
STAVROS A. KAVOURAS, PhD, FACSM, FECSS

CURRICULUM VITA

(updated January 4th, 2023)

Title: **Assistant Dean & Professor of Nutrition**
Director of Hydration Science Lab

Office Address: Arizona State University
College of Health Solutions
550 N 3rd St
Phoenix, AZ 85004

Work Phone: (602) 496-2547

E-mail: stavros.kavouras@asu.edu (work)
stavrosk@me.com (personal)

Zoom: [stavros.kavouras@asu.edu](https://asu.zoom.us/j/9181234567) & [stavrosk@me.com](https://me.zoom.us/j/9181234567)

Google Scholar Citations <http://bit.ly/kavouras-citations>

Pubmed Publications <http://bit.ly/KavourasPM>

Research Gate <http://bit.ly/KavourasRG>

Orcid orcid.org/0000-0001-7485-8112

EDUCATION

1997-1999 **Post-Doctorate in Human Physiology** (NIH Funded)
YALE UNIVERSITY SCHOOL OF MEDICINE, New Haven, CT
Department of Epidemiology and Public Health
The John B. Pierce Laboratory
Supervisors: Dr. Ethan R. Nadel and Dr. Gary W. Mack

1993-1997 **Doctor of Philosophy (PhD) in Exercise Physiology**
UNIVERSITY OF CONNECTICUT, Storrs, CT
Department of Kinesiology
Supervisors: Dr. Lawrence E. Armstrong and Dr. Carl M. Maresh

1991-1993 **Master of Science (MS) in Exercise Physiology - Nutrition**
UNIVERSITY OF COLORADO, Colorado Springs, CO
Department of Biology
Supervisors: Dr. John P. Troup, Dr. Jacqueline R. Berning, and Dr. Edmund R. Burke

1987-1991 **Bachelor of Science (BS) in Exercise Sciences**
UNIVERSITY OF ATHENS, Athens, GREECE
Department of Exercise Sciences
Supervisors: Dr. Vassilis Klissouras & Dr. Kostas Boudolos

ACADEMIC EXPERIENCE

- 2019 - present **Assistant Dean of Graduate Education**
ARIZONA STATE UNIVERSITY, Phoenix, AZ
College of Health Solutions
- 2018 - present **Professor of Nutrition**
ARIZONA STATE UNIVERSITY, Phoenix, AZ
College of Health Solutions
Director of Hydration Science Laboratory
- 2017- 2019 **Adjunct Basic Science Associate Professor in Medicine**
UNIVERSITY of ARKANSAS for MEDICAL SCIENCES, Little Rock, AR
Division of Endocrinology
- 2017- 2018 **Professor**
UNIVERSITY of ARKANSAS, Fayetteville, AR
Department of Health, Human Performance, and Recreation
Director of Hydration Science Laboratory
Program Coordinator for Exercise Science
- 2014- 2017 **Associate Professor** (tenured)
UNIVERSITY of ARKANSAS, Fayetteville, AR
Department of Health, Human Performance, and Recreation
Director of Hydration Science Laboratory
Coordinator for Exercise Science Program
- 2012- 2014 **Assistant Professor**
UNIVERSITY of ARKANSAS, Fayetteville, AR
Department of Health, Human Performance, and Recreation
- 2010-12 &
2007-9 **Interim Director** - Laboratory of Nutrition & Clinical Dietetics
HAROKOPIO UNIVERSITY, Athens, GREECE
Department of Nutrition and Dietetics
- 2007- 2012 **Assistant Professor** - tenured since 2010
HAROKOPIO UNIVERSITY, Athens, GREECE
Department of Nutrition and Dietetics
- 2002- 2007 **Lecturer** (tenure track)
HAROKOPIO UNIVERSITY, Athens, GREECE
Department of Nutrition and Dietetics
- 2001-2002 **Senior Research Associate**
HAROKOPIO UNIVERSITY, Athens, GREECE
Department of Nutrition and Dietetics
- 2000 **Instructor**
TECHNICAL EDUCATIONAL INSTITUTE, Athens, GREECE
School of Physical Therapy

- 1997-1999 **Adjunct Professor**
UNIVERSITY OF CONNECTICUT, Storrs, CT
Department of Kinesiology
- 1997-1999 **Post-Doctoral Associate** - (NIH Funded)
YALE UNIVERSITY SCHOOL OF MEDICINE, New Haven, CT
The John B. Pierce Laboratory
Thermoregulation and Fluid Balance Laboratory
Supervisors: Dr. Ethan R. Nadel and Dr. Gary W. Mack
- 1993-1997 **Graduate Research Associate**
UNIVERSITY OF CONNECTICUT, Storrs, CT
Human Performance Laboratory
Supervisors: Dr. Lawrence E. Armstrong and Dr. Carl M. Maresh
- 1994-1995 **Research Fellow** (part time)
YALE UNIVERSITY SCHOOL OF MEDICINE, New Haven, CT
Department of Internal Medicine and Radiology (NMR unit)
Supervisors: Dr. Gerald I. Shulman and Dr. Thomas B. Price
- 1994 & 1995 **Summer Research Fellow**
YALE UNIVERSITY SCHOOL OF MEDICINE, New Haven, CT
The John B. Pierce Laboratory
Thermoregulation and Fluid Balance Laboratory
Supervisors: Dr. Ethan R. Nadel and Dr. Gary W. Mack
- 1991-1993 **Graduate Research Associate**
UNIVERSITY OF COLORADO & INTERNATIONAL CENTER FOR
AQUATIC RESEARCH, Colorado Springs, CO (joint appointment)
Supervisors: Dr. John P. Troup and Dr. Jackie R. Berning

TEACHING

ARIZONA STATE UNIVERSITY

Graduate:

- Medical Nutrition (online)
- Hydration for Health and Performance (online)
- NIH F31 Grant Writing
- Thermoregulation & Fluid Balance

Undergraduate:

- Human Nutrition (online)

UNIVERSITY OF ARKANSAS

Undergraduate:

- Performance and Drugs
- Laboratory Techniques

Graduate:

- Current Topics on Hydration & Nutrition
- Thermoregulation & Fluid Balance

HAROKOPIO UNIVERSITY

Undergraduate:

- Sports Nutrition
- Nutrition for Elite Athletes
- Scientific Research and Presentation

Graduate:

- Exercise Physiology
- Exercise Testing
- Sports Nutrition
- Performance Nutrition
- Physical Activity & Health

MENTORING

POST-DOCTORAL FELLOWS

HyunGyu Suh (8/2018-7/2020)

2021 Senior Scientist - The Coca Cola Company

Georgia Institute of Technology

2019 Winner of Emerging Leader in Nutrition competition, American Society of Nutrition

Evan C Johnson (2014-2105)

Associate Professor, University of Wyoming

2015 Recipient of Young Investigator Award, International Conference Hydration for Health.

Costas N. Bardis (2014)

Founder and Director of Nutrilab

Performance Nutrition & Exercise Physiology, Elite Athlete Consulting

Instructor University of Athens, Department of Sports Sciences

Athens, Greece

DOCTORAL GRADUATES

Abigail Colburn (2018 to 2022)

Post-Doctoral Fellow, Yale University School of Medicine

2022 Young Researcher Award finalist, Hydration for Health Annual Conference.

2019 Winner of Emerging Leader in Nutrition competition, American Society of Nutrition

Adam Seal (graduated 11/2019)

Post-doctoral fellow, Cal Poly State University

Lisa T Jansen (graduated 5/2019)

Assistant Professor, University of Arkansas for Medical Sciences
Post-doctoral fellow Harvard University School of Medicine

HyunGyu Suh (graduated 7/2018)
Senior Scientist, The Coca-Cola Company
Post-doctoral fellow at Georgia Institute of Technology

JD Adams (graduated 5/2017)
Assistant Professor, College of Charleston, Department of Health and Human Performance
Post-doctoral fellow at Mayo Clinic, Rochester, MN
2018 ACSM Doctoral Student Research Award
2018 Nutrition Interest Group Award

Costas N. Bardis (graduated 4/2013)
Founder and Director of Nutrilab
Performance Nutrition & Exercise Physiology, Elite Athlete Consulting
Instructor at University of Athens, Department of Sports Sciences
Athens, Greece

Giannis Arnaoutis (graduated 3/2012)
Assistant Professor Harokopio University, Department of Nutrition & Dietetics
Athens, Greece
2012 Recipient of Young Investigator Award, International conference Hydration for Health.

Costas Anastasiou (graduated 6/2010)
Assistant Professor, Department of Nutrition & Dietetics
Harokopio University
Athens, Greece

MASTER STUDENTS

8/2022-pres Tanner Boro
8/2022-pres Emily Acri
8/2021-5/2022 Amanda Doyle
6/2021 Hunter Kleinschmidt
Approx. 40 Master Students as the main advisor with Thesis since 2002

HONOR UNDERGRADUATE STUDENTS

Every year I supervise approximately one to two honor students for their research project.

NON-HONOR UNDERGRADUATE STUDENTS

Every year I supervise one to two non-honor undergraduate students that are interested in research.

ACADEMIC SERVICE

Arizona State University

University

- 2020-pres University Diversity, Equity, Inclusion, and Belonging Committee
- 2020-pres University Graduate Council
- 2019-2021 Graduate Enrichment Network (Graduate College)

College

- 2021-22 Chair of a search committee for the Executive Director of Clinical and Community Translational Science.
- 2020-pres Founding co-Chair of the Justice Diversity, Equity, and Inclusion Council
- 2019-pres Assistant Dean of Graduate Education
- 2018-pres College of Health Solutions Curriculum Committee
- 2019-20 Interim Program Coordinator for Exercise & Nutrition Science PhD program
- 2019-21 Nutrition Curriculum Committee
- 2019-20 Professor of Nutrition Search Committee
- 2019 College Grant Challenge Committee

UNIVERSITY OF ARKANSAS

University

- 2014-18 University Research Council Committee
- 2017-18 University Promotion and Tenure Committee
- 2016-17 Business Process Committee - Office of Vice Provost of Research and Economic Development
- 2015-16 College Representative to University Senate
- 2014-16 All University Academic Integrity Board member
- 2014-15 University Repository Task Force

College (Education and Health Professions)

- 2017-20 College Promotion and Tenure Committee
- 2015-17 College Council Representative
- 2014-15 Dean’s Fellow
- 2014-15 Dean’s Executive Council
- 2014-15 Deans’ Search Committee member
- 2013-14 Ad-hoc Committee for Efficiency and Visibility

Department (Health, Human Performance and Recreation)

- 2017-20 Departmental Promotion and Tenure Committee
- 2013-18 Exercise Science Program Coordinator
- 2014-15 Exercises Science Undergraduate Program Improvement Chair
- 2016-17 Exercise Science Program Review Chair
- 2015 National Academy of Kinesiology Program Review Coordinator
- 2012-16 Member of 4 search committees in Exercise Science

CONSULTING

- 2022-pres **Lead Research Aerospace Physiologist Analyst**, Luke Air Force Base

2022-pres	Member of Science Advisory Board , Rockley Photonics
2022-pres	Member of Science Advisory Board , Zico Rising
2021-pres	Member of Science Advisory Board , PüL, Hyduro Inc
2014-2016	Science Advisor , Quest Diagnostics
2012-2019	Occasional Scientific Consultant , Danone Research, France.
2010-2012	Consulting Scientist , Gatorade Sports Science Institute for Europe, Asia, and Australia.
2009-2010	Sports Nutrition Consultant for U21 & U17 of the Olympiacos Soccer Team (Greece)
2008	Exercise Physiology & Nutrition Consultant for the Greek Olympic Cycling Team
2007-09	Head of the European Advisory Board for the Gatorade Sports Science Institute
2005-07	Scientific Consultant for the Greek Anti-Doping Organization
2001-04	Exercise Physiology & Nutrition Consultant for the Greek Olympic Aquatic Teams (swimming, water polo & synchronized swimming)

EDITING - PEER REVIEWING

Editor-in-Chief:

- ❖ Nutrients • Hydration Section (Impact Factor: 6.706)

Section Editor:

- ❖ European Journal of Nutrition (Impact Factor: 4.865)

Associate Editor:

- ❖ Frontiers in Nutrition, Sports and Exercise Nutrition Section (Impact Factor: 6.59)

Editorial Board:

- ❖ Medicina Sportiva (English, Published in Poland)
- ❖ Pensar y Movimiento - Scientific Advisory Board (English & Spanish, Published in Costa Rica)

Grant Reviewer:

- ❖ Thrasher Foundation (2021)
- ❖ Arizona State University, College of Health Solutions Jumpstart grant (2019 & 20)
- ❖ Natural Science and Engineering Research Council of Canada (2017)
- ❖ University of Arkansas Chancellor's Discovery and Innovation Fund (2017)
- ❖ European Commission – Research Directorate General, Directorate E – Biotechnology, agriculture and food (2004-2012)
- ❖ Department of Veterans Affairs USA- Medical Research Service (1999)

Journal Reviewer:

- ❖ Medicine and Science in Sports and Exercise
- ❖ Journal of Applied Physiology
- ❖ British Medical Journal

- ❖ The Journal of Clinical Endocrinology and Metabolism
- ❖ The British Journal of Sports Medicine
- ❖ Sports Medicine
- ❖ British Journal of Nutrition
- ❖ Science
- ❖ Nutrients
- ❖ Nutrition Reviews
- ❖ Public Health and Nutrition
- ❖ Preventive Medicine
- ❖ Applied Physiology, Nutrition, and Metabolism
- ❖ Appetite
- ❖ Journal of Parenteral and Enteral Nutrition
- ❖ Journal of Human Nutrition and Dietetics
- ❖ International Journal of Sports Nutrition & Exercise Metabolism
- ❖ Scandinavian Journal of Medicine and Science in Sports
- ❖ The International Journal of Sports Medicine
- ❖ Journal of Sport Sciences
- ❖ Journal of Athletic Training
- ❖ Journal of Science and Medicine in Sports
- ❖ European Journal of Sports Sciences
- ❖ European Journal of Applied Physiology
- ❖ Metabolism

RELATED EXPERIENCE

- Member, CDC - NOPREN (Nutrition & Obesity Network) **Drinking Water group** (2020-present)
- Member, **Minority and Diversity Affairs**, American Society for Nutrition (2020-2021)
- Chair, **Minority and Diversity Affairs**, American Society for Nutrition (2019-2020)
- Mentor, **Minority, and Diversity Mentoring Program**, American College of Sports Medicine (2019-present)
- National Committee Member, **Minority and Diversity Affairs**, American Society for Nutrition (2015-present)
- **Medical and Science Advisory Board**, Korey Stringer Institute (2015- present)
- Academic-at-Large Member, **Energy, and Macronutrient Metabolism Research Interest Section** (EMM-RIS) for the American Society for Nutrition (2014-2016)
- National Member **Research Award Committee**, American College of Sports Medicine (2005-2007)
- National Committee Member, **Bylaws & Constitution Committee**, American College of Sports Medicine (2005-2007)
- **Department Representative**, University Senate, Harokopio University (2006-8)
- **Vice President, Greek Atherosclerosis Society**, Lifestyle and Psychosocial Aspects of Atherosclerosis - Working Group (2010-2012)

