

## Gogou Evdoxia

### Personal Details

Address: K. Kerkira 5, 41221 Larissa, Greece

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### Working Experience

2013 – Present

**General Doctor, ANIMUS Medical Clinic, Larissa**

2017 – Present

**Member of Teaching Staff in Physiology Laboratory**

- Department of Physiology, Faculty of Medicine, School of Health Sciences, University of Thessaly, Greece.

2015 – 2017

**Teacher of Medicine**

- Secondary Level Education, State Schools, Volos

2008 – 2013

**Teacher of Medicine,**

- Secondary Level Education, State Schools, Veria

2009 – 2013

**Resident of General Practice**

- General Hospital of Larissa, Larissa, Greece

1990 – 2008

**Teacher of Physiotherapy**

- Secondary Level Education, State Schools, Larissa

### Education

2014

**Certificate of Completion of General Practice Residency**

2009-2013

**Resident of General Practice**

- General Hospital of Larissa, Greece

2004-2008

**PhD in Physiology**

- Department of Physiology, Faculty of Medicine, School of Health Sciences, University of Thessaly, Greece
- Thesis Title: «The effect of antioxidants on pleural permeability ». (10/10)

1996-2003

**Medical Doctor**

- School of Medicine, University of Thessaly, Greece (Very Good – 7.57/10)

1986-1987

Zosimaia Learning Education Academy,

- School of Education, University of Ioannina, Greece (7.70/10)

1983-1986

BSc in Physiotherapy Department,

- School of Health and Welfare Professions, Technological Educational Institute of Thessaloniki, Greece. (7.17/10)

**Teaching Activities** (Total Time in Education **21** years)

2018-Present

**Teaching in Undergraduate Courses**

- « Didactic Nursing »: Lectures and practicals to the 4th Year Medical students of the Faculty of Medicine, School of Health Sciences, University of Thessaly

2018-Present

**Scientific Coordinator of Postgraduate Courses**

- « Electrical properties of cell membrane part 2»: Lectures to the students of the Master of Science « Molecular Medicine Clinical Applications», Department of Physical Education and Sport Science, University of Thessaly

2018-Present

**Teaching in Postgraduate Courses**

- « Aging Pathology - Geriatrics»: Lectures to the students of the Master of Science « Aging and Chronic Disease Management », Hellenic Open University

2018-Present

**Scientific Coordinator**

- Respiratory Clinic of University of Thessaly

2018

**Reviewer for manuscript PUBH-D-19-02311**

- “Investigating the association between occupational exposure to asbestos and ovarian carcinoma: Results from a pilot study in Germany”

2016-Present

**Advisory Committee Membership In Master Thesis**

- Lazaridou Ioanna (2017), Diploma Thesis Title: “Neurophysiology of Aging”.

- Psimma Maria (2018), Diploma Thesis Title: “Risk assessment of falls in the elderly community”.
- Mavridou Parthenas (2016), Diploma Thesis Title: “Obesity and childhood”.
- Zetta Georgia (2016), Diploma Thesis Title: “ The quality of life of the elderly ”.
- Karagianni Maria (2016), Diploma Thesis Title: “The coexistence of cardiovascular disease and dementia in older people ”.
- Stavropoulou Penelope (2016), Diploma Thesis Title: “ Vaccination as a measurement to prevent and promote the health of the elderly ”

**2019-Present**

**Participation in the weekly training program**

- University of Thessaly Pulmonary Department

**2018**

**Participation as a lecturer**

- the Epidemiology, Statistics and Research Methodology seminar, which was held for specialized physicians of General Medicine of Thessaly and Central Greece in 2018, presenting the following topic: "Smoking cessation clinic in PUC and Epidemiology".

**2018**

**Participation as a lecturer**

- Epidemiology, Statistics and Research Methodology seminar, which was held for specialized physicians of General Medicine of Thessaly and Central Greece in 2018, presenting the following topic: "Epidemiology of Mesothelioma".

