



Personal Information

Surname / First name

POPA ADELINA

Address

Ineu, județ Arad

E-mail

popa.adelina@umft.ro

Nationality

Romanian

Date of birth

27.05.1988

Gender

Female

Work Experience

- 2014 – Dentist (DDS)
- 2017 – Specialist in Orthodontic and Dentofacial Orthopedics
- 2018 – Assistant Professor Victor Babes University of Medicine and Pharmacy, Timișoara, Faculty of Dental Medicine, Departamentul 2, Discipline of Orthodontics and Dento-facial Orthopedics
- 2022 – PhD in Medicine
- 2022 – Senior Orthodontist
- 2025 – Lecturer, Orthodontics I, Victor Babes University of Medicine and Pharmacy

Period

2025 – present

Funcția sau postul ocupat

Lecturer, Orthodontics I, Victor Babes University of Medicine and Pharmacy

Main activities and responsibilities

- Clinical orthodontic training for 5th year Dental Medicine students, 3rd year Dental Technology students
- Courses and clinical training for 3rd year students in Dental Prophylaxis Assistant
- Scientific research activity

Name and address of employer

- Victor Babes University of Medicine and Pharmacy, Faculty of Dental Medicine
Piața Eftimie Murgu no. 2, 300041, Timișoara, Romania
Tel.: +40 256 204 400
www.umft.ro

Education and Training University

- Doctor of Dental Medicine (DDS), Victor Babeş University of Medicine and Pharmacy, Timișoara (2013)

Phd

- PhD in Medicine (2022)

Professional specialisation:

- Specialist in Orthodontics and Dentofacial Orthopedics (since 2017)
- Senior Orthodontist / Consultant (since 2022)

Participare la Cursuri și Conferințe Internaționale

2014

- Curs: Functional Appliances or removable appliances ? How to choose (Dr Franco Bruno, Dr. Horvat Janos) Târgu Mureș

2015

- Conferință "Becoming a better orthodontist" - Brașov
- Curs de ortodonție "Inter-arch treatment mechanics - class III and asymmetrical treatment" (Prof. R. McLaughlin) - Bucharest
- Congres Zilele Medicale Bănățene (poster)
- Congresul internațional de ortodonție SavariaDent- Buk (Hungary)
- Curs de ortodonție: Primii pași în ortodonție (Clasa I cu înghesuiri - curs practic pe electrodont)

2016

- "Programul de 2 ani pentru perfecționare în tehnica Straight Wire (Davide Mirabella) Florența, București 2014 - 2016
- The 8th International Congress Of Orthodontics, Cluj Napoca
- Curs de certificare "Ortodonție digitală: Digital Clear Aligner, Individua, Memotain" – Cluj Napoca
- 7th International Orthodontic Congress 2016 – Sibiu (participant activ cu prezentare de poster)
- Curs de ortodonție "The occlusion, the TMJ and the orthodontic treatment" Dr. R. McLaughlin – București
- Curs de ortodonție: Postură, malocluzie și expansiune (Prof. Veltri Nicola – Italia) - Timișoara
- 8th International Orthodontic Congress, WFO, London (UK)
- Congresul American de Ortodontie – Orlando (Florida)

2017

- Curs de baza de Tehnica Edgewise – Timișoara
- Conferința Dental Focus 2017 – Brașov
- 48th Societa Italiana di Ortodontia International Congress – Roma (Italia)

2018

- Dental Focus Conference, Bucharest
- Mini-implants Symposium, Bucharest
- 49th SIDO International Congress, Florența (Italia)
- 9th Benefit User Meeting - Dusseldorf (Germania)
- Internship în cadrul Universitatii de medicină dentară din Maryland (USA)

- Congresul American de Ortodonție – Washington (USA)
- 7th Annual Six Elements International Meeting – Washington (USA)

2019

- Dental Focus Conference - Finishing Masters (Marco Rosa, Davide Mirabella) – Bucharest (Romania)
- WIOC 2019 – Bucharest (Romania)
- 50th SIDO International Congress, Roma (Italia)
- Innovative anchorage concepts in the year 2019 – In-office with Bjorn Ludwig, Traben-Trarbach (Germania)
- Congresul American de Ortodonție – Los Angeles (USA)

