

Doctor's Brief Curriculum Vitae

Name and Title:

Dr. Georgios Tzanis, MD, PhD

Specialty:

Interventional Cardiologist

Place of work & Position

Head of Interventional Cardiology Department, Metropolitan General



Education:

2000: Graduate from 13th Piraeus High School (19,78/20)

2000-2006: **Medical School**. National & Kapodistrian University of Athens, Greece

2014: **PhD Thesis** "Chronic heart failure and skeletal muscle myopathy: the role of exercise training", <http://hdl.handle.net/10442/hedi/36626>. (Grade: Excellent). National & Kapodistrian University of Athens, Greece,

2015-2017: **Postdoctoral Research** "Coronary artery disease & vulnerable atherosclerotic plaque in diabetes mellitus" (Research Grant 2016, Hellenic Foundation of Cardiology, ELIKAR)

2016: **EACVI Accreditation** in Transthoracic Echocardiography (TTE), ESC

2017: **Certification in General Cardiology (Greece). Cardiologist**

2017: **European Certification in General Cardiology (EEGC-ESC)**

2017-2019: **Fellowship in Interventional Cardiology**. Consultant interventional cardiologist at Ospedale San Raffaele, Milan (Unit of Cardiovascular interventions)

2016-now: **Teacher in Master (M.Sc) class** "Clinical Ergospirometry exercise and Rehabilitation" of National & Kapodistrian University of Athens, Medical School. <http://www.ceerehab.com/>

2022: **Interventional Cardiology**. Greek official subspecialization (71057/2022)

2025: **Structural Interventional Cardiology** (TAVI). Greek official subspecialization (34815/2024)

Professional Experience:

- 2024: **TAVI procedures** in a center of reference for valvulopathies: "Hôpitaux Universitaires Henri Mondor", Crêteil, France

- 2022-now: **Head of Interventional Cardiology clinic of Metropolitan General**.

Performing a wide range of complex interventional cardiology procedures in line with other center of excellence of Europe. *i.e.*: TAVI, complex coronary artery disease, Left

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main disease, drug coated balloons, CTOs, intravascular imaging (IVUS-OCT), CS Reducer implantation, PFO closure, renal denervation, right heart catheterization.

- **2019-now:** **Proctor** for the procedure of **CS Reducer** implantation in Greece. Performed the 1st procedure in Greece
- **2019- now:** Interventional Cardiologist – Head cardiologist at Marathonio medical center, and Vascular research scientific center
- **2019-2021:** Consultant Interventional Cardiologist. **Henry Dunant Hospital**
- **2017-2019:** Fellowship in Interventional Cardiology. **Consultant** interventional cardiologist at **Ospedale San Raffaele, Milan** [*worldwide reference center for complex coronary artery disease and valvulopathies. Prof. Antonio Colombo*]
- **2017:** **Subspecialization** in interventional Cardiology (Laiko University Hospital)
- **2012-2016:** **Cardiology Residency** (Laiko University Hospital)
- **2016:** Training in Interventional Cardiology at Onassis Cardiac Surgery Center
- **2010-2012:** Internal Medicine residency (1st IKA-Sismanogleio)
- **2009:** Duty as physician of the Sitomena Village (**Rural physician**)
- **2008:** Greek army as physician of the 2nd Squadron of Paratroopers.
- **2007:** Cardiopulmonary exercise test physician (NKUA, Evgenideio Hospital)

Publications / Research:

- More than **210** publications of research studies in scientific papers and congresses
- More specifically, **80 studies** published in **peer-reviewed Journals** in **S.C.I.**
(<https://pubmed.ncbi.nlm.nih.gov/?term=tzanis+g>)

- **h-index: 22**
- Some indicative papers are presented here:

G. Tzanis, Khokhar AA, Ponticelli F,, A, Colombo A, Giannini F. "Coronary sinus size and ischemia improvement after reducer implantation; "one size to fit them all?" Catheter Cardiovasc Interv. 2021 doi: 10.1002/ccd.29699.

Gallo F, et al..., **G. Tzanis**, Rodes-Cabau J, Colombo A, Giannini F
"Horizontal Aorta in Transcatheter Self-Expanding Valves: Insights From the HORSE International Multicentre Registry". Circ Cardiovasc Interv. 2021;14(9):e010641

G. Tzanis*, L. Azzalini*, K. Mashayekhi, B. et. Al. "Solving challenging situations and complications in everyday percutaneous coronary intervention using chronic total occlusion techniques". J Invasive Cardiol. 2020; 32(3):E63-E72

G. Tzanis, A. Palmisano, G. Gallone, F. Ponticelli, L. Baldetti, A. Esposito, A. Colombo, F. Giannini "The impact of the CS reducer upon LV function in patients with refractory angina" Catheter Cardiovasc Interv. 2019. doi: 10.1002/ccd.28408.

