

Efthymios Papadopoulos, Ph.D.

School of Kinesiology
Louisiana State University
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Baton Rouge, LA 70803
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EDUCATION

Ph.D. in Exercise Sciences

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

Assistant Professor, School of Kinesiology

Aug 2023 – present

Louisiana State University, Baton Rouge, LA, USA

PREVIOUS ACADEMIC POSITIONS AND APPOINTMENTS

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

Course: KPE 426 (Exercise and Cancer Survivorship)

Course Instructor, Department of Health Sciences

Sep 2022 – Apr 2023

Brock University, Saint Catharines, ON, Canada

Course: HLSC 2P95 & KINE 1P90 (Human Systems Anatomy)

AWARDS AND ASSISTANSHIPS

- Department of Supportive Care Conference Award, Princess Margaret Cancer Centre (\$2,000) 2023
- ORT Conference Registration Award, University Health Network (\$446.75) 2021
- Glenn H. Carter Fellowship in Exercise Intervention and Disease Prevention, University of Toronto (\$6,339) 2019
- Glenn H. Carter Fellowship in Exercise Intervention and Disease Prevention, University of Toronto (\$6,083) 2017
- School of Graduate Studies Conference Award, University of Toronto (\$380.00) 2017
- Graduate Fellowship, University of Toronto (\$70,504) 2016-2020
- GDS Research Fellowship, Brock University (\$3,000) 2013
- International Fellowship, Brock University (\$10,000) 2011-2013
- Graduate Fellowship, Brock University (\$12,999) 2011-2013

PEER-REVIEWED PUBLICATIONS

1. **Papadopoulos E.**, Wong A.K.O., Law S., Zhang L., Breunis H., Emmenegger U., Alibhai S.M.H. Correlates and predictors of sarcopenia among men with metastatic castrate-resistant prostate cancer. *Canadian Urological Association Journal* 18(12) 2024. <https://doi.org/10.5489/cuaj.8803>
2. Kim V., Carrozzi A., **Papadopoulos E.**, Tejero I., Thuruparanathan T., Perlis N., Hope A., Jang R., Alibhai S.M.H. Exploring the language used to describe older patients at multidisciplinary cancer conferences. *Cancers* 16(8):1477 (2024). <https://doi.org/10.3390/cancers16081477>
3. Puts M., Jin R., Godhwani K., Antonio M., Abdallah S., Feng G., Krzyzanowska M., Soto-Perez-de-Celis E., **Papadopoulos E.**, Mach C., Nasiri F., Sridhar S., Glicksman R., Moody L., Bender J., Clarke H., Matthew A., Emmenegger U., McIntosh D., Klass W., Alibhai S.M.H. TOward a comPrehensive supportive Care intervention for Older men with metastatic Prostate cancer (TOPCOP3): a pilot randomized controlled trial and process evaluation. *Journal of Geriatric Oncology*. 15:6: 101750 (2024).<https://doi.org/10.1016/j.jgo.2024.101750>
4. Alibhai S.M.H., **Papadopoulos E.**, Santa Mina D., Ritvo P., Tomlinson G., Sabiston C.M., Krahn M., Durbano S., 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. *Journal of Geriatric Oncology*. Volume 15, Issue 1, 101646 (2024). <https://doi.org/10.1016/j.jgo.2023.101646>
5. 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*. Jul 7 (2023). <https://doi.org/10.1007/s11764-023-01427-9>
6. **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 (2023). <https://doi.org/10.1371/journal.pone.0286381>
7. **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 (2023). <https://doi.org/10.1016/j.jgo.2023.101426>
8. **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 (2023). <https://doi.org/10.1016/j.jgo.2022.101424>

