

**CURRICULUM VITAE for Joan Vernikos, Ph.D.**

October, 2011

**Date and Place of Birth:** May 9, 1934, Alexandria, Egypt**Education:**

	<u>Major</u>	<u>Dates</u>	<u>Awarded</u>	<u>Awarded</u>
University of Alexandria College of Pharmacy	Pharmacology	1951-1955	B. Pharm.	1955
Royal Free Hospital School of Medicine University of London	Pharmacology	1956-1960	Ph.D.	1960

**Professional Experience:**

Assistant Professor Department of Pharmacology Ohio State University College of Medicine Columbus, Ohio				1961 - 1964
Assistant Professor Department of Pharmacology Ohio State University Columbus, Ohio (on leave of absence)				1964 - 1966
National Academy of Sciences-National Research Council Fellow Environmental Biology Division NASA-Ames Research Center Moffett Field, California				1964 - 1966
Research Scientist NASA-Ames Research Center Moffett Field, California				1966 -1993

**Administrative Experience:**

Chief, Human Studies Branch Biomedical Research Division NASA-Ames Research Center Moffett Field, California				1972 - 1976
Deputy Director (Acting), Life Sciences Directorate NASA-Ames Research Center Moffett Field, California				1976
Associate Director (Acting), Space Research NASA-Ames Research Center Moffett Field, California				1987 -1993
Chief (Acting), Life Science Division NASA-Ames Research Center Moffett Field, California				1987 -1993
Director, Life Sciences Division NASA Headquarters Washington, DC				1993-2000

**Consultantships and Academic Appointments:**

Consultant, Department of Psychiatry Stanford University Medical School Stanford, California	1965 - 1966
Lecturer Department of Natural Sciences California State University at San Jose San Jose, California	1969 - 1975
Lecturer, Department of Aeronautics and Astronautics Stanford University Stanford, California	1972 - 1978
Clinical Professor Department of Pharmacology Wright State University School of Medicine Dayton, Ohio	1975 - 1981
President, THIRDDAGE LLC	2000- date.

**Membership in Professional Societies:**

American Society for Pharmacology and Experimental Therapeutics  
Endocrine Society  
Women in Endocrinology  
International Brain Research Organization  
Aerospace Medical Association  
American Society for Gravitational and Space Biology  
International Academy of Astronautics (IAA)  
Greek Aerospace Medical Association, Co-founder & President, 2003.

**Honors and Awards:**

Annual Legg Award for Outstanding Research, Royal Free Hospital, University of London, England, 1958, 1959 and 1960.  
Smith, Kline and French Fellow, Department of Pharmacology, Royal Free Hospital School of Medicine, University of London, England, 1959-1960.  
Postdoctoral Muehlaupt Scholar, Ohio State University, 1960-1961.  
NASA Medal for Exceptional Scientific Achievement, 1973.  
Hubertus Strughold Award, Aerospace Medical Association, 1990.  
Fellow, Aerospace Medical Association, 1991.  
Jeffries Award for Medical Research, American Institute of Aeronautics and Astronautics, (AIAA) 1994.  
Exceptional Service Medal, NASA, 1994.  
Honoree, Aerospace States Association, (ASA) 1994.  
Fellow, World Economic Forum, 1995.  
Honorary NASA Flight Surgeon, 1996.  
Leverett Award, (Best paper) Aerospace Medical Association, 1997.  
Silver Snoopy Award, (Astronauts' Personal Achievement Award) 1997.  
Presidential Merit Award, 1997.  
Member, International Academy of Astronautics, IAA, 1999.  
Exceptional Service Medal, NASA, 2000.  
Life Sciences Award, IAA, 2000.  
Lifetime Achievement Award, Women in Aerospace, 2000.  
The Melbourne W. Boynton Award, American Astronautical Society, 2009.  
IAA Life Sciences Book Award for *The G-Connection*, 2009.  
*The Joan Vernikos Aerospace Pharmacy Laboratory*, Pontifical Catholic University of Rio Grande do Sul, Porto Alegre, Brazil. Dedicated 7<sup>th</sup> November 2009.  
The Aristeon Award, *Loving your Life – Living your Passion*, Hellenic American Women's Council 2010.

### **Editorial Activities:**

Editorial Advisory Board, Journal of Pharmacology and Experimental Therapeutics, 1969-1978.  
 Editorial Board, Endocrinology, 1973-1977.  
 Associate Editor, Pharmacological Reviews, 1977-1981.  
 Editorial Board, Aviation, Space and Environmental Medicine, 1999 – 2002.  
 Space Correspondent, Defense & Foreign Affairs Strategic Policy, International Strategic Studies Association, 2007- date.

### **Professional, Consulting and Advisory Committees:**

Member, NASA delegation to USSR, 1975, 1976; NASA-USSR Joint Working Group, 1987; NASA-Russia JWG 1994-1998.  
 Pharmacology Study Section, NIH, Department of Health, Education and Welfare, 1974-1978.  
 Nominating Committee, American Society for Pharmacology and Experimental Therapeutics, 1977.  
 Abel Award Committee, American Society for Pharmacology and Experimental Therapeutics, 1978.  
 Founding Member, Sub-Committee on Women in Pharmacology, American Society for Pharmacology and Experimental Therapeutics, 1979-1983.  
 Chair, European Economic Community Committee on "Breakdown in Adaptation", Brussels, Belgium, 1981-1983.  
 Aerospace Medicine Advisory Committee, NASA, 1988-1993.  
 AGARD Consultant to DLR Institut fur Flugmedizin, Germany, "Fatigue and performance in Aircrew", 1991.  
 Program Chair, AIAA/ICES Annual Meeting, 1991.  
 Program Committee, International Astronautics Federation, 1991-1993.  
 National Hispanic University, Advisory Board, 1991-1993.  
 Member, Committee on Constitution and By-Laws, Aerospace Medical Association, 1990-1994.  
 Member, Life Sciences and Systems Technical Committee, American Institute of Aeronautics and Astronautics, 1990-1994.  
 Chair, Benefits from Space Panel, World Economic Forum, Davos, Switzerland, 1995.  
 Founding Member, Aerospace States Association, 1992.  
 Council, Space Medicine Branch, Aerospace Medical Association, 1992-1996.  
 Chair, International Life Sciences Strategic Working Group, 1993-2000.  
 Chair, Life Sciences and Technology Committee, IAA, 1995-1999.  
 Co-Chair, Organizing and Program Committees, IAA, 12<sup>th</sup> Man in Space Symposium, Washington, DC, 1996.  
 Co-Chair, Organizing and Program Committees, IAA 13<sup>th</sup> Humans in Space Symposium, Santorini, Greece, 2000.  
 Program Committee, IAA 14<sup>th</sup> Humans in Space Symposium, Banff, Canada, 2003.  
 Member, Board of Directors, American Society for Gravitational Biology, 2002-2005.  
 Advisory Scientific Board, European Space Agency, 2003.  
 Consultant to the University of Missouri – Columbia, creation of the National Center for Gender Physiology, 2000 - 2003.  
 Chair, CNES/ESA/NASA International Bed Rest Study Peer Review Panel, 2003.  
 Member, HEALTHY WORKSHOP, ESA 2003.  
 Member CNES/ESA-MEDES, Artificial Gravity Panel, 2004.  
 Chair, First International Congress on Space Flight Issues in the 21<sup>st</sup> Century – Cardiovascular and Fluid Shift Issues, Bellagio, Italy, 2004.  
 Member, IAA Study Group 2.2, Artificial Gravity as a Tool in Biology and Medicine, 2004-2006.  
 Chair and Organizer, Symposium on Pharmacological Countermeasures, ASGSB Meeting, New York, NY, 2004.  
 Member ESA/Topical Team on Artificial Gravity, 2005.  
 Member, IAA Study Group, Medical Requirements for Commercial Space Travel, 2006-2007.  
 Peer review, NASA Research and Education Support Services (NRESS) February, 2007.  
 Peer review, NASA Institute for Advanced Concepts (NIAC), March, 2007.  
 Chair, Peer Review, Bion flight experiment proposals, May 2008.  
 Member, ESA, Advisory Committee for Human Spaceflight, Microgravity and Exploration Programs (ACHME), January 2007- December 2009.  
 Member, ESA, Bed Rest Working Group, 2009-2010.

