

## PERSONAL INFORMATION

## Laura Haidar

📍 14 Tudor Vladimirescu, Timișoara, postal code 300173, Romania

☎ +4 0722870159

✉ [haidar.laura@umft.ro](mailto:haidar.laura@umft.ro)

🌐 <https://orcid.org/0000-0002-5703-2578>

## PROFESSIONAL ACTIVITY

**Senior Consultant Physician in Allergology and Clinical Immunology**

Louis Turcanu Children's Emergency Clinical Hospital ( <https://www.spital-copii-timisoara.info/> )

Clinical activity in allergology and clinical immunology

▪ Health services (prevention, diagnosis, treatment, patient rehabilitation) – clinical integration

Type or sector of activity Health

**Associate Professor, Department of Physiology**

Victor Babeș University of Medicine and Pharmacy Timișoara, Department III Functional Sciences, Physiology Discipline ( <https://www.umft.ro/> )

▪ Organizing and supporting courses and practical work, developing and applying new teaching and assessment methodologies, evaluating student activity and progress

Type or sector of activity Education

## EDUCATION AND TRAINING

2024

**Senior Consultant Physician in Allergology and Clinical Immunology**

"Pius Brînzeu" County Emergency Clinical Hospital, Timișoara

2013

**Specialist in Allergology and Clinical Immunology**

"Pius Brînzeu" County Emergency Clinical Hospital, Timișoara

2012

**Doctor of Medicine**

Victor Babeș University of Medicine and Pharmacy Timișoara

2008

**Medical doctor**

Victor Babeș University of Medicine and Pharmacy Timișoara

2002

**Assistant programmer**

Grigore Moisil High School Timisoara

## ADDITIONAL INFORMATION

### Other activities

Working group coordinator in the Society of Allergology and Clinical Immunology (SRAIC) (October 2025 – present)  
 Secretary of the Allergology and Clinical Immunology Commission of the Romanian College of Physicians (March 2022 – present)  
 Associate Editor, *Alergologia* magazine – magazine of the Romanian Society of Allergology and Clinical Immunology (October 2021 – December 2025)  
 Secretary of the Allergology and Clinical Immunology Commission of the Ministry of Health of Romania (February 2022 – May 2023)

### Published books

1. Panaitescu C, Tănăsie G, Tatu C, Nistor D, Haidar L, Georgescu M, Pătrașcu R, Mărgineanu B, Calma C, Goția L, Cotarcă M, Tamaș P, Zimbru E, Zimbru R, Tîrziu A. *Fiziologie umană*, vol. II. Editura Eurostampa Timișoara, 2025, ISBN 978-606-32-1504-9
2. Panaitescu C, Tatu C, Tănăsie G, Nistor D, Haidar L, Georgescu M, Tamaș P, Tîrziu A. *Fiziologie umană*, vol. I. Editura Eurostampa Timișoara, 2024, ISBN 978-606-32-1505-6
3. Motoc C, Vaida MA, Pușcașiu D, Jianu A, Haidar L. *Biologie -Teste pentru concursul de admitere*. Editura Victor Babeș Timișoara 2023, ISBN 978-606-786-011-5
4. Jesús Miguel García-Menaya. *The Dangers of Allergic Asthma*. Chapter 7: Severe Asthma, Ed. Nova Science Publishers, 2023. doi: 10.52305/HAUY8575, ISBN: 979-8-88697-553-6
5. Walter F. Boron, Emile L. Boulpaep. *Fiziologie medicală*. Capitolul 35: Transportul sodiului și clorului. Coordonator ediție în limba română: Leon G. Zagrean. Ed. Hipocrate, 2017, ISBN 978-973-883-723-2
6. Panaitescu C, Nistor D, Tanasie G, Tatu C, Marusciac L, Plesca D, Gotia L, Gherbon A, Cernescu L, Groza S, Ciurariu E, Cotarca M, Georgescu M, Tamaș P, Calma C, Crîsnic D, Harich O. *Fiziologie umană, Lucrări practice: cardiovascular, respirator, endocrin, sistem nervos*. Editura Eurostampa, Timișoara 2017. ISBN 978-606-32-0427-2
7. Panaitescu C, Tatu C, Nistor D, Tănăsie G, Cotarcă M, Ciurariu E, Marusciac L, Groza S, Geoergescu M, Cernescu L, Calma C, Gherbon A. *Fiziologie umană, Lucrări practice: fiziologie generală, digestiv, sânge, renal*. Editura Eurostampa, Timișoara 2017. ISBN 978-606-32-0355-8.
8. Șișu A, Raica M, Bolintineanu S, Cîmpean A, Panaitescu C, Tatu C, Marusciac L, Tamaș P, Dema A, Cornea R, Derban M, Văduva A, Viță O, Andor M, Cotarcă M, Muntean D, Dănilă M, Duicu O, Lighezan D, Moțoi S, Bîrsășteanu F. *Cordul de la funcție la disfuncție – școala de vară*. Editura Victor Babeș, Timișoara 2016, ISBN 978-606-786-011-5.