2020

- Program FACE, Cluj-Napoca

2021

- Program FACE – PARMA (Italia) – 11-13 Noiembrie

2022

- Absolvire program FACE, Cluj-Napoca (2020-2022)
- A XII-a Conferință a tinerilor medici și a studenților medici creștini, Vlăhița
- Face Revolution International Meeting, Madrid
- Congresul American de Ortodonție – Miami Beach, USA
- Al 12-lea congres AREO – Oradea
- Envista Summit – Viena

2023

- DenTim 14th edition – Timișoara
- Workshop Dentim – Scanarea orală în ortodonție, Timișoara
- Congresul American de Ortodonție – Chicago, USA
- Envista Summit – Dubai, UAE
- Face Internationam Meeting, Bucharest
- Power Course on Aligner Therapy, Bucharest

2024

- Congresul American de Ortodonție – New Orleans, USA
- Expert Course – Aligner Techniques, Cluj-Napoca
- Școala de vară de Ortodonție, Sibiel
- Master Coip Intermediate, Bucharest

2025

- Ormco Days – Bucharest
- Congresul American de Ortodonție – Philadelphia
- WFO – Rio de Janeiro, Brasil
- Master Coip Advanced – Bucharest
- Școala de vară de Ortodonție, Sibiel

Native language
Foreign languages

Romanian

Autoevaluation	Understanding				Speaking				Writing	
European level (*)	Understanding		Reading		Conversation		Oral speech		Written expression	
English	C 1	Independent user	C 1	Independent user	C 1	Independent user	C 1	Independent user	C 1	Independent user
French	A 1	Independent user	A 1	Independent user	A 1	Independent user	A 1	Independent user	A 1	Independent user
Italian	A 1	Independent user	A 1	Independent user	A 1	Independent user	A 1	Independent user	A 1	Independent user
(*) European level of reference for foreign languages										
Social skills and competences	• Strong teaching and communication skills with students • Excellent communication and empathy with adult and pediatric patients • Leadership and behavioral management skills • Team spirit • Adaptability to multicultural environments									
Organisational skills and competences	• Organizer of clinical training programs and scientific events									
Computer skills and competences	• Intermediate level									
Appendix	Appendix 1 – List of publications									
Contact	Dr. Adelina Popa Timisoara - ROMANIA (EU) email: popa.adelina@umft.ro									
Last updated	Dec 2025									

Appendix 1 – List of publications

- Doctoral thesis:**

The contribution of radio-imaging diagnosis in the pre- and post-therapeutic evaluation of orthodontic anomalies, highlighting the value of CBCT in multiplanar and 3D quantification of skeletal and dento-maxillary elements

Supervisor: Prof. Dr. Silviu Brad, Timișoara, 2021

- Publications:**

Author and co-author of numerous ISI-indexed articles in international journals (*Materials, Applied Sciences, Molecules, Experimental and Therapeutic Medicine*, etc.)

Books:

- Szuhanek C., Schiller E., Grigore A., Popa A. - Ghid de Ortodonție. Ed Victor Babes 2016. ISBN 978-606-786-013-9.
- Szuhanek C., Schiller E., Grigore A., Popa A. - A Guide to Orthodontics. Ed Victor Babeș 2016. ISBN 978-606-786-126-6.

- Awards:**

1. **1ST Prize** 61st International Association of Dental Students & Young Dentist Worldwide. WORLD DENTAL CONGRES **Indonezia 2014**. Stud. **Popa A.**, Szuhaneck C, Baldea B., stud Popa C., stud Armani G.- Applications of Orthodontic Mini-Implants
2. **3rd Prize Poster Competition- Adelina Popa**, Camelia Szuhaneck, Eleonora Schiller, Silviu Brad - Accurate determination for mini-implants placements using surgical guide. 7th International Orthodontic Congress AREO Sibiu 19-21 mai 2016. PREMIUL III Sectiunea poster.
3. **3rd Prize Poster Competition- Adelina Popa**, Camelia Szuhaneck, Casiana Popa, Eleonora Schiller, Silviu Brad. Nonsurgical rapid palatal expansion in an adult patient using a mini-implant supported expander (3rd Prize poster competition). 11th WIOC Conference and the 10th AREO International Congress, **2019**.

