

PERSONAL INFORMATION

Avram Vlad Florian



📍 Deva, Mihai Eminescu street, bl. 19, sc. C, floor 2, ap. 25, 330031, Romania

☎ 0749037787

✉ vlad_1701@yahoo.com
avram.vlad@umft.ro

Gender M | Date of birth 22/04/1991 | Nationality Romanian

PROFESSIONAL EXPERIENCE

- 2019-prezent University assistant, Department of Internal Medicine - Diabetes, Nutrition and Metabolic Diseases
- 2022-prezent Specialist of Diabetes, Nutrition and Metabolic Diseases
- 2017-2021 Resident of Diabetes, Nutrition and Metabolic Diseases
- 2017-2019 University assistant, Pathophysiology, Department III Functional sciences
- 2013-2016 Student tutor in the Pathophysiology practical laboratories of "Victor Babeş" University of Medicine and Pharmacy in Timișoara
Certificate number: 1 din 24/06/2016
According to volunteer contract number. 16584/28.12.2015

EDUCATION AND FORMATION

- 2018 Psychopedagogy Programe – Level I
Psychopedagogy Programe – Level II
„Universitatea de Vest” Timișoara, Timișoara, România
- 2021 PhD
"Victor Babeş" University of Medicine and Pharmacy in Timișoara, Timișoara, Romania

Medic Doctor
"Victor Babeş" University of Medicine and Pharmacy in Timișoara, Timișoara, Romania

- 2010-2016 Graduation grade average: 9,34
 Grade in the License exam: 9,86

 Bacalaureat Diploma, series Y, number 0145310
 Colegiul Național "Decebal" Deva
 Graduation grade average: 9,87
- 2006-2010 **Cambridge ESOL Level 2 Certificate in ESOL International**
 Certificate in Advanced English
- 2008 **Council of Europe Level C1**
 Reference Number 086RO0035039
 Accreditation Number 500/2598/3

PERSONAL COMPETENCE

- Communication abilities**
- Collaboration, communication and teaching;
 - Organizational and team spirit;
 - Punctuality, seriosity , discipline and integrity

Maternal language Romanian

Other foreign languages	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Participation in the discussion	Conversation	
English	C1	C1	C1	C1	C1
	Cambridge ESOL Level 2 Certificate in ESOL International				
German	A1	A1	A1	A1	A1

Levels: A1/A2: Elementary user - B1/B2: Independent user - C1/C2: Experienced user
 European common reference card for foreign languages

- Management/Organizational abilities**
- Leadership
 - Organizational and team spirit

Teaching abilities	<p>Psychopedagogy Programme – Level II, „Universitatea de Vest” Timișoara, July 2018</p> <p>Psychopedagogy Programme – Level II, „Universitatea de Vest” Timișoara, February 2018</p> <p>Teaching as a University assistant in Diabetes Nutrition and Metabolic diseases at “Victor Babeș” University of Medicine and Pharmacy in Timișoara September 2019-prezent</p> <p>Teaching as a University assistant in Pathophysiology at “Victor Babeș” University of Medicine and Pharmacy in Timișoara September 2017-2019</p> <p>Teaching as a teaching associate in Pathophysiology at “Victor Babeș” University of Medicine and Pharmacy in Timișoara January-June 2017</p> <p>Teaching as a student tutor in Pathophysiology at “Victor Babeș” University of Medicine and Pharmacy in Timișoara 2013 - 2016</p> <p>Active participation in the Pathophysiology Scientific Circle at “Victor Babeș” University of Medicine and Pharmacy in Timișoara 2012 - 2013</p>
Digital abilities	Certificate ECDL Complet series RO 046499
Driver's licence	Category B

