

Curriculum Vitae

Part I: General Information

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Place of Birth: Lamia, Greece

Education:

1987-1989 Patras University Medical School, Patras, Greece

1989-1993 M.D. National and Kapodistrian University of Athens Medical School,
Athens, Greece

2001-2003 M.A. *Master of Arts in Clinical Investigation*, Boston
University, Boston, MA

Post-doctoral Training:

1994-1996 Physician, Itea Medical Center, Fokida, Greece

Internships and Residencies:

1997-1998 Intern in Medicine, Rhode Island Hospital, Brown University, RI

1998-1999 Junior Resident in Medicine, Rhode Island Hospital, RI

1999-2000 Senior Resident in Medicine, Rhode Island Hospital, RI

Clinical and Research Fellowships:

2000-2002 Clinical and Research Fellow in Endocrinology, Boston University
Medical Center, Boston, MA

2002- 2004 Clinical and Research Fellow, Neuroendocrine Unit, Massachusetts
General Hospital

Licensure and Certification:

2000 Massachusetts License Registration
2001 American Board of Internal Medicine
2002 Endocrinology, American Board of Internal Medicine
2002 Certified in Training Laboratory Clinical Director, COLA
2002 Certified in Thyroid Ultrasound, Endocrine Society 2002
2002 Clinical Densitometrist, International Society for Clinical Densitometry
2000 Certified. *Radioactive iodine* course in Nuclear Radiology, Brigham and Womens' Hospital, Boston, MA

Academic Appointments:

2000-2002 Teaching Fellow in Medicine, Boston University School of Medicine
2002-2003 Postdoctoral Research Fellow in Medicine, Harvard Medical School
2004 Instructor in Medicine, Harvard Medical School

Hospital and Affiliated Institution Appointments:

2000-2002 Clinical Fellow, Department of Medicine, Boston Medical Center
2002- Research Fellow, Department of Medicine, Massachusetts General Hospital
2004 Clinical Assistant in Medicine, Staff Neuroendocrine Unit, Massachusetts General Hospital

Other Professional Positions and Major Visiting Appointments:

2002- Visiting Scientist, Massachusetts Institute of Technology

Hospital and Service Responsibilities:

2002-2004 Director, Neuroendocrine Conference, Division of Endocrinology, Massachusetts General Hospital

Major Committee Assignments:

2001- Board Member, New England Hellenic Medical and Dental Society

Professional Societies:

2000 Member, Endocrine Society
2000 Member, American Association of Clinical Endocrinologists
2002 Member, International Society for Clinical Densitometry
2003 Member, The American College of Clinical Nutrition

Awards and Honors:

1990-1993	Mavrocordatos Scholarship, National University of Athens Medical School, Athens, Greece
2002	Eleni Gatzoyiannis Scholarship, Boston University, Boston, MA
2003	Genentech Clinical Fellows Travel Grant Award
2003	Recipient, Travel Award, Boston Obesity Nutrition Research Center
2004	Genentech Clinical Fellows Travel Grant Award (Endocrine Society)

Reviewer

2000	<i>American Family Physician</i>
2000	<i>Archives Internal Medicine</i>
2000	<i>AIDS & Public Policy Journal</i>
1999	<i>The American Journal of Medicine & Sports</i>
2002	<i>Acta Paediatrica</i>
2001	<i>PDxMD</i>
2004	<i>American Journal of Physiology, Endocrinology and Metabolism</i>

Report of Teaching

Local Teaching Presentations

2000	Speaker, Endocrine Grand Rounds Boston University Medical Center, Boston, MA “HIV associated metabolic abnormalities” 30 students and faculty,
2001	Speaker, Endocrine Grand Rounds Boston University Medical Center, Boston, MA “Immunonutrition” 40 students, faculty and residents
2003	Speaker, Endocrine Division, Boston University Medical Center, Boston, MA “GH deficiency and supplementation” 20 faculty and residents
2004	Speaker, Endocrine Division, Massachusetts General Hospital, Boston, “GH Deficiency In HIV Lipodystrophy: Pathophysiological Mechanisms and Novel Treatment Strategies” 25 faculty and residents

Report of Clinical Activities

Description of Clinical Practice

I am a physician in the Neuroendocrine Unit, responsible for the clinical evaluation of complex pituitary cases, e.g. Cushing's disease, acromegaly, prolactinomas, and nonfunctioning adenomas. We are a tertiary referral center, and often asked to give a second opinion on a case previously seen by other endocrinologists. In addition, we diagnose and manage *de novo* cases upon referral from primary care physicians and neurosurgeons. The Neuroendocrine Clinic is a teaching clinic, staffed by fellows, residents and students with a weekly didactic session for the presentation of interesting cases.

