

Paraskevi Xekouki, MD, PhD

Endocrinology Clinic, University Hospital of Heraklion, University of Crete School of Medicine, Heraklion, Crete, Greece, tel: +306944905166, e-mail: pxekouki@uoc.gr, evi.xekouki@kcl.ac.uk

CORE EXPERTISE/SUMMARY

- 25 years of clinical experience in Internal medicine/Endocrinology & Diabetes
- 17 years in basic and clinical research experience
- Extensive research experience in pituitary tumors, Pheochromocytomas/Paragangliomas and other neuroendocrine tumors
- Extensive knowledge in molecular biology techniques, cloning, expression studies
- 7 years Head of Endocrine Clinic, University Hospital of Heraklion, Crete Greece
- 2 years Scientific Lead of the Diabetes Centre, University Hospital of Heraklion, Crete Greece
- 73 peer-reviewed publications (several in high IF journals such as NEJM, Oncogene, JCI insights, Lancet, JCEM, ERC)
- Associate editor and reviewer of international scientific journals

MAJOR ACCOMPLISHMENTS

- The first to describe the association of Succinate Dehydrogenase Complex II mutations with pituitary tumor formation (3PAs, JCEM 2015). This work has been included in the 2017 and 2022 WHO classification of pituitary tumors.

CURRENT POSITION

- **Associate Prof in Endocrinology and Head of the Endocrine and Diabetes Clinic**, University Hospital of Heraklion, University of Crete School of Medicine, Greece
- **Visiting lecturer, Faculty of Dentistry, Oral & Craniofacial Sciences, King's College London**, [London, UK]

EDUCATION:

2009-2015: Post-Doctoral Fellow, National Institutes of Health (NIH), Bethesda, MD, USA

2005: Doctoral Thesis: Medical School of National and Kapodistrian University of Athens, Athens, Greece

Subject: *"Islet transplantation in diabetic rats with the use of two different doses of Cyclosporine and Mycophenolate Mofetil as immunosuppressants"*

1996 MD: Medical School of National and Kapodistrian University of Athens, Athens, Greece

CERTIFICATES:

2018: European Board Examination in Endocrinology, Diabetes and Metabolism certified

2016: Specialist Registration in Endocrinology & Diabetes GMC

2014: USA-ECFMG certified

2009: Board certified in Endocrinology & Metabolism (Medical School of National and Kapodistrian University of Athens, Athens, Greece)

PROFESSIONAL EXPERIENCE

A) Clinical Experience:

1. **February 2025-current: Associate Professor in Endocrinology and Head of the Endocrine Diabetes & Metabolism Clinic-** University General Hospital of Heraklion, University of Crete School of Medicine, Heraklion, Crete, Greece

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2. **November 2018-February 2025: Assistant Professor in Endocrinology and Head of the Endocrine Diabetes & Metabolism Clinic-** University General Hospital of Heraklion, University of Crete School of Medicine, Heraklion, Crete, Greece
3. **March 2015-July 2018: Clinical Lecturer in Endocrinology-**King's College Hospital, London, UK
4. **2006-2008: Fellow in Adult Endocrinology, Diabetes & Metabolism,** Endocrine Unit, "Hippokration" General Hospital of Athens, Greece
5. **2000-2002: Fellow in Paediatric Endocrinology,** Endocrine Unit, First Department of Paediatrics, Athens University Medical School, "Aghia Sophia" Children's Hospital, Athens Greece
6. **1998-2000: Resident in Internal Medicine,** "Patision" Athens General, Athens, Greece
7. **1996-1998: Service** in rural area, District Medical Office of Tyros, Arcadia, Greece

B) Research Experience:

