

Grigoriadou Sofia

Phone number: +30 697 237 4494 | Email: sofiagrigoria@proton.me | [LinkedIn](#) | [Website](#)

Professional summary

Graduate Biomedical Scientist with research experience in hematology and microbiology, focusing on blood-material and bacteria-material interactions. Designed and optimized an experimental protocol on erythrocyte osmotic fragility, later adopted by peer researchers. First author of a manuscript in preparation and a conference poster, with additional co-authored work in hematology and nanoparticles. Clinical laboratory training in an anticancer hospital complements strong experimental and data analysis skills. Interested in blood-based mechanisms in disease, including cancer biology and host-pathogen interactions.

Research experience

July 2025 – April 2026: **Research Assistant**

Aristotle University of Thessaloniki, Greece – Dept. of Dentistry

Supervisor: Dr. Tsamesidis Ioannis

- Performed microbiological assays including bacterial culture, growth-based viability assays, and disk/well diffusion tests
- Contributed to research article preparation (manuscript in preparation)
- Designed and organized laboratory workspace and workflows
- Mentored and trained higher education students in laboratory techniques and protocols
- Applied aseptic technique and experimental best practices in all procedures

November 2024 – June 2025: **Undergraduate thesis**

International Hellenic University, Greece – Dept. of Biomedical Sciences and Aristotle University of Thessaloniki, Greece – Dept. of Dentistry

“Effects of *Achillea millefolium* on the physiology of red blood cells and platelets” Grade: 10/10

Advisor: Dr. Tsamesidis Ioannis

- Designed and optimized experimental protocols for assessing blood cell response to plant-derived compounds, later adopted by other students
- Conducted hemocompatibility and hematological assays (osmotic fragility, clotting time, blood staining)
- Performed plant extraction and preparation of blood-derived samples
- Analyzed and interpreted experimental data using GraphPad Prism

Clinical laboratory experience

December 2025 – April 2026: **Trainee Biomedical Scientist**

“Theageneio” Anticancer Hospital of Thessaloniki

- Rotated across hematology, clinical chemistry, microbiology, cytology, and histopathology departments
- Performed blood collection (~40+ samples/week) and sample processing
- Operated hematology and biochemistry analyzers
- Assisted in cell culture, microtomy, and slide preparation/staining
- Gained exposure to diagnostic workflows in a clinical oncology setting

Education

June 2026: **Bachelor’s degree in Biomedical Sciences**

International Hellenic University, Greece

- Hematology, Immunology, Microbiology, Molecular Biology, Clinical Chemistry
- Statistical analysis and scientific data interpretation
- Laboratory safety and research methodology

Publications & Conferences

S. Grigoriadou*, S. Axypolitou, E. Androulaki, et al. "Effects of *Achillea millefolium* on the Physiology of Red Blood Cells and Platelets." 75th National Conference of the Hellenic Society of Biochemistry and Molecular Biology (HSBMB). Athens, Greece. December 2025.

I. Tsamesidis, E. Androulaki*, G. Pouroutzidou, et al. "Study of the Hematological Compatibility of Nanoparticles for Drug Delivery in Patients with Idiopathic Thrombocytopenia." 36th Panhellenic Hematology Conference. Athens, Greece. November 2025.

First-author manuscript in preparation with a focus on biomaterial-blood and biomaterial-bacteria interactions (final revision stage prior to submission)

Technical skills

Hematology: Hemocompatibility assay, Osmotic fragility test, Blood coagulation time, Blood smear preparation

Microbiology: Cell culture, Growth-based bacterial viability assay, Disk/Well diffusion test

Medical laboratory: Aseptic technique, Pipetting, Microscopy

Software: GraphPad Prism, ECDL Office Essentials, Canva

Other work experience

August 2022: **Summer Camp Counselor**

Kalivas Camp, Greece

- Led and coordinated teams of 12–14 individuals from diverse cultural backgrounds
- Developed communication and teamwork skills in an international environment

Languages

Greek: Native

English: C2 (ECPE)

French: B2

Italian: Basic

Certifications

Entrepreneurship and Strategy Formulation for the Future in an Environment of Uncertainty. National and Kapodistrian University of Athens. Online. May 2026.

Additional information

- Scientific writing and data presentation skills
- Experience mentoring higher-education students in laboratory settings
- Participation in multiple biomedical science conferences and workshops