Bibliography:

Original Articles

1. E. Mylonakis, P. Koutkia, J. D. Rich, K.T. Tashima, T.C. Fiore, T. Flanigan, C.C.J Carpenter. Substance abuse is responsible for most pre-AIDS deaths among women with HIV infection in Providence, RI, USA [letter]. *AIDS* 12(8): 958-9;1998.
2. P. Koutkia, E. Mylonakis, J. Boyce. Cellulitis: Evaluation of possible predisposing factors in hospitalized patients. *Diagn Microbiol Infect Dis* 34(4):325-7;1999.
3. G. Sanders, D. Pinto, J. Parker, P. Koutkia, FC. Aepfelbacher, P. Danias. Increased Resting TI-201 Lung-to Heart Ratio is Associated with Invesively-Determined Measures of Left Ventricular Dysfunction, Extent of Coronary Artery Disease and Resting Myocardium Perfusion Abnormalities. *J Nucl Cardiol* 10(2):140-7;2003.
4. Tangpricha V. Koutkia P. Rieke SM. Chen TC. Perez AA. Holick MF. Fortification of orange juice with vitamin D: a novel approach for enhancing vitamin D nutritional health. *Am J Clin Nutr* 77(6):1478-83, 2003.
5. Koutkia P, Canavan B, Johnson ML, DePaoli A, Grinspoon S. Characterization of Leptin Pulse Dynamics and Relationship to Fat Mass, Growth Hormone, Cortisol and Insulin in Human Physiology. *Am J Phys Endocrinol and Metabol* 285(2):E372-9;2003
6. Koutkia P, Meininger G, Canavan B, Breu J, Grinspoon S. Metabolic Regulation of Growth Hormone by Free Fatty Acids, Somatostatin and Ghrelin in HIV Lipodystrophy. *Am J Physiol Endocrinol Metab.* 2004 Feb;286(2):E296-303.
7. Koutkia P, Canavan B, Breu J, Johnson M.L, DePaoli A, and Grinspoon S. Relation of Leptin Pulse Dynamics to Fat Distribution in HIV-Infected Patients. *Am J Clin Nutr.* 2004 Jun;79(6):1103-9.

8. Bernstein LE, Koutkia P, Linquist K, Breu J, Canavan B, Grinspoon S. Acute Regulation of Adiponectin by Free Fatty Acids. *Metabolism*. 2004 Jun;53(6):790-3.
9. Patel GM, Hauser TH, Parker A, Pinto DS, Sanders G, Aepfelbacher FC, Koutkia P, Danias P. Quantitative Relationship of Stress Tc-99m-Sestamibi Lung Uptake with Resting Tl-201 Lung Uptake, and with Indices of Left Ventricular Dysfunction and Coronary Artery Disease. *J Nucl Cardiol*. 2004 Jul-Aug;11(4):408-13.
10. Koutkia P, Canavan B, Breu J, Johnsonn ML, Grinspoon S. Nocturnal Ghrelin Pulsatility and Response to Growth Hormone Secretagogues in Healthy Men. *Am J Physiol Endocrinol Metab*. 2004 May 11[Epub ahead of print]
11. Koutkia P., Canavan B., Breu J, Torriani M., Kissko J., Grinspoon S. The Use of Growth Hormone Releasing Hormone (GHRH) in HIV Lipodystrophy: A Randomized Placebo-Controlled Trial. *JAMA* 2004 Jul 14;292(2):210-8.
12. Schurgin S, Canavan B, Koutkia P, DePaoli A, Grinspoon S. Endocrine and Metabolic Effects of Physiologic r-metHuLeptin Administration During Acute Caloric Deprivation in Normal Weight Women. *JCEM* (In press).

