

MICHAEL KOKKORAKIS, MD, PhD

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EDUCATION

University of Groningen, Groningen, The Netherlands Sep 2022 – Nov 2025

Doctor of Medicine – MD (Sep 2025)

Doctor of Philosophy – PhD in Cardiometabolic Medicine (Nov 2025)

- Licensed Physician (Dutch National Medical License #99937635701 | Greek National Medical License #25968)
- Completed my PhD thesis (comprising five experimental chapters) in parallel with the full-time MD curriculum.
- Doctoral advisors: Prof. R.H. Henning (University of Groningen), Prof. C.S. Mantzoros (Harvard Medical School).

University of Groningen, Groningen, The Netherlands Sep 2019 – Jul 2022

Bachelor of Science (Honors) – BSc(Hons) in Medicine (Concentration: Molecular Medicine)

- Graduated with Honors, Commencement Student Speaker.
- Received 220 ECTS credits: ~3.7 years of academic studies condensed into three years.

WORK EXPERIENCE

Yale School of Medicine, Section of Digestive Diseases, Postdoctoral Fellow Nov 2025 – Present

- Conducting wet-bench and analytical studies on liver injury and inflammation, including cell culture, confocal microscopy, large-scale data analysis, and compound testing for anti-fibrotic effects.

Leiden University Medical Center, Sub-intern & Research Affiliate May 2025 – Sep 2025

- Assessed and managed patients with cardiometabolic conditions in a high-volume academic setting during sub-internships in Cardiology and Endocrinology.
- Identified patients deferred from cardiac procedures due to elevated BMI and referred them to a digital lifestyle program to meet operability criteria; supported post-discharge continuity through remote monitoring and digital triage.

Beth Israel Deaconess Medical Center, Harvard Medical School, Research Affiliate (remotely) Oct 2022 – May 2025

- Developed predictive models integrating multi-omics data to improve the accuracy of non-invasive tests for hepatic and cardiometabolic outcomes.
- Authored 9 publications from this collaboration: 3 original research papers, 1 systematic review, 3 literature reviews, and 2 editorials on obesity, steatotic liver disease, and cardiometabolic disease.

University of Groningen, Member of the University Council Sep 2021 – Sep 2022

- Elected as one of 12 student members of the University Council, the highest governance body, jointly setting strategy with the Executive Board on behalf of 33,000+ students.
- Reviewed 3,000+ pages of policy documents and authored briefings on research quality, interdisciplinary education, and student well-being.
- Directed “Well-being Weeks Groningen,” coordinating 20+ partner organizations to deliver free city-wide mental and physical health activities.

Penn Medicine, University of Pennsylvania, Visiting Scholar Apr 2022 – May 2022

- Produced the first preclinical evidence of cardiac tissue sparing with ultra-high dose rate (FLASH) radiotherapy, integrating quantitative immunohistochemistry with computational analysis of radiation-induced cardiotoxicity.
- Trained and supervised an undergraduate intern in immunofluorescence and immunohistochemistry techniques, establishing reproducible quantification workflows.

AWARDS, DISTINCTIONS, AND FUNDING

NEHMDS Scholarship (\$2,500), *New England Hellenic Medical and Dental Society* Apr 2026

- Selected for the 2026 “Hygeia Award and Scholarship Event” at the Consulate General of Greece in Boston, recognizing academic excellence and sustained commitment to the health field and to Hellenic issues.

Young Scientist – 75th Lindau Nobel Laureate Meeting, *Council for the Lindau Nobel Laureate Meetings* Mar 2026

- Selected through a competitive multi-stage international review (636 selected from ~90 countries) to join 75 Nobel Laureates. Nominated by the Royal Netherlands Academy of Arts and Sciences (KNAW) as one of 4 researchers from the Netherlands.

MD-PhD Performance Bonus & Thesis Publication Grant (€7,000), *University Medical Center Groningen* Sep 2025

- Awarded a personal performance bonus for the early and successful completion of the MD-PhD trajectory.
- PhD publication grants by the University of Groningen (€750) and the University Medical Center Groningen (€250).

