

PERSONAL INFORMATION

Avram Vlad Florian


✉ avram.vlad@umft.ro

Gender M | Nationality Romanian

PROFESSIONAL EXPERIENCE

- | | |
|--------------|---|
| 2023-prezent | Specialist in Diabetes Nutrition and Metabolic Diseases in “Pius Brînzeu” Emergency County Hospital Timișoara – Diabetes, Nutrition and Metabolic Diseases Clinic |
| 2024-prezent | Lecturer Department of Internal Medicine II- Diabetes, Nutrition and Metabolic Diseases |
| 2019-2023 | University assistant, Department of Internal Medicine - Diabetes, Nutrition and Metabolic Diseases |
| 2022-prezent | Specialist of Diabetes, Nutrition and Metabolic Diseases |
| 2017-2021 | Rezident 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 Babeș” 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 Babeș” Univerity of Medicine and Pharmacy in Timișoara, Timișoara, Romania |
- Medic Doctor**
“Victor Babeș” Univerity 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
2006-2010	Graduation grade average: 9,87
	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	Psychopedagogy Programe – Level II, „Universitatea de Vest” Timișoara, July 2018
	Psychopedagogy Programe – Level II, „Universitatea de Vest” Timișoara, February 2018
	Teaching as a University assistant in Diabetes Nutrition and Metabolic diseases at “Victor Babeș” University of Medicine and Pharmacy in Timișoara September 2019-present
	Teaching as a University assistant in Pathophysiology at “Victor Babeș” University of Medicine and Pharmacy in Timișoara September 2017-2019
	Teaching as a teaching associate in Pathophysiology at “Victor Babeș” University of Medicine and Pharmacy in Timișoara January-June 2017
	Teaching as a student tutor in Pathophysiology at “Victor Babeș” University of Medicine and Pharmacy in Timișoara 2013 - 2016
	Active participation in the Pathophysiology Scientific Circle at “Victor Babeș” University of Medicine and Pharmacy in Timișoara 2012 - 2013
Digital abilities	Certificate ECDL Complet series RO 046499
Driver's licence	Category B

