

Antonia Kaltsatou, PhD

Senior Researcher

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Researcher, FAME Laboratory, Department of Physical Education and Sport Science, University of Thessaly, Greece

https://www.researchgate.net/profile/Antonia_Kaltsatou/publications

OVERVIEW

Dr. Antonia Kaltsatou is an Adjunct Lecturer and Researcher in the FAME Laboratory of the Department of Physical Education and Sport Science at the University of Thessaly. Her research focuses on improving the quality of life and health in individuals with chronic diseases and the elderly. She has extended experience designing and applying exercise interventions in individuals with chronic diseases such as cardiovascular diseases, neurodegenerative diseases, cancer survivors, and the elderly. Among her research interest is also nutrition. She firmly believes that older individuals and patients with chronic diseases can improve their quality of life through nutrition and exercise training. Significantly polyphenols can positively impact human health.

In recent years, her research has focused on climate change's effects on human health, especially in individuals with neurodegenerative diseases such as Multiple Sclerosis and Parkinson's disease, who suffer from thermoregulatory dysfunction. She has conducted research on the effects of cooling therapy in these populations, as cooling induces beneficial physiological effects and protects from hyperthermia. Her upper purpose is to generate societal changes for adaptation to the impacts of environmental factors to improve the quality of life for all people, especially individuals with chronic diseases.



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▪ SCIENTIFIC OUTPUT

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▪ WORK CONTACT

FAME Laboratory

Department of Physical Education and Sport Science, University of Thessaly

Karies, Trikala

42100, Greece

CURRENTLY- HELD POSITIONS

Adjunct Lecturer in Clinical Exercise Physiology at the Department of Nutrition and Dietetics, School of Physical Education and Sport Science of the University of Thessaly (Greece). The position involves: teaching undergraduate and graduate courses, supervising students of all levels.

Senior Researcher, FAME Laboratory, School of Physical Education & Sport Science, University of Thessaly - <http://www.famelab.gr> (From March 2016 until now). The position involves: conducting research on the effects of thermal stimuli on multiple sclerosis symptoms under the supervision of Prof. Andreas D. Flouris and obtaining funding from national and international funding bodies.

PREVIOUSLY- HELD POSITIONS

From 2019 until 2021 **Adjunct Lecturer in Human Physiology and Health with the Department of Physical Education and Sport Science of the University of Thessaly (Greece)**. The position involved: teaching undergraduate and graduate courses (Biomechanics, Sports Injury, Exercise Physiology in Extreme Environments, Clinical nutrition) and supervising students of all levels. Also, I participated as a Senior Researcher in the HORIZON-funded program "COLOSTEO".

- **"COLOSTEO:"** This project was a Horizon 2020 Marie Skłodowska-Curie funded programme aimed to create an intersectorial collaboration to exchange knowledge and expertise towards creating an innovative nutraceutical product based on colostrum to prevent osteoporosis. The project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 778277. I participated through the University of Thessaly as a Senior Researcher in exchange activities (each lasting one to 12 months) to advance my expertise, skills and knowledge and to transfer expertise to cross-sectoral colleagues.

From March 2016 until 2019 **Senior Researcher**, FAME Laboratory, School of Physical Education & Sport Science, University of Thessaly - <http://www.famelab.gr>. Participation in the European programs:

- **"HEAT-SHIELD: Intergraded inter-sector framework to increase the thermal resilience of European workers in the context of global warming."** This Horizon 2020 research project was dedicated to addressing the negative impact of increased workplace heat stress on the health and

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productivity of five strategic European industries: manufacturing, construction, transportation, tourism and agriculture. I participated as a Senior Researcher in assessing the health and productivity consequences of current and future climatic scenarios and in the dissemination and exploitation activities (From 9/1/2017 until 09.04.2017/ From 10.04.2017 until 31.08.2017/ From 01.01.2018 until 30.09.2018/ From 03.10.2018 until 30.11.2018).