### citations

Web of Science: citations 209, h-index 8  
 Google Scholar: citations 270, h-index 8

### Full-length articles published in ISI indexed journals

1. Zimbru EL, Zimbru RI, Bojin FM, Chiriac SD, **Haidar L** \*, Andor M, Tănăsie G, Tatu C, Georgescu M, Uța C, Bănărescu CF, Groza S, Panaitescu C. Microbiota-Driven Immune Dysregulation Along the Gut–Lung–Vascular Axis in Asthma and Atherosclerosis. *Biomedicine*. 2026; 14(1):73. <https://doi.org/10.3390/biomedicine14010073>
2. Panaitescu C, **Haidar L** , Buzan MR, Zimbru RI, Iovin VC, Zimbru EL, Lăcuițeanu A, Agache I. Endotype-driven decisions in choosing a biologic for airway diseases. *Front. Allergy* 2026; 6:1754173. doi: 10.3389/falgy.2025.1754173
3. **Haidar L** , Bănărescu CF, Uța C, Zimbru EL, Zimbru RI, Tîrziu A, Pătrașcu R, Șerb AF, Georgescu M, Nistor D, Panaitescu C. Beyond the Skin: Exploring the Gut–Skin Axis in Chronic Spontaneous Urticaria and Other Inflammatory Skin Diseases. *Biomedicine*. 2025; 13(8):2014. doi: 10.3390/biomedicine13082014
4. Zimbru RI, Zimbru EL, Bojin FM, **Haidar L** , Andor M, Harich OO, Tănăsie G, Tatu C, Mailat DE, Zbîrcea IM, Hirtie B, Uța C, Bănărescu CF, Panaitescu C. Connecting the Dots: How MicroRNAs Link Asthma and Atherosclerosis. *International Journal of Molecular Sciences*. 2025; 26(8):3570. doi: 10.3390/ijms26083570
5. Zimbru RI, Grijincu M, Tănăsie G, Zimbru EL, Bojin FM, Buzan RM, Tamaș TP, Cotarcă MD, Harich OO, Pătrașcu R, **Haidar L** , Ciurariu E, Marin KC, Păunescu V, Panaitescu C. Breaking Barriers: The Detrimental Effects of Combined Ragweed and House Dust Mite Allergen Extract Exposure on the Bronchial Epithelium. *Applied Sciences*. 2025; 15(8):4113. doi: 10.3390/app15084113
6. **Haidar L** , Bănărescu CF, Uța C, Moldovan SI, Zimbru EL, Zimbru RI, Ciurariu E, Georgescu M, Panaitescu C. Pollen–Food Allergy Syndrome: Allergens, Clinical Insights, Diagnostic and Therapeutic Challenges. *Applied Sciences*. 2025; 15(1):66. doi: 10.3390/app15010066
7. Zimbru EL, Zimbru RI, Ordodi VL, Bojin FM, Crîsnic D, Andor M, Mirica SN, Huțu I, Tănăsie G,