Rubicon Grant (€266,824), *Dutch Research Council (NWO/ZonMw)* Jul 2025

- One of the most prestigious early-career research awards in the Netherlands (13.3% award rate; round 2025–1), fully funding a two-year postdoctoral fellowship at Yale School of Medicine.

Outstanding Assessment for Senior Clinical Rotations, *Medisch Spectrum Twente* Apr 2025

- Recognized for outstanding clinical performance, professionalism, and patient-centered care (top ~5%).

GUF-100 Prize Finalist 2024 (Nomination), *University of Groningen* Apr 2024

- Distinction received for belonging to the top 3 out of >4,200 students of the Faculty of Medical Sciences and for the nomination as a finalist for the GUF-100 Prize of the University of Groningen based on academic, research, and societal achievements.

MD-PhD Scholarship (€100,000), *University Medical Center Groningen* Dec 2023

- Admitted to the highly selective and prestigious Doctor of Medicine-Doctor of Philosophy (MD-PhD) program, fully funded by a personal grant. This challenging program provides MD-PhD candidates the opportunity to specialize in medical research and lays the groundwork for a future career as a physician-scientist.

Human Space Physiology Training, *European Space Agency* Dec 2022

- One of 30 students selected from top European universities to participate in a fully funded, highly selective training program of the Space Medicine Team at the European Space Agency Academy’s Training & Learning Facility, ESEC-Galaxia, Belgium. Distinction received upon completion based on outstanding performance (Grade: A).

Commencement Student Speaker, *University of Groningen* Oct 2022

- Honored as the Valedictorian for the graduating cohort of the Bachelor of Science (BSc) in Medicine at the University of Groningen on October 31, 2022.

Junior Scientific Masterclass, *University of Groningen* Jul 2022

- Ranked among the top 10% of BSc in Medicine graduates at the University of Groningen, graduating with Honors and excelling in the innovative scientific training program (Junior Scientific Masterclass).

ADF Lab Fund (\$2,900), *Perelman School of Medicine, University of Pennsylvania* Jun 2022

- Received funding from the Koumenis Lab, Perelman School of Medicine, University of Pennsylvania, to cover living expenses during my research internship.

UMCG Grant (€250), *University Medical Center Groningen* Mar 2022

- Received funding from the University Medical Center Groningen to cover part of my travel expenses for my research internship at the Perelman School of Medicine, University of Pennsylvania.

INDUSTRY EXPERIENCE

Clinical & Regulatory Research Consultant (EU MDR), *Ancora Health B.V.* Feb 2025 – Sep 2025

- Authored core sections of the EU MDR (2017/745) Clinical Evaluation Report supporting CE certification of a Class IIa Remote Patient Management software.
- Designed a PRISMA-based literature review protocol and appraised device-specific and state-of-the-art clinical evidence, including equivalence justification to an academic reference system.
- Defined clinical benefit–risk parameters for outpatient deployment of a digital decision-support system in chronic disease management.

PROFESSIONAL SERVICE

Associate Editor, *Diabetology & Metabolic Syndrome* Aug 2025 – Present

- Handle peer review for original research and reviews in obesity and cardiometabolic medicine, selecting reviewers and issuing editorial recommendations.

Global Burden of Disease Senior Collaborator, *Institute for Health Metrics and Evaluation* May 2025 – Present

- Contributor to the largest, multinational epidemiological research projects on global disease burden and health trends. Involved in data interpretation, co-authoring manuscripts, and sharing findings to inform global health policy.

Reviewer, *Elsevier | Frontiers | Springer Nature | Wiley* Apr 2023 – Present

- Ad-hoc journal reviewer for the following 14 journals, having completed >100 peer reviews ([ORCID](#)):
 - *BioData Mining | BMC Medical Informatics and Decision Making | Cardiovascular Diabetology | Clinical Gastroenterology and Hepatology | Communications Medicine | Diabetes, Obesity and Metabolism | Diabetology & Metabolic Syndrome | Drugs | Frontiers in Endocrinology | Journal of Infection | Lipids in Health and Disease | Metabolism: Clinical and Experimental | Scientific Reports | Signal Transduction and Targeted Therapy*

Podcast Co-host & Producer, *Harvard Medical School* Aug 2023 – Jan 2025

- Co-hosted and produced the “[Fireside Chats on Endocrinology and Metabolism](#)” podcast at the Mantzoros Lab.

