

INFORMATIONS  
PERSONNELLES

## Avram Vlad Florian

Timisoara, Roumanie

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Sexe M | Date de naissance 22/04/1991 | Nationalité roumaine

EXPÉRIENCE  
PROFESSIONNELLE

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- |              |                                                                                                                                                                                                                          |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2023-présent | Médecin spécialiste en diabétologie, nutrition et maladies métaboliques in “Pius Brînzeu” Emergency County Hospital Timișoara – Diabetes, Nutrition and Metabolic Diseases Clinic                                        |
| 2024-présent | Maître de conférences Department of Internal Medicine II- Diabetes, Nutrition and Metabolic Diseases                                                                                                                     |
| 2019-2023    | Assistant universitaire, Department of Internal Medicine - Diabetes, Nutrition and Metabolic Diseases                                                                                                                    |
| 2022-présent | Médecin spécialiste en diabétologie, nutrition et maladies métaboliques                                                                                                                                                  |
| 2017-2021    | Médecin résident en diabétologie, nutrition et maladies métaboliques                                                                                                                                                     |
| 2017-2019    | Assistant universitaire, Physiopathologie, Department III Sciences fonctionnelles                                                                                                                                        |
| 2013-2016    | Tuteur étudiant in the Physiopathologie travaux pratiques of “Victor Babeș” University of Medicine and Pharmacy in Timișoara<br>Certificate n°: 1 din 24/06/2016<br>According to volunteer contract n°. 16584/28.12.2015 |

## ÉDUCATION ET FORMATION

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- |      |                                                                                                                                                                                                                                         |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2018 | Programme de psychopédagogie – Level I<br>Programme de psychopédagogie – Level II<br>„Universitatea de Vest” Timișoara, Timișoara, România                                                                                              |
| 2021 | <b>Doctorat (PhD)</b><br>“Victor Babeș” University of Medicine and Pharmacy in Timișoara, Timișoara, Roumanie<br><br><b>Docteur en médecine</b><br>“Victor Babeș” University of Medicine and Pharmacy in Timișoara, Timișoara, Roumanie |

- 2010-2016 Moyenne de fin d'études: 9,34  
Note à l'examen de licence: 9,86  
  
Diplôme de baccalauréat, série Y, n° 0145310  
Colegiul Național "Decebal" Deva
- 2006-2010 Moyenne de fin d'études: 9,87  
  
Cambridge ESOL Level 2 Certificate in ESOL International  
Certificate in Advanced English
- 2008 Niveau du Conseil de l'Europe C1  
Référence 086RO0035039  
Accréditation 500/2598/3

COMPÉTENCES  
PERSONNELLES

- Compétences en communication
- Collaboration, communication et compétences pédagogiques ;
  - Esprit d'organisation et esprit d'équipe ;
  - Ponctualité, sérieux, discipline et intégrité.

Langue maternelle Roumain

Autres langues

	COMPRÉHENSION		EXPRESSION ORALE		ÉCRITURE
	Écoute	Lecture	Interaction	Production orale	
English	C1	C1	C1	C1	C1
Cambridge ESOL Level 2 Certificate in ESOL International					
German	A1	A1	A1	A1	A1

Niveaux : A1/A2 (utilisateur élémentaire) – B1/B2 (utilisateur indépendant) – C1/C2 (utilisateur expérimenté)  
Cadre européen commun de référence pour les langues

- Compétences organisationnelles /  
managériales
- Leadership ;
  - Esprit d'organisation et esprit d'équipe.

Compétences pédagogiques	<p>Programme de psychopédagogie – Level II, „Universitatea de Vest” Timișoara, juillet 2018</p> <p>Programme de psychopédagogie – Level II, „Universitatea de Vest” Timișoara, février 2018</p> <ul style="list-style-type: none"><li>▪ Enseignement en tant qu’assistant universitaire en diabétologie, nutrition et maladies métaboliques à l’Université de Médecine et Pharmacie « Victor Babeș » de Timișoara septembre 2019 – présent</li><li>▪ Enseignement en tant qu’assistant universitaire en physiopathologie à l’Université de Médecine et Pharmacie « Victor Babeș » de Timișoara septembre 2017 – 2019</li><li>▪ Enseignement en tant qu’enseignant associé en physiopathologie à l’Université de Médecine et Pharmacie « Victor Babeș » de Timișoara janvier – juin 2017</li><li>▪ Activité de tutorat étudiant en physiopathologie à l’Université de Médecine et Pharmacie « Victor Babeș » de Timișoara 2013 – 2016</li><li>▪ Participation active au Cercle scientifique de physiopathologie de l’Université de Médecine et Pharmacie « Victor Babeș » de Timișoara 2012 – 2013</li></ul>
Compétences numériques	Certificate ECDL Complet série RO 046499
Permis de conduire	Catégorie B

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INFORMATIONS  
COMPLÉMENTAIRES

