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Ioannis Trougakos obtained his PhD in Cellular-Developmental Biology from the National and Kapodistrian University of Athens (UoA), Greece. He has worked as Research Scientist in foreign Research Institutes (e.g. EMBL, CBM “Severo Ochoa”, Netherlands Cancer Institute) and at the National Hellenic Research Foundation. He was elected Research Lecturer at NHRF and currently he is Associate Professor at the Faculty of Biology, UoA, where he leads the group of “*Molecular-Cellular Ageing & Carcinogenesis*”. He has been honoured with several awards and he was an invited lecturer in International conferences or Universities. Prof Trougakos has published several articles in high impact journals, chapters in international books and he co-authored an academic book; he is also co-inventor in two patents. His group is funded from private sources (Greek, EU and US companies), as well as from Hellenic and EU public research grants.