9. 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* 14:1:101384 (2023). <https://doi.org/10.1016/j.jgo.2022.09.013>
10. 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. Preference-based versus randomized controlled trial in prostate cancer survivors: Comparison of recruitment, adherence, attrition, and clinical outcomes. *Frontiers in Oncology*. 12:1033229. doi: 103389/fonc.2022.1033229 (2022). <https://doi.org/10.3389/fonc.2022.1033229>
11. **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* Nov, 4(4): 519-521 (2022). <https://doi.org/10.1016/j.jacc.2022.10.001>
12. **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* 17 (10): e0275782 (2022). <https://doi.org/10.1371/journal.pone.0275782>
13. **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* 13(8) 1141-1148 (2022). <https://doi.org/10.1016/j.jgo.2022.07.007>
14. **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* 30, 9011-9018 (2022). <https://doi.org/10.1007/s00520-022-07300-2>
15. **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). <https://doi.org/10.1093/ageing/afac152>
16. 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>
17. 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>
18. 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). <https://doi.org/10.1016/j.jgo.2021.12.002>
19. **Papadopoulos E.**, Brahmhatt 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>

20. **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>
21. 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>
22. **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>
23. **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>
24. 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>
25. **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>
26. **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>
27. **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>
28. Russell C., **Papadopoulos E.**, Mezil Y., Wells G.D., Plyley M.J., Greenway M., Klentrou P. 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>

PUBLISHED ABSTRACTS IN CONFERENCE PROCEEDINGS

1. **Papadopoulos E.**, Wong A.K.O., Law S.C.H., Costa S., Cheung A.M., Rozenberg D., Alibhai S.M.H. The influence of sarcopenia and myosteatosis on severe laboratory toxicity and overall mortality in older adults with cancer receiving chemotherapy. *American Society of Clinical Oncology (ASCO)*

Annual Meeting, Chicago IL, US (May 31-June 4, 2024). *Journal of Clinical Oncology* 42, 12131-12131 (2024). [10.1200/JCO.2024.42.16_suppl.12131](https://doi.org/10.1200/JCO.2024.42.16_suppl.12131)

2. **Papadopoulos E.**, Wong AKO., Law SHC., Zhang LZJ., Emmenegger U., Alibhai S.M.H. Biological and clinical correlates of sarcopenia in men with metastatic prostate cancer. 14th International Conference on Frailty & Sarcopenia Research (ICFSR), March 20-22, 2024, Albuquerque, NM, US. *The Journal of Frailty & Aging*. 13(1):S104-105 (2024).
3. Sattar S., **Papadopoulos E.**, Smith GVH., Haase KR., Kobekyaa F., Tejero I., Bradkley C., Nadler MB., Campbell K., Santa Mina D., Alibhai S. Technology-based exercise programs for older adults with cancer: A scoping review. International Society of Geriatric Oncology (SIOG) Annual Meeting 2023. *J. Geriatr. Oncol.* 14(8):S60 (2023). [10.1016/S1879-4068\(23\)00385-5](https://doi.org/10.1016/S1879-4068(23)00385-5)
4. **Papadopoulos E.**, Wong AKO., Law SHC., Zhang LZJ., Breunis H., Emmenegger U., Alibhai SMH. Associations between sarcopenia and clinical outcomes in men with metastatic castrate-resistant prostate cancer. American Society of Clinical Oncology (ASCO) Annual Meeting, June 2-6, Chicago IL, US. *Journal of Clinical Oncology* 41: 12056-12056 (2023). https://ascopubs.org/doi/pdf/10.1200/JCO.2023.41.16_suppl.12056?role=tab
5. 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 (2022). [https://doi.org/10.1016/S1879-4068\(22\)00306-X](https://doi.org/10.1016/S1879-4068(22)00306-X)
6. **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>
7. **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>
8. 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 (2022). http://dx.doi.org/10.1200/JCO.2022.40.6_suppl.075
9. **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)
10. **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)

11. **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)
12. 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)
13. **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. 11th 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>
14. **Papadopoulos E.**, Alibhai S.M.H., Doré I., Mathhew 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
15. 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
16. 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.
17. **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
18. 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
19. **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
20. 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