1. Associate Professor in Endocrinology (2018-current):

Research projects

- **A Double-Blind, Placebo-Controlled, Crossover Pilot Study of the Efficacy and Safety of Fluasterone Buccal Tablet in the Control of Hyperglycemia in Adults with Endogenous Cushing's Syndrome (Primary investigator) (*on going study*)**
- **The role of Hippo pathway in pathogenesis pituitary adenomas-possible diagnostic and therapeutic implications** (Doctoral Study in collaboration with Dr Andoniadou Lab, KCL, London, UK) (**Primary investigator**) (*ongoing*)
- **Epidemiology and genetics of pituitary adenomas in the island of Crete, Greece** (Doctoral study) (**Primary investigator**) (*ongoing*)
- **The effect of SGLT2 inhibitors on metabolism, mitochondrial homeostasis of monocytes/macrophages and progression of fibrosis in IPF and CTD-ILD patients** (Doctoral Study in Collaboration with Dr Katerina Antoniou, Professor of Respiratory Medicine in the University of Crete) (**Primary investigator**) (*ongoing*)
- **The effect of the COVID Pandemic on the psychological and financial wellbeing and correlations with clinical parameters, perceived sufficiency of information and degree of worry in Endocrinology patients -The EPITOME PROJECT** (in collaboration with Cambridgeshire and Peterborough NHS Foundation Trust, Cambridge UK) (**Primary investigator**) (*completed*)
- **A study of Seplercatinib in participants with RET-Mutant Medullary Thyroid Cancer** (Sponsored by Eli Lilly pharmaceuticals) (**Sub-investigator**) (*completed*)

2. 2015-2018: Academic Clinical Lecturer, King's College Hospital, London, UK

Main research projects

- The role of Hippo pathway in formation of pituitary adenomas. Dr Andoniadou's Lab, Craniofacial Development & Stem Cell Biology, KCL, UK (Published in ERC 2019)
- UK multi-centre evaluation of clinical practice in the management of subjects with pheochromocytomas and paragangliomas-ENS@T Pheo database, King's College Hospital (**Sub-investigator**)

3. 2009-March 2015: Post-Doctoral Fellow, National Institutes of Health (NIH), Bethesda, MD, USA

Main research project

- The role of SDHx mutations in pituitary tumors. *This work has been included in the 2017 AND 2022 WHO classification of pituitary adenomas and published in JCEM 2012, 2015)*

C) Mentoring experience

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1. **Primary supervisor of three thesis projects** (University of Crete School of Medicine)
2. Member of supervising committee of three thesis projects (University of Crete School of Medicine)
3. Mentor of medical students, University of Crete Medical School

D) Teaching experience

1. Lectures of pathophysiology and clinical presentation of endocrine diseases and diabetes in Undergraduate Medical Students University of Crete Medical School (2019-current)
2. Lectures of physiology and pathophysiology in the International Program in Medicine, University of Crete Medical School (2025, 2026)
3. Lectures in the MSc program "Endocrine Neoplasms", 2nd Surgery Dept, Aretaieio Hospital, National and Kapodistrian University of Athens, School of Medicine (2023, 2024, 2025)
4. Diabetes and Endocrinology Lectures in Undergraduate Medical Students, King's College London: 2015-18
5. Intercalated BSc in Clinical & Molecular Endocrinology, King's College London 2015-2017

E) Management experience

1. Head of the Endocrinology Clinic, University Hospital of Heraklion, Crete (2019-current)
2. Scientific Lead of Diabetes Center, University Hospital of Heraklion, Crete (2024-current)
3. Shift coordinator (2005-2009)-Hellenic National Health Operations Center (NHOC)

GRANTS/AWARDS:

- 1) **Grant award (2022) (12,000 euros)** for the ongoing research project in collaboration with Prof Andoniou (Prof of Respiratory Medicine-Department of Thoracic Medicine) *«The effect of SGLT2 inhibitors on metabolism, mitochondrial homeostasis of monocytes/macrophages and progression of fibrosis in IPF and CTD-ILD patients»*
- 2) **“Nikolaos Thalassinos” award** for the best Endocrine study in collaboration with other specialties entitled: *“The effect of the COVID Pandemic on the psychological and financial wellbeing and correlations with clinical parameters, perceived sufficiency of information and degree of worry in Endocrinology patients -The EPITOME PROJECT”* Panhellenic Congress of Endocrinology, Metabolism & Diabetes Mellitus, Athens 28-30 April 2022 (1,500 euros)
- 3) Endocrine Trainee Day travel award- ENDO 2012, Houston, Texas, June 23-26, 2012
- 4) ENEA travel grant- 2nd ENEA Workshop on Aggressive pituitary tumors, Munich, Germany, December 1-3, 2011(1,500 euros)
- 5) 2009 Nikolaos Thalassinos” Research Stipend by the Neuroendocrine Section of the Hellenic Endocrine Society (12,000 euros)
- 6) Doctoral Dissertation Research Grant from the Special Account for Research of National and Kapodistrian University of Athens in 2000 (5,000 euros)

RESEARCH FUNDING:

