

CURRICULUM VITAE

ANASTASIA BOTHOU, RM, MSc, PhD

Assistant Professor

Department of Midwifery, University of West Attica

Dr. Anastasia Bothou is an Assistant Professor of «Gynecological Care and Breast Health» at the Department of Midwifery at the University of West Attica.

Academic studies-Education:

In May 2014, graduated from the Department of Midwifery of Technological Educational Institute of Athens in Greece, as the first student in all academic years with a degree grade of «Excellent» 8.93/10.

Since July 2016, she holds the MSc «Research in Female Reproduction» from the Medical School of the National and Kapodistrian University of Athens (NKUA) in collaboration with the Department of Midwifery of the Technological Educational Institute of Athens (Interdisciplinary Postgraduate Studies Program), with a degree grade of «Very Good» 8.08/10.

In March 2020, she was awarded a Doctorate from the Faculty of Medicine of the Democritus University of Thrace (DUTH) with a doctoral degree grade of «Excellent» 10/10. Her doctoral thesis was entitled: «The association between obstetric factors and breast cancer in Greece area». The aim of this study was to investigate the risk factors of breast cancer. Particularly, the main objective of the research was to assess the possible association between obstetric factors and breast cancer in wider Greece.

In April 2023, she obtained a second MSc in: «Gynecologic Oncology and Breast Oncology» from the Medical School of the Aristotle University of Thessaloniki (AUTH) among the few participants for free education through the National Strategic Reference Framework (NSRF) internship program, with a degree: «Very Good» 8.31/10.

In addition, she speaks three foreign languages: English (Excellent knowledge), German (Good knowledge), and French (Basic knowledge), and has an excellent knowledge of the use of computers.

Specializations-Certifications:

Her interest in the science of Midwifery, but also in «Gynecological Care and Breast Health» has led her to attend numerous conferences and seminars (108 in number, to date), but also to obtain important postgraduate qualifications-certifications (16 in number, to date). Since 2016, she has held the DU (Diplôme d' Université) de troisième cycle «Maladie du sein et dépistage» (University Diploma: Breast Diseases and Screening) from the Faculty of Medicine of the University of Montpellier¹ in France, and also the DIU (Diplôme Interuniversitaire) MANOSMEDI International and Mediterranean Certificate of Mastology, having immersed herself in breast diseases at all stages of a woman's life, but also in the importance of preventive screening to ensure early diagnosis and thus maintain «breast health».

Employment:

In May 2014, she completed her six-month internship at the General Hospital «ALEXANDRA», as a scholarship holder (due to her academic performance) in the Department of Midwifery of the Technological Educational Institute of Athens, with NSRF funding.

From 07/01/2014 to 03/13/2018 she worked as an external collaborator at REA Maternity Hospital, in Athens, performing tasks related to the preoperative care, intraoperative and postoperative care of patients with gynecological diseases, and breast diseases. She also conducted courses in preparation for childbirth and breastfeeding in individual or group sessions.

In 2018, she was appointed as a probationary employee at the General Hospital «ALEXANDRA», and became permanent on 02.16.2020. From 03/14/2018 to 10/02/2022, she served in the Neonatology Department (NICU), providing monitoring and nursing care to neonates, as well as assistance and guidance for the establishment and maintenance of breastfeeding, and counseling mothers on proper breast care and breast health. From 10/03/2022 to 03/28/2024, she served in the Breast Department (4A) of the Department of Obstetrics and Gynecology in the same hospital, which is an ISO 9001: 2015, Accredited Department by International Organizations: ESGO (European Society of Surgical Oncology), EBCOG (European Board and College of Obstetrics and Gynecology), EUSOMA (European Society of Mastology), Reference Center and Member of the Breast Centers Network, being one of the ISO certified departments of the General Hospital «ALEXANDRA». She resigned automatically on 03/28/2024 from the General Hospital «ALEXANDRA» due to the assumption of her academic duties as an Assistant Professor of the Department of Midwifery of the University of West Attica.

Teaching experience:

From 2017 to 2018 she worked as a Laboratory Associate at the Department of Midwifery of the Technological Educational Institute of Athens in Greece [now University of West Attica] and from November 2018 to March 2024 she held the position of Academic Fellow at the Department of Midwifery of the University of West Attica.

In addition, she has teaching experience in postgraduate programs, and specifically in 2020 she taught in the MSc Program «Prenatal Screening-Childbirth-Contraception», in the third cycle of the second semester at the Department of Medicine in Democritus University of Thrace (DUTH) (06/27/2020) on the topic: «Basic Principles and process of breastfeeding». In addition, she has taught at universities abroad, and more specifically, in July 2019, she gave two postgraduate-level lectures, as a guest speaker at the «New Horizons in the Management of Breast Cancer», at the International University of Ecuador (Universidad Internacional del Ecuador), South America, with the following topics: 1. Breast cancer during pregnancy; 2. Psychology in breast cancer, before and after.

Scientific activity- Published scientific work:

In 2020, she participated in the scientific discovery of idiopathic painless breast edema in elderly women, which was patented, bearing the following name: Zerlatic Breast Disease (ZIBD): bilateral painless idiopathic breast edema of old women. This scientific discovery was published in the scientific journal Reports-Medical Cases Images and Videos in 2020 under the title «Bilateral Breast Edema: Case Report and Review of the Literature» and was included in the English-Greek and Greek-English Dictionary of Medical Terminology (Illustrated) of Zevelekakis's Publications in 2021.

Dr. Anastasia Bothou has a strong writing activity in obstetrics, gynecological oncology, and breast oncology. More specifically, she has authored more than 80 full scientific publications in foreign and Greek journals with peer-reviewed systems and a total of more than 55 scientific papers in international and national conferences, while she also participates in 15 chapters in English. Furthermore, she is an invited reviewer in the Greek scientific journal «Eleftho» and in the international journal «Clinical and Experimental Obstetrics and Gynecology (CEOG)». She has also participated in the writing of 4 books, granted to the Department of Midwifery of the University of West Attica.