Daphne Bazopoulou

Daphne Bazopoulou is an Assistant Professor in the Department of Biology at the University of Crete. She works in the Biology of Stress and Aging Lab, which investigates the effects of redox signalling on aging, health and disease. Daphne was awarded the SEB's 2021 President's Medal for the Cell Section.

Tell us about your background. How did you first become interested in biology?

For me, biology was not a love at first sight, but it became one as soon as I stepped foot in a lab as an intern during my second undergraduate year. It immediately felt like the right place for me to be. Most of the things that we had studied thus far magically started to make sense. Great supervision during my first lab years and a friendly lab environment were also key in my decision to continue pursuing basic research in biology.

What are you working on currently?

In my lab, we are working on redox signaling and its implications for health and disease using *C. elegans* as our main model system. We use a combination of *in-vivo* techniques, -omics and computational tools to address how manipulating redox systems can increase healthspan, lifespan and immune responses.

What does a typical day look like for you?

On a workday, I spend most of my time in my office, where I study, write and meet with colleagues and trainees. Something that I miss dearly is benchwork. I wish I had time to go back and do some of the experiments but I feel my trainees have gotten so much better at this than me and that I'll only be stalling our lab progress!

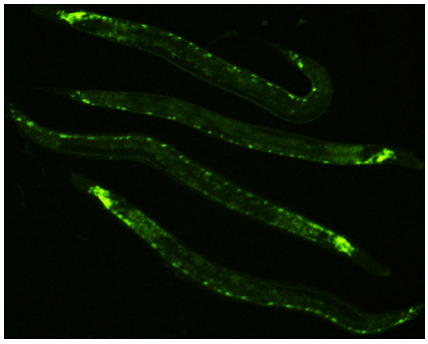
What do you most enjoy about your work?

I have always thought of working in science as a team effort, and interacting daily with trainees and colleagues is both revitalizing for our hard-working minds and necessary for the progress of our science.

What do you find most challenging?

There are so many different aspects to our work, including research, mentorship, lab management, grant writing, teaching, service duties and collaborations. You need, and are expected to, excel in these many areas. This is a big challenge, especially for early career investigators who, until the beginning of their independent careers, had only mastered a subset of the required skills.

> "Interacting daily with trainees and colleagues is revitalizing for our minds and necessary for the progress of our science"



Above: Neuronal expression of the redox-sensing protein Grx1–roGFP2, which faithfully responds to the cellular ratio of oxidized and reduced glutathione (GSSG:GSH), in *C. elegans* adults.

What are you hoping to work on in the future?

We are looking forward to new collaborations to further expand our findings and to translate our scientific discoveries more quickly and efficiently into practice in order to directly benefit human health.

What advice would you give to aspiring scientists in this area?

Be persistent, work hard and find ways to keep your mind clear.

Who are your scientific heroes?

Amazing scientists past and present have formed the groundwork for everything that we are studying today. These individuals have massively contributed to the importance of basic sciences being recognised. However, it is very hard for me to idolize people who I have not met and interacted with. My heroes, therefore, are all my previous advisors who led by example and allowed me to collect precious experiences that guide me through my independence.