Book Chapters and Review Articles

1. Koutkia P., C.A Apovian. Nutrition support in the critically ill diabetic patient. In: *Nutritional considerations in the intensive care unit*. (1st edition) Shikora SA, Martindale RG (eds). The American Society for Parenteral and Enteral Nutrition (A.S.P.E.N) and Kendall Hunt Publishing. Ch15, pp:175-185; 2002.
2. Koutkia P., C.A Apovian, GL. Blackburn. Nutrition Support. In: *Principles and Practice of Palliative Care and Supportive Oncology* (2nd edition). Berger AM, Portenoy RK, Weissman DE (eds). Williams and Wilkins, Philadelphia, PA pp:933-955; 2002.
3. Koutkia P., R.Y Wang. Electroplaters. In: *Occupational, Industrial, and Environmental Toxicology* (2nd edition). Greenberg M, Hamilton R, Phillips S (eds). Mosby, MO 2003
4. E.Mylonakis, Koutkia P. Research during residency [letter] *JAMA* 281(22):2089, 1999.
5. Koutkia P, E. Mylonakis, S. Rounds, A. Erickson. Leucocytoclastic vasculitis: an update for the physician. *Scand J Rheumatol* 30:315-322;2001.

6. Mylonakis E, Koutkia P, Grinspoon S. Diagnosis and treatment of androgen deficiency in human immunodeficiency virus-infected men and women. *Clin Inf Dis.* 2001; 33:857-64.
7. Koutkia P, E. Mylonakis, R. Levin. Human Immunodeficiency Virus Infection and the Thyroid. *Thyroid* 12(7):577-82;2002.
8. Sundaram A., Koutkia P., C.A. Apovian. Nutritional management of short bowel syndrome in adults. *J Clin Gastroenterol* 34:207-20; 2002.
9. Koutkia P, Grinspoon S. HIV-Associated Lipodystrophy: Pathogenesis, Prognosis, Treatment and Controversies. *Annu Rev Med.* 2004;55:303-17.

Reading materials and Case-reports

1. Koutkia P, T. Chen, MF. Holick. Vitamin D intoxication associated with an-over-the-counter supplement.[letter] *N Engl J Med* 345:66-67; 2001.
2. Koutkia P., T. Chen, L. Zhiren, MF. Holick. Treatment of hypocalcemia due to Crohn's disease with Ultraviolet B irradiation. *Gastroenterology* 121:1485-1488; 2001.
3. Koutkia P., J. Safer. Adrenal metastasis secondary to papillary thyroid carcinoma. *Thyroid* 11:1077-1079; 2001.
4. Koutkia P., E. Mylonakis, S. Rounds, A. Erickson. Cutaneous leucocytoclastic vasculitis associated with oxacillin. *Diagn Microbiol Infect Dis* 39:191-194; 2001.
5. Koutkia P., H. Safran, C. Kahn. Metastatic carcinoma mimicking primary thyroid cancer. *RI Med Health* 84:204-206; 2001.
6. E. Mylonakis, M.S. Akhtar, F. Lopez, I. Hussain, J. L. Chen, Koutkia P., P. Lamberton, F.J. Schiffman. Resolution of methimazole-induced agranulocytosis with human granulocyte colony stimulating factor (G-CSF). *Geriatrics* 55(2):89-91;2000.
7. Koutkia P., T.J. Wachtel. Pulmonary embolism presenting as syncope: Case report and review of the literature. *Heart Lung* 28(5):342-7;1999.
8. E. Mylonakis, D. Kon, A. Moulton, J. Elion, R. Indeglia, Koutkia P., A. Katz. Thrombosis of mitral valve prosthesis presenting as abdominal pain. *Heart Lung* 28:110-3;1999.
9. E. Mylonakis, Koutkia P., B.P. Dickinson, J.D. Rich, T. Flanigan, H. Horowitz. Vasculitis and HIV. *AIDS Reader* 8(4):192-193, 200;1998.