Member, ESA, Biomarker Technical Team, 2009-date.  
Co-Chair, ESA, Hypergravity Technical Team, 2009 – 2011.

**Service on Boards:**

Space Studies Board, National Research Council - National Academy of Sciences, 2007-2011.  
Healthy Logics Inc., Advisory Board, 2009-date  
Sage Point, Panel of Experts, 2010-date  
The Water Initiative for Africa, Advisory Board, 2011 – date.

**Research Areas:**

Neuroendocrinology  
Stress and the stress response  
Mechanisms regulating the pituitary-adrenal system  
Endocrine pharmacology  
Neuropharmacology  
Drug/stress interactions  
Effects of hormones on the central nervous system  
Space physiology and pharmacology  
Space medicine  
Circadian rhythms  
Gravity and human health  
Gravity and Aging  
Age and gender differences  
Artificial Gravity

**Patents:**

1. Aspirin/Metiamide Combination for Gastric Ulceration Control, Patent No. 4,279,906 (1978)
2. Indomethacin/Antihistamine Combination for Gastric Ulceration Control, Patent No. 4,230,717 (1978).
3. Human Powered Centrifuge, Patent No. 5,616,104 (1997).

**Books:**

1. Sandler Harold and Vernikos Joan, eds. Inactivity: Its Physiology. Academic Press Inc.:New York, 1986, ISBN: 0-12-618510-7.
2. Vernikos, Joan, (with Robin Hosie) *The G-Connection: Harness Gravity and Reverse Aging*, iUniverse Inc., 2004,  
ISBN: 0-595-32931-4 paperback  
ISBN: 0-595-66710-4, hardcover edition  
ISBN: 0-595-77722-8, eBook edition
3. Vernikos, Joan and Chrysoula Kourtidou-Papadeli *Thiatirontas ti Nioti ke sta Vathia mas Ghyratia: Thiasimikes Erevnes mas Apokalipsan to Mystiko*. (Retaining Youth Even in Our Deepest Old Age: Space Research Reveals the Secret) ZITI: Thessaloniki/Athens, 2004.  
ISBN: 0-960-431-941-8.
4. Vernikos, Joan. *The G-Connection: Harness Gravity and Reverse Aging*, Asahi Sensho: Tokyo, Japan, 2006. ISBN 978-4-02-259905-6.
5. Vernikos, Joan and Thais Russomano. *A Gravidade esta Grande Escultora: Use Gravidade a seu Favor*, ediPUCRS, Porto Alegre, Brazil, 2009. ISBN 978-85-7430-902-6.
6. Vernikos, Joan. *Stress Fitness for Seniors*, Thirdage Books, 2009. ISBN: 978-0-615-23063-4.
7. Vernikos, Joan. *Sitting Kills, Moving Heals: How Simple Everyday Movement will Prevent Pain, Illness and Early Death – and Exercise Alone Won't*, Quill Driver Books, 2011. ISBN: 978-1-610350-181.

## Bibliography

### Journal Papers:

1. Cox GS, Hodges JR, Vernikos J. (1958). The effect of adrenalectomy on the circulating level of adrenocorticotrophic hormone in the rat. *J. Endocrinol.*, 17:177-181
2. Hodges JR, Vernikos J. (1958). A comparison of the pituitary inhibitory effects of prednisone, prednisolone, and hydrocortisone. *Brit. J. Pharmacol.*, 13:98-102.
3. Hodges JR, Vernikos J. (1958). Influence of circulating adrenocorticotrophic on the pituitary adrenocorticotrophic response to stress in the adrenalectomized rat. *Nature (London)*, 182:725.
4. Hodges JR, Vernikos J. (1959). Circulating corticotrophin in normal and adrenalectomized rats after stress. *Acta Endocrinologica*, 30:188-196.
5. Hodges JR, Vernikos J. (1959). The stability of endogenous corticotrophin in rat blood *in vitro*. *Brit. J. Pharmacol.*, 14:215-218.
6. Hodges JR, Vernikos J. (1960). The effects of hydrocortisone on the level of corticotrophin in the blood and pituitary glands of adrenalectomized and of stressed adrenalectomized rats. *J. Physiol.*, 150:683-693.
7. Vernikos-Danellis J, Zaimis E. (1960). Some pharmacological actions of bretylium and guanethidine. *Lancet*, October, pp. 787-788.
8. Hodges JR, Jones MT, Vernikos-Danellis J. (1962). The effect of adrenalectomy on pituitary adrenocorticotrophic activity in the rat. *J. Physiol. (London)*, 162:19-20P.
9. Hodges JR, Vernikos-Danellis J. (1962). Pituitary and blood corticotrophin changes in adrenalectomized rats maintained on physiological doses of corticosteroids. *Acta Endocrinologica*, 39:79-86.
10. Marks BH, Vernikos-Danellis J. (1962). Inhibition of release of corticotrophin. *Nature (London)*, 195:85-86.
11. Vernikos-Danellis J, Marks BH. (1962). Epinephrine-induced release of ACTH in normal human subjects: A test of pituitary function. *Endocrinology*, 70:525-531.  
Reviewed in *Modern Medicine* (1962) 30:200; in *International Medical Digest* (1962) 78:370; and in *Pathologie et Biologie* February, 1964].
12. Vernikos-Danellis J, Marks BH. (1962). Pituitary inhibitory effects of digitoxin and hydrocortisone. *Society for Experimental Biology and Medicine*, 109:10-14.
13. Jacobowitz D, Marks BH., Vernikos-Danellis J. (1963). Effect of acute stress on the pituitary gland: Uptake of Serine-1-C<sup>14</sup> into ACTH. *Endocrinology*, 72:592-597.
14. Marks BH, and Vernikos-Danellis J. (1963). Effect of acute stress on the pituitary gland: Action of ethionine on stress-induced ACTH release. *Endocrinology*, 72:582-587.
15. Vernikos-Danellis J. (1964) Effect of acute stress on the pituitary gland: Changes in blood and pituitary ACTH concentrations. *Endocrinology*, 72:574-581.
16. Vernikos-Danellis J. (1964). Estimation of corticotropin-releasing activity of rat hypothalamus and neurohypophysis before and after stress. *Endocrinology*, 75:514-520.
17. Marks BH, Bhattacharya AN, Vernikos-Danellis J. (1965). Effect of hypoxia on secretion of ACTH in the rat. *Am. J. Physiol.*, 208:1021-1025.
18. Vernikos-Danellis J. (1965). The effect of rat median eminence extracts on pituitary ACTH content in normal and adrenalectomized rats. *Endocrinology*, 76:240-245.
19. Vernikos-Danellis J. (1965). The effect of stress, adrenalectomy, hypophysectomy and hydrocortisone on the corticotropin-releasing activity of rat median eminence. *Endocrinology*, 76:122-126.
20. Vernikos-Danellis J, Hall M. (1965). Inhibition of adrenocortical responsiveness to ACTH by actinomycin D *in vivo*. *Nature (London)*, 207:766-767.
21. Vernikos-Danellis J, Anderson E, Trigg L. (1966). Changes in adrenal corticosterone concentration in rats: Method of bioassay for ACTH. *Endocrinology.*, 79:624-630.
22. Gwinup G, Steinberg T, King C, Vernikos-Danellis J. Vasopressin induced ACTH secretion in man. *J. Clin. Endocrinol. Metab.*, 27:927-930.
23. Halasz B, Vernikos-Danellis J, Gorski RA. (1967). Pituitary ACTH content in rats after partial or total interruption of neural afferents to the medial basal hypothalamus. *Endocrinology*, 81:921-924.
24. Vernikos-Danellis J, Trigg L. (1967). Feedback mechanisms regulating pituitary ACTH secretion in rats bearing transplantable pituitary tumors. *Endocrinology*, 80:345-350.
25. Aplington HW, Jr., Vernikos-Danellis J. (1968). Distribution of ACTH in Necturus pituitary. *Anat. Rec.*, 161:441-446.
26. Muller PJ, Vernikos-Danellis J. (1968). Alteration in drug toxicity by environmental variables. *Proceedings of the Western Pharmacology Society*, 11:52-53.