HONORS & AWARDS

- **Top 2% world's most cited scientists (2020 & 2021)** [link](#)

- **American Society of Nutrition** (2021) – Volunteer of the year award as a member of the Minority and Diversity Affairs Committee.
- **American College of Sports Medicine** (2021) – Presidential Lecture Speaker
- **ASU PhD Mentor Award Finalist** (2020)
- **George Denny Star Faculty Award** (2014-5)
For outstanding Research, Teaching, Service and Advising
College of Education and Health Professions
University of Arkansas, Fayetteville, AR
- **Outstanding Research Award** (2013-4)
Department of Health, Human Performance and Recreation
University of Arkansas, Fayetteville, AR
- **Young Investigator Award** (1998)
American Physiological Society, Environmental & Exercise Physiology Section,
Bethesda, MD
- **Outstanding Doctoral Student of the Year** (1996)
American College of Sports Medicine, New England Chapter, Storrs, CT
- **Doctoral Dissertation Fellowship** (1996)
University of Connecticut, Research Foundation, Storrs, CT
- **International Students Scholarship** (Spring 94, Fall 94, and Spring 95)
University of Connecticut, Research Foundation, Storrs, CT
- **Academic Award** (1991)
Greek Maritime Foundation, Piraeus, GREECE
- Greek National **Swimming Champion** (1985-87)
Greek Record Holder, and World Championship Participant (1985-87)

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- American College of Sports Medicine (1992-present)- **Fellow** since 2008
- European College of Sports Science (2007-present)- **Fellow** since 2010
- American Physiological Society (1995-present)
- American Society for Nutrition (2014- present)
- Obesity Society (2016-present)
- American Association for the Advancement of Science (2016-2018)
- Professionals in Sports and Exercise Science (2012-present)
- Interest Group in Nutrition of the American College of Sports Medicine (2003-present)
- Hellenic Bioscientific Association in the USA (2016-present)

RESEARCH GRANTS

ACTIVE:

- 2022-24 **co-Principal Investigator**, Standard Process. The impact of meal replacement shakes on glucose and body weight regulation on overweight and obese adults: a feeding study.
- 2022-25 **co-Principal Investigator, NSF-CBET Grant: (2214152) GOALI: Microscale fundamentals of sweat evaporation.**
- 2021-23 **co-Principal Investigator, NSF** Acquisition of a High Heat Compatible Sweating Thermal Manikin for Interdisciplinary Research and Education on Human Thermal Exposure and Safety.
- 2020-21 **Principal Investigator**, ASU Global Sport Institute. The impact of adequate water intake on exercise performance and mood in men and women.
- 2019-21 **Principal Investigator**, CHS Jumpstart grant. The impact of vasopressin on glucose regulation.
- 2019-20 **Principal Investigator**, Standard Process. Glycemic responses to amylopectin containing drinks.
- 2019-21 **Principal Investigator**, Danone Research. Reference Values and Determinants of Hydration in Children 3-13 y Part II. (Registered at ClinicalTrials.gov #CT02937038).

COMPLETED:

- 2015-18 **Principal Investigator**, Danone Research. Reference Values and Determinants of Hydration in Children 3-13 y Part I. (Registered at ClinicalTrials.gov #CT02937038).
- 2015-18 **Principal Investigator**, Danone Research. The Effect of Vasopressin on Glucose Regulation. (Registered at ClinicalTrials.gov #CT02761434).
- 2014-17 **Principal Investigator**, Danone Research. Dietary water intake: A Validation study.
- 2012-14 **Principal Investigator**, Danone Research. Hydration biomarkers: The validation of urine color in kids.
- 2007-09 **Principal Investigator**, Danone Research. Increased water intake and exercise performance in children.
- 2005-06 **Principal Investigator**, Gatorade Sports Science Institute. The effect of sodium ingestion during exercise.
- 2005-06 **Principal Investigator**, Gatorade Sports Science Institute. Hyponatremia during prolonged exercise.
- 2003-04 **Principal Investigator**, Greek Department of Education. EPEAEK, a national program for improvement of the undergraduate studies.
- 2003-05 **Principal Investigator**, Greek General Secretariat of Research and Technology. Advanced method of anaerobic threshold assessment.
- 2001-04 **co-Principal Investigator**, (co-PI: L. Sidossis) Greek Swimming Federation. Nutritional status, body composition and physiological assessment of aquatic sports athletes.
- 2001-02 **co-Principal Investigator**, (co-PI: L. Sidossis) Novartis Consumer Health, Nyon, Switzerland. The effect of maltose ingestion during exercise.

1996-97 **Student Investigator**, (PI: L. Armstrong, C. Maresh) General Nutrition Corporation. The use of glycerol as a rehydration agent.

SCIENTIFIC INTERESTS

- Water intake, vasopressin, and glucose homeostasis
- Hydration determinants in children and childhood obesity
- Fluid and electrolyte balance during exercise
- Hydration assessment & biomarkers
- Hydration and cardiovascular health

REFEREED RESEARCH PUBLICATION IN ACADEMIC JOURNALS

Citation Indices (2023-01)	All	Since 2018
Citations	10,421	4,466
h-index (# publication with at least h # of citations)	54	37
i-10 index (# of publication with at least 10 citations)	130	112

Based on Google Scholar <http://bit.ly/kavouras-citations>

2022 (n=7)

- 167.** Gioxari A, Grammatikopoulou MG, Katsarou C, Panagiotakos DB, Toutouza M, **Kavouras SA**, Sidossis LS, Maraki MI. A Modified Mediterranean Diet Improves Fasting and Postprandial Glucoregulation in Adults with Overweight and Obesity: A Pilot Study. *Int J Environ Res Pu* 19: 15347, 2022. doi: 10.3390/ijerph192215347.
- 166.** Vento KA, Koskan A, Lynch H, **Kavouras S**, Johnston C, Wardenaar FC. Effect of increased water intake on uropathogenic bacterial activity of underhydrated menstruating young adult women: A randomized crossover trial. *Nutr and Health. In Press.*
- 165.** Chang DC, Penesova A, Bunt JC, Stinson EJ, **Kavouras SA**, Gluck ME, Paddock E, Walter M, Piaggi P, Krakoff J. Water intake, thirst, and copeptin responses to two dehydrating stimuli in lean men and men with obesity. *Obesity* 30: 1806–1817, 2022. doi: 10.1002/oby.23520.
- 164.** Seal AD, Colburn AT, Johnson EC, Péronnet F, Jansen LT, Adams JD, Bardis CN, Guelinckx I, Perrier ET, **Kavouras SA**. Total water intake guidelines are sufficient for optimal hydration in United States adults. *Eur J Nutrition, In Press.*
- 163.** Atkins WC, McDermott BP, Colburn AT, **Kavouras SA**. Response to a Water Bolus in Long Term Oral Contraceptive Users. *Frontiers Sports Active Living* 4: 857719, 2022. doi: 10.3389/fspor.2022.857719.

162. Wardenaar FC, Seltzer RG, **Kavouras SA**. Accuracy and reliability of college athletes' scoring of artificial urine color samples to determine hydration status. *Int J Sports Science & Coaching*, in Press.
161. Zheng M, Wutich A, Brewis A, **Kavouras S**. Health impacts of water and sanitation insecurity in the Global North: a scoping literature review for U.S. colonias on the Mexico border. *J Water Health* 20: 1329–1342, 2022. doi: 10.2166/wh.2022.085.

2021 (n=16)

160. Seal AD, **Kavouras SA**. A review of risk factors and prevention strategies for exercise associated hyponatremia. *Autonomic Neurosci* 238: 102930, 2021. doi: 10.1016/j.autneu.2021.102930.
159. Morin C, Gandy J, Moreno LA, **Kavouras SA**, Martinez H, Salas-Salvado J, Bottin J. What Characterizes Fluid Intake Patterns across the World? *Ann Nutr Metab* 77: 12–14, 2021. doi: 10.1159/000520480.
158. Fiol AP, McDermott BP, Ridings CB, Moyon NE, Ganio MS, **Kavouras SA**. Effect of breathing cooled air during cycling on physiology and performance in the heat. *The J Sports Med and Phys Fit*. In Press. IF: 1.637
157. Colburn AT, Kavouras SA. Tap Water Consumption and Perceptions in United States Latinx Adults. *Nutrients* 13: 2999, 2021. doi: 10.3390/nu13092999. IF: 5.717
156. Chouraqui J-P, Thornton SN, Seconda L, Kavouras SA. Total water intake and its contributors in infants and young children. *British Journal of Nutrition*. In press IF: 3.334
155. Adams JD, Barlow AE, Farzam DZ, Butts CL, Ludwig A, **Kavouras SA**. Comparing thirst and spot urine concentrations in humans of differing body sizes: an observational study. *Physiol Behav* 245: 113673, 2021. doi: 10.1016/j.physbeh.2021.113673. IF: 3.244
154. Suh H, Lieberman HR, Jansen LT, Colburn AT, Adams JD, Seal AD, Butts CL, Kirkland TM, Melander O, Vanhaecke T, Dolci A, Lemetais G, Perrier ET, **Kavouras SA**. Cellular dehydration acutely degrades mood mainly in women: a counterbalanced, crossover trial. *Brit J Nutr* 125: 1092–1100, 2020. doi: 10.1017/s0007114520003475. IF: 3.334
153. Giersch GEW, Charkoudian N, Morrissey MC, Butler CR, Colburn AT, Caldwell AR, **Kavouras SA**, Casa DJ. Estrogen to Progesterone Ratio and Fluid Regulatory Responses to Varying Degrees and Methods of Dehydration. *Frontiers Sports Active Living* 3: 722305, 2021. doi: 10.3389/fspor.2021.722305.
152. Wardenaar F, Ortega-Santos CP, Vento K, Olzinski S, Olig J, **Kavouras S**, Johnston C. Reliability of 3 Urine Specific Gravity Meters for Measuring Brix and Urine Solutions at Different Temperatures. *J Athl Training* 56: 389–395, 2021. doi: 10.4085/1062-6050-0142.20. IF: 2.478
151. Giersch GEW, Morrissey MC, Butler CR, Colburn AT, Demarais ZS, **Kavouras SA**, Jay O, Charkoudian N, Casa DJ. Sex difference in initial thermoregulatory

- response to dehydrated exercise in the heat. *Physiological Reports* 9: e14947, 2021. doi: 10.14814/phy2.14947. *IF*: 2.261
150. Colburn AT, Johnson EC, Péronnet F, Jansen LT, Capitan-Jimenez C, Adams JD, Guelinckx I, Perrier ET, Mauromoustakos A, **Kavouras SA**. Validity and Reliability of a Water Frequency Questionnaire to Estimate Daily Total Water Intake in Adults. *Frontiers Nutrition* 8: 676697, 2021. doi: 10.3389/fnut.2021.676697. *IF*: 6.576
149. Wardenaar FC, Ortega-Santos CP, Vento KAS, Beaumont JS, Griffin SC, Johnston C, **Kavouras SA**. A 5-day Heat Acclimation Program Improves Heat Stress Indicators While Maintaining Exercise Capacity. *J Strength Cond Res* 35: 1279–1286, 2021. *IF*: 3.755
148. **Kavouras SA**, Suh H-G, Vallet M, Daudon M, Mauromoustakos A, Vecchio M, Tack I. Urine osmolality predicts calcium-oxalate crystallization risk in patients with recurrent urolithiasis. *Urolithiasis* 49: 399–405, 2021. doi: 10.1007/s00240-020-01242-2. *IF*: 3.436
147. Adams JD, Arnautis G, Johnson EC, Jansen LT, Bougatsas D, Capitan-Jimenez C, Mauromoustakos A, Panagiotakos DB, Perrier ET, Guelinckx I, **Kavouras SA**. Combining urine color and void number to assess hydration in adults and children. *Eur J Clin Nutr* 75: 1262–1266, 2021. doi: 10.1038/s41430-020-00834-w. *IF*: 4.016
146. Atkins WC, McDermott BP, Kanemura K, Adams JD, **Kavouras SA**. Effects of Hydration Educational Intervention in High School Football Players. *J Strength Cond Res* 35: 385–390, 2021. doi: 10.1519/jsc.0000000000003866. *IF*: 3.775
145. Perrier ET, Armstrong LE, Bottin JH, Clark WF, Dolci A, Guelinckx I, Iroz A, **Kavouras SA**, Lang F, Lieberman HR, Melander O, Morin C, Seksek I, Stookey JD, Tack I, Vanhaecke T, Vecchio M, Péronnet F. Hydration for health hypothesis: a narrative review of supporting evidence. *Eur J Nutr* 60: 1167–1180, 2021. doi: 10.1007/s00394-020-02296-z. *IF*: 5.614

2020 (n=7)

144. Giersch GEW, Colburn AT, Morrissey MC, Butler CR, Pruchnicki ML, **Kavouras SA**, Charkoudian N, Casa DJ. Effects of sex and menstrual cycle on volume-regulatory responses to 24-h fluid restriction. *AJP: Regulatory, Integrative and Comparative Physiology* 319: R560–R565, 2020. *IF*: 3.619
143. Stookey JD, **Kavouras SA**. Water Researchers Do Not Have a Strategic Plan for Gathering Evidence to Inform Water Intake Recommendations to Prevent Chronic Disease. *Nutrients* 12, 2020. *IF*: 5.717
142. Adams JD, Capitan-Jimenez C, Burchfield JM, Jansen LT, **Kavouras SA**. Smartphone-Based Analysis of Urine Reagent Strips Is Inaccurate for Assessing Underhydration. *Telemed J E Health* 26: 683–686, 2020. *IF*: 3.536
141. Arnautis G, Anastasiou CA, Suh H, Maraki M, Tsekouras Y, Dimitroulis E, Echegaray M, Papamichalopoulou D, Methenitis S, Sidossis LS, **Kavouras SA**. Exercise-Associated

- Hyponatremia during the Olympus Marathon Ultra-Endurance Trail Run. *Nutrients* 12, 2020. IF: 5.717
140. Stookey JD, **Kavouras SA**, Suh H, Lang F. Underhydration Is Associated with Obesity, Chronic Diseases, and Death Within 3 to 6 Years in the U.S. Population Aged 51-70 Years. *Nutrients* 12, 2020. IF: 5.717
139. Poulimeneas D, Maraki MI, Karfopoulou E, Koutras Y, Chrysostomou S, Anastasiou CA, **Kavouras SA**, Yannakoulia M. Sex-Specific Physical Activity Patterns Differentiate Weight Loss Maintainers From Regainers: The MedWeight Study. *J Phys Act Health* 17:225-229, 2020. IF: 2.592
138. Suh H, Summers LG, Seal AD, Colburn AT, Mauromoustakos A, Perrier ET, Bottin JH, **Kavouras SA**. Afternoon urine osmolality is equivalent to 24 h for hydration assessment in healthy children. *Eur J Clin Nutr* 74: 884-890, 2020. IF: 4.016

2019 (n=9)

