

Curriculum vitae Perkisas Stany

Personal data

Perkisas Stany

Date of birth: 19th of October 1984

Nationality: Belgian

Familial status:

Happily married since 2009

Four children (°2010, °2014, °2016, °2021)

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Education

2013-2020	:	PhD in Medical Sciences
2015-2016	:	European Academy for the Medicine of Ageing Advanced Postgraduate Course
2009-2015	:	Postgraduate Degree in Geriatrics
2005-2009	:	Master of Medicine – summa cum laude
2007	:	Degree in Electrocardiography – summa cum laude
2002-2005	:	Bachelor degree in Medicine
1996-2002	:	High school (Latin-Mathematics)

Other postgraduate courses followed

- 12/2018 + 05/2023: Good Clinical Practice course
- 10/12/2015-12/12/2015: Impact of Nutrition for Rehabilitation of Older Patients Course, Venetië, Italië

- 26/07/2008-01/08/2008: Summer school in Oncology - Ioannina, Griekenland

Medical experience

10/2016-present: attending physician Dementia Clinic, ZNA Joostens, Antwerp, Belgium
08/2015-present: attending physician, University Center of Geriatrics, University of Antwerp
08/2012-07/2015: Residency in Geriatrics, ZNA Sint-Elisabeth/Middelheim
02/2012-07/2012: Residency in Internal Medicine, Intensive Care, ZNA Middelheim
09/2011-01/2012: Residency in Internal Medicine, Endocrinology/Pneumology, ZNA Middelheim
08/2011-10/2011: Residency in Internal Medicine, Gastro-Enterology, ZNA Middelheim
02/2011-07/2011: Residency in Internal Medicine, Pneumology, University Hospital Antwerp
08/2010-01/2011: Residency in Internal Medicine, Rheumatology, University Hospital Antwerp
02/2010-07/2010: Residency in Internal Medicine, Cardiology, University Hospital Antwerp
08/2009-01/2010: Residency in Internal Medicine, Haematology, University Hospital Antwerp

Scientific experience

Publications (first author)

- Totale parenterale nutritie (TPN) bij de geriatrische patiënt: stand van zaken. Perkisas S, Vandewoude M. Tijdschrift voor Geneeskunde 2009;65:10:474-478.
- Agranulocytosis caused by the use of cocaine adulterated with levamisole: a case report. Perkisas S, Vrelust I, Martin M, Gadisseur A. Belgian Journal of Haematology 2011;2:37-8.
- Preventive effects of Ramelteon on delirium. Perkisas S, Vandewoude M. JAMA. 2015 May 5;313(17):1745-6.
- Where frailty meets diabetes. Perkisas S, Vandewoude M. Diabetes Metab Res Rev. 2016 Jan;32 Suppl 1:261-7.
- Physiological and architectural changes in the ageing muscle and their relation to strength and function in sarcopenia. Perkisas S, De Cock A, Verhoeven V, Vandewoude M. European Geriatric Medicine. Online available 23th of January 2016. DOI: <http://dx.doi.org/10.1016/j.eurger.2015.12.016>.
- Intramuscular Adipose Tissue and the Functional Components of Sarcopenia in Hospitalized Geriatric Patients. Perkisas S, De Cock AM, Verhoeven V, Vandewoude M. Geriatrics 2017, 2 (1), 11. DOI 10.3390/geriatrics2010011. 22 February 2017.
- Application of ultrasound for muscle assessment in sarcopenia: towards standardized measurements. Perkisas, S., Baudry, S., Bauer, J. et al. Eur Geriatr Med (2018). <https://doi.org/10.1007/s41999-018-0104-9>

- Prevalence of sarcopenia and 9-year mortality in nursing home residents. Perkisas, S., De Cock, AM., Vandewoude, M. et al. *Aging Clin Exp Res* (2018). <https://doi.org/10.1007/s40520-018-1038-2>
- The Relation Between Mortality, Intramuscular Adipose Tissue and Other Components of Sarcopenia in Hospitalized Geriatric Patients. Perkisas, S., Lamers, S., Degerickx, R. et al. *Eur Geriatr Med* (2018). <https://doi.org/10.1007/s41999-018-0110-y>
- The SARCUS project: evidence-based muscle assessment through ultrasound. Reply to the letter to the editor. Perkisas, S., Baudry, S., Bauer, J. et al. *Eur Geriatr Med* (2018).
- Application of ultrasound for muscle assessment in sarcopenia: 2020 SARCUS update. Perkisas S et al. *European Geriatric Medicine, Eur Geriatr Med*. 2021 Feb;12(1):45-59.

