

# Efthymios Papadopoulos, Ph.D.

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School of Kinesiology  
Louisiana State University  
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## EDUCATION

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### Ph.D. in Kinesiology

2016 – 2021

University of Toronto, Toronto, ON, Canada

Research Area: Exercise Oncology

Thesis: The role of physical activity and exercise training in modulating clinical, physiological, and psychological outcomes in men with prostate cancer on active surveillance

Supervisor: Dr. Daniel Santa Mina

### M.Sc. in Applied Health Sciences (Kinesiology)

2011 – 2013

Brock University, St. Catharines, ON, Canada

Research Area: Pediatric Exercise Physiology

Thesis: Interaction between stress and immunity during a week leading to competition in young athletes

Supervisor: Dr. Panagiota Klentrou

### B.Sc. in Physical Education and Sports Science

2006 – 2010

Aristotle University of Thessaloniki, Greece

## CURRENT ACADEMIC POSITIONS

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**Assistant Professor**, School of Kinesiology

Aug 2023 – present

Louisiana State University, Baton Rouge, LA, USA

## PREVIOUS ACADEMIC POSITIONS AND APPOINTMENTS

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**Postdoctoral Fellow**, Department of Medicine

Apr 2021 – Jul 2023

University Health Network, Toronto, ON, Canada

Supervisor: Dr. Shabbir Alibhai

**Course Instructor**, Faculty of Kinesiology & Physical Education

Jan 2023 – Apr 2023

University of Toronto, Toronto, ON, Canada

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## PEER-REVIEWED PUBLICATIONS

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1. Alibhai S.M.H., Santa Mina D., Ritvo P., Tomlinson G., Sabiston C.M., Krahn M., Durbano S., **Papadopoulos E.**, Chiarotto J., Matthew A., Warde P., O'Neill M., Culos-Reed N. Home-based versus Group Supervised Exercise in Men with Prostate Cancer on Androgen Deprivation Therapy: A Randomized Controlled Trial and Economic Analysis. (*Status: Under review*).
2. Sattar S., **Papadopoulos E.**, Smith G., Haase K.H., Kobekyaa F., Tejero I., Bradley C., Nadler M., Santa Mina D., Campbell K., Alibhai S.M.H. State of research, feasibility, safety, acceptability, and efficacy of remotely delivered exercises using technology for older adults with cancer: A scoping review. *Journal of Cancer Survivorship*. 2023 Jul 7. <https://doi.org/10.1007/s11764-023-01427-9>
3. **Papadopoulos E.**, Wong A.K.O., Law S., Zhang L., Breunis H., Emmenegger U., Alibhai S.M.H. The impact of sarcopenia on clinical outcomes in men with metastatic castrate-resistant prostate cancer. *PLOS ONE*. 18(6): e0286381. <https://doi.org/10.1371/journal.pone.0286381>
4. **Papadopoulos E.**, Abu Helal A., Jin R., Monginot S., Berger A., Romanovsky L., Alibhai S.M.H. Do oncology clinicians address impairments in muscle strength and physical performance for their patients? *Journal of Geriatric Oncology*. 14:2:101426 <https://doi.org/10.1016/j.jgo.2023.101426>
5. **Papadopoulos E.**, Jin R., Monginot S., Alibhai S.M.H. Performance of the SARC-F in identifying low grip strength and physical performance in older adults with cancer. *Journal of Geriatric Oncology*. 14:2:101424. <https://doi.org/10.1016/j.jgo.2022.101424>
6. Alibhai S.M.H., **Papadopoulos E.**, Tomlinson G., Durbano S., Santa Mina D., Sabiston C., Matthew A., Ritvo P., Chiarotto J., Souraya S., Culos-Reed N. The effects of a preference-based exercise trial on outcomes in men on adrogen deprivation therapy for prostate cancer compared to an exercise randomized controlled trial of the same interventions. *Frontiers in Oncology*. 12:1033229. doi: 103389/fonc.2022.1033229. <https://doi.org/10.3389/fonc.2022.1033229>
7. **Papadopoulos E.**, Abdulrehman Jameel., Alibhai S.M.H. The value of performance status in predicting clinical outcomes in patients with cancer-associated pulmonary embolism. *JACC CardioOncology* 2022 Nov, 4(4): 519-521. <https://doi.org/10.1016/j.jacc.2022.10.001>
8. Cook S., Munteanu C., **Papadopoulos E.**, Abrams H., Stinson J., Pitters E., Stephens D., Emmenegger U., Koneru R., Papadacos J., Shahrokni A., Durbano S., Menjak R.,

Haase K., Jang R., Krzyzanowska M., Dale C., Jones J., Lemonde M., Alibhai S., Puts M. The development of the electronic geriatric assessment: Comprehensive Health Assessment for My Plan (CHAMP). *Journal of Geriatric Oncology* (2022). Status: *in press*. <https://doi.org/10.1016/j.jgo.2022.09.013>

