

## Christina Tsigalou

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GMC no. 7509890

## SUMMARY

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**Experienced Consultant Microbiologist** with proven service and team management credentials who can provide expert cover across the specialty. Highly qualified with postgraduate studies in Molecular Medicine and Immunology and a medical PhD. Consistently strives for a Microbiology service that adapts to the needs of service users.

- **30/10/2017 Appointed as an Assist. Professor in Medical Microbiology in Democritus University of Thrace-Laboratory of Microbiology**
- 4/7/2016 Has been elected for the position of Assistant Professor in Medical Microbiology in Democritus University of Thrace-ALEXANDROUPOLIS-GREECE
- Leads a Clinical Chemistry lab ranked in the top 10% nationally by quality assurance bodies.
- Balanced scientist with well-developed special interests in Autoimmunity, Diagnostic Immunology and Clinical Chemistry.
- Introduced and oversaw external quality assessment by NEQAS (2003-10).
- Very active researcher in Microbiology, Public Health, Immunology and Clinical Chemistry.
- Good interpersonal and teamwork skills shown in successful 16-year track record.
- Reliable English-IELTS 7.5 2016
- Full GMC registration with specialist.

## EXPERIENCE

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**Consultant in Medical Microbiology** July 1999-now Laboratory of Microbiology, Democritus University of Thrace. Started as a **Locum Specialist**, post was made **substantive** following formal review in 2006. Promoted to **senior specialist** in 2008, then to **Director Specialist** in 2014.

2016 Has been elected for the position of Assistant Professor in Medical Microbiology in Democritus University of Thrace and appointed in 2017

**Key role characteristics and special interests:**

- Has managed the Immunology and Clinical Chemistry labs since 2003, working closely with national and regional reference centres 'Evangelismos' (Athens), AHEPA and 'Papageorgiou' (Thessaloniki). Leads staff in two teams of specialty trainees and laboratory technicians. Reports a substantial share of Immunology personally. Clinical Chemistry averages 120,000 analyses per month, with a further 3,000 Immunology reports.
- Has instilled an ethos of putting users at the heart of the service, that welcomes liaison with rheumatologists, pathologists, pediatricians, gastroenterologists, gynecologists and renal specialists. Has added techniques – e.g. sperm analysis/processing – in response to requests.
- Augmented the Hospital's capability and quality in Immunology and Molecular Medicine by acquiring several new skills and methods through sub-specialist education in:
  - Molecular Medicine & Immunology – from basic research to clinical application: a 392-hour postgraduate course held in Greece by a consortium of key reference centres in Athens and Sweden. Courses included immunohistochemistry, in-situ hybridisation, confocal microscopy etc. 100% pass mark achieved. (2004-05)
  - Histocompatibility and Immunogenetics: a six-month training fellowship focusing on Autoimmunity at Official National Centre 'Ippokratio' G.H. in Thessaloniki in 2003-04. Further solidified Autoimmunity diagnostics with short course in Athens in 2007.
  - Standard and capillary electrophoresis with the Paragon CZE 2000 system; trained at Immunology reference centre AHEPA

Hospital (Thessaloniki, Nov. 2005).

- On line course "Antimicrobial Stewardship" (on line) from Dundee University, Scotland, UK
- Attendance of specialization seminar in INFECTION CONTROL. After written exams, validation of membership in Greek Association for Infection Control.

**Key change initiatives:**

- Strategically reduced risks and strengthened lab-to-clinician connectedness by championing the introduction of a Laboratory Information System with bar-coding for Clinical Chemistry and Immunology.
- Helped limit Health Service and local public health costs by pioneering the organised introduction of *C.difficile*, *Camylobacter jejuni* and *Rotavirus* tests in the Microbiology Department.

**Quality improvement and assurance:**

- Raised service maturity by introducing external quality assurance in 2003, first by UK's NEQAS and since 2010 by a national scheme. Scope of assurance: nuclear antibodies and related antigens, Anca-GBM, liver disease antibodies, RF, CRP. National ranking: 7<sup>th</sup> out of 62 labs.

**Evidence-based medicine:**

- Multi-centre study for MIRSERA or reference ESA treatments in chronic renal dialysis (EudraCT: 2007-005129-31, Roche). (ongoing)
- Multi-centre single-arm extension study for AMG416 in treating secondary hyperparathyroidism in subjects with CKD on HD (Amgen study 20130213). (ongoing)
- Multi-centre study for Trimetazidine in angina pectoris (EudraCT: 2010-022134-89). (ongoing)
- Multi-centre trial for 5-FU/FA plus irinotecan plus cetuximab in patients with metastatic orthorectal cancer (EMR 62 202-013, Merck KgaA). (completed)

**Educational and clinical governance responsibilities:**

- Keenly contributes to the development and progression of specialty trainees since 1999, focusing particularly on imparting skills and attitudes for independent lab management.
- Risk-based procurement as current chair of super-committee with Hospital-wide remit.

