

# Plamena Dikarlo

## Research & Development



Plamena Dikarlo joined the BIOMES Science Team in October 2019 in the area of research and development. She has a diverse range of experience. She first studied pharmacy at the Freie University of Berlin and has been a licensed pharmacist since 2014. She worked in various pharmacies in Berlin, primarily as a salaried pharmacist, where she acquired an enormously broad range of knowledge on how to put together the right medication. Last but not least, she also built up her extraordinary empathy and sensitivity in communication in her daily work at the counter. However, as Plamena was not only interested in the medication of existing complaints and illnesses, but rather in their prevention, she supplemented her knowledge from 2015 to 2018 with an in-service Master's degree in Consumer Health Care at the Charité University Hospital in Berlin. There she gained a comprehensive overview of the structures in health care and sharpened her eye for the need for new, patient-oriented approaches to improve health. In her Master's thesis, she already focused on the topic of prevention. Since proper nutrition is the key to maintaining our health, she also completed further training as a holistic nutritionist at the Paracelsus Heilpraktikerschule in Berlin. So she is very familiar with health and illness and the right prevention or medication.

# Professional Experience

## Since 2019

Research and development employee in the science team of BIOMES NGS GmbH

## 2019

Pharmacist at Quartier Apotheke Nolleturm in Berlin, specialising in HIV/hepatitis C, infectious diseases, dermatology, vaccinations, travel medicine, self-medication.

## 2018 - 2019

Pharmacist at the Apotheke am Olivaer Platz in Berlin with a focus on metabolic diseases, orthopaedics, naturopathy, self-medication; nutritional counselling in prevention and therapy.

## 2017 - 2018

EPharmacist at MediosApotheke in Berlin, specialising in infectious diseases, substitution therapy, dermatology, self-medication; nutritional counselling, carrying out BIA measurements.

## 2013 - 2016

Pharmacy trainee & employee pharmacist at the Bong Pharmacy in Berlin with management of prescription&laboratory (testing, production and documentation of personalised medicines according to QMS) as well as management and implementation of the pilot project "Medication Management".

# Publications

## Master's thesis

Evidence evaluation of orthomolecular medicine in the prevention and therapy of the common cold with special consideration of the preparations on the German pharmacy market