

Curriculum Vitae

Melina S Karipidou, MSc

Clinical Dietitian Nutritionist



Athens
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PERSONAL DATA

Family name	Karipidou
First name	Melina-Simela
Date of birth	April 26, 1978
Nationality	Greek
Marital status	Single, no children
Address	284 Herakliou Avenue 142 31, Nea Ionia, Athens, Greece
Telephone	M: +30 6972 910615 T: +30 210 2580317
E-mail	karipidoumelina@yahoo.gr; mkaripidou@nutridiet.gr
Website	http://www.nutridiet.gr
Social Media	https://www.facebook.com/melina.karipidou http://www.linkedin.com : Melina Karipidou Skype: melina-karipidou

EDUCATION-ACADEMICS

2002 – 2004	Masters of Science (MS) in Applied Nutrition & Dietetics Harokopio University, Athens, Greece School of Health Science and Education: Nutrition & Dietetics Specialization: Exercise Nutrition
1998 – 2002	Bachelor of Science (BS) in Dietetics-Nutrition Harokopio University, Athens, Greece School of Health Science and Education: Nutrition & Dietetics

PROFESSIONAL EXPERIENCE

Main current professional position

	Research Fellow
2018-now	Harokopio University, Athens, Greece School of Health Science and Education: Nutrition & Dietetics
2003 – now	Freelance Clinical Dietitian Nutritionist, private office
2015 – now	Collaboration with INC Aidpluscare. Nutritional management of patients with diabetes mellitus.
2015 – now	Voluntary collaboration with daycare center “Friends of the child”. Management of annual nutritional program.
2016 - now	Voluntary collaboration with PEAND (Hellenic society for fight against juvenile diabetes mellitus).

Selective professional experience

2005 – 2018	Head of the Department of Nutrition & Dietetics at General, Maternity & Children’s Hospital “MITERA”, member of HYGEIA group
2015 - 2016	Collaboration with PEAND (Hellenic society for fight against juvenile diabetes mellitus). Educational seminars on Nutrition and type 1 diabetes mellitus.
2013 - 2015	Nutritional education of patients with diabetes mellitus on insulin pump therapy. Collaboration with “Hemoglobe 15 Infusion Solutions”.

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| 2008 – 2011 | Collaboration with the Hellenic Association of General Practitioners (ELEGEIA). Educational seminars on Nutrition and Diabetes Mellitus type 2. |
| 2006 - 2007 | In charge of the annual nutritional program of students of the Primary Private School “Ellinogermaniki Agogi” |
| 2004 – 2006 | Teacher of nutrition courses, Private and Public Institute of Vocational Training. |

Selective lectures at Universities

- Nutrition and Diabetes Mellitus Type 1. Postgraduate Program in Applied Nutrition and Dietetics, Department of Nutrition and Dietetics, Harokopio University, Athens, Greece. “Special issues in nutritional management of children and adolescents with diabetes mellitus type 1”. 2nd semester courses 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017.
- Nutrition and Diabetes Mellitus Type 1. Postgraduate Program of Department of Nursing. National and Kapodistrian University of Athens, Greece. 2015, 2016, 2017.

Research experience

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| 2002 –2005 | Research Fellow
Harokopio University, Athens, Greece
Laboratory of Nutrition & Clinical Dietetics |
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Educational experience

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| 10/2018 | 15 th ISPAD Science School for Healthcare Professionals (International Society for Pediatric and Adolescent Diabetes). Hyderabad, India. |
| 09/2007 | 3 RD ISPAD (International Society for Pediatric and Adolescent Diabetes) Science School for Health Professionals. Berlin, Germany. |

BOARD MEMBER, EDITORIAL MEMBER

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- National Representative at European Specialist Dietetic Network (ESDN) on Diabetes. European Federation of the Associations of Dietitians (EFAD).
 - Member of the editorial board of the journal “Νεανικός Διαβήτης, Τα Νέα μας.” Publication of PEAND (National Association for the Fight against Juvenile Diabetes) and JDRF (Juvenile Diabetes Research Foundation).
 - Member of the coordinating committee of the Hellenic Group for the Pediatric and Adolescent Diabetes. Under the auspices of Hellenic Diabetes Association.