Publications (co-author)

- Undernutrition in community dwelling elderly. Arvanitakis M, Vandewoude M, Perkisas S, Van Gossum A. *E-SPEN Journal* Volume 8, Issue 5, October 2013, Pages e213-e215.
- Frailty Indexes, Screening Instruments and Their Application in Belgian Primary Care. Sieliwonczyk E, Perkisas S, Vandewoude M. *Acta Clin Belg*. 2014 Aug;69(4):233-9. Epub 2014 Apr 29.
- Diabetes mellitus type 2 bij de oudere patiënt: therapeutische aanpak. Devolder A, Perkisas S, Vandewoude M. *Tijdschrift voor Geneeskunde* 2014; 70: 19: 1098-1107.
- Gait characteristics under different walking conditions: Association with the presence of cognitive impairment in community-dwelling older people. De Cock AM, Fransen E, Perkisas S, Verhoeven V, Beauchet O, Remmen R, Vandewoude M. *PLoS One*. 2017 Jun 1;12(6):e0178566. doi: 10.1371/journal.pone.0178566. eCollection 2017.
- The mortality determinants of sarcopenia and comorbidities in hospitalized geriatric patients. Lamers S, Degerickx R, Vandewoude M, Perkisas S. *Journal of Frailty, Sarcopenia & Falls* Vol 2, No 4, December 2017, p.65-72. DOI: 10.22540/JFSF-02-065.
- Prevalence of dynapenia and presarcopenia related to aging in adult community-dwelling Mexicans using two different cut-off points. Rodríguez-García W, García-Castañeda L, Vaquero-Barbosa N, Mendoza-Núñez V, Orea-Tejeda A, Perkisas S, Vandewoude M, Castillo-Martínez L. *Eur Geriatr Med* (2018) 9: 219.
- Meting van spiermassa en -kracht in de klinische praktijk. Fanny Buckinx, Stéphane Baudry, Ivan Bautmans, Charlotte Beudart, Jean-Louis Croisier, Evelien Gielen, Jean-Fançois Kaux, Stany Perkisas, Aldo Scafoglieri, Olivier Bruyère On behalf of the Belgian Ageing Muscle Society (BAMS). *Ortho-Rheumato*, vol 16, nr 2, 2018.

- Antidepressant use in older inpatients: current situation and application of the revised STOPP criteria. Lynn Gers, Mirko Petrovic, Stany Perkisas and Maurits Vandewoude. First Published May 28, 2018. *Ther Adv Drug Saf* 1 –12. <https://doi.org/10.1177/2042098618778974>.
- Pharmacological Interventions to Improve Muscle Mass, Muscle Strength and Physical Performance in Older People: An Umbrella Review of Systematic Reviews and Meta-analyses. De Spiegeleer A, Beckwée D, Bautmans I, Petrovic M; Sarcopenia Guidelines Development group of the Belgian Society of Gerontology and Geriatrics (BSGG). Collaborators: Bautmans I, Beudart C, Beckwée D, Beyer I, Bruyère O, De Breucker S, De Cock AM, Delaere A, de Saint-Hubert M, De Spiegeleer A, Gielen E, Perkisas S, Vandewoude M. *Drugs Aging*. 2018 Jul 25.
- The impact of cognitive impairment on the physical ageing process. De Cock, AM., Perkisas, S., Verhoeven, V. et al. *Aging Clin Exp Res* (2018). <https://doi.org/10.1007/s40520-018-1016-8>.
- Cognition, sarcopenia and mortality in hospitalized geriatric patients. Lamers, Scott; Van Mieghem, Eugénie; Vandewoude, Maurits; et al. *ACTA CLINICA BELGICA* 2018, 73, SI Suppl 2: p32-3 .
- Ultrasound assessment of rectus femoris muscle in rehabilitation patients with chronic obstructive pulmonary disease screened for sarcopenia: correlation of muscle size with quadriceps strength and fat-free mass. Ramirez-Fuentes, Cindry; Minguez-Blasco, Patricia; Ostiz, Fabian; et al. *EUROPEAN GERIATRIC MEDICINE* 2019; 10:1:89-97.
- Comprehensive Quantitative Spatiotemporal Gait Analysis Identifies Gait Characteristics for Early Dementia Subtyping in Community Dwelling Older Adults. De Cock, Anne-Marie; Franssen, Erik; Perkisas, Stany; et al. *FRONTIERS IN NEUROLOGY* 2019, Volume 10, Article Number: 313.
- Screening for Frailty and Sarcopenia in Primary Care: Where are we now? Kasim Z. et al. *Middle East Journal of Age and Ageing*. 16(1): 26-35
- Equation models developed with bioelectric impedance analysis tools to assess muscle mass: A systematic review. Beudart C, Bruyère O, Geerinck A, Hajaoui A, Scafoglieri A, Perkisas S, Bautmans I, Gielen E, Reginster JY, Buckinx F, On behalf of the Belgian Aging Muscle Society (BAMS). *Clin Nutr ESPEN*. Available online 15 November 2019.
- Exercise Interventions for the Prevention and Treatment of Sarcopenia. A Systematic Umbrella Review. Beckwee, D.; Delaere, A.; Aelbrecht, S.; et al. Group Author(s): BSGG. *JOURNAL OF NUTRITION HEALTH & AGING* 2019, Vol 23:6:494-502.
- [Validation of the Dutch EAT-10 for screening of oropharyngeal dysphagia in the elderly population]. Chung CYJ, Perkisas S, Vandewoude MFJ, De Cock AM. *Tijdschr Gerontol Geriatr*. 2019 Dec 30;50(4). doi: 10.36613/tgg.1875-6832/2019.04.03. eCollection 2019 Dec 31.

