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He studied at the Medical School of the University of Athens and specialized in Internal Medicine and Diabetes Mellitus at the General Hospital "EVANGELISMOS" at the Second Propaedeutic Internal Medicine Clinic, Research Unit of the National and Kapodistrian University of Athens and Diabetes Center (BPIC). He completed his PhD thesis at BPIC, on the action of human-type insulin in people with type 2 diabetes mellitus and was awarded a PhD from the Medical School of the National and Kapodistrian University of Athens with honors (1988). He was trained at the Department of Endocrinology, Diabetes and Metabolic Diseases of the University of London (United Medical and Dental Schools of Guy's and St. Thomas's Hospitals) at Guy's Hospital (1995-1997) where he dealt with Diabetic Nephropathy and Arterial Hypertension.

From 1992 to 2002 he served as Senior Registrar of the National Health System at BPIC and from 2002 until today, passing through all University levels, he serves at BPIC at the "ATTIKON" General Hospital dealing with teaching, clinical and research work.

His research interest focuses on diabetes mellitus and metabolic diseases and this is reflected by his participation as an author in 111 articles, chapters in Greek and International journals and books and 164 announcements in Greek and International conferences.