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## 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., Bina 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 – intervenant - 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  
Cursul ID World Diabetes Congress decembrie 2022, Lisabona – Poster - Underutilization of Statin Therapy in Type 1 Diabetes Mellitus, a Troubling Reality - Abstract n°: LI2022-0814
4. Al 48-lea Congres Național al Societății Române de Diabet, Nutriție și Boli Metabolice, en ligne, septembrie 2022 – în calitate de intervenant - Metabolismul Energetic Celular și Controlul Glicemic
5. Conferința ARSO 30, martie 2022 – UPDATE ÎN OBEZITATE – intervenant - 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", en tant qu'intervenant, en ligne, 08-10 juillet 2021
8. Al 47-lea Congres Național al Societății Române de Diabet, Nutriție și Boli Metabolice, en ligne, 19-25 mai 2021 – en tant qu'intervenant
9. Timișoara Inspo Advanced Research, Timișoara 19th of mars 2021 – en tant qu'intervenant
10. Practical course of insulinotherapy, en ligne, 17, 24, 25 février 2021
11. ARSO conference – Obezitatea în contextul actual, en ligne, 3-5 décembre 2020
12. Al 7-lea Congres Național de Diabet, Nutriție și Endocrinologie Pediatrică, en ligne, 18-21 novembre 2020
13. Al 13-lea Congres Național al Societății Române de Fiziologie, Târgu Mureș 22-24 octombrie 2020
14. 56th EASD (European Association for the Study of Diabetes) Annual Meeting, en ligne: 21-25 septembre 2020
15. Al 46-lea Congres Național al Societății Române de Diabet, Nutriție și Boli Metabolice, 2-8 septembre 2020
16. Curs practic on-line: Controlul Diabetului de tip 1 în practica medicală zilnică 09-11 juin 2020
17. Practical Course of Insulin Therapy, București, 17-18 février 2020
18. Zilele Universității de Medicină și Farmacie "Victor Babeș" Timișoara, 10-13 Decembrie 2019, intervenant 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 octombrie 2019, en tant qu'intervenant
20. 55th EASD (European Association for the Study of Diabetes) Annual Meeting, Barcelona: 16-20 septembre 2019
21. Viitorul în diabet și bolile asociate - Forumul Științific Național al Tinerilor, Cluj-Napoca, 11-13 juillet 2019 en tant qu'intervenant
22. Al 45-lea Congres Național al Societății Române de Diabet, Nutriție și Boli Metabolice, Sibiu, 22-25 mai 2019 – 1er prix in the "Original works" session
23. "Al 6-lea Congres National de Diabet, Nutritie si Endocrinologie Pediatrica – cu participare internationala", Timisoara, 11-13 avril 2019
24. Utilizarea tehnologiei în îngrijirea diabetului zaharat tip 1: Pompa de insulină și senzorii de glicemie, Timișoara, 14-15 décembre 2018
25. Zilele Universității de Medicină și Farmacie "Victor Babeș" Timișoara, 12 décembre 2018 – Premiul III la sesiunea de postere
26. EAS Advanced Course on Clinical Excellence in Lipidology, București, 21-23 novembre 2018
27. Al 16-lea Congres al Federației Române de Diabet, Nutriție și Boli Metabolice, Cluj-Napoca, 07-09 novembre 2018 – en tant qu'intervenant
28. 54th EAST (European Association for the Study of Diabetes) Annual Meeting, Berlin: 02-05 octombrie 2018
29. Mip2018/MitoEAGLE conference, 18-21 septembre 2018, Jurmala, Letonia
30. Congresul "YoungDiab 2018 – Viitorul în diabet și bolile asociate" en tant qu'intervenant, Cluj-Napoca, 12-14 juillet 2018
31. Congresul Național al Societății Române de Diabet, Nutriție și Boli Metabolice, Poiana Brasov, 23-26 mai 2018,
32. "Al 5-lea Congres National de Diabet, Nutritie si Endocrinologie Pediatrica – cu participare internationala", Timisoara, 26-28 avril 2018
33. Simpozionul „Diabet, sindrom metabolic și alte boli legate de nutriție” en tant qu'intervenant, Timișoara, 18 november 2017
34. Al 15-lea Congres al Federației Române de Diabet, Nutriție și Boli Metabolice, Sibiu, 8-11 november 2017
35. 53<sup>rd</sup> 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. 51<sup>st</sup> 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. Prima Conferință Regională de Vest cu participare internațională CRV MF 2015, Timișoara: 08-09 octombrie 2015

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

**Sociétés savantes**

## Nationales :

SRFP (Societatea Română de Fiziopatologie): 2017-présent  
SRDNBM (Societatea Română de Diabet, Nutriție și Boli Metabolice): 2017-présent

## Internationales :

EASD (European Association for the Study of Diabetes): 2015-présent

**Prix et distinctions**

1. 1er prix in the „Original works” for “Statin Induced Mitochondrial Dysfunction in Intact Human Platelets” at the 45th National Congres of the Roumain Society of Diabetes Nutrition and Metabolic Diseases, Nutriție și Boli Metabolice, Sibiu, 22-25 mai 2019
2. 3e prix for the poster “Beneficial Effects of Cell-Permeable Succinate Against Statin-Induced Mitochondrial Dysfunction in Human Platelets”, at the Journées de l’Université of the University of Medicine and Pharmacy “Victor Babeș” in Timișoara 12 décembre 2018
3. Prix du meilleur poster, for the poster “The Tutoring Experience as Part of Student Centered Education”, Roumain-Hungarian Medical days, Timișoara & Szeged: 15-17 avril 2015
4. 1er prix 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 mars 2014
5. 2e prix for the posterl “Integrating a Major Syndrome: The Whys and the Hows of Heart Failure from Physiopathologie, through Semiotics, towards Pharmacology” Timișoara Medical Education Days, “ Victor Babeș” Univerity of Medicine and Pharmacy in Timișoara , Timișoara: 15-17 avril 2013