137. Armstrong LE, **Kavouras SA**. Thirst and Drinking Paradigms: Evolution from Single Factor Effects to Brainwide Dynamic Networks. *Nutrients* 11, 2019. IF: 5.717
136. Jansen LT, Suh H, Adams JD, Sprong CA, Seal AD, Scott DM, Butts CL, Melander O, Kirkland TW, Vanhaecke T, Dolci A, Lemetais G, Perrier ET, **Kavouras SA**. Osmotic stimulation of vasopressin acutely impairs glucose regulation: a counterbalanced, crossover trial. *American Journal of Clinical Nutrition* 110: 1344–1352, 2019. IF: 7.045
135. Seal AD, Anastasiou CA, Skenderi KP, Echegaray M, Yiannakouris N, Tsekouras YE, Matalas AL, Yannakoulia M, Pechlivani F, **Kavouras SA**. Incidence of Hyponatremia During a Continuous 246-km Ultramarathon Running Race. *Front Nutr* 6: 161, 2019. IF: 6.576
134. Adams JD, Capitan-Jimenez C, Huggins RA, Casa DJ, Mauromoustakos A, **Kavouras SA**. Urine Reagent Strips Are Inaccurate for Assessing Hypohydration: A Brief Report. *Clin J Sport Med* 29: 506–508, 2019. IF: 3.638
133. Veilleux JC, Caldwell AR, Johnson EC, **Kavouras SA**, McDermott BP, Ganio MS. Examining the links between hydration knowledge, attitudes and behavior. *Eur J Nutr*. 2019 Apr 3;68:439. IF:5.614
132. Belval LN, Hosokawa Y, Casa DJ, Adams WM, Armstrong LE, Baker LB, Burke L, Chevront S, Chiampas G, González-Alonso J, Huggings RM, **Kavouras SA**, Lee EC, McDermott BP, Miller K, Schlader Z, Simms S, Stearns RL, Troyanos C, and Wingo J. Practical Hydration Solutions for Sports. *Nutrients*. 2019 Jul 9;11(7). IF: 5.717
131. Adams JD, Scott DM, Brand NA, Suh H, Seal AD, McDermott BP, Ganio MS, **Kavouras SA**. Mild hypohydration impairs cycle ergometry performance in the heat: A blinded study. *Scandinavian Journal of Medicine & Science in Sports*. 2019 May;29(5):686–95. IF: 4.221
130. **Kavouras SA**. Hydration, dehydration, underhydration, optimal hydration: are we barking up the wrong tree? *Eur J Nutr* 58: 471–473, 2019. IF: 5.614
129. Suh H, **Kavouras SA**. Water intake and hydration state in children. *Eur J Nutr* 58: 475–496, 2019. IF:5.614

2018 (n=12)

128. Tucker MA, Caldwell AR, Butts CL, Robinson FB, **Kavouras SA**, McDermott BP, Washington TA, Turner RC, Ganio MS. Postsynaptic cutaneous vasodilation and sweating: influence of adiposity and hydration status. *Eur J Appl Physiol* 118: 1703–1713, 2018.
127. Adams JD, Sekiguchi Y, Seal A, Suh HG, Sprong C, Jansen L, **Kavouras SA**. Dehydration Impairs Exercise Performance Independent of Thirst Perception: A Blinded Study. *Med Sci Sports Exerc.* 50: 1697–1703, 2018.
126. Laksmi PW, Morin C, Gandy J, Moreno LA, **Kavouras SA**, Martinez H, Salas-Salvadó J, Guelinckx I. Fluid intake of children, adolescents and adults in Indonesia: results of the 2016 Liq.In7 national cross-sectional survey. *Eur J Nutr* 57: 89–100, 2018.
125. Morin C, Gandy J, Moreno LA, **Kavouras SA**, Martinez H, Salas-Salvadó J, Guelinckx I. A comparison of drinking behavior using a harmonized methodology (Liq.In 7) in six countries. *Eur J Nutr* 57: 101–112, 2018.
124. Zhang N, Morin C, Guelinckx I, Moreno LA, **Kavouras SA**, Gandy J, Martinez H, Salas-Salvadó J, Ma G. Fluid intake in urban China: results of the 2016 Liq.In 7 national cross-sectional surveys. *Eur J Nutr* 57: 77–88, 2018.
123. Martinez H, Morin C, Gandy J, Carmuega E, Arredondo JL, Pimentel C, Moreno LA, **Kavouras SA**, Salas-Salvadó J, Guelinckx I. Fluid intake of Latin American adults: results of four 2016 Liq.In7 national cross-sectional surveys. *Eur J Nutr* 57: 65–75, 2018.
122. Morin C, Gandy J, Brazeilles R, Moreno LA, **Kavouras SA**, Martinez H, Salas-Salvadó J, Bottin J, Guelinckx I. Fluid intake patterns of children and adolescents: results of six Liq.In7 national cross-sectional surveys. *Eur J Nutr* 34: 2551–11, 2018.
121. Gandy J, Martinez H, Carmuega E, Arredondo JL, Pimentel C, Moreno LA, **Kavouras SA**, Salas-Salvadó J. Fluid intake of Latin American children and adolescents: results of four 2016 LIQ.IN 7 National Cross-Sectional Surveys. *Eur J Nutr* 26: 562S–11, 2018.
120. Adams JD, **Kavouras SA**, Johnson EC, Ganio MS, Gray M, McDermott BP, McKenzie AL, Lee EC, Armstrong LE. Gastrointestinal Bleeding Following a 161-Km Cycling Race in the Heat: A Pilot Study. *Asian J Sports Med*, doi: 10.5812/asjms.60900, 2018.
119. Bougatsas D, Arnaoutis G, Panagiotakos DB, Seal AD, Johnson EC, Bottin JH, Tsipouridi S, **Kavouras SA**. Fluid consumption pattern and hydration among 8-14 years-old children. *Eur J Clin Nutr.* 72: 420–427, 2018.
118. Arnaoutis G, Verginadis P, Seal AD, Vogiatzis I, Sidossis LS, **Kavouras SA**. Progressive Dehydration in Junior Laser Class Sailors During World Championship. *Int J Sport Nutr Exerc Metab.* 28:75–81, 2018.
117. Maraki MI, Panagiotakos DB, Jansen LT, Anastasiou C, Papalazarou A, Yannakoulia M, Sidossis LS, **Kavouras SA**. Validity of Predictive Equations for Resting Energy Expenditure in Greek Adults. *Ann Nutr Metab.* 72:134–41, 2018.

2017 (n=14)

116. Papalazarou A, Yannakoulia M, Gavrieli A, **Kavouras SA**, Komesidou V, G D, A P, Sidossis LS. The Long-term Efficacy of an Intensive Lifestyle Intervention versus Bariatric Surgery to Treat Morbid Obesity in Women. *Journal of Obesity & Therapeutics.* 2017;1:1–6.
115. Johnson EC, Péronnet F, Jansen LT, Capitan-Jimenez C, Adams JD, Guelinckx I, Jimenez L, Mauromoustakos A, **Kavouras SA**. Validation Testing Demonstrates Efficacy of a 7-Day

- Fluid Record to Estimate Daily Water Intake in Adult Men and Women When Compared with Total Body Water Turnover Measurement. *J. Nutr.* 147:2001-2007, 2017.
- 114.** Lee EC, Fragala MS, **Kavouras SA**, Queen RM, Pryor JL, Casa DJ. Biomarkers in sports and exercise: tracking health, performance, and recovery in athletes. *J Strength Cond Res* 31: 2920-2937, 2017.
- 113.** McKenzie AL, Perrier ET, Guelinckx I, **Kavouras SA**, Aerni G, Lee EC, Volek JS, Maresh CM, Armstrong LE. Relationships between hydration biomarkers and total fluid intake in pregnant and lactating women. *Eur J Nutr* 56: 2161–2170, 2017.
- 112.** Seal AD, Bardis CN, Gavrieli A, Grigorakis P, Adams JD, Arnaoutis G, Yannakoulia M, **Kavouras SA**. Coffee with High but Not Low Caffeine Content Augments Fluid and Electrolyte Excretion at Rest. *Frontiers in Nutrition* 4: 40, 2017.
- 111.** **Kavouras SA**, Bardis CN, Adams JD. Response. *Med Sci Sports Exerc* 49: 1494, 2017.
- 110.** Johnson EC, Bardis CN, Jansen LT, Adams JD, Kirkland TW, **Kavouras SA**. Reduced water intake deteriorates glucose regulation in patients with type 2 diabetes. *Nutrition Research* 43: 25–32, 2017.
- 109.** Bardis CN, **Kavouras SA**, Adams JD, Geladas ND, Panagiotakos D B, & Sidossis L S. Prescribed Drinking Leads to Better Cycling Performance than Ad Libitum Drinking. *Med Sci Sports Exerc* 49: 1244–1251, 2017.
- 108.** Hosokawa Y, Casa DJ, Rosenberg H, Capacchione JF, Sagui E, Riazi S, Belval LN, Deuster PA, Jardine JF, **Kavouras SA**, Lee EC, Miller KC, Muldoon SM, O'Connor FG, Sailor SR, Sambuughin N, Stearns RL, Adams WM, Huggins RA, Vandermark LW. Round Table on Malignant Hyperthermia in Physically Active Populations: Meeting Proceedings. *J Athl Train* 52: 377–383, 2017.
- 107.** **Kavouras SA**, Bougatsas D, Johnson EC, Arnaoutis G, Tsipouridi S, Panagiotakos DB. Water intake and urinary hydration biomarkers in children. *Eur J Clin Nutr* 71: 530–535, 2017.
- 106.** Adams JD, **Kavouras SA**, Johnson EC, Jansen LT, Capitan-Jimenez C, Robillard JI, Mauromoustakos A. The Effect of Storing Temperature and Duration on Urinary Hydration Markers. *Int J Sport Nutr Exerc Metab* 27: 18–24, 2017.
- 105.** Arnaoutis G, **Kavouras SA**, Stratakis N, Likka M, Mitrakou A, Papamichael C, Sidossis LS, Stamatelopoulos K. The effect of hypohydration on endothelial function in young healthy adults. *Eur J Nutr* 56: 1211–1217, 2017.
- 104.** Tucker MA, Caldwell AR, Butts CL, Robinson FB, Reynebeau HC, **Kavouras SA**, McDermott BP, Washington TA, Turner RC, Ganio MS. Effect of hypohydration on thermoregulatory responses in men with low and high body fat exercising in the heat. *Journal of Applied Physiology* 122: 142–152, 2017.
- 103.** McKenzie AL, Munoz CX, Ellis LA, Perrier ET, Guelinckx I, Klein A, **Kavouras SA**, Armstrong LE. Urine color as an indicator of urine concentration in pregnant and lactating women. *Eur J Nutr* 56: 355–362, 2017.
- 2016 (n=12)**
- 102.** Armstrong LE, **Kavouras SA**, Walsh NP, Roberts WO. Diagnosing dehydration? Blend evidence with clinical observations. *Curr Opin Clin Nutr Metab Care*.19: 434–438, 2016. [PubMed](#) [Altmetrics](#)

101. Tambalis KD, Panagiotakos DB, Psarra G, Daskalakis S, **Kavouras SA**, Geladas N, Tokmakidis S, Sidossis LS. Physical fitness normative values for 6-18-year-old Greek boys and girls, using the empirical distribution and the lambda, mu, and sigma statistical method. *European J of Sport Sc* 16: 736–746, 2016.
100. Ferreira-Pêgo C, Nissensohn M, **Kavouras SA**, Babio N, Serra-Majem L, Martín Águila A, Mauromoustakos A, Álvarez Pérez J, Salas-Salvadó J. Beverage Intake Assessment Questionnaire: Relative Validity and Repeatability in a Spanish Population with Metabolic Syndrome from the PREDIMED-PLUS Study. *Nutrients*. 2016;8(8).
99. **Kavouras SA**, Arnaoutis G. Reply to the letter to the editor. *Eur J Nutr*. 2016;55(5):1985–7.
98. Gandy J, Martinez H, Guelinckx I, Moreno LA, Bardosono S, Salas-Salvadó J, **Kavouras SA**. Relevance of Assessment Methods for Fluid Intake. *Ann Nutr Metab*. 2016;68 Suppl 2:1–5.
97. Martinez H, Guelinckx I, Salas-Salvadó J, Gandy J, **Kavouras SA**, Moreno LA. Harmonized Cross-Sectional Surveys Focused on Fluid Intake in Children, Adolescents and Adults: The Liq.In7 Initiative. *Ann Nutr Metab*. 2016;68 Suppl 2:12–8.
96. **Kavouras SA**, Maraki MI, Kollia M, Gioxari A, Jansen LT. Development, reliability and validity of a physical activity questionnaire for estimating energy expenditure in Greek adults. *Science & Sports*. 2016;31(3):e47–e53.
95. Butts CL, McDermott BP, Buening BJ, Bonacci JA, Ganio MS, Adams JD, Tucker MA, **Kavouras SA**. Physiologic and Perceptual Responses to Cold-Shower Cooling After Exercise-Induced Hyperthermia. *J Athl Train*. 2016 Mar;51(3):252–7.
94. Georgousopoulou EN, Panagiotakos DB, Bougatsas D, Chatzigeorgiou M, **Kavouras SA**, Chrysohoou C, Skoumas I, Tousoulis D, Stefanadis C, Pitsavos C. Physical Activity Level Improves the Predictive Accuracy of Cardiovascular Disease Risk Score: The ATTICA Study (2002-2012). *Int J Prev Med*. 2016;7:52.
93. **Kavouras SA**, Johnson EC, Bougatsas D, Arnaoutis G, Panagiotakos DB, Perrier E, Klein A. Validation of a urine color scale for assessment of urine osmolality in healthy children. *Eur J Nutr*. 2016;55: 907–915.
92. Adams JD, **Kavouras SA**, Robillard JI, Bardis CN, Johnson EC, Ganio MS, McDermott BP, White MA. Fluid Balance of Adolescent Swimmers During Training. *J Strength Cond Res*. 2016; 30: 621–625.
91. Glenn JM, Gray M, Stewart RW, Moyon NE, **Kavouras SA**, DiBrezza R, Turner R, Baum JI, Stone MS. Effects of 28-Day Beta-Alanine Supplementation on Isokinetic Exercise Performance and Body Composition in Female Masters Athletes. *J Strength Cond Res* 2016;30: 200–207.

2015 (n=11)

90. Moyon NE, Ganio MS, Wiersma LD, **Kavouras SA**, Gray M, McDermott BP, Adams JD, Binns AP, Judelson DA, McKenzie AL, Johnson EC, Muñoz CX, Kunces LJ, Armstrong LE. Hydration status affects mood state and pain sensation during ultra-endurance cycling. *J Sports Sci*. 2015;33(18):1962-1969.
89. Glenn JM, Gray M, Stewart R, NE Moyon, **SA Kavouras**, R DiBrezza, R Turner, J Baum. Incremental effects of 28 days of beta-alanine supplementation on high-intensity cycling performance and blood lactate in masters female cyclists. *Amino Acids*. 2015;47(12):2593-2600.

