

Dimitrios Lygnos



Contact Info

**Address:**

119 Papadiamantopoulou Str,
Goudi, Athens, Postcode 115 27

**Telephone:**

+30 6981306140

**Email:**

jimlignos@gmail.com
dimlignos@med.uoa.gr

Languages

English – C2

German – B1

Hobbies

- Theater
- Cinema
- Literature
- Cooking

Summary

Born in 1996 and raised in Santorini. Medical school graduate from National and Kapodistrian University of Athens interested in various academic fields. Aspiring to major in Neurology with broad research interests and willingness to interdisciplinary learning.

1. Education

- September 2021 – Today
Postgraduate student of “**Global Health – Disaster Medicine**” **Master’s Program** (Specialty: Disaster Medicine – Health Crisis Management), Department of Medicine, School of Health Sciences, **National and Kapodistrian University of Athens**
- September 2021 – February 2023
Postgraduate student of “**Health Promotion in Third Age**” **Master’s Program**, Department of Public and Community Health, School of Public Health, **University of West Attica**
Thesis: “The forensic psychiatric evaluation of competence to stand trial and conviction for persons in third age: a systematic review”
- September 2021 – Today
Undergraduate student, Department of **Political Science and Public Administration**, School of Economic and Political Sciences, **National and Kapodistrian University of Athens**
- September 2014 – March 2021
Undergraduate student, Department of **Medicine**, School of Health Sciences, **National and Kapodistrian University of Athens**
Final Score 8.31/10
- September 2011 – June 2014
Student, **High School of Thira**, Santorini, Greece
Final Score 19,8/20

2. Honors-Awards

- 2021
Excellence Scholarship to study on “Health Promotion in Third Age” Master’s Program
- 2019
Bequest of Antonios Papadakis upon examination (Bequest Administrator: EKPA)
- 2014
1st place in the 28th Panhellenic Student Chemistry Competition – Selection for the intensive preparation course of the Greek Chemistry Olympic Team at the Aristotle University of Thessaloniki

Networking



Facebook

Dimitris Lygnos



LinkedIn

Dimitrios Lygnos



Viber

+306981306140



WhatsApp

+306981306140



Skype

live:dimitrioslygnos



YouTube

@Jimlygnos



WordPress

@nucleus2012



ORCID

<https://orcid.org/0000-0002-1465-5919>

Eurobank Scholarship "The Great Moment for Education" for the highest performance in the Pan-Hellenic Examinations for the High School Thira and the Prefecture of Cyclades

3. Research Activity

- April 2021 – Today
ALBION Trial (Aiginition Longitudinal Biomarkers of Neurodegeneration - Prospective study of Biomarkers of Neurodegeneration at the Aiginition Hospital) – Research team member (Academic link: Professor N. Skarmeas)
- March 2017 – Οκτώβριος 2022
POSE Trial (European comparative multicenter prospective observation study, 3-year duration, regarding the safety of stable dose of pravastatin-40mg/fenofibrate-160mg combination against statin alone in real clinical practice) EUPAS13661 – Investigator

4. Conference Participation

- 2022
"Disaster neurology and its bright future ahead: Literature review", 3rd South East European Emergency and Disaster Medicine Congress, June 2-5, 2022, Thessaloniki, Greece
"Browsing the field of disaster neurology: A literature review", 33rd Panhellenic Congress of Neurology, June 16-19, 2022, Heraklion, Greece
"More efficient DM regulation and weight reduction by simplifying complex insulin regimens in elderly patients", 16th Panhellenic Obesity Medical Conference, March 17-19, 2022, Online
- 2021
"Retrospective study of the metabolic effects of initiation of hypolipidemic treatment in diabetic and non-diabetic patients: pitavastatin versus rosuvastatin in the first year of treatment", 15th Panhellenic Obesity Medical Congress, May 13-15, 2021, Online
- 2020
"Retrospective study of metabolic effects of initiating treatment with pitavastatin versus rosuvastatin in hyperlipidemic patients with and without diabetes mellitus: 12 months real world data", 23rd Panhellenic Congress of Internal Medicine, November 4-7, 2020, Athens, Greece
- 2019
"Medical and Legal Issues of Transplantation", 25th Medical Students Scientific Conference of Greece, May 10-12, 2020, Thessaloniki, Greece