9. **Papadopoulos E.**, Santa Mina D., Ali Abu Helal, Alibhai S.M.H. The relationship between objective measures of physical function and lactate dehydrogenase in older adults with cancer prior to treatment. *PLOS ONE* (2022) 17 (10): e0275782. <https://doi.org/10.1371/journal.pone.0275782>
10. **Papadopoulos E.**, Abu-Helal A., Berger A., Jin R., Romanovsky L., Monginot S., Alibhai S.M.H. Objective measures of physical function and their association with cognitive impairment in older adults with cancer prior to treatment. *Journal of Geriatric Oncology* (2022). Status: *in press*. <https://doi.org/10.1016/j.jgo.2022.07.007>
11. **Papadopoulos E.**, Leach JH., Tomlinson G., Durbano S., Danyluk J., Sabiston C., Santa Mina D., Alibhai S.M.H. Culos-Reed N. Factors predicting gains in moderate-to-vigorous physical activity in prostate cancer survivors on androgen deprivation therapy. *Supportive Care in Cancer* (2022). <https://doi.org/10.1007/s00520-022-07300-2>
12. **Papadopoulos E\***, Abu-Helal A\*, Rana Jin., Susie Monginot., Arielle Berger., Lindy Romanovsky., Alibhai S.M.H. The impact of pre-treatment muscle strength and physical performance on treatment modification in older adults with cancer following comprehensive geriatric assessment. *Age and Ageing*, Volume 51, Issue 7, July 2022, afac152, <https://doi.org/10.1093/ageing/afac152>
13. Petrov D., Timilshina N., **Papadopoulos E.**, Alibhai S.M.H. Performance of the frailty index in predicting complete remission, intensive care unit admission, and overall mortality in younger and older patients with acute myeloid leukemia receiving intensive chemotherapy. *Leukemia & Lymphoma* 63(9) 2189-2196, (2022). <https://doi.org/10.1080/10428194.2022.2064993>
14. Puts M., **Papadopoulos E.**, Durbano S., Hossain N., Brennestuhl S., Santos B., Cleverley K., Alibhai S.M.H. The Development of geriatric assessment intervention guidelines for an online geriatric assessment tool: A modified Delphi Panel Study. *Current Oncology* 29 (2), 853-868, (2022). <https://doi.org/10.3390/curroncol29020073>
15. Almugbel F.A., Timilshina N., **Papadopoulos E.**, Al-Showbaki L., Alibhai S.M.H. The role of Grip Strength and Short Physical Performance Battery test in predicting chemotherapy-related outcomes in older adults with cancer. *Journal of Geriatric Oncology* 13(3) 318-324, (2021). In press. <https://doi.org/10.1016/j.jgo.2021.12.002>
16. **Papadopoulos E.**, Brahmbhatt P., Alibhai S.M.H., Matthew A.G., Nesbitt M., Randall I., Sellers D., Fleshner N., Finelli A., Jones JM., Santa Mina D. The relationship between preoperative physical activity with American Society of Anesthesiologists Physical Status score and postoperative length of stay patient undergoing radical prostatectomy patients. *Journal of Physical Activity and Health* 19(1) 29-36, (2021). <https://doi.org/10.1123/jpah.2021-0314>

