

Stavros Niarchos Foundation-
World Hellenic Biomedical Association

Research Training Program in Clinical
and Experimental Medicine

Effimia Maria Zacharia, MD

My Background

- Effimia Maria Zacharia
- I graduated from Medical School of Athens in August of 2015 (8.3/10)
- My dream is to become a Cardiologist
- Research experience:
 - Undergraduate years: research assistant in the 1st Cardiology Department of Hippokration University Hospital of Athens.
 - After graduation: PhD student in the same department «*THE ROLE OF MICROPARTICLES IN ACUTE CORONARY SYNDROMES: ASSOCIATION WITH INFLAMMATION, COAGULATION AND ENDOTHELIAL FUNCTION*».
- Clinical experience:
 - One year of rural medical service (a form of internship) in Greece.

Current position

- 15-month fellowship:
 - 12 months of Basic Science (March 2018-March 2019) at
 - Konstantinos Drosatos Lab
 - Temple University
 - Lewis Katz School of Medicine
 - 3 months of clinical observerships (April-July):
Internal Medicine, Cardiology, Endocrinology at
 - Temple University Hospital

Konstantinos Drosatos, PhD

Assistant Professor, Pharmacology

Assistant Professor, Center for Translational Medicine

Assistant Professor, Center for Metabolic Disease Research

Educational Background

Postdoctoral Research Scientist, Columbia University, 2012

PhD, Molecular Biology and Biomedicine, University of Crete, Heraklion, Greece, and Boston University, 2007

MSc, Molecular Biology and Biomedicine, University of Crete, Heraklion, Greece, and Boston University, 2002

BS, Biology, Aristotle University of Thessaloniki, 2000

Memberships

American Heart Association, Council on Basic Cardiovascular Sciences

International Society for Heart Research, North American Section

World Hellenic Biomedical Association

Hellenic Bioscientific Association in the USA

Honors & Awards

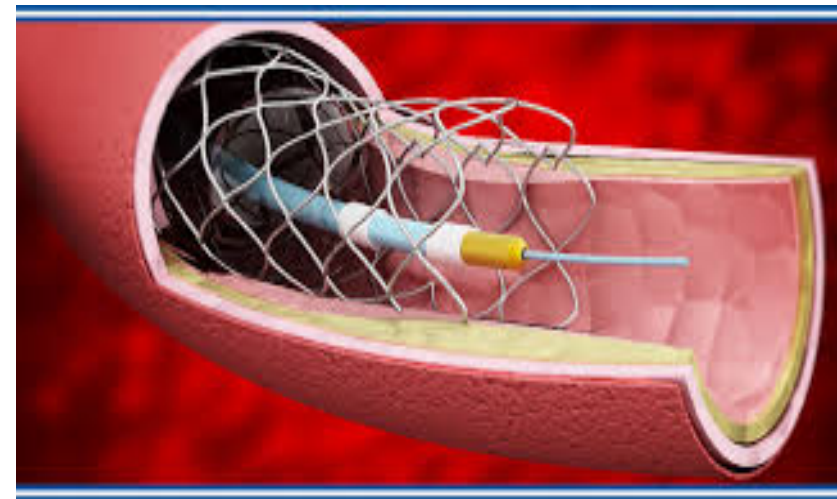
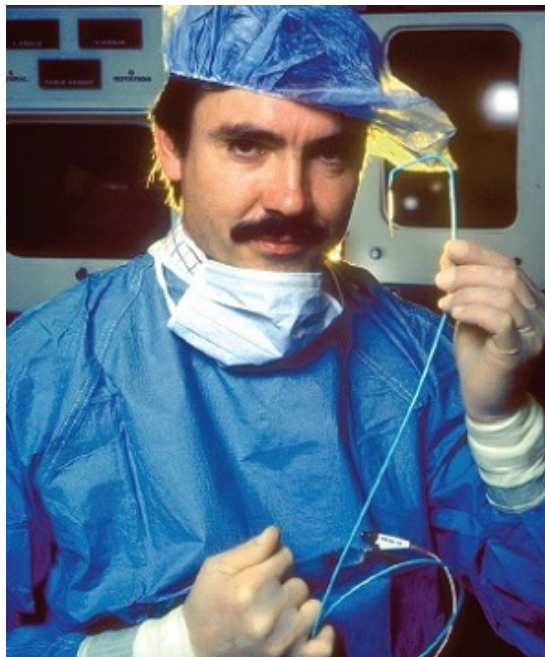
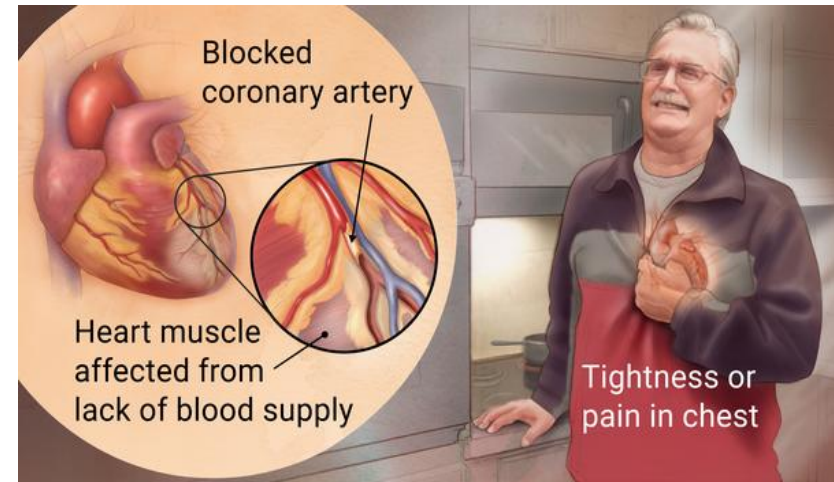
Outstanding Early Career Investigator Award, Annual Conference of the American Heart Association, Basic Cardiovascular Sciences Council 2014, Las Vegas, NV

