EDUCATION, POSTGRADUATE TRAINING AND PROFESSIONAL QUALIFICATIONS

Undergraduate Medical Education

- **October 2000 – March 2007:** Medical student at the University of Brescia School of Medicine, Italy, following admission through the national entrance examination system.
- **19 March 2007:** Degree in Medicine and Surgery, University of Brescia, Italy. Final grade: 102/110.
- **February 2018:** Obtained a licence to practice medicine in Germany following successful completion of written and oral examinations. Competent authority: State Administration of Rhineland-Palatinate, Germany.

Postgraduate Clinical Training and Specialisation

- **December 2006 – February 2007:** Clinical placements at the Internal Medicine and General Surgery Departments of the University Hospital of Brescia, Italy, with equal allocation between the two departments, as well as a one-month placement in an affiliated private family medicine practice, assigned by the University.
- **11 February 2008 – 11 February 2009:**
    - **February – July 2008:** Military Medical Officer, Hellenic Army.
    - **August 2008 – February 2009:** Medical Officer with the Hellenic National Contingent at NATO Joint Force Command (JFC), Naples, Italy.
- **June – August 2009:** Three-month clinical training programme, with equal rotations in Internal Medicine and General Surgery, at Syros General Hospital "Vardakeio & Proio," Greece.
- **September 2009 – June 2010:** Rural Service Physician at Ios Health Centre, Greece, pursuant to Ministry of Health and Social Solidarity decision No. Gen. Prot. Oik. 56472/29-04-2009.
- **10 June 2011 – 11 December 2012:** Training in General Surgery at the Second Department of Surgery, "Elpis" General Hospital of Athens, Greece (Department Chair: N. Charalambidis).
- **5 November 2012 – 14 May 2017:** Resident in Obstetrics and Gynaecology at the Second Department of Obstetrics and Gynaecology, National and Kapodistrian University of Athens, Aretaieion University Hospital, Greece. Department Chairs: Professor G. Kreatsas until September 2016 and Professor E. Deligeoroglou

thereafter. Appointment pursuant to Ministry of Health decision No. Y10d/90395/12-10-2012.

Specialist Licences and Additional Professional Qualifications

- **20 January 2017:** Licence to practice as a specialist in Obstetrics and Gynaecology, issued by the Attica Prefecture, Directorate of Public Health, Department of Health Services (reference No. 3318/20-01-2017).
- **7 September 2018:** Recognition and licence to practice as a specialist in Obstetrics and Gynaecology in Germany (*Facharzt für Frauenheilkunde und Geburtshilfe*), issued by the competent authority in Rheinhessen, Germany.
- **31 December 2024:** Licence for the performance of ultrasonography in the specialty of Obstetrics and Gynaecology, issued by the General Directorate of Health Services (reference No. G5a/GP.57259).

DOCTORAL DEGREE AND MASTER'S DEGREES

A. Doctoral Degree

- **22 July 2016:** Doctor of Medicine (MD/PhD-level doctoral degree; *Doctor of Philosophy in Medicine*), National and Kapodistrian University of Athens, Greece. Doctoral thesis entitled:

  "The Effects of the Aromatase Inhibitors Letrozole and Anastrozole on Bone Metabolism and the Lipid Profile of Female Rats: A Biochemical, Histological and Biomechanical Study."

  Research conducted in collaboration with:

  - Second Department of Obstetrics and Gynaecology, Aretaieion University Hospital, National and Kapodistrian University of Athens (Department Chair: Professor G. Kreatsas).
  - "N. S. Christeas" Laboratory of Experimental Surgery and Surgical Research (Director: Professor D. Perrea).
  - Laboratory of Strength of Materials, National Technical University of Athens (Director: Professor S. Kourkoulis).

  Final grade: Excellent.

B. Master's Degrees (MSc)

1. **17 July 2015:** Master of Science (MSc) in Research in Female Reproduction, National and Kapodistrian University of Athens, Greece.

   Final grade: Excellent.

2. **2021–2023:** European Master's Degree in Surgical Oncology, Reconstructive and Aesthetic Breast Surgery, Universitat Autònoma de Barcelona (UAB), Spain.

   A postgraduate programme comprising 105 ECTS credits (European Credit Transfer and Accumulation System).