17. **Papadopoulos E.**, Gillen J., Moore D., Au D., Kurgan N., Klentrou P., Finelli A., Alibhai S.M.H., Santa Mina D. High-intensity interval training or resistance training versus usual care in men with prostate cancer on active surveillance: A three-arm feasibility randomized controlled trial. *Applied Physiology, Nutrition, and Metabolism* 46(12) 1535-1544, (2021). <https://doi.org/10.1139/apnm-2021-0365>
18. Sattar S, Haase KR, Bradley C, **Papadopoulos E**, Kuster S, Santa Mina D, Tippe M, Kaur A, Campbell D, Joshua AM, Rediger C, Souied O, Alibhai S. Barriers and facilitators related to undertaking physical activities among men with prostate cancer: a scoping review. *Prostate Cancer Prostatic Diseases* 24, 1007-1027 (2021). <https://doi.org/10.1038/s41391-021-00399-0>
19. **Papadopoulos E.**, Alibhai S.M.H., Doré I., Matthew A.G., Tomlinson G.A., Nesbitt M., Finelli A., Trachtenberg J., Santa Mina D. Associations between physical activity, quality of life and emotional well-being in men with prostate cancer on active surveillance. *Psycho-Oncology* 29(6) 1044-1050, (2020). <https://doi.org/10.1002/pon.5375>
20. **Papadopoulos E.**, Santa Mina D., Culos-Reed N., Durbano S., Ritvo P., Sabiston C.M., Krahn M., Tomlinson G., O'Neill M., Iqbal A., Timilshina N., Matthew A., Warde P., Alibhai S.M.H. Effects of 6 months of aerobic and resistance training on metabolic markers and bone mineral density in older men on androgen deprivation therapy for prostate cancer. *Journal of Geriatric Oncology* 11(7) 1074-1077, (2020). <https://doi.org/10.1016/j.jgo.2020.02.013>
21. Santa Mina D., Au D., **Papadopoulos E.**, O'Neill M., Diniz C., Dolan L., Lipton J., Chang E., Jones JM. Aerobic capacity attainment and reasons for cardiopulmonary exercise test termination in people with cancer: a descriptive, retrospective analysis from a single laboratory. *Support Care in Cancer* 28, 4285-4294 (2020). <https://doi.org/10.1007/s00520-019-05094-4>
22. **Papadopoulos E.**, Alibhai S.M.H., Tomlinson G.A., Matthew G.M., Nesbitt M., Finelli A., Trachtenberg J., Santa Mina D. Influence of physical activity on active surveillance discontinuation in men with low-risk prostate cancer. *Cancer Causes & Control*, 30(9)1009-1012 (2019). <https://doi.org/10.1007/s10552-019-01211-0>
23. **Papadopoulos, E.** & Santa Mina, D. Can we HIIT cancer if we attack inflammation? *Cancer Causes & Control*, 29(1)7-11 (2018). <https://doi.org/10.1007/s10552-017-0983-y>
24. **Papadopoulos E.**, Muir C., Russell C., Timmons B.W., Falk B., Klentrou P. Markers of biological stress and mucosal immunity during a week leading to competition in adolescent swimmers. *Journal of Immunology Research*, (2014). <https://doi.org/10.1155/2014/234565>
25. Russell C., **Papadopoulos E.**, Mezil Y., Wells G.D., Plyley M.J., Greenway M., Klentrou P (2014). Acute versus chronic supplementation of sodium citrate on 200-m performance in adolescent swimmers. *Journal of International Society of Sports Nutrition*, (2014). <http://doi:10.1186/1550-2783-11-26>

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## PUBLISHED ABSTRACTS IN CONFERENCE PROCEEDINGS

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1. **Papadopoulos E**, Wong AKO, Law SHC, Zhang LZJ, Breunis H, Emmenegger U, Alibhai SMH (2023) Associations between sarcopenia and clinical outcomes in men with metastatic castrate-resistant prostate cancer *Journal of Clinical Oncology* 41: 12056-12056. [https://ascopubs.org/doi/pdf/10.1200/JCO.2023.41.16\\_suppl.12056?role=tab](https://ascopubs.org/doi/pdf/10.1200/JCO.2023.41.16_suppl.12056?role=tab)
2. Sattar S., Haase K., Nadler M., **Papadopoulos E.**, Campbell K., Santa Mina D., Bradley C., Tejero I., Alibhai S. State of research, feasibility, acceptability, and efficacy of remotely delivered exercises in older adults with cancer: A scoping review. *International Society of Geriatric Oncology (SIOG) Annual Meeting 2022*. *J. Geriatr. Oncol.* 13(8):S26. [https://doi.org/10.1016/S1879-4068\(22\)00306-X](https://doi.org/10.1016/S1879-4068(22)00306-X)
3. **Papadopoulos E.**, Wong AKO., Breunis H., Hansen A., Emmenegger U., Alibhai S. The impact of sarcopenia on disease progression and overall mortality in survivors with metastatic castrate-resistant prostate cancer. *Abstracts for MASCC/ISOO Annual Meeting 2022*. *Support Care Cancer* 30 (Suppl), S10-11 (2022). <https://doi.org/10.1007/s00520-022-07099-y>
4. **Papadopoulos E.**, Cook S., Munteanu C., Durbano S., Stinson J., Abrams H., Shahrokni A., Pitters E., Stephens D., Lumchick M., Emmenegger U., Puts M., Alibhai S. The design and usability of an online geriatric assessment tool in oncology: The Comprehensive Health Assessment for My Plan (CHAMP) Study. *Abstracts for MASCC/ISOO Annual Meeting 2022*. *Support Care Cancer* 30 (Suppl), S52-53 (2022). <https://doi.org/10.1007/s00520-022-07099-y>
5. Alibhai S., **Papadopoulos E.**, Tomlinson G., Durbano S., Santa Mina D., Sabiston C., Matthew A., Ritvo P., Chiarotto JA., Sidani S., Culos-Reed N. The effects of a preference-based exercise trial on outcomes in men on androgen deprivation therapy (ADT) for prostate cancer compared to an exercise randomized controlled trial of the same interventions. *American Society of Clinical Oncology (ASCO) Genitourinary Cancers Symposium 2022*. *J. Clin. Oncol.* 40(6):75-75. [http://dx.doi.org/10.1200/JCO.2022.40.6\\_suppl.075](http://dx.doi.org/10.1200/JCO.2022.40.6_suppl.075)
6. **Papadopoulos E.**, Petrov D., Timilshina N., Alibhai S. Does the Frailty Index predict clinically relevant outcomes and overall survival in younger and older patients receiving chemotherapy for acute myeloid leukemia? *International Society of Geriatric Oncology (SIOG) Annual Meeting 2021*. *J. Geriatr. Oncol.* 12(8):S14. [http://dx.doi.org/10.1016/S1879-4068\(21\)00356-8](http://dx.doi.org/10.1016/S1879-4068(21)00356-8)
7. **Papadopoulos E.**, Santa Mina D., Ritvo R., Tomlinson G., Sabiston C.M., Krahn M., Durbano S., Chiarotto J., Matthew A., Warde P., O'Neill M., Culos-Reed N., Alibhai S. The effects of a home-based exercise intervention versus group exercise on fatigue and functional endurance in men with prostate cancer on androgen deprivation therapy: A non-inferiority randomized controlled trial. *International Society of Geriatric Oncology (SIOG) Annual Meeting 2021*. *J. Geriatr. Oncol.* 12(8):S22. [http://dx.doi.org/10.1016/S1879-4068\(21\)00368-4](http://dx.doi.org/10.1016/S1879-4068(21)00368-4)