NON-REFEREED PUBLICATIONS – KNOWLEDGE TRANSLATION

1. **Papadopoulos E.**, Wong A.K.O., Law S.C.H., Costa S., Cheung A.M., Rozenberg D., Alibhai S.M.H. Correlates and predictors of sarcopenia among men with metastatic castrate-resistant prostate cancer. July 2024. <https://www.urotoday.com/recent-abstracts/urologic-oncology/prostate-cancer/153748-correlates-and-predictors-of-sarcopenia-among-men-with-metastatic-castrate-resistant-prostate-cancer.html>
2. Pathak N., **Papadopoulos E.**, Alibhai SMH. Home-Based versus Supervised Group Exercise in Men with Prostate Cancer on Androgen Deprivation Therapy: A Randomized Controlled Trial and Economic Analysis. Beyond the Abstract. UroToday.com. Apr 2024 <https://www.urotoday.com/recent-abstracts/urologic-oncology/prostate-cancer/149150-home-based-versus-supervised-group-exercise-in-men-with-prostate-cancer-on-androgen-deprivation-therapy-a-randomized-controlled-trial-and-economic-analysis-beyond-the-abstract.html>
3. **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>
4. **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>
5. **Papadopoulos E.** & Gillen J. High-Intensity Interval Training (HIIT): An effective strategy for maximizing health and fitness. *KineKT-Ontario Kinesiology Association (OKA)*. Oct 2017
6. **Papadopoulos E.** & Santa Mina D. Prostate Cancer and Exercise. *The PCCN-Toronto and Side by Side Prostate Cancer Support Groups Newsletter*. Apr 2018

CONFERENCE AND SEMINAR PRESENTATIONS

1. **Papadopoulos E.**, Wong A.K.O., Law S.C.H., Costa S., Cheung A.M., Rozenberg D., Alibhai S.M.H. The influence of sarcopenia and myosteatosis on severe laboratory toxicity and overall mortality in older adults with cancer receiving chemotherapy. American Society of Clinical Oncology (ASCO) Annual Meeting, Chicago IL, US. May 31-June 4 (Poster).
2. **Papadopoulos E.**, Wong AKO., Law SHC., Zhang LZJ., Emmenegger U., Alibhai S.M.H. Biological and clinical correlates of sarcopenia in men with metastatic prostate cancer. 14th International Conference on Frailty & Sarcopenia Research (ICFSR), Albuquerque, NM, US. Mar 2024 (Poster).
3. **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).

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 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).
5. **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).
6. 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).
7. **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).
8. **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).
9. **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).
10. 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)
11. **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).
12. **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).
13. **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).
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. *CSEP Annual Meeting*, Niagara Falls, Ontario, Canada. Sep 2018 (Poster).

15. **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).
16. 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).
17. **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).
18. **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).
19. **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).
20. **Papadopoulos E.** Stress and immunity in young athletes. *Pediatric Golden Horseshoe Group Annual Meeting*, Brock University, Niagara Region, Ontario, Canada. May 2013 (Oral presentation).
21. **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).

INVITED AND GUEST PRESENTATIONS (NON-CONFERENCE)

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

GRANTS UNDER REVIEW

1. **Papadopoulos E (PI)**., Irving B., Spielmann G., Capron D., Brown JC., Finan K. Prehabilitation among Black and White patients awaiting colorectal cancer surgery. The BALANCE pilot randomized controlled trial. Collaboration in Action Program. Louisiana State University and Our Lady of the Lake Health (Apr 2024). Amount: \$185,173.

2. **Papadopoulos E (PI)**., Irving B., Spielmann G., Johannsen N., The effects of TAURine and resistance training on indices of frailty among prefrail African American older adUItS. 2024 US National Academy of Medicine (NAM) Catalyst Award Competition (March 2024). Amount: \$50,000

GRANTS & FUNDING RECEIVED

1. **Papadopoulos E (PI)**., Spielmann G., Johannsen N., Holston D., Greene M., Irving B. The effects of TAURine and resistance training on indices of frailty among prefrail African American older adUItS. The TAURUS pilot, randomized, double-blind, placebo-controlled trial. Provost's Fund for Innovation in Research - Big Idea Research Grants. Louisiana State University. \$25,000. May 2024 – April 2025.
2. **Papadopoulos E (PI)**., and Irving B. Validity and reliability of a portable handheld ultrasound scanner to assess skeletal muscle parameters of the rectus femoris and vastus intermedius. Scholarship First Kinesiology Research Grant. Seed Grant Program. \$2,304. Oct 2023 – Jun 2024.
3. 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. Mar 2022-Feb 2023.
4. Alibhai S (PI)., Puts M., Munteanu C., **Papadopoulos E (Co-I)**., Hansen A., Bezjak A., Hope A., Shahrokni A., Wong C., Moulton C., Catton C., Goldstein D., Stephens D., Pitters E., Szumacher E., Quereshy 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
5. 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 (Co-I)**., 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

