

OANA ALBAI

Name: Oana Albai

Current Position: Associate Professor; Senior Physician in Diabetes, Nutrition & Metabolic Diseases / Internal Medicine

Address: “Victor Babeş” University of Medicine and Pharmacy, Piața Eftimie Murgu Nr. 2, Timișoara, Romania

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Driving Licence: Category B

WORK EXPERIENCE

03/2023 – Present Associate Professor “Victor Babeş” University of Medicine and Pharmacy, Timișoara (Romania)

Teaching courses and practical work for General Nursing (Lugoj), Years I–IV: Community Nutrition, Nutrition and Dietetics, Nutrition as a Health Factor, Diabetes–Nutrition–Metabolic Diseases

Preparing course materials for students

Conducting scientific research

07/2019 – 03/2023 Lecturer “Victor Babeș” University of Medicine and Pharmacy, Timișoara (Romania)

- Teaching courses/practical work for General Nursing (Lugoj), Years I–IV: Diet Therapy, Internal Medicine, Chronic Diseases and Nutrition, Elderly Nutrition, Community Nutrition, Diabetes Care, etc.
- Clinical training in Diabetes, Nutrition and Metabolic Diseases for 4th-year medical students
- Preparing student courses
- Scientific research activity

02/2007 – 07/2019 University Assistant “Victor Babeș” University of Medicine and Pharmacy, Timișoara (Romania)

- Clinical internships in Diabetes, Nutrition and Metabolic Diseases for 4th-year Medicine students
- Developing educational materials (book chapters as author/co-author)
- Scientific research with national and international publications

03/2004 – 02/2007 University Instructor (Preparator) “Victor Babeș” University of Medicine and Pharmacy, Timișoara (Romania)

- Clinical internships in Diabetes, Nutrition and Metabolic Diseases
- Research and specialty publications

06/2011 – Present Senior Physician – Diabetes, Nutrition & Metabolic Diseases “Pius Brânzeu” County Emergency Clinical Hospital, Timișoara (Romania)

06/2022 – Present Senior Physician – Internal Medicine “Pius Brânzeu” County Emergency Clinical Hospital, Timișoara (Romania)

05/2007 – Present Competence in General Ultrasonography “Pius Brânzeu” County Emergency Clinical Hospital, Timișoara (Romania)

Doctor of Medical Sciences (PhD) “Victor Babeș” University of Medicine and Pharmacy, Timișoara 2008 – 2009 (confirmed 13.01.2009) Thesis: *“Impact of the New Diagnostic Criteria on the Incidence and Prevalence of Diabetes Mellitus”*

LINGUISTIC COMPETENCES

Romanian

Other language(s):

English

- **Listening comprehension: B2**
- **Reading: B2**
- **Writing: B2**
- **Written expression: B2**
- **Speaking: B2**

Levels: A1 and A2 – Basic user; B1 and B2 – Independent user; C1 and C2 – Proficient user

DIGITAL SKILLS

Microsoft (Microsoft Word, Microsoft PowerPoint, Microsoft Excel, Microsoft Access)

DRIVING LICENCE

Driving licence: B

CONFERENCES AND SEMINARS

Guest Lecturer at Professional Congresses/Conferences

1. **“Cardio-Reno-Metabolic Masterclass”** within the program *****“Management of the Cardio-Reno-Metabolic Continuum,”** October–November 2024.
2. **Screening for diabetic neuropathy – a practical approach.** The 50th National Congress of the Romanian Society of Diabetes, Timișoara, May 15–18, 2024.
3. **Management of cardiovascular risk factors in patients with type 2 diabetes** – Craiova Connects, April 4–7, 2024.
4. **Diabetic neuropathy – Screening** – Multidisciplinary connections and interactions in Internal Medicine, Timișoara, March 14, 2024.
5. **100 Years of Insulin Therapy. Diabetes Day – Centenary of the discovery of insulin,** Timișoara, November 2021.
6. **Adherence and therapeutic inertia in dyslipidemias.** The 3rd Conference on Adherence and Clinical Inertia, Bucharest, April 2021.
7. **Acute metabolic complications of diabetes mellitus.** UMFT Days 2019.
8. **Non-alcoholic steatohepatitis – the hepatic expression of metabolic syndrome.** The 9th National Congress of Obesity, Cluj-Napoca, December 7–9, 2017.
9. **Therapeutic decisions in type 2 diabetes.** Medical Days of the Municipal Hospital Orăștie, October 5–6, 2018.