**2017-Present**

**Participation in the spirometry program of**

- University Pulmonary Clinic, as part of a screening program for the early diagnosis of COPD in Thessaly and Central Greece

**2008-2012**

**Participation in the spirometry program of**

- University Pulmonary Clinic, as part of a screening program for the early diagnosis of COPD in Thessaly and Central Greece

**Languages**

Greek  
English

Native  
Proficient

## **Skills**

IT

Certification of the Program 30-31-93

- Teacher training in the utilization of Information and Communication Technologies (ICT) in education

Academic

Training Seminar in 2017

- subject of OPEN & OUTSTANDING TRAINING and certification of live evaluation process (25 hours)

## **Research Activities**

**Published Papers in International Peer-Review Journals** (Total Number: 9)

1. Mesothelioma Mortality Rates in Greece for the Period 2005–2015 Is Increased Compared to Previous Decades.  
**Evdoxia Gogou**; Chrissi Hatzoglou; Sotirios G. Zarogiannis; Foteini Malli; Rajesh M. Jagirdar; Konstantinos I. Gourgoulianis.  
*Medicina*, 55 (8): 419, 2019 doi:10.3390/medicina 55080419.
2. COPD prevalence and the differences between newly and previously diagnosed COPD patients in a spirometry program.  
Minas M., Hatzoglou C., Karetsi E., Papaioannou AI, Tanou K., Tsaroycha R., **Gogou E.**, Gourgoulianis KI., Kostikas K.  
*Prim Care Respir J*, 19(4): 363-70, Dec 2010.
3. Smoking and management methods. The practice of smoking cessation programme in University Hospital of Larisa.  
C. Hatzoglou, K. Katsanou, E. Apostolidou, **E. Gogou**, E. Makris, S. Zarogiannis, K.I. Gourgoulianis.  
*Interscientific Health Care*, 1, 21-27, 2009.
4. Mesothelioma mortality in Greece from 1983 to 2003.  
**E. Gogou**, Th. Kerenidi, V. Chamos, E. Zintzaras, K.I. Gourgoulianis. Medical School, University of Thessaly.  
*International Journal of Clinical Practice*, 63, 6, 944-948, June 2009.
5. Enviromental asbestos exposure alters the male:female ratio in patients with pleural mesothelioma.  
**Gogou E.**, Kerenidi T., Chamos V., Hatzoglou C., Gourgoulianis K.I.  
*Respirology*, 13(6) 931, Nov 2008. Letter to the Editor.

6. Serum Vascular endothelial growth factor is related to systemic oxidative stress in patients.  
Katsabeki-Katsafli A, Kerenidi T, Kostikas K, Dalaveris E, Kiropoulos TS, **Gogou E**, Papaioannou AI, Gourgoulisanis KI. Medical School, University of Thessaly. Lung Cancer 60 (2), 271-276, May 2008.
7. The contribution of ascorbic acid and dehydroascorbic acid to the protective role of pleura during inflammatory reactions.  
**E. Gogou**, Ch. Hatzoglou, V. Chamos, S. Zarogiannis, K.I. Gourgoulisanis, P.A. Molyvdas. Medical School, University of Thessaly, Department of Physiology Medical Hypotheses 68: 860-863, 2007.
8. Smoking and health: new research. Smoking and health.  
**E. Gogou** and K.I. Gourgoulisanis.  
Nova Biomedical Books, NY, J.H. Owing editor, c2005.
9. Indoor maternal smoking doubles adolescents' exhaled carbon monoxide.  
K.I. Gourgoulisanis, **E. Gogou**, V. Hamos, P.A. Molyvdas. Department of Pulmonary and Physiology University of Thessaly.  
*Acta pediatrica* 91:712-713.2001

## Conferences Abstracts

### International Conferences:

1. 16th ERS (European Respiratory Society), Munich, Germany, Sept 2-6, 2006. Mesothelioma mortality in Greece from 1983 to 2003. **E.M. Gogou**, Th.S. Kerenidi, V. Chamos, E. Zintzaras, K.I. Gourgoulisanis. Medical School, University of Thessaly.

### Greek Conferences:

1. 27th Hellenic Pulmonary Congress, Athens 13-16 December 2018. **Mortality from Mesothelioma in Greece during the period 2005-2015. Comparison with previous decades (1983-2004).** **Gogou Eudoxia**, Chatzoglou Chrysi, Zarogiannis Sotiris, Gourgoulisanis Konstantinos
2. 16th Hellenic Congress of Thoracic Diseases, Athens, December 6-9, 2007. **Changes in permeability of sheep pleura through the action of ascorbic acid and quercetin.** **E. Gogou**, H. Hatzoglou, V. Hamos, Th. Kerenides, A. Katsabeki, E. Dalaveris, K.I. Gourgoulisanis, PA Lead. Pulmonary Clinic of University Hospital of Larissa and Laboratory of Physiology of the Medical Department of the University of Thessaly.

