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CURRICULUM VITAE

Alexis “Stocko” Stamatikos, PhD/RD

Contact Information

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Education

- BS in Food & Nutrition at Southern Illinois University Carbondale, 2007
- BA in English at Southern Illinois University Carbondale, 2009
- MS in Food & Nutrition at Southern Illinois University Carbondale, 2009
 - Thesis Project: Health Benefits Associated with Red Wheat Bran on Metabolic Syndrome
- MS in Human Sciences at Texas A&M University-Kingsville, 2011
 - Research Project: Evaluating Central Obesity Markers as Risk Factors for Hypertension
- PhD in Nutritional Sciences at Texas Tech University, 2014
 - Dissertation Project: The Effect of Acute and Chronic Overnutrition on ChREBP Isoform and Target Gene Expression

Work/Volunteer Experience

- Southern Illinois University Carbondale: Volunteer Laboratory Assistant for Department of Animal Science, Food & Nutrition, 2006
- Southern Illinois University Carbondale: Research Technician for Department of Animal Science, Food & Nutrition, 2007
- Southern Illinois University Carbondale: Research Assistant for Department of Animal Science, Food & Nutrition, 2007-2009
- Southern Illinois University Carbondale: Tutor for Achieve Program, 2009
- Chateau Girardeau in Cape Girardeau, MO: Volunteer Dietitian Assistant, 2009
- Chateau Girardeau in Cape Girardeau, MO: Prep Chef, 2010
- Texas A&M University-Kingsville: Volunteer Laboratory Assistant for Department of Human Sciences, 2010-2011
- Texas Tech University: Graduate Part-Time Instructor for Department of Nutrition, 2011-2013
- Texas Tech University: Research Assistant for Department of Nutrition, 2014

- University of Washington: Postdoctoral Senior Fellow/Trainee for Department of Medicine, Division of Cardiology, 2014-2018
- Clemson University: Assistant Professor for Department of Food, Nutrition, and Packaging Sciences, College of Agriculture, Forestry & Life Sciences, 2019-Present

Teaching Experience

- Instructor
 - Basic Nutrition at Texas Tech University (NS 2420)
 - Semesters: Fall 2011 & Spring 2012
 - Nutrition, Foods, and Healthy Living at Texas Tech University (NS 1325)
 - Semesters: Fall 2012, Spring 2013, and Fall 2013
- Professor
 - Community Nutrition at Clemson University (Nutr-4260/6260)
 - Semesters: Spring 2019
 - Nutrition Education of the Public at Clemson University (Nutr-8040)
 - Semesters: Spring 2019

Professional Organizations

- Academy of Nutrition and Dietetics Member, 2010-Present
- American Diabetes Association Member, 2013-2019
- American Heart Association/American Stroke Association Member, 2013-Present
- American Society for Biochemistry and Molecular Biology Member, 2014-Present

Invited Manuscript Reviewer

- Journal of Medicinal Food, 2013
- Lipids, 2013-2014

Academic & Professional Honors

- PhD Incentive Scholarship, Texas Tech University, 2011
- Margarete Harden Human Sciences Scholarship, Texas Tech University, 2012-2013
- Jack and Vivian Broyles Human Sciences Scholarship, Texas Tech University, 2013-2014
- Covenant Health and Social Services Scholarship, Texas Tech University, 2013-2014
- Texas Tech University Graduate School Dean's Advisory Council, 2016-Present

Leadership Roles

- Family, Career and Community Leaders of America Treasurer of Section 7-B, Illinois, 2000-2001
- Fitness Club President at Southern Illinois University Carbondale, 2009
- Mentor for Texas Tech University Mentor Tech Program, 2011-2014
- Graduate Nutrition Organization Coordinator at Texas Tech University, 2012-2014
- Graduate Nutrition Organization Treasurer at Texas Tech University, 2014

Credentials

- CPR/AED & First Aid Certified, 2004-Present
- International Sports Sciences Association Certified Fitness Trainer, 2004-Present
 - International Sports Sciences Association Master of Fitness Sciences, 2010-Present
- Dietetic Intern at Texas A&M University-Kingsville, 2010-2011
 - Commission on Dietetic Registration American Dietetic Association Registered Dietitian, 2011-Present