8. **Papadopoulos E.**, Abu Helal A., Berger A., Jin R., Romanovsky L., Monginot S., Alibhai S. The associations between physical performance and cognitive function in older adults with cancer: Preliminary results of a retrospective cohort study. International Society of Geriatric Oncology (SIOG) Annual Meeting 2021. *J. Geriatr. Oncol.* 12(8):S53-S54. [http://dx.doi.org/10.1016/S1879-4068\(21\)00433-1](http://dx.doi.org/10.1016/S1879-4068(21)00433-1)
9. Abu Helal A., **Papadopoulos E.**, Wong A., Timilshina N., Alibhai S. The associations between physical performance and treatment modification in older adults with cancer. International Society of Geriatric Oncology (SIOG) Annual Meeting 2021. *J. Geriatr. Oncol.* 12(8):S:69. [http://dx.doi.org/10.1016/S1879-4068\(21\)00469-0](http://dx.doi.org/10.1016/S1879-4068(21)00469-0)
10. **Papadopoulos E.**, Abu Helal A., Wong A., Timilshina N., Alibhai S. Do indices of sarcopenia predict treatment modification in older adults with cancer? Preliminary results of a retrospective cohort study. 11<sup>th</sup> International Conference on Frailty & Sarcopenia Research (ICFSR) 2021, 100% virtual conference. *J Frailty Aging* 10;S82, 2021. <https://doi.org/10.14283/jfa.2021.35>
11. **Papadopoulos E.**, Alibhai S.M.H., Doré I., Mathew A.G., Tomlinson G.A., Nesbitt M., Finelli A., Trachtenberg J., Santa Mina D. Associations between physical activity, quality of life and emotional well-being during active surveillance for prostate cancer. ACSM Annual Meeting, San Francisco, California, United States. *Med. Sci. Sports Exerc.* 2020; 52(5):S795
12. S Sattar, K. Haase, C. Bradley, **E. Papadopoulos**, S. Kuster, D. Santa Mina, A. Joshua, O. Souied, C. Rediger, S. Alibhai. Perception of structured exercise programs and factors associated with participation and adherence among men with prostate cancer: A scoping review. International Society of Geriatric Oncology (SIOG) Annual Meeting. *J. Geriatr. Oncol.* 2019; 10(6):S98
13. O'Neill, **E. Papadopoulos\***, Z. Alam, G. Tomlinson, C. Sabiston, D. Santa Mina, S. Alibhai. Role of Physical Activity on Improving Cancer-Related Fatigue: An Updated Systematic Review and Meta-Analysis. *Supportive Care in Cancer* 2019; 27(1 Suppl) eP142. \*Proof available upon request.
14. **Papadopoulos E.**, Alibhai S.M.H., Tomlinson G.A., Matthew A.G., Nesbitt M., Finelli A., Trachtenberg J., Santa Mina D. Does Post-diagnosis Physical Activity Prolong the Duration of Active Surveillance in Men With Prostate Cancer? ACSM Annual Meeting, Orlando, Florida, United States. *Med. Sci. Sports Exerc.* 2019; 49(5):S3598
15. Santa Mina D., Au D., **Papadopoulos E.**, O'Neill M., Diniz C., Lianne L.B., Lipton J., Chang E. and Jones JM. Early Termination of Cardiopulmonary Tests in People with Cancer: Frequency, Reasons, and Implications for Exercise Prescription. CSEP Annual Meeting, Niagara Falls, Ontario. *Appl. Physiol. Nutr. Metab.* 2018; 43(10):S44
16. **Papadopoulos E.**, Muir C., Russell C., Ludwa I.A., Timmons B.W., Falk B., and Klentrou P. Effect of competition on stress and immunity markers in adolescent swimmers. *Appl. Physiol. Nutr. Metab.* 2013; 38:1067