27. Vernikos-Danellis J, Ciaranello R, Barchas J. (1968). Adrenal epinephrine and PNMT activity in the rat bearing a transplantable pituitary tumor. *Endocrinology*, 83:1357-1358.
28. Vernikos-Danellis J, Harris CG III. (1968). The effect of *in vitro* and *in vivo* caffeine, theophylline and hydrocortisone on the phosphodiesterase activity of the pituitary, median eminence, heart and cerebral cortex of the rat. *Proceedings of the Society for Experimental Biology and Medicine*, 128:1016-1021.
29. Barchas J, Conners R, Levine S, Vernikos-Danellis J. (1969). Effects of chronic melatonin and saline injections on pituitary-adrenal secretion. *Experientia*, 25:413-414.
30. Ciaranello R, Barchas J, Vernikos-Danellis J. (1969). Compensatory hypertrophy and PNMT activity in the rat adrenal. *Life Sciences*, 8:401-407.
31. Schofield S, Olds L, Daniels AE, Goodwin A, Muller P, Vernikos-Danellis J. (1969). Effect of glutethimide and amino glutethimide on the pituitary-adrenal system. *Proceedings of the Western Pharmacology Society*, 12:109-111.
32. Vernikos-Danellis J. (1969). Sensitivity of the adrenal corticosterone response to ACTH as a function of time after hypophysectomy. *Endocrinology*, 84:1507-1508.
33. Muller PJ, Vernikos-Danellis J. (1970). Effect of environmental temperature on the toxicity of caffeine and dextroamphetamine in mice. *J. Pharmacol. Exp. Therap.*, 171:153-158.
34. Vernikos-Danellis J, Winget CM, Hetherington NW. (1970). Diurnal rhythm of the pituitary-adrenocortical response to stress: Effect of constant light and constant dark. *Life-Sciences and Space Research*, 8:240-246.
35. Conner RL, Vernikos-Danellis J, Levine S. (1971). Stress, fighting and neuroendocrine function. *Nature (London)*, 234:564-566.
36. Daniels-Severs A, Ogden E, Vernikos-Danellis J. (1971). Centrally mediated effects of angiotensin II in the unanesthetized rat. *Physiology and Behavior*, 7:785-787.
37. Dallman MF, Jones MT, Vernikos-Danellis J, Ganong WF. (1972). Corticosteroid feedback control of ACTH secretion: Rapid effects of bilateral adrenalectomy on plasma ACTH in the rat. *Endocrinology*, 91:961-968.
38. Vernikos-Danellis J, Leach CS, Winget CM, Rambaut PC, Mack PB. (1972). Thyroid and adrenal cortical rhythmicity during bed-rest. *J. Appl. Physiol.*, 33:646-648.
39. Winget CM, Vernikos-Danellis J, Cronin S, Leach CS, Rambaut PC, Mack PB. (1972). Circadian rhythm asynchrony in humans during hypokinesia. *J. Appl. Physiol.*, 33:640-645.
40. Daniels-Severs AE, Goodwin AL, Keil LC, Vernikos-Danellis J. (1973). Effect of chronic crowding and cold on the pituitary-adrenal system. *Pharmacology*, 9:348-356.
41. Daniels-Severs AE, Vernikos-Danellis J. (1973). Effect of aminoglutethimide and glutethimide on the pituitary-adrenal system. *Pharmacology*, 10:111-122.
42. Vernikos-Danellis J, Leach CS, Winget CM, Goodwin AL, Rambaut PC. (1973). Fifty-six days of bedrest: Glucose, insulin and growth hormone. *Aerospace Medical Association Preprints*, p 94-96.
43. Vernikos-Danellis J, Leach CS, Winget CM, Goodwin AL, Rambaut PC. (1972). Fifty-six days of bedrest: Glucose, insulin and growth hormone. *J. Appl Physiol.* 33:649-
43. Winget CM, Vernikos-Danellis J, DeRoshia CW, Cronin SE, Leach CS, Rambaut PC. (1973). Fifty-six days of bedrest: Circadian rhythms of heart rate and body temperature. *Aerospace Medical Association Preprints*, pp. 25-27.
44. Winget CM, Vernikos-Danellis J, Sakellaris PC. (1973). Noradrenergic control of circadian rhythms in *Cebus Albifrons*. *J. Phys. Anthropol.*, 38:331-337.
45. Beljan JR, Chapman LF, Rockwell D, Vernikos-Danellis J, Winget CM. (1974). The influence of 105 days of social deprivation on habitability. *Aerospace Medical Association Preprints*, pp. 90-91.
46. Berger PA, Barchas JD, Vernikos-Danellis J. (1974). Serotonin and pituitary-adrenal function. *Nature*, 248:424-426.
47. Sakellaris PC, Vernikos-Danellis J. (1974). Alteration of pituitary-adrenal dynamics induced by a water deprivation regimen. *Physiology and Behavior*, 12:1067-1070.
48. Vernikos-Danellis J, Leach CS, Winget CM, Goodwin AL, Beljan JR. (1974). The influence of 105 days social deprivation on adrenocortical function. *Aerospace Medical Association Preprints*, pp. 89-90.
49. Brown PA, Sawrey JM, Vernikos-Danellis J. (1975). Attenuation of salicylate and stress-produced gastric ulceration by metiamide. *Proceedings of the Western Pharmacological Society*, 18:123-127.
50. Chapman LF, Rockwell D, Winget C, Vernikos-Danellis J. (1975). EEG changes following prolonged social isolation. *Aerospace Medical Association Preprints*, pp. 262-263.
51. Leach CS, Rambaut PC, Johnson PC, Vernikos-Danellis J. (1975). A comparison between the metabolic effects of absolute bedrest and weightlessness. *Aerospace Medical Association Preprints*, pp. 147-148.