MENTORSHIP & TEACHING

Research Mentor, *University Medical Center Groningen & Yale School of Medicine* Jun 2024 – Present

- Co-supervise an MD-PhD candidate (Penn & Groningen) on precision diabetes care for brain health (2025 – Present).
- Supervise an MD student (WashU in St. Louis) on evidence-based medicine and evidence synthesis (2025 – Present).
- Supervise an MD graduate (University of Bologna) on the epidemiology of liver diseases (2025 – Present).
- Supervise a BS-MD student (Harvard Medical School) on electronic health records research (2024 – Present).

Academic Tutor, *University Medical Center Groningen* Sep 2022 – Aug 2024

- Taught, supervised, and mentored a total of 8 groups of ±10 medical students during biweekly problem-based learning tutorials (4h/week).

SKILLS

- *Technical:* Claude Code (full-stack development), R (bioinformatics, omics), TriNetX, UK Biobank
- *Other:* Adobe Creative Suite, Microsoft Office
- *Tools developed:* [Hepatophile](#) (hepatology decision support) | [OutcomePlot](#) (clinical outcomes visualization) | [HealthSpanTool](#) (individual health span prediction)
- *Language Skills:* Greek (native), English & Dutch (near native), German (conversational)

ACADEMIC PUBLICATIONS (MOST RECENT UPDATE: MAY 2026)

Citation metrics ([Google Scholar](#)):

- Citations: 3,287
- Hirsch index: 18
- i10-Index: 20

*,[§] Indicate equal contribution
† Indicates corresponding author(s)