For the ongoing research study “The effect of SGLT2 inhibitors on metabolism, mitochondrial homeostasis of monocytes/macrophages and progression of fibrosis in IPF and CTD-ILD patients” have received through the SPECIAL ACCOUNT FOR RESEARCH FUNDS (ELKE) of University of Crete (**19,800 euros**)

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EDITORIAL BOARD

Frontiers in Endocrinology-Cancer Endocrinology section (**Associate Editor**)

Endocrinology, Diabetes & Metabolism Case report (**Senior Editor**)

Hormones Journal (**Deputy Editor in Chief**)

REVIEWER

1. Journal of Clinical Endocrinology and Metabolism
2. Endocrine related Cancer
3. Frontiers in Endocrinology
4. European Journal of Endocrinology
5. Metabolism
6. Endocrine (ENDO)
7. Pituitary
8. Hormones-International Journal of Endocrinology
9. Endocrinology, Diabetes & Metabolism Case Reports

NUMBER OF PUBLICATIONS (Pubmed)

- A. Peer-reviewed articles: 73
- C: Proceedings on-line: 65
- D. Chapters in international medical textbooks: 10

PUBLICATION METRICS (updated 06/01/2026)

Number of citations

Scopus: 2.851, h-index : 26
WOS: 2.384, h-index: 25
Google Scholar: 3.894, h-index: 30

LIST OF SELECTED PUBLICATIONS

1. Tripolitsioti P, Spyroglou A, Violetis O, Konstantakou P, Chouliara E, Betsi G, Iliakopoulos K, Memi E, Bramis K, Kolomodi D, **Xekouki P**, Konstadoulakis M, Mastorakos G, Alexandraki KI. The Prevalence of Second Neoplasms in Patients with Non-Aldosterone Producing Adrenocortical Lesions. *Int J Mol Sci.* 2025; 26(20):10167
2. Petrakis I, Drosataki E, Lygerou D, Antonakis A, Kydonaki K, Mitrakos M, Pleros C, Sfakiotaki M, Xekouki P, Stylianou K. Familial MEN1 Syndrome with Atypical Renal Features and a Coexisting CLDN16 Variant: A Case Series. *J Clin Med.* 2025;14(15):5447
3. **P Xekouki**, V Venetsanaki, G Kyriakopoulos, A Angelousi³, G Kaltsas. Molecular developments in parasellar tumors and potential therapeutic implications. *Endocrine Reviews* 2024;45(6):880-911
4. **Xekouki P**, Konstantinidou A, Tatsi C, Sertedaki A, Settas N, Loutradis D, Chrousos GP, Kanaka-Gantenbein C, Dacou-Voutetakis C, Voutetakis A. HNF1A gene mutations and premature ovarian failure (POF): evidence from a clinical paradigm combining MODY 3 and POF. *Hormones (Athens).* 2024; 23(2):345-350.

