



**Curriculum vitae  
Europass**

**Personal information**

Name / Surname **Name Surname: GHERBON, Adriana, Lăcrămioara**

Address

Phone

Fax

E-mail [gherbon.adriana@umft.ro](mailto:gherbon.adriana@umft.ro)

Citizenship Romanian

Gender Female

**Target job / Occupational area**

**"Victor Babeș" University of Medicine and Pharmacy Timișoara/Associate Professor of Diabetes, Nutrition and Metabolic Diseases**

**"Victor Babeș" University of Medicine and Pharmacy Timișoara/Lecturer diabetes mellitus, nutrition and metabolic diseases**

**University of Medicine and Pharmacy "Victor Babeș" Timișoara/Assistant Professor of Diabetes, Nutrition and Metabolic Diseases**

**University of Medicine and Pharmacy "Victor Babeș" Timișoara/Assistant Professor of Physiology**

**Pius Brînzeu County Emergency Clinical Hospital Timișoara - Diabetes Center/primary care physician diabetes, nutrition and metabolic diseases**

**CF Timisoara University Hospital Outpatient Clinic / primary care physician diabetes, nutrition and metabolic diseases**

**Oncohelp Clinic /primary care physician internal medicine**

**Professional experience**

March 2025 and present  
February 2023 - March 2025  
September 2017 to February 2023  
March 2004 to September 2017

Period	<p>June 2012 to date</p> <p>June 2008 to date</p> <p>January 1, 2005 - June 2008</p> <p>April 2004-1 January 2005</p> <p>October 2001-March 2004</p>
Position or position held	<p>Associate Professor Diabetes, Nutrition and Metabolic Diseases</p> <p>Lecturer Diabetes, Nutrition and Metabolic Diseases</p> <p>Assistant Professor of Diabetes, Nutrition and Metabolic Diseases</p> <p>Assistant Professor of Physiology</p> <p>Primary care physician internal medicine</p> <p>Primary care physician diabetes, nutrition and metabolic diseases</p> <p>Specialist in diabetes, nutrition and metabolic diseases</p> <p>Specialist in diabetes, nutrition and metabolic diseases</p> <p>Head of diabetes, nutrition and metabolic diseases compartment</p>
Main activities and responsibilities	<p>Teaching activity</p> <p>Primary care physician internal medicine</p> <p>Primary care physician diabetes, nutrition and metabolic diseases</p> <p>Specialist in diabetes, nutrition and metabolic diseases</p> <p>Specialist in diabetes, nutrition and metabolic diseases</p> <p>Head of diabetes, nutrition and metabolic diseases compartment</p>
Name and address of the employer	<p>„Victor Babeș” University of Medicine and Pharmacy Timișoara, P-ța Eftimie Murgu no. 2A, Timisoara, Romania</p> <p>Pius Brînzeu County Emergency Clinical Hospital Timisoara - Diabetes Center, Bld. L. Rebreanu no. 156</p> <p>Oncohelp Clinic, Str. C. Porumbescu no. 59, Timisoara, Romania</p> <p>The specialized outpatient clinic of the CF Timișoara Hospital, Spl. T. Vladimirescu no. 13-15 A, Timișoara, Romania</p> <p>The specialized outpatient clinic of the CF Timișoara Hospital, Spl. T. Vladimirescu no. 13-15 A, Timișoara, Romania</p> <p>Advitam Medicis Polyclinic Timișoara, str. Căpitan Damșescu no. 40, Timisoara, Romania</p> <p>Lugoj Municipal Hospital, str. Gh. Doja no. 36, Lugoj, Jud. Timiș, Romania</p>
Type of activity or sector of activity	<p>Teaching activity - state university education</p> <p>Primary care physician internal medicine - private hospital</p> <p>Primary care physician diabetes, nutrition and metabolic diseases - state outpatient</p> <p>Diabetes, nutrition and metabolic diseases specialist - state outpatient</p> <p>Diabetes, nutrition and metabolic diseases specialist - private outpatient</p> <p>Head of diabetes, nutrition and metabolic diseases compartment- state hospital</p>
<b>Education and Training</b>	
Period	<p>June 2012 and now</p> <p>June 2008 and now</p> <p>March 2002 - June 2008</p> <p>April 1997-October 2001</p> <p>June 2007</p> <p>October 2007 - June 2012</p> <p>November 2004 - October 2007</p> <p>October 1990- July 1996</p>

