



Adina-Ioana Braha

Nationality: Romanian **Place of birth:** Hunedoara, Romania **Gender:** Female

✉ **Email address:** braha.adina@umft.ro

📍 **Work:** Bvd. Liviu Rebreanu 156, Diabetes Centre, „Pius Brînzeu” Emergency County Hospital, 300723 Timisoara (Romania)

LANGUAGE SKILLS

Mother tongue(s): Romanian

WORK EXPERIENCE

🏢 **“Victor Babes” University of Medicine and Pharmacy – Timisoara, Romania**

Associate Professor

[03/03/2025 – Current]

Teaching activity (practical work and courses) within the University Clinic of Internal Medicine: Diabetes, nutrition, metabolic diseases and systemic rheumatology.

🏢 **“Victor Babes” University of Medicine and Pharmacy – Timisoara, Romania**

Lecturer

[06/03/2023 – 02/03/2025]

🏢 **“Victor Babes” University of Medicine and Pharmacy – Timisoara, Romania**

Assistant Professor

[15/09/2019 – 05/03/2023]

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

🏢 **„Pius Brînzeu” Emergency County Hospital – Timisoara, Romania**

Medical Doctor

[01/02/2018 – Current]

Specialized medical services

1. medical consultations within the Diabetes, Nutrition, and Metabolic Diseases Outpatient Clinic, „Pius Brînzeu” Emergency County Hospital
2. ensuring the on-call service - line 1, within the Diabetes Clinic,
3. volunteering in the Diabetes Clinic within „Pius Brînzeu” Emergency County Hospital

🏢 **SC CENTRUL MEDICAL UNIREA SRL – Timisoara, Romania**

Medical Doctor

[05/02/2018 – 21/05/2019]

Medical field: Diabetes, Nutrition, and Metabolic Diseases

Responsibilities: providing medical services in Timisoara and Lugoj

🏢 **SC NEFROCENTER SRL – Lugoj, Romania**

Medical Doctor

[31/10/2018 – Current]

Medical field: Diabetes, Nutrition

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

 **SC DARIMEDIC SRL** – Sanandrei, Romania

Medical Doctor

[31/05/2019 – 27/02/2021]

Medical Field: Diabetes, Nutrition, and Metabolic Diseases

Responsibilities: providing outpatient medical services and day hospitalizations

 **„Pius Brînzeu” Emergency County Hospital** – Timisoara, Romania

Resident doctor

[31/12/2013 – 30/12/2017]

 **Timisoara University Centre** – Timisoara, Romania

Medical doctor specialized in internal medicine

[16/02/2026 – Current]

EDUCATION AND TRAINING

Philosophiae Doctor (PhD)

“Victor Babes” University of Medicine and Pharmacy [30/09/2017 – 12/05/2020]

Address: 2 Eftimie Murgu, 300041 Timisoara (Romania) | Website: 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

Medical Doctor in Diabetes, Nutrition and Metabolic Diseases

“Victor Babes” University of Medicine and Pharmacy [31/12/2013 – 30/12/2017]

Address: 2 Eftimiu Murgu, 300041 Timisoara (Romania) | Website: www.umft.ro

Medical Doctor

“Victor Babes” University of Medicine and Pharmacy [08/2007 – 06/2013]

Address: 2 Eftimie Murgu, 300041 Timisoara (Romania) | Website: www.umft.ro | Field(s) of study: General Medicine

DRIVING LICENCE

Driving Licence: B

NETWORKS AND MEMBERSHIPS

Memberships The Romanian Society of Diabetes, Nutrition, and Metabolic Diseases Heart Failure Association - European Society of Cardiology

PUBLICATIONS

Scientific publications in Clarivate Web of Science database Publications in Web of Science• Main author of full-text publications: 13 papers, FCIAP 39.384• Co-author of full-text publications: 18 papers• Co-author of abstract publications indexed in Web of Science: 2 papers

Link: <https://www.webofscience.com/wos/author/record/B-9154-2018>

Citations Web of Science: 155 citations, H-index 6Google academic: 130 citations, H-index 9

PROJECTS

[16/05/2021 – 30/12/2021]

CNFIS-FDI-2021-0552 Project <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

- International Lifetime Achievement Awards from Recognized Professional Institutions/Society "Young Investigator's" from the "East European CEDA 2023" Congress for "The benefits of total body fat loss on liver fibrosis and steatosis after dapagliflozin in patients with type 2 diabetes", 2023, Bucharest, Romania
 - National awards for the entire professional activity granted by recognized professional institutions/society
1. First Price (2019) - Scientific Meeting by the Doctoral School of "Victor Babeş" University of Medicine and Pharmacy Timisoara and by the Academy of Medical Sciences.
 2. Award for the paper presented in the "Original Papers" section, at the 48th National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, held between September 4-7, 2022, at Poiana Braşov.
- Scientific papers awarded by UEFSCDI - at national level
1. UEFSCDI PN-III-P1-1.1-PRECISI-2020-51034- Braha A., Timar B., Diaconu L., Lupuşoru R., Vasilută L., Sima A., Vlad A., Munteanu M., Albai A., Cipu D., Timar R. Dynamics of Epicardial Fat and Heart Function in Type 2 Diabetic Patients Initiated with SGLT-2 Inhibitors. *Diabetes Metab Syndr Obes.* 2019;12:2559-66.
 2. 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.
 3. UEFSCDI PN-III-P1-1.1-PRECISI-2021-60120- Braha A., Albai A., Timar R., Diaconu L., Vasilută 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

VOLUNTEERING

Peer reviewer

in: Journal of Personalized Medicine, International Journal of Environmental Research and Public Health, Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, Brain Sciences, International Journal of Molecular Sciences, Acta Endocrinology, Medicina, Frontiers in Clinical Diabetes and Healthcare, International Journal of General Medicine, Children, Applied Sciences, Cardiovascular diabetology, Acta Endocrinology, Nutrients, Cancers, Genes, Plos One

- 100 certified reviews, of which 41 invited open-publisher

Link: https://www.mdpi.com/journal/medicina/special_issues/500H377N55

JOB RELATED SKILLS

[2018 – 2020]

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

EXPERT EVALUATOR

Expert evaluator of national grants/projects

1. Romanian National Evaluation „ Programul national pentru Reducerea Abandonului Școlar (PNRAS)– runda 1 – 2022” Certificat no: D-2200-013M-5193
2. PNRR - DOTARI-2023 - Dotarea cu mobilier, materiale didactice și digitale a unităților de învățământ preuniversitar și a unităților conexe 2023 Certificat no: D-2400-046R-0076

COMMUNICATION AND INTERPERSONAL SKILLS

Language skills

- **English** LISTENING C1 READING C1 WRITING C1 SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1