



Antonia Kaltsatou, PhD

Research & Teaching Fellow

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EDUCATION

Biomechanical Solution, member of the Research and Development team of Biomechanical Solutions Ltd (From June 2014 until now)

Research & Teaching Fellow, FAME Laboratory, School of Physical Education & Sport Science, University of Thessaly (From June 2016 until now)

Postdoctoral Researcher, Muscle Physiology and Mechanics Group, University of Thessaly (From October 2013 until November 2015)

PhD Physical Activity & Quality of Life, Aristotle University of Thessaloniki, Department of Physical Education & Sports Science (2012). Thesis Title: “Psychosocial and functional benefits of a traditional dance exercise program in patients with cardiovascular diseases”
Grade: “**Excellent**” (2012)

M.Sc. Health and Human Performance, Aristotle University of Thessaloniki, Department of Physical Education & Sports Science (2008), 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)

B.Sc. Physical Education and Sports Science, Aristotle University of Thessaloniki, Department of Physical Education & Sports Science (2003)
Grade: “**Very Good**” (2003)

INVITED PUBLICATIONS

“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 invitation to Dr Antonia Kaltsatou

“The impact of Inflammation in cognitive impairment in Chronic Kidney Disease patients”, Kaltsatou, A, [under publication by the Journal of Clinical & Experimental Nephrology](#) (impact factor 2,020)

“The impact of inflammation and Autonomic Nervous System activity on cognitive impairment during a hemodialysis session”, Antonia Kaltsatou, Evangelia Kouidi, Vassilios K. Kimiskidis, Vassilios Liakopoulos, Vassiliki Michou, Themis Christofi, Asterios Deligiannis [under publication by the Journal of Clinical & Experimental Nephrology](#) (impact factor 2,020)

SELECTED PUBLICATIONS

“The impact of heat waves on mortality among the elderly: A systematic review”, Antonia Kaltsatou, Glen P. Kenny, Andreas D. Flouris under review by the [Journal of Journal of Geriatric Medicine and Gerontology](#)

"Systemic redox imbalance in Chronic Kidney Disease: a systematic review ", Konstantina P. Poulianiti, Antonia Kaltsatou, Georgia I. Mitrou, Athanasios Z. Jamurtas, Yiannis Koutedakis, Maria Maridaki, Ioannis Stefanidis, 5 Giorgos K. Sakkas, and Christina Karatzaferi under publication by the [Journal of Oxidative Medicine and Cellular Longevity](#)

“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, [European Journal of Cardiovascular Nursing, under publication](#)

“Cognitive impairment as a central cholinergic deficit in patients with Myasthenia Gravis”, Kaltsatou A, Fotiou D, Tsiptsios D, Orologas A, [Journal of BBA Clinical \(2015\), 3:299-303](#)

“Cognitive Function and Exercise Training for Chronic Renal Disease Patients: Literature review”, Kaltsatou A, Grigoriou S, Karatzaferi C , Giannaki C, Stefanidis I, Sakkas G, [Journal of Bodywork & Movement Therapies \(2015\), 19:509-515](#)

“Evaluation of the cholinergic hypothesis in Alzheimer’s Disease with Neuropsychological methods”, Fotiou D, Kaltsatou A, Tsiptsios D, Nakou M, [Journal of Aging Clinical and Experimental Research \(2015\), 5:727-33](#)

“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., [Journal of Clinical Rehabilitation \(2015\), 29\(9\): 882-91](#)

“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, [Journal of Frontiers in Physiology, Striated Muscle Physiology \(2015\), Vol.6:1-7,doi:10.3389/phys.2015.00102](#)

"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., [Journal of Clinical Rehabilitation \(2014\), Vol. 28 \(2\): 128-138](#)

“The effect of a traditional dance training program on dancing skills, rhythm and orientation abilities and on 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](#)

"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 \(2011\), Vol. 111\(9\): 2079-2087](#)

“Physical and psychological benefits of a 24-week traditional dance program in breast cancer survivors”, Kaltsatou A., Mameletzi D., Douka S., [Journal of Bodywork & Movement Therapies \(2011\), Vol.15 \(2\): 162-167](#)

“Cardiovascular pre-participation screening of amateur soccer players”, Anifanti M., Dimitros E., Koutlianos N., Kaltsatou A., Kouidi E., Deligiannis E., [Journal of Cardiologia \(2009\), Vol. 1: 71-77 \(Article in Greek\)](#)

“Exercise rehabilitation programs in patient with chronic diseases of Northern Greece: Patients characteristics and attitudes”, Koutlianos N., Goudoula E., Anifanti M., **Kaltsatou A.**, Kouidi E., Deligiannis A., [Journal of Cardiologia \(2009\), Vol. 1: 78-88. \(Article in Greek\)](#)

“Pupillometry at peak of exercise testing in healthy subjects”, Kaltsatou A., Fotiou D., Tsiptsios D., Haidits A.B., Keivanidou A., Giantselindis H., Karlovasitou A., Fotiou F., [Journal of Galenus \(2008\), Vol. 50 \(1-2\). \(Article in Greek\)](#)

“Testing the role of service quality on the development of brand associations and brand loyalty”, Alexandris K., Douka S., Papadopoulos P., **Kaltsatou A.**, [Journal of Managing Service Quality \(2008\), Vol. 18\(3\): 239-254](#)

SELECTED PRESENTATIONS

[1st Panhellenic Congress of Adapted Physical Education, 2002, A. Kaltsatou](#), E. Fotiadou, D. Kokkaridas, V. Tsimaras, N. Aggelopoulou-Sakantami, Oral presentation: “Teaching traditional dances in deaf people”

[3rd International Congress of Sports Medicine in 21st Century, 2005, A. Kaltsatou](#), E. Kouidi, Oral presentation: “Dance movement therapy in chronic patients”

[1st Panhellenic Congress of Lifestyle & Chronic Disease Prevention, 2007, A. Kaltsatou](#), M. Dalliou, D. Mameletzi, Oral presentation: “Effects of an exercise training program in schizophrenic patients”

[15th annual Congress of the European College of Sport Science, 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”

RESEARCH PROJECTS

[Participation in the following European research projects:](#)

- **“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)
- **"Mechanisms of muscle function: fatigue and oxidative stress"**, (2013-2015)
- **"COST Action POSITIVE Partner", "Interindividual variation in the biological responsiveness regarding cardiometabolic endpoints"** (2015- to present)
- **"Research and Innovation Staff Exchange (RISE)"**, Marie Skłodowska-Curie Actions, "Intersectoral collaboration for innovation in non-invasive techniques to estimate human brown adipose tissue activity", (2016 to present)

SELECTED POSTER PRESENTATIONS

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

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

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

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

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

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

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

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

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 INFO

Computer Skills: Windows, Word, Excel, PowerPoint, Internet Explorer, SPSS, Cambridge International Diploma in IT Skills (2008)

Languages: English (fluent), Greek (mother language)

Teaching Experience: Teaching basic principles of rehabilitation exercise programs in chronic diseases (cardiovascular diseases, renal failure, breast cancer, and schizophrenia) and pulmonary function tests (spirometry, ergospirometry) at physical education students. Also, I supervised students in conducting papers as orals or posters presentations or publication during their studies.

Personal Interests: Dance ballet, modern and traditional (Teacher of Greek Traditional dances for 12 years), swimming.