- **"ICI-THROUGH: Intersectoral collaboration for innovation in non-invasive techniques to estimate human brown adipose tissue activity"**: was a Horizon 2020 Marie Skłodowska-Curie funded programme which aimed to create a sustainable innovation platform of intersectoral collaboration between two academic and two European industrial participants to exchange knowledge on the development of non-invasive techniques to estimate human brown adipose tissue activity. I participated as a Senior Researcher in exchange activities (each lasting two or three months) to foster a shared culture of research and aim to replicate the expertise, wisdom, and tacit knowledge of critical professionals into the heads and hands of their cross-sectoral colleagues. (From 15.03.2016 until 15.05.2016/ From 01.09.2017 until 20.01.2018/ From 01.04.2018 until 13.06.2018).

From 2016 until 2019 **Lecturer in Exercise Physiology with the Department of Dietetics and Dietitian of the University of Thessaly (Greece)**. The position involved: teaching the undergraduate course of "Exercise Physiology" and supervising students of all levels.

From 1/7/2014 until 30/06/2017 **Biomechanical Solution**, member of the Research and Development team of Biomechanical Solutions Ltd. Participated as a postdoctoral researcher in the European Program Retour-Thessaly and as a Senior Research in the European programs described below:

- **"SmartHelmet: Intersectoral Network for Innovation on Smart Thermal Solutions for Bicycle Helmets."** The SmartHELMET project received funding from the European Union's Horizon 2020 research and innovation programme under the Marie Skłodowska-Curie grant agreement No 645770. This project was built on the complementary expertise of research and industrial partners through knowledge sharing between sectors. A series of networking, training activities, workshops, and joint research initiatives were explored to potentiate synergies and generate innovative solutions for helmet thermal management. I participated as a Senior

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Researcher in exchange activities (each lasting two or three months) to encourage and facilitate long-term collaboration between the academic and industrial sectors to promote joint activities planning to exploit ideas, concepts and research findings.

- **"SCAFFY: Bio-scaffold engineered device for brown adipose tissue regeneration."** This project aimed to create effective intersectoral cooperation between academic institutions and SMEs to advance the concept of bio-scaffold for brown adipose tissue regeneration. This project received funding from the European Community's Horizon 2020 Programme (H2020-MSCA-RISE-2014) under grant No 645640. I participated as a Senior Researcher in exchange activities (each lasting two or three months) to encourage and facilitate long-term collaboration between the academic and industrial sectors to promote joint activities planning to exploit ideas, concepts and research findings.
- **"RETOUR-THESSALY: (Remedial and Rehabilitation Tourism in Thessaly."** This project aimed to i. built a user-friendly e-tourism platform which effectively accommodated the project's requirements, ii. developed exercise programs for each group of patients aiming to improve their physical/medical condition, and iii. organized service certification of third parties (i.e. hotels, restaurants, taxis, hemodialysis centres, e.t.c.). In this project, my role as a Postdoctoral researcher was to design exercise training programs that addressed each patient's individual needs. RETOUR was funded by the European Union, European Structural and Investment Funds No 1289.

EDUCATION- TRAINING

From October 2013 until November 2015	Post Doctoral Researcher at the Muscle Physiology and Mechanics Group at the Department of Physical Education and Sport Science of the University of Thessaly (Greece), working with Dr. Yiannis Koutedakis. Research theme: THALIS - Mechanisms of muscle function: fatigue and oxidative stress.
From 2008 until 2013	Research Assistant at the Sports Medicine Laboratory, Department of Physical Education and Sport Science of the Aristotle University of Thessaloniki, Greece. Director: Prof. Asterios Deligiannis. I participated in the below funded-scientific

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programs:

- "Harmonising the knowledge about biomedical side effects of doping," (2007)
- "Harmonising the knowledge about biomedical side effects of doping," (2008)
- "Educating parents of children with disabilities," (2008)
- "Exercise and Quality of Life in chronic diseases" (2009-2011)

**From 2008
until 2012**

Doctor of Philosophy in Physical Activity & Quality of Life, offered by the Aristotle University of Thessaloniki, Department of Physical Education & Sports Science.

