



Nikolaos Scarmeas MD/MS/PhD

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Education

Year

1992 BS - MD degree School of Medicine, NKUA

2005 MA in Biostatistics-Clinical Research Methods, Mailman School of Public Health, Columbia Univer

2005 PhD School of Medicine, University of Thessaly

2002 Postdoctoral Fellowship in Aging and Dementia, School of Medicine, Department of Neurology, Co University

Research Interests

Dr Nikos Scarmeas was born and raised in Athens Greece. After obtaining an M.D. degree from the University of Athens he moved to the US and had Neurology residency training and then a 2-year clinical fellowship in Aging and Dementia at Columbia University Medical Center. He also completed a Masters degree in Biostatistics – Epidemiology at the Mailman School of Public Health at Columbia University. Dr Scarmeas joined the faculty of Columbia University in 2002. He is currently an Associate Professor of Neurology and shares his time between research and clinical work in National and Kapodistrian University of Athens and at Columbia University. His clinical work includes seeing elderly patients with dementias and cognitive dysfunction, supervising and teaching of Medical students and Neurology residents.

His research interests have started from the topic of cognitive reserve (i.e. how higher IQ, education, more demanding occupational attainments, or more engagement in cognitive-social-physical leisure - lifestyle activities can help elderly cope better with the damage caused to their brains by Alzheimer's disease and aging and therefore reduce their risk for dementia and slow down their rates of cognitive and functional decline). More recently, he has developed a special interest in the contribution of diet (in particular composite dietary patterns such as a Mediterranean-type diet and others) and physical activity in dementias and healthy aging.

Dr Scarmeas is the Principal Investigator in studies funded by either the Alzheimer's Association (IIRG) or the NIH-NIA (RO1) and a Co-Investigator in multiple others. His research work has resulted in more than 170 original publications in highly esteemed journals (>10000 Scopus citations, H-index = 54) and multiple presentations in internationally acclaimed scientific conferences - meetings. He reviews for more than 200 international scientific journals and international funding agencies including the Alzheimer's Association, the US National Institute of Health, the European Union programs (i.e. Marie Curie, European Research Council) etc.

Funding

EISAI and BIOGEN; 1/6/2018 – 31/5/2023; Randomized Double Blind Placebo Controlled Clinical Trial of BACE inhibitor (Elenbesestat) in Prodromal Alzheimer's Disease; Role: local PI.

Innovative Medicines Initiative (IMI); 1/11/2018 – 31/7/2021; European Prevention Alzheimer's Disease Consortium (EPAD); Role: Co-I.

Recent Publications or Selected Publications

Scarmeas N., Luchsinger J., Schupf N., Brickman A., Cosentino S., Tang M., Stern Y. Physical activity, diet and risk of Alzheimer's disease. JAMA 2009; 302 (6): 627 – 637. PMID: 19671904; PMCID: PMC2765045

Scarmeas N., Anastasiou CA, Yannakoulia M. Nutrition and prevention of cognitive impairment. Lancet Neurol. 2018 Nov;17(11):1006-1015.

Scarmeas N. Multimodal dementia prevention – does trial design mask efficacy? Nature Reviews Neurology; 2017; Jun;13(6):322-323.

Scarmeas N., Luchsinger J., Stern Y., Gu Y., He J., DeCarli C., Brown T., Brickman A.M. Mediterranean diet and magnetic resonance imaging – assessed cerebrovascular disease. Annals of Neurology 2011; 69 (2): 257 -268.