F. Giannini, **G. Tzanis**, F. Ponticelli, L. Baldetti, OM. Demir, S. Mitomo, G. Gallone, S. Banai, A. Colombo. "Technical aspects in Coronary Sinus Reducer implantation" EuroIntervention. 2019; 15(14):1269-1277. doi: 10.4244/EIJ-D-18-01180

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G. Tzanis, M. Bonou, G. Benetos, S. Biliou, S. Liatis, C. Kapelios, K. Toutouzas, D. Tousoulis, J Barbetseas. "Thermal heterogeneity of carotid arteries as a novel biomarker in patients with diabetes mellitus assessed for coronary artery disease" *Int J Cardiol*. 2018. 262:20-24. doi: 10.1016/j.ijcard.2018.03.102.

G. Tzanis, A. Philippou, E. Karatzanos,, S. Nanas. "Effects of High-Intensity Interval Exercise Training on Skeletal Myopathy of Chronic Heart Failure" *J Card Fail*. 2017; 23(1):36-46. doi: 10.1016/j.cardfail.2016.06.007

G. Tzanis, S Dimopoulos, Ch Manetos, E Koroboki, E Manios, I Vasileiadis, N Zakopoulos, S Nanas. "Muscle microcirculation alterations and relation to dipping status in arterial hypertension - A pilot study" *Microcirculation*. 2017; 24(7).

- Head investigator of the **Multicenter Study**: CS Reducer effects in left ventricular function. The REDUCE-LV study. [Principal Investigator]
- Head investigator of the **Multicenter Registry**: CS Reducer in Greek and Cyprus region. GReduCer. [Principal Investigator]
- Organization and coordination of research projects:

2021: **COVID@HOME**. COVID@HOME (C@H) is a remote monitoring system for COVID-19 patients recovering at home. Sub-grant as part of the COVID-X program. [Telehealth and telemedicine. Participation as head Cardiologist]

2022: **ApniWave**. ApniWave: An Efficient Sleep-Apnea Screening Device for Use at Home. Sub-grant as part of the EIT Innostars programme [head Cardiologist]

Scientific Interests

- Complex coronary artery disease treatment and intravascular imaging. Bifurcation lesions and development of new treatment techniques (i.e. POT-sideDCB-POT)
- Refractory angina
- Vulnerable coronary atherosclerotic plaque
- Valvulopathies (TAVI, Mitra-clip)
- Ischemic cardiomyopathy
- Planning, design, organization and dissemination of research protocols & education in academic field

Honors & Awards

A] Grants

- **2017. European Society of Cardiology (ESC) Training Grant** for Interventional Cardiology.

Interventional Cardiology Unit, San Raffaele Scientific Institute, Milan. Supervisor: Antonio Colombo

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- **2018. Hellenic Cardiologic Society Grant** for Sub-specialization in transcatheter aortic valve replacement (TAVI)
- **2016. Research Grant of the Hellenic Foundation of Cardiology (ELIKAR)** for the

Postdoctoral Research "Coronary artery disease and vulnerable atherosclerotic plaque in diabetes mellitus"

B] EAPCI (European Association of Percutaneous Cardiovascular Interventions) young ambassador of Greece (2021-2023).

Γ] Awards

International

1. **27/4/2012:** ESH2012, London. Best study **award** "Muscle microcirculation alterations in untreated patients with hypertension; relation to dipping status"

Greece

1. **17/10/2019: 3rd Award**, Research Study of young Cardiologist, 40th Panhellenic Congress, Ioannina. "Management of ischemic cardiomyopathy in patients with refractory angina with coronary sinus Reducer".
2. **10/2017: 1st Award**, Research Study of young Cardiologist, 38th Anniversary Panhellenic Congress, Athens. "Thermal heterogeneity of carotids as a new biomarker for diagnosis of CAD and need for revascularization in patients with diabetes mellitus".
3. **14/3/2016: 1st Award**, 11th Congress of Cardiovascular disease, Kalabaka
4. **30/1/2015: 2nd Award**, best research study at 16th Annual Heart Failure congress
5. **31/1/2014: Award** for research study in 15th Annual Congress of Heart Failure
6. **3/2/2012: 2nd Award**, best research study in 13th Annual Congress of Heart Failure
7. **18-20/2/2010: Award**, best poster at Cardiology Teams of Hellenic Cardiology Society, Thessalonica, Greece
8. **12/2/2010: Award**, best research study in 11th Annual Congress of Heart Failure
9. **6/02/2009: 2nd Award**, best research protocol, 10th Heart Failure congress

Languages:

English (Fluently), German (B2), Italian (B1-B2)

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Hellenic HealthCare Group

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