- Sarcopenie: screening en diagnose. Marjolein Visser, Laura A. Schaap, J.S.M. (Hans) Hobbelen, Stany Perkisas en Walther M.W.H. Sipers. *NTvG* 2020;164:18-24.
- Nutritional interventions to improve muscle mass, muscle strength, and physical performance in older people: an umbrella review of systematic reviews and meta-analyses. Gielen E, Beckwée D, Delaere A, De Breucker S, Vandewoude M, Bautmans I; Sarcopenia Guidelines Development Group of the Belgian Society of Gerontology and Geriatrics (BSGG). *Nutr Rev.* 2020 Jun 1.
- Improving nutrition research through better methodology: Study protocols now accepted in *Clinical Nutrition ESPEN*. Dolores Sanchez-Rodriguez, Stany Perkisas, Carla M. Prado, Nicolaas E. Deutz. *Clinical Nutrition ESPEN*, Volume 38, August 2020, Pages 1-2.
- Physical components of frailty in predicting mortality after transcatheter aortic valve implantation (TAVI). Van de Velde-Van De Ginste S, Perkisas S, Vermeersch P, Vandewoude M, De Cock AM. *Acta Cardiol.* 2020 Jun 5:1-8. doi: 10.1080/00015385.2020.1769346.
- Muscle changes after stroke and their impact on recovery: time for a paradigm shift? Review and Commentary. *Topics in Stroke Rehabilitation*. David Beckwée, Nina Lefeber, Ivan Bautmans, Lotte Cuypers, Emma De Keersmaecker, Sylvie De Raedt, Eric Kerckhofs, Guy Nagels, Rose Njemini, Stany Perkisas, Ellen Scheys, Eva Swinnen. *Top Stroke Rehabil.* 2020 Jun 26;1-8.
- The effectiveness and cost-effectiveness of an integrated osteoporosis care programme for postmenopausal women in Flanders: study protocol of a quasi-experimental controlled design. Caroline Verdonck, Lieven Annemans, Stefan Goemaere, Bruno Lapauw, Geert Goderis, Elie Balligand, Marie-Paule Doom, Stany Perkisas & Liesbeth Borgermans. *Archives of Osteoporosis* (2020) 15:107.
- Usability and pitfalls of shear wave elastography for evaluation of muscle quality and its potential in assessing sarcopenia: a review. Bastijns, De Cock, Vandewoude, Perkisas. *Ultrasound in Medicine & Biology*. Volume 46, Issue 11, November 2020, Pages 2891-2907.
- The association between muscle mass and the degree of myosteatosis of the psoas muscle and mortality in older patients with cancer. Femke Ariën, Abdelbari Baitar, Stany Perkisas, Maurits Vandewoude, Anne-Marie De Cock. *Journal of Geriatric Oncology*. 2021 Jan;12(1):85-90.
- Investigating sarcopenia awareness using Google Trends. Sandrine Gilliot, Sophie Bastijns, Stany Perkisas, Anne-Marie De Cock. *Journal of Frailty, Sarcopenia and Falls*. Accepted in 2020, not yet published.

- Dieetadviezen tussen ziekenhuis en woonzorgcentrum: hoe kan ondervoeding beter opgevolgd worden? Roelandts V, Spiessens K, Perkisas S, Verhoeven V, Vandewoude M, De Cock A-M. *Huisarts Nu* 2021;50:188-91.
- Handgrip strength and ultrasonographic measured lower arm muscle thickness in hospitalized older adults: the SARCUS3 pilot study. Acke T, De Cock AM, Vandewoude M, Perkisas S. *Eur J Geriatr Gerontol* 2021;3(2):108-116.
- The validity of ultrasound-derived equation models to predict whole-body muscle mass: A systematic review. Jona Van den Broeck, Luca Buzzatti, Harriët Jager-Wittenaar, Stany Perkisas, Aldo Scafoglieri. *Clin Nutr ESPEN* 2021 Dec;46:133-141.
- The feasibility and reliability of measuring forearm muscle thickness by ultrasound in a geriatric inpatient setting: a cross-sectional pilot study. Meza-Valderrama, D., Sánchez- Rodríguez, D., Perkisas, S. et al. *BMC Geriatr* 22, 137 (2022).
- Skeletal Muscle Changes in the First Three Months of Stroke Recovery: A Systematic Review. David Beckwée , Lotte Cuypers, Nina Lefeber, Emma De Keersmaecker, Ellen Scheys, Wout Van Hees, Stany Perkisas, Sylvie De Raedt, Eric Kerckhofs, Ivan Bautmans, Eva Swinnen. *J Rehabil Med.* 2022 Oct 4;54:jrm00308.
- Musculoskeletal Ultrasound Shows Muscle Mass Changes during Post-Acute Care Hospitalization in Older Men: A Prospective Cohort Study. Delky Meza-Valderrama, Ester Marco, Elena Muñoz-Redondo, Andrea Morgado-Pérez, Marta Tejero Sánchez, Yulibeth Curbelo Peña, Elisabeth De Jaime, Lizzeth Canchucaja6, Frank Meza Concepción, Stany Perkisas, Dolores Sánchez-Rodríguez. *Int J Environ Res Public Health.* 2022 Nov 17;19(22):15150.
- Muscle measurements in daily clinical practice: correlations between ultrasound, bioelectrical impedance analysis and hand grip strength. Cassiers E, Bastijns S, Perkisas S, Vandewoude M, De Cock AM. *J Frailty Sarcopenia Falls.* 2022 Dec 1;7(4):192-198.
- Sonographic Sarcopenia and its Association with Falls in Older Adults Presenting to the Emergency Department. Thiti Wongtangman, Phraewa Thatphet, Hamid Shokoohi, Kathleen McFadden, Irene Ma, Ahad Al Saud, Jamie Gullikson, Ryan Hines, Rachel Vivian, Christina Cheng Morone, Jason Parente, Stany Perkisas, Shan W Liu. *Journal of Clinical Medicine; Vol 12; 4; 10.3390/jcm12041251.*
- Mertens V, Van Ballart L, De Block C, De Greef K, Vandewoude M, Hans G, Perkisas S, Moorkens G. Added Value of Geriatric Consultation on the Emergency Department to Detect Primary Hyperparathyroidism in the Elderly Presenting as Frail Phenotype: A Case Report. *Eur J Geriatr Gerontol* DOI: 10.4274/ejgg.galenos.2022.2023-2-3.

