




Adina-Ioana Braha


Nationality: Romanian

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Date of birth: 10/02/1988

Gender: Female

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 **Address:** Oravita/5, 300244 Timisoara (Romania)

WORK EXPERIENCE

Resident doctor

„Pius Brînzeu” Emergency County Hospital [01/01/2014 – 31/12/2017]

City: Timisoara

Country: Romania

Medical Doctor

„Pius Brînzeu” Emergency County Hospital [02/02/2018 – Current]

City: Timisoara

Country: Romania

Medical field: Diabetes, Nutrition, and Metabolic Diseases

Responsibilities: providing on-call service in the Diabetes Clinic, specialized medical consultations within the Diabetes Center.

Medical Doctor

SC CENTRUL MEDICAL UNIREA SRL [06/02/2018 – 22/05/2019]

City: Timisoara

Country: Romania

Medical field: Diabetes, Nutrition, and Metabolic Diseases

Responsibilities: providing medical services in Timisoara and Lugoj

Medical Doctor

SC NEFROCENTER SRL [01/11/2018 – Current]

City: Lugoj

Country: Romania

Medical field: Diabetes, Nutrition

Responsibilities: providing nutritional counseling for patients included in the dialysis program.

Medical Doctor

SC DARIMEDIC SRL [01/06/2019 – 28/02/2021]

City: Sanandrei

Country: Romania

Medical Field: Diabetes, Nutrition, and Metabolic Diseases

Responsibilities: providing outpatient medical services and day hospitalizations

Assistant Professor

"Victor Babes" University of Medicine and Pharmacy [16/09/2019 – Current]

City: Timisoara

Country: Romania

Responsibilities: Teaching activity - seminars in the discipline of Diabetes, Nutrition and Metabolic Diseases

EDUCATION AND TRAINING

Medical Doctor

"Victor Babes" University of Medicine and Pharmacy [09/2007 – 06/2013]

Address: 2 Eftimie Murgu, 300041 Timisoara (Romania)

www.umft.ro

Medical Doctor in Diabetes, Nutrition and Metabolic Diseases

"Victor Babes" University of Medicine and Pharmacy [01/01/2014 – 31/12/2017]

Address: 2 Eftimiu Murgu, 300041 Timisoara (Romania)

www.umft.ro

Philosophiae Doctor (PhD)

"Victor Babes" University of Medicine and Pharmacy [01/10/2017 – 13/05/2020]

Address: 2 Eftimie Murgu, 300041 Timisoara (Romania)

www.umft.ro

Field(s) of study: Medicine

Final grade : Magna Cum Laude – Level in EQF: EQF level 8

Thesis: SODIUM-GLUCOSE COTRANSPORTER-2 INHIBITORS BEYOND THE GLYCEMIC CONTROL

PhD Supervisor: Prof. Dr. Timar Romulus Zorin

LANGUAGE SKILLS

Mother tongue(s): **Romanian**

Other language(s):

English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

French

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

PUBLICATIONS

Scientific publications in Clarivate Web of Science database

6 articles in extenso in Clarivate Web of Science (ISI) with a total impact factor of 17.2, H-index 2, 28 citations.

- 3 articles first author - total impact factor 9.052

- 3 articles co-author - total impact factor 8.848

- Braha A., Timar B., Diaconu L., Lupușoru R., Vasiliuță L., Sima A., Vlad A., Munteanu M., Albai A., Cipu D., Timar R. Dynamics of Epicardiac Fat and Heart Function in Type 2 Diabetic Patients Initiated with SGLT-2 Inhibitors. *Diabetes Metab Syndr Obes.* 2019;12:2559-66. **ISI. Impact factor 3.319**
- Braha, A.; Albai, A.; Timar, R.; Diaconu, L.; Vasiliuță, L.; Cipu, D.; Timar, B.; Sima, A. Factors Associated with the Remission of Type 1 Diastolic Dysfunction after Dapagliflozin Treatment in Patients with Type 2 Diabetes. *J. Clin. Med.* 2020, 9, 3779. **ISI. Impact factor 3.303**
- Sporea I., Mare R., Popescu A., Nistorescu S., Baldea V., Sirli R., Braha A., Sima A., Timar R., Lupușoru R. "Screening for Liver Fibrosis and Steatosis in a Large Cohort of Patients with Type 2 Diabetes Using Vibration Controlled Transient Elastography and Controlled Attenuation Parameter in a Single-Center Real-Life Experience". *Journal of Clinical Medicine* 9, no. 4 (June 2020): 1032. **ISI. Impact factor 5.688**
- Sima A, Sporea I, Timar R, Vlad M, Braha A, Popescu A, et al. Non-Invasive Assessment Of Liver Steatosis And Fibrosis Using Transient Elastography And Controlled Attenuation Parameter In Type 2 Diabetes Patients. *Acta Endocrinologică (Bucharest).* 2018;14(3):394. **ISI. Impact factor 0.449**
- Braha, A.; Albai, A.; Timar, B.; Cipu, D.; Vasiliuță, L.; Potre, O.; Timar, R. Predictors of Epicardial Fat Volume Decrease after Dapagliflozin Treatment in Patients with Type 2 Diabetes. *Medicina* 2022, 58, 21. **ISI. Impact Factor 2.430**
- Patrascu R, Albai A, Braha A, Gaita L, Lazar S, Potre O, Timar B. Instrument for Assessing Patients' Desirability, Acceptability, and Adherence to Telemedicine in Diabetes: Development, Validity, and Reliability. *Patient Prefer Adherence.* 2021;15:2705-2713. **ISI. Impact factor 2.711**