**Educator / Trainer** (various part-time, fixed-term posts)

1998-now

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Volunteer or fixed-term tutor: (i) Medical School of the Democritus University of Thrace, (ii) University General Hospital of Alexandroupolis, (iii) Vocational Training Institute (IEK) of Alexandroupolis, (iv) Nursing Department at the High Technical Education Institute of East Macedonia and Thrace. Full employer details available on request.(3 years up to now)

**Teaching in 9 Postgraduate courses in Democritus University of Thrace****Specialty trainees** (ongoing):

- Formally responsible for training and assessing specialty trainees in Microbiology.

**Medical undergraduates:**

- Volunteer assistant lecturer in Physiology for 2<sup>nd</sup> and 3<sup>rd</sup> year students.
- Formal lab training and assessment of internees in Microbiology during the 1998-99, 1999-00 and 2012-13 academic years.

**Trainee nurses and allied health professionals:**

- Taught and assessed assistant nurses on Microbiology, Immunology, Hospital-Acquired Infections and Paediatrics in 2011, 2013, 2014 and 2015. Contribution: four hours p.w.
- Taught and assessed biomedical lab support technicians during 2014-15. Total: 10 hours p.w.
- Taught and assessed assistant nurses on Hygiene, Microbiology and Pathology every academic year between 2000-02 and 2005-08. Contribution: four hours p.w.

**Continuing education seminars:**

- Presented to specialists, specialty trainees and nurses on Hospital-Acquired Infections.

- Volunteer tutor for ongoing Postgraduate Diploma in Clinical Pharmacology. Students are doctors, pharmacists and biologists. Contribution: up to four hours per semester.

**Specialty trainee in Medical Microbiology** (senior stage)

Feb

. 1996-Dec. 1997

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Medical Microbiology Department, 'Aghia Sofia' Building, 'Ippokratio' General Hospital of Thessaloniki, Greece. (Director: Assoc. Prof. D. Sofianou) **Type of employer:** secondary and tertiary department with regional reference point status, part of the nation's second largest general hospital. **Population:** secondary hub for million-plus; sub-specialty reference for three-million region. **Staffing:** 12 specialists, 22

trainees. **The challenge:** very high reporting volume due to reference status and number of outpatient users and admissions. Trainees were expected to cope mostly with indirect supervision. Practical skills and grasp of theory were evaluated experientially in outpatient/acute management. **Learning experiences** also included daily team reviews of cases, in-house teachings and self-directed study. **Rotations:** Haematology (9 months), Microbiology/Virology combined with Clinical Chemistry (11), Immunology (3).

- Responded with enthusiasm to the challenge of high-volume, high-quality reporting.
- Deepened and broadened competence in more techniques including ELISA, immunofluorescence, automated culture analysis, manual and semi-manual methods.
- Developed special interest in Haematopathology, particularly leukemia. Matured in terms of communication with and understanding service users and patients.
- Gained further exposure to the management of hospital-acquired infections.
- Consolidated competencies in Clinical Chemistry applications, techniques and equipment.
- Capitalized on earlier expertise in using and troubleshooting a broad spectrum of analysers.
- Supported the Immunology specialists in performing individual immunocompromise risk.
- Was given responsibility for close mentoring of junior specialty trainees.

**Specialty trainee in Medical Microbiology** (junior stage)

No

v. 1993-Jan. 1996

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Medical Microbiology Department, University General Hospital of Alexandroupolis, Greece. (Director: Prof. S. Ktenidou-Kartali) **Type of employer:** teaching hospital that provided comprehensive secondary and some tertiary services including a full Pathology service. **Population:** 600,000. **Staffing:** six specialists, 9 trainees. **The programme:** very practical focus on achieving graded self-sufficiency early, for instance technical troubleshooting of automated analysers and running a wide range of manual analyses from scratch, given scarce biomedical staff cover. Patient / service user management skills were honed in two outpatients clinics weekly and 1:5 all-night duty in the ward and Emergencies. Practical training was complemented with weekly teachings and observation of clinicians. **Rotations:** Microbiology/Virology (12 months); Diagnostic Haematology (3 months); Immunology (3); Clinical Biochemistry (7).