New Investigator Travel Award, American Heart Association, Basic Cardiovascular Sciences Conference 2008, Keystone, CO

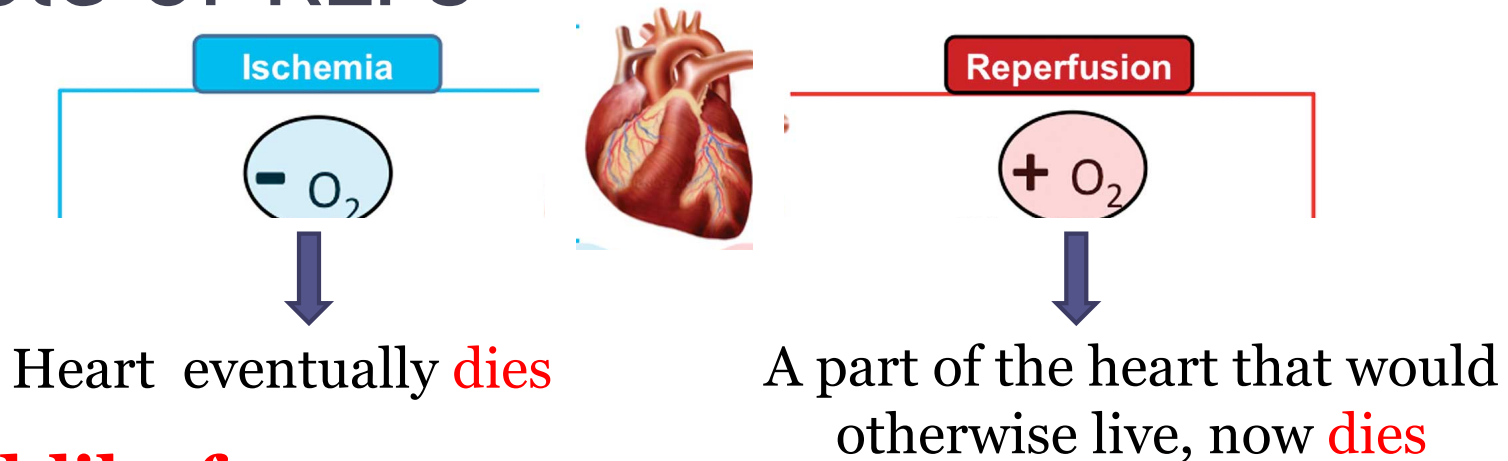


Why is our research important?

- Cardiovascular disease is the leading cause of death
- More than 3 million US cases per year
- 1/3 die before they reach the hospital

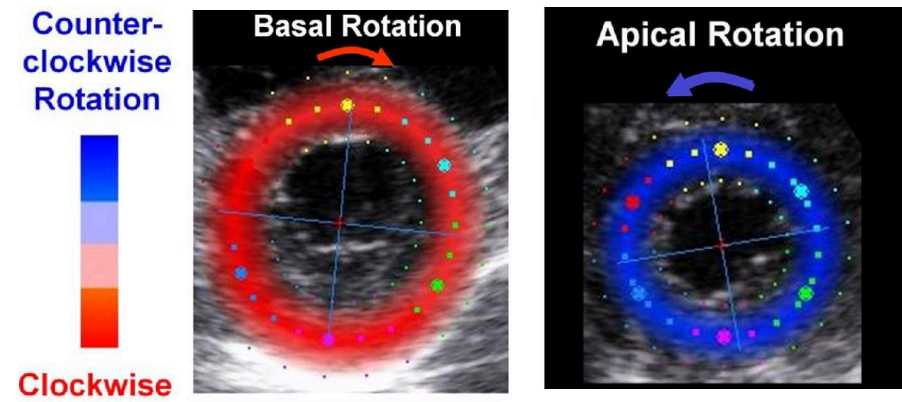


The ischemia-reperfusion injury and the role of KLF5



Krueppel-like factor 5:

- a transcription factor: a protein that decides how your DNA will work today
- Is increased during reperfusion of the heart
- Will its inhibition improve cardiac survival and function?
 - Transgenic animal models (mice)
 - Drug



Valuable experiences that I acquired from this fellowship

- Clinical observerships: Insight into clinical practice in USA
- Work in the lab: gain research experience in basic Science
- Interact with many people in the field of research
- Numerous presentations
- WHBA Summer School-meeting with the tutors

Career timeline

- USMLE Step 1: September 2018
- USMLE Step 2 CK: June 2019
- USMLE Step 2 CS: July 2019
- End of SNF-RTP-CEM fellowship: July 2019
- Applications for residency: October 2019
- Expected match in Internal Medicine (3 years):
March 2020
- Fellowship in Cardiology
- Return to Greece (hopefully...)

Thank you !



ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ
STAVROS NIARCHOS
FOUNDATION



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Thank you Stavros Niarchos
Foundation

Thank you World Hellenic
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