10. **National Campaign “Control Your Diabetes,”** Timișoara, November 14–18, 2017.
11. **Updates in diabetology.** National Course of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, Timișoara, March 2017.

DISTINCTIONS AND AWARDS

Poster Award at the Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, Poiana Brașov, 2018, for the paper: Adrian Vlad, Veronica Botea, Laura Gaiță, Mihaela Vlad, Bogdan Timar, Alexandra Sima, Laura Diaconu, Oana Albai, Alin Albai, Romulus Timar, Viorel Șerban and the ONROCAD Study Group. The incidence of type 1 diabetes showed a sustained increase between 2008–2017 in children aged 0–14 years in Romania.

PUBLICATIONS

Full-text articles published in ISI journals as first author (Clarivate’s Web of Science: H-index 7; 183 citations; 20 publications/Google Scholar: H-index 8; 322 citations; 29 publications)

1. **Oana Albai**, Adina Braha, Bogdan Timar, Ioana Golu, Romulus Timar. Vitamin D-A New Therapeutic Target in the Management of Type 2 Diabetes Patients. *J. Clin. Med.* 2024;13(5):1390.
2. **Oana Albai**, Adina Braha, Bogdan Timar, Alexandra Sima, Loredana Deaconu, Romulus Timar. Assessment of the Negative Factors for the Clinical Outcome in Patients with SARS-CoV-2 Infection and Type 2 Diabetes Mellitus. *Diabetes, Metabolic Syndrome and Obesity* 2024;17:271–282.
3. **Oana Albai**, Bogdan Timar, Adina Braha, Romulus Timar. Predictive factors of Anxiety and Depression in patients with type 2 diabetes mellitus. *J. Clin. Med.* 2024;13:3006.
4. **Oana Albai**, Adina Braha, Bogdan Timar, Romulus Timar. Predictive Factors for Altered Quality of Life in Patients with Type 2 Diabetes Mellitus. *J. Clin. Med.* 2024;13:4389.
5. **Oana Albai**, Mirela Frandes, Alexandra Sima, Bogdan Timar, Adrian Vlad, Romulus Timar. Practical applicability of the ISARIC-4C score on severity and mortality due to SARS-CoV-2 infection in patients with type 2 diabetes. *Medicina* 2022;58:848.
6. **Albai Oana**, Frandేశ Mirela, Timar Romulus, Timar Bogdan, Anghel Teodora, Avram Vlad Florian, Sima Alexandra. 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. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy.* 2021;14:1833-1840.
7. **Oana Albai**, Mirela Frandes, Bogdan Timar, Diana-Loreta Paun, Deiana Roman, Romulus Timar. Long-term Risk of Malignant Neoplastic Disorders in Type 2 Diabetes Mellitus Patients with Metabolic Syndrome. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy.* 2020;13:1317–1326.
8. **Oana Albai**, Bogdan Timar, Diana Loreta Paun, Alexandra Sima, Deiana Roman, Romulus Timar. Metformin Treatment: A Potential Cause of Megaloblastic Anemia in Patients with Type 2 Diabetes Mellitus. *Diabetes Metab Syndr Obes.* 2020 21;13:3873-3878.