• **ISI – Indexed Journals – First Author**

1. **Popa, A.**; Stăncioiu, A.-A.; Motofelea, A.C.; Călniceanu, H.; Catalina, A.; Galuscan, A.; Oancea, R.; Luca, M.M.; Nikolajevic-Stoican, A.-N.; Brad, S.; et al. Digital Orthodontic Assessment of Mandibular Morphology Using Orthopantomograms: Correlation and Symmetry Analysis of Bilateral Gonial Angles, Bigonial Width, and Bilateral Ramus Heights. *J. Clin. Med.* **2025**, *14*, 8099. <https://doi.org/10.3390/jcm14228099>
2. **Popa, A.**; Dehelean, C.; Călniceanu, H.; Watz, C.; Brad, S.; Sinescu, C.; Marcu, O.A.; Popa, C.S.; Avram, S.; Nicolov, M.; Szuhaneck, C.A. A Custom-Made Orthodontic Mini-Implant—Effect of Insertion Angle and Cortical Bone Thickness on Stress Distribution with a Complex In Vitro and In Vivo Biosafety Profile. *Materials* **2020**, *13*, 4789. **IF=3.057**
3. **Adelina Popa**, Camelia Szuhaneck*, Silviu Brad - Accurate Determination for Orthodontic Mini-implant Placement Using Acrylic Resin Surgical Guide and CBCT. *Revista Materiale plastice*, vol. 53, nr. 2, 2016, Bucuresti. ISSN 0025-5289. ISI Rev 0.824 (2014, 2015) Scimago Journal Ranking (2013): 0,256. Hirsh Index: 19.

• **ISI – Indexed Journals – Co-Author**

1. Stăncioiu, A.-A.; Vasica, F.; Nagib, R.; **Popa, A.**; Motofelea, A.C.; Hușanu, A.A.; Szuhaneck, C.-A. Cephalometric Evaluation of Facial Height Ratios and Growth Patterns: A Retrospective Cohort Study. *Appl. Sci.* **2024**, *14*, 10168. **IF= 2.5**
2. Manuela Stoicescu, Horia Călniceanu, Ioan Tig, Sebastian Nemeth, Adriana Tent, **Adelina Popa**, Ciprian Brisc, Ioana Ignat-Romanul. Significant aspects and correlation between glycemic control and generalized chronic periodontitis in type 2 diabetes mellitus patients. *Experimental and Therapeutic Medicine*. **2021**, **IF= 2.447**
3. Gilda M.Iova, Horia Călniceanu, **Adelina Popa**, Camelia A. Szuhaneck, Olivia Marcu, Gabriela Ciavoi, Ioana Scroboță. The antioxidant Effect of Curcumin and Rutin on Oxidative Stress Biomarkers in Experimentally Induced Periodontitis in Hyperglycemic Wistar Rats. *Molecules* **2021**, *26*(3) **IF = 4.411**
4. Szuhaneck, C.A.; Watz, C.G.; Avram, Ș.; Moacă, E.-A.; Mihali, C.V.; **Popa, A.**; Campan, A.A.; Nicolov, M.; Dehelean, C.A. Comparative Toxicological In Vitro and In Ovo Screening of Different Orthodontic Implants Currently Used in Dentistry. *Materials* **2020**, *13*, 5690. **IF=3.057**
5. Camelia Szuhaneck, Rodica Jianu, Roxana Otilia Cocora, Meda Lavinia Negrutiu, Cosmin Sinescu, Cezar Serban Clonda, Eleonora Schiller, Adelina Grigore, **Adelina Popa** - Effects of Alumina Sand Blasting on the Orthodontic Bracket Surface. *Revista de Chimie*, **2016**, *67*, nr 11/2016. ISSN: 0034-7752 pag 2605-2606, **IF= 1.232**.
6. Camelia Szuhaneck, Rodica Jianu, Lorena Circiumaru, Meda Negrutiu, Cosmin Sinescu, Cezar Serban Clonda, Eleonora Schiller, **Adelina Popa**, Adelina Grigore-Microstructural Changes in Orthodontic Archwires after

Alternative Bending Techniques. Revista de Chimie, vol 67, nr 11/2016.pag.2363-2364. ISSN: 0034-7752 IF 0.677.