PubMed Articles

- Potter, A.S., Foroudi, S., **Stamatikos, A.**, Patil, B.S., and Deyhim, F. (2011). The effects of drinking carrot juice on cardiovascular risk markers and antioxidant status in adults. *Nutrition Journal* 10:96, 1-6. (PMID: 21943297)
- **Stamatikos, A. D.** & Paton, C. M. (2013). Role of stearoyl-CoA desaturase-1 in skeletal muscle function and metabolism. *American Journal of Physiology-Endocrinology and Metabolism*, 305(7), E767-E775. (PMID: 23941875)
- Rogowski, M. P., Flowers, M. T., **Stamatikos, A. D.**, Ntambi, J. M., and Paton, C. M. (2013). SCD1 activity in muscle increases triglyceride PUFA content, exercise capacity, and PPAR δ expression in mice. *Journal of Lipid Research*, 54(10), 2636-2646. (PMID: 23918045)
- Foroudi, S., Potter, A. S., **Stamatikos, A.**, Patil, B. S., & Deyhim, F. (2014). Drinking Orange Juice Increases Total Antioxidant Status and Decreases Lipid Peroxidation in Adults. *Journal of Medicinal Food*, 17(5), 612-617. (PMID: 24476220)
- Vaughan, R.A., Garrison, R.L., **Stamatikos, A.D.**, Kang, M., Cooper, J.A., Paton, C.M. (2015). A High Linoleic Acid Diet does not Induce Inflammation in Mouse Liver or Adipose Tissue. *Lipids*, 50(11), 1115-22. (PMID: 26404455).
- Stevenson, J.L., Krishnan, S., Inigo, M.M., **Stamatikos, A.D.**, Gonzales, J.U., Cooper, J.A. (2016). Echinacea-Based Dietary Supplement Does Not Increase Maximal Aerobic Capacity in Endurance-Trained Men and Women. *Journal of Dietary Supplements*, 13(3), 324-38. (PMID: 26317662)
- **Stamatikos, A. D.**, da Silva, R. P., Lewis, J. T., Douglas, D. N., Kneteman, N. M., Jacobs, R. L., & Paton, C. M. (2015). Tissue Specific Effects of Dietary Carbohydrates and Obesity on ChREBP α and ChREBP β Expression. *Lipids*, 51(1), 95-104. (PMID: 26526060)
- Wacker BK, Dronadula N, Bi L, **Stamatikos A**, Dichek DA. Apo A-I (Apolipoprotein A-I) Vascular Gene Therapy Provides Durable Protection Against Atherosclerosis in Hyperlipidemic Rabbits. *ATVB* 2018;38:206-217. (PMID: 29122817)
- **Stamatikos, A.** Dronadula, N. Ng, P. Palmer, D. Knight, E. Wacker, B. Tang, C. Kim, F. Dichek, D. Overexpressing ABCA1 in endothelial cells in vitro enhances apoAI-mediated cholesterol efflux and has anti-inflammatory effects. *HGT* 2019;30:236-248. (PMID: 30079772)
- **Stamatikos, A. D.**, Davis, J. E., Shay, N. F., Ajuwon, K. M., Deyhim, F., Banz, W. J. Consuming diet supplemented with either red wheat bran or soy extract changes glucose and insulin levels in female obese Zucker rats. *International Journal for*

Vitamin and Nutrition Research. Accepted. (PMID: Pending, <https://www.ncbi.nlm.nih.gov/nlmcatalog/1273304>)

- **Stamatikos, A.** et al. Transgenic endothelial anti-mir-33a-5p increases ABCA1 expression and enhances apoAI-mediated cholesterol efflux in intimal cells via an exosome mediated process. (in preparation)

Proceedings/Abstract Supplements

- **A Stamatikos & F Deyhim** (2012). Evaluating Central Obesity Markers as Risk Factors for Hypertension. *Ethnicity & Disease*, 22(4), 523.
- Chad Paton, **Alexis Stamatikos**, and Michael Rogowski. (2014). Tissue specific induction of ChREBP isoforms in carbohydrate refeed mice and their impact on lipogenesis. *FASEB*, 28(S1), 642.8.
- **A. Stamatikos**, L. Vojtech, N. Dronadula, D. Dichek. Endothelial Cells Express miR-33a-5p and Release Extracellular Vesicles Containing miR-33a-5p. *ATVB* 2016;36:A432.
- Wacker BK, Dronadula N, Bi L, **Stamatikos A**, Dichek DA. Apolipoprotein A-I Vascular Gene Therapy Provides Durable Protection from Atherosclerosis in Hyperlipidemic Rabbits. *ATVB* 2017;37:A28.