   Completion date: 30 June 2023.
   Final grade: 7.4/10

POST-SPECIALISATION TRAINING ABROAD

- **27 November 2017 – 3 June 2019:** Advanced clinical training at the Department and Outpatient Clinic of Obstetrics and Women's Health, University Medical Center Mainz, Germany. The institution is a certified breast centre operating in accordance with the guidelines of the German Cancer Society (DKG) and the German Society of Senology (DGS), under the leadership of Professor Annette Hasenburg.

  Successfully obtained two specialized diplomas in breast ultrasonography following examinations.

- **24–26 September 2018, Paris, France:** "Breast Reconstruction Cadaver Workshop," Gustave Roussy, France. Practical surgical training in breast reconstruction using cadaveric specimens.
- **25–26 November 2021, Spain:** Professional specialization course in cadaveric breast reconstruction, Universidad Miguel Hernández. Certificate of Continuing Professional Development, identification number AN5343506, documenting 18 hours of training.
- **3–15 March 2025, Paris, France:** Advanced training in breast surgery at Gustave Roussy.

SPECIALISED CERTIFICATIONS AND ADDITIONAL TRAINING

- **2018:** Mammasonographie Grundkurs (Basic Course in Breast Ultrasonography), University Women's Hospital Tübingen, Germany.
- **2018:** Mammasonographie Aufbaukurs (Advanced Course in Breast Ultrasonography), Certified Breast Centre Eggenfelden, Germany.

Colposcopy Certification

- **2019–2021:** Certificate in Diagnostic Colposcopy, in accordance with the standards and requirements of the Hellenic Society for Colposcopy and Cervical Pathology and the European Federation for Colposcopy (EFC). Certificate No. D.1921.1342.
- **1 January 2022 – 31 December 2024:** Renewal of Diagnostic Colposcopy Certificate No. D.2224.1342.
- **1 January 2025 – 31 December 2027:** Renewal of Diagnostic Colposcopy Certificate No. D.2527.1342.11.

Additional Clinical Training

- **1 September 2019 – 27 April 2020:** Specialized training in breast diseases and breast surgery at the Breast Unit, Third Department of Obstetrics and Gynaecology, National and Kapodistrian University of Athens, Attikon University General Hospital, Greece.
- **February 2020 – 27 April 2020:** Specialized training in the management of pregnant women and women in labour suspected or confirmed to have COVID-19, provided by the Hospital Infection Control Committee in collaboration with the Third Department of Obstetrics and Gynaecology, National and Kapodistrian University of Athens, Attikon University General Hospital.

CLINICAL EXPERIENCE AND PROFESSIONAL APPOINTMENTS

Positions Held After Specialist Qualification

- **27 November 2017 – 3 June 2019:** Specialist Physician in Obstetrics and Gynaecology, University Medical Center Mainz, Germany.

  Specialized clinical practice in breast diseases and breast surgery at the Department and Outpatient Clinic of Obstetrics and Women's Health.

The centre was certified in accordance with the guidelines of the German Cancer Society (DKG) and the German Society of Senology (DGS). Department Chair: Professor Annette Hasenburg.

- **1 September 2019 – 31 July 2021:** Academic Fellow in Breast Diseases, Third Department of Obstetrics and Gynaecology, School of Medicine, National and Kapodistrian University of Athens, Greece. Department Chair: Professor S. Kalantaridou.

RESEARCH EXPERIENCE

A. Research Interests and Activities

My research activities encompass both clinical and laboratory research.

- **Clinical research:** Gynaecological oncology, with particular emphasis on breast diseases and breast cancer.
- **Laboratory and experimental research:** Animal models, bone metabolism, the effects of aromatase inhibitors, and biochemical markers for predicting the timing of the menopausal transition.

B. Research Collaborations and Laboratories

Within its research activities, the Third Department of Obstetrics and Gynaecology of the National and Kapodistrian University of Athens, based at Attikon University General Hospital, collaborates with the following clinical departments and research institutions in Greece and abroad:

1. Department of Obstetrics and Gynaecology, University of Ioannina, Greece.
2. Department of Obstetrics and Gynaecology, University of Crete, Greece.
3. First Department of Obstetrics and Gynaecology, National and Kapodistrian University of Athens, Greece.
4. Second Department of Obstetrics and Gynaecology, National and Kapodistrian University of Athens, Greece.
5. First Department of Paediatrics, National and Kapodistrian University of Athens, Greece.
6. Biomedical Research Foundation of the Academy of Athens, Greece.
7. “N. S. Christeas” Laboratory of Experimental Surgery and Surgical Research, National and Kapodistrian University of Athens, Greece.
8. First Department of Obstetrics and Gynaecology, Ludwig Maximilian University of Munich, Germany.