- Core reporting: well-developed based on a solid grounding in biology and chemistry.
- Identification of common pathogens: proved competent and productive using manual staining and culture techniques.
- Acute: offered accurate reporting mainly for cerebrospinal fluid, peripheral blood smears, blood coagulation and pre-op thyroid function.
- Practical bench skills: solidified and assessed positively through directly observed tasks.
- Safe laboratory practices and SOP's adhered to, with minor improvements suggested.
- Clinical Chemistry: learned to do the right test, not just do the test right.
- Haematology: used analysers for common markers and manual techniques for rarer ones.
- Infectious Diseases: got familiar with the prevention and management of nosocomial infections.
- Public health: had first contact with protocols, guidelines and notification mechanisms.
- Teamwork: was soon entrusted with role in three-member acute team alongside specialist and biomedical scientist.

**Rural Medical Service doctor**  
1992-Aug. 1993

Sept.

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Health Centre of Iasmos, Greece. Compulsory service in the Greek NHS. **The post:** junior doctor cover in primary care and community-type hospital settings. Offered care in the community, home visits, support in Emergencies, outpatients and the ward, and issued death certificates. Night duty was up to 4 per month.

- Enhanced rapid critical thinking while on night duty (consultant on call).
- Offered basic surgical, clinical and patient management support to colleagues.
- Confirmed deaths and signed certificates learning to practise compassionately.

**Volunteer in psychosocial rehabilitation clinic** July-August 1991

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Alexandroupolis, Greece.

Voluntary part-time service in a 'half-way house' with 14 women residents.

- Matured in terms of putting service users at the centre of service provision.
- Established ability to empathise with patients.

## EDUCATION & LICENSING

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**GMC status:** full registration with specialist without a licence to practise. No. 7509890.

<b>Medical PhD</b>	thesis accepted in Sept. 2012
<b>Postgraduate studies in Molecular Medicine &amp; Immunology</b>	May 2004-Dec. 2005
<b>Specialist in Medical Microbiology</b> (Greece)	since Feb. 1998
<b>Diploma in Medicine</b> (marked 7.67 out of 10 – top quartile)	1986-92
University of Thrace, Greece. Six-year course inclusive of internship training.	
<b>Secondary education certificate</b> (19 <sup>8</sup> / <sub>11</sub> out of 20 – top 2%)	graduated in 1986

## RESEARCH

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### **Publications in PubMed**

1. Ypsilantis P., Politou M., Mikroulis D., Pitiakoudis M., Lambropoulou M., Tsigalou C., Didilis V., Bougioukas G., Papadopoulos N., Manolas C., Simopoulos C. Organ toxicity and mortality in propofol sedated rabbits under prolonged mechanical ventilation. *Anesthesia and analgesia* 105 (1) :155-66 2007 Jul.
2. Ypsilantis P., Pitiakoudis M., Souftas VD., Lambropoulou M., Tsalikidis C., Foutitzi C., Tsigalou C., Prassopoulos P., Papadopoulos N., Simopoulos C. Liver regeneration following radiofrequency ablation *Journal of Surgical Research* 150(1),60-65(2008) Nov
3. I.Kotsianidis, I. Bouchliou, E.Nakou, E.Spanoudakis, D.Margaritis, A.V.Christoforidou, A.Anastasiades, C.Tsigalou, G. Bouricas A. Karadimitris, C.Tsatalas. Kinetics, function and bone marrow trafficking of CD4+CD25+FOXP3+ regulatory T cells in myelodysplastic syndroms (MDS) *Leukemia* (2009) 23, 510–518 & 2009 Macmillan Publishers Limited [www.nature.com/leu](http://www.nature.com/leu)
4. Ypsilantis P, Lambropoulou M, Tentes I, Anagnostopoulos K, Tsigalou C, Papadopoulos N, Kortsaris A, Simopoulos C. Impaired liver regeneration following partial hepatectomy using the Pringle maneuver: Protective effect of mesna. *J Gastroenterol Hepatol.* 2009 Apr;24(4):623-32. doi: 10.1111/j.1440-1746.2008.05641.x. Epub 2008 Nov 20.
5. Ypsilantis P, Panopoulou M, Lambropoulou M, Tsigalou C, Pitiakoudis M, Tentes I, Kartali S, Papachristou F, Papadopoulos N, Simopoulos C. Bacterial translocation in a rat model of large volume hepatic radiofrequency ablation. *J Surg Res.* 2010 Jun 15;161(2):250-8. doi: 10.1016/j.jss.2009.01.023.
6. Limas C, Soultanidis C, Kirmanidis MA, Tsigalou C, Deftereos S. Management of abdomen hydatidosis after rupture of a hydatid splenic



cyst: a case report. *Cases J.* 2009 Sep 2;2:8416. doi: 10.4076/1757-1626-2-8416.