Professional Poster Presentations

- Dhitinut Ratnapradipa, Dale Ritzel, Victor White, and **Alexis Stamatikos**. Risk Communication, Cellular Phone Usage, and Non-Ionizing Radiation. National Environmental Health Association 75th Annual Educational Conference & Exhibition. Columbus, Ohio. June 18-20, 2011.
- **Alexis Stamatikos & Farzad Deyhim**. Evaluating Central Obesity Markers as Risk Factors for Hypertension. 27th Annual International Interdisciplinary Conference on Hypertension and Related Cardiovascular Risk Factors in Ethnic Populations (ISHIB 2012): Key Theme- Gender Disparities in Cardiovascular Disease (CVD) in Underserved Populations. Miami, Florida. July 13-15, 2012.
- Keely Hawkins, **Alexis Stamatikos**, and Jamie Cooper. Glucose and Insulin Response to Cephalic Stimulation of Sweetened Mouth Rinses. The Obesity Society 30th Annual Scientific Meeting. San Antonio, Texas. September 20-24, 2012.
- **Alexis D. Stamatikos**, Michael P. Rogowski, and Chad M. Paton. Tissue specific induction of ChREBP isoforms in carbohydrate refeed mice. The Obesity Society 31st Annual Scientific Meeting. Atlanta, Georgia. November 11-16, 2013.
- Michael Rogowski, **Alexis D. Stamatikos**, and Chad M. Paton. Tissue Specific Induction of ChREBP Isoforms in Carbohydrate Refeed Mice and their Impact on Lipogenesis. Experimental Biology 2014, San Diego, California. April 26-30, 2014.
- Jada Stevenson, **Alexis Stamatikos**, Melissa Inigo, Joaquin Gonzales, and Jamie Cooper. Echinacea Based Dietary Supplement Does Not Improve Markers of Performance in Endurance Athletes. American College of Sports Medicine 61st Annual Meeting, 5th World Congress on Exercise is Medicine® and World Congress on

the Role of Inflammation in Exercise, Health and Disease. Orlando, Florida. May 27-31, 2014.

- **Alexis Stamatikos** & Chad M. Paton. Effects of Obesity and Carbohydrate Refeeding on ChREBP Isoform Expression. The Obesity Society 32nd Annual Scientific Meeting, Boston, Massachusetts, November 2-7, 2014.
- **Stamatikos A**, Vojtech L, Dronadula N, Dichek D. Endothelial Cells Express miR-33a-5p and Release Extracellular Vesicles Containing miR-33a-5p. Session Title: Poster Session II. AHA/ASA ATVB/PVD 2016 Scientific Sessions, Nashville, Tennessee, May 5-7, 2016.
- **Alexis Stamatikos**, Nagadhara Dronadula, Philip Ng, Donna Palmer, Ethan Knight, Brad Wacker, Chongren Tang, Francis Kim, David Dichek. Overexpression of ABCA1 in cultured endothelial cells using helper-dependent adenovirus enhances apoAI-mediated cholesterol efflux and has anti-inflammatory effects. AHA/ASA ATVB/PVD 2018 Scientific Sessions, San Francisco, California, May 10-12, 2018.

Professional Oral Presentations

- **Alexis Stamatikos**. Understanding Metabolic Syndrome. The 33rd Annual US Foods Food and Nutrition Seminar. Lubbock, Texas. May 21-22, 2013.
- **Alexis Stamatikos**. The Process & Progress of Atherosclerotic Plaque Buildup. The 34th Annual US Foods Food and Nutrition Seminar. Lubbock, Texas. May 20-21, 2014.
- **Alexis Stamatikos**. Gene Therapy for Increasing Cholesterol Efflux. University of Washington Center for Cardiovascular Biology Breakfast Club Seminar Series. Seattle, WA. May 29, 2018.
- **Alexis Stamatikos**. ABCA1 overexpression in endothelial cells enhances cholesterol efflux and decreases inflammation. Cardiovascular Research Training Grant Program Speaker for the UW Second Annual Center for Cardiovascular Biology (CCB) Training Grant Symposium. Seattle, WA. September 13, 2018.
- **Alexis Stamatikos**. Novel strategies for increasing cholesterol efflux. Clemson University Genetics and Biochemistry Department Seminars. Clemson, SC. February 8, 2019.

Internal Grants

- 1st Annual Clemson University CAFLS Undergraduate Research Initiative
 - miR-33 deficiency in VSMC upregulates expression of cholesterol efflux regulatory protein (*awarded funding*)
 - Mentee: Cattera Heard-Tate
 - PI: **Alexis Stamatikos**
 - Deleting microRNA miR-33 in vascular smooth muscle cells increases ABCG1 expression (*awarded funding*)
 - Mentee: Christian Barksdale
 - PI: **Alexis Stamatikos**

Extramural Funding

- NIH T32 HL007828 (01/01/2015-12/31/2017)
 - Cardiovascular Research Training Grant Program
 - Role: Trainee
 - PI/PD: David Dichek
- American Heart Association Postdoctoral Fellowship 17POST33650120 (01/01/2018-12/31/2018)
 - Targeting endothelial miR-33a-5p: a novel gene therapy for atherosclerosis
 - PI: **Alexis Stamatikos**
 - Mentor: David Dichek