5. Betsi G, Goulia P, Sandhu S, **Xekouki P**. Puberty suppression in adolescents with gender dysphoria: an emerging issue with multiple implications. *Front Endocrinol* (Lausanne). 2024;15:1309904.
6. Moustaki M, Paschou SA, Vakali E, **Xekouki P**, Ntali G, Kassi E, Peppas M, Psaltopoulou T, Tzanela M, Vryonidou A. Secondary diabetes mellitus in pheochromocytomas and paragangliomas. *Endocrine*. 2023; 82(3):467-479
7. Bouki K, Venetsanaki V, Chrysoulaki M, Pateromichelaki A, Betsi G, Daraki V, Sbyrakis N, Spanakis K, Bertias G, Sidiropoulos PI, **Xekouki P**. Primary adrenal insufficiency due to bilateral adrenal hemorrhage-adrenal infarction in a patient with systemic lupus erythematosus and antiphospholipid syndrome: case presentation and review of the literature. *Hormones* (Athens). 2023;22(3):521-531.
8. Vamvoukaki R, Chrysoulaki M, Betsi G, **Xekouki P**. Pituitary Tumorigenesis-Implications for Management. *Medicina* (Kaunas). 2023;59(4):812.
9. Moustaki M, Paschou SA, **Xekouki P**, Kotsa K, Peppas M, Psaltopoulou T, Kalantaridou S, Vryonidou A. Secondary diabetes mellitus in acromegaly. *Endocrine*. 2023;81(1):1-15.
10. Alexandraki K, **Xekouki P**. Medical therapy of craniopharyngiomas. touch REVIEWS in Endocrinology 2021;17(2):121-132.
11. Angelousi A, Mytareli C, **Xekouki P**, Kassi E, Barkas K, Grossman A, Kaltsas G. Diabetes insipidus secondary to sellar/parasellar lesions., *J Neuroendocrinol*. 2021;33(3):e12954
12. The 3PAs: An Update on the Association of Pheochromocytomas, Paragangliomas, and Pituitary Tumors. **Xekouki P**, Brennand A, Whitelaw B, Pacak K, Stratakis CA. *Horm Metab Res*. 2019; 51(7):419-436
13. Requirement of FAT and DCHS protocadherins during hypothalamic-pituitary development. Lodge EJ, **Xekouki P**, Silva TS, Kochi C, Longui CA, Faucz FR, Santambrogio A, Mills JL, Pankratz N, Lane J, Sosnowska D, Hodgson T, Patist AL, Francis-West P, Helmbacher F, Stratakis C, Andoniadou CL. *JCI Insight*. 2020;5(23): e134310.
14. Lodge EJ, Santambrogio A, Russell JP, **Xekouki P**, Jacques TS, Johnson RL, Thavaraj S, Bornstein SR, Andoniadou CL. Homeostatic and tumorigenic activity of SOX2+ pituitary stem cells is controlled by the LATS/YAP/TAZ cascade. *Elife*. 2019;26;8:e43996.
15. **Xekouki P**, Lodge EJ, Matschke J, Santambrogio A, Apps JR, Sharif A, Jacques TS, Aylwin S, Prevot V, Li R, Flitsch J, Bornstein SR, Theodoropoulou M, Andoniadou CL. Non-secreting pituitary tumours characterised by enhanced expression of YAP/TAZ. *Endocr Relat Cancer*. 2019;26(1):215-225
16. Tatsi C, **Xekouki P**, Nioti O, Bachrach B, Belyavskaya E, Lyssikatos C, Stratakis CA. A novel mutation in the glucocorticoid receptor gene as a cause of severe glucocorticoid resistance complicated by hypertensive encephalopathy. *J Hypertens*. 2019;37(7):1475-1481
17. Accordi ED, Xekouki P, Azevedo B, de Alexandre RB, Frasson C, Gantzel SM, Papadakis GZ, Angelousi A, Stratakis CA Sotomaior VS, Faucz FR. Familial Papillary Thyroid Carcinoma in a Large Brazilian Family Is Not Associated with Succinate Dehydrogenase Defects. *Eur Thyroid J*. 2016;5(2):94-9.
18. Boikos SA*, **Xekouki P***, Fumagalli E, Faucz FR, Raygada M, Szarek E, Ball E, Kim SY, Miettinen M, Helman LJ, Carney JA, Pacak K, Stratakis CA. Carney triad can be (rarely) associated with germline succinate dehydrogenase defects. *Eur J Hum Genet*. 2016;24:569-73
19. Zilbermint M*, **Xekouki P***, Faucz FR, Berthon A, Gkourogianni A, Scherthaner-Reiter MH, Batsis M, Sinaii N, Quezado MM, Merino M, Hodes A, Abraham SB, Libé R, Assié G, Espiard S, Drougat L, Ragazzon B, Davis A, Gebreab SY, Neff R, Kebebew E, Bertherat J, Lodish MB, Stratakis CA. Primary Aldosteronism and ARMC5 Variants. *J Clin Endocrinol Metab*. *J Clin Endocrinol Metab*. 2015;100(6):E900-9.
20. Miras AD, Mogford JT, Wright J, Mendoza NN, **Xekouki P**, Lakhani A, Pellegata NS, Stratakis CA, Roncaroli F, Russell-Jones D. Ovarian hyperstimulation from ectopic hypersecretion of follicle stimulating hormone. *Lancet*. 2015; 385(9965):392.
21. **Xekouki P***, Szarek E*, Bullova P, Giubellino A, Quezado M, Mastroyannis SA, Mastorakos P, Wassif CA, Raygada M, Rentia N, Dye L, Cougnoux A, Koziol D, Sierra Mde L, Lyssikatos C, Belyavskaya E, Malchoff C, Moline J, Eng C, Maher LJ 3rd, Pacak K, Lodish M, Stratakis CA. Pituitary Adenoma With

