

PERSONAL  
INFORMATION

Cristina Vacarescu, MD, PhD



   


WORK EXPERIENCE

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01/2024 – Present

**Senior Cardiology Physician**

Institute of Cardiovascular Diseases Timisoara

09/2024 – Present

**University Lecturer**

Department of CARDIOLOGY, University of Medicine and Pharmacy “Victor Babeş”, Timișoara

10/2018 – 09/2024

**University Assistant**

Department of CARDIOLOGY, University of Medicine and Pharmacy “Victor Babeş”, Timișoara

01/2019 – 12/2023

**Cardiology Specialist Physician**

Institute of Cardiovascular Diseases Timisoara

01/2014 – 12/2018

**Cardiology Resident Physician**

Institute of Cardiovascular Diseases Timisoara

EDUCATION AND  
TRAINING

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10/2019

PhD diploma “**Summa cum laude**”

University of Medicine and Pharmacy “Victor Babeş”, Timisoara (Romania)

Thesis: „Dual chamber LV only fusion pacing CRT without right ventricle lead in patients with normal atrioventricular conduction”

- 05/2021 National Certification in Interventional Cardiac Electrophysiology
- 11/2020 National Certification in Transesophageal Echocardiography
- 06/2019 National Certification in Implantable Cardiac Pacemakers and Defibrillators
- 03/2018 EHRA Certification in Cardiac Device Specialist  
(European Certification)
- 2007–2013 Bachelor of Medicine  
University of Medicine and Pharmacy “Victor Babes”, Timisoara (Romania)  
General Medicine
- 2003 – 2007 "General Dragalina" Theoretical High School, Oravita (Caras-Severin)

PERSONAL SKILLS

Mother tongue(s) Romanian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C1	C1
French	B2	B2	B2	B2	B1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user

Common European Framework of Reference for Languages

Communication skills Good communication skills - Head of Residents (between 2017-2018, responsibilities in organizing and coordinating various educational and administrative activities within the Institute of Cardiovascular Diseases Timisoara).

Organisational / managerial skills

- Team spirit, managerial skills - founding member of the Students' Association SMURD Timisoara
- Good organizational skills - secretary of the commission in various national exams (cardiology exams, certification exam in pacing and implantable cardiac defibrillators)

Skills acquired at the workplace Competence in general echocardiography (2018)  
Timișoara Institute of Cardiovascular Diseases

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Proficient user	Independent user	Independent user	Independent user	Independent user

Digital skills - Self-assessment grid

Driving licence B

ADDITIONAL INFORMATION

- Publications
  - **Văcărescu C**, Cozma D, Crișan S, Gaiță D, Anutoni DD, Margan MM, Faur-Grigori AA, Roteliuc R, Luca SA, Lazăr MA, Pătru O, Cirin L, Baneu P, Luca CT. Left Atrium Reverse Remodeling in Fusion CRT Pacing: Implications in Cardiac Resynchronization Response and Atrial Fibrillation Incidence. *J Clin Med*. 2024 Aug 15;13(16):4814.
  - **Cristina Vacarescu**, Dragos Cozma, Lucian Petrescu, Simona Dragan, Cristian Mornos, Simina Crisan, Horea Feier, Mihai-Andrei Lazar, Ramona-Alina Cozlac, Constantin-Tudor Luca. Exercise test is essential in LV only fusion CRT pacing without RV lead. *Clinical Interventions in Aging* 2019:14 969–975
  - **Vacarescu C**, Luca CT, Feier H, Gaiță D, Crișan S, Negru AG, Iurciuc S, Goanță EV, Mornos C, Lazăr MA, Streian CG, Arnăutu DA, Turi VR, Cozma D. Betablockers and Ivabradine Titration According to Exercise Test in LV Only Fusion CRT Pacing. *Diagnostics (Basel)*. 2022 Apr 27;12(5):1096.
  - Crișan S, Băghină RM, Luca S, Pătru O, Lazăr MA, **Văcărescu C**, Rus M, Cozma D, Gaiță D, Luca CT. From ECG to Imaging: Challenges in the Diagnosis of Adult Congenital Heart Diseases. *J Clin Med*. 2024 Aug 18;13(16):4865. doi: 10.3390/jcm13164865. PMID: 39201011; PMCID: PMC11355218. FI =3
  - Cozgarea A, Cozma D, Teodoru M, Lazăr-Höcher AI, Cirin L, Faur-Grigori AA, Lazăr MA, Crișan S, Gaiță D, Luca CT, **Văcărescu C**. Heart Rate Recovery: Up to Date in Heart Failure-A Literature Review. *J Clin Med*. 2024 Jun 5;13(11):3328. doi: 10.3390/jcm13113328. PMID: 38893039; PMCID: PMC11173322. FI = 3
  - Lazăr-Höcher AI, Cozma D, Cirin L, Cozgarea A, Faur-Grigori AA, Catană R, Tudose DG, Târtea G, Crișan S, Gaiță D, Luca CT, **Văcărescu C**. A Comparative Analysis of Apical Rocking and Septal Flash: Two Views of the Same Systole? *J Clin Med*. 2024 May 25;13(11):3109. doi: 10.3390/jcm13113109. PMID: 38892820; PMCID: PMC11172686.FI = 3