7. Camelia Szuhaneck, Rodica Jianu, Eleonora Schiller, Adelina Grigore, Codrina Levai, **Adelina Popa** - Acrylic versus Silicone in Interceptive Orthodontics. **Revista de Materiale Plastice** vol 53, nr 4/2016 pag 759-760. ISSN 0025-5289. ISI Rev0.824 (2014, 2015).

- **Non-ISI Journals Indexed in International Databases**

1. Szuhaneck C, Babat M, **Popa A.** Digital Planning for Mini-Implant Supported Palatal Expander in Open-Bite Treatment. *Journal Dental And Oral Implants* **2020**, 2(3): pag 16-22. DOI: 10.14302/issn.2473-1005.jdoi-20-3659.
2. Camelia Szuhaneck, **Adelina Popa.** Anterior open bite closure using ortodontic mini-implants. *Journal Dental and Oral Implants*. ISSN NO: 2473-1005. DOI: 10.14302/issn.2473-1005.jdoi-16-1326 Vol-1 Issue 4 Pg. no.9-14. Research Gate. CrossRef.
3. **Popa Adelina**, Szuhaneck Camelia*, Brad Silviu. Cortical bone thickness effects on the success rate of orthodontic miniimplants and other factors assessed by cone beam computed tomography. *Medicine in Evolution*, vol XXI, nr 3/2015, Pag 488-492 ISSN 2065-376X Index Copernicus.

- **Book Chapters and International Treatises**

1. Szuhaneck Camelia & **Popa Adelina** (2016). Mini-Implants in Orthodontics, Chapter 28 in DAAAM International Scientific Book 2016, pp.315-324, B. Katalinic (Ed.), Published by DAAAM International, ISBN 978-3-902734-09-9, ISSN 1726-9687, Vienna, Austria DOI: 10.2507/daaam.scibook.2016.28

- **Articole rezumat in suplimente la reviste cotate CNCSIS cat.B sau B+(BDI)**

1. Camelia Szuhaneck, Adelina Grigore, **Adelina Popa**, Nagib Riham. Importanța setup-ului digital în tratamentul ortodontic cu sisteme invizibile SUPPLEMENT - *Medicine in Evolution* Volume XXII, No. 1, 2016.
2. **Adelina Popa**, Camelia Szuhaneck, Eleonora Schiller, Casiana Popa, Silviu Brad. Factorii care influenteaza rata de succes a mini-implantelor ortodontice, evaluati cu ajutorul CBCT-ului. SUPPLEMENT - *Medicine in Evolution* Volume XXI, No. 3, 2015.
3. Camelia Szuhaneck, Eleonora Schiller, Denisa Golban, Dana Cristina Bratu, Raluca Balan, **Adelina Popa.** Digital evaluation of root resorbtion induced by canine impaction - a CBCT study. International 6th Congress of The Romanian Straight Wire Association. 28-30 mai 2015. Iasi **Premiul III**
4. **Adelina Popa**, Camelia Szuhaneck, Eleonora Schiller, Casiana Popa, Silviu Brad. Factorii care influenteaza rata de succes a mini-implantelor ortodontice, evaluati cu ajutorul CBCT-ului. Al XX-lea Congres cu participare internațională al Zilelor Medicale Banăţene Timisoara, 11-13 mai 2015, publicat in SUPPLEMENT - *Medicine in Evolution* Volume XXI, No. 3, 2015.
5. **Adelina Popa**, Camelia Szuhaneck, Eleonora Schiller, Silviu Brad - Accurate determination for mini-implants placements using surgical guide. 7th International Orthodontic Congress AREO Sibiu 19-21 mai 2016.

