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# LAMPRIINI KONSTANTARA

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## Personal Information

Date of birth: 25/07/1990  
E-mail: [konsta@auth.gr](mailto:konsta@auth.gr)  
Specialty: Biologist

## Relevant Professional Experience

Jun. 2018-Now: Research Associate, Medical Physics Lab, Faculty of Medicine, Aristotle University of Thessaloniki  
Oct. 2018-Jun. 2019: Science Educator, AKMI Post-Secondary Education School  
Apr. 2017-Apr. 2018: Medical Representative, In Touch Health N.A. Fikioris CO. LTD  
Oct. 2013- Oct. 2014: Laboratory Assistant, BIOHELLENIKA S.A.- Stem Cell Bank

## Education

Oct. 2014-Jul. 2016: Master's Degree in **Neuroscience**, Faculty of Medicine, University of Crete.  
Sep. 2008- Mar.2013: Bachelor's Degree in **Biology**, Faculty of Science, Aristotle University of Thessaloniki

## Volunteer Experience

Mar. 2018- Dec. 2019: Students' Mentorship, 100mentors Virtual Academic Fair  
Nov. 2016: Vaccination Emergency Project, Mediciens Sans Frontières

## Laboratory Experience

Jan. 2016-Jul. 2016: Graduate student, Neurology and Sleep Medicine Laboratories, Faculty of Medicine, University of Crete  
Master's degree Thesis: **Detection of polymorphisms of clock genes in patients with dementia and study of their sleep architecture,**  
Oct. 2015- Dec. 2015: Graduate student, Neurology Laboratory, Faculty of Medicine, University of Crete, Group Leader Prof. I. Zaganas  
Project: **Study of rs375864945 polymorphism at TNF's promoter region**  
Jul. 2015- Sep. 2015: Graduate student, Sleep Medicine Laboratory, Faculty of Medicine, University of Crete, Group Leader Prof. S. Schiza Sofia  
Project: **Study of sleep disorders in patients with Fibromyalgia**  
Apr. 2015- Jun. 2015: Graduate student, Neurogenetics and Aging Laboratory, Institute of Molecular Biology and Biotechnology, Foundation for Research and Technology, Crete, Group Leader Prof. N. Tavernarakis  
Project: **Investigation of mechanisms of autophagy in C.elegans**  
Oct. 2012-Nov. 2012: Trainee, Newlife IVF, Thessaloniki, Supervisor A. Zisopoulou, MD  
Project: **Modern method of preservation male's fertility - Cryopreservation of sperm**  
Jul. 2011-Jul. 2012: Postgraduate student, Unit of Cellular and Gene Therapy, Papanikolaou Hospital, Thessaloniki  
Bachelor's degree Thesis: **In vitro investigation of stem cell migration in thalassaemic mice after mobilization by different drugs**

## Publications

Christos Frantzidis, Christiane Nday, Christina Plomariti, Christina Dimitriadou, Chrysoula Kourtidou-Papadeli, Emmanouil Kostakis, Lamprini Konstantara, Maria Karagianni, Panagiotis Bamidis, Panteleimon Chriskos, Polyxeni Gkivogkli, Sotiria Gilou (2018), **Cortical connectivity analysis for assessing the impact of microgravity and the efficacy of reactive sledge jumps countermeasure to NREM 2 sleep**, Acta Astronautica, DOI: 10.1016/j.actaastro.2018.11.043

Athanasia Pataka, Christos Frantzidis, Christiane Nday, Vasilis Nigdelis, Lamprini Konstantara, Panteleimon Chriskos, Christina Plomariti, Polyxeni Gkivogkli, Emmanouil Kostakis, Charis Styliadis, Evangelos

Paraskevopoulos, Chrysoula Kourtidou-Papadeli, Panagiotis Bamidis (2019), **Polysomnographic changes after varenicline administration for smoking cessation**, ERJ Open Research, DOI: 10.1183/23120541.sleepandbreathing-2019.P156