ADDITIONAL INFORMATION

Publications	<ol style="list-style-type: none"> 1. Bețiu, A.M.; Chamkha, I.; Gustafsson, E.; Meijer, E.; Avram, V.F.; Åsander Frostner, E.; Ehinger, J.K.; Petrescu, L.; Muntean, D.M.; Elmér, E. Cell-Permeable Succinate Rescues Mitochondrial Respiration in Cellular Models of Amiodarone Toxicity. <i>Int. J. Mol. Sci.</i> 2021, <i>22</i>, 11786. https://doi.org/10.3390/ijms222111786 2. Albai O, Frandes M, Timar R, Timar B, Anghel T, Avram VF, Sima A. The Mental Status in Patients with Diabetes Mellitus Admitted to a Diabetes Clinic After Presenting in the Emergency Room: The Application of the SCL-90 Scale. <i>Diabetes Metab Syndr Obes.</i> 2021 Apr 28;14:1833-1840. doi: 10.2147/DMSO.S304904. 3. Avram V.F., Bina A.M., Sima A., Aburel O.M. Sturza A., Burlacu O., Timar R.Z, Muntean D.M., Elmér E., Crețu O.M. Improvement of Platelet Respiration by Cell-Permeable Succinate in Diabetic Patients Treated with Statins. <i>Life</i> 2021, 11(4), 288; https://doi.org/10.3390/life11040288 4. Avram V.F., Chamkha I., Åsander-Frostner E., Ehinger J.K., Timar R. Z., Hansson M.J., Muntean D.M., Elmér E. Cell-Permeable Succinate Rescues Mitochondrial Respiration in Cellular Models of Statin Toxicity. <i>International Journal of Molecular Sciences</i> 2021, 22(1), 424; https://doi.org/10.3390/ijms22010424 5. Gnaiger Erich AFE, Abdul Karim Norwahidah, Abdel-Rahman Engy Ali, Abumrad Nada A, Acuna-Castroviejo Dario, Adiele Reginald C, Ahn Bumsoo, Alencar Mayke Bezerra, Ali Sameh S, Almeida Angeles, Alton Lesley, Alves Marco G, Amati Francesca, Amoedo Nivea Dias, Amorim Ricardo, Anderson Ethan J, Andreadou Ioanna, Antunes Diana, Arago Marc, Aral Cenk, Arandarcikaite Odeta, Arias-Reyes Christian, Armand Anne-Sophie, Arnould Thierry, Avram Vlad F et. al. Mitochondrial physiology. <i>Bioenergetics Communications.</i> 2020. Epub 20.05.2020.
--------------	---

Participation in academic events

1. "YoungDiab 2021 – Viitorul in diabet si bolile asociate", as a speaker, online, 08-10 July 2021
2. Al 47-lea Congres Național al Societății Române de Diabet, Nutriție și Boli Metabolice, online, 19-25 May 2021 – as a speaker
3. Timișoara Inspo Advanced Research, Timișoara 19th of March 2021 – as a speaker
4. Practical course of insulinotherapy, online, 17, 24, 25 February 2021
5. ARSO conference – Obezitatea în contextul actual, online, 3-5 December 2020
6. Al 7-lea Congres Național de Diabet, Nutriție și Endocrinologie Pediatrică, online, 18-21 November 2020
7. Al 13-lea Congres Național al Societății Române de Fiziologie, Târgu Mureș 22-24 October 2020
8. 56th EASD (European Association for the Study of Diabetes) Annual Meeting, online: 21-25 September 2020
9. Al 46-lea Congres Național al Societății Române de Diabet, Nutriție și Boli Metabolice, 2-8 September 2020
10. Curs practic on-line: Controlul Diabetului de tip 1 în practica medicala zilnică 09-11 June 2020
11. Practical Course of Insulin Therapy, București, 17-18 February 2020
12. Zilele Universității de Medicină și Farmacie "Victor Babeș" Timișoara, 10-13 Decembrie 2019, speaker at the „Diabetul ieri azi și mâine” - Tehnologia in diabetul zaharat tip 1 Scientific Session, Award at the poster session
13. 14th Conference on Mitochondrial Physiology: Mitochondrial function: changes during life cycle and in noncommunicable diseases - COST MitoEAGLE perspectives and MitoEAGLE WG and MC Meeting, Serbia, Belgrade, 13-16 October 2019, as a speaker
14. 55th EASD (European Association for the Study of Diabetes) Annual Meeting, Barcelona: 16-20 September 2019
15. Viitorul în diabet și bolile asociate - Forumul Științific Național al Tinerilor, Cluj-Napoca, 11-13 July 2019 as a speaker
16. Al 45-lea Congres Național al Societății Române de Diabet, Nutriție și Boli Metabolice, Sibiu, 22-25 May 2019 – First prize in the "Original works" session
17. "Al 6-lea Congres National de Diabet, Nutritie si Endocrinologie Pediatrica – cu participare internationala", Timisoara, 11-13 April 2019
18. Utilizarea tehnologiei în îngrijirea diabetului zaharat tip 1: Pompa de insulină și senzorii de glicemie, Timișoara, 14-15 December 2018
19. Zilele Universității de Medicină și Farmacie "Victor Babeș" Timișoara, 12 December 2018 – Premiul III la sesiunea de postere
20. EAS Advanced Course on Clinical Excellence in Lipidology, București, 21-23 November 2018
21. Al 16-lea Congres al Federației Române de Diabet, Nutriție și Boli Metabolice, Cluj-Napoca, 07-09 November 2018 – as a speaker
22. 54th EAST (European Association for the Study of Diabetes) Annual Meeting, Berlin: 02-05 October 2018
23. Mip2018/MitoEAGLE conference, 18-21 September 2018, Jurmala, Letonia
24. Congresul "YoungDiab 2018 – Viitorul in diabet si bolile asociate" as a speaker, Cluj-Napoca, 12-14 July 2018
25. Congresul National al Societatii Romane de Diabet, Nutritie si Boli Metabolice, Poiana Brasov, 23-26 may 2018,
26. "Al 5-lea Congres National de Diabet, Nutritie si Endocrinologie Pediatrica – cu participare internationala", Timisoara, 26-28 April 2018
27. Simpozionul „Diabet, sindrom metabolic și alte boli legate de nutriție” as a speaker, Timișoara, 18 november 2017
28. Al 15-lea Congres al Federației Române de Diabet, Nutriție și Boli Metabolice, Sibiu, 8-11 november 2017
29. 53rd EAST (European Association for the Study of Diabetes) Annual Meeting, Lisbon: 11-15 september 2017
30. Cursul Național al Societății Române de Diabet, Nutriție și Boli Metabolice, „Actualități în Diabetologie”, Timișoara, 25 march 2017
31. First edition of "Malpraxis" Conference in Timișoara: 19-20 november 2015
32. Al 13-lea Congres Național cu participare internațională al Federației Române de Diabet, Nutriție și Boli Metabolice din Timișoara: 04-06 november 2015
33. Advanced Research Workshop "Translational Research in Mitochondrial Disease", Timișoara: 16 october 2015
34. 51st EAST (European Association for the Study of Diabetes) Annual Meeting, Stockholm: 15-18 spetember 2015
35. "JPEMS Alumni Meeting" Summer School, Faculty of Medicine, University of Szeged, Szeged: 26-28 august 2015
36. Prima Conferință Regională de Vest cu participare internațională CRV MF 2015, Timișoara: 08-09 may 2015
37. "Personalized Medicine" Workshop Faculty of Medicine, University of Szeged, Hungary: 26 – 29 august 2014