88. Arnaoutis G, **Kavouras SA**, Angelopoulou A, et al. Fluid Balance During Training in Elite Young Athletes of Different Sports. *J Strength Cond Res*. 2015;29(12):3447-3452
87. Anastasiou CA, Stamatelopoulos A, Dedeilias P, Charitos C, Sidossis LS, **Kavouras SA**. Intracellular diglycerides in relation to glycaemic control in the myocardium: A pilot study in humans. *Diabetes Metab*. 2015;41(5):422-424.
86. Guelinckx, I., Frémont-Marquis, A. S., Eon, E., **Kavouras**, S. A., & Armstrong, L. E. (2015b). Assessing Hydration in Children: From Science to Practice. *Annals of Nutrition and Metabolism*, 66 Suppl 3, 5–9.
85. Iglesia I, Guelinckx I, De Miguel-Etayo PM, González-Gil EM, Salas-Salvadó J, **Kavouras SA**, Gandy J, Martinez H, Bardosono S, Abdollahi M, Nasser E, Jarosz A, Ma G, Carmuega E, Thiébaud I, Moreno LA. Total fluid intake of children and adolescents: cross-sectional surveys in 13 countries worldwide. *Eur J Nutr* 54 Suppl 2: 57–67, 2015.
84. Guelinckx I, Iglesia I, Bottin JH, De Miguel-Etayo P, González-Gil EM, Salas-Salvadó J, **Kavouras SA**, Gandy J, Martinez H, Bardosono S, Abdollahi M, Nasser E, Jarosz A, Ma G, Carmuega E, Thiébaud I, Moreno LA. Intake of water and beverages of children and adolescents in 13 countries. *Eur J Nutr* 54 Suppl 2: 69–79, 2015.
83. Guelinckx I, Ferreira-Pêgo C, Moreno LA, **Kavouras SA**, Gandy J, Martinez H, Bardosono S, Abdollahi M, Nasser E, Jarosz A, Ma G, Carmuega E, Babio N, Salas-Salvadó J. Intake of water and different beverages in adults across 13 countries. *Eur J Nutr* 54 Suppl 2: 45–55, 2015.
82. Ferreira-Pêgo C, Guelinckx I, Moreno LA, **Kavouras SA**, Gandy J, Martinez H, Bardosono S, Abdollahi M, Nasser E, Jarosz A, Babio N, Salas-Salvadó J. Total fluid intake and its determinants: cross-sectional surveys among adults in 13 countries worldwide. *Eur J Nutr* 54: 35–43, 2015.
81. Kupchak BR, McKenzie AL, Luk H-Y, Saenz C, Kunces LJ, Ellis LA, Vingren JL, Lee EC, Ballard KD, Johnson EC, **Kavouras SA**, Ganio MS, Wingo JE, Williamson KH, Armstrong LE. Effect of cycling in the heat for 164 km on procoagulant and fibrinolytic parameters. *Eur J Appl Physiol* 115: 1295–1303, 2015.
80. Burchfield JM, Ganio MS, **Kavouras SA**, Adams JD, Gonzalez MA, Ridings CB, Moyen NE, Tucker MA. 24-h Void number as an indicator of hydration status. *Eur J Clin Nutr* 69: 638–641, 2015.

2014 (n=3)

79. Adams JD, McDermott BP, Ridings CB, Mainer LL, Ganio MS, **Kavouras SA**. Effect of air-filled vest on exercise-heat strain when wearing ballistic protection. *Ann Occup Hyg* 80: 1057–1064, 2014.
78. Perrier ET, Armstrong LE, Daudon M, **Kavouras SA**, Lafontan M, Lang F, Péronnet F, Stookey JD, Tack I, Klein A. From state to process: defining hydration. *Obes Facts* 7 Suppl 2: 6–12, 2014.
77. **Kavouras SA**, Bardis CN. Response. *Med Sci Sports Exerc* 46: 208, 2014.

2013 (n=9)

76. Bardis CN, **Kavouras SA**, Arnaoutis G, Panagiotakos DB, Sidossis LS. Mild dehydration and cycling performance during 5-kilometer hill climbing. *J Athl Train* 48: 741–747, 2013.

75. Bardis CN, **Kavouras SA**, Kosti L, Markousi M, Sidossis LS. Mild hypohydration decreases cycling performance in the heat. *Med Sci Sports Exerc* 45: 1782–1789, 2013.
74. **Kavouras SA**. Thirst: Survival Instinct or Sensitive Fluid Balance Homeostatic Mechanism? *Nutrition Today* 48: S7–S9, 2013.
73. Bellou E, Magkos F, Kouka T, Bouchalaki E, Sklaveniti D, Maraki M, Tsekouras YE, Panagiotakos DB, **Kavouras SA**, Sidossis LS. Effect of high-intensity interval exercise on basal triglyceride metabolism in non-obese men. *Appl. Physiol. Nutr. Metab.* 38: 823–829, 2013.
72. Tambalis KD, Panagiotakos DB, **Kavouras SA**, Papoutsakis S, Sidossis LS. Higher prevalence of obesity in Greek children living in rural areas despite increased levels of physical activity. *J Paediatr Child Health* 49: 769–774, 2013.
71. Arnaoutis G, **Kavouras SA**, Kotsis YP. Ad Libitum Fluid Intake does not Prevent Dehydration in Sub-optimally Hydrated Young Soccer Players during a Training Session of a Summer Camp. *Int J Sport Nutr Exerc Metab* 23: 245–251, 2013.
70. Bellou E, Siopi A, Galani M, Maraki M, Tsekouras YE, Panagiotakos DB, **Kavouras SA**, Magkos F, Sidossis LS. Acute effects of exercise and calorie restriction on triglyceride metabolism in women. *Med Sci Sports Exerc* 45: 455–461, 2013.
69. Bellou E, Maraki M, Magkos F, Botonaki H, Panagiotakos DB, **Kavouras SA**, Sidossis LS. Effect of acute negative and positive energy balance on Basal very-low density lipoprotein triglyceride metabolism in women. *PLoS ONE* 8: e60251, 2013.
68. Gioxari A, **Kavouras SA**, Tambalis KD, Maraki M, Kollia M, Sidossis LS. Reliability and criterion validity of the Self-Administered Physical Activity Checklist in Greek children. *European J. of Sport Sc.* 13: 105–111, 2013.

2012 (n=6)

67. Papadimas G, Terzis G, Papadopoulos C, Areovimata A, Spengos K, **Kavouras SA**, Manta P. Bone density in patients with late onset Pompe disease. *Int J Endocrinol Metab* 10: 599–603, 2012.
66. Terzis G, Krase A, Papadimas G, Papadopoulos C, **Kavouras SA**, Manta P. Effects of exercise training during infusion on late-onset Pompe disease patients receiving enzyme replacement therapy. *Molecular Genetics and Metabolism* 107: 669–673, 2012.
65. **Kavouras SA**, Arnaoutis G. Hydration Status in Active Youth. *Nutrition Today* 47: S11–S13, 2012.
64. Terzis G, Karampatsos G, Kyriazis T, **Kavouras SA**, Georgiadis G. Acute effects of countermovement jumping and sprinting on shot put performance. *J Strength Cond Res* 26: 684–690, 2012.
63. **Kavouras SA**, Arnaoutis G, Makrillos M, Garagouni C, Nikolaou E, Chira O, Ellinikaki E, Sidossis LS. Educational intervention on water intake improves hydration status and enhances exercise performance in athletic youth. *Scandinavian Journal of Medicine & Science in Sports* 22: 684–689, 2012.
62. Arnaoutis G, **Kavouras SA**, Christaki I, and Sidossis LS. Water ingestion improves performance compared with mouth rinse in dehydrated subjects. *Med Sci Sports Exerc* 44: 175–179, 2012.

2011 (n=6)

61. **Kavouras SA**, Arnaoutis G, and Sidossis LS. Response to letter to the editor by Eric D.B. Goulet. *Scandinavian Journal of Medicine & Science in Sports* 21: 865-866, 2011.
60. Maraki M, Aggelopoulou N, Christodoulou N, Katsarou C, Anapliotis P, **Kavouras SA**, Panagiotakos D, and Sidossis LS. Validity of abbreviated oral fat tolerance tests for assessing postprandial lipemia. *Clin Nutr* 30: 852-857, 2011.
59. Terzis G, Dimopoulos F, Papadimas GK, Papadopoulos C, Spengos K, Fatouros I, **Kavouras SA**, and Manta P. Effect of aerobic and resistance exercise training on late-onset Pompe disease patients receiving enzyme replacement therapy. *Molecular Genetics and Metabolism* 104: 279-283, 2011.
58. Maraki MI, Aggelopoulou N, Christodoulou N, Anastasiou CA, Toutouza M, Panagiotakos DB, **Kavouras SA**, Magkos F, and Sidossis LS. Lifestyle intervention leading to moderate weight loss normalizes postprandial triacylglycerolemia despite persisting obesity. *Obesity (Silver Spring)* 19: 968-976, 2011.
57. Gavrieli A, Yannakoulia M, Fragopoulou E, Margaritopoulos D, Chamberland JP, Kaisari P, **Kavouras SA**, and Mantzoros CS. Caffeinated Coffee Does Not Acutely Affect Energy Intake, Appetite, or Inflammation but Prevents Serum Cortisol Concentrations from Falling in Healthy Men. *Journal of Nutrition* 141:703-707, 2011.
56. Papadimas GK, Terzis G, Methenitis S, Spengos K, Papadopoulos C, Vassilopoulou S, **Kavouras SA**, Michelakakis H, and Manta P. Body composition analysis in late-onset Pompe disease. *Molecular Genetics and Metabolism* 102: 41-43, 2011.

2010 (n=11)

55. **Kavouras SA**, Anastasiou CA, and Arnaoutis G. Sodium Replacement and Plasma Sodium Drop During Exercise in the Heat When Fluid Intake Matches Fluid Loss - Letter to the Editor. *J Athl Train* 45: 547-548, 2010.
54. **Kavouras SA** and Anastasiou CA. Water physiology. Essentiality, metabolism, and health implications. *Nutrition Today* 45: S27-S32, 2010.
53. Terzis G, Spengos K, **Kavouras SA**, Manta P, and Georgiadis G. Muscle fibre type composition and body composition in hammer throwers. *Journal of Sports Science and Medicine* 9: 104-109, 2010.
52. Maraki M, Magkos F, Christodoulou N, Aggelopoulou N, Skenderi KP, Panagiotakos D, **Kavouras SA**, and Sidossis LS. One day of moderate energy deficit reduces fasting and postprandial triacylglycerolemia in women: the role of calorie restriction and exercise. *Clin Nutr* 29: 459-463, 2010.
51. Kyriazis T, Terzis G, Karampatsos G, **Kavouras S**, and Georgiadis G. Body composition and performance in shot put athletes at preseason and at competition. *Int J Sports Physiol Perform* 5: 417-421, 2010.
50. **Kavouras SA**, Panagiotakos DB, Pitsavos C, Chrysohoou C, Arnaoutis G, Skoumas Y, and Stefanadis C. Physical Activity and Adherence to Mediterranean Diet Increase Total Antioxidant Capacity: The ATTICA Study. *Cardiol Res Pract* 2011: 248626, 2010.
49. Armstrong LE, Pumerantz AC, Fiala KA, Roti MW, **Kavouras SA**, Casa DJ, and Maresh CM. Human hydration indices: acute and longitudinal reference values. *Int J Sport Nutr Exerc Metab* 20: 145-153, 2010.

48. Anastasiou CA, **Kavouras SA**, Lentzas Y, Gova A, Sidossis LS, and Melidonis A. Moderate weight loss depletes intramyocellular triglycerides but has no effect on diglycerides in type II diabetes. *Eur J Clin Nutr* 64: 328-330, 2010.
47. Anastasiou CA, Yannakoulia M, Pirogianni V, Rapti G, Sidossis LS, and **Kavouras SA**. Fitness and weight cycling in relation to body fat and insulin sensitivity in normal-weight young women. *J Am Diet Assoc* 110: 280-284, 2010.
46. Tambalis KD, Panagiotakos DB, **Kavouras SA**, Kallistratos AA, Moraiti IP, Douvis SJ, Toutouzias PK, and Sidossis LS. Eleven-year prevalence trends of obesity in Greek children: first evidence that prevalence of obesity is leveling off. *Obesity* (Silver Spring) 18: 161-166, 2010.
45. Papalazarou A, Yannakoulia M, **Kavouras SA**, Komesidou V, Dimitriadis G, Papakonstantinou A, and Sidossis LS. Lifestyle Intervention Favorably Affects Weight Loss and Maintenance Following Obesity Surgery. *Obesity* (Silver Spring) 18: 1348-1353, 2010.

2009 (n=5)

44. Tsekouras YE, Magkos F, Prentzas KI, Basioukas KN, Matsama SG, Yanni AE, **Kavouras SA**, and Sidossis LS. A single bout of whole-body resistance exercise augments basal VLDL-triacylglycerol removal from plasma in healthy untrained men. *Clin Sci (Lond)* 116: 147-156, 2009.
43. Anastasiou CA, **Kavouras SA**, Arnaoutis G, Gioxari A, Kollia M, Botoula E, and Sidossis LS. Sodium replacement and plasma sodium drop during exercise in the heat when fluid intake matches fluid loss. *J Athl Train* 44: 117-123, 2009.
42. Anastasiou CA, **Kavouras SA**, Lentzas Y, Gova A, Sidossis LS, and Melidonis A. Diabetes mellitus is associated with increased intramyocellular triglyceride, but not diglyceride, content in obese humans. *Metabolism* 58: 1636-1642, 2009.
41. Maraki M, Christodoulou N, Aggelopoulou N, Magkos F, Skenderi KP, Panagiotakos D, **Kavouras SA**, and Sidossis LS. Exercise of low energy expenditure along with mild energy intake restriction acutely reduces fasting and postprandial triacylglycerolaemia in young women. *Br J Nutr* 101: 408-416, 2009.
40. Tambalis KD, Panagiotakos DB, **Kavouras SA**, and Sidossis LS. Responses of Blood Lipids to Aerobic, Resistance, and Combined Aerobic With Resistance Exercise Training: A Systematic Review of Current Evidence. *Angiology* 60: 614-632, 2009.

2008 (n=7)

39. **Kavouras SA**, Sarras SE, Tsekouras YE, and Sidossis LS. Assessment of energy expenditure in children using the RT3 accelerometer. *J Sports Sci* 26: 959-966, 2008.
38. Magkos F, Tsekouras Y, **Kavouras SA**, Mittendorfer B, and Sidossis LS. Improved insulin sensitivity after a single bout of exercise is curvilinearly related to exercise energy expenditure. *Clin Sci (Lond)* 114: 59-64, 2008.
37. Magkos F, Tsekouras YE, Prentzas KI, Basioukas KN, Matsama SG, Yanni AE, **Kavouras SA**, and Sidossis LS. Acute exercise-induced changes in basal VLDL-triglyceride kinetics leading to hypotriglyceridemia manifest more readily after resistance than endurance exercise. *J Appl Physiol* 105: 1228-1236, 2008.
36. Pitsavos C, **Kavouras SA**, Panagiotakos DB, Arapi S, Anastasiou CA, Zombolos S, Stravopodis P, Mantas Y, Kogias Y, Antonoulas A, and Stefanadis C. Physical activity

status and acute coronary syndromes survival The GREECS (Greek Study of Acute Coronary Syndromes) study. *J Am Coll Cardiol* 51: 2034-2039, 2008.