- **Posters**

1. **A. Popa**, C. Szuhaneck, C. Popa, B. Baldea, S. Brad. Placement site effects on the success rate of orthodontic mini-implants and other factors assessed by cbct. 8th International Orthodontic Congress. Londra, Marea Britanie, 27-30 septembrie **2015**.
2. **Adelina Popa**, Camelia Szuhaneck, Eleonora Schiller, Casiana Popa, Silviu Brad Factorii care influenteaza rata de succes a mini-implantelor ortodontice, evaluati cu ajutorul CBCT-ului. Al XX-lea Congres cu participare internațională al Zilelor Medicale Banăţene Timisoara, 11-13 mai 2015, publicat in SUPPLEMENT - Medicine in Evolution Volume XXI, No. 3, 2015.
3. **Adelina Popa**, Camelia Szuhaneck, Eleonora Schiller, Silviu Brad - Accurate determination for mini-implants placements using surgical guide. 7th International Orthodontic Congress AREO Sibiu 19-21 mai 2016. PREMIUL III Sectiunea poster.
4. **Adelina Popa**, Camelia Szuhaneck, Casiana Popa, Adelina Grigore, Eleonora Schiller, Silviu Brad. Bone thickness and density evaluation for orthodontic implants placement. 8th International Congress of Orthodontics, 11-14 May 2017 Cluj Napoca, Romania.
5. Grigore Adelina, Szuhaneck Camelia, Schiller Eleonora, Onisei Doina, **Popa Adelina**, Cernescu Anghel*- Aligner deformation under moderate loads: a comparative study using strain gauges 8th International Congress of Orthodontics. 11-14 May 2017, Cluj Napoca, Romania.
6. Grigore A., Szuhaneck C., Schiller E., Onisei D., **Popa A.**, Cernescu A.-Utilizarea timbrelor tensiometrice in evaluarea deformarii gutierelor vacuum-formate. Congresul Român de Stomatologie cu Participare Internațională cu tema Aspecte terapeutice de demult si tratamente actuale ale stomatologiei romanesti. 15-17 iunie 2017, Bucureşti. Organizator Societatea Română de Stomatologie.
7. Gaşpar A., Szuhaneck C., Grigore A., **Popa A.**, Jianu R. - Dispozitive vacuum-formate cu rol în ortodonție. Congresul Român de Stomatologie cu Participare Internațională cu tema Aspecte terapeutice de demult și tratamente actuale ale stomatologiei românești. 15-17 iunie 2017, Bucureşti. Organizator Societatea Română de Stomatologie.
8. Camelia Szuhaneck, Eleonora Schiller, Denisa Golban, Dana Cristina Bratu, Raluca Bălan, **Adelina Popa**. Digital evaluation of root resorption induced by canine impaction – a cbct study. International 6th Congress of The Romanian Straight Wire Association. 28-30 mai **2015**, Iasi **Premiul III**.
9. Camelia Szuhaneck, Adelina Grigore, **Adelina Popa**, Nagib Riham. Importanța setup-ului digital în tratamentul ortodontic cu sisteme invizibile. Congresul de medicină dentară cu participare internațională Zilele Stomatologice Bănăţene - EDIȚIA A XXI-A TIMIȘOARA, 19-21 MAI 2016.
10. Camelia Alexandrina Szuhaneck, Semida Vida, Eleonora Schiller, **Popa Adelina**, Grigore Adelina. Statistical evaluation of cephalometric norms in class III patients from Western Romania. European Orthodontic Society EOS 93rd Congress Montreux, Switzerland, **2017** 5-10 June.
11. Adelina Grigore, Camelia Szuhaneck, Eleonora Schiller, Doina Onisei, **Adelina Popa**, Anghel Cernescu. Utilizarea timbrelor tensiometrice în evaluarea deformării gutierelor vacuum formate. Congresul Român de Stomatologie cu participare internațională „Aspecte terapeutice de demult și tratamente actuale ale stomatologiei românești”, Bucureşti, 15-17 iunie **2017**.
12. Camelia Szuhaneck, Semida Vida, Adelina Grigore, **Adelina Popa**, Eleonora Schiller. Studiu statistic privind caracteristicile cefalometrice în anomalia scheletală de clasa a III-a. Congresul Român de Stomatologie cu participare internațională „Aspecte terapeutice de demult și tratamente actuale ale stomatologiei românești”, Bucuresti, 15-17 iunie **2017**.
13. Mădălina Dincă, Ștefania Dumitrescu, Ana Maria Mihai, Nicoleta Manea, **Adelina Popa**, Nagib Riham, Camelia Szuhaneck. Predictia expansiunii maxilare prin evaluarea densitatii osoase la nivelul suturii medio-palatine.