- 2018

“Assisted Reproductive Technology and its Legal Aspects: Worldwide, Europe, Greece”, 11th Athens Congress on Women’s Health and Disease – Preconception to Menopause, September 6-8, 2018, Athens, Greece

5. Scientific Publications

- **English**

Xenou, M., Zoupas, I., Lygnos, D., Fousteris, E., 2022. **Diabetic ketoacidosis as first presentation of latent autoimmune diabetes in adults in a patient with hashitoxicosis as first presentation of Hashimoto’s thyroiditis: a case report.** Journal of Medical Case Reports 16, 297. <https://doi.org/10.1186/s13256-022-03523-3>

- **Greek**

Xenou, M., Zoupas, I., Lygnos, D., Fousteris, E., 2022. **Diabetic ketoacidosis as the first manifestation of LADA type DM and Hashimoto’s thyroiditis toxicosis: a case report.** Epistimonika Chronika 27, 151-158. <http://www.tzaneio.gr/wp-content/uploads/2022/08/p22-1-12.pdf>

6. Training

- October 2022

Certified **All Hazards Disaster Response (AHDR)** seminar by Pronosokomeiaki Frontida as the scientifically responsible body of NAEMT in Greece (National Coordinating Organization – NCO)

- February 2022

Certified seminar on **Basic Life Support & use of Automatic External Defibrillator (BLS/AED)** by the Hellenic Society of Cardiopulmonary Resuscitation (Renewal since June 2020)

STOP THE BLEED Course by Pronosokomeiaki Frontida as the scientifically responsible body of NAEMT in Greece (National Coordinating Organization – NCO)

Certified **Prehospital Trauma Life Support (PHTLS)** seminar by Pronosokomeiaki Frontida as the scientifically responsible body of NAEMT in Greece (National Coordinating Organization – NCO)

7. Academic Experience

- April - September 2022

“Support of the Educational Activities of the University of West Attica with the Integration of Remedial Teaching in addition to the Main Lectures for the Academic Year 2021-2022”, of the Operational Program “Human Resource Development, Education and

Lifelong Learning", paid/co-financed from the European Union (European Social Fund), 160 hours

8. Skills

- **Computer skills**

- Foreign Languages

 - **German**

 - Goethe-Zertifikat B1 (Hören, Sprechen, Schreiben) (2021)

 - **English**

 - University of Cambridge - Certificate of Proficiency in English (Level C2 βάσει του Common European Framework of Reference for Languages: Learning, Teaching, Assessment) (2012)

 - The University of Michigan - Certificate of Proficiency in English (Level C2 βάσει του Common European Framework of Reference for Languages: Learning, Teaching, Assessment) (2011)

- **Greek Sign Language** courses under the auspices of the Apostolic Ministry of the Church of Greece (2021)

- **Driving License (Category B)** (2017)

9. Professional Experience

- March 2022 – Today

 - Participation in the translation team of **Constantaras Scientific Publications**

- June 2021 – June 2022

 - On-call medical duties at the **LYRAKOU S.A. Psychiatric Clinic**

10. Volunteering – Social Activity

- February 2020 – May 2020

 - Internship at the **National Bioethics Committee of Greece**

- February 2020 – May 2020

 - FameLab competition finals** for science communication under the auspices of the British Council Greece (*Presentation title: "Schizophrenia in 3 minutes"*)

- April 2018 – Today

 - Participation and Presentation at the **"Unique Minds"** NGO for the professional guidance of students and young people on behalf of the Department of Medicine NKUA (Videos and live presentations in schools and organizations)

- September 2018 – May 2019

 - Volunteer at the Printing Center of the **"Lighthouse for the Blind of Greece"**

- May 2018 – August 2018
Organizing committee of the Primary Health Care Voluntary Support Program "**Apovasi 2018**", under the auspices of the 2nd, 4th, 5th, 6th and 7th Health Regions and organization of the Scientific Society of Medical Students of Greece
- August 2016 – September 2016
Voluntary shadowing and participation in clinical activities at the **General Hospital of Thira**
- July 2015 – September 2015
Voluntary shadowing and participation in clinical activities of private **Ophthalmology Clinic**, Thira

11. Other Activities

- April 2021 – Today
Member of the **Medical Association of Athens**
- June 2012 – Today
Founder, Administrator, Editor and Writer of the **Students' Science Blog** <http://nucleus2012.wordpress.com>