- Haidar L\***, Nistor D, Velcean L, Păunescu V, Panaitescu C. Rosuvastatin Attenuates Vascular Dysfunction Induced by High-Fructose Diets and Allergic Asthma in Rats. *Nutrients*. 2024 Nov 28;16(23):4104. two: 10.3390/nu16234104.
8. **Haidar L**, Bălțeanu MA, Georgescu M, Drăghici GA, Laza EA, Șerb AF, Cioboată R. Smoking and Health Profiles of Hypertensive Patients with COVID-19: An Exploratory Study of Key Physiological Markers. *J Clin Med*. 2024 Nov 28;13(23):7245. doi: 10.3390/jcm13237245.
  9. Uța C, Tîrziu A, Zimbru EL, Zimbru RI, Georgescu M, **Haidar L\***, Panaitescu C. Alloimmune Causes of Recurrent Pregnancy Loss: Cellular Mechanisms and Overview of Therapeutic Approaches. *Medicina (Kaunas)*. 2024 Nov 19;60(11):1896. doi: 10.3390/medicina60111896.
  10. Zimbru RI, Zimbru EL, Ordodi VL, Bojin FM, Crîsnic D, Grijincu M, Mirica SN, Tănăsie G, Georgescu M, Huțu I, **Haidar L\***, Păunescu V, Panaitescu C. The Impact of High-Fructose Diet and Co-Sensitization to House Dust Mites and Ragweed Pollen on the Modulation of Airway Reactivity and Serum Biomarkers in Rats. *Int J Mol Sci*. 2024 Aug 15;25(16):8868. doi: 10.3390/ijms25168868.
  11. Zbîrcea LE, Buzan MR, Grijincu M, Cotarcă MD, Tamaș TP, **Haidar L**, Tănăsie G, Huțu I, Babaev E, Stolz F, Valenta R, Păunescu V, Panaitescu C, Chen KW. Heterogenous Induction of Blocking Antibodies against Ragweed Allergen Molecules by Allergen Extract-Based Immunotherapy Vaccines. *Vaccines (Basel)*. 2024 Jun 7;12(6):635. doi: 10.3390/vaccines12060635.
  12. Buzan MR, Grijincu M, Zbîrcea LE, **Haidar L**, Tamaș TP, Cotarcă MD, Tănăsie G, Weber M, Babaev E, Stolz F, Valenta R, Păunescu V, Panaitescu C, Chen KW. Insect Cell-Expressed Major Ragweed Allergen Amb a 1.01 Exhibits Similar Allergenic Properties to Its Natural Counterpart from Common Ragweed Pollen. *Int J Mol Sci*. 2024 May 9;25(10):5175. doi: 10.3390/ijms25105175.
  13. **Haidar L**, Georgescu M, Drăghici GA, Bănățean-Dunea I, Nica DV, Șerb AF. DNA Methylation Machinery in Gastropod Mollusks. *Life (Basel)*. 2024 Apr 22;14(4):537. doi: 10.3390/life14040537.
  14. Bumbacea RS, Boustani R, Panaitescu C, **Haidar L**, Buzan MR, Bumbacea D, Laculiceanu A, Cojanu C, Spanu D, Agache I. Mechanisms of allergen immunotherapy supporting its disease-modifying effect. *Immunotherapy*. 2022 Jun;14(8):627-638. two: 10.2217/imt-2021-0325.
  15. Panaitescu C, **Haidar L**, Buzan MR, Grijincu M, Spanu DE, Cojanu C, Laculiceanu A, Bumbacea R, Agache I. Precision medicine in the allergy clinic: the application of component resolved diagnosis. *Expert Rev Clin Immunol*. 2022 Feb;18(2):145-162. two: 10.1080/1744666X.2022.2034501.
  16. Mocanu V, Bhagwani D, Sharma A, Borza C, Rosca CI, Stelian M, Bhagwani S, **Haidar L**, Kshtriya L, Kundnani NR, Horhat FR, Horhat R. COVID-19 and the Human Eye: Conjunctivitis, a Lone COVID-19 Finding - A Case-Control Study. *Med Princ Pract*. 2022;31(1):66-73. two: 10.1159/000521808.
  17. Georgescu M, **Haidar L\***, Șerb AF, Puscasiu D, Georgescu D. Mathematical Modeling of Brain Activity under Specific Auditory Stimulation. *Comput Math Methods Med*. 2021 Apr 21;2021:6676681. two: 10.1155/2021/6676681.
  18. **Haidar L**, Tamas TP, Stolz F, Patrascu RFP, Chen KW, Panaitescu C. Symptom patterns and comparison of diagnostic methods in ragweed pollen allergy. *Exp Ther Med*. 2021 May;21(5):525. two: 10.3892/etm.2021.9957.
  19. Cernescu LD, **Haidar L\***, Panaitescu C. Dendritic cell-CD4+ T cell interaction: The differential role of IL-4/IL-13 in serum IgE levels in house dust mite allergic patients. *Exp Ther Med*. 2021 Jan;21(1):95. two: 10.3892/etm.2020.9527.
  20. Chen KW, **Marusciac L**, Tamas PT, Valenta R, Panaitescu C. Ragweed pollen allergy: burden, characteristics, and management of an imported allergen source in Europe. *Int Arch Allergy Immunol*. 2018;176(3-4):163-180. two: 10.1159/000487997.
  21. Tatu CS, Panaitescu C, **Marusciac L**, Sisu AM, Cristea M, Pușcașiu DA, Tănăsie G. Adhesion and Secretory Profile of Mesenchymal Stem Cells Upon Contact with Some Biomaterials. *Rev Chim*. 2017, 68(9):2079-2082. doi: 10.37358/RC.17.9.5827.
  22. Tatu RF, Anusca DN, Groza SS, **Marusciac L**, Bojin FM, Tatu C, Hurmuz M, Paunescu V. Morphological and functional characterization of femoral head drilling-derived mesenchymal stem cells. *Rom J Morphol Embryol*. 2014;55(4):1415-22.
  23. Tatu C, Groza S, Tatu FR, Bojin FM, **Marusciac L**, Gavriluc O, Hurmuz M, Cean A, Paunescu V, Tanasie G. In vivo Functional Studies of Human Adult Mesenchymal Stem Cells Migration towards Inflammatory Lesions after Transfection with CD29 Specific siRNA in Mouse Models. *Romanian Biotechnological Letters* 2015, 20(6): 11057-11066.