Thesis Title: "Psychosocial and functional benefits of a traditional dance exercise program in patients with cardiovascular diseases." Supervising Committee: Prof. Evangelia Kouidi (Sports Medicine), Prof. Asterios Deligiannis (Sports Medicine), Prof. Stilian Douka (Human Studies), Prof. Nikolaos Koutlianos (Sports Medicine), Prof. Konstantinos Kallaras (Experimental Physiology, School of Medicine), Prof. Anna Phaxantidou (Anatomy), Prof. Fotios Mavrovouniotis (Sports Medicine) and Prof. Nikolaos Koutlianos (Sports Medicine).

Grade: **"Excellent"**

**From 2004
until 2008**

Master of Science (Distinction) in Health and Human Performance, Aristotle University of Thessaloniki, Department of Physical Education & Sports Science (2008). Supervising Committee: Prof. Asterios Deligiannis (Sports Medicine), Prof. Evangelia Kouidi (Sports Medicine), Prof. Fotios Fotiou (Neurology, School of Medicine).

Thesis Title: "Comparative study of Autonomic Nervous System in athletes and non-athletes before and after a stress test with the method of pupillometry"

Grade: **"Very Good"** (2008)

2003

Bachelor of Science in Physical Education and Sport Science offered by the Aristotle University of Thessaloniki, Greece.

Grade: **"Very Good"**

SUPERVISORY HISTORY

- 2019-2021** Academic Advisor for Giorgo Apostolou at the Department of Exercise Sciences, University of Thessaly. MSc
Thesis title: Acute effects of head and neck cooling on the functional capacity of multiple sclerosis patients
- 2017-2019** a. Supervisor for Stefania Chatzopoulou at the Department of Dietetics and Dietitians, University of Thessaly. Undergraduate thesis.
Thesis title: Acute and chronic effects of blackcurrant supplementation on the functional ability of elderly individuals
- b. Supervisor for Christina Mentzelou and Sofia Andronidou at the Department of Dietetics and Dietitians, University of Thessaly. Undergraduate thesis.
Thesis title: Acute and chronic effects of blackcurrant supplementation on the functional ability of individuals with metabolic syndrome
- 2015-2016** Supervisor for Ioanna Giannakakou at the Department of Physical Education and Sport Science, University of Thessaly. Undergraduate thesis.
Thesis title: The use of pupillometry in the assessment of cardiac autonomic function in different ages basketball players

INVITED PUBLICATIONS

1. "Intra-renal hemodynamic changes after habitual physical activity in patients with Chronic Kidney Disease," Kaltsatou A., Karatzaferi C, Mitrou G, Poulianiti K, Sakkas GK. [Journal of Current Pharmaceutical Design, \(2016\), 22\(24\):3700-14](#) (impact factor: 3.052). Review article after an invitation to Dr. Antonia Kaltsatou
2. "The impact of Inflammation in cognitive impairment in Chronic Kidney Disease patients", Kaltsatou A., [Journal of Clinical & Experimental Nephrology, \(2016\),1\(3\):20](#). DOI: [10.21767/2472-5056.100020](#)
3. "The impact of inflammation and Autonomic Nervous System activity on cognitive impairment during a hemodialysis session", Kaltsatou A., Evangelia Kouidi, Vassilios K. Kimiskidis, Vassilios Liakopoulos, Vassiliki Michou, Themis Christofi, Asterios Deligiannis. [Journal of Clinical & Experimental Nephrology, \(2016\), 1\(3\):14](#). DOI: [10.21767/2472-5056.100014](#)
4. "Management of blood pressure and heart rate in chronic kidney disease," Kaltsatou A., [Journal of Current Pharmaceutical Design, \(2017\), 23\(31\):4603-4608](#). DOI: [10.2174/1381612823666170829164305](#) (impact factor: 3.052).