- Annelies Somers, Stany Perkisas, Sophie Bastijns, Femke Ariën & Anne-Marie De Cock (2023) Clinical approach to the older person with anorexia, *Acta Clinica Belgica*, DOI: 10.1080/17843286.2023.2228037.

Posters and abstracts

- Medicatiegebruik bij geriatrische patiënten op niet-geriatrische diensten. Perkisas S, Vandewoude M. *Tijdschrift voor Gerontologie en Geriatrie*. February 2013, Volume 44, Issue 1. Abstracts Wintermeeting Belgische Vereniging voor Gerontologie en Geriatrie 2013.
- The muscle component of sarcopenia. Vandewoude M, Perkisas S. 2nd World Congress on Controversies, Debates & Consensus in Bone, Muscle & Joint Diseases (abstract) 21/11/2013.
- Albumine en 1-jaarsoverleving op geriatrische diensten. Perkisas S, Vandewoude M. *Tijdschrift voor Gerontologie en Geriatrie*. February 2014, Volume 45, Issue 1. Abstracts Wintermeeting Belgische Vereniging voor Gerontologie en Geriatrie 2014.
- Nieuwe parameter in de oppuntstelling van sarcopenie: intramusculaire vetmassa. Perkisas S, Vandewoude M. *Tijdschrift voor Gerontologie en Geriatrie*. February 2014, Volume 45, Issue 1. Abstracts Wintermeeting Belgische Vereniging voor Gerontologie en Geriatrie 2014.
- Nut van bepalen van nutritionele parameters in de oppuntstelling van sarcopenie en het malnutritie-sarcopenie syndroom. Perkisas S, Vandewoude M. *Tijdschrift voor Gerontologie en Geriatrie*. February 2014, Volume 45, Issue 1. Abstracts Wintermeeting Belgische Vereniging voor Gerontologie en Geriatrie 2014.
- Intramuscular adipose tissue and the functional components of sarcopenia. Perkisas S, Chong YM, Vandewoude M. *European Geriatric Medicine*. September 2014; vol. 5, suppl. 1, p. S79.
- Albumin level at admission to geriatric wards and one-year survival. Perkisas S, Chong YM, Vandewoude M. *European Geriatric Medicine*. September 2014; vol. 5, suppl. 1, p. S195.
- Intramuscular adipose tissue and survival in geriatric inpatients. Perkisas S, Chong YM, Vandewoude M. *European Geriatric Medicine*. September 2014; vol. 5, suppl. 1, p. S198–S199.
- Short Physical Performance Battery als predictor voor 1-jaarsmortaliteit. Perkisas S, Vandewoude M. *Tijdschrift voor Gerontologie en Geriatrie*. February 2015, Volume 46, Issue 1. Abstracts winter meeting Belgische Vereniging voor Gerontologie en Geriatrie 2015.
- Nutritional screening in hospitalized geriatric patients and its predictive value on mortality. Perkisas S, Vandewoude M. *The Journal of Nutrition, Health and Aging*. Volume 19, Suppl. 1, 2015: p. 24.