7. Ch.Limas,Chr.Soultanidis,Mich.Kirmanidis,Chr.Tsigalou,O.Tsirogianni.  
Abscess formation of a spherical-shaped duplication in the splenic flexure of the colon:case report and review of the literature.  
*Cases Journal* 2009,2:158doi:10.1186/1757-1626-2-158

8. Ypsilantis P, Politou M, Mikroulis D, Lambropoulou M, Bougioukas I, Theodoridis G, Tsigalou C, Manolas C, Papadopoulos N, Bougioukas G, Simopoulos C.  
Attenuation of propofol tolerance conferred by remifentanil co-administration does not reduce propofol toxicity in rabbits under prolonged mechanical ventilation.  
*J Surg Res.* 2011 Jun 15;168(2):253-61. Epub 2009 Sep 15

9. Ypsilantis P, Lambropoulou M, Anagnostopoulos C, Tentes I, Tsigalou C, Pitiakoudis M, Kortsaris A, Papadopoulos N, Simopoulos C.  
Mesna preserves hepatocyte regenerating capacity following liver radiofrequency ablation under Pringle maneuver.  
*J Surg Res.* 2011 Jul;169(1):44-50. Epub 2009 Oct 25.

10. Stakos DA, Tziakas DN, Chalikias GK, Mitrousi K, Tsigalou C, Boudoulas H.  
Associations between collagen synthesis and degradation and aortic function in arterial hypertension. *Am J Hypertens.* 2010 May; 23(5):488-94. Epub 2010

11. Ypsilantis P, Lambropoulou M, Grapsa A, Tentes I, Tsigalou C, Panopoulou M, Simopoulos C.  
Pringle maneuver deteriorates gut barrier dysfunction induced by extended-liver radiofrequency ablation. *Dig Dis Sci.* 2011 May;56(5):1548-56. Epub 2010 Oct 24

12. Ypsilantis P, Lambropoulou M, Anagnostopoulos C, Tsigalou C, Vasiliadis C, Kortsaris A, Papadopoulos N, Simopoulos C.  
Pringle maneuver exacerbates systemic inflammatory response and multiple-organ injury induced by extended liver radiofrequency ablation.

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13. Theodoridis M, Thodis E, Tsigalou C, Pappi R, Roumeliotis A, Georgoulidou A, Passadakis P, Vargemezis V.

Alterations of dialysate markers in chronic peritoneal dialysis patients treated with the new less bioincompatible bicarbonate solutions.

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14. Papaioannou HI, Stakos DA, Tziakas DN, Chalikias G, Tsigalou C, Kartali S, Mantadakis E, Chatzimichael A

Plasma leptin and adiponectin concentrations in healthy, non-obese children. J Pediatr Endocrinol Metab.

2011;24(5-6):313-8.

15. Ypsilantis P, Didilis V, Tsigalou C, Pitiakoudis M, Karakatsanis A, Margioulas A, Simopoulos C. Systemic inflammatory response after single-incision

laparoscopic surgery versus standard laparoscopic approach.

Surg Laparosc Endosc Percutan Tech. 2012 Feb;22(1):21-4.

16. Tsigalou C, Chalikias G, Kantartzi K, Tziakas D, Kampouromiti G, Vargemezis V, Konstantinides S, Ktenidou-Kartali S, Simopoulos K, Passadakis P. Differential Effect of Baseline Adiponectin on All-Cause Mortality in Hemodialysis Patients Depending on Initial Body Mass Index. Long-Term Follow-Up Data of 4.5 Years. J Ren Nutr. 2012 Mar 8.

17. Ypsilantis P, Politou M, Anagnostopoulos C, Tsigalou C, Kambouromiti G, Kortsaris A, Simopoulos C Effects of Cigarette Smoke Exposure and Its Cessation on Body Weight, Food Intake and Circulating Leptin, and Ghrelin Levels in the Rat. Nicotine Tob Res. 2012 May 15.

18. Stakos DA, Tziakas DN, Chalikias G, Mitrousi K, Tsigalou C, Boudoulas H. Chest pain in patients with arterial hypertension, angiographically normal coronary arteries and stiff aorta: the aortic pain syndrome.