52. Sakellaris PC, Peterson A, Goodwin AL, Winget CM, Vernikos-Danellis J. (1975). Response of mice to repeated photoperiod shifts: Susceptibility to stress and barbiturates. *Proceedings of the Society for Experimental Biology and Medicine*, 149:677-680.
53. Sakellaris PC, Vernikos-Danellis J. (1975). Increased rate of response of the pituitary-adrenal system in rats adapted to chronic stress. *Endocrinology*, 97:597-602.
54. Shields D, Marra C, Goodwin A, Vernikos-Danellis J. Stress modification of the toxicity of antimotion sickness drugs and aspirin. *Pharmacology*, 13:241-247.
55. Vernikos-Danellis J, Dallman MF, Goodwin AL, Leach CS. (1975). The pituitary-adrenal response to +Gz before and after bedrest in female subjects. *Aerospace Medical Association Preprints.*, pp. 145-146.
56. Sakellaris PC, Vernikos-Danellis J. (1975). Increased rate of response of the pituitary-adrenal system in rats adapted to chronic stress. *Endocrinology*, 97:597-602.
57. Vernikos-Danellis J, Goldenrath WL, Dolkas CB. (1975). The physiological cost of flight stress and flight fatigue. *U.S. Navy Medicine*, 66:12-16.
58. Brown PA, Brown TH, Vernikos-Danellis J. (1976). Histamine H<sub>2</sub> receptor: Involvement in gastric ulceration. *Life Sciences*, 18:339-344.
59. Kellar KJ, Elliott GR, Holman RB, Vernikos-Danellis J, Barchas JD. (1976). Tryptoline inhibition of serotonin uptake in rat forebrain homogenates. *J. Pharmacol. Exp. Ther.*, 198:619-625.
60. Vernikos-Danellis J, Leach CS, Winget CM, Goodwin AL, Rambaut PC. Changes in glucose, insulin and growth hormone levels associated with bedrest. *Aviat. Space Env. Med.*, 47:583-587.
61. Engeland WC, Shinsako J, Winget CM, Vernikos-Danellis J, Dallman MF. (1977). Circadian patterns of stress-induced ACTH secretion are modified by corticosterone responses. *Endocrinology*, 100:138-147.
62. Kellar KJ, Brown PA, Madrid J, Bernstein M, Vernikos-Danellis J, Mehler WP. (1977). Origins of serotonin innervation of forebrain structures. *J. Exp. Neurol.*, 56:52-62.
63. Vernikos-Danellis J, Winget CM, Goodwin AE, Reilly T. (1977). Comparison of hormone and electrolyte circadian rhythms in male and female humans. *Waking and Sleeping*, 1:365-368.
64. Vernikos-Danellis J, Winget CJ, Leach CS, Rosenblatt LS, Lyman J, Beljan JR. (1977). Space motion sickness medications: Interference with biomedical parameters. *Acta Astronautica*, 4:1159-1169.
65. Winget CM, De Roshia CW, Vernikos-Danellis J, Rosenblatt LS, Hetherington NW. (1977). Comparison of circadian rhythms in male and female humans. *Waking and Sleeping*, 1:359-363.
66. Blake KD, Byrnes GJ, Vernikos-Danellis J, Gann DS. (1978). Hyperrestoration of blood volume following hemorrhage in the Trendelenburg position. *Surg. Forum.*, 29:29.
67. Brown PA, Sawrey JM, Vernikos-Danellis J. (1978). Comparison of aspirin and indomethacin induced gastric ulcers and their antagonism by antihistamines. *Europ. J. Pharmacol.*, 51:275-283.
68. Heybach JP, Vernikos-Danellis J. (1978). The effect of pituitary adrenal function in the modulation of pain sensitivity in the rat. *J. Physiol. (London)*, 283:331-340.
69. Heybach JP, Vernikos-Danellis J. (1978). The effects of fenfluramine administration on the activity of the pituitary-adrenal system in the rat. *Proceedings of the Western Pharmacology Society*, 21:19-25.
70. Vernikos-Danellis J, Dallman MF, Forsham P, Goodwin AL, Leach CS. (1978). Hormonal indices of tolerance to +Gz acceleration in female subjects. *Aviat. Space Env. Med.*, 49:886-889.
71. Hennessey MB, Heybach JP, Vernikos-Danellis J, Levine S. (1979). Plasma Corticosterone Concentrations Sensitive Reflect Levels of stimulus intensity in the rat. *Physiology and Behavior*, 22:821-825.
72. Heybach JP, Brown PA, Vernikos-Danellis J. (1979). Synaptosomal uptake of hypothalamic monoamines and recovery of pituitary-adrenal activity following medial forebrain bundle lesions in rats. *Neuroendocrinology*, 28:273-280.
73. Heybach JP, Vernikos-Danellis J. (1979). Inhibition of adrenocorticotrophin secretion during deprivation-induced eating and drinking in rats. *Neuroendocrinol.*, 28:329-338.
74. Heybach JP, Vernikos-Danellis J. Inhibition of the pituitary-adrenal response to stress during deprivation-induced feeding. *Endocrinology*, 104:967-973.
75. Brown PA, Vernikos J. (1980). Antihistamine effect on synaptosomal uptake of serotonin, norepinephrine and dopamine. *Europ. J. Pharmacol.*, 65:89-92.
76. Heybach JP, Vernikos J. (1981). Naloxone inhibits and Morphine potentiates the adrenal steroidogenic response to ACTH. *Europ. J. Pharmacol.*, 75:1-6.
77. Vernikos J, Dallman MF, Bonner C, Katzen A, Shinseko J. (1982). Pituitary-adrenal function in rats chronically exposed to cold. *Endocrinology*, 110:413-420.
78. Convertino VA, Doerr DF, Eckberg DL, Fritsch JM, Vernikos-Danellis J. (1989). Carotid baroreflex response following 30 days exposure to simulated microgravity. *The Physiologist*, 32:S67-S68.

79. Vernikos J, Sharp JC. (1989). The life sciences program at the NASA, Ames Research Center: An overview. *The Physiologist*, 32:S1-S4.
80. Convertino VA, Doerr DF, Eckberg KS, Fritsch JM, Vernikos-Danellis J. (1990). Headdown bed rest impairs vagal baroreflex responses and provokes orthostatic hypotension. *J. Appl. Physiol.*, 68:1458-1464.
81. Vernikos J, Dallman MF, Van Loon G, Keil LC. (1991). Drug effects on orthostatic intolerance induced by bed rest. *J. Clin. Pharmacol.*, 31:974-984.
82. Greenleaf JE, Vernikos J, Wade CE, Barnes PR. (1992). Effect of leg exercise training on vascular volumes during 30 days of 6° head-down bed rest. *J. Appl. Physiol.*, 72:1887-189.
83. Vernikos J, Dallman MF, Van Loon G, Keil LC, O'Hara D, Convertino VA. (1993). Gender differences in endocrine responses to posture and 7 days of -6 head down bed rest. *Am. J. Physiol.*, 265:E153-161.
84. Convertino VA, Vernikos J. (1994). Advantages and disadvantages of fludrocortisone or saline load in preventing orthostatic hypotension. *Acta Astronautica* 33:259-266.
85. Convertino VA, Doerr DF, Vernikos J. (1994). Altered baroreflex control of forearm vascular resistance during simulated microgravity. *J.Gravitational Physiol.*,1: P31-P32.
86. Convertino VA, Doerr,DF, Ludwig DA, Vernikos J. (1994). Effect of simulated microgravity on cardiopulmonary baroreflex control of forearm vascular resistance. *Am.J. Physiol.* 266:R1962-1969.
87. Robertson D, Convertino VA, Vernikos J. (1994). The sympathetic nervous system and the physiological consequences of spaceflight. *Am. J. Sci.* 308:126-132.
88. Goldstein DS, Vernikos J, Holmes C, Convertino VA. (1995). Catecholaminergic effects of prolonged head down bed rest. *J.Appl. Physiol.* 78:1023-1029.
89. Nicogossian AE, Collier J, Vernikos J, Pool S. (1997) Countermeasures to Enable Long-Duration Flight. *Acta Astronautica* 35.
90. Vernikos J, Ludwig DA, Ertl AC, Wade CE, Keil LC, O'Hara D. (1996). Effect of standing or walking on physiological changes induced by head down bed rest. *Aviat. Space Environ. Med.* 67:1069-1079.
91. Vernikos J. (1996). Human physiology in space. *Bioessays* 18:1029-1037.
92. Vernikos J. (1997) Artificial Gravity: Intermittent Centrifugation as a Space Flight Countermeasure. *J.Grav.Physiol.* 4:P13-16.
93. Convertino VA, Ludwig DA, Gray BD, Vernikos J. (1998) Effects of Exposure to simulated microgravity on neuronal catecholamine Release and Blood Pressure Responses to Norepinephrine and Angiotensin. *Clin. Autonomic Res.* 8:101-110.
94. Arnaud S, Wolinsky I, Fung P, Vernikos J. (2001) Dietary Salt and Urinary Calcium Excretion in a Human Bed Rest Spaceflight Model. *Aviat. Space Environ. Med.* 71:1115 –1119.
95. Ludwig DA, Vernikos J, Wade CE, Convertino VA. (2001) Blood Pressure Changes during Orthostatic Stress: Evidence of Gender Differences in Neuroeffector Distribution. *Aviat. Space Environ. Med.* 72:892-898.
96. Sides M, Vernikos J, Convertino V, Stepanek J, Tripp L, Draeger J, Hargens A, Kourtidou-Papadeli C, Pavy-Le-Traon A, Russomano T, Wong J, Buccello R, Lee P, Nangalia V, Saary J. (2005) The Bellagio Report: Cardiovascular Risks of Spaceflight: Implications for the Future of Space Travel. *Aviat. Space Environ. Med.* 76.
97. Young, LR, Wagner EB, Vernikos J, Duda JE, Fuller CA, KA Souza, Barber, RD, Martin-Brennan, C, McKay CP.( 2005) "Another Go-around: Revisiting the Case for Space-Based Centrifuges" *Gravitational and Space Biology Bulletin* 18 (2) June 2005
98. Kourtidou-Papadeli, C, Vernikos, J. (2006) The Therapeutic Benefits of Gravity in Space and on Earth. *Acta Astronautica*
99. Kourtidou-Papadeli C, Papadelis CL, Vernikos J, Bamidis PD, Hitoglou-Antoniadou M, Perantoni E, Vlachogiannis E. (2008) The Therapeutic Benefits of Gravity in Space and on Earth. *HIPPOKRATIA* 12 (Suppl 1):28-31.
100. Pavy-Le Traon, A. Heer, M, Naricci M, Rittweger J, Vernikos J. (2007) "From Space to Earth:advances in human physiology from 20 years of bed rest studies (1986-2006)" *E J A P* 101:143-194.
101. Vernikos J. (2008) Human Exploration in Space: why, where, what for? *HIPPOKRATIA*,12 (Suppl 1)6-9.
102. Vernikos, J. (2012) Gravity and Hypergravity,*HIPPOKRATIA*, (In Press).
103. Vernikos J, Deepak A, Sarkar D, Rickards CA, Convertino VA. (2012)Yoga Therapy as a Complement to Astronaut Health and Emotional Fitness – Stress Reduction and Countermeasure Effectiveness Before, During and in Post-Flight Rehabilitation: A Hypothesis. *ASGSB Bulletin* (Submitted).