17. Russell C., **Papadopoulos E.**, Mezil Y., Ludwa I.A., Wells G.D., Plyley M., Greenway M., Klentrou P. Chronic vs. acute supplementation of sodium citrate: a randomized, placebo controlled, cross-over trial in well trained, adolescent swimmers. CSEP Annual Meeting, Toronto, Ontario. *Appl. Physiol. Nutr. Metab.* 2013; 38:1067

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## NON-REFEREED PUBLICATIONS – KNOWLEDGE TRANSLATION

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1. **Papadopoulos E.**, Gillen J., Moore D., Au D., Kurgan N., Klentrou P., Finelli A., Alibhai S.M.H., Santa Mina D. High-intensity interval training or resistance training versus usual care in men with prostate cancer on active surveillance: A three-arm feasibility randomized controlled trial. Recent Abstracts, Urologic Oncology. UroToday.com. Aug 2021  
<https://www.urotoday.com/recent-abstracts/urologic-oncology/prostate-cancer/131412-high-intensity-interval-training-or-resistance-training-versus-usual-care-in-men-with-prostate-cancer-on-active-surveillance-a-three-arm-feasibility-randomized-controlled-trial.html>
2. **Papadopoulos E.**, Alibhai S.M.H., Santa Mina D. Influence of Physical Activity on Active Surveillance Discontinuation in Men with Low-Risk Prostate Cancer. Beyond the Abstract. UroToday.com. Sep 2019  
<https://www.urotoday.com/recent-abstracts/urologic-oncology/prostate-cancer/114109-influence-of-physical-activity-on-active-surveillance-discontinuation-in-men-with-low-risk-prostate-cancer-beyond-the-abstract.html>
3. **Papadopoulos E.** & Gillen J. High-Intensity Interval Training (HIIT): An effective strategy for maximizing health and fitness. *KineKT-Ontario Kinesiology Association (OKA)*. Oct 2017
4. **Papadopoulos E.** & Santa Mina D. Prostate Cancer and Exercise. *The PCCN-Toronto and Side by Side Prostate Cancer Support Groups Newsletter*. Apr 2018

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## CONFERENCE AND SEMINAR PRESENTATIONS

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1. **Papadopoulos E.**, Wong AKO, Law SHC, Zhang LZJ, Breunis H, Emmenegger U, Alibhai SMH (2023) Associations between sarcopenia and clinical outcomes in men with metastatic castrate-resistant prostate cancer. American Society of Clinical Oncology (ASCO) Annual Meeting, Chicago, IL, US. Jun 2023 (Poster).
2. **Papadopoulos E.**, Cook S., Munteanu C., Durbano S., Stinson J., Abrams H., Shahrokni A., Pitters E., Stephens D., Lumchick M., Emmenegger U., Puts M., Alibhai S. The design and usability of an online geriatric assessment tool for older adults with cancer: The Comprehensive Health Assessment for my Plan (CHAMP) study. Multinational Association of Supportive Care in Cancer (MASCC) Annual Meeting, Toronto, Ontario, Canada. Jun 2022 (Poster).

3. **Papadopoulos E.**, Wong AKO., Breunis H., Hansen A., Emmenegger U., Alibhai S. The impact of sarcopenia on disease progression and overall mortality in survivors with metastatic castrate-resistant prostate cancer. Multinational Association of Supportive Care in Cancer (MASCC) Annual Meeting, Toronto, Ontario, Canada. Jun 2022 (Oral presentation).
4. Alibhai S., **Papadopoulos E.**, Tomlinson G., Durbano S., Santa Mina D., Sabiston C., Matthew A., Ritvo P., Chiarotto JA., Sidani S., Culos-Reed N. The effects of a preference-based exercise trial on outcomes in men on androgen deprivation therapy (ADT) for prostate cancer compared to an exercise randomized controlled trial of the same interventions. *American Society of Clinical Oncology (ASCO) Genitourinary Cancers Symposium*. Feb 2022 (Poster).
5. **Papadopoulos E.**, Alibhai S.M.H., Durbano S., Hossain N., Brennestuhl S, Santos B., Cleverley K., Puts M. The development of an online geriatric assessment: Results from a Delphi consensus of experts in oncology. *Canadian Cancer Research Conference*. Nov 2021 (Poster).
6. **Papadopoulos E.**, Petrov D., Timilshina N., Alibhai S.M.H. Does the Frailty Index predict clinically relevant outcomes and overall survival in younger and older patients receiving chemotherapy for acute myeloid leukemia? *International Society of Geriatric Oncology (SIOG) Annual Meeting*. Nov 2021 (Oral presentation).
7. **Papadopoulos E.**, Santa Mina D., Ritvo P., Tomlinson G., Sabiston C., Krahn M., Durbano S., Chiarotto J., Matthew A., Warde P., O'Neill M., Culos-Reed N., Alibhai S.M.H. The effects of a home-based exercise intervention versus group exercise on fatigue and functional endurance in men with prostate cancer on androgen deprivation therapy: A non-inferiority randomized controlled trial. *International Society of Geriatric Oncology (SIOG) Annual Meeting*. Nov 2021 (Oral presentation).
8. Abu Helal A., **Papadopoulos E.**, Wong A., Timilshina N., Alibhai S. The associations between physical performance and treatment modification in older adults with cancer. *International Society of Geriatric Oncology (SIOG) Annual Meeting*. Nov 2021 (Oral presentation)
9. **Papadopoulos E.**, Abu Helal A., Berger A., Jin R., Romanovsky L., Monginot S., Alibhai S.M.H. The associations between physical performance and cognitive function in older adults with cancer: Preliminary results of a retrospective cohort study. *International Society of Geriatric Oncology (SIOG) Annual Meeting*. Nov 2021 (Poster).
10. **Papadopoulos E.**, Abu Helal A., Wong A.K.O., Timilshina N., Alibhai S.M.H. Do indices of sarcopenia predict treatment modification in older adults with cancer? Preliminary results of a retrospective cohort study. *International Conference on Frailty, Sarcopenia & Geroscience Research (ICFSR)*. Sep 2021 (Poster).
11. **Papadopoulos E.**, Alibhai S.M.H., Tomlinson G.A., Matthew A.G., Nesbitt M., Finelli A., Trachtenberg J., Santa Mina D. Does Post-diagnosis Physical Activity Prolong the Duration of Active Surveillance in Men With Prostate Cancer? *ACSM Annual Meeting*, Orlando, Florida, United States. May 2019 (Poster).