Congresul de medicină dentară cu participare internațională, a XXIV-a ediție a Zilelor Stomatologice Bănățene, Timișoara, 16-18 mai **2019**.

14. Ana Maria Mihai, Mădălina Dincă, Ștefania Dumitrescu, Nicoleta Manea, **Adelina Popa**, Eleonora Schiller, Camelia Szuhaneck. Tratatamentul chirurgical ortodontic al caninilor maxilari inclusi. Congresul de medicină dentară cu participare internațională, a XXIV-a ediție a Zilelor Stomatologice Bănățene, Timișoara, 16-18 mai **2019**.
15. **Adelina Popa**, Camelia Szuhaneck, Casiana Popa, Eleonora Schiller, Silviu Brad. Nonsurgical rapid palatal expansion in an adult patient using a mini-implant supported expander (3rd Prize poster competition). 11th WIOC Conference and the 10th AREO International Congress, **2019**.

• **Participation in national scientific events with international participation – Oral presentations**

1. Congresul Colegiului Medicilor Stomatologi Timișoara: Alegerea mini-implantului ortodontic ideal: Criterii esențiale pentru alegerea corectă. 20-22 noiembrie 2025, Timișoara
2. Workshop: Scanarea în Ortodonție. 7 dec 2025, Timișoara
3. Workshop: Scanarea în Ortodonție. 16 dec 2024, Timișoara
4. Camelia Szuhaneck, **Adelina Popa**, Riham Nagib. Școala de vară de Ortodonție, Sibiel, 2024
5. **Adelina Popa**. Tratatamentul ortodontic interdisciplinary, o abordare contemporană. Dentim 14th Edition. 22-23 martie 2023, Timișoara
6. **Adelina Popa**, Diana Rotar, Andreea Biris-Jianu. Team work and patient care: How to maintain peace in your Kingdom. Face International Meeting, 22-24 iunie 2023 Bucuresti.
7. Camelia Szuhaneck, **Adelina Popa**, Riham Nagib. Workshop: Scanarea intraorală în ortodonție. 25 martie 2023, Timișoara
8. Camelia Szuhaneck, Semida Vida, Adelina Grigore, **Adelina Popa**, Eleonora Schiller. Studiu statistic privind caracteristicile cefalometrice în anomalia scheletală de clasa a III-a. Congresul Român de Stomatologie cu participare internațională „Aspecte terapeutice de demult și tratamente actuale ale stomatologiei românești”, Bucuresti, 15-17 iunie **2017**.
9. Adelina Popa. Workshop: Imagistica dentară digitală. A XIII-a Conferință a tinerilor medici și a studenților mediciniști creștini. Vlăhița, 4-6 martie 2022
10. Fibia Simidreanu, Camelia Szuhaneck, Dr. **Adelina Popa**, Eleonora Schiller- Protocol de profilaxie la pacienții cu aparate ortodontice. Congresul Român de Stomatologie cu participare internațională „Aspecte terapeutice de demult și tratamente actuale ale stomatologiei românești”, Bucuresti, 15-17 iunie **2017**.
11. Andreea Gaspar, Camelia Szuhaneck, Adelina Grigore, **Adelina Popa**, Rodica Jianu. Dispozitive vacuum-formate cu rol în ortodonție. Congresul Român de Stomatologie cu participare internațională „Aspecte terapeutice de demult și tratamente actuale ale stomatologiei românești”, Bucuresti, 15-17 iunie **2017**.