### Reviews, Chapters in Books and Reports:

1. Vernikos-Danellis J. (1965). The regulation of the synthesis and release of ACTH. In: Vitamins and Hormones. Harris RS, Wool IG, and Loraine JA, eds. Academic Press, New York, vol. 23, pp. 97-152.
2. Vernikos-Danellis J. (1964). Neuroendocrine factors affecting the synthesis and release of ACTH. In: Proceedings of the 2nd International Congress for Endocrinology, pp. 549-555.
3. Vernikos-Danellis J. (1968). The pharmacological approach to the study of mechanisms regulating ACTH secretion. In: The Pharmacology of Hormonal Polypeptides and Proteins. Martini L, ed. Plenum Press, New York, pp. 175-189.
4. Vernikos-Danellis J, Marks BH. (1970). The assay of CRF. In: Hypophysiotropic Hormones of the Hypothalamus: Assay and Chemistry. J. Meites, ed. Williams and Wilkins, New York, pp. 60-68.
5. Vernikos-Danellis J. (1971). Diurnal variation in adrenocortical and thyroid function during prolonged bed-rest. In: Proceedings of the 1st Manned Spacecraft Center Endocrine Program Conference. NASA TM X-58068, pp. 5-1 to 5-14.
6. Vernikos-Danellis J. (1972). Effects of hormones on the central nervous system. In: Hormones and Behavior. Levine S, ed. Academic Press, New York, pp. 11-62.
7. Vernikos-Danellis J, Winget CM, Leach CS, Rambaut PC. (1971). Dissociation of effects of prolonged confinement and bed-rest in normal human subjects: Cortisol, insulin, thyroxine and triiodothyronine. In: Proceedings of the 2nd Manned Spacecraft Center Endocrine Program Conference. NASA TM X-58093, pp. 10-1 to 10-8.
8. Winget CM, Vernikos-Danellis J, Leach CS, Rambaut PC. Dissociation of effects of prolonged confinement and bed-rest in normal human subjects: Body temperature and heart rate. In: Proceedings of the 2nd Manned Spacecraft Center Endocrine Program Conference. NASA TM X-58093, pp. 9-1 to 9-6.
9. Vernikos-Danellis J, Berger PA. Serotonin levels and pituitary-adrenal function. In: Serotonin and Behavior. Barchas JD, and Usdin E, eds. Academic Press, New York, pp. 173-177.
10. Vernikos-Danellis J, Leach CS, Winget CM, Goodwin AL, Rambaut PC. (1972). Changes in glucose, insulin and growth hormone levels associated with bedrest. In: Proceedings of the 3rd Manned Spacecraft Center Endocrine Program Conference. NASA TM X-58134, pp. 2-1 to 2-9.
11. Vernikos-Danellis J, Berger PA, Barchas JD. (1973). Brain serotonin and pituitary-adrenal function. In: Drug Effects on Neuroendocrine Regulation. Progress in Brain Research. Zimmerman E, Gispen WH, Marks BH, DeWied D, eds., 39:301-310.
12. Leach CS, Vernikos-Danellis J, Winget CM, Rambaut PC, Campbell BO. (1974). The effect of hypokinesia on plasma ACTH and cortisol concentrations. In: Biorhythms and Human Reproduction. Ferin M, Halberg F, Kichart RM, and Vande Wiele RL, eds. Wiley, New York, pp. 409-416.
13. Vernikos-Danellis J, Winget CM, Leach CS, Rambaut PC. (1974). Circadian, Endocrine, and Metabolic Effects of Prolonged Bedrest: Two 56-Day Bedrest Studies. NASA TM X-3051.
14. Winget CM, Vernikos-Danellis J, DeRoshia CW, Cronin SE. (1974). Rhythms during hypokinesia. In: Biorhythms and Human Reproduction. Ferin M, Halberg F, Richart RM, Vande Wiele RL, eds. Wiley, New York, pp. 575-587.
15. Winget CM, Vernikos-Danellis J, Leach CS, Campbell BO, Rambaut PC. (1974). Changes in the pituitary-adrenal system associated with bedrest. In: Proceedings of the 3rd Manned Spacecraft Center Endocrine Program Conference. NASA TM X-58134, pp. 3-1 to 3-11.
16. Winget CM, Vernikos-Danellis J, Leach CS, Rambaut PC. (1974). Phase relationships between circadian rhythms and the environment in humans during hypokinesia. In: Chronobiology. Scheving LE, Halberg F, Pauly JE, eds. International Scholarly Book Services, Portland, pp. 429-434.
17. Holman RB, Elliott, GR, DoAmaral JR, Vernikos-Danellis J, Kellar KJ, Barchas JD. (1975). Tryptolines: Their potential role in the effects of ethanol. In: The Role of Acetaldehyde in the Action of Ethanol. Lindros KO, Ericksson CJP, eds. The Finnish Foundation for Alcohol Studies: Helsinki, Finland, 23:207-216.
18. Vernikos-Danellis J. (1975). Modulating the pituitary-adrenal response to stress. In: Proceedings of the 4th Manned Spacecraft Center Endocrine Program Conference. NASA TM X-58155, pp. 2-1 to 2-10.
19. Vernikos-Danellis J. (1977) Peptide substances as neuroregulators. In: Neuroregulators and Psychiatric Disorders. Usdin E, Hamberg DA, Barchas JD, eds. Oxford University Press, New York, pp. 284-286.