12. Santa Mina D., Au D., **Papadopoulos E.**, O'Neill M., Diniz C., Lianne L.B., Lipton J., Chang E. and Jones JM. Early Termination of Cardiopulmonary Tests in People with Cancer: Frequency, Reasons, and Implications for Exercise Prescription. *CSEP Annual Meeting*, Niagara Falls, Ontario, Canada. Sep 2018 (Poster).
13. **Papadopoulos E.**, Gillen J., Moore D., Locke M., Sabiston C.M., Matthew A., Finelli A., and Santa Mina D. High-Intensity Training for Men with prostate cancer on Active Surveillance: A randomized feasibility study. *The 2018 Saltin International Graduate Course in Exercise & Clinical Physiology*, The Blue Mountains, Ontario, Canada. Sep 2018 (Poster).
14. Santa Mina D., Au D., **Papadopoulos E.**, O'Neill M., Diniz C., Lianne L.B., Lipton J., Chang E. and Jones JM. Early Termination of Cardiopulmonary Tests in People with Cancer: Frequency, Reasons, and Implications for Exercise Prescription. *Prehabilitation World Conference*, Eindhoven, Netherlands. Jun 2018 (Poster).
15. **Papadopoulos E.**, Santa Mina, D. High Intensity Training for Men with Prostate Cancer on Active Surveillance: A proposal. *The first Hellenic Canadian Academic Association of Ontario (HCAAO)*, Toronto, Ontario, Canada. Apr 2017 (Oral presentation).
16. **Papadopoulos E.**, Sabiston, C.M., Santa Mina, D. High Intensity Training for Men with Prostate Cancer on Active Surveillance: A proposal. *Ontario Exercise Physiology (OEP) Conference*, Barrie, Ontario, Canada. Jan 2017 (Oral presentation).
17. **Papadopoulos E.**, Muir C., Russell C., Ludwa I.A., Timmons B.W., Falk B., Klentrou P. Effect of competition on stress and immunity markers in adolescent swimmers. *CSEP Annual Meeting*, Toronto, Canada. Oct 2013 (Poster).
18. **Papadopoulos E.** Stress and immunity in young athletes. *Pediatric Golden Horseshoe Group Annual Meeting*, Brock University, Niagara Region, Ontario, Canada. May 2013 (Oral presentation).
19. **Papadopoulos E.**, Muir C. and Klentrou P. Interaction between stress and immunity in young swimmers. *Ontario Exercise Physiology (OEP) Conference*, Barrie, Ontario, Canada. Jan 2013 (Oral presentation).

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## INVITED AND GUEST PRESENTATIONS (NON-CONFERENCE)

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1. **Papadopoulos E.** (Invited Speaker). Physical exercise program to older frail patients receiving chemotherapy for colorectal cancer – feasibility and experiences from the GERICO study. Pries Olsen et al., 2023. *Journal of Geriatric Oncology*. Geriatric Oncology Journal Club, University Health Network, Feb 2023

