Metabolomics: Modulation of Egg Metallome with Flavonoids, an Exploratory Study» *Antioxidants*, 8, 361; doi:10.3390/antiox8090361

33. PANAGIOTIS SIMITZIS, THEOFILOS MASOURAS, MICHAEL GOLIOMYTIS, MARIA CHARISMIADOU, KATERINA MOSCHOU, CHRISTINA ECONOMOU, VAGGELIS PAPADEDES, SOFIA LEPESIOTI and STELIOS DELIGEORGIS (2019) «The effects of hesperidin or naringin dietary supplementation on yoghurt quality parameters in dairy ewes - A preliminary study» Nutrition, Dietetics, Nutraceuticals, Volume 1(1): 1–5, 2019.

8. Peer-reviewed abstracts in scientific conference proceedings

1. M. CHARISMIADOU, J. BIZELIS and E. ROGDAKIS (1999). «The effect of plane of nutrition during pregnancy of Greek dairy ewes on the development of mammary gland and on subsequent milk production». In «Milking and milk production of dairy sheep and goats». Ed. Barrilet F. and Zervas N.P., EAAP Publication No 95, 295 – 297, Wageningen Pers.

2. DIMAURO, C., A. S. ATZORI, M. A. CHARISMIADOU, J. A. BIZELIS, A. CANNAS and G. PULINA. « Evaluation and parameterization of a mechanistic mathematical model of the sheep mammary gland». In 7th Workshop «Modelling Nutrient Digestion and Utilization in Farm Animals». Session 1: Advances in methodological aspects of modeling, September 10th – 12th, 2009, INRA, AgroParisTech, Paris.

3. CHADIO S., STAVROPOULOU M., KOTSAMPASI B., CHARISMIADOU M., PAPADOMICHELAKIS G. and MENEGATOS J. «Maternal undernutrition programs leptin expression in offspring». In Book of Abstracts «61st Annual Meeting of the European Association for Animal Production». Session 23: «Foetal programming in farm animals», p. 180, August 23rd – 27th, 2010, Heraklion, Crete Island, Greece.

4. SYMEON, G., J. BIZELIS, F. MANTIS, V. SINANOGLU, G. LALLOTIS, M. CHARISMIADOU and E. ROGDAKIS. «Effects of caponization on meat quality, lipid composition and selected physiological characteristics of broilers and male layers». In Book of Abstracts «61st Annual Meeting of the European Association for Animal Production». Session 32: «Animal Physiology», p. 242, August 23rd – 27th, 2010, Heraklion, Crete Island, Greece.

5. SIMITZIS, P. E., G. K. SYMEON, M. A. CHARISMIADOU, A. G. AYOUTANTI and S. G. DELIGEORGIS. «The effects of dietary hesperidin supplementation on broilers performance and meat quality». In Book of Abstracts «61st Annual Meeting of the European Association for Animal Production». Session 46: «Animal Nutrition», p. 365, August 23rd – 27th, 2010, Heraklion, Crete Island, Greece.

6. SIMITZIS, P. E., M. A. CHARISMIADOU, M. GOLIOMYTIS, and S. G. DELIGEORGIS. «Effects of flavonoids dietary supplementation on egg yolk antioxidant capacity and cholesterol level». Accepted In 65th Annual Meeting of the European Association for Animal Production. August 25th – 29th, 2014, Copenhagen, Denmark.

7. GOLIOMYTIS M., P. E., SIMITZIS, N. KARTSONAS, M. A. CHARISMIADOU, A. KOMINAKIS and S. G. DELIGEORGIS. «Quality and oxidative stability of broiler meat as affected by dietary supplementation of the bioflavonoids naringin and hesperidin» In 31st Poultry Science Symposium on “Sustainable Poultry Production in Europe”, September 8th – 10th, 2014, Chester, UK.