38. PRIME Workshop – Semiologie Medicală, Provocări în Practica Medicului de Familie – „Durerea Toracică”, Universitatea de Medicină și Farmacie “Victor Babeș” din Timișoara, Timișoara: 23 november 2012
39. Simpozion Internațional NEURODIAB, Societatea de Neuropatie Diabetică, Sibiu: 17-20 october 2012
40. Șoala de Vară NEURODIAB Societatea de Neuropatie Diabetică, Sinaia: 25-28 july 2012

Member in academic societies

National:

SRFP (Societatea Română de Fiziopatologie): 2017-prezent
SRDNBM (Societatea Română de Diabet, Nutriție și Boli Metabolice): 2017-prezent

International:

EASD (European Association for the Study of Diabetes): 2015-prezent

Prizes

1. First prize in the „Original works” for “Statin Induced Mitochondrial Dysfunction in Intact Human Platelets” at the 45th National Congress of the Romanian Society of Diabetes Nutrition and Metabolic Diseases, Nutriție și Boli Metabolice, Sibiu, 22-25 May 2019
2. Third prize for the poster “Beneficial Effects of Cell-Permeable Succinate Against Statin-Induced Mitochondrial Dysfunction in Human Platelets”, at the University days of the University of Medicine and Pharmacy “Victor Babeș” in Timișoara 12 December 2018
3. Best Poster Award, for the poster “The Tutoring Experience as Part of Student Centered Education”, Romanian-Hungarian Medical days, Timișoara & Szeged: 15-17 April 2015
4. First prize for the poster “Teachers and Students: A Symbiosis for Excellence in Training”, Timișoara Medical Education Days, “Victor Babeș” University of Medicine and Pharmacy in Timișoara, Timișoara: 24-26 March 2014
5. Second prize for the poster “Integrating a Major Syndrome: The Whys and the Hows of Heart Failure from Pathophysiology, through Semiotics, towards Pharmacology” Timișoara Medical Education Days, “Victor Babeș” University of Medicine and Pharmacy in Timișoara, Timișoara: 15-17 April 2013