- Nutritional screening and mortality in hospitalized geriatric patients. Perkisas S, Vandewoude M. *Clinical Nutrition*. Volume 34, Supplement 1, September 2015, S196.
- Food intake score as an elderly laymen's screening tool for nutritional intake. Perkisas S, Vandewoude M. *European Geriatric Medicine*. September 2015; vol. 6, suppl. 1, P91.
- Psychofarmaca ter preventie van delirium binnen een orthogeriatrische populatie. Acke T, Flamand E, Perkisas S. *Tijdschrift voor Gerontologie en Geriatrie*. February 2016, Volume 47, Issue 1. Abstracts winter meeting Belgische Vereniging voor Gerontologie en Geriatrie 2016.
- Voedingsinname score versus Mini-Nutritional Assessment:voedingsscreening door niet-professionelen. Perkisas S, Vandewoude M. *Tijdschrift voor Gerontologie en Geriatrie*. February 2016, Volume 47, Issue 1. Abstracts winter meeting Belgische Vereniging voor Gerontologie en Geriatrie 2016.
- Nut van de Interne Liaison Geriatrie in een algemeen ziekenhuis - ZNA Middelheim Antwerpen. De Vogel R, Perkisas S, Vandewoude M. *Tijdschrift voor Gerontologie en Geriatrie*. February 2016, Volume 47, Issue 1. Abstracts winter meeting Belgische Vereniging voor Gerontologie en Geriatrie 2016.
- Sarcopenie en mortaliteit in WZC-residenten: 8-jaar follow-up. Perkisas S, De Cock AM, Veronique V, Vandewoude M. *Tijdschr Gerontol Geriatr* (2017) 48. Abstracts 40e Wintermeeting Belgische Vereniging voor Gerontologie en Geriatrie 2017.
- Management of osteoporosis. George A, Perkisas S, Engelmann I, Vandewoude M. *Tijdschr Gerontol Geriatr* (2017) 48. Abstracts 40e Wintermeeting Belgische Vereniging voor Gerontologie en Geriatrie 2017.
- Cognitive decline is related to a physical ageing of ten calendar years. De Cock AM, Perkisas S, Veronique V, Vandewoude M. *Tijdschr Gerontol Geriatr* (2017) 48. Abstracts 40e Wintermeeting Belgische Vereniging voor Gerontologie en Geriatrie 2017.
- Gebruik van antidepressiva bij ouderen. Gers L, Perkisas S, Vandewoude M. *Tijdschr Gerontol Geriatr* (2017) 48. Abstracts 40e Wintermeeting Belgische Vereniging voor Gerontologie en Geriatrie 2017.
- Gait characteristics under different walking conditions: Association with the presence of cognitive impairment in community-dwelling older people. De Cock AM, Fransen E, Perkisas S, Verhoeven V, Beauchet O, Remmen R, Vandewoude M. *PLoS One*. 2017 Jun 1;12(6):e0178566. doi: 10.1371/journal.pone.0178566. eCollection 2017.
- The mortality determinants of sarcopenia and comorbidities in hospitalized geriatric patients. Lamers S, Degerickx R, Perkisas S. *EUGMS conference Nice: September 2017; Volume 8, Supplement 1, Pages S40–S247.*

- Het gebruik van anti-depressiva bij ouderen: huidige situatie en de toepassing van de herziene STOPP-criteria. Gers L, Perkisas S, Petrovic M, Vandewoude M. 41ste wintermeeting, Belgische Vereniging voor Gerontologie en Geriatrie, Oostende 23-24/02/2018, Tijdschr Gerontol Geriatr, 49, 33, 2018.
- De mortaliteitsdeterminanten van sarcopenie en comorbiditeiten bij gehospitaliseerde geriatrische patiënten. Lamers S, Degerickx R, Perkisas S, Vandewoude M. 41ste wintermeeting, Belgische Vereniging voor Gerontologie en Geriatrie, Oostende 23-24/02/2018, Tijdschr Gerontol Geriatr, 49, 36-7, 2018.
- Spiermassa en intramusculaire vetmassa als predictoren van 4 jaars mortaliteit. Perkisas S, Lamers S, Degerickx R, De Cock AM, Vandewoude M. 41ste wintermeeting, Belgische Vereniging voor Gerontologie en Geriatrie, Oostende 23-24/02/2018, Tijdschr Gerontol Geriatr, 49, 42, 2018.
- The influence of frailty and cognitive decline on gait characteristics and skeletal muscle clarifies the cognitive frailty concept in older people. Anne-Marie De Cock, Stany Perkisas, Veronique Verhoeven, Maurits Vandewoude, Roy Remmen. Poster (2018): ICFSR: 8th International Conference on Frailty and Sarcopenia Research, March 1-3, 2018, Miami – USA. The Journal of Frailty and Aging (JFA). J Frailty Aging 2018;7(S1):101.
- Muscle mass and intramuscular adipose tissue as predictors of 4-year mortality risk. Scott Lamers, Robin Degerickx, Stany Perkisas. Poster (2018): ICFSR: 8th International Conference on Frailty and Sarcopenia Research, March 1-3, 2018, Miami – USA. The Journal of Frailty and Aging (JFA). J Frailty Aging 2018;7(S1):158-159.
- The mortality determinants of sarcopenia, MMSE and comorbidities in hospitalized geriatric patients. Scott Lamers, Robin Degerickx, Stany Perkisas. Poster (2018): ICFSR: 8th International Conference on Frailty and Sarcopenia Research, March 1-3, 2018, Miami – USA. The Journal of Frailty and Aging (JFA). J Frailty Aging 2018;7(S1): 158.
- Acute sarcopenia in hospitalized elderly; assesment of muscle stiffness through elastography Sophie Bastijns, Anne-Marie De Cock, Maurits Vandewoude, Stany Perkisas. 42e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende 22-23/02/2019. Tijdschrift voor Gerontologie en Geriatrie Volume 50, Issue 1, Pagina 30-49.
- Prevalentie van frailty bij patiënten met een comprehensive geriatric assessment (CGA) voor transcatheter aortic valve implantation (TAVI) chirurgie Sofie Van de Velde – Van De Ginste, Stany Perkisas, Maurits Vandewoude, Paul Vermeersch, Anne-Marie De Cock. 42e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende 22-23/02/2019. Tijdschrift voor Gerontologie en Geriatrie Volume 50, Issue 1, Pagina 30-49.
- Validation Of SARC-F by Proxy (SARC-F-Proxy) For The Screening Of Sarcopenia In Elderly Patients With Dementia A Cross-Sectional Study Zaid Kasim, Stany Perkisas, Anne-Marie De Cock, Maurits

Vandewoude. 42e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende 22-23/02/2019. Tijdschrift voor Gerontologie en Geriatrie Volume 50, Issue 1, Pagina 30-49.