3. 15th Hellenic Congress of Thoracic Diseases, Crete, 2-5 November 2006. **Epidemiology of Mesothelioma in Greece during the period 1983-2003.** E. Gogou, T. Kerenidi, V. Hamos, A. Katsabeki, E. Dalaveris, I. Zintzaras, K.I. Gourgoulianis. Lung Clinic of University Hospital of Larissa.
4. 15th Hellenic Congress of Thoracic Diseases, Crete, 2-5 November 2006. **Cases of Mesothelioma Patients in the Pulmonary Clinic of the University of Thessaly from 2001 to 2005.** E. Gogou, T. Kerenides, V. Hamos, A. Katsabeki Dalaveris, K.I. Gourgoulianis. Lung Clinic of University Hospital of Larissa.
5. 15th Hellenic Congress of Thoracic Diseases, Crete, November 2-5, 2006. **Oxidative Stress in Patients with Primary Lung Cancer. Correlation with clinical parameters.** A. Katsabeki, Th. Kerenidi, k. kostikas, E. Dalaveris, A. Papaioannou, E. Gogou, Th. Kiropoulos, K.I. Gourgoulianis. Lung Clinic of University Hospital of Larissa.

### Oral Announcements at Conferences:

1. 16th Hellenic Congress of Thoracic Diseases, Athens, December 6-9, 2007. **Vascular endothelial growth factor (VEGF) and oxidative stress in patients with primary lung cancer before and after treatment.** A. Katsabeki, T. Kerenidis, K. Kostikas, E. Dalaveris, T. Kiropoulos, A. Papaioannou, E. Gogou, K.I. Gourgoulianis. Lung Clinic of University Hospital of Larissa.
2. 16th Hellenic Congress of Thoracic Diseases, Athens, December 6-9, 2007. **Determination of VEGF and 8-Isoprostane in EBC and in serum of patients with lung cancer.** E. Dalaveris, Th. Kerenidi, A. Katsabeki, K. Tanou, Th. Kiropoulos, E. Gogou, K.I. Gourgoulianis, K. Kostikas. Lung Clinic of University Hospital of Larissa.
3. Pulmonary Days Larissa, 2006. **The protective role of Vitamin C and its oxidized form in fluid accumulation in the pleural cavity.** Gogou E., Chatzoglou CH., Hamos V., Zarogiannis S., Gourgoulianis KI, Molyvdas PA Pulmonary Clinic of University Hospital of Larissa and Laboratory of Physiology of the Medical Department of the University of Thessaly.
4. 15th Hellenic Congress of Thoracic Diseases, Crete, 2-5 November 2006. **The protective role of vitamin C and its oxidized form in fluid accumulation in the pleural cavity.** Gogou E., Chatzoglou CH., Hamos V., Zarogiannis S., Gourgoulianis KI, Molyvdas PA Pulmonary Clinic of University Hospital of Larissa and Laboratory of Physiology of the Medical Department of the University of Thessaly.
5. 1st Congress of Chronic Diseases of the Elderly Larisa November 16-19, 2006. **Developing the smoking habit of patients with lung cancer in the diagnosis of the disease.** K.I. Gourgoulianis, E. Gogou, E. Dalaveris, A. Katsabeki, T. Kerenides. Pulmonary Clinic, University Hospital of Larissa.

## Awards

- 2nd Best Communication Award presented at the 16th Hellenic Congress of Thoracic Diseases, Athens, December 6-9, 2007: **Determination of VEGF and 8-Isoprostane in Exhaled Air Condensate (EBC) and Lung Cancer Serum.** E. Dalaveris, Th. Kerenidi, A. Katsabeki, K. Tanou, Th. Kiropoulos, **E. Gogou**, K.I. Gourgoulianis, K. Kostikas. Lung Clinic of University Hospital of Larissa.