ADDITIONAL INFORMATION

Publications

1. Gogan, Alexandra; Lazar, Sandra; Potre, Ovidiu; Avram, Vlad-Florian; Herascu, Andreea; Andor, Minodora; Caruntu, Florina; Timar, Bogdan, Sudomotor Dysfunction of Feet Is Associated with Cardiac Autonomic Neuropathy in Patients with Type 2 Diabetes: A Cross-Sectional Study, *MEDICINA-LITHUANIA*, 2025
2. Luca, Silvia Ana; Bungau, Raluca Malina; Lazar, Sandra; Herascu, Andreea; Gaita, Laura; Avram, Vlad-Florian; Timar, Bogdan, The Timeline of the Association Between Diabetes and Cardiovascular Diseases: A Narrative Review, *JOURNAL OF CLINICAL MEDICINE*, 2025
3. Lazar, Sandra; Reurean-Pintilei, Delia-Viola; Ionita, Ioana; Avram, Vlad-Florian; Herascu, Andreea; Timar, Bogdan, Glycemic Variability and Its Association with Traditional Glycemic Control Biomarkers in Patients with Type 1 Diabetes: A Cross-Sectional, Multicenter Study *JOURNAL OF CLINICAL MEDICINE*, 2025
4. Lazar, Sandra; Potre, Ovidiu; Ionita, Ioana; Reurean-Pintilei, Delia-Viola; Timar, Romulus; Herascu, Andreea; Avram, Vlad Florian; Timar, Bogdan, The Usefulness of the Glucose Management Indicator in Evaluating the Quality of Glycemic Control in Patients with Type 1 Diabetes Using Continuous Glucose Monitoring Sensors: A Cross-Sectional, Multicenter Study, *BIOSENSORS-BASEL*, 2025
5. Gogan, Alexandra; Potre, Ovidiu; Avram, Vlad-Florian; Andor, Minodora; Caruntu, Florina; Timar, Bogdan, Cardiac Autonomic Neuropathy in Diabetes Mellitus: Pathogenesis, Epidemiology, Diagnosis and Clinical Implications: A Narrative Review, *JOURNAL OF CLINICAL MEDICINE*, 2025
6. Herascu, Andreea; Avram, Vlad-Florian; Gaita, Laura; Alexandra, Sima; Reurean-Pintilei, Delia-Viola; Timar, Bogdan, Interventions Targeting Insulin Resistance in Patients with Type 1 Diabetes: A Narrative Review, *MEDICINA-LITHUANIA*, 2024
7. Iordan, Liana; Avram, Vlad Florian; Timar, Bogdan; Sturza, Adrian; Popescu, Simona; Albai, Oana; Timar, Romulus Zorin, Safety of SGLT2 Inhibitors and Urinary Tract Infections in Clinical Practice-A Cross-Sectional Study, *MEDICINA-LITHUANIA*, 2024
8. Betiu, Alina Maria; Lighezan, Rodica; Avram, Vlad Florian; Muntean, Danina Mirela; Elmer, Eskil; Petrescu, Lucian, Dose-dependent effects of acetaminophen and ibuprofen on mitochondrial respiration of human platelets, *MOLECULAR AND CELLULAR BIOCHEMISTRY*, 2024
9. Avram, Vlad Florian; Merce, Adrian Petru; Hancu, Iasmina Maria; Batran, Alina Doru; Kennedy, Gabrielle; Rosca, Mariana Georgeta; Muntean, Danina Mirela, **Impairment of Mitochondrial Respiration in Metabolic Diseases: An Overview**, *International Journal Of Molecular Sciences*, 2022
10. 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**. *Int. J. Mol. Sci.* **2021**, *22*, 11786. <https://doi.org/10.3390/ijms222111786>
11. 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**. *Diabetes Metab Syndr Obes.* 2021 Apr 28;14:1833-1840. doi: 10.2147/DMSO.S304904.
12. **Avram V.F.**, Bîna 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**. *Life* 2021, 11(4), 288; <https://doi.org/10.3390/life11040288>
13. **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**. *International Journal of Molecular Sciences* 2021, 22(1), 424; <https://doi.org/10.3390/ijms22010424>
14. 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**. *Bioenergetics Communications*. 2020. Epub 20.05.2020.