SELECTED PUBLICATIONS

1. "Head and neck cooling enhance exercise tolerance in Multiple Sclerosis patients." Apostolou G., Flouris A.D., Kouidi E., Jamurtas A.Z., Kenny G.P., Kaltsatou A. [Under review by the International Journal of Environmental Research and Public Health](#) .
2. "Blackcurrant Supplementation and Habitual Physical Activity Enhances Functional Capacity and Quality of Life in Previously Sedentary Older adults." Dimitros E., Chatzopoulou S., Massaro M., Cicchella A, Jamurtas A., Tsiptsios D., Kenny G.P. and Kaltsatou A. [Under review by the Journal of Nutrients](#).
3. "How Do Greeks Sleep? A Cross-sectional Study among Indigenous and Minority Populations", Georgiadi K, Tsiptsios D, Fotiadou A, Karatzetzou S, Kaltsatou A. et al. [Cureus under publication: DOI: 10.7759/cureus](#).
4. "An exploratory survey of heat stress management programs in the electric power industry." Kaltsatou A, Notley SR, Flouris AD, Kenny GP. [J Occup Environ Hyg. 2021 Sep;18\(9\):436-445. DOI: 10.1080/15459624.2021.1954187](#).
5. "Early Left Ventricular Diastolic Dysfunction, Reduced Baroreflex Sensitivity, and Cardiac Autonomic Imbalance in Anabolic-Androgenic Steroid Users." Kouidi EJ, Kaltsatou A. et al.. [Int J Environ Res Public Health. 2021. Jun 29;18\(13\):6974. DOI: 10.3390/ijerph18136974](#).
6. "Effects of exercise-heat stress on circulating stress hormones and immunological responses in young and older men." Kaltsatou A., Notley S.R., Kenny G.P., [Temperature \(Austin\). 2020 May 24;7\(4\):389-393. DOI: 10.1080/23328940.2020.1768032](#).
7. "Heart rate variability in older workers during work under the Threshold Limit Values® for heat exposure." Kaltsatou A., Flouris A.D., Herry C.L., Notley S.R., Macartney M.J., Seely A.J.E. and Kenny G.P. [Am J Ind Med. 2020 Sep;63\(9\):787-795. DOI: 10.1002/ajim.23156](#).
8. "Age differences in cardiac autonomic regulation during intermittent exercise in the heat." Kaltsatou A, Flouris AD, Herry CL, Notley SR, Seely AJE, Beatty HW, Kenny GP. [Eur J Appl Physiol. 2020 Feb;120\(2\):453-465. DOI: 10.1007/s00421-019-04290-8](#).
9. "Cardiac autonomic function during intradialytic exercise training." Kaltsatou A, Hadjigeorgiou GM, Grigoriou SS, Karatzaferi C, Giannaki CD, Lavdas E, Fotiou D, Kouidi E, Patramani G, Vogiatzi C, Pappas A, Stefanidis I, Sakkas GK. [Postgrad Med. 2019 Sep;131\(7\):539-545. DOI:10.1080/00325481.2019.1663707](#).
10. "Effect of Cocoa Products and Its Polyphenolic Constituents on Exercise Performance and Exercise-Induced Muscle Damage and Inflammation: A Review of Clinical Trials." Massaro M, Scoditti E, Carluccio MA, Kaltsatou A, Cicchella A. [Nutrients. 2019 Jun 28;11\(7\). pii: E1471. DOI: 10.3390/nu11071471](#).