- Paraganglioma/Pheochromocytoma (3PAs) and Succinate Dehydrogenase Defects in Humans and Mice. *J Clin Endocrinol Metab.* **2015**;100(5): E710-9.
22. Trivellin G, Daly AF, Faucz FR, Yuan B, Rostomyan L, Larco DO, Scherthaner-Reiter MH, Szarek E, Leal LF, Caberg JH, Castermans E, Villa C, Dimopoulos A, Chittiboina P, **Xekouki P**, Shah N, Metzger D, Lysy PA, Ferrante E, Strebkova N, Mazerkina N, Zatelli MC, Lodish M, Horvath A, de Alexandre RB, Manning AD, Levy I, Keil MF, Sierra Mde L, Palmeira L, Coppieters W, Georges M, Naves LA, Jamar M, Bours V, Wu TJ, Choong CS, Bertherat J, Chanson P, Kamenický P, Farrell WE, Barlier A, Quezado M, Bjelobaba I, Stojilkovic SS, Wess J, Costanzi S, Liu P, Lupski JR, Beckers A, Stratakis CA. Gigantism and acromegaly due to Xq26 microduplications and GPR101 mutation. *N Engl J Med.* **2014**; 18;371:2363-74.
23. Bram Z*, **Xekouki P***, Louiset E, Keil MF, Avgeropoulos D, Giatzakis C, Nesterova M, Sinaii N, Hofland LJ, Cherqaoui R, Lefebvre H, Stratakis CA. Does somatostatin have a role in the regulation of cortisol secretion in primary pigmented nodular adrenocortical disease (PPNAD)? A clinical and in vitro investigation. *J Clin Endocrinol Metab.* **2014**; 99(5): E891-901.
24. Howard B, Wang Y, **Xekouki P**, Faucz FR, Jain M, Zhang L, Meltzer PG, Stratakis CA, Kebebew E. Integrated Analysis of Genome-wide Methylation and Gene Expression Shows Epigenetic Regulation of CYP11B2 in Aldosteronomas. *J Clin Endocrinol Metab.* **2014**;99(3): E536-432013
25. **P Xekouki**, SA Mastroyiannis, D Avgeropoulos, M Sierra, G Trivellin, EA Gourgari, Ch Lyssikatos, M Quezado, N Patronas, Ch Kanaka-Gantenbein, G P Chrousos, CA Stratakis. Familial pituitary apoplexy as the only presentation of a novel AIP mutation. *Endocrine Related Cancer* **2013**;20(5): L11-4.
26. Killian JK, Kim SY, Miettinen M, Smith C, Merino M, Tsokos M, Quezado M, Smith WI Jr, Jahromi MS, **Xekouki P**, Szarek E, Walker R, Lasota J, Raffeld M, Klotzle B, Wang Z, Jones L, Zhu YJ, Wang Y, Waterfall J, O'Sullivan M, Bibikova M, Pacak K, Stratakis CA, Janeway KA, Schiffman JD, Fan JB, Helman LJ, Meltzer PS. Succinate dehydrogenase mutation underlies global epigenomic divergence in gastrointestinal stromal tumor. *Cancer Discov.* **2013**;3(6):648-57.
27. Palumbo T, Faucz FR, Azevedo M, **Xekouki P**, Iliopoulos D, Stratakis CA. Functional screen analysis reveals miR-26b and miR-128 as central regulators of pituitary somatomammotrophic tumor growth through activation of the PTEN-AKT pathway. *Oncogene.* **2013**;32(13):1651-9
28. **P Xekouki**, M Hatch, Lin Lin, De Alexandre Rodrigo, M Azevedo, M de la Luz Sierra, I Levy, E Saloustros, A Moraitis, A Horvath, D A. Hoffman, C A. Stratakis. KCNJ5 mutations in the National Institutes of Health cohort of patients with primary hyperaldosteronism: an infrequent genetic cause of Conn's syndrome. *Endocr Relat Cancer.* **2012**; 19:255-60.
29. **P Xekouki**, K Pacak, M Almeida, CA Wassif, P Rustin, M Nesterova, M de la Luz Sierra, J Matro, Evan Ball, M Azevedo, A Horvath, Ch Lyssikatos, M Quezado, N Patronas, B Ferando, B Pasini, A Lytras, G Tolis, CA. Stratakis Succinate dehydrogenase (SDH) D subunit (SDHD) inactivation in a growth-hormone producing pituitary tumor: a new association for SDH? *J Clin Endocrinol Metab.* **2012**; 97(3): E357-66.

All publications available at PUBMED: <https://pubmed.ncbi.nlm.nih.gov/?term=Xekouki%20P&sort=date>