

PERSONAL INFORMATION

Zimbru Elena-Larisa



📍 Piața Eftimie Murgu Nr. 2, 300041, Timișoara

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Sex Female | Date of Birth 15/10/1994 | Nationality Romanian

PROFESSIONAL EXPERIENCE

2024 – present**Permanent Invitee to the University Senate**

Victor Babeș University of Medicine and Pharmacy, Timișoara, Romania

2021 - present**Assistant Lecturer – Physiology**

Department of Functional Sciences

Victor Babeș University of Medicine and Pharmacy, Timișoara, Romania

Teaching and research activities, Undergraduate medical education

2021 - 2025**Volunteer Physician**

Slovenski Med Medical Center, Timișoara, Romania

Sector: Healthcare

2020 – present**Resident Physician in Cardiology**

Institute of Cardiovascular Diseases, Timișoara, Romania

Clinical training and research activities

Sector: Healthcare

2021 – 2024**PhD Student Representative – Doctoral School Council (Medicine–Pharmacy)**

Victor Babeș University of Medicine and Pharmacy, Timișoara, Romania

EDUCATION AND TRAINING

2022 – 2023**Postgraduate Psycho-Pedagogical Training Program (Level I & II) (Medicine)**

Certification for Academic Teaching Profession

2020 – present**PhD Student (Doctoral Studies)**

Victor Babeș University of Medicine and Pharmacy, Timișoara

July 2018 – August 2018**Cardiology Clinical Internship**

CHU Timone Hospital, Marseille, France

Supervisor: Prof. Jean-Louis Bonnet

September 2017 – February 2018**Erasmus+ Mobility Program**

Aix-Marseille University, France

- Oncology - Prof. Florence DUFFAUD
- Otorhinolaryngology - Prof. Patrick DESSI
- Pediatrics - Prof. Brigitte CHABROL
- Pediatric Surgery - Prof. Thierry MERROT
- Hematology - Prof. Régis COSTELLO

2013 – 2019 University Student – General Medicine

Victor Babeş University of Medicine and Pharmacy, Timișoara

2009 – 2013 High School Student

National College “Constantin Diaconovici Loga”, Timișoara

▪ Mathematics–Informatics Profile

PERSONAL COMPETENCIES

Native Language Romanian

Foreign Languages	Listening	Reading	Speaking	Writing
English	C1	C1	C1	C1
Cambridge ESOL Level 1 Certificate in ESOL International - Council of Europe Level B2				
French	B2	B2	B2	B2
Language Competency Certificate – West University of Timișoara				

Common European Framework of Reference for Languages

Competencies:

- Adaptability to multicultural academic and clinical environments
- Organizational and communication skills developed through doctoral representation and scientific event coordination
- Experience in educational and healthcare volunteer programs

Digital Skills

- Computer Driving License (ECDL – Full Certification)
- Advanced IT user competencies

Driving License ▪ AM, B1, B

 ADDITIONAL INFORMATION

A. Grants

- Erasmus+ Study and Placement Scholarship, Marseille (2017–2018)
- Doctoral Research Grant No. 13570/01.10.2020, UMFVBT

B. Professional Memberships

- Romanian Society of Cardiology
- Romanian Society of Physiology
- Romanian Society of Allergology and Clinical Immunology
- Doctoral Students Association IOSUD-UMFVBT
- Former member – European Medical Students' Association (EMSA)

C. Awards

1. **First Prize, MEDIS International Congress 2019:** The XXIInd International Congress for Medical Students and Young Doctors "MEDIS Timișoara 2019"- "One pathology, two cases - Cardiac involvement in Fabry Disease", Author: Elena-Larisa ZBÎRCEA (ZIMBRU), Co-Authors: Flavia GOANȚĂ MD, Răzvan Ionuț ZIMBRU Coordinator: Adina IONAC MD PhD;
2. **Mention:** UMFVBT Days 2019 – "IMMUNOTHERAPY: PURSUING IMMUNOLOGIC TOLERANCE IN ALLERGIC PATIENTS", Author: Răzvan Ionuț ZIMBRU, Co-Authors: Carmen PANAITESCU; **Elena-Larisa ZIMBRU (ZBIRCEA)**, Paul T. TĂMAȘ.
3. **Mention :** The XIXth International Congress for Medical Students and Young Doctors "MEDIS Timișoara 2016" - "Pediatric Obstructive Sleep Apnea – Case report", Author: **Elena-Larisa ZBÎRCEA (ZIMBRU)**, Co-Authors: Răzvan Ionuț ZIMBRU, Cristina MOTȚ, Scientific Coordinator: Ioana CIUCĂ - MD, Gabriela DUȚĂ - MD, Liviu POP MD

D. Books

1. C. Panaitescu, G. Tănăsie, C. Tatu, D. Nistor, L. Haidar, M. Georgescu, R. Pătrașcu, B. Mărgineanu, C. Calma, L. Goția, M. Cotarcă, **E. Zimbru**, E. Ciurariu, A. Tîrziu. Fiziologie umană Volumul II, ISBN 978-606-32-1525-4. Editura Eurostampa, Timișoara, 2025.
2. Minodora Andor, **Elena Zimbru**. Sémiologie médicale: stage pratique Vol. I, ISBN 978-606-786-191-4, www.umft.ro/editura, Timișoara: Editura Victor Babeș, 2020.
3. Minodora Andor, **Elena Zimbru**. Sémiologie médicale: stage pratique Vol. II, ISBN 978-606-786-192-1, www.umft.ro/editura, Timișoara: Editura Victor Babeș, 2020.