10. Koutkia P., E. Mylonakis, T. Flanigan. Cookouts and seasonal peak of Escherichia coli infection [letter]. Am Fam Physician 57(7):1494;1998.

Educational Material

1. Koutkia P., R.Y. Wang. Case Studies in Environmental Medicine. Radiation exposure from Iodine 131. Published by U.S Department of Health and human Services. Agency for Toxic Substances and Disease Registry (ATSDR)/Center for Disease Control (CDC), Division of Health Education and Promotion. November 2002.
2. Koutkia P., E. Mylonakis, T. Flanigan. Enterohemorrhagic Escherichia coli O157:H7 [Patient information handout] Am Fam Physician 56 (3):859-61;1997.

Abstracts

- A1. Koutkia P., E. Mylonakis, J. Boyce. Cellulitis. Evaluation of the predisposing factors among hospitalized patients. 1997 Rhode Island Regional Meeting of the American College of Physicians.
- A2. Koutkia P, E. Mylonakis, T. Flanigan. Natural course of gastroenteritis due to enterohemorrhagic Escherichia coli O157:H7. 1997 Rhode Island Regional Meeting of the American College of Physicians.
- A3. E. Mylonakis, Koutkia P., J. D Rich, K.T. Tashima, T.C. Fiore, T. Flanigan, C.C.J Carpenter. Substance abuse is responsible for most pre-AIDS deaths among women with HIV infection in Providence, RI. RI Med Health 81(7);231,1998.(Oral presentation, 1998 Rhode Island Regional Meeting of the American College of Physicians).
- A4 Koutkia P., S. Rounds, A. Erickson. Cutaneous leucocytoclastic vasculitis associated with oxacillin. 1998 Rhode Island Regional Meeting of the American College of Physicians.
- A5. Koutkia P., T.J. Wachtel. Pulmonary embolism presenting as syncope: Case report and review of the literature.1999 Rhode Island Regional Meeting of the American College of Physicians.
- A6. Koutkia P., H. Safran, C. Kahn. Metastatic carcinoma mimicking primary thyroid cancer.1999 Rhode Island Regional Meeting of the American College of Physicians.
- A7. J. Moore, Koutkia P.. Acute hemorrhagic leucoencephalitis.1999 Rhode Island Regional Meeting of the American College of Physicians.
- A8. Koutkia P., S. Cerda, J.D. Safer. Adrenal metastasis secondary to papillary

- thyroid carcinoma. The Endocrine Society's 83rd Annual Meeting.
- A9. V. Tangpricha, SM. Rieke, Koutkia P., TC Chen, MF Holick. Evaluation of the Bioavailability of Vitamin D in Whole Milk, Skim Milk and Orange Juice. The Endocrine Society's 84th Annual Meeting.
- A10. Koutkia P., Canavan B., Breu J, Johnson ML., DePaoli A, Grinspoon, S. Leptin Pulse Dynamics in HIV-Infected Patients with Fat Redistribution. The Endocrine Society 85th Annual Meeting, 2003.
- A11. Koutkia P., Canavan B., Johnson ML, DePaoli A, Grinspoon S. Characterization of Leptin Pulse Dynamics and Relationship to Fat Mass, Growth Hormone and Cortisol in Human Physiology. The Endocrine Society 85th Annual Meeting, 2003.
- A12. Koutkia P., Canavan B., Breu J, Torriani M., Kissko J., Grinspoon S. The Use of Growth Hormone Releasing Hormone (GHRH) in HIV Lipodystrophy: A Randomized Placebo-Controlled Trial. The Endocrine Society 86th Annual Meeting, 2004 (Oral presentation).
- A13. Koutkia P., Canavan B., Breu J., Grinspoon S. Growth Hormone Responses to GHRH-Arginine Testing in HIV Lipodystrophy. The Endocrine Society 86th Annual Meeting, 2004.
- A14. Koutkia P., Canavan B., Breu J., Johnson M., Grinspoon S. Ghrelin Secretion is Pulsatile, Synchronous with Growth Hormone and Responsive to Changes in Somatostatin in Human Physiology. The Endocrine Society 86th Annual Meeting, 2004 (Oral presentation).