2. **Papadopoulos E.** (Invited Speaker). *Muscle strength and physical performance during geriatric oncology assessment: Impact on treatment decision making and downstream management.* SIOG Nursing & Allied Health Webinar, Dec 2022
3. **Papadopoulos E.** (Invited Speaker). *Correlations between the short physical performance battery (SPPB) and virtual SPPB (vSPPB) among older adults with myeloid malignancies. A study presented by Sanapala et al. at SIOG 2021.* Geriatric Oncology Journal Club, University Health Network, Feb 2022
4. **Papadopoulos E.** (Guest Speaker). *Physical Activity and Exercise prior to Prostate Cancer Treatment, Prehabilitation,* Toronto General Hospital, University Health Network, Oct 2021
5. **Papadopoulos E.** (Guest Speaker). *SARC-F for Screening of Sarcopenia Among Older Adults With Cancer,* Geriatric Oncology Journal Club, University Health Network, Aug 2021
6. **Papadopoulos E.** (Invited Speaker). *The Role of Physical Activity and Exercise-Training before and after a Prostate Cancer diagnosis,* The Walnut Foundation Annual Conference on Men's Health, Ryerson University, Oct 2019
7. **Papadopoulos E.** (Guest Speaker). *Cancer and Treatment-Related Cachexia,* KPE 463 Topics in Professional Kinesiology, Faculty of Kinesiology and Physical Education, University of Toronto, Feb 2019
8. **Papadopoulos E.** (Guest Speaker). *Cardiac Rehabilitation and Kinesiology,* KPE 463 Topics in Professional Kinesiology, Faculty of Kinesiology and Physical Education, University of Toronto, Feb 2019
9. **Papadopoulos E.** (Guest Speaker). *Evidence-Based Practice,* KPE 463 Topics in Professional Kinesiology, Faculty of Kinesiology and Physical Education, University of Toronto, Feb 2019
10. **Papadopoulos E.** (Guest Speaker). *Cardiac Rehabilitation and Kinesiology,* KPE 463 Topics in Professional Kinesiology, Faculty of Kinesiology and Physical Education, University of Toronto, Mar 2018
11. **Papadopoulos E.** (Guest Speaker). *Cancer Cachexia and Exercise,* KPE 426 Exercise and Cancer Survivorship, Faculty of Kinesiology and Physical Education, University of Toronto, Feb 2018

12. **Papadopoulos E.** (Guest Speaker). *Building and sustaining collaborative teams*, Master of Professional Kinesiology, Faculty of Kinesiology and Physical Education, University of Toronto, Nov 2017
13. **Papadopoulos E.** (Guest Speaker). *Clinical Sharing Rounds*, Department of Supportive Care, Princess Margaret Cancer Centre, Sep 2017
14. **Papadopoulos E.** (Guest Speaker). *Inflammatory conditions and exercise*, Master of Professional Kinesiology, Faculty of Kinesiology and Physical Education, University of Toronto, Mar 2017

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## GRANTS & FUNDING RECEIVED

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1. Alibhai S (PI), Wong AKO., Hansen A. Emmenegger U., **Papadopoulos E (co-PI)**. *The impact of sarcopenia on treatment toxicity, disease progression, and overall mortality in older prostate cancer survivors receiving chemotherapy or androgen receptor-targeted axis therapy*. Prostate Cancer Fight Foundation (PCFF) & Ride for Dad (RFD). \$12,112. March 2022-Feb 2023.
2. Alibhai S (PI), Puts M., Munteanu C., **Papadopoulos E.**, Hansen A., Bezjak A., Hope A., Shahrokni A., Wong C., Moulton C., Catton C., Goldstein D., Stephens D., Pitters E., Szumacher E., Queresby F., Darling G., Kulkarni G., Ringash J., Cybulska P., Jin R., Chesney T. Comprehensive Health Assessment for My cancer treatment Plan: Field Validation of a geriatric assessment tool for cancer patients (CHAMP-F). Catalyst Grant Program. Princess Margaret Cancer Foundation. \$100,000. Jan 2022-Jun 2023
3. Alibhai S (PI), Emmenegger U., Bender J., Berlin A., Del Giudice L., Finelli A., Jin R., Krzyzanowska M., Calvin M., Matthew A., Moody L., **Papadopoulos E.**, Smoragiewicz M., Soto-Perez-de-Celis E., Sridhar S., Tomlinson G., Glicksman R. TOward a comprehensive supportive Care intervention for Older men with metastatic Prostate cancer (TOPCOP3): a pilot RCT and process evaluation. Rising Tide Foundation. \$473,399. Sep 2022-Sep 2025

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## AWARDS AND ASSISTANTSHIPS

Year	Award	Institution/Agency	Amount
2023	DCS Conference Award	Department of Supportive Care, University Health Network	\$2,000
2021	ORT Conference Registration Award	Office of Research Trainees (University Health Network)	\$446.75

2019	Glenn H. Carter Fellowship in Exercise Intervention and Disease Prevention	University of Toronto	\$6,339
2017	Glenn H. Carter Fellowship in Exercise Intervention and Disease Prevention	University of Toronto	\$6,083
2017	SGS Conference Award	University of Toronto	\$380.00
2016-2020	Graduate Fellowship	University of Toronto	\$70,504
2013	DGS Research Fellowship	Brock University	\$3,000
2011-2013	Research Fellowship	Brock University	\$9,810
2011-2013	International Fellowship	Brock University	\$10,000
2011-2013	Graduate Fellowship	Brock University	\$12,999