- Baneu, P.; **Văcărescu, C.**; Drăgan, S.-R.; Cirin, L.; Lazăr-Höcher, A.-I.; Cozgarea, A.; Faur-Grigori, A.-A.; Crișan, S.; Gaiță, D.; Luca, C.-T.; et al. The Triglyceride/HDL Ratio as a Surrogate Biomarker for Insulin Resistance. *Biomedicines* **2024**, *12*, 1493.

<https://doi.org/10.3390/biomedicines12071493> IF = 3.9

- Rachieru C, Luca CT, **Văcărescu C\***, Petrescu L, Cirin L, Cozma D. Future Perspectives to Improve CHA<sub>2</sub>DS<sub>2</sub>VASc Score: The Role of Left Atrium Remodelling, Inflammation and Genetics in Anticoagulation of Atrial Fibrillation. *Clin Interv Aging*. 2023 Oct 18;18:1737-1748.
- Goanță EV, Luca CT, **Vacarescu C\***, Crișan S\*, Petrescu L, Vatașescu R, Lazăr MA, Gurgu A, Turi VR, Cozma D. Nonischemic Super-Responders in Fusion CRT Pacing with Normal Atrioventricular Conduction. *Diagnostics (Basel)*. 2022 Aug 23;12(9):2032. eISSN:2075-4418 doi:10.3390/diagnostics12092032. WOS:000858130100001 FI = 3.6
- Dragos Cozma, **Cristina Vacarescu**, Lucian Petrescu, Cristian Mornos, Emilia Goanta, Horea Feier, Constantin Tudor Luca, Gabriel Gusetu, Radu Vatașescu. CRT Pacing: Midterm Follow-Up in LV Only Pacing without RV Lead in Patients with Normal AV Conduction, *J. Clin. Med.* 2018, *7*(12), 531;
- Back to sinus rhythm from atrial flutter or fibrillation: dabigatran is safe without transesophageal control. Dragos Cozma, Caius G. Streian, **Cristina Vacarescu**, Cristian Mornos, *Kardiologia Polska*, 2015 Oct 27. ISSN: 0022-9032 doi: 10.5603/KP.a2015.0209.
- Cardioversion of symptomatic persistent atrial fibrillation in patients with left atrium dilatation: how far should we go? **Cristina Vacarescu**, Lucian Petrescu, Cristian Mornos, Emilia-Violeta Goanta, Simina Crisan, Miruna Ocos, Mihai-Andrei Lazar, Oana Patru, Ramona-Alina Cozlac, Dragos Cozma, *Romanian Journal of Cardiology*, Vol. 27, ISSN: 1583-2996, No. 4/2017, Pag 507-511
- A case of CRT super-responder using fusion pacing without right ventricular lead: a 5 year follow-up. **Cristina Văcărescu**, Lucian Petrescu, Emilia-Violeta Goanță, Simina Crisan, Cristian Mornos, Mihai Andrei Lazar, Oana Patru, Dragos Cozma. *Romanian Journal of Cardiology*, Vol. 26, ISSN: 1583-2996, No. 2/2016, Pag 176-180
- Mid-term follow-up in a patient with left ventricular noncompactation cardiomyopathy and CRTD. **Cristina Văcărescu**, Cristian Mornoș, Emilia-Violeta Goanță, Tiberiu Ruhmann, Dragoș Cozma, *Romanian Journal of Cardiology*, Vol. 25, ISSN: 1583-2996, No. 3/2015.