Hellenic J Cardiol. 2013 Jan;54(1):25-31

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Epidural anesthesia followed by epidural analgesia produces less inflammatory response than spinal anesthesia followed by intravenous morphine analgesia in patients with total knee arthroplasty. *Med Sci Monit.* 2013 Jan 28;19:73-80.

20. Stakos DA, Papaioannou HI, Angelidou I, Mantadakis E, Paraskakis E, Tsigalou CH, Chatzimichael A.

20. Plasma leptin and adiponectin concentrations correlate with cardiometabolic risk and systemic inflammation in healthy, non-obese children. *J Pediatr Endocrinol Metab.* 2014 Mar;27(3-4):221-8.

21. Pardalis V, Palli E, Lambropoulou M, Tsigalou C, Anagnostoulis S, Garoufalis G, Bolanaki H, Simopoulos C, Karayiannakis AJ.

Expression of Fas (CD95/APO-1) and Fas ligand (FasL) in experimentally-induced acute pancreatitis. *J Invest Surg.* 2014 Apr;27(2):65-72

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23. Tziakas D, Chalikias G, Kareli D, Tsigalou C, Risgits A, Kikas P, Makrygiannis D, Chatzikyriakou S, Kampouromiti G, Symeonidis D, Voudris V, Konstantinides

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28. Tsigalou C, Stavropoulou E, Bezirtzoglou E. Current Insights in Microbiome Shifts in Sjogren's Syndrome and Possible Therapeutic Interventions. Front Immunol. 2018 May 24;9:1106. doi: 10.3389/fimmu.2018.01106. eCollection 2018. Review.
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## SCOPUS

P. Ypsilantis · V. Didilis · I. Bougioukas · C. Tsigalou · T. Lialiaris  
·C. Simopoulos · G. Bougioukas Post-operative course in a surgical  
model of acute myocardial infarction in the rabbit

Journal of Experimental Animal Science 12/2006; 43(3):197–209.  
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Ypsilantis, P.; Didilis, V.; Bougioukas, I.; Tsigalou, C.; Simopoulos, C.;  
Kampouromiti, G.; Sivridis, E.; Bougioukas, G., 2005:

A comparative study of creatine kinase MB mass and cardiac troponin I with other  
biochemical markers in a rabbit model of perioperative myocardial infarction after  
lateral thoracotomy. *Gazzetta Medica Italiana Archivio per le Scienze Mediche*  
164(5): 369-377

Theocharis G. Konstantinidis, Christina Tsigalou, Alexandros Bisiklis,  
Gioulia Romanidou, Eleni Konstantinidou, Theodore Parasidis,  
Theodora Gioka, Georgia Kampouromiti, Theodore C.  
Constantinidis, Dimitrios C. Cassimos-

Autoantibodies in patients with asthma: is there a link between asthma and  
autoimmunity? *International Science on line* 2012 - [inderscienceonline.com](http://inderscienceonline.com)

**International presentations:**

1.T.Gkioka ,C. Tsigalou, A.Grapsa, S.Mela, E.Pita, G.Kampuromiti

*Colonization incidence of intravascular catheters and catheter-related bacteremia*

13<sup>th</sup> European Congress of Clinical Microbiology and Infectious

Diseases, Glasgow.UK, 10-13 May 2003

2.Mela S., Tsigalou C., Chrysafidou E., Kotanidou A., Kampouromiti G.

*Tumor markers check-up to young male population.*

15<sup>th</sup> IFCC-FESCC European Congress of Clinical Chemistry and Laboratory

Medicine και 22<sup>nd</sup> National Congress of the Spanish Society of Clinical

Biochemistry and Molecular Pathology,Barcelona,Spain,1-5 June 2003

3.Tsigalou C., Mela S.,Chrisafidou E.,Tatara A.,Kampuromiti G

*Partial thyroid check-up to young male population.*

15<sup>th</sup> IFCC-FESCC European Congress of Clinical Chemistry and Laboratory

Medicine και22<sup>nd</sup> National Congress of the Spanish Society of Clinical

Biochemistry and Molecular Pathology,Barcelona,Spain,1-5 June 2003

4.D.Tziakas,G.Chalikias,D.Stakos,H.Hatzinikolaou,C.Tsigalou,G.Kmpouromiti,I.Tent  
es,A.Lantzouraki,A.Kortsaris,

D.Chatseras.

