

Stavroula Lila Kastora

PhD, MBChB, Dip. BSc.

NIHR Academic Clinical Lecturer in Obstetrics and Gynaecology, QMUL
Honorary Research Fellow in Reproductive Medicine, UCL
ST4 trainee in Obstetrics and Gynaecology, Royal London Hospital

SUMMARY

Dedicated to advancing translational research in fertility preservation, improving reproductive outcomes for assisted reproduction patients. I bring a strong background in laboratory-based research and statistical analytics. I bridge bench-to-bedside research, supported by a well-established national and international collaborative network, aiming to integrate women's health in a multidisciplinary consensus.

WORK EXPERIENCE

- 2025-Present

NIHR ACL ST4 QMUL and Royal London Hospital
- 2020 - 2025

NIHR ACF ST1-3 Obstetrics and Gynaecology ST1: Barnet Hospital; ST2-3: UCLH, London
- 2020 - 2022

Academic Foundation Doctor Year 1-2 Academic Surgical Program, NHS Grampian/ University of Aberdeen & **Honorary Associate in Medical Statistics and Epidemiology** University of Aberdeen

EDUCATION

- 2015 - 2020

Bachelor of Medicine, Bachelor of Surgery
University of Aberdeen
1st class degree
- 2012 - 2016

Doctor of Philosophy Systems Biology "Identifying Novel Regulators of Candida albicans adaptation"
University of Aberdeen
Awarded
- 2013 - 2014

Diploma in Clinical Trials and Interpretation John Hopkins University (Distance Learning)
Award grade: Outstanding
- 2008 - 2012

Bachelor of Science in Genetics University of Aberdeen
1st class degree

AWARDS

- 2024

Academic Careers Office Research Prize
- 2023

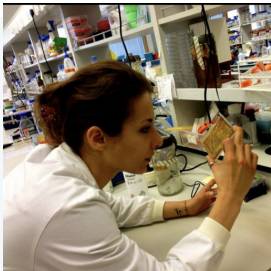
GREATix Certificate
Royal Free London NHS Foundation Trust
- 2023

Trainee Registrar Certificate of Excellence Barnet Hospital
- 2021

RCOG Herbert Erik Reiss Memorial Award
- 2018

MBChB awards: Elizabeth Lockhart, Chanock Anatomy, Durno Prize in Anatomy, University of Aberdeen
- 2014-2016

PhD awards: American Society for Microbiology PhD Oral Presentation award, British Microbiology Society Oral Presentation Award, Institute of Medical Science Leadership Award.



07414752664

stavroula.kastora1@nhs.net;
s.kastora@ucl.ac.uk;
s.kastora@qmul.ac.uk

SKILLS

- Teaching Skills

- University Teaching Modules**
[\(2026, QMUL\)](#) Life course approach to Women's Health module
[\(2025-2026, North Middlesex Hospital\)](#) Obstetric emergencies student midwife teaching sessions.
[\(2018-2019, University of Aberdeen\)](#) Anatomy tutor.
[\(2014, University of Aberdeen\)](#) Cloning practical tutor.
 - Clinical Teaching**
[\(2023-2024, UCLH\)](#) Weekly CTG teaching organization and delivery.
[\(2022-2024, UCLH\)](#) Small Group Teaching UCL medical students.
[\(2022-2023, Royal Society of Medicine Student Section\)](#) Systematic Review and Medical Statistics teaching session.
[\(2020-2022, Aberdeen Royal Infirmary\)](#) Small Group Teaching University of Aberdeen medical students.
[\(2021, Aberdeen Royal Infirmary\)](#) Vascular Surgery Journal club organization and delivery.
 - Supervision**
[\(2023-2024, KCL\)](#) Elective project supervisor.
[\(2022, UCL\)](#) OSCE 2nd year examiner.
 - Examination**
[\(2024-2026, UCL\)](#) MSc. thesis examiner.
[\(2021, University of Aberdeen\)](#) Exam Setter for medical finals.
- Quality Improvement

- [\(2026, RLH, O&G Induction app development\)](#)
 - [\(2024, UCLH\)](#) Oncological safety and fertility outcomes of controlled ovarian stimulation in early-stage endometrial cancer patients.
 - [\(2023, Barnet Hospital\)](#) The impact of Haemoglobin reduction post-Caesarean section and the risk of infection.
 - [\(2021, Aberdeen Royal Infirmary\)](#) Upper Limb DVT prevalence in the NHS Grampian Medical Ambulatory clinic.

PUBLICATIONS

h-index: 17; i10-index: 27; 60 publications (Selected PubMed publications list)

Kastora et al., (2026) Targeting angiogenesis in endometriosis: a systematic review and network meta-analysis of VEGF-directed pharmacotherapies.

Kastora et al., (2025) Oncological safety and fertility outcomes of controlled ovarian stimulation in patients with early-stage endometrial cancer.