Scientific publications in extenso /proceedings in national/international databases

Articles indexed in international databases:

1. The Impact of SGLT2i Therapy on the Onset and Prognosis of Heart Failure in Patients with Type 2 Diabetes. B Timar, A Braha, L Grigorică, L Gaiță, R Timar. *Timisoara Med* 2020 (1), 0-0
2. THU-090-Non-invasive fibrosis scores (APRI, FIB4 index, BARD): Useful tools for evaluating fatty liver disease. RT Alina Popescu, Ioan Sporea, Camelia Foncea, Radu Cotrau, Adina Braha et al. *Journal of Hepatology* 70 (10.1016/S0618-8278(19)30371-8), (1):e200
3. The Role of Different Noninvasive Fibrosis Assessment Scores in the Evaluation of Liver Fibrosis in NAFLD Patients. A Popescu, I Sporea, D Gherhardt, C Pienar, A Braha, A Sima, R Sirli, et al. *Ultrasound in Medicine and Biology* 43, S96-S97

Articles in extenso/ co-authored abstracts in national and international journals:

1. Braha A., Diaconu L, Timar B., Sima A., Vasiliuță L., Lupușoru R., Cipu D., Nistorescu S., Timar R.. Type 1 diastolic dysfunction in type 2 diabetes patients. 5th International Conference on Interdisciplinary Management of Diabetes Mellitus and its Complications, Bucharest, 2019. INTERDIAB 2019 - Diabetes Mellitus in Internal Medicine. ISSN 2393-3488, 241-247.
2. Sporea I., Lupușoru R., Mare R., Sirli R., Popescu A., Nistorescu S., Braha A., Timar R., Which is the chance for type 2 diabetes patients to develop severe liver disease? *Journal of Hepatology*, Volume 68, S652 - S653
3. Braha A., Diaconu L., Timar R. Severe hypoglycemia, case of hospitalization in patients with type 2 diabetes. Al 42- lea National Congress of the Romanian Society for Diabetes, Nutrition and Metabolic Diseases, with international participation, Brasov, Romania 2016. *Romanian Diabetes Act.* 2016; ISSN 2058-8245, 42: 221-222
4. Bogdan Timar, Laura Gaiță, Adina Braha. Tehnologia in Diabet in Secolul XXI. *Tehnologia & IHealth in Medicina Secolului XXI. Romanian Medical Journal*, Vol. LXIX Suppl. 1 Year 2022, 199-203. DOI:10.37897/RMJ.