*Interplay between the levels of B-type natriouretic peptide and matrix*

*metalloproteinases in acute coronary syndromes with ST elevation*

European Artherosclerosis Society-74<sup>th</sup> EAS Congress-Seville,Spain,17-20

April 2004

5.Mela S., Tsigalou Ch., Gkioka Th.,Chrysafidou E.,Kmpouromiti

*G.Seroprevalence of Rubella,Cytomegalovirus and Toxoplasma gondii among*

*women of reproductive agein the region of Thrace-Greece.*

14<sup>th</sup> European Congress of Clinical Microbiology and Infectious

Diseases.Prague,May 1-4 2004.

6.P.Ypsilantis, V. Didilis, D. Mikroulis, C. Tsigalou, M. Lampropoulou, M. Pitiakoudis, M. Politou, N. Papadopoulos, G. Bougioukas, C. Simopoulos.

*Propofol versus propofol/remifentanyl for deep sedation in prolonged mechanically ventilated rabbits; blood biochemical profile and histopathological findings. preliminary results*

29<sup>th</sup> World Small Animal Veterinary Congress-WSAVA-10<sup>th</sup> European Congress – FECAVA7<sup>th</sup> Hellenic Congress – HVMS October 6-9,2004, Rhodes, Greece

7.Ch.Tsigalou<sup>1</sup>,K.Kantartzi<sup>2</sup>,Th.Gioka<sup>1</sup>,A.Tsiligiris<sup>1</sup>,S.Panagoutsos<sup>2</sup>,G.Kampouromiti<sup>1</sup>,V.Vargemezis<sup>2</sup>

*The influence of hemodialysis on certain biomarkers used as cardiovascular predictors in the elderly patients*

8<sup>th</sup> International conference on Geriatric Nephrology and Urology 2005

8.Ch.Tsigalou,Th.Gioka, K.Kantartzi,P.Kriki,G.Trypsianis,G.Kampou-romiti

*Circulating*

*beta-2 Microglobulin concentrations in patients undergoing hemodialysis.*

(Proce

edings of the

XXIII World Congress of Pathology and Laboratory Medicine, Istanbul Turkey, May 26-30, 2005)

9.Th.Gioka, Ch.Tsigalou, G.Trypsianis, A.Tsiligiris,A.Avtzoglou, G.Kampouromiti

*Correlation between serum levels of Lp(a) and ApoB with thyroid function status*

(Proceedings of the XXIII World Congress of Pathology and Laboratory Medicine, Istanbul Turkey, May 26-30, 2005)

10.Ch.Tsigalou Th.Gioka, E.Pita, Th.Konstandinidis, A.Avtzoglou, G.Kampouromiti

*Prenatal serologic screening in pregnant women in the region of Thrace*

(Proceedings of the XXIII World Congress of Pathology and Laboratory Medicine, Istanbul Turkey, May 26-30, 2005)



11.Ch.Tsigalou,A.Grapsa,Th.Gioka,G.Trypsianis,Ch.Iakovidis,St.Anagnostoulis,G.Kampouromiti.

*Comparison of certain biochemical parameters in athletes and non athletes*

14<sup>th</sup> Meeting of the Balkan Clinical Laboratory Federation Sofia, Bulgaria 27-30/9/06

12.Th.Gioka Ch.Tsigalou, D. Antoniou , E.Pita G.Kampouromiti

*Use ro no biochemical markers of bone turnover for diagnosing osteoporosis*

12<sup>th</sup> International congress on Hormonal Steroids and Hormones and Cancer 2006

13.A.Tsiligiris, Th.Gioka Ch.Tsigalou G.Kampouromiti

*Adhesion molecules in type 2 Diabetes mellitus*

12<sup>th</sup> International congress on Hormonal Steroids and Hormones and Cancer 2006

14.A.Tavridou,D.Stakos,A.Vryonidou,C.Tsigalou,G.Kampouromiti,C.PhenekosandV.G.Manolopoulos

*Mo-P5:370*

*Oxidized low-density lipoprotein in beta-thalassemia major*

15.Tsikouras, Ch.Tsigalou, C.Kabakis, G.Galazios, G.Galanopoulos, N.Kabouromiti,G.

*Autoantikörper in Schwangaren mit physiologischen Graviditäten*

Kongress der DeutschenGesellschaft für Gynäkologie und Geburtshilfe, Berlin 19-22 September 2006

16.Ch.Tsigalou,G.Kampouromiti,Th.Gioka,N.Galanopoulos,T.Konstantinidis,K.Zervogiannidou, G.Trypsianis.