- Validation Of SARC-F For The Screening Of Sarcopenia In Elderly Patients With Dementia A CrossSectional Study Zaid Kasim, Stany Perkisas, Anne-Marie De Cock, Maurits Vandewoude. 42e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende 22-23/02/2019. Tijdschrift voor Gerontologie en Geriatrie Volume 50, Issue 1, Pagina 30-49.
- Validation of the Dutch EAT-10 screening tool for oropharyngeal dysphagia in the elderly. Chun Yuen Johnny Chung, Anne-Marie De Cock, Stany Perkisas, Maurits Vandewoude. 42e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende 22-23/02/2019. Tijdschrift voor Gerontologie en Geriatrie Volume 50, Issue 1, Pagina 30-49.
- Acute sarcopenia in hospitalized older people: assessment of muscle stiffness through elastography. Sophie Bastijns, Anne-Marie De Cock, Maurits Vandewoude, Stany Perkisas EUGMS conference Krakow: September 2019. Eur Geriatr Med (2019) 10 (Suppl 1):S1–S325.
- CLINICAL GUIDELINE DEVELOPMENT FOR THE MANAGEMENT OF OSTEOPOROSIS IN POSTMENOPAUSAL WOMEN IN PRIMARY CARE. Verdonck, C.; Annemans, L.; Balligand, E.; et al. VALUE IN HEALTH 2019, Vol 22, Suppl 3, pS703. ISPOR Europe, Copenhagen, 02-06/11/2019
- The association between muscle mass and the degree of myosteatosis of the psoas muscle and mortality in older patients with cancer. Ariën F, Baitar A, Vandewoude M, Perkisas S, De Cock AM. 19th Conference of the International Society of Geriatric Oncology, Genève, 14-16/11/2019. J Geriatric Oncol. November 2019, vol 10, 6, suppl 1, page S69.
- Acute sarcopenia in hospitalized older persons: assessment through ultrasound. Sophie Bastijns, Anne-Marie De Cock, Maurits Vandewoude, Stany Perkisas. 43e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende, februari 2020. Tijdschr Gerontol Geriatr, Volume 51, Issue 1.
- Heeft sarcopenie een invloed op de mortaliteit na transcatheter aortic valve implantation (TAVI) chirurgie? Sofie Van de Velde – Van De Ginste, Stany Perkisas, Maurits Vandewoude, Anne-Marie De Cock. 43e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende, februari 2020. Tijdschr Gerontol Geriatr, Volume 51, Issue 1.
- Impact of malnutrition using GLIM criteria on mortality in nursing home residents. Sophie Bastijns, Anne-Marie De Cock, Maurits Vandewoude, Stany Perkisas. 43e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende, februari 2020. Tijdschr Gerontol Geriatr, Volume 51, Issue 1.
- Screening for oropharyngeal dysphagia using the EAT-10 screening tool is associated with hand grip strength in the elderly Chun Yuen Johnny Chung, Anne-Marie De Cock, Stany Perkisas, Maurits

Vandewoude. 43e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende, februari 2020. Tijdschr Gerontol Geriatr, Volume 51, Issue 1.

Teaching assignments

- 2012 - present: Karel de Grote college, BaNaBa Nursing, course on frailty
- 2014 - present: Karel de Grote college, BaNaBa Nursing, course on polypharmacy
- 2015 - present: Odisee college, postgraduate course in Nutrition
- 2015- present: University of Antwerp, Geriatrics - Sarcopenia

Books / book chapters

"Meten is weten; Gissen is missen. Precisie bij de geriatrische evaluatie." Maurits Vandewoude en Stany Perkisas. Gepubliceerd in 2014, ISBN 978-90-46-55060-1.

"The Cambridge Handbook of Successful Aging". Chapter 12: Nutrition and Cognition. Stany Perkisas en Maurits Vandewoude. ISBN 978-13-16-67701-8.

"Prevention of Chronic Diseases and Age-Related Disability". Chapter 4: Malnutrition unrecognized and undertreated. Maurits Vandewoude en Stany Perkisas. ISBN 978-3-319-96528-4.

"An inquiry into the nature and causes of frailty and sarcopenia: evaluation of the muscle component." Stany Perkisas. PhD thesis. ISBN 978-90-572-8653-7.

"Sarcopenia.2nd edition" Chapter 26: Is it preventable? Stany Perkisas, Keliame Libermann, Maurits Vandewoude and Ivan Bautmans. ISBN: 978-1-119-97587-8.

Children's book: "De krokodil die geen taxi wilde zijn." Stany Perkisas, ISBN 978-9-462-91511-4.