Books or chapters in books

- **SGLT2 inhibitors in heart failure**, authors: Bogdan Timar, Adina Braha. Chapter in CHRONIC HEART FAILURE AND COMORBIDITIES, coord. student: Assoc. Prof. Dr. Camelia Diaconu; coord. ed. : Dan Dumitru Mihalache. - București: Viața medicală: Medichub Media, 2020, ISBN 978-606-94854-2-2 / ISBN 978-606-95037-1-3
- **Myositis with inclusion bodies**, authors: Bogdan Timar, Adina Braha. Chapter in NOTIONS OF RHEUMATOLOGY, coord: Assoc. Prof. Dr. Alexandra Sima, Prof. Dr. Adrian Vlad, Assoc. Prof. Dr. Bogdan Timar. EUROBIT Publishing House, Timișoara, 2020. ISBN 978-973-132-661-0
- **Other arthropathies**, authors Adina Braha, Laura Gaiță. Chapter in NOTIONS OF RHEUMATOLOGY, coord: Assoc. Prof. Dr. Alexandra Sima, Prof. Dr. Adrian Vlad, Assoc. Prof. Dr. Bogdan Timar. Timișoara, EUROBIT Publishing House, 2020. ISBN 978-973-132-661-0
- **Nutrition of the dialysis patient**, authors Bogdan Timar, Adina Braha, Iulia Grosu. Chapter in NUTRITION in the prevention and therapy of TRANSMISSIBLE CHRONIC DISEASES, coord. Ed. : Prof. Dr. Mariana Gaur, scientific references: Prof. Dr. Lăcrămioara Ionela Șerban, Prof. Dr. Eugen Târcoveanu. Iasi: Gr.T. Publishing House Popa, 2020. ISBN 978-606-544-690-8
- **Cardiovascular risk in type 2 diabetes patients**, authors Prof. Bogdan Timar, Assoc. Prof. Adina Braha. Chapter in The centenary of the discovery of insulin (1921-2021), coord. Ed.: Prof. Dr. Maria Moța, Dan Dumitru Mihalache, București: Viața medicală: Medichub Media, 2021 ISBN 978-606-94854-8-4, ISBN 978-606-95037-7-5
- **Metabolic cardiomyopathy and the impact of antidiabetic medication on cardiovascular risk.** author s Bogdan Timar, Adina Braha, Laura Gaiță. Chapter in INTERDISCIPLINARITY IN CARDIOVASCULAR PATHOLOGY, under the editorial board of Assoc. Prof. Viviana Ivan, PhD, scientific referees: Prof. univ. dr. Adalbert Schiller, Prof. univ. dr. Ion Bruckner, Prof. univ. dr. Bogdan Timar. "Victor Babeș" Publishing House. 2022. ISBN 978-606-786-260-7

NETWORKS AND MEMBERSHIPS

Memberships

The Romanian Society of Diabetes, Nutrition and Metabolic Diseases

DRIVING LICENCE

Driving Licence: B

CONFERENCES AND SEMINARS

Oral presentations - author of original papers

- Braha A., Diaconu L, Timar B., Sima A., Vasiluță L., Lupușoru R., Cipu D., Nistorescu S., Timar R. *Type 1 diastolic dysfunction in type 2 diabetes patients*. 5 **International Conference on Interdisciplinary Management of Diabetes Mellitus and its Complications, Bucharest, 2019. INTERDIAB 2019 - Diabetes Mellitus in Internal Medicine**. ISSN 2393-3488, 241-247.
- Adina Braha, Laura Diaconu, Lucian Vasiluță, Raluca Lupușoru, Daniela Cipu, Romulus Timar. *Dynamics of epicardiac fat and heart function in type 2 diabetes patients undergoing SGLT 2 inhibition*. **The 45th National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases with international participation**, Sibiu 22nd - 25th of May 2019
- *Dynamics of epicardiac fat and heart function in type 2 diabetes patients undergoing SGLT 2 inhibition*. **Days of the University of Medicine and Pharmacy Victor Babeș Timișoara, December 11, 2019, Joint Session of the Doctoral School and the Academy of Sciences**.
- Adina Braha, Bogdan Timar, Laura Diaconu, Ioan Sporea, Raluca Lupușoru, Alexandra Sima, Adrian Vlad, Mircea Munteanu, Alin Albai, Daniela Cipu, Romulus Timar. *The impact of Dapagliflozin on liver steatosis and fibrosis in type 2 diabetes patients*. **Webinar with international participation, the 46th National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases**, 2-8 September 2020
- Adina Braha, Bogdan Timar, Laura Diaconu, Alexandra Sima, Alin Albai, Lucian Vasiluță, Daniela Cipu, Romulus Timar. *Factors Associated with the Remission of Type 1 Diastolic Dysfunction after Dapagliflozin Treatment in Patients with Type 2 Diabetes*. **Webinar with international participation, the 47th National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases**, 19-25 May 2021
- Adina Braha, Bogdan Timar, Laura Diaconu, Alexandra Sima, Alin Albai, Daniela Cipu, Romulus Timar. *The Dynamics Of Visceral Adiposity In The Population Of Type 2 Diabetes Patients Initiated On Dapagliflozin*. **Webinar with international participation, the 47th National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases**, 19-25 May 2021