9. Department of Obstetrics and Gynaecology, Johannes Gutenberg University Mainz, Germany.

C. Funded Research and Academic Awards

1. State Scholarships Foundation (IKY) – Siemens Excellence Scholarship, 2014–2016

Awarded a scholarship as a doctoral candidate at the National and Kapodistrian University of Athens to support the doctoral research project entitled:

"The Effects of the Aromatase Inhibitors Letrozole and Anastrozole on Bone Metabolism and the Lipid Profile of Female Rats: A Biochemical, Histological and Biomechanical Study."

Reference No. SPhD/11165/136.

2. "G. Papanikolaou" Award for Scientific Research in Obstetrics and Gynaecology in Greece, 2020–2022

Awarded the remunerated "G. Papanikolaou" Prize for Scientific Research in Obstetrics and Gynaecology in Greece while serving as an Academic Fellow at the National and Kapodistrian University of Athens.

Principal Investigator: Ioannis Boutas.

Research project title:

"The Role of Antiprogestins in Galectin-3 Expression and Breast Cancer Treatment in an Experimental Animal Model."

D. Participation in Research Protocols

1. Galectin-3 and Breast Cancer Research Protocol, 2020–2022

Principal Investigator: Ioannis Boutas.

Project title: *"The Role of Antiprogestins in Galectin-3 Expression and Breast Cancer Treatment in an Experimental Animal Model."*

The study investigates the administration of progesterone receptor antagonists in rats and evaluates their effects on galectin-3 expression in breast cancer cells.

2. AMH and Menopause Research Protocol, 2021–2022

Project title: *"The Use of Anti-Müllerian Hormone (AMH) as a Predictive Marker for Estimating the Transition to Menopause."*

Researcher: Ioannis Boutas.

The study investigates the potential use of AMH as a predictive biomarker for the onset of menopause.

3. Galectin-3 in the Endometrium Research Protocol, 2021

Associated doctoral thesis: Adamantia Kontogeorgi.

Project title: *"The Effects of Antiprogestins on Endometrial Cells Through the Assessment of Galectin-3 Expression."*

The study investigates the administration of progesterone receptor antagonists in rats and evaluates their effects on galectin-3 expression in healthy endometrial cells.

Contribution: Assistance with protocol design and scientific guidance throughout the experimental process.

SCHOLARSHIPS, AWARDS AND DISTINCTIONS

A. Scholarships

1. University of Brescia Excellence Scholarship (ISU), 2002–2004

Scholarship awarded by the Student Scholarships Office of the University of Brescia, Italy, in recognition of academic excellence.

2. State Scholarships Foundation (IKY) – Siemens Excellence Scholarship, 2014–2016

Scholarship awarded to support doctoral research at the National and Kapodistrian University of Athens.

Research project: *"The Effects of the Aromatase Inhibitors Letrozole and Anastrozole on Bone Metabolism and the Lipid Profile of Female Rats: A Biochemical, Histological and Biomechanical Study."*

Reference No. SPhD/11165/136.

B. Awards and Scientific Distinctions

1. Best Poster Presentation Award – 17th World Congress on Gynecological Endocrinology, Florence, Italy, 2–5 March 2016

Scientific presentation:

"The Effect of Third-Generation Aromatase Inhibitors on Bone Metabolism and Biomechanical Assessment of Femoral Bone in Ovariectomized Rats."

Authors: Boutas I, Pergialiotis V, Salakos N, Vlachos I, Mitousoudis A, Kalampokas E, Deligeoroglou E, Gregoriou O, Perrea D, Creatsas G, Kourkoulis S.

Published in the Congress Book of Abstracts, p. 61, abstract P165.

2. "G. Papanikolaou" Award for Scientific Research in Obstetrics and Gynaecology in Greece, 2020–2022

Research project:

"The Role of Antiprogestins in Galectin-3 Expression and Breast Cancer Treatment in an Experimental Animal Model."

Principal Investigator: Ioannis Boutas.

3. Best Paper Award 2024 – 36th Patient Classification Systems International (PCSI) Conference, Bled, Slovenia, 28–31 May 2024

Scientific presentation:

"Establishing and Strengthening a Robust Coding Auditing Program in Greece."

Authors: Platis Ch, Papioannou L, Chalkias K, Boutas I, Christopoulou E, Tzourtzouki E, Messarppoulos P.

Published in the Conference Book of Abstracts, p. 119.