35. Terzis G, Georgiadis G, Stratakos G, Vogiatzis I, **Kavouras S**, Manta P, Mascher H, and Blomstrand E. Resistance exercise-induced increase in muscle mass correlates with p70S6 kinase phosphorylation in human subjects. *Eur J Appl Physiol* 102: 145-152, 2008.
34. Tsekouras YE, Magkos F, **Kavouras SA**, Panagiotakos DB, and Sidossis LS. Estimated liver weight is directly related to hepatic very low-density lipoprotein-triglyceride secretion rate in men. *Eur J Clin Invest* 38: 656-662, 2008.
33. Tsekouras YE, Magkos F, Kellas Y, Basioukas KN, **Kavouras SA**, and Sidossis LS. High-intensity interval aerobic training reduces hepatic very low-density lipoprotein-triglyceride secretion rate in men. *Am J Physiol Endocrinol Metab* 295: E851-858, 2008.

2007 (n=4)

32. Tsekouras TE, Yanni AE, Bougatsas D, **Kavouras SA**, and Sidossis LS. A single bout of brisk walking increases basal very low-density lipoprotein triacylglycerol clearance in young men. *Metabolism* 56: 1037-1043, 2007.
31. Magkos F, **Kavouras SA**, Yannakoulia M, Karipidou M, Sidossi S, and Sidossis LS. The bone response to non-weight-bearing exercise is sport-, site-, and sex-specific. *Clin J Sport Med* 17: 123-128, 2007.
30. Magkos F, Yannakoulia M, **Kavouras SA**, and Sidossis LS. The Type and Intensity of Exercise Have Independent and Additive Effects on Bone Mineral Density. *Int J Sports Med* 28: 773-779, 2007.
29. **Kavouras SA**, Panagiotakos DB, Pitsavos C, Chrysohoou C, Anastasiou CA, Lentzas Y, and Stefanadis C. Physical Activity, Obesity Status, and Glycemic Control: The ATTICA Study. *Med Sci Sports Exerc* 39: 606-611, 2007.

2006 (n=6)

28. Armstrong LE, Whittlesey MJ, Casa DJ, Elliott TA, **Kavouras SA**, Keith NR, and Maresh CM. No effect of 5% hypohydration on running economy of competitive runners at 23 degrees C. *Med Sci Sports Exerc* 38: 1762-1769, 2006.
27. **Kavouras SA**, Magkos F, Yannakoulia M, Perraki M, Karipidou M, Sidossis LS. Water polo is associated with an apparent redistribution of bone mass and density from the lower to the upper limbs. *Eur J Appl Physiol* 97: 316-321, 2006.
26. Skenderi KP, **Kavouras SA**, Anastasiou CA, Yiannakouris N, Matalas AL. Exertional Rhabdomyolysis during a 246-km continuous running race. *Med Sci Sports Exerc* 38:1054-1057, 2006.
25. Maresh CM, Whittlesey MJ, Armstrong LE, Yamamoto LM, Judelson DA, Fish KE, Casa DJ, **Kavouras SA**, and Castracane VD. Effect of hydration state on testosterone and cortisol responses to training-intensity exercise in collegiate runners. *Int J Sports Med* 27: 765-770, 2006.
24. Thalmann M, Sodeck GH, **Kavouras S**, Matalas A, Skenderi K, Yannikouris N, and Domanovits H. Proton pump inhibition prevents gastrointestinal bleeding in ultramarathon runners: a randomised, double blinded, placebo controlled study. *Br J Sports Med* 40: 359-362, 2006.
23. **Kavouras SA**, Armstrong LE, Maresh CM, Casa DJ, Herrera-Soto JA, Scheett TP, Stoppani J, Mack GW, and Kraemer WJ. Rehydration with glycerol: endocrine, cardiovascular, and

thermoregulatory responses during exercise in the heat. *J Appl Physiol* 100: 442-450, 2006.

2005 (n=5)

22. Nassis GP, Papantakou K, Skenderi K, Triandafillopoulou M, **Kavouras SA**, Yannakoulia M, Chrousos GP, and Sidossis LS. Aerobic exercise training improves insulin sensitivity without changes in body weight, body fat, adiponectin, and inflammatory markers in overweight and obese girls. *Metabolism* 54: 1472-1479, 2005.
21. Tsekouras YE, **Kavouras SA**, Campagna A, Kotsis YP, Syntosi SS, Papazoglou K, and Sidossis LS. The anthropometrical and physiological characteristics of elite water polo players. *Eur J Appl Physiol* 95: 35-41, 2005.
20. Pitsavos C, Panagiotakos DB, Chrysohoou C, **Kavouras S**, and Stefanadis C. The associations between physical activity, inflammation, and coagulation markers, in people with metabolic syndrome: the ATTICA study. *Eur J Cardiovasc Prev Rehabil* 12: 151-158, 2005.
19. Panagiotakos DB, Pitsavos C, Chrysohoou C, **Kavouras S**, and Stefanadis C. The associations between leisure-time physical activity and inflammatory and coagulation markers related to cardiovascular disease: the ATTICA Study. *Prev Med* 40: 432-437, 2005.
18. Magkos F and **Kavouras SA**. Caffeine use in sports, pharmacokinetics in man, and cellular mechanisms of action. *Crit Rev Food Sci Nutr* 45: 535-562, 2005.

2004 (n=4)

17. Magkos F and **Kavouras SA**. Caffeine and ephedrine: physiological, metabolic and performance-enhancing effects. *Sports Med* 34: 871-889, 2004.
16. Farajian P, **Kavouras SA**, Yannakoulia M, and Sidossis LS. Dietary intake and nutritional practices of elite Greek aquatic athletes. *Int J Sport Nutr Exerc Metab* 14: 574-585, 2004.
15. Anastasiou CA, **Kavouras SA**, Koutsari C, Georgakakis C, Skenderi K, Beer M, and Sidossis LS. Effect of maltose-containing sports drinks on exercise performance. *Int J Sport Nutr Exerc Metab* 14: 609-625, 2004.
14. **Kavouras SA**, Troup JP, and Berning JR. The influence of low versus high carbohydrate diet on a 45-min strenuous cycling exercise. *Int J Sport Nutr Exerc Metab* 14: 62-72, 2004.

2002 (n=1)

13. **Kavouras SA**. Assessing hydration status. *Curr Opin Clin Nutr Metab Care* 5: 519-524, 2002.

2001 (n=3)

12. Nagashima K, Wu J, **Kavouras SA**, and Mack GW. Increased renal tubular sodium reabsorption during exercise-induced hypervolemia in humans. *J Appl Physiol* 91: 1229-1236, 2001.
11. Maresh CM, Herrera-Soto JA, Armstrong LE, Casa DJ, **Kavouras SA**, Hacker FT, Elliott TA, Stoppani J, and Scheett TP. Perceptual responses in the heat after brief intravenous versus oral rehydration. *Med Sci Sports Exerc* 33: 1039-1045, 2001.
10. Echegaray M, Armstrong LE, Maresh CM, Riebe D, Kenefick RW, Castellani JW, **Kavouras S**, and Casa D. Blood glucose responses to carbohydrate feeding prior to exercise in the

heat: effects of hypohydration and rehydration. *Int J Sport Nutr Exerc Metab* 11: 72-83, 2001.

2000 (n=3)

9. Casa DJ, Maresh CM, Armstrong LE, **Kavouras SA**, Herrera-Soto JA, Hacker Jr FT, Scheett TP, and Stoppani J. Intravenous versus oral rehydration during a brief period: stress hormone responses to subsequent exhaustive exercise in the heat. *Int J Sport Nutr Exerc Metab* 10: 361-374, 2000.
8. Casa DJ, Maresh CM, Armstrong LE, **Kavouras SA**, Herrera JA, Hacker FT, Jr., Keith NR, and Elliott TA. Intravenous versus oral rehydration during a brief period: responses to subsequent exercise in the heat. *Med Sci Sports Exerc* 32: 124-133, 2000.
7. Kenefick RW, Maresh CM, Armstrong LE, Castellani JW, Riebe D, Echegaray ME, and **Kavorous SA**. Plasma vasopressin and aldosterone responses to oral and intravenous saline rehydration. *J Appl Physiol* 89: 2117-2122, 2000.

1998 (n=3)

6. Armstrong LE, Soto JA, Hacker FT, Jr., Casa DJ, **Kavouras SA**, and Maresh CM. Urinary indices during dehydration, exercise, and rehydration. *Int J Sport Nutr* 8: 345-355, 1998.
5. Castellani JW, Maresh CM, Armstrong LE, Kenefick RW, Riebe D, Echegaray M, **Kavouras S**, and Castracane VD. Endocrine responses during exercise-heat stress: effects of prior isotonic and hypotonic intravenous rehydration. *Eur J Appl Physiol Occup Physiol* 77: 242-248, 1998.
4. Thuot SM, **Kavouras SA**, and Kenefick RW. Effect of perceived ability, game location, and state anxiety on basketball performance. *Journal of Sport Behavior* 21: 311-321, 1998.

1997 (n=3)

3. Armstrong LE, Maresh CM, Gabaree CL, Hoffman JR, **Kavouras SA**, Kenefick RW, Castellani JA, and Ahlquist LE. Thermal and circulatory responses during exercise: Effects of hypohydration, dehydration, and water intake. *Journal of Applied Physiology* 82: 2028-2035, 1997.
2. Armstrong LE, Kenefick RW, Castellani JW, Riebe D, **Kavouras SA**, Kuznicki JT, and Maresh CM. Bioimpedance spectroscopy technique: intra-, extracellular, and total body water. *Medicine and Science in Sports and Exercise* 29: 1657-1663, 1997.
1. Maresh CM, Armstrong LE, **Kavouras SA**, Allen GJ, Casa DJ, Whittlesey M, and LaGasse KE. Physiological and psychological effects associated with high carbon dioxide levels in healthy men. *Aviation Space and Environmental Medicine* 68: 41-45, 1997.

PUBLISHED ABSTRACTS

87. Colburn AT, Johnson EC, Péronnet F, Jansen LT, Capitan-Jimenez C, Adams JD, Guelinckx I, Perrier ET, Mauromoustakos A, **Kavouras SA**. Validation and Reliability of a Water Frequency Questionnaire to Estimate Daily Water Intake in Adults. *Curr Develop in Nutrition*. 3(Suppl 1):1222, 2019
86. Suh HG, Lieberman HR, Jansen LT, Adams JD, Seal AD, Butts CL, Colburn AT, Kirkland TM, Sprong CA, Melander O, Lemetais G, Vanhaecke T, Dolci A, Perrier ET, **Kavouras SA**.

- Hypertonic Saline Infusion Acutely Degrades Mood in Healthy Volunteers. *Curr Develop in Nutrition*, 3(Suppl 1):1964, 2019
85. Seal, A., Jansen LT, Suh HG, Sprong CA, Adams JD, Butts CL, Melander O, Lemetais G, Dolci A, Vanhaeck T, Perrier ET, Kirkland TM, **Kavouras SA**. (2019). *Osmotic Stimulation of Thirst in Men and Women. Curr Develop in Nutrition*, 3(Suppl 1):1351, 2019
 84. Suh HG, Jansen LT, Sprong C, Adams JD, Butts C, Seal A, Scott D, Mellander O, Lemetais G, Dolci A, Vanhaecke T, Perrier E, Kirkland T, **Kavouras SA**. Effectiveness of Total Water Intake Guidelines in Maintaining Lowered Urine Osmolality. *The FASEB J*, 32:(Suppl 1) 597.2, 2018
 83. Jansen LT, Suh HG, Sprong C, Adams JD, Butts C, Seal A, Scott D, Mellander O, Lemetais G, Dolci A, Vanhaecke T, Perrier E, Kirkland T, **Kavouras SA**. Hypertonic saline infusion affects glycemic responses following glucose load in healthy men. *The FASEB J*, 32:(Suppl 1) 597.4, 2018
 82. Seal A, Johnson E, Péronnet F, Jansen L, Summers L, Adams JD, Perrier E, Guelinckx I, **Kavouras SA**. Effectiveness of Total Water Intake Guidelines in Maintaining Lowered Urine Osmolality. *The FASEB J*, 32:(Suppl 1) 622.2, 2018
 81. Sekiguchi Y, Adams JD, Seal A, Suh HG, Sprong C, Jansen L, **Kavouras SA**. Thirst Modulates Cycling Performance in the Heat in Dehydrated Males. *Med Sci Sports Exerc.* 49(5S):833, 2017
 80. Adams JD, Sekiguchi Y, Seal A, Suh HG, Sprong C, Jansen L, **Kavouras SA**. Dehydration Impairs Exercise Performance Independent of Thirst Perception: A Blinded Study. *Med Sci Sports Exerc.* 49(5S):833, 2017
 79. Suh H, Narcisse M, Johnson EC, Jansen LT, **Kavouras SA**. Water Intake and Hydration State is Associated with Insulin Resistance in Healthy Adults: NHANES 2009-2012. *Med Sci Sports Exerc.* 49(5S):346, 2017
 78. Seal A., Bougatsas D., Bottin J., Perrier E., Tsiouridi S., **Kavouras S**. First Morning Spot Sample Overestimates 24-Hour Urine Osmolality in Children and Adults. *Med Sci Sports Exerc.* 49(5S):319, 2017
 77. Jansen LT, Adams JD, Johnson EC, **Kavouras SA**. Effects of cellular dehydration on glucose regulation in healthy males. *The FASEB J*, 31:(Suppl 1)1014.2, 2017
 76. Suh H, **Kavouras SA**, Gharbi H, Mauromoustakos A, Vallet M, Tack I. Urine Osmolality in Urolithiasis to Estimate Calcium-Oxalate Crystallization Risk, April, 2017 *The FASEB J*, 31:(Suppl 1)1030.20, 2017
 75. Adams JD, Johnson EC, Jansen LT, Mauromoustakos A, Perrier ET, **Kavouras SA**. Assessment of Hydration State by Combining Urine Color and Void Number. *The FASEB Journal*, 31:(Suppl 1)1027.12, 2017
 74. Verginadis P, Arnaoutis G, **Kavouras SA**, Vogiatzis I, Sidossis L. Hydration Status of Elite Young Sailors during World Championship Laser 4.7. *Med Sci Sports Exerc.* 48(5 Suppl 1):745-6, 2016
 73. Johnson EC, Peronnet F, Vidal T, Adams JD, Jansen LT, Capitan-Jimenez C, **Kavouras SA**. Water Turnover, Urinary Markers of Hydration, And Mood In Men And Women. *Med Sci Sports Exerc.* 48(5 Suppl 1):423, 2016