9. **Oana Albai**, Mirela Frandescu, Romulus Timar, Deiana Roman, Bogdan Timar. Risk factors for developing dementia in type 2 diabetes mellitus patients with mild cognitive impairment. *Neuropsychiatric Disease and Treatment*, 2019;15:167-175.
10. **Oana Albai**, Deiana Roman, Mirela Frandescu. Hypertriglyceridemia, an important and independent risk factor for acute pancreatitis in patients with type 2 diabetes mellitus. *Therapeutics and Clinical Risk Management*, 2017;13:515-522.

Full-text articles published in ISI journals as co-author

1. Florina Maria Andrica, **Oana Albai**, Roxana Popescu, Dragoș Nica, Petru Bucuraș, Ana Maria Pah, Simona Dăgan. Evaluation of Hypoglycemic Effect of Spirulina in Alloxan Induced Diabetic Mice. *Revista de Chimie București*, 2016;67(5):984-986.
2. Sima, I. Sporea, R. Timar, M. Vlad, A. Braha, A. Popescu, S. Nistorescu, R. Mare, R. Sirli, A. Albai, **O Albai**, L. Diaconu, T. Sorescu, S. Popescu, L. Sima. Non-invasive assessment of liver steatosis and fibrosis using transient elastography and controlled attenuation parameter in type 2 diabetes patients. *Acta Endocrinol (Buchar)*. 2018;14(3):394–400.
3. Adrian Vlad, Viorel Serban, Romulus Timar, Alexandra Sima, Veronica Botea, **Oana Albai**, Bogdan Timar, Mihaela Vlad. Increased Incidence of Type 1 Diabetes during the COVID-19 Pandemic in Romanian Children. *Medicina* 2021;57(9):973.
4. Adriana Ivănescu, Simona Popescu, Laura Gaiță, **Oana Albai**, Adina Braha, Romulus Timar. Risk factors for cataracts in patients with diabetes mellitus. *J. Clin. Med.* 2024, 13, 7005. <https://doi.org/10.3390/jcm13237005>.

Full-text articles published in national BDI/B+ journals as principal author

1. **Oana Albai**, Bogdan Timar, Deiana Roman, Romulus Timar. Characteristics of the lipid profile in patients with diabetes mellitus and chronic kidney disease. *Romanian Journal of Diabetes Nutrition & Metabolic Diseases*, 2017;24(3):237-245.
2. **Oana Albai**, Romulus Timar. Neoplastic disorders at patients with diabetes mellitus type 2: prevalence and correlation with the antyhiperglycemic therapy. *International Journal of Development Research*, February 2017;vol 7:11510-11515 (ISSN: 2230-9926).
3. **Oana Albai**, Bogdan Timar, Romulus Timar. Assessment of cardiovascular risk in patients with type 2 diabetes mellitus and nonalcoholic steatohepatitis. *European Scientific Journal*, April 2013;edition vol.9,No.1:99-111.
4. **Oana Albai**, Bogdan Timar, Laura Diaconu, Romulus Timar. Dipeptidyl peptidase-4 inhibitors, a new option for the management of type 2 diabetes mellitus. *Romanian Journal of Diabetes, Nutrition and Metabolic Diseases*, 2012;19(4):343-352.
5. **Oana Albai**, Romulus Timar. The relationship between 1 hour glycemia, during oral glucose tolerance test and cardiometabolic risk. *Romanian Journal of Diabetes, Nutrition and Metabolic Diseases*, 2012;19,4:19,1:25-32.