International congresses  
– active participation as a  
FIRST AUTHOR

- European Congress of Cardiology ESC 2017 – "Double chamber CRT pacing using only right atrium/left ventricle leads in patients without ischemic etiology and normal AV conduction"
- European Congress of Arrhythmology EHRA 2017 - "CRT pacing : Midterm

follow-up in LV only pacing without RV lead in patients with normal AV conduction"

- European Congress of Arrhythmology EHRA 2018 – "CRT follow-up in LV only pacing without RV lead: exercise test is essential" (*oral presentation*)
- European Congress of Arrhythmology EHRA 2019 - "Super-responders predictors in LV only fusion pacing CRT without RV lead"
- European Heart Failure Congress HeartFailure 2019 - "LV only fusion pacing CRT without RV lead: clinical and echocardiographic characteristics of super-response"
- EuroEcho 2019 European Imaging Congress – "LV only fusion pacing CRT without RV lead induces size and shape LA reverse remodelling" (*oral presentation*)
- European Congress of Arrhythmias EHRA 2020 –" Redefining first degree AV block: constant fusion pacing CRT is easier in longer PR interval patients"
- European Congress of Cardiology ESC 2020 – "AV delay optimisation in LV only CRT: constant fusion pacing is easier in patients with first degree AV block"
- European Heart Failure Congress HeartFailure 2022 – "Beta-blockers and ivabradine titration in HF patients with LV only fusion pacing CRT"
- European Cardiology Congress ESC 2022 – "Fusion CRT pacing: septal flash significance in super responder patients" (*oral presentation*)
- European Congress of Arrhythmology ESC 2023 – "Reducing radiation exposure and incision time in pacemakers implantation procedures using direct percutaneous axillary vein puncture"
- European Heart Failure Congress HeartFailure 2023 – "Real life changes in CRT optimization: a 10-year follow-up experience" (*oral presentation*)
- European Heart Failure Congress HeartFailure 2024 – "Fusion CRT pacing and LA reverse remodeling: the key for low incidence of atrial fibrillation in HF patients" (*oral presentation*)

#### National Congresses – invited speaker

- Cristina Văcărescu – Focal Atrial Tachycardia, Best of Ehra and Arrhythmia Working Group Meeting, Bucuresti, May 2024
- Cristina Văcărescu. Cardiac resynchronization therapy without RV lead: does it work? National Congress of Cardiology, Sinaia, September 21, 2023
- Cristina Văcărescu, Myocardial infarction from the perspective of the electrophysiologist, Conference "Problems in the diagnosis and treatment of acute myocardial infarction", Timișoara, March 23, 2023
- Cristina Văcărescu, Starting from an electrocardiogram: 4 seasons. National

Conference of Working Groups, Sibiu, May 16-18, 2019

- Cristina Văcărescu, Dragoș Cozma, Simina Crișan, Lucian Petrescu, Timisoara, "Permanent atrial fibrillation" and cardiometabolic syndrome - is there still room for cardiac resynchronization therapy? NefroCardia Conference, Timișoara, November 8, 2018
- Cristina Văcărescu, Left ventricle noncompaction, National Congress of Cardiology, Sinaia, September 2015

- Projects**
- Training Manager - Human Capital Operational Program (POCU) - **"Everything for your heart"**
  - Investigator - **Atrial Fibrillation General Long-Term Registry, EURObservational** Research Programme

- Certification**
- Postgraduate Psychopedagogical Training Program, 2020-2021, University of Agricultural Sciences and Veterinary Medicine, Timișoara
  - Cardiopulmonary Resuscitation Course - Advanced Life Support, Nr. 22 / 11.07.2014 (accredited by the Romanian National Resuscitation Council).

- Courses**
- Basic research techniques in cardiology & how to do sessions, July 6-7, 2009, Romanian-Hungarian Bilateral Cooperation, 2009, July 6-7, Timisoara
  - Complex Arrhythmia Ablation Workshop, 28.04.2017, Bucuresti
  - Introductory Course in Cardiac Imaging, 29.05.2014, Timisoara

- Memberships**
- Member of Romanian Society of Cardiology
  - Member of European Society of Cardiology and Young Cardiologist of Tomorrow
  - Member of European Heart Rhythm Association
  - Member of Heart Failure Association of the ESC
  - **Fellow of ESC (FESC)**