11. "Impact of pre-cooling therapy on the physical performance and functional capacity of multiple sclerosis patients: A systematic review," Kaltsatou A., Flouris A.D. [Mult Scler Relat Disord. 2019 Jan;27:419-423. DOI: 10.1016/j.msard.2018.11.013.](#)
12. "Age alters cardiac autonomic modulations during and following exercise-induced heat stress in females ." Leicht A.S., Flouris A.D., Kaltsatou A., Seely A.J., Herry C.L., Wright Beatty H.E. & Kenny G.P. [Temperature \(Austin\) 2018; 15;5\(2\):184-196. DOI:10.1080/23328940.2018.1432918.](#)
13. "The impact of heat waves on mortality among the elderly: A systematic review," Kaltsatou A., Kenny G.P., Flouris A.D., [Journal of Geriatric Medicine and Gerontology \(2018\);4\(3\):053. DOI: 10.23937/2469-5858/1510053](#)
14. "Impact of Flavonols on Cardiometabolic Biomarkers: A Meta-Analysis of Randomized Controlled Human Trials to Explore the Role of Inter-Individual Variability." Menezes R., Mateos A.R., Kaltsatou A. et al, [Nutrients 2017 Feb 9;9\(2\):117. DOI: 10.3390/nu9020117.](#)
15. "Systemic redox imbalance in Chronic Kidney Disease: a systematic review." Poulianiti K., Kaltsatou A., et al. [Oxid Med Cell Longev. 2016;2016:8598253. DOI: 10.1155/2016/8598253.](#)
16. "The impact of a traditional dance program on lower extremity muscle performance in cardiac rehabilitation programs." Vordos Z, Kouidi E, Mavrovouniotis F, Metaxas TH, Dimitros E, Kaltsatou A, Deligiannis A, [Eur J Cardiovasc Nurs 2017 Feb;16\(2\):150-156. DOI:10.1177/1474515116636980.](#)
17. "Cognitive impairment as a central cholinergic deficit in patients with Myasthenia Gravis." Kaltsatou A, Fotiou D, Tsiptsios D, Orologas A, [BBA Clin. 2015 Apr 23;3:299-303. DOI: 10.1016/j.bbacli.2015.04.003.](#)
18. "Cognitive Function and Exercise Training for Chronic Renal Disease Patients: A literature review." Kaltsatou A, Grigoriou S, Karatzaferi C, Giannaki C, Stefanidis I, Sakkas G, [J Bodyw Mov Ther. 2015 Jul;19\(3\):509-15. DOI: 10.1016/j.jbmt.2015.04.006.](#)
19. "Evaluation of the cholinergic hypothesis in Alzheimer's Disease with Neuropsychological methods." Fotiou D, Kaltsatou A, Tsiptsios D, Nakou M, [Aging Clin Exp Res. 2015 Oct;27\(5\):727-33. DOI: 10.1007/s40520-015-0321-8.](#)
20. "Effects of exercise training with traditional dancing on functional capacity and quality of life in patients with schizophrenia", Kaltsatou A., Kouidi E., Fountoulakis K., Sipka C., Theochari V., Kandyli D., Deligiannis A., [Clin Rehabil. 2015 Sep;29\(9\):882-91. DOI: 10.1177/0269215514564085.](#)
21. "Uremic myopathy: Is oxidative stress implicated in muscle dysfunction in uremia?", Kaltsatou A, Sakkas GK, Poulianiti K, Koutedakis Y, Christodoulidis G, Tepetes K, Stefanidis I, Karatzaferi C, [Front Physiol. 2015 Mar 30;6:102. DOI: 10.3389/fphys.2015.00102.](#)
22. "Functional and psychosocial effects of either a traditional dancing or a formal exercising training program in patients with chronic heart failure: A comparative randomized

- controlled study." Kaltsatou A., Kouidi E., Anifanti M, Douka S., Deligiannis A., [Clin Rehabil. 2014 Feb;28\(2\):128-38. DOI: 10.1177/0269215513492988.](#)
23. "The effect of a traditional dance training program on dancing skills, rhythm and orientation abilities and intrinsic motivation of individuals with hearing loss." Kaltsatou A., Fotiadou E., Tsimaras V., Kokaridas D., Sidiropoulou M., [Journal of Physical Education & Sport \(2013\), Vol. 13\(3\): 438-446. DOI:10.7752/jpes.2013.03070.](#)
24. "The use of pupillometry in the assessment of cardiac autonomic function in elite different type trained athletes." Kaltsatou A., Kouidi E., Fotiou D., Deligiannis P., [European Journal of Applied Physiology \(2011\);111\(9\): 2079-2087. DOI: 10.1007/s00421-011-1836-0.](#)
25. "Physical and psychological benefits of a 24-week traditional dance program in breast cancer survivors." Kaltsatou A., Mameletzi D., Douka SJ [Bodyw Mov Ther. 2011 Apr;15\(2\):162-7. DOI: 10.1016/j.jbmt.2010.03.002.](#)