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#### TEACHING ASSISTANT/LABORATORY INSTRUCTOR EXPERIENCE

Term	Course	Role
<b>University of Toronto</b>		
Winter 2021	KPE464 Clinical Exercise Testing & Prescription	Teaching Assistant
Winter 2020	KPE369 Human Physiology II	Teaching Assistant
Fall 2018	KPE323 Children and Youth in Sport and Physical Activity	Teaching Assistant
Winter 2018, 2019 Fall 2019 Winter 2021	KPE463 Topics in Professional Kinesiology	Teaching Assistant

Fall 2016, 2017	KPE190 Inquiry in Kinesiology and Physical Education	Teaching Assistant
Winter 2017	MPK4007Y Practice Setting Considerations	Teaching Assistant
<b>Brock University</b>		
Winter 2013	PEKN 2P84 Growth and Development	Teaching Assistant
Winter 2013	PEKN 4P84 Children's Response to Physical Activity and Exercise	Teaching Assistant
Winter 2012, 2013	PEKN 2P97 Muscle Physiology and Exercise Metabolism	Laboratory Instructor
Fall 2012	PEKN 2P09 Human Physiology	Teaching Assistant
Fall 2011	PEKN 1P90 Foundations in Human Anatomy & Physiology	Teaching Assistant

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### CONFERENCE SESSION CHAIR/MODERATOR

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- **ACSM Annual Meeting**, Orlando, Florida, United States, May 2019. **Role:** Assisting with registering attendees and other administrative tasks.
- **Bodies of Knowledge (BOK) Conference**, University of Toronto, May 2017. **Role:** Session Moderator: Nutrition and Physiology (Paper Session).
- **18<sup>th</sup> Annual Bertha Rosenstadt National Undergraduate Research Conference**, University of Toronto, Mar 2017. **Role:** Session Moderator: Exercise and Chronic Disease (Paper Session).

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### PROFESSIONAL CLINICAL EXPERIENCE

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Wellspring Cancer Support Network, Toronto, Ontario  
**Cancer Exercise Leader**

Aug 2016 – Mar 2020

Princess Margaret Cancer Centre, Toronto, Ontario  
**Registered Kinesiologist**

May 2016- May 2018

Mackenzie Health Hospital, Chronic Disease Wellness Centre Richmond Hill, Ontario <b>Registered Kinesiologist</b>	Sep 2015-Aug 2016
Medisys Health Group, Toronto, Ontario <b>Registered Kinesiologist</b>	Feb 2015-Sep 2015
O'Connor Rehab & Wellness Clinic, Toronto, Ontario <b>Registered Kinesiologist</b>	Oct 2014-Sep 2015
Panno Medical Inc., Toronto, Ontario <b>First Aid Responder</b>	Oct 2014-Oct 2016
Avalon Fitness, Etobicoke, Ontario <b>Registered Kinesiologist</b>	Feb 2014-Oct 2014

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## **PROFESSIONAL DEVELOPMENT AND CERTIFICATIONS**

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- Pediatric Oncology Course, Cancer Care Ontario (Jun 2020)
- Teaching Fundamentals Certificate Program, Centre for Teaching Support & Innovation, University of Toronto, Toronto, ON (Nov 2019)
- Basic Life Support (BLS) course, Heart and Stroke Foundation of Canada (Apr 2019)
- The 2018 Saltin International Graduate Course in Exercise & Clinical Physiology, The Blue Mountains, ON (Sep 2018)
- Good Clinical Research Practice (GCRP) Principles, University Health Network (UHN), Toronto, ON (Aug 2017)
- Transportation of Dangerous Goods (TDG) (04604177648553938) BioRisk Management, Canada, Inc. (Aug 2017)
- Summer Program in Clinical Epidemiology and Biostatistics (SPICE+B), Toronto General Hospital, University of Health Network (UHN), Toronto, ON (Jul 2017)
- Standard First Aid with CPR-C & AED, Red Cross Canada, Toronto, ON (Oct 2016)
- Phlebotomy Certificate, CIMT College, Toronto, ON (Aug 2016)
- CancerSmart Rehab Techniques, Wellspring, Oakville, ON (Jun 2016)
- Registered Kinesiologist (Inactive class since July 11, 2022), College of Kinesiologists of Ontario (CKO) (Jun 2014)

- Basic Teaching Assistant Certificate, Centre for Pedagogical Innovation (CPI), Brock University, St. Catharines, ON (Apr 2012)

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**MEMBERSHIPS**

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American College of Sports Medicine (ACSM)	May 2017 – present
International Society of Geriatric Oncology (SIOG)	Apr 2022 – present