RESEARCH PUBLICATIONS – ANNOUNCEMENTS – INVITED LECTURES

Publications in peer reviewed journals

- Magkos F, Kavouras SA, Yannakoulia M, **Karipidou M**, Sidossi S, Sidossis LS. The bone response to non-weight-bearing exercise is sport-, site-, and gender-specific. *Clinical Journal of Sport Medicine*; Mar; 17(2): 123-128, 2007.
- Kavouras SA, Magkos F, Yannakoulia M, Perraki M, **Karipidou M**, Sidossis LS. Water polo is associated with an apparent redistribution of bone mass and density from the lower to the upper limbs. *European Journal of Applied Physiology and Occupational Physiology* Jun; 97(3): 316-321, 2006.

Published abstracts

- **Karipidou M**, Yannakoulia M, Kavouras SA, Anastasiou C, Georgakakis C, and Sidossis LS. Water polo, unlike swimming, confers osteogenic effect in women. *Acta Diabetologica* 39:180, 2002.
- Kamposiora P, Kavouras SA, Yannakoulia M, Farajian P, **Karipidou M**, and Sidossis LS. Dietary Assessment of Female Athletes in Aquatic Sports. *VIIth IOC Olympic World Congress on Sport Sciences, October 2003, Athens, Greece.*

Oral presentation

- **Karipidou M**, Yannakoulia M, Kavouras SA, Anastasiou C, Georgakakis C, Niakaris C, and Sidossis LS. Effect of type of activity on total bone mineral density. *7th Annual Congress of the European College of Sport Science*, July 2002, Athens, Greece.

Poster presentation

- **Karipidou M**, Michalopoulos C, Bartsocas CS, Yannakoulia M. Dietary habits and physical activity status of children with type 1 diabetes mellitus compared to healthy control subjects. *39th Annual Congress of the International Society for Pediatrics and Adolescent Diabetes (ISPAD)*, October 2013, Gothenburg, Sweden.

Selective invited lectures

- Dysglycaemia in acute patients with nutritional therapy: Diabetes specific feeds. *40th ESPEN Congress on Clinical Nutrition & Metabolism*. September 2018, Madrid, Spain.
- Interactions between medical and nutritional therapy in Diabetes Mellitus. *16th Hellenic Diabetes Association Conference*, March 2018, Athens, Greece.
- Medical nutrition therapy for diabetes mellitus. *14th Hellenic Congress of Nutrition & Dietetics*. November 2017, Athens, Greece.
- Eating habits around the world in 2017: From food insecurity to lifestyle diets – focusing on children with type 1 Diabetes Mellitus. *43rd Annual Congress of the International Society for Pediatric and Adolescent Diabetes (ISPAD)*. October 2017, Innsbruck, Austria.
- Nutrition therapy for children with type 1 diabetes mellitus and principles of carbohydrate counting. *ISPAD Postgraduate Course*. December 2016, Athens, Greece.
- Is there gold standard in the percentage of macronutrients in nutritional therapy of diabetes? The new guidelines. *14th Hellenic Diabetes Association Conference*, March 2015, Athens, Greece.
- Nutritional therapy in diabetes mellitus type 2. Hellenic Endocrine Society. September 2013, Athens, Greece.
- Nutritional therapy for the prevention of diabetes mellitus. Hellenic Atherosclerosis Society, October 2010, Athens, Greece.

RELATIVE EXPERIENCE

- Editing of the book chapter “Treatment of diabetes mellitus: Diet”, Book title “Guidelines for the treatment of diabetes mellitus” Hellenic Diabetes Association.
- Translation in Greek and scientific editing of the Position Statement of the American Dietetic Association: “Position of the American Dietetic Association: nutrition and lifestyle for a healthy pregnancy outcome.” *J Am Diet Assoc*. 2002 Oct; 102(10):1479-90. Collaboration with Aristidis Daskalopoulos Foundation.