GRANTS NOT FUNDED

1. **Papadopoulos E (PI)**., Irving B., Spielmann G., Johannsen N., The effects of TAURine and resistance training on indices of frailty among prefrail African American older adUItS. The TAURUS pilot, randomized, double-blind, placebo-controlled trial. Board of Regents. \$177,548
2. **Papadopoulos E. (co-PI)**., Emmenegger U., Finelli A., Perlis N., Jiang M., Berlin A., Hotte S., Koneru R., Wong A., Alibhai A (Co-PI). Perceptions, awareness, and management of sarcopenia among men with prostate cancer: A mixed methods study of oncology clinicians in Canada. Prostate Cancer Fight Foundation 2023 (\$18,000). *Not Funded*.
3. **Papadopoulos E. (co-PI)** and Alibhai S. Effects of resistance training and citrulline supplementation versus resistance training and protein supplementation versus resistance training and placebo on lean body mass, fatigue, and fitness outcomes in prostate cancer

survivors on androgen-directed therapy: A phase II double-blind placebo-controlled randomized trial. Prostate Cancer Foundation (PCF). Young Investigator Award 2022 (\$225,000). *Not Funded*

TEACHING

Undergraduate Courses taught at Louisiana State University

- School of Kinesiology, **Course Instructor**
(KIN 3535) Exercise Testing and Prescription 2023 - present

Undergraduate Courses taught at Brock University

- Department of Health Sciences, **Course Instructor**
(HLSC 2P95 & KIN 1P90) Human Systems Anatomy Sep 2022-Apr 2023

Undergraduate Courses taught at the University of Toronto

- Faculty of Kinesiology and Physical Education, **Course Instructor**
(KPE 426) Exercise and Cancer Survivorship Jan 2023 – Apr 2023

CONFERENCE SESSION CHAIR/MODERATOR

- **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).
- **18th Annual Bertha Rosenstadt National Undergraduate Research Conference**, University of Toronto, Mar 2017. **Role:** Session Moderator: Exercise and Chronic Disease (Paper Session).

PROFESSIONAL CLINICAL EXPERIENCE

- 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
Registered Kinesiologist Sep 2015-Aug 2016
- Medisys Health Group, Toronto, Ontario
Registered Kinesiologist Feb 2015-Sep 2015
- O'Connor Rehab & Wellness Clinic, Toronto, Ontario
Registered Kinesiologist Oct 2014-Sep 2015

- Panno Medical Inc., Toronto, Ontario
First Aid Responder Oct 2014-Oct 2016
- Avalon Fitness, Etobicoke, Ontario
Registered Kinesiologist Feb 2014-Oct 2014

PROFESSIONAL DEVELOPMENT AND CERTIFICATIONS

- 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)

DIRECTED STUDENT LEARNING

Undergraduate Honors Theses

- **Dissertation Committee Member**, “The Effects of 12-weeks of Aerobic Exercise on Biomarkers of Neutrophil Function in Colorectal Cancer Survivors”. School of Kinesiology. Advised: Rachel Wall (2024).

JOURNAL EDITORIAL AND PEER-REVIEW ACTIVITIES

- **Editorial Board Member, *Ageing and Cancer Research Treatment*** Jun 2024 – present

- **Ad-Hoc Manuscript Reviewer**
 - Cancer Medicine 2023 – present
 - Cancers 2023 – present
 - Healthcare 2024 – present
 - Journal of Frailty & Aging 2024 – present
 - Journal of Geriatric Oncology 2021 – present
 - Nature Reviews in Oncology 2020 – present
 - Nutrients 2024 – present
 - Sports Medicine Open 2020 – present
 - Supportive Care in Cancer 2022 – present

MEMBERSHIPS

- American College of Sports Medicine (ACSM) May 2017 – present
- International Society of Geriatric Oncology (SIOG) Apr 2022 – present
- American Society of Clinical Oncology (ASCO) Apr 2023 – present