## Conferences (Total Number: 80)

### International Conferences:

1. 1st International Symposium on “Integrated Research Approaches for Clinical Applications and Practices”, 27th Febr- 2nd March, 2003, Larisa- Hellas.
2. 41st Annual Meeting of the European Association for the study of Diabetes, 10-15 September 2005, Athens-Greece.
3. 8th European Congress of Endocrinology, 1-5 April 2006, Glasgow- UK.
4. 9th European Congress of Endocrinology 28 April-2 May 2007, Budapest-Hungary.
5. 44th Annual Meeting of the European Association for the Study of Diabetes, 7-10 September 2008, Rome-Italy.
6. Medical Symposium organized by the Hellenic Society of Internal Pathology in collaboration with the Panhellenic Medical Association, the Hellenic Academy of Medical Education, European Health Institute of the European Academy of Sciences & Arts, Riga, Latvia, 9-12 July 2009
7. 46th Annual Meeting of the European Association for the Study of Diabetes, 20-24 September 2010, Stockholm, Sweden.
8. Certificate for attendance: The Kidney as a New Organ in the Treatment of Type 2 Diabetes Mellitus (20.-20.09.2010)
9. XXII Congress of the International Academy of Pathology-Arab Division, 16-18 December 2010, Cairo, Egypt.
10. 1st Turkish – Hellenic Postgraduate Continuous Medical Education Meeting, 6-9 May 2011, Izmir, Turkey.
11. Cross-matching issues between medical specialties II. A multi specialties psychosomatic approach, 28 April- 1 May 2012, Trabzon- Turkey.
12. 5th European Congress of Virology, 11-14 September 2013, Lyon, France.
13. 13th WONCA World Rural Health Conference 2015, 15-18 April, Dubrovnik, Croatia.
14. EACCME (European Accreditation Council for Continuing Medical Education) 2017, 10-13.03.2017, Thessaloniki, Greece. Risk Factors to target organ damage How to diagnose, How to treat.

## Greek Conferences- Seminars

### Secondary Level Education Seminars

1. Special 36-hour training program on "Health Education", from 01-04-1996 to 14-06-1996.
2. Health Education Seminar "Training Human 2000 - Communication Skills", 40 hours, February and March 1999.
3. 48-hour training seminar on "Exploitation of Information and Communication Technologies in Education", from 02-09-2002 to 22-10 2002.
4. Training Conference for TEE Teachers of Larissa, held on November 28-29, 2003 at TEI of Larissa.

### Medicine Conferences

1. 14th Interdisciplinary Medical Symposium, Larissa October 20-22, 2000.
2. 3rd Cardiology Conference of Central Greece, Larissa 1-3 December 2000.
3. Pulmonary Days 2001, Volos 14-16 September 2001.
4. 2nd Pediatric Symposium of Central Greece, Larissa April 19-21, 2002.
5. Pulmonary Days 2002, Larissa September 27-29, 2002.
6. Educational Seminar of Psychiatric Clinic of Larissa University Hospital on "Common Mental Diseases in Primary Health Care", Larissa, from 31-10-2002 until 20-03-2003.
7. Pulmonary Days 2003, Pelagic Around 19-21 September 2003.
8. 4th Pan-Hellenic Conference on Free Radicals and Oxidative Stress, Larissa, October 7-10, 2004.
9. Educational Program: "Asthma, Chronic Obstructive Pulmonary Disease in Primary Health Care", Larissa 27-11-2004.
10. 1st Clinical Tutorial for Chronic Obstructive Pulmonary Disease, Edipsos 18-12-2004.
11. Pulmonary Days 2004, Trikala 24-26 September 2004.
12. Training Course on "Diseases of the Beetle", Larisa, February 25-26, 2004.
13. Educational Program: "Operation of Smoking Cessation Clinics", Larissa 10-11 June 2005.
14. Pulmonary Days 2005, L. Plastira 2-4 September 2005.
15. Pulmonary Days 2006, Larissa September 22-24, 2006.
16. Scientific event on "Antibiotics and infections management", Larisa, 19 October 2006
17. 15th Panhellenic Congress of Thoracic Diseases, Crete 2-5 November 2006.
18. Pulmonary Days 2007, Volos 21-22 September 2007.
19. 16th Panhellenic Congress of Thoracic Diseases, Athens December 6-9, 2007.
20. Scientific event on: "Respiratory Infections", Larissa April 19, 2007
21. Educational Workshop entitled: "Tackling Frequent Diseases in Primary Health Care"., Thessaloniki 1st December 2007
22. Seminar on: "Primary Health Care from Theory to Practice", Larisa, February 23, 2008
23. Workshop on: "Newer Mechanisms of Anabolic and Anabolic Action of Antiresorptic Drugs", Neochori Lake Plastira March 15, 2008



