

## Doctor's Brief Curriculum Vitae



**Name and Title:** Dr. Nikolaos Koufos

**Specialty:** Pulmonologist – Interventional Pulmonologist

**Place of Work & Position:** Metropolitan Hospital, Athens – Director, Bronchoscopy & Interventional Pulmonology Unit

### Education

- Medical School, National and Kapodistrian University of Athens – Medical License (2003)
- Specialty in Pulmonology – Tuberculosis (2012)
- PhD in Medicine, NKUA (2015), with distinction
- Advanced Training in Interventional Pulmonology: 1st University Pulmonary Clinic, “Sotiria” Hospital (Athens), Hospital de Bellvitge (Barcelona) & Lahey Clinic (Massachusetts, USA)
- Official License for Medical Practice in the USA (ECFMG Certification)

### Professional Experience

- Director, Bronchoscopy & Interventional Pulmonology Unit, Metropolitan Hospital, Athens (2020–present)
- Consultant Pulmonologist, Mediterraneo Hospital, Athens (2016–2020)
- Scientific Associate, 1st University Pulmonary Clinic, “Sotiria” Hospital, Athens (2016–present)
- University Fellow, 1st University Pulmonary Clinic, “Sotiria” Hospital, Athens (2013–2015)
- Research Associate, University Hospital of Bellvitge, Barcelona (2015–2016)
- Clinical Research Fellow, Lahey Hospital & Medical Center, Massachusetts, USA (2012–2013)

### Teaching Activity

- Official Trainer of the European & World Association for Bronchology and Interventional Pulmonology (EABIP & WABIP)
- Accredited Bronchoscopy Instructor by Bronchoscopy International™
- Trainer in the EBUS Program of the European Respiratory Society (ERS)
- Co-founder, Hellenic Training Association of Interventional Pulmonology (HTA-IP)

### Clinical Interests

Chronic Obstructive Pulmonary Disease (COPD), asthma, respiratory infections, interstitial lung diseases, pleural effusions, lung cancer, and interventional bronchoscopic techniques – flexible and rigid bronchoscopy, Endobronchial Ultrasound (EBUS), Rapid On-Site Evaluation (ROSE), Navigation Bronchoscopy, Bronchoscopic Lung Volume Reduction (BLVR), management of airway stenosis, and airway stent placement.

### Publications / Research

## International Journals

- Koufos N. et al. *Modulation of peripheral immune responses by paclitaxel-ifosfamide-cisplatin chemotherapy in advanced non-small-cell lung cancer*. *J Cancer Res Clin Oncol*. 2013.
- Stratakos G., Gerovasili V., Koufos N. et al. *Survival and Quality of Life Benefit after Endoscopic Management of Malignant Central Airway Obstruction*. *J Cancer*. 2016.
- Koufos N. et al. *Distinct patterns of angiogenic factor expression as a predictive factor of response to chemotherapy in stage IIIA NSCLC patients*. *Mol Clin Oncol*. 2016.
- Gil D., Ortiz R.M., Rosell A., Koufos N. et al. *Objective Endoscopic Measurements of Central Airway Stenosis: A Pilot Study*. *Respiration*. 2018.
- Stratakos G., Koufos N. et al. *Complete Post-obstructive Lung Atelectasis Due to Malignant Central Airway Obstruction Does Not Exclude Curative Chance*. *Semin Thorac Cardiovasc Surg*. 2016.
- Stratakos G., Koufos N. et al. *Post-pneumonectomy and Post-lobectomy Syndromes: Case Series and Review of the Literature*. *Monaldi Arch Chest Dis*. 2017.

## Greek Journals

- Koufos N., Melissinos C. *Effect of gradual weight loss on pulmonary function tests and airway hyper-responsiveness*. *Pneumon J*. 2007.
- Koufos N. *Inhaled corticosteroids in patients with diabetes mellitus*. *Diabetes J*. 2011.
- Emmanouil F., Koufos N. et al. *Bronchoscopic lung volume reduction: effectiveness and safety of the technique*. *Pneumon J*. 2011.
- Bakakos P., Travlos A., Koufos N. et al. *Genetic and Environmental factors and airway diseases*. *Pneumon J*. 2012.

## Authorship / Book Contributions

- Greek translation of the books “*Essential Bronchoscopist*” and “*The Essential cTBNA Bronchoscopist*” (H. Colt & S. Murgu, 2015).
- Contributor to the books “*Clinical Pulmonology*” (Broken Hill Publishers, 2023) and the online publication of the 2nd University Pulmonary Clinic, NKUA.
- Greek translation of “*Clinical Tuberculosis*” (Peter D. Davies et al., 4th edition).

## Honors & Awards

- 1st Prize – “*Best Imaging*”, World Congress of Bronchology and Interventional Pulmonology (WABIP), Florence 2016

## Memberships

- Hellenic Thoracic Society (HTS)
- Hellenic Society of Chest Diseases (HSCD)
- European & World Association for Bronchology and Interventional Pulmonology (EABIP, WABIP)
- International Association for the Study of Lung Cancer (IASLC)
- Lead Pulmonologist, **ESAC (European Society of AI & Clinical Data Analysis)** – Group for the Application of Artificial Intelligence in Oncology

## Languages

English (Fluent), Spanish (Very Good), Italian (Intermediate)

## **Contact Details**

### **Metropolitan Hospital**

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