### Oral presentations - Posters

L. Konstantara, C. Fratzidis, D.Galiatsatos, P. Bamidis, **Investigation of changes in quantitative and functional sleep characteristics during aging (The updated results)**. Oral Presentation, 8<sup>th</sup> Panhellenic Conference of Biomedical Technology; 2019 May 09-10 Athens, Greece

A. Pataka, C.Frantzidis, C.Nday, V. Nigdelis, L.Konstantara, P. Chriskos, C.Plomariti, P.Gkivogkli, E.Kostakis, C.Styliadis, E. Paraskevopoulos, C. Kourtidou-Papadeli, P. Bamidis, **Polysomnographic changes after varenicline administration for smoking cessation**, Poster, ERS/ESRS International Sleep and Breathing Conference; 2019 Apr 11-13; Marseille

L. Konstantara, C. Fratzidis, P. Bamidis, **Investigation of changes in quantitative and functional sleep characteristics during aging**. Oral Presentation, 11<sup>th</sup> Panhellenic Conference for Alzheimer Disease & 3<sup>rd</sup> Mediterranean Conference for Neurodegenerative Diseases; 2019 Feb 14-17; Thessaloniki, Greece

I. Bouloukaki, L. Konstantara, C. Mermigkis, E. Markakis, E. Mauroudi, V. Moniaki, S. Schiza. **Evaluation of sleep architecture and functional level in Fibromyalgia patients with and without obstructive sleep apnea syndrome**. Poster, ESRS:23<sup>rd</sup> Congress of the European Sleep Research Society; 2016 Sep 13-16; Bologna, Italy

I. Bouloukaki, L. Konstantara, C. Mermigkis, E. Markakis, E. Mauroudi, V. Moniaki, S. Schiza. **The influence of depression symptoms and sleep quality on the functional level of FMS patients**. Poster, ESRS:23<sup>rd</sup> Congress of the European Sleep Research Society; 2016 Sep 13-16; Bologna, Italy

### Continuous Education

09-10 May 2019: 8<sup>th</sup> Panhellenic Conference in Biomedical Technology, Athens

14-17 Feb. 2019: 11<sup>th</sup> Panhellenic Conference for Alzheimer Disease & 3<sup>rd</sup> Mediterranean Conference for Neurodegenerative Diseases, Thessaloniki

Dec. 2018-Feb. 2019: Introduction to Programming with MATLAB, Vanderbilt University, Coursera

Dec. 2016- Jan. 2017: Introduction to Neuroeconomics: How the brain makes decisions, Higher School of Economics, Coursera

18-21 Jul. 2016: "Dendrites: Dendritic anatomy, molecules and function", EMBO Courses & Workshops, Heraklion

07-10 Oct. 2015: FFRM-FENS Featured Regional Meeting 2015, Thessaloniki

06-10 Jul. 2015: Onassis Summer School 2015, "Stem cells: From basic biology to translational Research", Heraklion

22 Oct. 2014: Educational Workshop "From Wakefulness to Sleep", Scientific Society of Medical Students of Greece, Heraklion

27 Feb. 2013: Workshop "Strengthening Small and Medium Enterprises", Thessaloniki

16-18 Dec. 2010: 3rd Congress of the Scientific Society MICROBIOKOSMOS, Thessaloniki

11 Oct. 2010: Seminar "2010: International Year of Biodiversity", Thessaloniki

17 Dec. 2009: Seminar "200 years after Darwin: The man, the society and development", Thessaloniki

### Laboratory Skills

*Analytical biochemistry* Electrophoresis, ELISA

*Animal Handling* Mus musculus, Caenorhabditis elegans

*Cell biology* E. coli culture, HEK 293 culture, CFU-GM culture, cloning and ligation assays, Flow cytometry, Cryopreservation of male gametes

*Computational Biology* Sleep Architecture analysis

*Histology* Microtome, Cryomicrotome, Tissue Fixation Immunohistochemistry

*Microscopy* Fluorescent microscopy

*Molecular Biology* DNA isolation, PCR, Western Blot