24. 15th Panhellenic Congress of Thoracic Diseases, Crete 2-5 November 2006.
25. Spring Primary Health Care Training Seminar, Volos 11-13 April 2008
26. Pulmonary Days 2008, Karditsa September 12-13, 2008.
27. Workshop on: "Contemporary Reflections on Cardiovascular Risk Management", Portaria Pelion, March 28, 2009  
12th Cardiology Congress of Central Greece, Larissa October 15-18, 2009
28. Training Seminar on: "Mechanical Ventilation 2010", Larisa 19-20 March 2010
29. Scientific Event on: "Current Cardiac Problems", Volos 18-20 March 2011
30. 7th Scientific Symposium on General Medicine, Loutraki 22-25 September 2011
31. Interactive Seminar on: "Adapting the Family to a Member's Chronic Disease", Loutraki 23 September 2011
32. Ophthalmoscopy Workshop, Loutraki September 24, 2011
33. Interactive Seminar: << Speech Education - Orthography. The charm of speaking to the speaker >>, Loutraki September 24, 2011
34. Interactive Seminar: << Emergency Response - Interactive Rapid Response Workshop (IRRW), Loutraki September 25, 2011
35. 1st Greek Cypriot Congress on Diabetes and Cardiovascular Risk Factors >>, Nicosia, Cyprus November 4-6, 2011
36. 25th Annual Conference of the Diabetic Society of Northern Greece, Thessaloniki November 12, 2011
37. 2nd Regional Symposium of General Medicine of Thessaly and Central Greece, Larissa 16-18 March 2012
38. 4th Congress of Pathology of Central Greece, Larissa 29-31 March 2012
39. 39th Panhellenic Congress of Endocrinology & Metabolism, Athens 4-7 April 2012
40. Conference on "Respiratory Diseases", Kalambaka, 14-15 September 2012
41. Pulmonary Days 2012, Plastira Lake September 28-30, 2012.
42. 1st Pan-Hellenic Clinical Seminar on the Management of Metabolic Diseases in HCF >>, Thessaloniki 5-7 October 2012
43. Scientific Event of the Institute of Vascular Diseases (ORS) entitled: "Abdominal Aortic Aneurysms: What Should We Know?", G.N. February 21, 2013 in Larissa.
44. Scientific Event on: "Developments in the Treatment of Scleroderma and its Complications", Larissa, March 26, 2013.
45. Smoking Stop Seminar, Hellenic College of General Practitioners (EKOGENIA), Larissa November 30, 2013.
46. Winter Primary Health Care Training Seminar, Arachova, Boeotia December 6-8, 2013.
47. 17th Cardiology Conference of Central Greece, Larissa, October 10-12, 2014.
48. Panhellenic Primary Health Care Sessions << C. Papadakis >>, Athens 9-13 February 2015.
49. Applied Clinical Tutorial on: "Treatment of Multiparasitic Patients", Athens, February 11, 2015.
50. Scientific Event on: "Antiplatelet Education and Cardiovascular Disease - Contemporary Data - New Concerns", Larissa March 12, 2015.
51. 14th Panhellenic Diabetic Congress, Athens March 18-21, 2015.

52. 3rd Educational Seminar on: "Challenges & Dilemmas in Metabolic Disorders & Internal Pathology", Kastoria 15-16 May 2015.
53. 18th Cardiology Congress of Central Greece, Larissa October 9-11, 2015.
54. Primary Health Care Spring Training Seminar, Ioannina May 5-7, 2016.
55. Scientific Conference on: "Cardiovascular Diseases - Diagnostic and Therapeutic Approach: The Role of Arterial Hypertension and Coexisting Risk Factors", Nafplio 17-20 June 2016.
56. Clinical Tutorial on: "Clinical Incidents: Diabetes, Hypertension, Infections", Syvota 23-25 September 2016
57. Two-day Scientific Event on the topic: "Diabetes Mellitus: New Horizons, Innovative Solutions", Alexandroupolis, January 27-28, 2017.
58. 29th Panhellenic Congress of General Medicine, Corfu, April 20-23, 2017.
59. Pulmonary Days, Larissa, April 12-15, 2018.
60. 10th Annual Hellenic National Conference on "Growing Up - The Transition of Age", Porto Heli, 27-1 May 2018
61. Annual Panhellenic Conference "Days of Pulmonology & Intensive Care", Volos, 17-20 October 2019.

## **Volunteering & Community Work**

**June 2011**

### **Participation in Citizens' Preventive screening**

- Framework of the Greek Red Cross Primary Care & Health Program: "I Care for My Health", Agia, Larissa

**2015- Present**

### **General Practitioner Volunteering participation**

- Larissa Community Hospital providing Primary Health Care Services