With a Chemical Engineering background (*Instituto Superior Técnico*, 1997), Helena did her PhD thesis in the fields of Cell Death and Oncobiology at CNRS, France (2002), under the supervision of Guido Kroemer, publishing in *Science, Oncogene, J Exp Med, Cancer Research* and *Cell Death Diff*. To broaden her expertise, Helena did 3 postdocs in distinct areas: (i) Microbiology (2003), (ii) Biotechnology (2004-2006) and (iii) Neurobiology (2007-2011). In 2007, as a senior postdoc at iBET (Portugal), she started her own research line, focusing on cell death modulation in the Central Nervous System, with particular emphasis on carbon monoxide-induced preconditioning and neuroprotection. In 2012, she became principal investigator at CEDOC, Nova Medical School, *Universidade Nova de Lisboa*. Nowadays, her team is well established in the Carbon monoxide (CO) Scientific Community through studies about the role of CO on: cell death, cell metabolism, mitochondrial function, ROS signalling, hypoxia response, neuronal differentiation and neuroinflammation with publications in Redox Biology, Progress in Neurobiology, J Cell Science, Mol Neurobiology, J Neurochemistry, J Biological Chemistry, PlosONE, J Physiology, British J Pharmacology. In 2019, Helena also became Assistant Professor at UCIBIO, NOVA School of Science and Technology, *Universidade Nova de Lisboa*.