*Presence of certain autoantibodies in patients with ankylosing spondylitis treated with anti-TNF-a (adalimumab or etanercept)*

6<sup>th</sup> International Congress on Autoimmunity , Porto,Portugal 10-14/9/2008

17. T.Gioka, G.Gianisslis, C.Tsigalou, G.Tripsianis, G.Kampouromiti

*«The role of GH (Growth Hormone) and PINP (Procollagen Type I Aminoterminal propeptide) in Prostate Cancer».*

18<sup>th</sup> IFCC-FESCC European Congress of Clinical Chemistry and Laboratory Medicine. Innsbruck, Austria 7-11 June 2009.

18.T.Gioka, T.Konstandinidis, C.Tsigalou, E.Konstandinidou, G.Kampouromiti  
*«Quantitative analysis of Procalcitonin in Cerebrospinal fluid does discriminate infection from inflammation».*

18<sup>th</sup> IFCC-FESCC European Congress of Clinical Chemistry and Laboratory Medicine. Innsbruck, Austria 7-11 June 2009.

19.C..Tsigalou E. T..Konstantinidis N.Galanopoulos, E.Konstantinidou, Th.Gioka, G.Kampouromiti

T.C.Constantinidis

*Antibodies to Mutated Citrullinated Vimentin for Diagnosing and Monitoring Rheumatoid Arthritis In anti-CCPs Negative Patients*

Frontiers in Immunology Research Network, Athens ,July 22-26, 2010

20.C..Tsigalou E. T..Konstantinidis N.Galanopoulos, E.Konstantinidou, Th.Gioka, G.Kampouromiti

*Relationship between history of tobacco smoking and detection of anti-CCPs antibodies inPatients with Rheumatoid Arthritis*

7<sup>th</sup> International Congress Autoimmunity, Ljubliana, May 5-9, 2010

21.Ch.Tsigalou, Th.Konstantinidis,

A.Koutsogianni,G.Romanidou,E.Konstadinidou,

P.Mandalos,L.Borgi,Th.Gioka,O.Koutsogiannis,G.Kampour

omiti,T.C.Constantinidis.

*Antiphospholipid antibodies in patients with arterial hypertension (PA16)*

8<sup>th</sup> Meeting of European Forum on Antiphospholipid Antibodies,

September 29-October 1, 2011 Padua, Italy

22. Christina.Tsigalou, Theocharis.Konstantinidis, MiladaKonstantinidou,  
Gioulia.Romanidou,E.Konstadinidou, LianaFotiadou, IoannaAlexandropoulou,  
Theodora.Gioka, A.Lygera,Stella ArgyriadouGeorgia.Kampouromiti,  
Theodoros.C.Constantinidis

*Neutrophil Gelatinase-Associated Lipocalin(NGAL):A new marker of diabetic nephropathy?*

10<sup>th</sup> Congress of the European Federation of Internal Medicine, October 5-8, 2011  
Athens, Greece

23.Th.Konstantinidis, Ch.Tsigalou G.Romanidou A.Koutsogianni L.Borghi  
Th.Gioka O.Koutsogiannis G.Kampouromiti

*Usefulness of Autoantibodies in Cardiovascular Diseases*

3rd International scientific and practical  
conference.Immunophysiology:Autoimmunity in health and  
disease.Contribution to predictive and preventive medicine, Moscow, October  
1-3 2012

24.M.Theodoridis,S.Panagoutsos,A.Roumeliotis,K.Kantartzi,Ch.Tsigalou,P.Pa  
sadaakis,V.Vargemezis

*The effect of hyperglycemia on phosphorus and magnesium urine losses in diabetic patients*

ERA-EDTA 50th Congress May 18-21, Istanbul, Turkey 2013

25.C. Tsigalou,T.G.Konstantinidis, E. Konstantinidou, T. Gioka, N.  
Galanopoulos, A. Tsirogianni, G. Kampouromiti

*Prevalence of hyperprolactinaemia in antiphospholipid syndrome*

15th International Congress of Immunology-ICI 2013, Milan August 22-27, 2013

26.T.G.Konstantinidis C., I.Alexandropoulou , C.Nikolaidis,Ch.  
Tsigalou, T.Parasidis, E.Vanidou, M.Panopoulou , T.Konstantinidis

