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Akademische Ausbildung

2006	Medizinstudium an der Universität Athen, Griechenland
2013	Dissertation, Summa cum laude Medizinische Fakultät, Universität Freiburg, Deutschland
2015	Facharztausbildung Innere Medizin, Endokrinologie und Diabetologie, Universitätsklinik Freiburg, Deutschland

Bisheriger beruflicher Werdegang

12.2006 – 07.2008	Wissenschaftlicher Mitarbeiter, Uniklinik Freiburg
08.2008 – 02.2015	Assistenzarzt für Innere Medizin, Endokrinologie und Diabetologie, Uniklinik Freiburg
03.2015 – 02.2016	Facharzt für Innere Medizin, Endokrinologie und Diabetologie Uniklinik Freiburg
04.2016 – 02.2019	Postdoctoral fellow, Beth Israel Deaconess Medical Center (BIDMC) Harvard Medical School, Boston, USA
03.2019 – 06.2021	Instructor of Medicine (Faculty appointment) Harvard Medical School, Boston, USA
04.2021	Ruferteilung – W2 Professur für Metabolisch Vaskuläre Medizin Technische Universität Dresden, Deutschland
06.2021 - aktuell	Scientific associate Beth Israel Deaconess Medical Center, Harvard Medical School, Boston
09.2021 - aktuell	Professor und Bereichsleiter für Metabolisch Vaskuläre Medizin Leiter Universitätsstudienzentrum für Stoffwechselerkrankungen Technische Universität Dresden, Deutschland

Preise	
2011	Nachwuchsförderpreis der Deutschen Gesellschaft für Endokrinologie
2014	Reisestipendium der Deutschen Gesellschaft für Endokrinologie
2014	Reisestipendium der Deutschen Diabetes Gesellschaft, Leipzig
2015	Projekt-Förderpreis der Deutschen Diabetes Gesellschaft
2018-2019	Forschungsstipendium von DFG für USA
2021	Rückkehrstipendium von DFG
2021	Projekt-Förderpreis der Deutschen Diabetes Gesellschaft

Publikationen – Präsentationen – Reviewer

- Publikationsliste: https://pubmed.ncbi.nlm.nih.gov/?term=Perakakis+N&sort=date
- > 50 Präsentationen in Kongresse für Diabetes, Stoffwechsel, Adipositas
- Ad-hoc Peer reviewer in >40 Journale (Gastroenterology, JACC, JCI, JCEM, DOM)
- Editor in 4 Journale (Metabolism, PLOS one, BMC Endocrine disorders, Data in Brief)

Schwerpunkte Forschung mit ausgewählten Publikationen

1) Evaluation neuer Therapien für die Behandlung der Nichtalkoholische Steatohepatitis (NASH), des Diabetes mellitus und der Adipositas

- Perakakis N et al. Empagliflozin Improves Metabolic and Hepatic Outcomes in a Non-Diabetic Obese Biopsy-Proven Mouse Model of Advanced NASH. Int J Mol Sci. 2021 Jun 13;22(12):6332.
- Perakakis N, Stefanakis K, Feigh M, Veidal SS, Mantzoros CS. Elafibranor and liraglutide improve differentially liver health and metabolism in a mouse model of non-alcoholic steatohepatitis. Liver Int. 2021 Aug;41(8):1853-1866.
- Perakakis N, Joshi A, Peradze N, Stefanakis K, Li G, Feigh M, Rosen G, Fleming M, Mantzoros CS. The selective PPARγ modulator CHS-131 improves liver histopathology and metabolism in a mouse model of obesity and NASH. Hepatol Commun. 2020 Jul 28;4(9):1302-1315
- Peradze N, Farr OM, Perakakis N, Lazaro I, Sala-Vila A, Mantzoros CS. Short-term treatment with high dose liraglutide improves lipid and lipoprotein profile and changes hormonal mediators of lipid metabolism in obese patients with no overt type 2 diabetes mellitus: a randomized, placebo-controlled, cross-over, double-blind clinical trial. Cardiovasc Diabetol. 2019;18(1):141.
- Tuccinardi D, Farr OM, Upadhyay J, Oussaada SM, Mathew H, Paschou SA, Perakakis N, Koniaris A, Kelesidis T, Mantzoros CS. Lorcaserin treatment decreases body weight and reduces cardiometabolic risk factors in obese adults: A six-month, randomized, placebo-controlled, double-blind clinical trial. Diabetes Obes Metab. 2019;21(6):1487-92.
- Pilitsi E, Farr OM, Polyzos SA, Perakakis N, Nolen-Doerr E, Papathanasiou AE, Mantzoros CS. Pharmacotherapy of obesity: Available medications and drugs under investigation. Metabolism. 2019;92:170-92.

