

Mikropoulou Eleni V.

Academic position: PhD Candidate, Division of Pharmacognosy and Natural Products Chemistry, Department of Pharmacy, National and Kapodistrian University of Athens (NKUA)

Date of birth: 5 November 1992

Place of birth: Athens, Greece

Professional address: Department of Pharmacy, Panepistimiopolis Zografou, 15771, Athens, Greece

Telephone: +302107274584

Email: E.Mikropoulou@pharm.uoa.gr

EDUCATIONAL QUALIFICATIONS

May 2017: **MSc in Pharmacognosy and Natural Products Chemistry**, Division of Pharmacognosy and Natural Products Chemistry, Department of Pharmacy, NKUA. Thesis Title: *“Phytochemical Analysis of the Decoctions of Edible Greens (Chórta) Traditionally Consumed in Greece.”*

September 2015: **Degree in Pharmacy**, NKUA. Thesis Title (Division of Pharmacognosy and Natural Products Chemistry): *“Nutritive Value of Greek Edible Greens: Phytochemical Analysis of the Plant Scolymus hispanicus.”*

June 2010: **High School Diploma**

RESEARCH INTERESTS

Development and application of **LC-MS-based metabolomics** approaches on biological fluids and animal tissues for the investigation of the role of **nutrition** on metabolic disorders and the discovery of **related biomarkers**.

Development and application of **LC-MS based methodologies** for the analysis (qualitatively and quantitatively) of **biological samples** (plasma, urine, feces).

LC-MS-based metabolomics approaches (metabolic profiling, fingerprinting) for dereplication purposes and targeted discovery of **bioactive natural products**.

Development of **quantitative and qualitative** methods for the analysis of **plant extracts** using chromatographic techniques (HPLC-DAD/ELSD, HPTLC, LC-MS).

Separation and isolation of natural products using chromatographic techniques (VLC, HPLC). **Structure elucidation** of natural products using spectroscopic and spectrometric methods (1D&2D NMR, UV-Vis, LC-MSⁿ, GC-MS).

PARTICIPATION IN CONFERENCES

1. **67th International Congress and Annual Meeting of the Society for Medicinal Plant and Natural Product Research (GA), Innsbruck, Austria, September 1-5 2019.** Eleni V. Mikropoulou, Zoi Evangelakou, Maria Manola, Sentiljana Gumeni, Ioannis

- P. Trougakos, Leandros A. Skaltsounis, Maria Halabalaki. "A holistic UPLC-HRMS-based approach exploring the phytochemistry, bioactivity and metabolome impact of *Cichorium spinosum*' s decoction in *Drosophila melanogaster*."
2. **30th International Symposium on the Chemistry of Natural Products (ISCNP), Athens, Greece, November 26-29 2018.** Eleni V. Mikropoulou, Eleftherios A. Petrakis, Aikaterini Argyropoulou, Sofia Mitakou, Maria Halabalaki and Leandros A. Skaltsounis. "Quantification of bioactive lignans in sesame seeds using HPTLC densitometry: Comparative evaluation by HPLC-PDA"
 3. **30th International Symposium on the Chemistry of Natural Products (ISCNP), Athens, Greece, November 26-29 2018.** Demetrios A. Arvanitis, Ioanna Chalatsa, Eleni V. Mikropoulou, Athina Giagini, Nektarios Aligiannis, Maria Halabalaki, Zeta Papadopoulou-Daifoti, Anthony Tsarbopoulos, Alexios Leandros Skaltsounis, Despina Sanoudou. "Sideritis scardica and *Cichorium spinosum* reduce amyloidogenesis and tau aggregates in Alzheimer's disease models"
 4. **3rd International Conference on Natural Products Utilization (ICNPU), Bansko, Bulgaria, October 18-21 2017.** Eleni V. Mikropoulou, Eleftherios A. Petrakis, Aikaterini Argyropoulou, Maria Halabalaki, Sofia Mitakou, Alexios L. Skaltsounis: "Development of an HPTLC and an HPLC-PDA Method for the Quantification of Sesamin and Sesamol in Fresh Sesame Seeds"
 5. **1st International Multidisciplinary Conference on Nutraceuticals and Functional Foods, Kalamata, Greece, July 7-9 2016.** K. Vougoiannopoulou, V. Brieudes, A. D. Sklirou, A. Angelis, S. Betinakis, E. Mikropoulou, S. Mitakou, I. P. Trougakos, M. Halabalaki, A.L. Skaltsounis: "Cooked edible greens of Greece: "chórta" and their decoctions as sources of valuable water-soluble phytonutrients"
 6. **7th International Symposium on Recent Advances in Food Analysis (RAFA). Prague, Czech Republic, November 3-6, 2015.** K. Vougoiannopoulou, V. Brieudes, A. D. Sklirou, A. Angelis, S. Betinakis, E. Mikropoulou, S. Mitakou, I. P. Trougakos, M. Halabalaki, A.L. Skaltsounis: "Cooked edible greens of Greece: "chórta" and their decoctions as sources of valuable water-soluble phytonutrients"