20. Vernikos-Danellis J, Kellar KJ, Kent D, Gonzales C, Berger PA, Barchas J. (1977). Serotonin involvement in pituitary-adrenal function. In: ACTH and Related Peptides: Structure, Regulation and Action. Krieger DT, Ganong WF, eds. Ann. N. Y. Acad. Sci. 297:518-526.
21. Brown PA, Vernikos-Danellis J. (1978). Absence of gastric ulceration in rats after flight on the Kosmos 782 biological satellite. In: Final Report of U.S. Experiments Flown in the Soviet Satellite Cosmos 782. Rosenzweig S, Souza K, eds. NASA TM-78525, pp. 200-206.
22. Winget CM, Vernikos-Danellis J, DeRoshia CW, Cronin SE. (1974). Rhythms during hypokinesia. In: Biorhythms and Human Reproduction. Ferin M, Halberg F, Richart RM, Vande Wiele RL, eds. Wiley, New York, pp. 575-587.
23. Vernikos-Danellis J, Winget CM, Beljan, JR. (1979). The effect of antiemetic medications on the human circadian rhythms. In: Chronopharmacology: Proceedings of the International Conference. Walker CA, Soliman RFA, Winget CM, eds. University Presses of Florida, Tallahassee.
24. Heybach JP, Vernikos J. (1980). Morphine Potentiates and Naloxone Inhibits the Adrenocortical Response to ACTH. NASA TM X-81253.
25. Vernikos-Danellis J. (1980). Adrenocortical responses of humans to group hierarchy, confinement and social interaction. In: Coping and Health. Levine S and Ursin S, eds. NATO Conference Series (Series III: Human Factors). Plenum Press, New York, vol. 12., pp. 225-232.
26. Vernikos J, Heybach JP. (1980). Psychophysiological mechanisms regulating the hypothalamic-pituitary-adrenal response to stress. In: Selye's Guide to Stress Research. Selye H, ed. Van Nostrand Reinhold Co., New York, vol. 1, pp. 206-251.
27. Heybach JP, Vernikos J. (1981). ACTH-Like Peptides Increase Pain Sensitivity and Antagonize Opiate Analgesia. NASA TM X-81254.
28. Vernikos J, Shannon L, Heybach JP. (1981). Stress Antagonizes Morphine Induced Analgesia in the Rat. NASA TM X-81282.
29. Vernikos J, Dallman MF, Keil LC, O'Hara D, Convertino VA. (1983) Gender Differences in Endocrine Responses to Posture and 7 days of 6 Head Down Bed Rest. NASA-TM-103991, pp1-17.
30. Dallman MF, Keil LC, Convertino V, O'Hara D, Vernikos J. (1984). Hormonal, fluid and electrolyte responses to 6° antiorthostatic bedrest in healthy male subjects. In: Catecholamines and Stress. Kvetnansky R and Usdin E, eds. Gordon Breach, New York, vol. 4, pp. 1057-1077.
30. Vernikos J. (1984). Stress response as a function of age and sex. In: Breakdown in Human Adaptation to Stress. Wegmann HM, ed. Martinus Nijhoff Publishers, Boston, vol. 1, part 2, pp. 509-521.
32. Leach CS, Vernikos-Danellis J, Krauhs JM, Sandler HS. (1985). Endocrine and Fluid Metabolism in Males and Females of Different Ages after Bedrest, Acceleration and Lower Body Negative Pressure. NASA TM-58270, pp. 1-35.
33. Vernikos-Danellis J (1988) Interplanetary Travel: Is Gravity Needed to Close the Loop? NASA-TM-101013 pp1-16.
34. Vernikos-Danellis J. (1990). Interplanetary Travel: Is Gravity Needed to Close the Loop? In: The Control of the Hypothalamic-Pituitary-Adrenal Axis. Rose FC, ed. International Universities Press, Madison, Connecticut, pp. 437-446.
37. Vernikos J, Convertino VA. (1992). Altered physiological baseline and the endocrine response to stress in man. In: Stress: Neurochemical and Molecular Approaches. Kvetnansky RR, McCarty R, Axelrod J, eds. Gordon and Breach, New York, pp. 939-952.
35. Wade CE, Vernikos J. (1992) Biomedical Issues in the Exploration of Mars, In: "Strategies for Mars" C. Stoker (ed.,)
36. Gross AR, Harper LD, Shafto MG, Vernikos J, Webbon BW, Berry WE. (1994). Human Support for Mars Exploration: issues and Approaches. In Mars: Past, Present and Future. (Pritchard EB, ed.), volume 145, AIAA ( Washington DC), pp269-296.
37. Vernikos J, Ludwig D. (1994). Intermittent Gravity: how much? how often? how long? NASA T108800, pp. 1-101.
38. Vernikos J. (1995). Pharmacological Approaches. In: Countermeasures. (Sandler H ed.,) Acta Astronautica 35 : 2 81-296.
39. Grymes RA, Wade CE, Vernikos J. (1996). Biomedical issues in the exploration of Mars. In: Strategies for Mars. (Stoker C. and Emmart, C. eds.) Science and Technology Series 86:225-239.
40. Vernikos J. (1995) Agenda for Change: Advances at NASA. US Medicine, vol. 31, pp24-25.
41. Vernikos J. (1997) NASA Advances 'Down to Earth'. U.S. Medicine, vol 33 p.22.
42. Vernikos J. "Growing Old in Space", In: Mathematics, ed. Barry Max Brandenberger, Jr. New York: Macmillan Reference, USA, 2002.
43. Vernikos J. "Space Life Sciences", In: Exploring the Unknown, Volume VI: Space and Earth Science, John M. Logsdon, Ed., NASA SP- 2004-4407, 2004.

44. Vernikos J. "Water in Space", In: Water, ed. Barry Max Brandenberger, Jr. New York: Macmillan Reference USA, 2003.
45. Vernikos J. "Leadership: The Nature Versus Nurture Debate", Strategy 2005: The Global Strategic Forum, G. Copley Ed., 2005 International Strategic Studies Association (in pdf and WMV format), [Marketing@StrategicStudies.org](mailto:Marketing@StrategicStudies.org).
46. Pavy-LeTraon A, Heer M, Naricci M, Rittweger J, Vernikos J. "Bed Rest Studies in the Space Era (1986-2005): A review. ESA Report SP-1305, 114pp. (2007).
47. Vernikos, Joan. "A Strategic Perspective of Space" Defense & Foreign Affairs – Special Analysis, Volume XXV, No.3:1-5 (2007).
48. Vernikos, Joan. "Examining Vulnerability and Competition in Space" Defense & Foreign Affairs – Special Analysis, Volume XXV, No. 50:2-5 (2007).
49. Vernikos J. Strategic Views on Space: Space strategy, a topic not taught in war colleges, is finally coming to the heart of strategic reality. Defense & Foreign Affairs Strategic Policy, May 4,12-14, 2007.
50. Vernikos J. Learning from History about Future Options in Space, Weekly Global Report Vol.III No.46: 6-8, (Nov 26) 2007.
51. Vernikos J. US Satellite Interception Designed to Make Strategic Statement, Defense & Foreign Affairs Daily, Vol XXVI, No. 11:1-2, Feb 25, 2008.
52. Vernikos J, Paloski W, Fuller C, Clement G. "Recommended Research" Chapter 13, 335-356pp In: Artificial Gravity, G Clement and A Buckley (Eds.,) The Space Technology Library, Published jointly by Microcosm Press and Springer, Hawthorne, CA, 364 pp (2007).
53. Vernikos, J. Human Exploration of Space: why, where, what for? HIPPOKRATIA 12(Suppl.1):6-9, 2008.
54. Vernikos J. The Wealth of Nations Measured by Space Ambitions, Defense & Foreign Affairs Special Analysis, Vol XXVI, No. 6, pp1-3, Feb 1, 2008.
55. Vernikos J. Making the case for a Dedicated Australian Space Agency, Weekly Global Report, pp10-14, June 16, 2008.
56. Vernikos J. The Internationalization of Space: Milestones in a Changing Horizon, Defense & Foreign Affairs Special Analysis, Vol. XXVI, No.47, 4-16, Sep, 2008.
57. Vernikos J. Internationalisation of Space, Weekly Global Report, pp 1-12, Oct 6, 2008.
58. Vernikos J. Space Assets Under Attack, Defense & Foreign Affairs Special Analysis, Vol.XXVII, No. 13, 1-3, March, 2009.
59. Vernikos J. A Space to Dream, Defense and Foreign Affairs Strategic Policy, p.16, December 11<sup>th</sup>, 2009.
60. Vernikos, J, Schneider VA. Space, Gravity and the Physiology of Aging: Parallel or Convergent Disciplines – A Mini-Review, Gerontology, Vol.56, No.2, pp 157-166, 2010. .

### **Abstracts:**

1. Hodges JR, Vernikos J. (1959). The effects of stress and adrenalectomy on the blood level of adrenocorticotrophic hormone in the rat. XXIst International Congress Physiological Sciences, p. 125.
2. Hodges JR, Vernikos J. (1960). The role of corticoids in regulating pituitary adrenocorticotrophic activity. Brit. J. Pharmacol., 15:1.
3. Hodges JR, Vernikos J (1960). The role of corticoids in regulating pituitary adrenocorticotrophic activity. 1st International Congress of Endocrinology, p. 215.
4. Marks BH, Vernikos-Danellis J. (1961). The effect of stress on blood and pituitary ACTH in normal and adrenalectomized rats. 43rd Endocrine Society Meeting, p. 80.
5. Vernikos-Danellis J, Marks BH. (1961). Effect of epinephrine on ACTH release in humans. The Pharmacologist, 3:56.
6. Marks BH, Vernikos-Danellis J. (1962). Ethionine as an inhibitor of ACTH secretion. 44th Endocrine Society Meeting, p. 21.
7. Vernikos-Danellis J. (1962). Synthesis and release of ACTH after stress. 44th Endocrine Society Meeting, p. 21.
8. Aplington HW, Vernikos-Danellis J. (1963). The presence of ACTH in the buccal hypophysis of Necturus. Anat. Rec., 145:307.
9. Jacobowitz D, Marks BH, Vernikos-Danellis J. (1963). Effect of acute stress on uptake of serine-1-C<sup>14</sup> by pituitary and hypothalamus of intact rats. Fed. Proc., 22:507.