8. GOLIOMYTIS M., P. E., SIMITZIS, M. A. CHARISMIADOU, T. MASSOURAS, K. MOSCHOU, C. ICONOMOU, E. PAPADEDES, S. LEPESIOTI and S. G. DELIGEORGIS. «Effects of flavonoids dietary supplementation on milk antioxidant capacity in sheep» In 9th World Congress on “Polyphenols Applications”, June 3rd – 5th, 2015, St Julian’s, Malta.

9. HAGER-THEODORIDES A., N. A. DRAGONA, K. MOSCHOU, C. KAPPOU, I. ARKOUMANIS, M. GOLIOMYTIS, M. CHARISMIADOU, P. SIMITZIS, T. MASSOURAS and S. DELIGEORGIS. «Effect of dietary supplementation of broiler chickens with the natural antioxidants hesperidin and naringin on the expression of lipogenesis related genes and fatty acid profile» Συνέδριο Piacenza Ιταλία

10. SIMITZIS P. E., M. GOLIOMYTIS, M. A. CHARISMIADOU, T. MASSOURAS, K. MOSCHOU, C. ICONOMOU, E. PAPADEDES, S. LEPESIOTI and S. G. DELIGEORGIS. «Effects of flavonoids dietary supplementation on yoghurt antioxidant capacity in sheep» In 66th EAAP Annual Meeting, 31st August - 4th September, 2015, Warsaw, Poland.

11. SYMEON, G. K., O. PAGONOPOULOU, D. KALOGIANNIS, M. CHARISMIADOU, I. BIZELIS, S.G. DELIGEORGIS and S. E. CHADIO. «Effects

of gestational maternal undernutrition on selected physiological parameters of rabbit offspring» Συνέδριο ESDAR 2015 Βουλγαρία

12. SIMITZIS P.E., M.A. CHARISMIADOU, M. GOLIOMYTIS, A. CHARALAMBOUS, I. DETSKA AND S.G. DELIGEORGIS «**The effects of dietary hesperidin and naringin supplementation on lamb performance and meat characteristics**» In 29th EFFoST (European Federation of Food Science and Technology) International Conference Food Science Research and Innovation: Delivering sustainable solutions to the global economy and society, 10-12 November 2015, Athens, Greece.

13. D. Z. LANTZOURAKI, V. J. SINANOGLOU, M. GOLIOMYTIS, M. CHARISMIADOU, S. G. DELIGEORGIS AND P. ZOUMPOULAKIS. «Impact of feed supplementation with different natural antioxidants on fatty acid profile and color parameters of egg yolk lipid fraction». In 9th International Conference on Instrumental Methods of Analysis-Modern Trends and Applications» 20-24 September 2015, Kalamata, Greece (poster). Book of abstracts p. 117.

(41)14. SYMEON, G. K., O. PAGONOPOULOU, M. GOLIOMYTIS, D. KALOGIANNIS, M. CHARISMIADOU, I. BIZELIS, S.G. DELIGEORGIS and S. E. CHADIO (2016). «Metabolic effects of maternal overnutrition in rabbit offspring». In Proceedings of the EPICONCEPT Workshop 2016 “Epigenetics and Periconception Environment”, 18 - 19 May 2016, poster, Velingrad, Bulgaria. Book of abstracts P-9, p. 20.

- Participation and announcements in 66 National and International scientific conferences.
- 172 citations in total (Scopus)
Total impact factor: 41,317
h-index: 11

9. Evaluation of teaching performance by the undergraduate students (2018-2019 and 2019-2020)

- (1) Livestock Farming of Ruminants, 7th semester A.S.A.: Theory (4,95/5)
- (2) Animal Breeding and Husbandry, 1st and 3rd semester, all the Departments of AUA, except of A.S.A.: Theory (4,2/5)
- (3) Physiology of Animal Growth, 6th semester A.S.A.: Theory (4,9/5) and Practicals (4,5/5)
- (4) Physiology of Animal Lactation and Reproduction, 5th semester A.S.A.: Theory (4,5 /5) and Practicals (4,2/5)
- (5) Animal Production Principals 1st semester A.S.A.: Practicals (4,4/5)