- Upadhyay J*, Polyzos SA*, Perakakis N*, Thakkar B, Paschou SA, Katsiki N, Underwood P, Park KH, Seufert J, Kang ES, Sternthal E, Karagiannis A, Mantzoros CS. Pharmacotherapy of type 2 diabetes: An update. Metabolism. 2018;78:13-42. *equal contribution

2) Physiologische und Pathophysiologische Rolle von Adipokinen und Myokinen an der Stoffwechsellage und an metabolischen Krankheiten

- Perakakis N, Farr OM, Mantzoros CS Leptin in Leanness & Obesity. J Am Coll Cardiol. 2021 Feb 16;77(6):745-760.
- Chrysafi P*, Perakakis N*, Farr OM, Stefanakis K, Peradze N, Sala-Vila A, Mantzoros CS. Leptin alters energy intake and fat mass but not energy expenditure in lean subjects. Nature Communications 2020 Oct 13;11(1):5145. *equal contribution
- Perakakis N, Farr OM, Mantzoros CS. Fasting oxyntomodulin, glicentin, and gastric inhibitory polypeptide levels are associated with activation of reward- and attention-related brain centres in response to visual food cues in adults with obesity: A cross-sectional functional MRI study Diabetes Obes Metab. 2021 May;23(5):1202-1207
- Perakakis N, Mantzoros CS. The role of glicentin and oxyntomodulin in human metabolism: new evidence and new directions. J Clin Endocrinol Metab. 2020 Aug 1;105(8):dgaa329
- Perakakis N, Kokkinos A, Peradze N, Tentolouris N, Ghaly W, Pilitsi E, Upadhyay J, Alexandrou A, Mantzoros CS. Circulating levels of gastrointestinal hormones in response to the most common types of bariatric surgery and predictive value for weight loss over one year: Evidence from two independent trials. Metabolism. 2019;101:153997
- Perakakis N, Kokkinos A, Peradze N, Tentolouris N, Ghaly W, Tsilingiris D, Alexandrou A, Mantzoros CS. Follistatins in glucose regulation in healthy and obese individuals. Diabetes Obes Metab. 2019;21(3):683-90.
- Perakakis N, Mougios V, Fatouros I, Siopi A, Draganidis D, Peradze N, Ghaly W, Mantzoros CS. Physiology of Activins/Follistatins: Associations With Metabolic and Anthropometric Variables and Response to Exercise J Clin Endocrinol Metab. 2018;103(10):3890-9.
- Perakakis N, Triantafyllou GA, Fernandez-Real JM, Huh JY, Park KH, Seufert J, Mantzoros CS Physiology and role of irisin in glucose homeostasis. Nat Rev Endocrinol. 2017;13(6):324-37

3) Entwicklung nicht-invasiven Methoden für die Diagnose der NASH

- Perakakis N, Polyzos SA, Yazdani A, Sala-Vila A, Kountouras J, Anastasilakis AD, Mantzoros CS. Non-invasive diagnosis of non-alcoholic steatohepatitis and fibrosis with the use of omics and supervised learning: A proof of concept study. Metabolism. 2019;101:154005
- Polyzos SA*, Perakakis N*, Boutari C, Kountouras J, Ghaly W, Anastasilakis AD, Karagiannis A, Mantzoros CS. Targeted Analysis of Three Hormonal Systems Identifies Molecules Associated with the Presence and Severity of NAFLD. J Clin Endocrinol Metab. 2020;105(3). *equal contribution
- Perakakis N, Stefanakis K, Mantzoros CS. The role of omics in the pathophysiology, diagnosis and treatment of non-alcoholic fatty liver disease. Metabolism. 2020 Jul 23:154320.
- Perakakis N, Yazdani A, Karniadakis GE, Mantzoros C Omics, big data and machine learning as tools to propel understanding of biological mechanisms and to discover novel diagnostics and therapeutics Metabolism. 2018;87:A1-A9