*Usefulness of molecular methods in sexual transmitted infection diagnosis*

IFCC-WorldLab,Istanbul 2014,Clin Chem Lab Med 2014;52,Special Suppl pp1178

27.T. G.Konstantinidis<sup>1,2</sup>, Ch. Tsigalou<sup>2</sup>, E.Kontomanolis<sup>4</sup>, M.Aslanidou<sup>1</sup>, Th. Gkioka<sup>2</sup>, G.Romanidou<sup>2,3</sup>, G. Kampouromiti<sup>2</sup>, P.Tsikouras<sup>4</sup>

*A Study of natural autoantibodies in ectopic pregnancy (Preliminary results)*

4<sup>th</sup> European Congress of Immunology,Vienna 2015

28/"Evaluation of serum 25 hydroxy-vitamin-D levels in patients with Diabetes mellitus"

A.Zissimopoulos,C.Tsigalou,D.Papazoglou,N.Papanas,O.Zissimopoulou,A.Pistola, M.Lampropoulou

5<sup>th</sup> Balkan Congress & 13<sup>th</sup> National Congress of Nuclear Medicine,17-20/6/2016

29/" A study of vitamin D levels in patients with Rheumatoid arthritis and its correlation with disease activity "

T. Konstantinidis, C. Tsigalou, A. Tsirogianni, A. Bisiklis, E. Konstantinidou, D. Kelelis<sup>2</sup>, I. Tsolakidou<sup>2</sup>, S. Apotas, G. Asteriadis, D. Vasdekis, N. Pantazis, T. Gioka<sup>1</sup>, G. Kampouromiti<sup>1</sup>

10<sup>th</sup> International Congress on Autoimmunity ,April 6-10,Germany 2016

Please see Appendix listing selected research or request full list. Latest list of

international publications available on

<https://www.ncbi.nlm.nih.gov/pubmed/?term=Tsigalou> (24 entries as of 27/12/15).

Ad hoc reviewer for: *Human Genetics and Embryology* (open access), *Medical Science Monitor*.

CPD (selected)

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8<sup>th</sup> National Conference in Medical Microbiology. (Athens, 29-31 May 2014)

27<sup>th</sup> and 28<sup>th</sup> Regional two-day CME seminars in Medical Microbiology

(Thessaloniki, Feb. 2013, Feb. 2014) 9<sup>th</sup> National Conference in Immunology.

(Athens, 12-14 Dec. 2013)

1<sup>st</sup> National Conference in Crisis Management in the Health Sector. (Athens, 8-10

Nov. 2013)

5<sup>th</sup> National Conference in Clinical Biochemistry / Symposium in Laboratory Haematology & Blood Donation. (Athens, 17-19 Oct. 2013)

15<sup>th</sup> International Congress of Immunology. (Milan, Italy, 22-27 Aug. 2013)

16th Congress of the European Haematology Association. (London, 9-12 Dec. 2012)

30-hour hands-on workshop on methods in Diagnostic Molecular Biology. (Alexandroupolis, Nov. 2012)

Immunology in clinical diagnosis. Plus: Workshop in detecting and assessing auto-antibodies in the clinical diagnosis of autoimmune diseases.

(Thessaloniki, 6 December 2012)

9<sup>th</sup> local CME seminar in Nephrology. (Alexandroupolis, 30-31 Mar. 2012)

1<sup>st</sup> Joint training programme on systemic autoimmune rheumatic diseases.

(Athens, 13-15 May 2010) 6<sup>th</sup> International Congress on autoimmunity.

(Slovenia, 5-9 Oct. 2010)

A full list is available on request.

#### ADDITIONAL INFORMATION

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**Professional memberships:** full membership of the British Society of Immunology, European Society of Clinical Microbiology and Infectious Diseases, Greek Microbiology Society, Hellenic Society of Immunology, Society for Microbial Ecology and Diseases (SOMED). **English:** IELTS, Overall 7.5-2016 **Other languages:** Greek (native), Turkish (good), . **Computers:** MS Word: good; Excel: basic; PowerPoint: very good. Active in social media. **Car driver's licence:** clean, readily convertible.

#### COMMUNITY WORK

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Active member of the local chapter of 'Daughters of Penelope', a non-partisan philanthropic organisation. Has contributed to awareness raising regarding metabolic and autoimmune disorders (ad hoc).

## APPENDIX

### PhD

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Thesis title: “Investigation of the interaction between atherosclerosis splanchnic adipose tissue and inflammation markers in patients on chronic haemodialysis.”

The study investigated the interaction of certain adipokines with Body Mass Index levels and inflammation markers for predicting the mortality from all causes in a cohort of patients on maintenance haemodialysis. A full abstract is available on request.

A full list of national and international publications and presentations is available on request.