

## ΒΙΟΓΡΑΦΙΚΟ ΣΗΜΕΙΩΜΑ

<b>Προσωπικά στοιχεία</b>	
Όνοματεπώνυμο:	<b>ΔΕΛΗΓΙΑΝΝΗΣ ΑΣΤΕΡΙΟΣ</b>
Βαθμίδα:	<b>ΟΜΟΤΙΜΟΣ ΚΑΘΗΓΗΤΗΣ ΑΠΘ</b>
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<b>Σπουδές</b>	
Πτυχίο:	<b>Ιατρικής Σχολής ΑΠΘ το 1976</b>
Μεταπτυχιακός τίτλος:	<b>Ειδικότητα Καρδιολογίας το 1982</b>
Διδακτορικό δίπλωμα:	<b>Διδάκτορας Ιατρικής Σχολής ΑΠΘ το 1980</b>  ΤΙΤΛΟΣ: «Η επίδραση της χορηγήσεως αυξητικής ορμόνης στην ηλεκτρομυογραφική δραστηριότητα και στη λειτουργικότητα του φυσιολογικού και του ατροφικού γαστροκνημίου μυός επίμουσ ».
<b>Ερευνητικό έργο</b>	
Ερευνητικά ενδιαφέροντα:	<ul style="list-style-type: none"> <li>• Προαγωνιστικός έλεγχος υγείας αθλητών</li> <li>• Εντοπισμός διαταραχών υγείας αθλητών και πρόληψη αιφνιδίου καρδιακού θανάτου αθλητών</li> <li>• Αξιολόγηση οξέων και χρόνιων επιδράσεων της συστηματικής γύμνασης στο κυκλοφορικό, αναπνευστικό και στα άλλα συστήματα των αθλουμένων</li> <li>• Επιδράσεις στην υγεία της χρήσης ουσιών doping</li> <li>• Αξιολόγηση αποτελεσμάτων της θεραπευτικής γύμνασης ασθενών κυρίως στο μυϊκό και καρδιαγγειακό σύστημα και στην ποιότητα ζωής.</li> </ul>
Βιβλία και κεφάλαια σε βιβλία:	<b>Αθλητιατρική, Γ' έκδοση, University Studio Press 2016</b>  <b>Ιατρική της Άθλησης: από την θεωρία στην πράξη, University Studio Press</b>  <b>Καρδιολογία της Άθλησης , Εκδόσεις Παρισιάνου</b>
Τρέχοντα ερευνητικά προγράμματα:	<ol style="list-style-type: none"> <li>1. 1.7. 1999- 31.12.2021 Αξιολόγηση υγείας αθλητών (Αθλητικά σωματεία, Ομοσπονδίες)</li> <li>2. 1.1.2018- 31.12.2020 A collaborative partnership to develop, implement and evaluate a model of long-term physical activity and behavioral change in CHD European patients (ERASMUS + - EUROPEAN COMMISSION - EDUCATION, AUDIOVISUAL &amp;</li> </ol>

	<p>CULTURE EXECUTIVE AGENCY)</p> <p>3. 1.1.2020-31.12.2021 A European collaborative and innovative partnership to promote physical activity after stroke event (ERASMUS + - EDUCATION, AUDIOVISUAL &amp; CULTURE EXECUTIVE AGENCY)</p> <p>4. 9. 20.6.2008- 19.6.2021 (Δήμος Θεσσαλονίκης): Άσκηση και ποιότητα ζωής σε χρόνιες παθήσεις</p> <p>5. 17.9.11- 17.9.13 (National Strategic Reference Framework 2007-2013 program for development). An intelligent telematic system for the evaluation of biological parameters in athletes –athletes’ e-health</p> <p>6. 17.5.2009-17.5.2010 (Δήμος Θεσσαλονίκης): Centres of Re-establishment of Protection of Elderly People” (KAPI) at the Municipality of Thessaloniki</p> <p>7. 17.5.2009-17.5.2010 (Δήμος Θεσσαλονίκης): Web Social Charter of the Municipality of Thessaloniki</p>
Κριτής σε επιστημονικά περιοδικά:	<ol style="list-style-type: none"> <li>1. American Journal of Cardiology</li> <li>2. American Journal of Kidney Disease</li> <li>3. Clinical rehabilitation</li> <li>4. European Journal of Cardiovascular Prevention and Rehabilitation</li> <li>5. European Journal of Preventive Cardiology</li> <li>6. Journal of Rehabilitation Medicine</li> <li>7. Nephrol Dialysis Transplantation</li> </ol>
Επιστημονικά άρθρα στο Scopus (αναφορές):	Αναφορές στη διεθνή βιβλιογραφία : <b>4189 (h-index 24)</b>
<b>Επιλεγμένες δημοσιεύσεις σε διεθνή επιστημονικά περιοδικά</b>	
	<ol style="list-style-type: none"> <li>1. Kouidi, E, Iacovides, A, Iordanidis, P, Vassiliou, S, Deligiannis, A, Ierodiakonou, C, Tourkantonis, A. Exercise renal rehabilitation program (ERRP): Psychosocial effects. Nephron 1997; 77,2, 152-158</li> <li>2. Kouidi, E, Albani, M, Natsis, K, Megalopoulos, A, Gigis, P, Guiba-Tziampiri, O, Deligiannis, A, Tourkantonis, A. The effects of exercise training on muscle atrophy in hemodialysis patients. Nephrol Dial Transpl 1998; 13, 685-699.</li> <li>3. Mougios, V, Kouidi, E, Kiparos A, Deligiannis, A. Effect of exercise on the proportion of unsaturated fatty acids in serum of untrained middle-aged individuals. Br J Sports Med 1998; 32, 58-62.</li> <li>4. Kouidi, E., Fahadidou - Tsiligiroglou, A., Tassoulas E., Deligiannis, A., Coats, A. White coat hypertension detected during screening of male adolescent athletes. Am J Hypertension 1999; 12, 223-226.</li> <li>5. Deligiannis, A, Kouidi, E, Tourkantonis, A. The effects of physical training on heart rate variability in hemodialysis patients. Am J Cardiol 1999; 84: 197-202.</li> <li>6. Deligiannis, A., Kouidi, E., Tassoulas E., Gigis, P., Tourkantonis, A, Coats, A. Cardiac response to physical training in</li> </ol>

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controlled study. *Clin Rehabil* 2014; 28(2):128-38.

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