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Prof Mitsikostas graduated from the Aristotle's University Medical School, Thessaloniki, Greece, in 1985; five years later he obtained his PhD degree in experimental neuropharmacology, from the National & Kapodistrian University, Athens, Greece. He certified in Neurology, in 1993, after he fulfilled the 4-year residency in Neurology Department, Aeginition Hospital, National & Kapodistrian University, Athens, Greece. He has performed post-doc studies in experimental molecular pharmacology of pain in Harvard Medical School, Boston, Massachusetts, USA (1996-1998, Professor's M.A. Moskowitz laboratory) and in the Institute of Neurology, University College London, London, UK (2000-2001, Professors' P.J. Goadsby laboratory and headache clinic). As active officer of the Hellenic Navy he served and directed the Neurology Department of the Athens Naval Hospital from 2001 until May 2016. As Associate Professor of Neurology he serves at Aeginition Hospital, heading the Headache Unit, the MS Unit, the Clinical Trials Unit and the Stroke Unit of the 1st Neurology Department. He teaches medical students, neurology residents and fellows. His clinical work is focused on Headache, Multiple Sclerosis, Pain and Nocebo and he has lectured around the country and internationally on all these fields.

He continues to work on animal models for cephalic pain, animal models for Multiple Sclerosis, while he participates in multiple multi-center clinical trials. He is author of 85 peer-reviewed papers with more than 5,000 citations (h-index 27), editor/co-editor in eight textbooks and reviewer and/or member of the Advisory Board in numerous peer-reviewed international medical journal including Lancet Neurology, Neurology, Brain, Pain, Cephalalgia, Headache, Journal of Headache and Pain. He is member of several national and international societies covering the field of neurology, headache, multiple sclerosis and pain.

Prof Mitsikostas is currently Past President of the Executive Board of the European Headache Federation (President 2014-2016) and President of the Hellenic Headache Society (2015-2018).