Full-text articles published in national BDI/B+ journals as co-author

1. Albai, A. R. Timar, B. Timar, C. Hoge, A. Vlad, O. Sdic, C. Ilie, **O. Albai**. Obstetric and perinatal outcomes in women with type 1 diabetes mellitus. *Romanian Journal of Diabetes Nutrition and Metabolic Diseases*, 2013;20(1):37-43.
2. Bogdan Timar, Oana Albai. The relationship between hemoglobin a1c and chronic complications in diabetes mellitus. *Romanian Journal of Diabetes, Nutrition and Metabolic Diseases*, 2012;19(2):115-122.
3. Timar R, Șerban V, Diaconu L, Vlad A, **Albai O**, Albai A, Bilan S, Cocoș O, Timar B. Pharmacotherapy of Obesity. *Romanian Journal of Diabetes Nutrition and Metabolic Diseases*, 2010;17(1):29-37.
4. Vlad A, Șerban V, Timar R, Diaconu L, **Albai O**, Albai A. Rapid decrease of fasting C peptide levels after diagnosis of type 1 diabetes mellitus. *Romanian Journal of Diabetes Nutrition & Metabolic Diseases*, 2009;16(3):139-145.
5. Șerban V, **Albai O**, Timar R, Vlad A, Sima A, Roșu M. Impact of the new diagnostic criteria on the prevalence of the pathoglycemic status. *Jurnalul Român de Diabet, Nutriție și Boli Metabolice*, 2009;16(1):1-8.

Participation in national and international scientific events—Posters: 54 Teaching materials/books

1. **Șerban V., Timar R.** *Handbook of Internal Medicine*. UMFT Press, 2009.
2. **Șerban V., Timar R.** *Handbook of Internal Medicine*, 2nd edition, UMFT Press, 2010.
3. **Viorel Șerban, Oana Albai, Alin Albai.** *The endocrine pancreas: organization and structure*. In Șerban V. (editor), *Romanian Treatise of Metabolic Diseases*, Volume 1. Brumar Publishing, Timișoara, 2010 (ISBN: 987-973-602-527-3), pp. 87–94.
4. **Viorel Șerban, Oana Albai.** *Insulin: mechanism of action*. *Romanian Treatise of Metabolic Diseases*, Volume 1. Brumar Publishing, Timișoara, 2010 (ISBN: 987-973-602-527-3), pp. 113–118.
5. **Oana Albai, Alexandra Sima.** *Rare types of diabetes mellitus*. *Romanian Treatise of Metabolic Diseases*, Volume 1. Brumar Publishing, Timișoara, 2010 (ISBN: 987-973-602-527-3), pp. 397–404.
6. **Viorel Șerban, Camelia Panuș, Oana Albai.** *Malnutrition*. *Romanian Treatise of Metabolic Diseases*, Volume 2. Brumar Publishing, Timișoara, 2011 (ISBN: 978-973-604-554-9), pp. 423–440.
7. **Cristina Mihaela Lăcătușu, Oana Albai.** *Eating behavior and dietary assessment*. *Romanian Treatise of Metabolic Diseases*, Volume 2. Brumar Publishing, Timișoara, 2011 (ISBN: 978-973-604-554-9), pp. 585–600.
8. **Victor Dumitrașcu, Marinela Holospin, Oana Albai.** *Normal biochemistry*. *Romanian Treatise of Metabolic Diseases*, Volume 2. Brumar Publishing, Timișoara, 2011 (ISBN: 978-973-604-554-9), pp. 711–720.
9. **Oana Albai, Viorel Șerban, Mihaela Roșu.** *Metabolic and internal medicine diseases*. *Romanian Treatise of Metabolic Diseases*, Volume 2. Brumar Publishing, Timișoara, 2011 (ISBN: 978-973-604-554-9), pp. 721–740.

10. **Oana Albai.** *Concepts of Diabetes, Nutrition and Metabolic Diseases* (edited by Timar R.). *Dyslipidemias*, Eurobit, Timișoara, 2014, pp. 121–138 (ISBN: 978-973-132-148-6).
11. **Romulus Timar, Adrian Vlad, Mircea Munteanu, Alexandra Sima, Alin Albai, Oana Albai, Laura Diaconu, Adriana Gherbon, Simona Popescu, Teodora Sorescu, Vlad Avram, Laura Gaiță.** *Diabetes Mellitus and Metabolic Diseases*, for students of the Faculty of Medicine, Timișoara, 2018.
12. **Romulus Timar, Oana Albai.** *Rheumatoid arthritis*. In *Concepts of Rheumatology*, Eurobit, Timișoara, 2020, pp. 11–27.
13. **Oana Albai, Alin Albai.** *Antiphospholipid syndrome*. In *Concepts of Rheumatology*, Eurobit, Timișoara, 2020, pp. 61–66.
14. **Oana Albai, Romulus Timar.** *Nutrition – an essential factor of sanogenesis*. ISBN 978-630-326-082-2. Eurobit Publishing, Timișoara, 2024.