1. 9th Meeting of the European Section of the International Academy of Cardiovascular Sciences (IACS) octombrie 2023, Timișoara – speaker - Improving Mitochondrial Respiration of Human Platelets with Cell-Permeable Succinate in Metabolic Disease
2. CEDA 2023 Science Technology and Interaction, iunie 2023, București – poster
3. Underutilization of Statin Therapy in Patients With Diabetes Mellitus, an Alarming Truth
 3rd World Diabetes Congress decembrie 2022, Lisabona – Poster - Underutilization of Statin Therapy in Type 1 Diabetes Mellitus, a Troubling Reality - Abstract number: LI2022-0814
4. Al 48-lea Congres Național al Societății Române de Diabet, Nutriție și Boli Metabolice, online, septembrie 2022 – în calitate de speaker - Metabolismul Energetic Celular și Controlul Glicemic
5. Conferința ARSO 30, martie 2022 – UPDATE ÎN OBEZITATE – speaker - Disfuncția mitocondrială în obezitate
6. 7th Meeting of the European Section and 8th Meeting of the North American Section of the International Academy of Cardiovascular Sciences (IACS) "Cardioprotection and Cardiometabolic Diseases: From Bench to Bedside" - hybrid format, 20-23 septembrie 2021
7. "YoungDiab 2021 – Viitorul în diabet și bolile asociate", as a speaker, online, 08-10 July 2021
8. Al 47-lea Congres Național al Societății Române de Diabet, Nutriție și Boli Metabolice, online, 19-25 May 2021 – as a speaker
9. Timișoara Inspo Advanced Research, Timișoara 19th of March 2021 – as a speaker
10. Practical course of insulinotherapy, online, 17, 24, 25 February 2021
11. ARSO conference – Obezitatea în contextul actual, online, 3-5 December 2020
12. Al 7-lea Congres Național de Diabet, Nutriție și Endocrinologie Pediatrică, online, 18-21 November 2020
13. Al 13-lea Congres Național al Societății Române de Fiziologie, Târgu Mureș 22-24 October 2020
14. 56th EASD (European Association for the Study of Diabetes) Annual Meeting, online: 21-25 September 2020
15. Al 46-lea Congres Național al Societății Române de Diabet, Nutriție și Boli Metabolice, 2-8 September 2020
16. Curs practic on-line: Controlul Diabetului de tip 1 în practica medicală zilnică 09-11 June 2020
17. Practical Course of Insulin Therapy, București, 17-18 February 2020
18. Zilele Universității de Medicină și Farmacie "Victor Babeș" Timișoara, 10-13 Decembrie 2019, speaker at the „Diabetul ieri azi și mâine” - Tehnologia în diabetul zaharat tip 1 Scientific Session, Award at the poster session
19. 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
20. 55th EASD (European Association for the Study of Diabetes) Annual Meeting, Barcelona: 16-20 September 2019
21. Viitorul în diabet și bolile asociate - Forumul Științific Național al Tinerilor, Cluj-Napoca, 11-13 July 2019 as a speaker
22. 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
23. "Al 6-lea Congres Național de Diabet, Nutriție și Endocrinologie Pediatrică – cu participare internațională", Timișoara, 11-13 April 2019
24. Utilizarea tehnologiei în îngrijirea diabetului zaharat tip 1: Pompa de insulină și senzorii de glicemie, Timișoara, 14-15 December 2018
25. Zilele Universității de Medicină și Farmacie "Victor Babeș" Timișoara, 12 December 2018 – Premiul III la sesiunea de postere
26. EAS Advanced Course on Clinical Excellence in Lipidology, București, 21-23 November 2018
27. Al 16-lea Congres al Federației Române de Diabet, Nutriție și Boli Metabolice, Cluj-Napoca, 07-09 November 2018 – as a speaker
28. 54th EAST (European Association for the Study of Diabetes) Annual Meeting, Berlin: 02-05 October 2018
29. Mip2018/MitoEAGLE conference, 18-21 September 2018, Jurmala, Letonia
30. Congresul "YoungDiab 2018 – Viitorul în diabet și bolile asociate" as a speaker, Cluj-Napoca, 12-14 July 2018
31. Congresul Național al Societății Române de Diabet, Nutriție și Boli Metabolice, Poiana Brasov, 23-26 May 2018,
32. "Al 5-lea Congres Național de Diabet, Nutriție și Endocrinologie Pediatrică – cu participare internațională", Timișoara, 26-28 April 2018
33. Simpozionul „Diabet, sindrom metabolic și alte boli legate de nutriție” as a speaker, Timișoara, 18 November 2017
34. Al 15-lea Congres al Federației Române de Diabet, Nutriție și Boli Metabolice, Sibiu, 8-11 November 2017
35. 53rd EAST (European Association for the Study of Diabetes) Annual Meeting, Lisbon: 11-15 September 2017
36. Cursul Național al Societății Române de Diabet, Nutriție și Boli Metabolice, „Actualități în Diabetologie”, Timișoara, 25 March 2017
37. First edition of "Malpraxis" Conference in Timișoara: 19-20 November 2015
38. Al 13-lea Congres Național cu participare internațională al Federației Române de Diabet, Nutriție și Boli Metabolice din Timișoara: 04-06 November 2015
39. Advanced Research Workshop "Translational Research in Mitochondrial Disease", Timișoara: 16 October 2015
40. 51st EAST (European Association for the Study of Diabetes) Annual Meeting, Stockholm: 15-18 September 2015
41. "JPEMS Alumni Meeting" Summer School, Faculty of Medicine, University of Szeged, Szeged: 26-28 August 2015
42. 3rd European Conference on Mitochondrial Metabolism and Biophysics, 20-24 May 2015, Timișoara

44. 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
45. Simpozion Internațional NEURODIAB, Societatea de Neuropatie Diabetică, Sibiu: 17-20 october 2012
46. 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 Congres 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” Univerity of Medicine and Pharmacy in Timișoara , Timișoara: 24-26 March 2014
5. Second prize for the posterl “Integrating a Major Syndrome: The Whys and the Hows of Heart Failure from Pathophysiology, through Semiotics, towards Pharmacology” Timișoara Medical Education Days, “Victor Babeș” Univerity of Medicine and Pharmacy in Timișoara , Timișoara: 15-17 April 2013