Oral presentations at Congresses, Conferences or Webinars

- *What tests do we do and how often in diabetes?* National Conference of People with Diabetes from Romania, September 7-9, 2018, Timisoara.
- *Type 2 diabetes and heart failure - a new approach, beyond glycemic control*. Webinar Evening of Medical Clinical Cases, Victor Babes University of Medicine and Pharmacy Timisoara. March 9 2021, Timisoara
- *CLINICAL CASES WORTH DISCUSSING- "Be a voice, not an echo"*. 5th edition of YOUNGDIAB – National Scientific Forum Conference of Young Diabetologists, webinar July 8-10, 2021.
- *CLINICAL APPROACH OF THE PATIENT WITH DIABETES WITH ACUTE COMPLICATIONS*. FDI-CELMED project: E-learning center and presentations of medical clinical cases. Victor Babes University of Medicine and Pharmacy Timisoara, Bodyinteract Webinar July 14, 2021
- Patient with type 2 diabetes and heart failure- SRDNBM Course Webinar September 18, 2021
- Treatment of diabetes mellitus type 2 - SGLT2 inhibitors - Conference "World Diabetes Day", The Society of Medical Students of Timisoara, in the online environment on November 15, 2021
- The change of the anthropological paradigm of obesity, Speakers Bogdan Timar, Adina Braha, Congress Romanian Association for the Study of Obesity Edition 2-4 December 2021
- The impact of antidiabetic medication on the prognosis of heart failure, SRDNBM Course, Webinar 29 jan 2022

PROJECTS

CNFIS-FDI-2021-0552 Project

[17/05/2021 – 31/12/2021]

<https://www.umft.ro/consilmed>

Member of the FDI-UMFVBT grant team

Project name: *Development of a structured platform for consulting, intervention, and professional counseling for students in order to improve their professional insertion and reduce university dropout*

Project acronym: **ConsilMed**

Project field: Area 1: increasing social equity, for social inclusion and increasing access to higher education, linking the educational supply with the demand of the labor market (including those related to career counseling and guidance)

Project director: Prof. univ. Dr. BOGDAN TIMAR

HONOURS AND AWARDS

Honours and awards

1. First Price (2019)- awarded during the Scientific Meeting by the Doctoral School of Victor Babes University of Medicine and Pharmacy Timisoara and by the Academy of Medical Sciences.
2. **Awarded scientific papers**
 - UEFSCDI PN-III-P1-1.1-PRECISI-2020-51034- Braha A., Timar B., Diaconu L., Lupușoru R., Vasiluță L., Sima A., Vlad A., Munteanu M., Albai A., Cipu D., Timar R. **Dynamics of Epicardiac Fat and Heart Function in Type 2 Diabetic Patients Initiated with SGLT-2 Inhibitors**. Diabetes Metab Syndr Obes. 2019;12:2559-66.
 - UEFSCDI PN-III-P1-1.1- PRECISI-2020-50838- Sporea I., Mare R., Popescu A., Nistorescu S., Baldea V., Sirli R., Braha A.,Sima A., Timar R., Lupusoru R. **"Screening for Liver Fibrosis and Steatosis in a Large Cohort of Patients with Type 2 Diabetes Using Vibration Controlled Transient Elastography and Controlled Attenuation Parameter in a Single-Center Real-Life Experience"**. Journal of Clinical Medicine 9, no. 4 (June 2020): 1032.
 - UEFSCDI PN-III-P1-1.1-PRECISI-2021-60120- Braha A., Albai A., Timar R., Diaconu L., Vasiluță L., Cipu D., Timar B.,Sima A. **Factors Associated with the Remission of Type 1 Diastolic Dysfunction after Dapagliflozin Treatment in Patients with Type 2 Diabetes**. J. Clin. Med. 2020, 9, 3779.

JOB RELATED SKILLS

Certificate of Pedagogical Aptitude (Level I & II) by West University Timisoara, Romania

[2019 – 2020]

Peer-reviewer

[2020 – Current]

1. Journal of Personalized Medicine
2. International Journal of Environmental Research and Public Health
3. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy
4. Brain Sciences
5. International Journal of Molecular Sciences
6. Acta Endocrinology
7. Medicina
8. Frontiers in Clinical Diabetes and Healthcare
9. International Journal of General Medicine
10. Children
11. Applied Sciences
12. Cardiovascular diabetology
13. Acta Endocrinology
14. Nutrients