Symposia organized by myself

- Provincial symposium: "Reisgeneeskunde voor de oudere: wat met Zika?". 17 oktober 2017, sint-Elisabeth ziekenhuis, Antwerpen.
- Regional symposium: "De psychogeriatrische patiënt anno 2018". 24 januari 2018, ZNA Joostens, Antwerpen.
- Provincial symposium: "Reisgeneeskunde voor de oudere: wat met duiken?". 18 oktober 2018, sint-Elisabeth ziekenhuis, Antwerpen.
- Regional symposium: "Laattijdige zorgplanning rond het levenseinde bij personen met dementie". 12 december 2018, ZNA Joostens, Antwerpen.

- SARCUS meeting Barcelona (28/01/2019)
- SARCUS meeting Antwerp (11/02/2019)
- SARCUS meeting Rome (02/04/2019): ultrasound in sarcopenia teaching symposium
- SARCUS meeting Bialystok (17-18/06/2019): ultrasound in sarcopenia teaching symposium

Promotor of thesis

- 2015 – 2017 : postgraduate thesis 'Sarcopenie en mortaliteit.' (Scott Lamers en Robin Degerickx)
- 2021 – present : PhD thesis "Implementation of ultrasound in sarcopenia assessment." Sophie Bastijns, MD, University of Antwerp, Belgium.
- 2022 – present : PhD thesis "The role of muscle wasting, muscle strength, muscle composition and nutrition in COVID-19 ICU patients." Karolien Dams, MD, University hospital of Antwerp, Belgium.
- 2022- present : PhD thesis "Implementation of ILG in a tertiary hospital" Veerle Mertens, MD, University hospital of Antwerp, Belgium.

Reviewer activity

- 2015 – present : reviewer for 'European Geriatric Medicine'
- 2017 – present : reviewer for 'Journal of Frailty & Aging'
- 2017 – present : reviewer for 'Clinical Nutrition'
- 2017 – present : reviewer for 'JAMDA'

Participation international studies

- 2010: BK94 Abbott (Investigator Meeting 13-15/10/2010 - Madrid, Spanje)
- 2017: translation and validation of SARC-F in Dutch
- 2018-2019: SARCUS2: use of ultrasound in assessment of acute sarcopenia
- 2019-2020: site principal investigator for Biophytis SARA-INT trial
- 2019-2021: collaboration with Boston Mass General (PI = dr Liu Shan) as expert in ultrasonographic assessment of muscle

Funding rewarded

- 2015 : ESPEN grant (€5000) for validation of new ESPEN criteria
- 2020 : Funds from King Baudoin Foundation (€150.000)

Membership of scientific organizations

- 2012 - present: member of the Belgian Society of Gerontology and Geriatrics

- 2017 - present: scientific member of the Belgian Ageing Muscle Society
- 2017 - present: founder and chair of the SARCUS working group 'use of ultrasound in sarcopenia' under the auspices of the European Geriatric Medicine Society
- 2019 - 2021: scientific member of the Belgian Bone Club
- 2019 - present: member of the Vlaamse Vereniging voor Klinische Voeding en Metabolisme
- 2019 - 2021: early career faculty ESPEN

Journal activities

- 2019 - present: associate editor of Clinical Nutrition ESPEN

Participation scientific groups

- 2016-2018: member of the Sarcopenia Guidelines Development group of the Belgian Society of Gerontology and Geriatrics (BSGG).
- 2018-2020: member of the scientific steering group on Osteoporosis (University of Ghent)

Presence on conferences

Active

- European Medical Student Association - Antwerp Medical Student Congress, 22 september 2007
 - Oral presentation: "Mitral valve repair versus replacement outcome results"
 - Price for "best oral presentation"
- Maastricht Medical Students Research Conference, 23 april 2008.
 - Oral presentation: "Mitral valve repair versus replacement outcome results"
- 22-23/02/2013: 36e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende
 - Poster: "Medicatiegebruik bij geriatrische patiënten op niet-geriatrische diensten."
- 21/03/2013/ 39ste Week van de Verpleegkundigen en Vroedvrouwen, Oostende
 - Invited speaker: "Ouderen en drugs"
- 02-04/10/2013: European Union Geriatric Medicine Society 9th International Congress, Venetië
 - Poster: "Nutritional status and parameters of sarcopenia in hospitalized geriatric patients."
- 21-22/02/2014: 37e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende
 - Poster: "Albumine en 1-jaarsoverleving op geriatrische diensten."
 - Oral presentation: "Nieuwe parameter in de oppuntstelling van sarcopenie: intramusculaire vetmassa."