72. Adams JD, Nixon DL, Nichols CT, **Kavouras SA**. The Validity of Urine Color Self-assessment as an Index of Hydration in Males. *Med Sci Sports Exerc.* 48(5 Suppl 1):567, 2016
71. **Kavouras SA**, Johnson EC, Adams JD, Capitan-Jimenez C, Nixon DL, Huffman A. Number of Visits to the Bathroom as an Index of Elevated Urine Osmolality. *Med Sci Sports Exerc.* 48(5 Suppl 1):569, 2016
70. **Kavouras SA**, Johnson EC, Adams JD, Jansen LT, Capitan-Jimenez C, Perrier E, Peronnét F, Guellincx I. Validity and reliability of a 7-day fluid diary to estimate average daily water intake. *The FASEB J* 30:1153.3, 2016
69. Johnson EC, Adams JD, Jansen LT, Capitan-Jimenez C, **Kavouras SA**. The Influence of Beverage Choice on Body Weight Over 4 Weeks. *The FASEB J* 30:906.11, 2016
68. Adams J, Bardis C, Johnson E, Summers L, Murray W, **Kavouras SA** Hypohydration Does Not Alter Dynamic Balance in Type II Diabetics. *The FASEB J* 29:823.821, 2015
67. Adams J, Robillard J, Capitan C, Johnson E, **Kavouras SA** Freezing Urine Samples Decreases the Values of Hydration Markers: A Methodological Study. *Med Sci Sports Exerc* 47, 2015
66. Jansen LT, Robillard J, Adams J, Johnson E, Bardis C, Summers L, Huffman A, Vidal T, Hammer M, **Kavouras SA** Fluid Balance of Adolescent Swimmers during Training *Med Sci Sports Exerc* 47, 2015
65. Bougatsas D, **Kavouras SA**, Panagiotakos D Urine Osmolality and Fluid Intake and connected with vascular atheromatosis. *The FASEB J* 29:1044.1044, 2015
64. Capitan C, Huggins R, Adams J, Tucker M, McDermott B, Ganio M, Casa D, **Kavouras SA** Validity of Urine Strips on Assessing Hypohydration. *Med Sci Sports Exerc* 47, 2015
63. Johnson EC, Bardis C, Adams J, Kirkland T, Summers L, Murray W, Robillard J, **Kavouras SA** Blood Glucose Kinetics are Related to Hydration Status in Men with Type II Diabetes Mellitus. *Med Sci Sports Exerc* 47: S183, 2015
62. Johnson EC, Cardenas V, **Kavouras SA** Water Intake and Hyperinsulinemia in a National Sample of U.S. Adults: An Analysis of NHANES Data. *The FASEB J* 29:1044.1044, 2015
61. **Kavouras SA**, Adams J, Ganio M, Gray M, McDermott B, Moyon N, Binns A, Johnson E, McKenzie A, Armstrong L: Prevalence of gastrointestinal bleeding following 160-km cycling in the heat. *Med Sci Sports Exerc* 46: S143, 2014
60. Adams JD, Ganio M, McDermott B, Bougatsas D, **Kavouras SA**: Validity of Uchek iphone application on assessing dehydration from urine samples. *Med Sci Sports Exerc* 46: S213, 2014
59. Bougatsas D, Arnaoutis G, Panagiotakos D, Perrier E, Klein A, **Kavouras SA**: Self-assessment of hydration in kids based on the urine color chart. *Med Sci Sports Exerc* 46: S214, 2014
58. **Kavouras SA**, Bougatsas D, Arnaoutis G, Tsipouridi S, Panagiotakos D: Drinking patterns in relation to hydration status in children. *The FASEB J*, 28:707.710, 2014
57. Burchfield J, Ganio M, Adams J, **Kavouras SA**: 24-hr void number as a marker of hydration status. *Med Sci Sports Exerc* 46: S374, 2014
56. Ridings C, McDermott B, Adams J, Mainer L, Ganio M, **Kavouras SA**: Effect of spacer system on exercise heat strain when wearing protective vests. *Med Sci Sports Exerc* 46: S544, 2014
55. Arnaoutis G, Bougatsas D, Panagiotakos D, Ganio M, **Kavouras SA**. Validation of Urine Color Chart in Kids. *Medicine and Science in Sports and Exercise.* 45: S287, 2013

54. Bardis C, **Kavouras SA**, Danias K, Stais G, Axioti E, Samara E, Karagiorgou L, and Sidossis L. Prescribed hydration improves cycling performance in the heat. *Medicine and Science in Sports and Exercise* 45: S57, 2013
53. Bougatsas D, **Kavouras SA**. Urine Colorimetry for Hydration Assessment. *Medicine and Science in Sports and Exercise*. 45: S288, 2013
52. **Kavouras SA**, Bardis C, Grigorakis P, Georgiou G, Yannakoulia M. High but not Low Caffeine Ingestion Augments Fluid and Electrolyte Excretion at Rest. *Medicine and Science in Sports and Exercise*. 45: S205, 2013
51. Sidossis L, **Kavouras SA**, Panagiotakos D, Tambalis KD. Modeling Endurance and Explosive Power And Strength Level Among Greek Children Aged 7 To 10-y-old. *Medicine and Science in Sports and Exercise*. 45: S559, 2013
50. Sidossis L, Bellou E, Maraki M, Bouchalaki M, Kouka M, Sklaveniti D, and **Kavouras SA**. Hypotriglyceridemic effect of high-intensity interval aerobic exercise. *Medicine and Science in Sports and Exercise* 44: S620, 2012
49. **Kavouras SA**, Bardis C, Gregorakis P, Gavrieli A, Yannakoulia M, and Sidossis L. High but not low caffeine ingestion has an acute diuretic effect at rest. *Medicine and Science in Sports and Exercise* 44: S530, 2012
48. Bardis C, **Kavouras SA**, Arnaoutis G, Markousi M, Kosti L, and Sidossis L. Mild dehydration decreases repeated hill cycling performance in the heat. *Medicine and Science in Sports and Exercise* 44: S552, 2012
47. Arnaoutis G, **Kavouras SA**, Kotsis Y, and Bardis C. Drinking according to thirst does not prevent dehydration in sub-optimally hydrated young soccer players. *Medicine and Science in Sports and Exercise* 44: S406, 2012.
46. Bardis K, **Kavouras SA**, Bellou E, Spagi AP and Sidossis LS. Mild dehydration decreases cycling performance in the heat. *Medicine & Science in Sports and Exercise* 43: S382, 2011.
45. Arnaoutis G, **Kavouras SA**, Angelopoulou A, Skoulariki C, Bimpikou S, Bardis K, Mourtakos S, and Sidossis LS. (2011) Prevalence of dehydration in Elite young athletes throughout a training day. *Medicine & Science in Sports and Exercise* 43: S336, 2011.
44. Maraki M, Kollia A, Gioxari A, Sidossis LS, and **Kavouras SA**. Development, reliability and validity of the Athens Physical Activity Questionnaire. *Clin Nutr Suppl* 5: 80, 2010.
43. Maraki M, Aggelopoulou N, Christodoulou N, Katsarou C, **Kavouras SA**, and Sidossis LS. Validity of abbreviated oral fat tolerance tests for assessing postprandial lipemia. *Clin Nutr Suppl* 5: 108, 2010.
42. Tambalis KD, **Kavouras SA**, and Sidossis LS. Secular trend (1997-2007) of physical fitness tests performances in all Greek children 8-9 y old. *Medicine & Science in Sports and Exercise* 42: S38, 2010.
41. Bardis K, **Kavouras SA**, Gavrieli A, and Yannakoulia M. Effects of caffeine ingestion on fluid balance at rest. *Medicine & Science in Sports and Exercise* 42: S173, 2010.
40. Arnaoutis G, Christaki I, Bardis K, Labros SS, and **Kavouras SA**. Small amount of water ingestion but not mouth rinse improves exercise performance in dehydrated athletes. *Medicine & Science in Sports and Exercise* 42: S83, 2010.
39. Sidossis LS, Maraki M, Aggelopoulou N, Christodoulou N, Anastasiou CA, Toutouza M, Panagiotakos D, and **Kavouras SA**. Lifestyle intervention leading to moderate weight loss

- normalizes postprandial triacylglycerolemia despite persisting obesity. *Clin Nutr Suppl* 4: 172, 2009.
38. Maraki M, Christodoulou N, Aggelopoulou N, Magkos F, Panagiotakos D, Skenderi K, **Kavouras SA**, and Sidossis LS. One day of moderate energy deficit significantly reduces fasting and postprandial triacylglycerolemia in women: the role of calorie restriction and exercise. *Clin Nutr Suppl* 4: 62, 2009.
 37. Arnaoutis G, Anastasiou C, Stamatelopoulos K, Lykka M, Stratakis N, Papamichael C, Sidossis LS, and **Kavouras SA**. The effect of moderate dehydration on endothelial function. *Medicine & Science in Sports and Exercise* 41: S114, 2009.
 36. Sidossis LS, Maraki M, Christodoulou N, Aggelopoulou N, Panagiotakos D, **Kavouras SA**, and Toutouzas P. Effects of 10% weight loss induced by moderate restriction in carbohydrate and saturated fat intake on postprandial triacylglycerolemia. *Int J Obes (Lond)* 32 Suppl 1: S133, 2008.
 35. Maraki M, Christodoulou N, Aggelopoulou N, Magkos F, Skenderi KP, Panagiotakos D, **Kavouras SA**, and Sidossis LS. Exercise of low energy expenditure along with mild calorie restriction acutely reduces postprandial triacylglycerolemia in young women. *Int J Obes (Lond)* 32 Suppl 1: S147, 2008.
 34. **Kavouras SA**, Makrillos M, Gararouni C, Nikolaou E, Ellinikaki E, Chira O, Arnaoutis G, and Sidossis LS. Improving hydration status enhances endurance exercise in children. *Medicine & Science in Sports and Exercise* 55: S74, 2008.
 33. Echegaray M, **Kavouras SA**, Anastasiou C, and Sidossis LS. No Evidence of Association Between the PPAR α +294T/C Polymorphism and Endurance Running Performance. *Medicine & Science in Sports and Exercise* 39: S280, 2007.
 32. **Kavouras SA**, Anastasiou CA, Dimitroulis E, Echegaray M, Papamichalopoulou D, and Sidossis LS. Exertional Hyponatremia in Relation to Fluid and Electrolyte Intake during a Marathon. *Medicine & Science in Sports and Exercise* 39: S101, 2007.
 31. Kotsis YP, **Kavouras SA**, Tsekouras YE, Pidoulas GP, Sotiropoulos A, Makrillos MG, and Sidossis LS. Prevalence of Dehydration in Young Soccer Players During a Summer Soccer Camp. *Medicine & Science in Sports and Exercise* 39: S49, 2007.
 30. Tsekouras YE, Prentzas KI, Mpasioukas KN, Matsama SG, **Kavouras SA**, and Sidossis LS. One Bout of Isokinetic Resistance Exercise Increases Basal VLDL-TG Clearance in Healthy Males. *Medicine & Science in Sports and Exercise* 39: S465, 2007.
 29. Anastasiou CA, **Kavouras SA**, Rapti G, Pyrigianni V, Yannakoulia M, and Sidossis LS. Increased body fat diminishes insulin sensitivity in young, non-obese, healthy, women. *Medicine and Science in Sports and Exercise* 38: S463, 2006.
 28. Echegaray M, **Kavouras SA**, Anastasiou CA, and Sidossis LS. Lipoprotein lipase PvuII polymorphism is associated with endurance running performance. *Medicine and Science in Sports and Exercise* 38: S48, 2006.
 27. **Kavouras SA**, Arnaoutis G, Gioxari A, Kollia M, Anastasiou CA, and Sidossis LS. Sodium intake during prolonged exercise in the heat may prevent hyponatremia. *Medicine and Science in Sports and Exercise* 38: S217, 2006.
 26. **Kavouras SA**, Panagiotakos DB, Pitsavos C, Chrysohoou C, Anastasiou CA, Lentzas Y, and Stefanadis C. Physical activity status in relation to glycemic control: The Attica Study. *Diabetes* 55: A540, 2006.
 25. Tsekouras Y, Bougatsas D, Yanni AE, **Kavouras SA**, and Sidossis LS. A single bout of exercise increases VLDL-TG clearance. *Medicine and Science in Sports and Exercise* 38: S484, 2006.

24. Skenderi KP, Lazaropoulou C, Anastasiou CA, Tsironi M, **Kavouras SA**, Matalas LA, Tsekouras Y, and Papassotiriou I. Effects of ultraendurance and continue exercise on oxidative stress and antioxidant capacity. *Medicine and Science in Sports and Exercise* 37: S106-107, 2005.
23. Skenderi KP, Anastasiou CA, Tsironi M, Papassotiriou I, **Kavouras SA**, and Matalas LA. Immune and inflammatory responses to a 246 km ultraendurance running race. *Medicine and Science in Sports and Exercise* 36: S255, 2004.
22. **Kavouras SA**, Anastasiou CA, Skenderi KP, Tsekouras Y, Echegaray M, and Matalas LA. Fluid and electrolyte balance in ultra-endurance running. *Medicine and Science in Sports and Exercise* 36: S180, 2004.
21. Margeli A, Skenderi K, Tsironi M, Hatzi E, Matalas A, **Kavouras S**, Driva M, and Papassotiriou I. The effect of acute inflammation on lipid profile of runners participating in ultra distance foot race of 246 km "Spartathlon". *Clin Chem Lab Med* 41: S276, 2003.
20. Skenderi KP, **Kavouras SA**, Anastasiou CA, Yiannakouris N, Yannakoulia M, and Matalas LA. Skeletal muscle and hepatic enzyme responses to a 246 km continuous foot race. *Medicine and Science in Sports and Exercise* 35, 2003.
19. **Kavouras SA**, Anastasiou CA, Yiannakouris N, Skenderi KP, Andriotis G, Armstrong LE, and Matalas LA. Incidence of hyponatremia after a 246 km continuous foot race. *Medicine and Science in Sports and Exercise* 35: S246, 2003.
18. Karipidou M, Yannakoulia M, **Kavouras SA**, Anastasiou CA, Georgakakis C, and Sidossis LS. Water polo, unlike swimming, confers osteogenic effect in women. *Acta Diabetologica* 39: 180, 2002.
17. **Kavouras SA**, Anastasiou CA, Koutsari K, Georgakakis C, Skenderi C, Beer M, and Sidossis LS. Effect of maltose containing sports drinks on exercise performance. *The FASEB Journal* 16: A630, 2002.
16. Casa DJ, **Kavouras SA**, Herrera JA, Hacker FT, Scheett TP, Stoppani J, Armstrong LE, and Maresh CM. Intravenous versus oral rehydration during a brief period: Stress hormone responses to subsequent exhaustive exercise in the heat. *Medicine and Science in Sports and Exercise* 31: S332, 1999.
15. **Kavouras SA**, Wu J, Wemple RD, Nadel ER, and Mack GW. Plasma volume modulates the osmotically stimulated thirst in humans. *The FASEB Journal* 13: A708, 1999.
14. Casa DJ, Maresh CM, Armstrong LE, **Kavouras SA**, Herrera Soto JA, Keith NR, Elliott TA, and Hacker FTJ. Intravenous versus oral rehydration during a brief period: Heat illness symptoms responses to subsequent exercise in the heat. *Journal of Athletic Training* 33: S-36, 1998.
13. Whittlesey MJ, Armstrong LE, Maresh CM, Elliott TA, Casa DJ, and **Kavouras SA**. The effect of hypohydration on running economy in a mild (23°C) environment. *Medicine and Science in Sports and Exercise* 30: S285, 1998.
12. Herrera J, Maresh CM, Armstrong LE, Casa D, **Kavouras S**, Stoppani J, and Hacker FT. Perceptual responses to exercise in the heat following rapid oral and intravenous rehydration. *Medicine and Science in Sports and Exercise* 30: S6, 1998.
11. Casa DJ, Maresh CM, Armstrong LE, **Kavouras SA**, Herrera Soto JA, Keith NR, Elliott TA, and Hacker FTJ. Intravenous versus oral rehydration during a brief period: Responses to subsequent exercise in the heat. *Medicine and Science in Sports and Exercise* 30: S332, 1998.
10. Hacker FTJ, **Kavouras SA**, Herrera JA, Casa DJ, Armstrong LE, Scheett TP, Bilodeau TN, and Maresh CM. Effects of glycerol rehydration on whole body fluid balance and indices of kidney function. *Medicine and Science in Sports and Exercise* 30: S332, 1998.