10. Vernikos-Danellis J. (1963). Quantitative changes in corticotropin-releasing activity of rat hypothalamus and neurohypophysis after stress. 45th Endocrine Society Meeting, p. 28.
11. Bhattacharya A, Marks BH, Vernikos-Danellis J. (1964). Effect of hypoxia on ACTH secretion in rats. Fed. Proc. 23:514.
12. Anderson E, Vernikos-Danellis J, Dickinson J, Trigg L. (1965). A study of the homeostatic mechanisms which protect the body against stress. 23rd International Congress of Physiological Sciences.
13. Vernikos-Danellis J, Anderson E, Trigg L, Dickinson J. (1965). Feedback mechanisms regulating ACTH secretion. 47th Endocrine Society Meeting, p. 27.
14. Vernikos-Danellis J. (1966). Competitive antagonism of caffeine and hydrocortisone on the hypothalamic-pituitary stress response. Forty-eighth Endocrine Society Meeting. USA .
15. Vernikos-Danellis J. (1967). The pharmacological approach to the study of the mechanisms regulating ACTH secretion. International Symposium on Pharmacology of Hormonal Polypeptides, Italy, p. 123.
16. Barchas J, Steinman AM, Vernikos-Danellis J. (1968). Epinephrine uptake (intravenous and intraventricular) and metabolism by mammalian brain. Fed. Proc. 27:711.
17. Daniels AE, Ogden F, Vernikos-Danellis J. (1969). Effects of centrally administered angiotensin II in the unanesthetized rat. The Physiologist. 12:205.
18. Vernikos-Danellis J, Winget CM, Hetherington NW. (1969). Diurnal rhythm of the pituitary adrenocortical response to stress: Effect of constant light and constant dark. 12th Meeting of COSPAR. Czechoslovakia.
19. Vernikos-Danellis J, Winget CM, Hetherington NW. (1969). Diurnal rhythmicity of the negative feedback mechanism regulating ACTH secretion. 51st Endocrine Society Meeting, p. 90.
20. Barchas JD, Vernikos-Danellis J. (1970). Brain amines in the control of pituitary-adrenal stress response. Third International Steroid Congress. West Germany.
21. Conner R, Levine S, Vernikos-Danellis J. (1970). Shock-induced fighting and pituitary-adrenal activity. Proceedings of the 78th American Psychological Association Meeting, pp. 201-202.
22. Stolk JM, Barchas JD, Vernikos-Danellis J. (1970). Increased turnover of rat brain norepinephrine during rubidium treatment. Fed. Proc. 29:511.
23. Stolk JM, Conner R, Mundy G, Ciaranello R, Barchas JD, Levine S, Vernikos-Danellis J. (1970). Brain catecholamine metabolism, pituitary-adrenal activity and shock-induced fighting in rats. 3rd Annual Winter Conference on Brain Research.
24. Vernikos-Danellis J, Leach CS, Rambaut PC, Mack PB. (1970). Prolonged bed-rest in healthy human subjects: Diurnal variation in adrenocortical and thyroid function. The Physiologist, 13:329.
25. Dallman MF, Jones MT, Vernikos-Danellis J, Ganong WF. (1971). Feedback control of ACTH secretion: Early effects of adrenalectomy on plasma ACTH in the rat. Fed. Proc., 30:311.
26. Winget CM, Vernikos-Danellis J, Leach CS, Rambaut PC. (1971). Phase relationships between circadian rhythms and the environment in humans during hypokinesia. Proceedings of the International Society for Study of Biologic Rhythms.
27. Berger PA, Barchas JD, Vernikos-Danellis J. (1972). Brain serotonin and the pituitary-adrenal system in the rat. 5th International Congress on Pharmacology, p. 19.
28. Winget CM, Vernikos-Danellis J. (1972). Similarities in Effects of 6-OH-DOPA, restraint and earth orbital flight in subhuman primates. Proceedings of the 4th International Congress on Primatology.
29. Sakellaris PC, Vernikos-Danellis J. (1973). Increased rate of response of the pituitary-adrenal system induced by repeated stress. Fifty-fifth Endocrine Society Meeting, p. A-80.
30. Engeland WE, Dallman MF, Shinsako J, Winget CM, Vernikos-Danellis J. (1974). Stress responsiveness is a function of the circadian rhythm of adrenocortical activity. Neurosciences Meeting.
31. Chapman LF, Winget CM, Vernikos-Danellis J, and Evans JW. (1975). Performance capability and EEG changes during 21 days of simulated weightlessness (bedrest). 23rd International Congress of Aerospace Medicine, Mexico.
32. Holman B, Elliott G, Seagraves E, Vernikos-Danellis J, Kellar K, Wyatt R, Barchas JD. (1975). Pharmacological actions of 5-hydroxytryptoline. 6th International Congress of Pharmacology, Finland.
33. Kellar KJ, Elliot GR, Holman RB, Madrid JL, Bernstein ML, Barchas JD, Vernikos-Danellis J. (1975). Tryptolines: Inhibition of 5-hydroxytryptamine uptake. The Pharmacologist, 17:
34. Kellar KJ, Mehler WR, and Vernikos-Danellis J. (1975). Regional distribution of serotonergic nerve endings within the rat hippocampus. Neurosciences Abstracts, 5:533 (A829).
35. Winget CM, Vernikos-Danellis J, Beljan JR. (1975). Synchrony of physiological rhythms is regulated by social zeitgebers. The Physiologist, 18:454.

36. Vernikos-Danellis J, Winget CM, Leach CS, Rosenblatt LS, Lyman J, Beljan JR. (1976). Space motion sickness medications: Interference with biomedical parameters. 27th Congress of the Astronautic Federation.
37. Gann DS, Blake KD, Byrnes GJ, Vernikos-Danellis J. (1978). Trendelenburg position prevents hyperosmolality after hemorrhage. Surgical Clinics.
38. Heybach JP, Vernikos-Danellis J. Feeding inhibits the pituitary-adrenal response to stress. (1978). 60th Endocrinology Society Meeting, p. 632.
39. Heybach JP, Vernikos-Danellis J. (1978). Modulation of pain sensitivity in the rat by adrenocortical hormones. Neurosciences Abstracts. 3:456.
40. Vernikos-Danellis J, Brown PA. (1978). Antihistamines reduce ulceration produced by indomethacin. NASA Tech Briefs. p. 366.
41. Vernikos-Danellis J, Winget CM. (1978). The importance of light, postural and social cues in the regulation of the plasma cortisol rhythm in man. In: Symposium on Chronopharmacology, Reinberg A, ed. Pergamon Press, Oxford. Chronobiologica, 5:184.
42. Winget CM, Vernikos-Danellis J. (1978). Physiologic baseline differences in male and female humans. Aviat Space Env Med.
43. Heybach JP, Hennessey MB, Vernikos-Danellis J, Levine S. (1979). Magnitude of the response of the pituitary-adrenal system is a function of the degree of stimulus unfamiliarity. Neurosciences Abstracts, 4:721.
44. Vernikos J, Dallman MF, Keil L, and O'Hara D. (1981). Plasma renin activity increases and aldosterone decreases during headdown bedrest. Endocrinology, 108A:260.
45. Heybach JP, Vernikos J. (1982). ACTH-like peptides produce hyperalgesia and antagonize morphine hypoalgesia. Endocrinology, 110A:371.
46. La Rochelle F, Leach C, Vernikos-Danellis J. (1982). Effects of age and sex on hormonal responses to weightlessness simulation. The Physiologist, 25:304.
47. Vernikos J, Shannon L, Heybach JP. (1982). Restraint stress or exogenous ACTH antagonize the analgesic efficacy of morphine. Endocrinology, 110A:370.
48. Vernikos J. (1985). The endocrine responses to actual and simulated weightlessness. J. Endocrinol., 107:A12.
49. Vernikos-Danellis J, Dallman MF, Van Loon G, Keil LC. (1987). 9a - fluorohydrocortisone and atropine/D-amphetamine as a countermeasure for post-bedrest orthostatic intolerance. Aviat. Space Env. Med., 58:A15.
50. Arnaud SB, Berry P, Cohen M, Danellis J, DeRoshia C, Greenleaf J, Harris B, Keil L, Bernauer E, Bond M, Ellis S, Lee P, Selzer R, Wade C. (1987). Exercise countermeasures for bedrest deconditioning. NASA Space Life Sciences Symposium: Three Decades of Life Science Research in Space, pp. 59-60.
51. Arnaud SB, Powell MR, Vernikos-Danellis J, and Buchanan P. (1988). Bone mineral and body composition after 30-day headdown tilt bed rest. J. Bone Min. Res., 3:S119.
52. Convertino VA, Doerr DF, Eckberg DL, Fritsch JM, and Vernikos-Danellis J. (1988). Carotid baroreflex response following 30 days exposure to simulated microgravity. The Physiologist, 31:A105.
53. Vernikos-Danellis J, Keil LC, Dallman MF, Van Loon G. (1988). Comparison of endocrine and autonomic responses to provocative tests. Aviat. Space Env. Med., 59:A5.
54. Arnaud SB, Powell MR, Whalen RT, Vernikos-Danellis J. (1989). Bone mineral redistribution during head down tilt bedrest. ASGSB, 2.
55. DeCherney SG, Dallman MF, Keil LC, Convertino V, Vernikos-Danellis J. (1989). Simulation of weightlessness: Hormonal, fluid and electrolyte consequences of 30 days' -6° headdown bedrest. Endocrinology, 124:466.
56. Greenleaf JE, Vernikos-Danellis J, Wade CE, Barnes PR. (1989). Effect of intermittent isotonic and isokinetic leg exercise training on vascular volumes during 30 days of -6° head down bed rest. Proceedings of the 31st International Congress of Physiological Sciences, p. 435 (P4565).
57. Silver BB, Arnaud SB, Harris BA, Vernikos-Danellis J. (1989). Effects of simulated microgravity on intracellular ion concentrations in sublingual cells and skeletal muscle. Aviat. Space Env. Med., 60:A6.
58. Vernikos J. (1990). Artificial gravity as a potential countermeasure for human exploration missions. Aviat. Space Env. Med., 61:A168.
59. Wolfe JW, Sulzman FM, Vernikos J, Cohen MM, Whalen R, Hargens AR, Johnson CC. (1990). NASA's Artificial Gravity Program and Flight Research Centrifuge Facility on aerospace science. 3rd Symposium Nihon University. Yajima J, ed., Japan, pp. 41-42.