First and Co-first author publications

1. **Kokkorakis M**, Evangelos K. Oikonomou[†]. Visceral Adiposity and Cardiovascular Risk in the Era of Cardiovascular-Kidney-Metabolic Syndrome. *American Journal of Preventive Cardiology*. 2026. DOI: [10.1016/j.ajpc.2026.101558](https://doi.org/10.1016/j.ajpc.2026.101558)
2. Anagnostakis F*, **Kokkorakis M***, Anastasiou G, Nagarajan S, and Mantzoros CS[†]. Association of glucagon-like peptide-1 receptor agonist use with anxiety disorders, depression, self-harm, and suicidality: a large cohort study. *Diabetes Research and Clinical Practice*. 2026. DOI: [10.1016/j.diabres.2026.113104](https://doi.org/10.1016/j.diabres.2026.113104)
3. Anagnostakis F*, **Kokkorakis M***[†], Nagarajan S, Anastasiou G, and Mantzoros CS. Comparative effectiveness of sodium-glucose cotransporter-2 inhibitors and glucagon-like peptide-1 receptor agonists for incident dementia: A retrospective multicohort study. *Diabetes, Obesity and Metabolism*. 2026. DOI: [10.1111/dom.70336](https://doi.org/10.1111/dom.70336)
4. **Kokkorakis M***[†], Folkertsma P*, Anagnostakis F*, Sirotin N, Agarwal M, Shantouf R, Henning RH, Pijl H, Wolffenbuttel BHR, Bax JJ, Atsma DE, Forte JC, Mantzoros CS[§], and van Dam S[§]. Simplifying coronary artery disease risk stratification: development and validation of a questionnaire-based alternative comparable to clinical risk tools. *EBioMedicine*. 2025. DOI: [10.1016/j.ebiom.2024.105518](https://doi.org/10.1016/j.ebiom.2024.105518)
5. **Kokkorakis M***[†], Folkertsma P*, Castela Forte J, Wolffenbuttel BHR, van Dam S, and Mantzoros CS. GDF-15 improves the predictive capacity of steatotic liver disease non-invasive tests for incident morbidity and mortality risk for cardio-renal-metabolic diseases and malignancies. *Metabolism*. 2025. DOI: [10.1016/j.metabol.2024.156047](https://doi.org/10.1016/j.metabol.2024.156047)
6. **Kokkorakis M***, Chakhtoura M*[†], Rhayem C[§], Al Rifai J[§], Ghezzawi M, Valenzuela-Vallejo L, and Mantzoros CS[†]. Emerging Pharmacotherapies for Obesity: A Systematic Review. *Pharmacological Reviews*. 2024. DOI: [10.1124/pharmrev.123.001045](https://doi.org/10.1124/pharmrev.123.001045)
7. Stefanakis K*, **Kokkorakis M***, and Mantzoros CS[†]. The impact of weight loss on fat-free mass, muscle, bone and hematopoiesis health: Implications for emerging pharmacotherapies aiming at fat reduction and lean mass preservation. *Metabolism*. 2024. DOI: [10.1016/j.metabol.2024.156057](https://doi.org/10.1016/j.metabol.2024.156057)
8. **Kokkorakis M***, Boutari C*, Hill MA, Kotsis V, Loomba R, Sanyal AJ, and Mantzoros CS[†]. Resmetirom, the first approved drug for the management of metabolic dysfunction-associated steatohepatitis: Trials, opportunities, and challenges. *Metabolism*. 2024. DOI: [10.1016/j.metabol.2024.155835](https://doi.org/10.1016/j.metabol.2024.155835)
9. **Kokkorakis M**, Muzurović E, Volčanšek Š, Chakhtoura M, Hill MA, Mikhailidis DP, and Mantzoros CS[†]. Steatotic Liver Disease: Pathophysiology and Emerging Pharmacotherapies. *Pharmacological Reviews*. 2024. DOI: [10.1124/pharmrev.123.001087](https://doi.org/10.1124/pharmrev.123.001087)
10. **Kokkorakis M***[†], Folkertsma P, van Dam S, Sirotin N, Taheri S, Chagoury O, Idaghdour Y, Henning RH, Castela Forte J, Mantzoros CS, de Vries DH*, Wolffenbuttel BHR*. Effective questionnaire-based prediction models for type 2 diabetes across several ethnicities: a model development and validation study. *EClinicalMedicine*. 2023. DOI: [10.1016/j.eclinm.2023.102235](https://doi.org/10.1016/j.eclinm.2023.102235)
11. **Kokkorakis M***, Katsarou A*, Katsiki N, and Mantzoros CS[†]. Milestones in the journey towards addressing obesity; Past trials and triumphs, recent breakthroughs, and an exciting future in the era of emerging effective medical therapies and integration of effective medical therapies with metabolic surgery. *Metabolism*. 2023. DOI: [10.1016/j.metabol.2023.155689](https://doi.org/10.1016/j.metabol.2023.155689)
12. **Kokkorakis M***, Boutari C*, Katsiki N, and Mantzoros CS[†]. From non-alcoholic fatty liver disease (NAFLD) to steatotic liver disease (SLD): an ongoing journey towards refining the terminology for this prevalent metabolic condition and unmet clinical need. *Metabolism*. 2023. DOI: [10.1016/j.metabol.2023.155664](https://doi.org/10.1016/j.metabol.2023.155664)

13. Anagnostakis F*, **Kokkorakis M***, Markouli M[§], and Piperi C^{§†}. Impact of Solute Carrier Transporters in Glioma Pathology: A Comprehensive Review. *International Journal of Molecular Sciences*. 2023. DOI: [10.3390/ijms24119393](https://doi.org/10.3390/ijms24119393)

Senior/Last author publications

14. Anagnostakis F, **Kokkorakis M**[†]. Long-term Risk of Prediabetes and Type 2 Diabetes Following SARS-CoV-2 Infection: A Nationwide Cohort Study. *Endocrine Practice*. 2026. DOI: [10.1016/j.eprac.2026.02.003](https://doi.org/10.1016/j.eprac.2026.02.003)

