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Ioannis Trougakos obtained his Ph.D. in Cellular-Developmental Biology from the National & Kapodistrian University of Athens (UoA), Greece. He has worked as Research Scientist at the European Molecular Biology Laboratory, Germany; at the Centro De Biologia Molecular "Severo Ochoa", Spain and at the National Hellenic Research Foundation (NHRF), Athens, Greece; he was also research visitor at the Netherlands Cancer Institute. Dr. Trougakos was Research Lecturer at NHRF and currently he serves as Associate Professor and Director of the Department of Cell Biology & Biophysics, Faculty of Biology, UoA, where he leads the group of "Molecular-Cellular Ageing & Carcinogenesis". Assoc. Prof. Trougakos has received post-doctoral fellowships from the EU and the Scholarship Foundation of the Hellenic State; has participated in many international practical courses (EMBO, FEBS), has been honored with various awards and he was an invited lecturer in International conferences and Universities. He is member of Scientific Societies; has participated as senior researcher in several EU research projects; serves as reviewer in numerous international journals and in International or Hellenic grant funding agencies and he is editorial board member of international scientific journals. Dr. Trougakos was a member of the Scientific Committee of International Conferences and co-organized Hellenic and international conferences or workshops. He was invited to participate in panels of the "WhyWeAge - A road map for molecular Biogerontology" EU project and at the "European Innovation Partnership on Active and Healthy Ageing - from plan to Action" European Parliament meeting. His scientific-research interests are mainly focused on the understanding of the molecular-cellular basis of ageing and age-related diseases (mainly cancer). Particularly, he employs a multidisciplinary systems biology (cell-based, in vivo models) approach in order to understand: a. the different levels of regulation and cross-talk of the various proteostatic machineries; b. the interaction, wiring and functional integration of proteostatic modules with mitostasis, metabolic pathways and genomic integrity; c. the systemic effects induced at the whole organism level by tissue-specific loss of proteostasis; and, d. the deregulation of proteostatic and mitostatic modules in ageing and/or age-related diseases (e.g. cancer). His lab is also involved in high-throughput screening for the identification of small molecules with anti-ageing and/or anticancer activity, as well in the study of the cellular-molecular effects induced by therapeutic antitumor proteasome inhibitors. Dr. Trougakos has published 88 articles/chapters in high-ranking journals or international books (total IF >400; ~9800 citations; h-Index=31) and he co-authored an academic book; he is also co-inventor in two patents His group is funded from private sources (US, EU and Greek Pharmaceutical or Cosmeceutical companies, the Empirikion and Bodosakis foundations), as well as from GSRT and EU public research grants.