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In summary, he has earned his MD and PhD degrees from the National and Kapodistrian University of Athens, Greece (NKUA). He also holds a BSc in Medical Laboratory Technology from the Technological Educational Institute of Athens. After completing his Pediatrics Specialty Training in the First Department of Paediatrics of the National and Kapodistrian University of Athens at "Aghia Sophia" Children's Hospital (Athens, Greece), he started a Fellowship in Pediatric Endocrinology, Diabetes and Metabolism in the same Department. Subsequently he continued his Fellowship in the Department of Pediatric Endocrinology of Great Ormond Street Hospital (London, UK), in the Department of Metabolic Medicine of Great Ormond Street Hospital (London, UK) and in the Department of Pediatric and Adolescent Endocrinology in the University College London Hospital (London, UK). Subsequently he has worked as a Consultant Paediatric Endocrinologist in the Department of Paediatric Endocrinology of the Evelina London Children's Hospital (London, UK).

His research interests include the fields of Pediatric and Adolescent Endocrinology, Exercise Endocrinology, Obesity and Metabolic Medicine. He has co-authored 27 scientific publications in PubMed (h-index: 10) and has participated in numerous international and national presentations in medical conferences. He remains an honorary Research Associate of the First Department of Pediatrics of the National and Kapodistrian University of Athens. He also holds an honorary Research contract with the Department of Paediatric Endocrinology of Great Ormond Street Hospital.