



## Vassiliki Skalafouri

Obstetrician | Surgeon | Gynaecologist

### Website

<https://skalafouri.gr/>

### Contact information

[vassilikiskalafouri@gmail.com](mailto:vassilikiskalafouri@gmail.com)

+30 210 5122 809

Zitsis 2 & Dyrachiou Street 37  
Sepolia, Athens, Greece,  
10443

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### Life Values

- Because of her deep love and respect towards all living creatures she has adopted veganism since 2016. This informed choice and attitude permeate every aspect of her life, especially dietary, clothing and accessory choices.
- She is interested in informing the general public about the benefits of veganism and is actively engaged in actions that promote it. Her wish is to help a wider audience improve its well-being by enjoying the social, physical and psychological advantages associated with veganism.

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### Academic Studies, training and Professional Qualifications

- **1996:** MD, Aristotle University of Thessaloniki, Faculty of Health Sciences, School of Medicine
- **1997:** Community Doctor/ GP: primary healthcare centre, Agia Anna, Municipality of Evia
- **1998:** General Surgery Internship, Metaxa General Hospital of Piraeus

- [2002](#): Speciality Internship: Gynecology – Obstetrics, Thriasio General Hospital of Elefsina
- [2004](#): Advanced Life Support in Obstetrics (ALSO), Aretaieio Hospital of Athens
- [2005](#): Speciality Internship: Gynecology – Obstetrics, Tzaneio General Hospital of Piraeus
- [2008](#): Speciality Internship: Ultrasound in Gynecology/ Obstetrics, Elena Venizelou" General Hospital Obstetrics
- [2015](#): Advanced Life Support in Gynecology (ALSG)
- [2015](#): Advanced Life Support in Obstetrics (ALSO)
- [2022](#): Diploma "CTG & Fetal monitoring"
- [2024](#): "Plant-based nutrition: A sustainable diet for optimal health" certification from the *British Society of lifestyle medicine*
- [2025](#): Certificate of achievement "Foundations of Lifestyle Medicine Board Review, 4th Edition"
- [2025](#): Certificate of attendance "Nutrition and Lifestyle Medicine Conference, Virtual Event, 4th October 2025"
- [2025](#): Badge of attendance "Nutrition and Lifestyle Medicine Conference London 2025"

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## Work Experience

- [2005 – today](#): Obstetrician Gynecologist, Maternity & Gynecology clinic of IASO
- [2005 - 2016](#): Surgery Supervisor, Maternity & Gynecology clinic of IASO
- [7/2022 – currently](#): Head of Vegan Maternity Department Care, Iaso Maternity Hospital.  
The department is the first one in Greece and Europe and was an initiative of Vassiliki Skalafori. She collaborated with General Director Maria Papamarkou, the wider hospital management team and other health professionals in order to establish the department and ensure its effective operation.

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## Clinical Interest

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The doctor monitors pregnancies by following an approach that actively encourages vegan dietary choices. Deliveries are performed naturally and Caesarean operations, when selected, are only because they are medically required.

She provides medical advice and treatment to women in menopause on any health issue in a considerate, supportive and patient-friendly manner.

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## Activities and achievements

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- Guest Speaker - Vegan Life Festival 2019, 2023
  - Recognized scientist for highlighting issues related to the Vegan lifestyle and Vegan diet during pregnancy
  - The first Vegan Obstetrician - Gynecologist in Greece

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## Publishing Activities and Memberships

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- [2021 - 2023](#): Greek Vegan magazine columnist
  - Research associate for Vegan 22 Greece
  - Member of "Vegan parents" group
  - Vegan & Raw Vegan Greece
  - Vegans Thessaloniki
  - Vegans in Greece
  - Go Vegan!