

## **BONOU MARIA - PANAGIOTA**

**Dr. Cardiologist, Ex-Director Cardiologist NHS**

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Dr. Maria-Panagiota Bonou holds both an MD and PhD from the School of Medicine of the National and Kapodistrian University of Athens and also had postgraduate training in the United Kingdom in subjects related to her speciality. Currently she is a private cardiologist, and, until 2024, serves as Director Cardiologist at the Cardiology Department, Laiko General Hospital, National Health System (NHS), working as an interventional cardiologist, head of the Heart Failure Clinic, and chair of the Cardiopulmonary Resuscitation (CPR) Committee. Dr. Bonou had previously worked as a Senior Registrar at the National Medical Emergency Service (EKAB), where she also obtained a Diploma degree in Prehospital Medicine, and completed a six-month training period in an Intensive Care Unit (ICU). Dr. Bonou has provided extensive CPR training for ambulance paramedics, nurses, and physicians over many years and served for more than four years as President of the CPR Team at Laiko General Hospital. From 2016 to 2023, she was a Tutor in the Postgraduate Program “Management of Ageing and Chronic Diseases” of the Hellenic Open University (HOU), in collaboration with the University of Thessaly.

### ***Selected Publications***

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- Barmpagianni, G. Karamanakos1, C. Kapelios, M. Bonou, J. Barbetseas, S. Liatis. ."The association of insulin resistance with early predictors of cardiovascular, renal and neurologic complications in patients with type 1 diabetes". 1 1st Department of Propaedeutic and Internal Medicine, Laiko General Hospital, Athens University Medical School, Athens, Greece, 2 Cardiology Department, Laiko General Hospital, Athens, Greece. 57th EASD Annual Meeting, 27/9-1/10/21. Diabetologia. 2021; 64(Suppl 1): p S193, no 373.
- Markousis-Mavrogenis G, Noutsias M, Rigopoulos AG, Giannakopoulou A, Gatzonis S, Pons RM, Papavasiliou A, Vartela V, Bonou M, Kolovou G, Aggeli C, Christidi A, Bacopoulou F, Tousoulis D, Mavrogeni S. The Emerging Role of Combined Brain/Heart Magnetic Resonance Imaging for the Evaluation of Brain/Heart Interaction in Heart Failure. J Clin Med. 2022 Jul 11;11(14):4009. doi: 10.3390/jcm11144009.
- Siafarikas C, Liatis S, Kapelios C, Skouloudi M, Bonou M, Barbetseas J. Inadequate management of cardiovascular risk factors prior to admission for an acute coronary event. J Prev Med Hyg. 2022 Dec 31;63(4):E598-E603. doi: 10.15167/2421-4248/jpmh2022.63.4.2684.
- Fournaraki A, Apostola M, Katsogiannis I, Bonou M. Benefits and Complications of Using New Oral Anticoagulants (NOACS) in Elderly and Very Elderly Patients with Non-Valvular Atrial Fibrillation. A Comparative Study. Pharmakeftiki. 2023 Volume 35, Issue IV, 34-46.
- Chatzis M, Matsoukis I, Kapelios C, Skouloudi M, Bonou M, Barbetseas I. "Clinical study of the efficacy of high-dose spironolactone compared to the standard dose in patients with acute decompensated heart failure." ESC Congress 2023, 25-28 August 2023, Amsterdam. Abstract number 86375.

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