9. Ekkekakis P, **Kavouras SA**, Casa DJ, Herrera JA, Armstrong LE, and Maresh CM. Affective modulation of HPA axis activation in response to exhaustive exercise. *Medicine and Science in Sports and Exercise* 30: S119, 1998.
8. **Kavouras SA**, Casa DJ, Herrera JA, Hacker FTJ, Scheett TP, Armstrong LE, and Maresh CM. Rehydration with glycerol: endocrine, cardiovascular, and thermoregulatory effects during exercise in 37°C. *Medicine and Science in Sports and Exercise* 30: S332, 1998.
7. Nagashima K, Nadel ER, Wu J, Wemple RD, **Kavouras SA**, and Mack GW. Bolus saline infusion induces extracellular fluid-protein redistribution in the upright posture. *The FASEB Journal* 12: A125, 1998.
6. **Kavouras SA**, Nagashima K, Wu J, Wemple RD, Nadel ER, and Mack GW. Renal sodium handling after exercise induced plasma volume expansion. *The FASEB Journal* 12: A1117, 1998.
5. Armstrong LE, Kenefick RW, Castellani JW, **Kavouras SA**, and Maresh CM. Bioimpedance spectroscopy measurements of intracellular, extracellular, and total body water. *Medicine and Science in Sports and Exercise* 29: S56, 1997.
4. Kenefick RW, Armstrong LE, Maresh CM, Castellani JW, Riebe D, Echegaray M, Whittlesey M, **Kavouras S**, Casa D, and LaGasse K. Comparison of body water compartments: multiple frequency bioelectrical-impedance versus D₂O and NaBr dilutional techniques. *Medicine and Science in Sports and Exercise* 26: S118, 1995.
3. **Kavouras SA**, Berning JR, Ratliff K, Hackbarth PH, and Troup JP. Effect of high carbohydrate and high fat diet prior to 45 minutes of intense cycling exercise. *Medicine and Science in Sports and Exercise* 26: S9, 1994.
2. Trappe TA, **Kavouras SA**, and Troup JP. The effects of varying work to rest ratio on energy system contribution during interval swimming training at 100% VO₂max. *Medicine and Science in Sports and Exercise* 25: S93, 1993.
1. **Kavouras SA**, Barzdukas AP, and Troup JP. Growth and developmental characteristics of elite age group swimmers. *Medicine and Science in Sports and Exercise* 25: S122, 1993.

BOOK CHAPTERS & MONOGRAPHS

12. Sekiguchi Y, **Kavouras SA**, Yeargin SW, Ng JTW, Calbrese PS. Hydration and Heat Strategies in Soccer. In: Curtis R, Benjamin C, Huggins R, and Casa DJ, editors. *Elite Soccer Players: Maximizing Performance and Safety*. New York, Routledge; 2019. pp. 327-354.
11. Seal AD, Suh H, Jansen LT, Summers LG, **Kavouras SA**. Hydration and Health. In: Pounis G, editor. *Analysis in Nutrition Research*. London: Elsevier Inc; 2018. pp. 299–319.
10. Ganio MS, Armstrong LE, **Kavouras SA**. Hydration. Chapter 6. In: Casa, DJ, Stearns RL. *Sport and Physical Activity in the Heat: Maximizing Performance and Safety*. New York, NY: Springer Nature. 2018.
9. **Kavouras SA**. Sodium Balance during Exercise and Hyponatremia. In: *Fluid Balance Hydration and Athletic Performance*. Meyer F, Szygula Z, Wilk B, eds. Boca Raton, FL: CRC Press; 2015:23-29
8. Casa DJ, Armstrong LE, Ganio MS, **Kavouras SA**, Stearns RS, and Wingo JE. Hydration for High-level Athletes. In: *Nutrition for Elite Athletes*. Eds. E. Rawson, S. Volpe, Boca Raton, FL: CRC Press, 2015, 249-272
7. Adams JD and **Kavouras SA**. Water vs. Sports Drink: Exercise performance, heat illness, and hyponatremia. Quick Questions. In: *Heat-Related Illness and Hydration: Expert Advice in*

- Sports Medicine*. Eds. R. M. Lopez, E. L. Sauer, Thorofare, NJ: Slack Incorporated, 2015, 195-198
6. Johnson EC and **Kavouras SA**. Is it possible to be well hydrated and still experience exertion heat illness? In: *Heat-Related Illness and Hydration: Expert Advice in Sports Medicine*. Eds. R. M. Lopez, E. L. Sauer, Thorofare, NJ: Slack Incorporated, 2015, 209-213
 5. Magkos F and **Kavouras SA**. Caffeine. In: *Nutritional ergogenic aids*, edited by Wolinsky IW and Driskell JA. Boca Raton, FL: CRC Press, 2004, p. 275-323.
 4. Ekkekakis P, **Kavouras SA**, Casa DJ, Herrera JA, Armstrong LE, Maresh CM, and Petruzzello SJ. Affective responses to a bout of exhaustive exercise in the heat in dehydrated and rehydrated states: in search for physiological correlates. In: *Innovations in Sport Psychology: linking theory and practice*, edited by Lidor R and Bar-Eli M. Netanya, Israel, p. 253-255, 1997.
 3. **Kavouras SA** and Troup JP. Growth and developmental changes in selected characteristics of elite age group swimmers. In: *Biomechanics and Medicine in Swimming VII*, edited by Troup JP, Hollander AP, Strass D, Trappe SW, Cappaert JM and Trappe TA. New York: SPAN, p. 234-240, 1996.
 2. **Kavouras SA**. *Developmental stages of competitive swimmers*. Colorado Springs, CO: United States Swimming Press, p. 1-132, 1992.
 1. **Kavouras SA**. Developmental stages of the age group swimmers. In: *International Center for Aquatic Research Annual 1991-92. Studies by the International Center for Aquatic Research*, edited by Troup JP. Colorado Spring, CO: United States Swimming Press, p. 3-16, 1992.

DISSERTATION/THESIS

- **Kavouras, S.A.** 1997. Fluid Regulating Factors during Rehydration with Glycerol: Effect on Subsequent Exercise Performance in a Hot (36 °C) Environment. Doctoral Dissertation, Department of Kinesiology, University of Connecticut, USA.
- **Kavouras, S.A.** 1993. Muscle Glycogen Concentration Effects on Utilization and Resynthesis Rate in Cyclists. Masters' Thesis, Department of Biology, University of Colorado at Colorado Springs, USA.

INVITED LECTURES

2021 (n=7)

96. **Kavouras SA**. Hydration and Health. 16th Greek National Conference of Nutrition & Dietetics. (Greece online) 12/2021
95. **Kavouras SA**. The impact of water intake on health and metabolism. Portuguese Nutrition Conference In recognition of the World Food Day. (Portugal online) 10/2021
94. **Kavouras SA**. Nutrition and Hydration for Performance Recovery. ROTC ASU. 8/2021
93. **Kavouras SA**. Fluid and Electrolyte Needs during Exercise. International Olympic Committee's Sports Nutrition Certificate. (online) 6/2021

92. **Kavouras SA.** TO DRINK OR NOT TO DRINK: A drop of Knowledge in an Ocean of Opinions. Annual Conference American College of Sports Medicine 2021 Presidential Lecture. (online) 6/2021
91. **Kavouras SA.** Hydration and Implications on Glucose Regulation. Arizona Association for Nutrition and Dietetics (online) 2/2021
90. **Kavouras SA.** The Impact of Hydration on Performance and Beyond. Penn State University. Noll Lecture (online) 1/2021

2020 (n=6)

90. **Kavouras SA.** Optimal Hydration for Swimming Performance. World Fin-Swimming Coaches Conference (Greece – online) 11/2020
89. **Kavouras SA.** Hydration for Good Life. ASU OLLI Lecture (online) 11/2020
88. **Kavouras SA.** Optimal Hydration for Aging and Immunity. International Online course by the Indonesian Wellness Academy, 5/2020.
87. **Kavouras SA.** The impact of water intake on health and well-being, American Chiropractic Association Rehabilitation Council Annual Educational Symposium. Tempe, AZ, 3/2020.
86. **Kavouras SA.** Well-being and Sports. ASU Global Sport Institute, Phoenix, AZ, 2/2020. (cancelled due to COVID)
85. **Kavouras SA.** Water intake beyond Hydration: Implications on Glucose Regulation. National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, Ground rounds. Phoenix, AZ, 1/2020.

2019 (n=8)

84. **Kavouras SA.** Hydration assessment. HEATT Innovation Technology Summit. Storrs, CT, 10/2019
83. **Kavouras SA.** Hydration assessment. Masters Class. Faculty of Medicine, University of Indonesia. Jakarta, Indonesia, 08/2019
82. **Kavouras SA.** Water metabolism. Master Class. Faculty of Medicine, University of Indonesia. Jakarta, Indonesia, 08/2019.
81. **Kavouras SA.** Hydration for health & performance. Indonesian Hydration Working Group. Jakarta, Indonesia, 08/2019.
80. **Kavouras SA.** Measuring hydration in daily life. 13th Asian Congress of Nutrition, Bali, Indonesia, 08/2019
79. **Kavouras SA.** Water the emerging nutrient. Hydration for Health Academy. Evian, France, 05/2019.
78. **Kavouras SA.** Hydration planning during exercise. Far West Regional conference for the National Athletic Training Association. San Diego, CA, 04/2019
77. **Kavouras SA.** Hydration: A drop of information in the ocean of opinions. University of Wyoming, Laramie, WY, 3/2019

2018 (n=5)

76. **Kavouras SA.** Ten years of science of hydration. IMERI Conference. Faculty of Medicine, University of Indonesia. Jakarta, Indonesia, 11/2018.

75. **Kavouras SA.** Hydration assessment. Masters Class. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 11/2018.
74. **Kavouras SA.** Water metabolism. Master Class. Faculty of Medicine, University of Indonesia. Jakarta, Indonesia, 11/2018.
73. **Kavouras SA.** Fluid intake in children. Indonesian Hydration Working Group. Jakarta, Indonesia, 11/2018.
72. **Kavouras SA.** Water metabolism. Hydration for Health Academy. Evian, France, 2018.

2017 (n=8)

71. **Kavouras SA.** Kid's Fluid Intake Patterns. IMERI Conference. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 11/2017.
70. **Kavouras SA.** Hydration assessment. Masters Class. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 11/2017.
69. **Kavouras SA.** Water metabolism. Master Class. Faculty of Medicine, University of Indonesia. Jakarta, Indonesia, 11/2017.
68. **Kavouras SA.** Publishing a Research Study – From the Idea to the Paper. Indonesian Hydration Working Group. Jakarta, Indonesia, 11/2017.
67. **Kavouras SA.** Water the forgotten nutrient and its health implications. International Congress of Nutrition, Buenos Aires, Argentina, 10/2017.
66. **Kavouras SA.** Water metabolism and Hydration Assessment. Hydration for Health Academy. Evian, France, 2017.
65. **Kavouras SA.** The effect of water intake on health, beyond hydration. Public Health Ground rounds. Peking University, Beijing, China, 5/2017.
64. **Kavouras SA.** Measuring Hydration with specific focus on sensitive target (kids). 13th Chinese Congress of Nutrition. Beijing, China, 5/2017.

2016 (n=10)

63. **Kavouras SA.** Water intake and health implications in older adults. Pepper Center Seminar. Reynolds Aging Institute, University of Arkansas for Medical Sciences, Little Rock, AR, 2016.
62. **Kavouras SA.** Hydration and glucose regulation: Is vasopressin the culprit? Endocrinology Ground rounds. University of Arkansas for Medical Sciences, Little Rock, AR, 2016.
61. **Kavouras SA.** Water metabolism and Hydration Assessment. Hydration for Health Academy. Evian, France, 2016.
60. **Kavouras SA.** Do you ever talk about hydration? Hydration Basics & Assessment. European Association for the Study of Obesity (EASO) Summer Workshop: "Train the Trainer", Geneva, Switzerland 2016.
59. **Kavouras SA.** Water and electrolyte balance during exercise in a hot environment. Indonesian Sports Medicine Association. Jakarta, Indonesia, 2016.
58. **Kavouras SA.** Publishing a Research Study in an International Journal: insights from the editor's office. Methodology class on the Indonesian Hydration Working Group. Jakarta, Indonesia, 2016.

57. **Kavouras SA.** Hydration assessment. Masters Class. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 2016.
56. **Kavouras SA.** Water metabolism. Master & Doctorate Class. Faculty of Medicine, University of Indonesia. Jakarta, Indonesia, 2016.
55. **Kavouras SA.** Hydration in Children. 1st Indonesian Hydration for Health Conference. Jakarta, Indonesia, 2016.
54. **Kavouras SA.** How to measure hydration: the role of biomarkers. 1st Indonesian Hydration for Health Conference. Jakarta, Indonesia, 2016.

2015 (n=6)

53. **Kavouras SA.** Assessing Hydration in Children. 17th Latin American Congress in Nutrition. Punta Cana, Dominican Republic, 11/2015
52. **Kavouras SA.** Hydration, Health and Exercise Performance. Arkansas AHPERD convention. Eureka Springs, AR, 11/2015
51. **Kavouras SA.** Educational Programs on Hydration in Children. 12th National Congress of Nutrition. Beijing, China, 5/2015.
50. **Kavouras SA.** Assessing Hydration in Children: from physiology to practical tools. 12th National Congress of Nutrition. Beijing, China, 5/2015.
49. **Kavouras SA.** Assessing Hydration in Adults and Children. Asian Congress of Nutrition. Yokohama, Japan, 5/2015.
48. **Kavouras SA.** Assessing Hydration in Children. European Congress of Obesity, Prague, Czech Republic, 5/2015.