60. Gross AR, Harper LD, Shafto MG, Vernikos J, Webbon BW, Berry WE. (1991). Human support for Mars exploration issues and approaches. AIAA Conference, A91-3019.
61. Vernikos J, Convertino VA. (1991). Altered physiological baseline and the endocrine response to stress in man. Fifth Symposium on Catecholamines and Other Neurotransmitters in Stress. Czechoslovakia, p. 94.
62. Vernikos J, Huntoon C. (1991). Head down bedrest as a spaceflight analog for the study of the regulation of fluids and electrolytes. 9th Man in Space Symposium/IAA. Germany.
63. Wade CE, Greenleaf JE, Keil LC, Hunt MM, Vernikos J. (1991). Acute neuroendocrine responses to orthostasis following 30-days of bedrest: Effects of exercise training. FASEB Journal, 5:A1130.
64. Arnaud S, Berry P, Cohen M, Vernikos-Danellis J, DeRoshia C, Greenleaf JE, Harris, Keil L, Bernauer E, Bond M, Ellis, Lee P, Selzer R, Wade C. (1992). Effects of exercise during prolonged bed rest. NASA Tech Briefs 12190.
65. Burton R, Vernikos J. (1992). Artificial gravity: How much, how often, how long? Aviat. Space Env. Med., 63:A65.
66. Ertl AC, Dearborn AS, Vernikos J. (1992). The effect of intermittent standing or walking during head down tilt bedrest on peak O<sub>2</sub> consumption. Aviat. Space Env. Med., 63:A65.
67. Ludwig DA, Vernikos J, Duvoisin MR, Stinn JL. (1992). The efficacy of periodic +1G<sub>Z</sub> exposure in the prevention of bedrest induced orthostatic intolerance. Aviat. Space Env. Med., 63:A65
68. Vernikos J, Ludwig DA, Convertino VA (1992) Comparison of Saline and Fludrocortisone as Fluid-Loading Countermeasures Following Exposure to Simulated Microgravity. Aviat. Space Env. Med. 62: A
69. Sharp JC, Vernikos J. (1992). Opportunities and questions for the fundamental biological sciences in space. AIAA Space Programs 2nd Technologies Conference, pp. 1-3.
70. Vernikos J, Keil L, Ertl AC, Wade CE, Greenleaf JE, O'Hara D, Ludwig D. (1992). The value of the 4-day head-down bedrest model for screening countermeasures. Aviat. Space Env. Med., 63:A65.
70. Vernikos J, Ludwig DA, Convertino VA. (1992). Comparison of saline and fludrocortisone as fluid-loading countermeasures following exposure to simulated microgravity. Aviat. Space Env. Med., 63:A4.
72. Wade CE, Vernikos J, Evans J, O'Hara D. (1992). Periodic upright posture negates the suppression of neuroendocrine response to head down bedrest. Aviat. Space Env. Med., 63:A65.
73. Vernikos J. (1992). Role of blood volume in orthostatic intolerance. 16th World Congress of the International Union of Angiology, France.
74. Arnaud SB, Fung P, Vernikos J, Wolinsky I. (1993). Restriction of dietary salt calcium loss in a human space flight model. Aviat. Space Env. Med., 64: A
75. Greenleaf JE, Vernikos J, Wade CE, Barnes PR (1993). Effects of leg exercise on vascular volume during bed rest. NASA Tech Briefs 12971
76. Mitsky VP, Nicholson WE, Workman RI, Robertson RM, Vernikos J. (1994). The pharmacokinetic profile of fludrocortisone in autonomic failure. Amer.Ass.Neurology.
77. Ludwig DA, Vernikos J, O'Hara DB, Duvoisin MR. (1994). The interactive effects of gender, time of day and fludrocortisone on hemodynamic response to orthostatic stress. Aviat. Space Env. Med., 65:
78. Phillips RW, Sulzman FM, Vernikos J. (1994) Acclimation to weightlessness, The Physiologist.
79. Ludwig DA, Vernikos J. (1996). The time course of systolic and diastolic blood pressure during orthostatic stress: evidence of possible differences in neuroeffector patterns between men and women. Aviat. Space Env. Med. 67:A
80. Wade CE, Vernikos J, Ertl AC. (1996) Diurnal and gender differences in hormonal responses to passive standing. FASEB J. 10:A19.
81. Convertino VA, Ludwig DA, Gray, Vernikos J. (1997) Effects of exposure to 30 days of simulated microgravity on neuronal and adrenomedullary catecholamine release. Autonomic Res. 7:257.
82. Vernikos J. (1999) Life Sciences Research on Space Station, IAA/IAF Congress, Amsterdam, The Netherlands, pp.1-6
83. Vernikos J. (2005) Evolution of space travel: Where have we been? Where are we going? Aviat.Space Env. Med. 76(3):278.
84. Kourtidou-Papadeli C, Vernikos, J. (2005) The therapeutic benefits of gravity in space and on Earth. IAA 15<sup>th</sup> Humans in Space Symposium, Graz, Austria.
85. Vernikos, J, Gerzer R. (2007) Benefits and Applications of Space Biomedical Research. Aviat.Space Env.Med. 78:229.
86. Vernikos J. (2007) From Space to Earth: Using Gravity for Healthy Aging. Aviat Space Env. Med. 78:229.
87. De Bois YM, Vernikos J. (2007) Space Pharmacology 2007 Update: From Mechanisms to Applications. Aviat.Space Env.Med. 78:315.

88. Vernikos J, Sarkar D, Deepak A. (2010) Yoga Therapy as a Complementary Approach to Stress Reduction and Exercise Countermeasure Effectiveness Before, During Spaceflight and in Post-flight Rehabilitation, ASGSB, Washington, DC.