- Oral presentation: "Nut van bepalen van nutritionele parameters in de op puntstelling van sarcopenie en het malnutritie-sarcopenie syndroom."
- 17-19/10/2014: European Union Geriatric Medicine Society 10th International Congress, Rotterdam
 - Poster: " Albumin level at admission to geriatric wards and one-year survival."
 - Poster: "Intramuscular adipose tissue and survival in geriatric inpatients."
 - Oral presentation: "Intramuscular adipose tissue and the functional components of sarcopenia."
- 27-28/02/2015: 38e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende
 - Poster: "Diabetes mellitus, sarcopenie en obesitas."
 - Oral presentation: "Short Physical Performance Battery als predictor voor 1-jaarsmortaliteit."
- 18-19/06/2015: International Academy on Nutrition and Aging 10th congress, Barcelona, Spain
 - Oral presentation: "Nutritional screening in hospitalized geriatric patients and its predictive value on mortality."
- 05-08/09/2015: 37th ESPEN Congress, Lisbon, Portugal
 - Poster: "Nutritional screening and mortality in hospitalized geriatric patients."
- 16-18/09/2015: European Union Geriatric Medicine Society 11th International Congress, Oslo
 - Poster: " Food intake score as an elderly laymen's screening tool for nutritional intake."
- 26-27/02/2016: 39e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende
 - Poster: "Psychofarmaca ter preventie van delirium binnen een orthogeriatrische populatie."
 - Poster: " Voedingsinname score versus Mini-Nutritional Assessment:voedingscreening door niet-professionelen."
 - Poster: " Nut van de Interne Liaison Geriatrie in een algemeen ziekenhuis."
- 24/11/2016: symposium "Ondervoeding in de ouderenzorg", Heilige Familie ziekenhuis te Rumst
 - Invited speaker: "Ondervoeding en sarcopenie"
- 17-18/02/2017: 40e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende
 - Poster: "Management of osteoporosis"
 - Poster: "Cognitive decline is related to a physical ageing of ten calendar years."
 - Poster: "Gebruik van antidepressiva bij ouderen."
 - Oral presentation: "Sarcopenie en mortaliteit in WZC-residenten: 8-jaar follow-up."
- 20/04/2017: Symposium: Zorgzame voeding, Zorgbedrijf Antwerpen, uitgenodigd moderator
- 21/09/2017: European Geriatric Medicine Society 13th International Congress, Nice
 - Invited speaker: "The role of ultrasound in the early assessment of sarcopenia"

- 07/10/2017: Domus Medica-symposium: geïntegreerde zorg in chronische ziekten/osteoporose, invited moderator
- 23-24/02/2018: 41e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende
 - Poster: " De mortaliteitsdeterminanten van sarcopenie en comorbiditeiten bij gehospitaliseerde geriatrische patiënten
 - Poster: "Spiermassa en intramusculaire vetmassa als predictoren van 4-jaarsmortaliteit."
- 01-03/03/2018: International Conference on Frailty & Sarcopenia Research, Miami Beach
 - Poster: "The influence of frailty and cognitive decline on gait characteristics and skeletal muscle clarifies the cognitive frailty concept in older people."
 - Poster: "Muscle mass and intramuscular adipose tissue as predictors of 4-year mortality risk."
 - Poster: "The mortality determinants of sarcopenia, MMSE and comorbidities in hospitalized geriatric patients."
- 10-12/10/2018: European Geriatric Medicine Society 14th International Congress, Berlin
 - Invited speaker: "Frailty and bone disorder "
 - Oral presentation: "The impact of intramuscular adipose tissue on the 4-years mortality risk of hospitalized geriatric patients"
 - Organizer of symposium: "Application of ultrasound for muscle assessment in sarcopenia."
- 22-23/02/2019: 42e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende
 - Poster: "SARC-F-by-proxy"
 - Poster: "CGA in TAVI-oppuntstelling"
 - Poster: "Psoas doorsnede en myosteotose als determinanten van mortaliteit in een cohort van oncologische patiënten"
- 25-27/09/2019: European Geriatric Medicine Society 15th International Congress, Kraków
 - Submitted symposium speaker: "Sarcopenia in patients under oncological treatment "
 - Organizer of 'hands-on session' symposium: "Application of ultrasound for muscle assessment in sarcopenia."
- 04/10/2019: congres 'Geriatría i opieka długoterminowa w praktyce' (Geriatrie en langdurige zorg in de praktijk), Kraków
 - invited speaker on "Ultrasonographic assessment of muscle in sarcopenia"
- 22/11/2019: Kintu-congres 'Ouderen & Voeding: samen langer leven'
 - Invited speaker on "Healthy ageing"
- February 2020, 43e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende.
 - 5 posters
- Augustus 2021: 2nd WCO-IOF-ESCEO virtual conference, EuGMS-ESCEO-IOF session

- Invited speaker on “SARCUS: Ultrasonographic assessment of muscle”

- 11-13/10/2021: European Geriatric Medicine Society 17th International Congress, Athene
 - Submitted symposium: “Clinical implications of novel frailty and sarcopenia assessment methods”
 - 6 posters

- February 2022, 45e Wintermeeting Belgische Vereniging voor Geriatrie en Gerontologie, Oostende.
 - Key note speaker

- EuGMS Conference, 2022, London
 - Sponsered symposium speaker: “Techniques to assess muscle health and sarcopenia in the clinical setting”

Skills

Language knowledge:

- Dutch: native speaker

- English: C2 (proficient)

- French: B2 (upper intermediate)

- German: A2 (elementary)

- Greek: A2 (elementary)

- Norwegian: A2 (elementary)

- Spanish: A2 (elementary)

Software knowledge:

- Microsoft Office (Word, Excel, Powerpoint, Access)

- SPSS

- LaTeX