PUBLICATIONS

1. Brieudes V.#, Mikropoulou E.V.#, Kallergis E., Kaliora A.C., Papada E., Gkiouvetidis P., Angelis A., Halabalaki M. Development, validation and application of a UHPLC-MS method for the quantification of Chios mastic gum triterpenoids in human plasma. ***Planta Med* 2021** (published online).
2. Amerikanou C., Kanoni S., Kaliora A.C., Barone A., Bjelan M., D'Auria G., Gioxari A., Gosalbes M.J., Mouchti S., Stathopoulou M.G., Soriano B., Stojanoski S., Banerjee R., Halabalaki M., Mikropoulou E.V., Kannt A., Lamont J., Llorens C., Marascio F., Marascio M., Roig F.J., Smyrnioudis I., Varlamis I., Visvikis-Siest S., Vukic M., Milic N., Medic- Stojanoska M., Cesarini L., Campolo J., Gastaldelli A.24, Deloukas P., Trivella M.G., Francino M.P., Dedoussis G.V. Effect of Mastiha supplementation on NAFLD: The MAST4HEALTH randomised, controlled trial. ***Mol Nutr Food Res* 2021** (published online)
3. Pachi V., Mikropoulou E.V., Dimou S., Dionysopoulou M., Argyropoulou A., Diallinas G. and Halabalaki M. Chemical Profiling of *Pistacia lentiscus* var. *Chia* Resin and Essential Oil: Ageing Markers and Antimicrobial Activity. ***Processes* 2021**; 9: 418.

4. Pachis V., Mikropoulou E.V., Gkiouvetidis P., Siafakas K., Argyropoulou A., Angelis A., Mitakou S., Halampalaki M. Traditional uses, phytochemistry and pharmacology of Chios mastic gum (*Pistacia lentiscus* var. Chia, Anacardiaceae): A review. J Ethnopharmacol 2020; 254: 112485.
5. Mikropoulou E.V., Petrakis E.A., Argyropoulou A., Sofia Mitakou S., Halabalaki M., Skaltsounis L.A. Quantification of bioactive lignans in sesame seeds using HPTLC densitometry: Comparative evaluation by HPLC-PDA. Food Chem 2019; 288: 1-7.
6. Mikropoulou E.V., Vougianniopoulou K., Kalpoutzakis E., Sklirou, A.D., Skaperda Z., Houriet J., Wolfender J.-L., Trougakos I.P., Kouretas D., Halabalaki M., Mitakou S. Phytochemical Composition of the Decoctions of Greek Edible Greens (Chórta) and Evaluation of Antioxidant and Cytotoxic Properties. Molecules 2018; 23: 1541.
7. Chalatsa I., Arvanitis D.A., Mikropoulou E.V., Giagini A., Papadopoulou-Daifoti Z., Aligiannis N., Tzarbopoulos A., Halabalaki M., Skaltsounis L.A., Sanoudou D. Beneficial Effects of *Sideritis scardica* and *Cichorium spinosum* against Amyloidogenic Pathway and Tau Misprocessing in Alzheimer's Disease Neuronal Cell Culture Models. J Alzheimers Dis 2018; 64:3: 787-800.
8. Stagos D., Balabanos D., Savva S., Skaperda Z., Priftis A., Kerasioti E., Mikropoulou E.V., Vougianniopoulou K., Mitakou S., Halabalaki M., Kouretas D. Extracts from the Mediterranean Food Plants *Carthamus lanatus*, *Cichorium intybus*, and *Cichorium spinosum* Enhanced GSH Levels and Increased Nrf2 Expression in Human Endothelial Cells. Oxid Med Cell Longev 2018: 6594101.

ACHIEVEMENTS

Stavros Niarchos Foundation – University of Athens grant entitled “Studies in metabolomics and metabolism of natural products” (KA 14320)

LANGUAGES

Greek, writing & speaking excellent (**native** language)

English, writing & speaking excellent (**C2 Level**, University of Cambridge, 2007)

French, writing & speaking excellent (**Niveau C2**, Université de Sorbonne, 2008)

Spanish, writing & speaking excellent (**Nivel C2**, Instituto Cervantes, 2016)

MEMBERSHIPS

Society for Medicinal Plant and Natural Product Research (GA)