

Maria Tsironi, MD,PhD

Current Position

Assistant Professor of Internal Medicine at the Department of Nursing, University of Peloponnese

Past Positions

Consultant of Internal Medicine, General Sparta Hospital, National Health System

Education

2010 : MSc in Management of Health Services, Hellenic Open University

2002: Universite Paris 7 Denis-Diderot, Institut Claude Bernard-Hopital Robert Debre. Unite de recherché U458, Paris, France (Prof. J. Elion) Education on cell cultures focused on hemoglobinopathies

2002 : PhD in Medicine, Medical School of Athens, University of Athens.

1999: Diplomate of the Greek Board of Medicine

1992: Graduation in Medicine, Medical School, University of Athens

Research interests

My research is focused on hemoglobinopathies(thalassemia,sickle cell disease-cardiovascular and endothelial disorders, therapeutic interventions) and sports medicine (effect of exercise on endothelial function and immune system)

Publications

Books

Author: Chapters in greek medical books

Consultant: In the greek edition of

- Haematology. Howard M, Hamilton P ,2008
- Pharmacology for Nurses.Terje Simonsen. , 2009
- Internal Medicine on call.Haist S., Robbins J. , 2009
- Foundations of Nursing in the community. , 2009
- Medical, Surgical Nursing Dewit S. ,2009
- Guidelines for the clinical management of thalassemia. Thalassemia International Federation, 2010

Publications in International Journals

1. Spanoudaki S, Maridaki M, Tsironi M, Baltopoulos G, Bogdanis GC, Baltopoulos P.Immune responses during and after exercise of constant and alternating intensity above the lactate threshold.

J Sports Med Phys Fitness. 2010 Sep;50(3):363-70.PMID: 20842100

2. Polonifi A, Politou M, Kalotychou V, Xiromeritis K, Tsironi M, Berdoukas V, Vaiopoulos G, Aessopos A.Iron metabolism gene expression in human skeletal muscle.

Blood Cells Mol Dis. 2010 Oct 15;45(3):233-7. Epub 2010 Aug 5.PMID: 20691620

3. Tsironi M, Karagiorga M, Aessopos A. Iron overload, cardiac and other factors affecting pregnancy in thalassemia major.
Hemoglobin. 2010 Jun;34(3):240-50. PMID: 20524814
4. Aessopos A, Farmakis D, Andreopoulos A, Tsironi M. Assessment and treatment of cardiac iron overload in thalassemia.
Hemoglobin. 2009;33 Suppl 1:S87-92. PMID: 20001638
5. Aessopos A, Tsironi M, Andreopoulos A, Farmakis D. Heart disease in thalassemia intermedia.
Hemoglobin. 2009;33 Suppl 1:S170-6. PMID: 20001622
6. Spiropoulos A, Goussetis E, Margeli A, Premetis E, Skenderi K, Graphakos S, Baltopoulos P, Tsironi M, Papassotiriou I. Effect of inflammation induced by prolonged exercise on circulating erythroid progenitors and markers of erythropoiesis.
Clin Chem Lab Med. 2010 Feb;48(2):199-203. PMID: 20001441
7. Aessopos A, Berdoukas V, Tsironi M. Prevention of cardiomyopathy in transfusion-dependent homozygous thalassaemia today and the role of cardiac magnetic resonance imaging.
Adv Hematol. 2009;2009:964897. Epub 2009 Apr 29. PMID: 19960043
8. Kanavaki I, Makrythanasis P, Lazaropoulou C, Tsironi M, Kattamis A, Rombos I, Papassotiriou I. Soluble endothelial adhesion molecules and inflammation markers in patients with beta-thalassemia intermedia.
Blood Cells Mol Dis. 2009 Nov-Dec;43(3):230-4. Epub 2009 Aug 4. PMID: 19654073
9. Tchou I, Margeli A, Tsironi M, Skenderi K, Barnet M, Kanaka-Gantenbein C, Papassotiriou I, Beris P. Growth-differentiation factor-15, endoglin and N-terminal pro-brain natriuretic peptide induction in athletes participating in an ultramarathon foot race.
Biomarkers. 2009 Sep;14(6):418-22. PMID: 19563304
10. Goussetis E, Spiropoulos A, Tsironi M, Skenderi K, Margeli A, Graphakos S, Baltopoulos P, Papassotiriou I. Spartathlon, a 246 kilometer foot race: effects of acute inflammation induced by prolonged exercise on circulating progenitor reparative cells.
Blood Cells Mol Dis. 2009 May-Jun;42(3):294-9. Epub 2009 Feb 23. PMID: 19233694
11. Aessopos A, Farmakis D, Trompoukis C, Tsironi M, Moyssakis I, Tsaftarides P, Karagiorga M. Cardiac involvement in sickle beta-thalassemia.
Ann Hematol. 2009 Jun;88(6):557-64. Epub 2008 Dec 24. PMID: 19107483