Qualification / diploma obtained	Primary care physician in internal medicine Primary care physician diabetes, nutrition and metabolic diseases Specialist in diabetes, nutrition and metabolic diseases Resident physician diabetes, nutrition and metabolic diseases Doctor of Medicine Internal medicine specialist Resident physician internal medicine Doctor																																																	
Main areas studied / skills acquired	Primary care physician diabetes, nutrition and metabolic diseases Doctor of Medicine Primary care physician internal medicine																																																	
Name and type of educational institution / training provider	Timișoara County Hospital (Medical Clinic III), str. Iosif Bulbuca no. 10, Timisoara, Romania "Victor Babeș" University of Medicine and Pharmacy Timișoara, Timișoara, Romania																																																	
Level of classification of the form of education / training	Public health State university education																																																	
Personal skills and competences																																																		
Language	Romanian																																																	
Known foreign language (s)																																																		
Self-Assessment																																																		
European level (*)																																																		
French																																																		
Limba engleză																																																		
	<table><tr><th colspan="4">Comprehension</th><th colspan="4">Spoken</th><th colspan="2">Writing</th></tr><tr><th colspan="2">Listening skills</th><th colspan="2">Reading skills</th><th colspan="2">Interaction</th><th colspan="2">Expression</th><th colspan="2"></th></tr><tr><td>B2</td><td>Experienced user</td><td>B2</td><td>Experienced user</td><td>B2</td><td>Independent user</td><td>B2</td><td>Independent user</td><td>B2</td><td>Independent user</td></tr><tr><td>B2</td><td>Experienced user</td><td>B2</td><td>Experienced user</td><td>B2</td><td>Independent user</td><td>B2</td><td>Independent user</td><td>B2</td><td>Independent user</td></tr></table>										Comprehension				Spoken				Writing		Listening skills		Reading skills		Interaction		Expression				B2	Experienced user	B2	Experienced user	B2	Independent user	B2	Independent user	B2	Independent user	B2	Experienced user	B2	Experienced user	B2	Independent user	B2	Independent user	B2	Independent user
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	(*) European Framework of Reference for Languages																																																	
Social skills and abilities	Sociable, communicative and efficient, skills acquired as a result of working with patients Team spirit gained based on teamwork in hospital wards																																																	
Organizational skills and competences	Organizational experience acquired through involvement in the organizing committee of the Physiology congresses, Timișoara, in 2004 and 2012 Organization and management of the diabetes, nutrition and metabolic diseases department within the Lugoj Municipal Hospital, Timiș County																																																	
Technical skills and abilities	Abdominal ultrasound course, vascular Doppler ultrasound course																																																	
Computer skills and knowledge	Knowledge of using Microsoft Word, Microsoft Excell, Power Point, Paint																																																	
Artistic skills and competences																																																		
Other skills and competences																																																		
Driving license	Category B																																																	

## Additional Information

### Membership in professional organizations

1. National Diabetes Society

### Research projects

- Member of the research team within the project VIASAN – EVALUATION OF CARDIOVASCULAR RISK FACTORS IN YOUNG PEOPLE. MODELS OF GOOD PRACTICES IN HEALTH EDUCATION – CARDIORISC, grant carried out between 2004 and 2006, Project Director: Prof. Dr. Georgeta Mihalaş, national program PNCDI-VIASAN, contract no. 465/2004, total value for UMFT 45,800 RON, total project value 50,000 RON.

## Appendices

### Published works from the project:

#### In extenso:

-Noveanu L., Mihalaş G., Duda-Seiman D., **Gherbon A.**, Mancaş S. – The incidence of cardiovascular risk factors in apparently healthy young adults. CARDIORISK Study: background and design. Fiziologia-Physiology 2005; 15(2):7-12, ISSN 1223 – 2076 (CNCIS B cod 240)

#### In summary:

-Sturza A., Sturza I., Noveanu L., **Gherbon A.**, Mihalaş G. – The relationship of daily stress and health – related behaviours to young adult cholesterol levels. Joint Meeting of The German Society of Physiology . The Federation of European Physiological societies. March 26th- 29th.Munich 2006, Acta Physiologica 2006; 186: 155, ISSN 1748-1708 (ISI – FI 1,97)

-Noveanu L., **Gherbon A.**, Caraba A., Mihalaş G. – Correlation between multiple cardiovascular risk factors and endothelial- dependent flow mediated vasodilatation of the brachial artery în young adults. Joint Meeting of The German Society of Physiology . The Federation of European Physiological societies. March 26th- 29th.Munich 2006, Acta Physiologica 2006; 186: 156, ISSN 1748-1708, (ISI – FI 1,97)

#### Oral communications:

- Noveanu L., Mihalaş G., **Gherbon A.**, Duda-Seiman D., Mancaş S. - Concepte actuale privind stilul de viaţă al tinerilor şi parametrii funcţionali cardiovasculari şi metabolici. Proiect VIASAN – CARDIORISC. Zilele Academice Timişene, „Concepte Actuale în Ştiinţele Morfologice şi Funcţionale” Ediţia a IX-a, 26-27 Mai, 2005. Cercetări experimentale medico-chirurgicale, 2005; 1: p.31, ISSN 1223 – 1533.

### Awards

#### - first author – research article – 2019 competition

- **Gherbon A.**, Frandes M., Lungeanu D., Nicula M., Timar R. - Transient Hyperthyroidism following the ingestion of complementary medications containing kelp seaweed: A case-report. Medicine, 2019, vol. 98, no 37, p117058, ISSN 0025 – 7974 (ISI – FI 1.552)

### Scholarships

- participation in the 41st European Pancreatic Club (EPC) Meeting, July 1- 4, 2009, Szeged, Hungary

### Doctoral thesis

"Thyroid pathology and diabetes mellitus - clinical, etiopathogenic and therapeutic aspects", 2007

### Published works:

Books/Monographs - first author - 2  
International book chapter - 1  
University courses - co-author - 2  
Practical work books - co-author - 4  
ISI articles published in extenso - main author - 11  
ISI articles in extenso - co-author - 7  
Indexed ISI articles in extenso - first author - 1  
BDI articles in extenso - first author - 21  
B articles in extenso - first author - 4  
B articles in extenso - co-author - 2  
ISI articles in abstract - first author - 4  
ISI articles in abstract - co-author - 2  
Volumes of abstracts – international conferences – first author – 13  
Volumes of abstracts - international conferences – co-author – 2  
Oral communications – main author – 2  
Oral communications – co-author – 5  
Volumes of abstracts – national conferences – first author – 29  
Volumes of abstracts – national conferences – co-author – 6  
Supervised undergraduate theses: 39