Kastora et al., (2025) Safety of topical estrogen therapy during adjuvant endocrine treatment among patients with breast cancer: A meta-analysis based expert panel discussion.

Kastora et al., (2025) Comparison of luteal support protocols in frozen IVF/ICSI cycles: a network meta-analysis.

Kastora et al., (2024) Comparison of luteal support protocols in fresh IVF/ICSI cycles: a network meta-analysis.

Balachandren and Kastora et al., (2024) An age-related nomogram for antral follicle count: an observational study of 3821 women.

Kastora et al., (2023) Outcomes of Different Quality of Life Assessment Modalities After Breast Cancer Therapy: A Network Meta-analysis.

Stavridis and Kastora et al., (2023) Effectiveness of progesterone rescue in women presenting low circulating progesterone levels around the day of embryo transfer: a systematic review and meta-analysis - PubMed

Kastora et al., (2022) Integrative, In Silico and Comparative Analysis of Breast Cancer Secretome Highlights Invasive-Ductal-Carcinoma-Grade Progression Biomarkers.

Kastora et al., (2021) Delineation of an unknown significance FANCA genetic variant in a recurrent breast cancer patient.

Kounidas and Kastora et al., (2021) Efficacy of ulipristal acetate in women with fibroid induced menorrhagia: A systematic review and meta-analysis .

Kastora et al., (2020) Combinational approach of retrospective clinical evidence and transcriptomics highlight AMH superiority to FSH, as successful ICSI outcome predictor.

Liolios and Kastora et al., (2019) MicroRNAs in Female Malignancies.

RESEARCH PROPOSALS IN DEVELOPMENT

Towards characterization of mTOR effects upon folliculogenesis, novel fertility biomarkers and modulators.
Aims to define cyclical variation in mTOR activity across the normo-ovulatory women, compare against pattern variation in conditions such as PCOS and POI, establishing mTOR as a diagnostic as well as druggable marker in fertility preservation.

Save the tube: A prospective cohort study investigating the effect of CFTR heterozygosity upon the risk of ectopic pregnancy and tubal infertility.
Aims to determine whether CFTR heterozygosity increases ectopic pregnancy and tubal infertility risk by linking carrier status to in vivo tubal function and ex vivo epithelial phenotypes, and will evaluate whether CFTR modulators restore ciliary, oxidative, and infection-response deficits.

Beyond the Surface: Exploring Vaginal Fungal Infections and Their Influence on Assisted Reproduction and Preterm Delivery.
This proof-of-concept study in collaboration with industry partners (Calla Lily) will test whether vaginal Candida colonisation and virulent strains drive inflammation associated with ART implantation failure and spontaneous preterm birth, while developing an ELISA-based strain-level risk assay and pregnancy-appropriate combination antifungal formulations to improve reproductive outcomes.

MEMBERSHIPS AND AFFILIATIONS

Member, MENSA International.

Member, X-LAB, University of Gottingen/Max Plank Institut Alumni.

GRANTS

Medtronic Fund (2025) £30000

NHS Endowment Fund (2021-2022) £7000

Flagship PhD Fellowship (2012) £460000

Pending Outcome:

Tommy's Translating Research into Impact in Maternal Health (2026) £180000

IBSA Seed Grant (2026) 32000€

Barts Charity Everyday Impact Grant (2026) £22000

Organizational Skills

- CTG teaching, Journal club organization and delivery
- President of the Leadership doctorate team
- University of Aberdeen Founder of the national British Oncology Network for Undergraduate Societies ([BONUS | British Oncology Network for Undergraduate Societies](#))
- International panel consensus group in breast cancer organization (DOI 10.1016/j.ctrv.2025.102880)

Analytical Skills

- Meta-analysis & Network Meta-analysis
- Medical Statistics
- Bioinformatics (RNA/ Proteomics/Pathway Discovery)
- Wet-lab techniques (Primary cell culture, RNA seq, RT-PCR, Flow Cytometry, Fluorescent Microscopy)

NATIONAL & INTERNATIONAL PRESENTATIONS

ESGO, 2025 "Safety of topical oestrogen therapy during adjuvant endocrine therapy among patients with breast cancer"

Fertility, 2025 "Oncological safety and fertility outcomes of controlled ovarian stimulation in early-stage endometrial cancer patients."

34th World Congress on Ultrasound in Obstetrics and Gynecology, 2024 "Endometrial assessment on ultrasound: why transvaginal scan alone is not good enough?"

ESHRE, 2024 "Comparison of Luteal Support Protocols in Fresh IVF/ICSI: A Network Meta-Analysis"Oncological safety and fertility outcomes of controlled ovarian stimulation in early-stage endometrial cancer patients."

American Association for Cancer Research, 2023," 3-D intraoperative analysis of screen-detected breast cancers reduce re-excision rates. "

SSP conference, 2021 "Clinical frailty scale as a point of care prognostic indicator of mortality in COVID-19: A systematic review and meta-analysis"

American Society for Microbiology, 2014 "Candida albicans stress adaptation scene."