Supervised dissertation papers 47

Postgraduate Courses

1. Symposium-course “Recent advances in the treatment of diabetes in children and adolescents: insulin pump and glucose sensor.”
2. The second “Nicolae Paulescu” advanced EASD postgraduate course for Eastern Europe: Type 2 Diabetes and its Complications.
3. The third “Nicolae Paulescu” advanced EASD postgraduate course for Eastern Europe: Type 2 Diabetes and Obesity.
4. EASD Advanced Postgraduate Course – Type 2 Diabetes: Current concepts in pathogenesis, diagnosis, treatment, and prevention.
5. Theoretical and practical training course for teaching staff at the “Victor Babeș” University of Medicine and Pharmacy.
6. Postgraduate specialization course in General Ultrasound at the “Victor Babeș” University of Medicine and Pharmacy, Timișoara, culminating in the Certificate of Complementary Studies in General Ultrasonography.
7. Teaching staff training course, Level I, West University of Timișoara.
8. Teaching staff training course, Level II, West University of Timișoara.

Participation in international clinical studies

1. **A Multicenter, Randomized, Double-Blind, Active-Controlled, Parallel Group, Phase 3 Trial to Evaluate the Safety and Efficacy of Add-On Therapy with Saxagliptin and Dapagliflozin added to Metformin. CV181-169 Bristol Myers Squibb.**

2. **Efficacy and Safety of Lixisenatide Versus Insulin Glulisine on Top of Insulin Glargine With or Without Metformin in Type 2 Diabetic Patients (GetGoal Duo-2). EFC12626 Sanofi.**
3. **A Study of the Efficacy and Safety of MK-0431D (a Fixed-dose Combination of Sitagliptin and Simvastatin) for the Treatment of Participants With Type 2 Diabetes Mellitus (T2DM) With Inadequate Glycemic Control on Metformin Monotherapy. MK0431D-266 Merck Sharp and Dohme.**
4. **A Study of the Safety and Efficacy of MK-3102 in ≥ 18 and < 45 Year-Old Subjects With Type 2 Diabetes Mellitus and Inadequate Glycemic Control (MK-3102-028). MK3102-028 Merck Sharp and Dohme.**
5. **Study of Nephropathy with Atrasentan (SONAR). M11-352 Abbvie.**
6. **Efficacy and Safety Study of Dapagliflozin in Type 1 Diabetes. MB102-229 Bristol Myers Squibb.**
7. **A Study of the Efficacy and Safety of Ertugliflozin in Participants With Type 2 Diabetes Mellitus With Stage 3 Chronic Kidney Disease Who Have Inadequate Glycemic Control on Antihyperglycemic Therapy. MK-8835-001 Merck Sharp and Dohme.**
8. **Ertugliflozin vs. Glimepiride in Type 2 Diabetes Mellitus (T2DM) Participants on Metformin. MK-8835-002 Merck Sharp and Dohme.**
9. **Study to Evaluate the Efficacy and Safety of Saxagliptin Co-administered With Dapagliflozin in Combination With Metformin Compared to Sitagliptin in Combination With Metformin in Adult Patients With Type 2 Diabetes Who Have Inadequate Glycemic Control on Metformin Therapy Alone. CV181-363 Astra Zeneca.**
10. **Study to Evaluate the Efficacy and Safety of Saxagliptin Co-administered With Dapagliflozin Compared to Metformin in Adult Patients With Type 2 Diabetes Who Have Inadequate Glycemic Control on Metformin Therapy Alone. CV181-365 Astra Zeneca.**