Co-authored publications

15. Anagnostakis F[†], **Kokkorakis M**, Asvestis C, Papadimopoulos I, Nagarajan S, Talbot K, Li L, Chen Y, Nasrallah IM, Wen J, Davatzikos C. Impact of cardiometabolic conditions on the progression from mild cognitive impairment to dementia: a large cohort study. *Alzheimer's & Dementia*. 2025. DOI: [10.1002/alz.70692](https://doi.org/10.1002/alz.70692)
16. Anagnostakis F[†], **Kokkorakis M**, Walker KA, Skampardoni I, Wen J, Erus G, Tosun D, Tassopoulou V, Cui Y, Govindarajan ST, Srinivasan D, Melhem R, Mamourian E, Shou H, Nasrallah IM, Mantzoros CS, and Davatzikos C. Radiomic and proteomic signatures of body mass index on brain ageing and Alzheimer's-like patterns of brain atrophy. *EBioMedicine*. 2025. DOI: [10.1016/j.ebiom.2025.105763](https://doi.org/10.1016/j.ebiom.2025.105763)
17. Anagnostakis F[†], **Kokkorakis M**, Walker K, and Davatzikos C. Signatures and Discriminative Abilities of Multi-Omics between States of Cognitive Decline. *Biomedicines*. 2024. DOI: [10.3390/biomedicines12050941](https://doi.org/10.3390/biomedicines12050941)
18. Kim K*, Kim MM*, Skoufos G, Diffenderfer ES, Motlagh SAO, **Kokkorakis M**, Koliaki I, Morcos G, Shoniyozov K, Griffin J, Hatzigeorgiou AG, Metz JM, Lin A, Feigenberg SJ, Cengel KA, Ky B, Koumenis C, and Verginadis II[†]. FLASH proton radiotherapy mitigates inflammatory and fibrotic pathways and preserves cardiac function in a preclinical mouse model of radiation-induced heart disease. *International Journal of Radiation Oncology, Biology, Physics*. 2024. DOI: [10.1016/j.ijrobp.2024.01.224](https://doi.org/10.1016/j.ijrobp.2024.01.224)
19. Boutari C, **Kokkorakis M**, Stefanakis K, Valenzuela-Vallejo L, Axarloglou E, Volčanšek Š, Chakhtoura M, and Mantzoros CS[†]. Recent research advances in metabolism, clinical and experimental. *Metabolism*. 2023. DOI: [10.1016/j.metabol.2023.155722](https://doi.org/10.1016/j.metabol.2023.155722)
20. Kouvari M*, Mylonakis SC*, Katsarou A*, Valenzuela-Vallejo L, Guatibonza-Garcia V, **Kokkorakis M**, Verrastro O, Angelini G, Markakis G, Eslam M, George J, Papatheodoridis G, Mingrone G, and Mantzoros CS[†]. The first external validation of the Dallas steatosis index in biopsy-proven Non-alcoholic fatty liver Disease: A multicenter study. *Diabetes Research and Clinical Practice*. 2023. DOI: [10.1016/j.diabres.2023.110870](https://doi.org/10.1016/j.diabres.2023.110870)
21. Kouvari M*, Valenzuela-Vallejo L*, Guatibonza-Garcia V*, Polyzos SA, Deng Y, **Kokkorakis M**, Agraz M, Mylonakis SC, Katsarou A, Verrastro O, Markakis G, Eslam M, Papatheodoridis G, George J[†], Mingrone G, and Mantzoros CS. Liver biopsy-based validation, confirmation and comparison of the diagnostic performance of established and novel non-invasive steatotic liver disease indexes: Results from a large multi-center study. *Metabolism*. 2023. DOI: [10.1016/j.metabol.2023.155666](https://doi.org/10.1016/j.metabol.2023.155666)