2014 (n=9)

47. **Kavouras SA.** From the Idea to the Published Paper. Methodology class on the Indonesian Hydration Working Group. Jakarta, Indonesia, 2014.
46. **Kavouras SA.** Hydration assessment. Masters Class. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 2014.
45. **Kavouras SA.** Water metabolism. Master & Doctorate Class. *Faculty of Medicine, University of Indonesia.* Jakarta, Indonesia, 2014.
44. **Kavouras SA.** Myths and Best Practiced on Hydration during Exercise. Indonesian Sports Medicine Association. Jakarta, Indonesia, 2014.
43. **Kavouras SA.** Healthy Hydration in Kids. Roundtable discussion with the Indonesian Ministry of Health and Education. Jakarta, Indonesia, 2014.
42. **Kavouras SA.** Hydration and Exercise Performance. Central States Annual Regional Conference of the *American College of Sports Medicine*, Overland Park, KS, 2014.
41. **Kavouras SA.** Beating the heat with hydration: the physiological significance of drinking during exercise. Physiology and Pharmacology of Temperature Regulation. Skukuza, South Africa, 2014.
40. **Kavouras SA.** Assessing Hydration in Children. *Hydration for Health 2014.* Evian, France, 2014.

39. **Kavouras SA.** The effect of mild hypohydration in endurance exercise performance. Symposium Chair & Speaker. National ACSM Conference, Orlando, FL, 2014

2013 (n=7)

38. **Kavouras SA.** Physiological changes of dehydration: Why athletes do not drink enough. Mid-Atlantic Annual Regional Conference of the *American College of Sports Medicine*, Harrisburg, PA, 2013.
37. **Kavouras SA.** The importance of water in dietary guidelines. *National Nutrition Conference*. Yogyakarta, Indonesia, 2013.
36. **Kavouras SA.** Publishing and presenting scientific papers. Methodology class on the Indonesian Hydration Working Group. Jakarta, Indonesia, 2013.
35. **Kavouras SA.** Hydration assessment. Masters Class. *Faculty of Medicine, University of Indonesia*. Jakarta, Indonesia, 2013.
34. **Kavouras SA.** Water metabolism. Master & Doctorate Class. *Faculty of Medicine, University of Indonesia*. Jakarta, Indonesia, 2013.
33. **Kavouras SA.** European health claims: water intake is essential for the maintenance of normal physical function and thermoregulation - a scientific review. International Congress of Nutrition. Granada, Spain, 2013
32. **Kavouras SA.** Scientific evidence on the maintenance of hydration status. Symposium on Chinese Water Adequate Intake. Hangzhou, China, 2013.

2012 (n=9)

31. **Kavouras SA.** Metabolism stimulation through dietary manipulation. *FINA World Sports Medicine Conference*. Istanbul, Turkey, 2012.
30. **Kavouras SA.** Debate: This House believes that nutritional supplementation is essential for sporting success. *FINA World Sports Medicine Conference*. Istanbul, Turkey, 2012.
29. **Kavouras SA.** Consequences for assessing the hydration state, setting water adequate intakes and identifying at risk groups. *ILSI Europe*. Brussels, Belgium, 2012.
28. **Kavouras SA.** Water: The most important nutrient. *National Nutrition Conference*. Yogyakarta, Indonesia, 2012.
27. **Kavouras SA.** Hydration assessment techniques. Masters Class. *Faculty of Medicine, University of Indonesia*. Jakarta, Indonesia, 2012.
26. **Kavouras SA.** Water metabolism and hydration assessment. *Indonesian Hydration Working Group - Inauguration Conference*. Jakarta, Indonesia, 2012.
25. **Kavouras SA.** New experimental data on thirst. *Hydration for Health 2012*. Evian, France, 2012.
24. **Kavouras SA.** Water metabolism & hydration assessment. Iranian Nutrition Society 50th conference. Tehran, Iran, 2012.
23. **Kavouras SA.** Assessing hydration: from science to practice. European Congress of Obesity, Lyon, France, 2012.

2011 (n=5)

22. **Kavouras SA.** Water metabolism & hydration. Chinese CDC Hydration conference, Beijing, China, 2011.
21. **Kavouras SA.** Hydration and water metabolism. Cellular hydration conference. Tübingen, Germany, 2011.
20. **Kavouras SA.** Recent advances and concerns in body fluid replenishment. *International Congress of Environmental Ergonomics*, Nafplio, Greece, 2011.
19. **Kavouras SA.** Improving Hydration in Active Youth. *Hydration for Health 2011*, Evian, France, 2011.
18. **Kavouras, S. A.** (2011) Water and sodium balance during exercise. Can we trust thirst? *In Sports & Performance Nutrition 2011*, Amsterdam, The Netherlands, 2011.

2010 (n=2)

17. **Kavouras SA.** The effect of hydration in exercise performance in hot and humid environment. *Philippine Sports Science Congress*, Manila, Philippines, 2010.
16. **Kavouras SA.** The effect of hydration in preventing heat injuries. Physiology and metabolism of water. *Philippine Sports Science Congress*, Manila, Philippines, 2010.

1994-2009 (n=15)

15. **Kavouras SA.** Physiology and metabolism of water. *Hydration for Health 2009*, Paris, France, 2009.
14. **Kavouras SA.** Nutritional needs for elite basketball players. International Basketball Federation (FIBA) Summer School, Crete, Greece, 2008.
13. **Kavouras SA.** Assessing Hydration Status. *Danone Hydration Day 2007*, Paris, France, 2007.
12. **Kavouras SA.** Strategies to enhance performance in the heat. *Sports Science Conference for the Asian Games*, Doha, Qatar, 2006.
11. **Kavouras SA.** Nutrition and swimming performance: insights from evaluation and intervention programs. *Swimming Coaches European Seminar*, Madrid, Spain, 2004.
10. **Kavouras SA.** Ergogenic aids and swimming performance: Food for the body or food for thought. *Swimming Coaches European Seminar*, Madrid, Spain, 2004.
9. **Kavouras SA.** Performance testing for elite swimmers. *7th Annual Congress of the European College of Sports Science*, Athens, Greece, 24-28/7/2003.
8. **Kavouras SA.** Physiological testing for elite swimmers and water polo players. *World Swimming Coaches Seminar*, Barcelona, Spain, 2003.
7. **Kavouras SA.** The role of glycerol in fluid balance and exercise performance. *New England Chapter of the American College of Sports Medicine*, Providence, RI, USA, 1998.
6. **Kavouras, S. A.** Ergogenics: Shortcuts to success in sports. *Quinipiac College, Physical Therapy Department*, New Haven, CT, December 1998.
5. **Kavouras, S. A.** Exercise in a hot environment: how to avoid heat injuries and

- increase performance. *Southern Connecticut State University, New Haven, CT, November, 1998.*
4. **Kavouras SA.** Fluid volume regulation during exercise. *New York City Marathon Sports Experience, New York City, 1997.*
 3. **Kavouras SA.** High and Dry: Reducing the risk of high body temperature and dehydration during exercise. *New England Chapter of the American College of Sports Medicine, Boxborough, MA, USA, 1995.*
 2. **Kavouras, S. A.** Youth Development. *US Swimming, Major City Coaching Clinic. Mystic, CT, April 1995.*
 1. **Kavouras, S. A.** and J. Wood. Developing the age group swimmer. *VII International Symposium on Biomechanics and Medicine in Swimming. Atlanta, GA: 1994.*

PRESENTATIONS IN CONFERENCES *not including published abstracts or invited lectures*

23. **Kavouras SA.** Does mild dehydration impair performance? Annual National Conference of the American College of Sports Medicine. Orlando, FL, 05/2019
22. **Kavouras SA.** Hydration considerations during intense exercise in the heat. *Annual Meeting of the American College of Sports Medicine, Denver, CO, USA, 2017.*
21. **Kavouras SA.** Hydration & Glucose Regulation? Central States Annual Regional Conference of the *American College of Sports Medicine, Fayetteville, AR, USA, 2016.*
20. **Kavouras SA.** Can thirst maintain fluid balance during exercise? *Annual Meeting of the American College of Sports Medicine, San Diego, CA, USA, 2015.*
19. **Kavouras SA.** The effect of mild hypohydration in exercise performance? *Annual Meeting of the American College of Sports Medicine, Orlando, FL, USA, 2014.*
18. **Kavouras SA.** Hydration and exercise performance. Central States Annual Regional Conference of the *American College of Sports Medicine, Warrensburg, MO, USA, 2013.*
17. **Kavouras SA.** Thermoregulation during sports: are youth in disadvantage? *Annual Meeting of the American College of Sports Medicine, San Francisco, CA, USA, 2012.*
16. **Kavouras SA.** Glycerol. *2007 Annual Meeting of the American College of Sports Medicine, New Orleans, LA, USA, 2007.*
15. **Kavouras S.** Fluid and electrolyte needs during ultra-endurance events: the Spartathlon experience. *2005 Annual Meeting of the American College of Sports Medicine, Nashville, TN, USA, 2005.*
14. Lentzas I, Panagiotakos DB, Pitsavos C, Chrisohoou S, **Kavouras S**, Mariolis A, and Stephanadis C. Association between physical activity-inflammatory-thrombotic markers. *11th Conference of the European Society of General Practics and Family Medicine, Kos Island, Greece, 2005.*
13. **Kavouras SA.** Hyponatremia: a real threat or the worst-case scenario? *2004 Pre-Olympic Conference, Thessaloniki, Greece, 6-11/8/2004.*
12. Skenderi KP, Tsironi M, Premetis E, Hatzi E, Matalas AL, **Kavouras SA**, Stamoulakatou A, and Papisotiriou I. Effect of low intensity and continue exercise on inflammatory response and erythropoiesis. *5th International Conference on Nutrition and Fitness, Athens, Greece, 9-12/6/2004.*

11. Makrillos M, Dedoussis G, Louizou E, **Kavouras SA**, Matalas AL, and Yannakouris N. Interleukin-6 gene -174G/C polymorphism among ultra-endurance runners and association with performance. *5th International Conference on Nutrition and Fitness*, Athens, Greece, 9-12/6/2004.
10. Anastasiou CA, **Kavouras SA**, Yannakouris N, Skenderi KP, Tsekouras Y, and Matalas AL. Hyponatremia: a common phenomenon during ultra endurance exercise. *5th International Conference on Nutrition and Fitness*, Athens, Greece, 9-12/6/2004.
9. Echegaray M, **Kavouras SA**, Skenderi KP, Matalas AL, Tsekouras Y, and Rivera MA. ACE I/D polymorphism in ultra-endurance runners. *VIIIth IOC Olympic World Congress on Sport Sciences*, Athens, Greece, 7-11/10/2003.
8. Karipidou M, Yannakoulia M, **Kavouras SA**, Anastasiou CA, Georgakakis C, Niakaris C, and Sidossis LS. Effect of type of activity on total bone mineral density. *7th Annual Congress of the European College of Sports Science*, Athens, Greece, 24-28/7/2002.
7. Farajian P, **Kavouras SA**, Yannakoulia M, Anastasiou CA, Georgakakis C, and Sidossis LS. Dietary intake and nutritional practices of elite Greek athletes of aquatic sports. *7th Annual Congress of the European College of Sports Science*, Athens, Greece, 24-28/7/2002.
6. **Kavouras, SA** and J. P. Troup. The profile of the olympic swimmer. *XIth FINA World Swimming Sports Medicine Congress*. Athens, Greece, 1995.
5. **Kavouras, SA**, J. P. Troup, and J. Wood. US swimming age group development program: methods, results, and practical considerations. *XIth FINA World Swimming Sports Medicine Congress*. Athens, Greece, 1995.
4. **Kavouras, SA**. Metabolic monitoring of swimming training. *XIth FINA World Swimming Sports Medicine Congress*. Athens, Greece, 1995.
3. **Kavouras, SA**, L. E. Armstrong, C. M. Maresh, L. Alquist, C. L. V. Gabaree, J. R. Hoffman, and M. F. Bergeron. Body temperature measurements in different hydration states. *New England American College of Sports Medicine*. Boxborough, MA, USA, 1994.
2. Kenefick, R. W., L. E. Armstrong, C. M. Maresh, J. W. Castellani, D. Riebe, M. Echegaray, M. Whittlesey, **S. Kavouras**, D. Casa, and K. LaGasse. Comparison of body water compartments: multiple frequency bioelectrical-impedance versus D₂O and NaBr dilutional techniques. *New England American College of Sports Medicine*. Boxborough, MA, USA, 1994.
1. Castellani, J. W., R. W. Kenefick, D. Riebe, M. Whittlesey, M. Echegaray, K. LaGasse, **S Kavouras**, D. Casa, L. E. Armstrong, and C. M. Maresh. Uniformed and non-uniformed males during interval running in the heat: a preliminary study of physiological and subjective responses. *New England American College of Sports Medicine*. Boxborough, MA, USA, 1994.

PODCASTS

The Fitcast • October 2021

Hydration & Performance in Greek with Stavros Kavouras
<https://www.youtube.com/watch?v=OOGtMfVEQHg>

Koop Cast Ultra Training Banter • June 2020

Hydration for Ultramarathons with Stavros Kavouras

<https://www.youtube.com/watch?v=Vx8bdx1kt7A&t=4s>

Inside Science • September 2019

Most adults don't drink enough water

https://www.youtube.com/watch?time_continue=2&v=1LjOrAG4jwU

Holistic Matters • February 2019

Hydration is Key for Both Exercise Performance and General Well-being

<https://wholisticmatters.com/hydration-is-key-for-both-exercise-performance-and-general-well-being/>

University of Arkansas New Short Talks • June 2018

Kavouras Discusses Dehydration, Benefits of Water Consumption

<https://news.uark.edu/articles/42085/new-short-talks-kavouras-discusses-dehydration-benefits-of-water-consumption?platform=hootsuite>

Dr Bubs: Nutrition-Performance-Health • February 2018

S2-Episode 5: Hydration & Heat Acclimatization in Athletes

<https://drbubbs.com/season-2-podcast-episodes/2018/2/s2-episode-5-hydration-heat-acclimatization-in-athletes-stavros-kavouras>

Institute of Performance Nutrition • February 2017

Episode 93 – 'Hydration and Performance'

<https://theiopn.com/episode-93-hydration-and-performance-with-stavros-kavouras/>

VOLUNTEERING

- **Volunteer** for the Exerciser Testing of the Team Break the Cycle for the Cycling Race Across America (2012-3)
- **Volunteer** for Annual Spartathlon Ultra-Marathon 246 km running race (2001-2011)
- **Volunteer** for Boston Marathon medical service (1994 & 5)

OTHER SKILLS

- Advanced **communication** and **team building** skills
- Excellent **collaboration** and **mentorship** skills, with a focus on innovation and research
- Outstanding **organization** skills with effective electronic workflows
- Ability to work effectively and supervise personnel during business **traveling**

LANGUAGES

English (fluent), Greek (native), Spanish (early intermediate), French (beginning)

INTERESTS

Road Cycling, Photography, Apple Computers, Music, Swimming, and Traveling