SELECTED PRESENTATIONS

1. [15th annual Congress of the European College of Sport Science, Antalya, Turkey, 2010](#), A. Kaltsatou, E. Kouidi, E. Fotiou, N. Koutlianos, F. Fotiou, A. Deligiannis, Oral presentation: "The use of pupillometry in the assessment of cardiac function in weight-lifters"
2. [ERA-EDTA Congress, London, UK 2015](#), A. Kaltsatou, S. Grigoriou, C. Karatzaferi, D. Fotiou, I. Stefanidis, G.K. Sakkas: "Autonomic Nervous System activity assessment using pupillometry and heart rate variability during intradialytic exercise training in hemodialysis patients"
3. [International Conference on Environmental Ergonomics \(ICEE\) Amsterdam, Netherlands \(2019\)](#), Apostolou G., Kaltsatou A., Flouris A.D: "Acute effects of cooling therapy on functional ability and quality of life in patients with multiple sclerosis"
4. [International Conference on Environmental Ergonomics \(ICEE\) Amsterdam, Netherlands \(2019\)](#), Kaltsatou A., Flouris A.D., Herry C.L., Notley S.R., Seely A.J.E., Wright Beatty H., and Kenny G.P.: "Age differences in cardiac autonomic modulation during intermittent exercise in the heat"
5. [International Conference on Environmental Ergonomics \(ICEE\) Amsterdam, Netherlands \(2019\)](#), Kaltsatou A., Flouris A.D., Herry C.L., Seely A.J.E., Boulay P., Sigal R.J., Friesen B.J., Poirier, M., Notley SR and Kenny G.P.: "Older men with type 2 diabetes have impaired cardiac autonomic activity during exercise in the heat"

RESEARCH PROJECTS

Participation in the following European research projects:

- " Network on evidence-based physical activity in old age (PhysAgeNet)-Cost Action CA20104 (2021- 2025)
- "COST Action POSITIVE Partner," "Interindividual variation in the biological responsiveness regarding cardiometabolic endpoints" (2014- 2018). Funding of 5.000 euros to organize the: "6th Working Groups meeting and 4th MC meeting of COST Action FA1403" in Thessaloniki, Greece, September 19-20th, 2017 (<https://www6.inrae.fr/cost-positive/Meetings-Workshops/WG-MC-Meetings/6th-WG-4th-MC-meetings-Thessaloniki-Greece-2017>)
- "COST ACTION 18125 - Advanced Engineering and Research of aeroGels for Environment and Life Sciences" (2019-2023)

SELECTED POSTER PRESENTATIONS

1. **International Conference on Environmental Ergonomics (ICEE), Amsterdam (2019)** "Older middle-aged men with type 2 diabetes have impaired cardiac autonomic activity during exercise in the heat", Kaltsatou A., Flouris A.D., Herry C, Seely A.J.E., Boulay P., Sigal R.J., Poirier M., Notley S.R. and Kenny G.P.
2. **International Conference on Environmental Ergonomics (ICEE), Amsterdam (2019)** "Acute effects of cooling therapy on functional ability and quality of life in patients with multiple sclerosis" Apostolou G., Kaltsatou A., Flouris A.D.
3. **European Renal Association – European Dialysis and Transplant Association (ERA-EDTA), London, UK (2015)** "Autonomic Nervous System activity assessment using pupillometry and heart rate variability during intradialytic exercise training in hemodialysis patients" Kaltsatou A, Grigoriou S.S, Karatzaferi C, Fotiou D, Stefanidis I, Sakkas G.
4. **ERA-EDTA, London, UK (2015)** "Skeletal muscle and blood oxidative stress in a chronic kidney disease animal model" Sakkas G, Poulianiti K, Kaltsatou A, Karioti A, Maridaki M, Stefanidis I, Jamurtas A, Koutedakis Y, Karatzaferi C.
5. **4th Annual Conference of the Hellenic, Trikala, Greece (2014)** "Autonomic Nervous System activity assessment using Pupillometry and Heart Rate Variability during intradialytic exercise training in hemodialysis patients" Kaltsatou A.C, Grigoriou S.S, Fotiou D, Karatzaferi C, Sakkas G, 1st best poster presentation award