12. Baltopoulos P, Tsintzos C, Papadaku E, Karagounis P, Tsironi M. Hydroxyapatite-coated total hip arthroplasty: the impact on thigh pain and arthroplasty survival.
Acta Orthop Belg. 2008 Jun;74(3):323-31. PMID: 18686456
13. Papassotiriou I, Alexiou VG, Tsironi M, Skenderi K, Spanos A, Falagas ME. Severe aseptic inflammation caused by long distance running (246 km) does not increase procalcitonin.
Eur J Clin Invest. 2008 Apr;38(4):276-9. PMID: 18339008
14. Aessopos A, Kati M, Tsironi M. Congestive heart failure and treatment in thalassemia major.
Hemoglobin. 2008;32(1-2):63-73. PMID: 18274984
15. Tsironi M, Assimakopoulos G, Polonofi K, Rigaki K, Aessopos A. Effects of combined deferiprone and deferoxamine chelation therapy on iron load indices in beta-thalassemia.
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Eur J Clin Invest. 2008 Mar;38(3):159-65. PMID: 18257778
17. Aessopos A, Floudas CS, Kati M, Tsironi M, Giakoumi X, Livir-Rallatos C, Farmakis D. Loss of vision associated with angioid streaks in beta-thalassemia intermedia.
Int J Hematol. 2008 Jan;87(1):35-8. Epub 2007 Dec 11. PMID: 18224411
18. Baltopoulos P, Tsintzos C, Prionas G, Tsironi M. Exercise-induced scalenus syndrome.
Am J Sports Med. 2008 Feb;36(2):369-74. PMID: 18202297
19. Aessopos A, Berdoukas V, Tsironi M. The heart in transfusion dependent homozygous thalassaemia today--prediction, prevention and management.
Eur J Haematol. 2008 Feb;80(2):93-106. Epub 2007 Dec 10. PMID: 18081719
20. Aessopos A, Tsironi M, Polonifi K, Baltopoulos P, Vaiopoulos G. Intervertebral disc calcification in thalassemia intermedia.
Eur J Haematol. 2008 Feb;80(2):164-7. Epub 2007 Nov 19. PMID: 18028418
21. Aessopos A, Kati M, Farmakis D, Polonifi E, Deftereos S, Tsironi M. Intensive chelation therapy in beta-thalassemia and possible adverse cardiac effects of desferrioxamine.
Int J Hematol. 2007 Oct;86(3):212-5. PMID: 17988985