Co-authored publications as a Global Burden of Disease Senior Collaborator

22. GBD 2023 MASLD Collaborators. Global burden of metabolic dysfunction-associated steatotic liver disease, 1990–2023, and projections to 2050: a systematic analysis for the Global Burden of Disease Study 2023. *The Lancet Gastroenterology & Hepatology*. 2026. DOI: [10.1016/S2468-1253\(26\)00011-7](https://doi.org/10.1016/S2468-1253(26)00011-7)
23. GBD 2023 IHD & Dietary Risk Factors Collaborators. Global, regional and national burden of ischemic heart disease attributable to suboptimal diet, 1990–2023: a Global Burden of Disease study. *Nature Medicine*. 2026. DOI: [10.1038/s41591-026-04250-8](https://doi.org/10.1038/s41591-026-04250-8)
24. GBD 2023 Chronic Kidney Disease Collaborators. Global, regional, and national burden of chronic kidney disease in adults, 1990–2023, and its attributable risk factors: a systematic analysis for the Global Burden of Disease Study 2023. *The Lancet*. 2025. DOI: [10.1016/S0140-6736\(25\)01853-7](https://doi.org/10.1016/S0140-6736(25)01853-7)

25. GBD 2023 Causes of Death Collaborators. Global burden of 292 causes of death in 204 countries and territories and 660 subnational locations, 1990–2023: a systematic analysis for the Global Burden of Disease Study 2023. *The Lancet*. 2025. DOI: [10.1016/S0140-6736\(25\)01917-8](https://doi.org/10.1016/S0140-6736(25)01917-8)
26. GBD 2023 Disease and Injury and Risk Factor Collaborators. Burden of 375 diseases and injuries, risk-attributable burden of 88 risk factors, and healthy life expectancy in 204 countries and territories, including 660 subnational locations, 1990–2023: a systematic analysis for the Global Burden of Disease Study 2023. *The Lancet*. 2025. DOI: [10.1016/S0140-6736\(25\)01637-X](https://doi.org/10.1016/S0140-6736(25)01637-X)
27. GBD 2023 Demographics Collaborators. Global age-sex-specific all-cause mortality and life expectancy estimates for 204 countries and territories and 660 subnational locations, 1950–2023: a demographic analysis for the Global Burden of Disease Study 2023. *The Lancet*. 2025. DOI: [10.1016/S0140-6736\(25\)01330-3](https://doi.org/10.1016/S0140-6736(25)01330-3)
28. Global Burden of Cardiovascular Diseases and Risks 2023 Collaborators. Global, regional, and national burden of cardiovascular diseases and risk factors in 204 countries and territories, 1990–2023. *JACC*. 2025. DOI: [10.1016/j.jacc.2025.08.015](https://doi.org/10.1016/j.jacc.2025.08.015)
29. GBD 2023 Cancer Collaborators. The global, regional, and national burden of cancer, 1990–2023, with forecasts to 2050: a systematic analysis for the Global Burden of Disease Study 2023. *The Lancet*. 2025. DOI: [10.1016/S0140-6736\(25\)01635-6](https://doi.org/10.1016/S0140-6736(25)01635-6)
30. GBD 2023 Vaccine Coverage Collaborators. Global, regional, and national trends in routine childhood vaccination coverage from 1980 to 2023 with forecasts to 2030: a systematic analysis for the Global Burden of Disease Study 2023. *The Lancet*. 2025. DOI: [10.1016/S0140-6736\(25\)01037-2](https://doi.org/10.1016/S0140-6736(25)01037-2)
31. GBD 2021 Adolescent BMI Collaborators. Global, regional, and national prevalence of child and adolescent overweight and obesity, 1990–2021, with forecasts to 2050: a forecasting study for the Global Burden of Disease Study 2021. *The Lancet*. 2025. DOI: [10.1016/S0140-6736\(25\)00397-6](https://doi.org/10.1016/S0140-6736(25)00397-6)
32. GBD 2021 Adult BMI Collaborators. Global, regional, and national prevalence of adult overweight and obesity, 1990–2021, with forecasts to 2050: a forecasting study for the Global Burden of Disease Study 2021. *The Lancet*. 2025. DOI: [10.1016/S0140-6736\(25\)00355-1](https://doi.org/10.1016/S0140-6736(25)00355-1)

PhD Thesis

- **Kokkorakis M.** Evidence-Informed Cardiometabolic Medicine. University of Groningen. 2025. Available from: <https://doi.org/10.33612/diss.1402979401>
- PhD Defense Recording: <https://www.youtube.com/watch?v=k0xqSG9NYE4>