6. **Society of Biochemistry and Physiology of Exercise European Muscle Conference, Salzburg, Austria (2014)** "The effects of uremia on rabbit skeletal muscle redox status" Poulianiti K.P., Karioti A., **Kaltsatou A.**, Jamurtas A, Stefanidis I, Tepetes K, Christodoulidis G, Koutedakis Y, Sakkas GK, Karatzaferi C.
7. **EuroPREvent, Amsterdam (2014)**, "The impact of a traditional dance program on lower extremity muscle performance in cardiac rehabilitation programs" Vordos Z, Kouidi E, Mavrovouniotis F, Metaxas TH, Dimitros E, **Kaltsatou A**, Deligiannis A.
8. **2nd Congress of ECOSEP and 12th Scientific Conference in Sports and Exercise Medicine, 9-11 September 2010, London, UK**, "Effects of acute exercise on pupil size", **Kaltsatou A.**, Kouidi E, Fotiou D, Koutlianos N, Fotiou F, Deligiannis A.
9. **15th World Congress of Psychophysiology: The Olympic of the brain, September 1-4 2010, Budapest**, "Assessment of cardiac autonomic function in dynamic athletes by pupillometry" **Kaltsatou A**, Kouidi E, Lithari C, Koutlianos N, Fotiou F.
10. **EuroPREvent, The European Meeting Place for Science in Preventive Cardiology, Stockholm (2009)** "Cardiac autonomic function and cardiopulmonary efficiency in power-trained athletes" Kouidi E, Koutlianos N, **Kaltsatou A**, Deligiannis A.
11. **ESC Congress, Munich (2008)** "Effects of androgenic anabolic steroids use on ventricular and function in strength-trained athletes" Kouidi E, Anifanti M, **Kaltsatou A**, Deligiannis A.

OTHER INFORMATION

➤ Verified Reviewer

- International Journal of Environmental Research and Public Health
- Antioxidants
- Biology
- Sustainability
- International Journal of Molecular Sciences
- Research Quarterly for Exercise and Sport
- European Journal of Applied Physiology
- Nutrients
- Review Editor in Frontiers in Physiology

➤ Languages

Fluent in English, Greek

➤ **Research Recognition**

- Funding of €5.000 to organize the: "**6th Working Groups meeting and 4th MC meeting of COST Action FA1403**" in Thessaloniki, Greece, September 19-20th, 2017 (<https://www6.inrae.fr/cost-positive/Meetings-Workshops/WG-MC-Meetings/6th-WG-4th-MC-meetings-Thessaloniki-Greece-2017>)
- **Nov. 2015: (Competitive)** Winner of the first prize of the poster competition €150 for the study "**Autonomic nervous system activity assessment using pupillometry and heart rate variability during Intradialytic exercise training in hemodialysis patients.**" **4th Conference of Biochemistry and Physiology of Exercise, Hellenic Society of Biochemistry and Physiology of Exercise, 24-26th October 2014, Trikala, Greece**
- **May 2010: (Competitive)** Winner of the first prize of the oral presentation competition €1000 for the study "**Effects of systematic exercise training on cardiac autonomic activity in patients with hypertension.**" **9th North Helladic cardiology conference, 13-15 May, Hyatt Regency Hotel, Thessaloniki, Greece.**

➤ **Publicity**

Interviewed by Mary Mpimpi from the "**in.gr**" news network on Jan 25, 2018, regarding the effects of thermoregulation and exercise-induced heat on multiple sclerosis patients. The video interview is available at <http://health.in.gr/news/scienceprogress/article/?aid=1500194464>.