22. Schulpis KH, Tsironi M, Skenderi K, Lazaropoulou C, Parthimos N, Reclos G, Goussetis E, Tsakiris S, Papassotiriou I. Dramatic reduction of erythrocyte glucose-6-phosphate dehydrogenase activity in athletes participating in the ultradistance foot race "Spartathlon".
Scand J Clin Lab Invest. 2008;68(3):228-32. PMID: 17852823
23. Bartzeliotou AI, Margeli AP, Tsironi M, Skenderi K, Bacoula C, Chrousos GP, Papassotiriou I. Circulating levels of adhesion molecules and markers of endothelial activation in acute inflammation induced by prolonged brisk exercise.
Clin Biochem. 2007 Jul;40(11):765-70. Epub 2007 Jan 26. PMID: 17320067
24. Aessopos A, Farmakis D, Polonifi A, Tsironi M, Fragodimitri C, Hatziliami A, Karagiorga M, Diamanti-Kandarakis E. Plasma B-type natriuretic peptide concentration in beta-thalassaemia patients.
Eur J Heart Fail. 2007 May;9(5):537-41. Epub 2007 Feb 14. PMID: 17300987
25. Aessopos A, Deftereos S, Tsironi M, Karabatsos F, Yousef J, Fragodimitri C, Hatziliami A, Karagiorga M. Predictive echo-Doppler indices of left ventricular impairment in B-thalassaemic patients.
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26. Kati M, Tsironi M, Meletis I, Farmakis D, Giakoumis A, Aessopos A. Intervertebral disc calcification in a sickle cell thalassaemia patient.
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27. Tsironi M, Korovesis K, Farmakis D, Deftereos S, Aessopos A. Hypocalcemic heart failure in thalassaemic patients.
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38. Tsironi M, Polonifi K, Deftereos S, Farmakis D, Andriopoulos P, Moysakis I, Aessopos A. Transfusional hemosiderosis and combined chelation therapy in sickle thalassemia. *Eur J Haematol.* 2005 Oct;75(4):355-8. PMID: 16146544
39. Aessopos A, Farmakis D, Deftereos S, Tsironi M, Tassiopoulos S, Moysakis I, Karagiorga M. Thalassemia heart disease: a comparative evaluation of thalassemia major and thalassemia intermedia. *Chest.* 2005 May;127(5):1523-30. PMID: 15888823
40. Tsironi M, Ladis V, Margellis Z, Deftereos S, Kattamis Ch, Aessopos A. Impairment of cardiac function in a successful full-term pregnancy in a homozygous beta-thalassemia major: does chelation have a positive role? *Eur J Obstet Gynecol Reprod Biol.* 2005 May 1;120(1):117-8. PMID: 15866098
41. Margeli A, Skenderi K, Tsironi M, Hantzi E, Matalas AL, Vrettou C, Kanavakis E, Chrousos G, Papassotiriou I. Dramatic elevations of interleukin-6 and acute-phase reactants in athletes participating in the ultradistance foot race spartathlon: severe systemic inflammation and lipid and lipoprotein changes in protracted exercise. *J Clin Endocrinol Metab.* 2005 Jul;90(7):3914-8. PMID: 15855262

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43. Aessopos A, Farmakis D, Deftereos S, Tsironi M, Polonifi A, Moysakias I, Diamanti-Kandaraki E, Papalambros E. Cardiovascular effects of splenomegaly and splenectomy in beta-thalassemia. *Ann Hematol.* 2005 Jun;84(6):353-7. Epub 2005 Feb 12. PMID: 15711802
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45. Aessopos A, Deftereos S, Farmakis D, Corovesis C, Tassiopoulos S, Tsironi M, Georgonikou D, Moysakias J. Cardiovascular adaptation to chronic anemia in the elderly: an echocardiographic study. *Clin Invest Med.* 2004 Oct;27(5):265-73. PMID: 15559863
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49. Tsironi M, Andriopoulos P, Kalkani M, Asimakopoulos G. Human mammary abscess caused by *Brucella melitensis*: a case report. *Int J Infect Dis.* 2003 Sep;7(3):236. PMID: 14563232
50. Andriopoulos P, Tsironi M, Asimakopoulos G. Acute abdomen due to *Brucella melitensis*. *Scand J Infect Dis.* 2003;35(3):204-5. PMID: 12751720
51. Anargyrou K, Vaiopoulos G, Terpos E, Tsironi M, Konstantopoulos K, Samarkos M, Meletis J. Low dose melphalan is a treatment option in elderly patients with high risk myelodysplastic syndrome or secondary acute myeloblastic leukaemia. *Haematologia (Budap).* 2002;32(2):169-73. PMID: 12412738

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Am J Med. 2001 Oct 1;111(5):355-60. PMID: 11583637

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External Reviewer

1. Canadian Medical Association Journal
2. Saudi Medical Journal
3. Hemoglobin
4. Canadian Medical Association Journal
5. BMC Infectious diseases
6. Anemia (*Editorial Board*)
7. The Journal of Obstetrics and Gynaecology Research