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He acquired his medical degree from Aristotle University of Thessaloniki, School of Medicine, in 2012. In 2016, he received a Master in Research Methodology in Biomedicine, Biostatistics and Clinical Bioinformatics at the School of Medicine, University of Thessaly, grade “Excellent”. He has completed his PhD Thesis entitled “Sonographic cervical length assessment in the third trimester of pregnancy for the prediction of preterm delivery” at the School of Medicine, Faculty of Health Sciences, Aristotle University, Thessaloniki, Greece, receiving an “Excellent with distinction” degree. He has published more than 100 articles in international journals and is an ad-hoc reviewer in several medical journals. He has also written book chapters on obstetrics and gynecology in national and international books. He has conducted more than 60 lectures in congresses and seminars. He has received several awards, including the first prize and scholarship by the Hellenic Society of Obstetricians and Gynecologists, after participating in panhellenic exams. He is a strong advocate of evidence-based medicine and his research interests include obstetric medicine, high-risk pregnancies and research methodology.