E. Scientific Publications

1. Panaitescu C, Haidar L, Buzan M-R, Zimbru RI, Iovin V-C, **Zimbru E-L**, Lăculiceanu A and Agache I (2026) Endotype-driven decisions in choosing a biologic for airway diseases. *Front. Allergy* 6:1754173. doi: 10.3389/falgy.2025.1754173
2. Haidar, L.; Bănărescu, C.F.; Uța, C.; **Zimbru, E.-L.**; Zimbru, R.-I.; Tîrziu, A.; Pătrașcu, R.; Șerb, A.-F.; Georgescu, M.; Nistor, D.; et al. Beyond the Skin: Exploring the Gut–Skin Axis in Chronic Spontaneous Urticaria and Other Inflammatory Skin Diseases. *Biomedicines* **2025**, *13*,2014. <https://doi.org/10.3390/biomedicines13082014>
3. Zimbru, R.-I.; **Zimbru, E.-L.**; Bojin, F.-M.; Haidar, L.; Andor, M.; Harich, O.O.; Tănăsie, G.; Tatu, C.; Mailat, D.-E.; Zbîrcea, I.-M.; et al. Connecting the Dots: How MicroRNAs Link Asthma and Atherosclerosis. *Int. J. Mol. Sci.* **2025**, *26*, 3570. <https://doi.org/10.3390/ijms26083570>
4. Zimbru R-I, Grijincu M, Tănăsie G, **Zimbru E-L**, Bojin F-M, Buzan R-M, Tamaș T-P, Cotarcă M-D, Harich OO, Pătrașcu R, et al. 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. <https://doi.org/10.3390/app15084113>
5. Haidar L, Bănărescu CF, Uța C, Moldovan SI, **Zimbru E-L**, Zimbru R-I, Ciurariu E, Georgescu M, Panaitescu C. Pollen–Food Allergy Syndrome: Allergens, Clinical Insights, Diagnostic and Therapeutic Challenges. *Applied Sciences*. 2025; 15(1):66. <https://doi.org/10.3390/app15010066>
6. **Zimbru E-L**, Zimbru R-I, Ordodi V-L, Bojin F-M, Crîsnic D, Andor M, Mirica S-N, Huțu I, Tănăsie G, Haidar L, et al. Rosuvastatin Attenuates Vascular Dysfunction Induced by High-Fructose Diets and Allergic Asthma in Rats. *Nutrients*. 2024; 16(23):4104. <https://doi.org/10.3390/nu16234104>
7. Uța C, Tîrziu A, **Zimbru E-L**, Zimbru R-I, Georgescu M, Haidar L, Panaitescu C. Alloimmune Causes of Recurrent Pregnancy Loss: Cellular Mechanisms and Overview

- of Therapeutic Approaches. *Medicina*. 2024; 60(11):1896. <https://doi.org/10.3390/medicina60111896>
8. Zimbru R-I, **Zimbru E-L**, Ordodi V-L, Bojin F-M, Crîsnic D, Grijincu M, Mirica S-N, Tănăsie G, Georgescu M, Huțu I, et al. 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. *International Journal of Molecular Sciences*. 2024; 25(16):8868. <https://doi.org/10.3390/ijms25168868>
 9. Zimbru RI, Haidar L, Zbîrcea LE, **Zimbru EL**, Panaitescu C: Noi direcții în imunoterapia alergică, *Alergologia*, 10.26416/Aler.4.2.2020.3540, 2020
 10. Gotia, S. L., Borza, C., Roi, A., **Zbircea, E.**, & Gotia, S. R. (2017, September). CARDIOVASCULAR PARAMETERS, MOOD BEHAVIOUR AN D ATMOSPHERIC PRESSURE. In ACTA PHYSIOLOGICA (Vol. 221, pp. 66-66). 111 RIVER ST, HOBOKEN 07030-5774, NJ USA: WILEY.

F. Scientific Presentations and Posters

1. E-poster: **Elena-Larisa Zimbru**, Oana Voinescu, Ioana Ionac, Minodora Andor, Adina Ionac. Unmasking Severe Rheumatic Mitral Stenosis: The Role of Stress Echocardiography in Resolving Diagnostic Discrepancies. Valvular Heart Disease Forum 3rd Edition, 10-11 October 2025, Bucharest, Romania.
2. E-poster: **Elena-Larisa Zimbru**, Răzvan-Ionuț Zimbru, Florina-Maria Bojin *et al.*, Shared Inflammatory Signatures: The Role of MicroRNAs in Asthma and Atherosclerosis, A XXXV-a Conferință a Societății Române de Fiziologie „O viziune Fizio-Logică asupra vieții / A Physio-Logical Vision of Life”, 22-24 mai 2025, Craiova, România
3. E-poster: Răzvan-Ionuț Zimbru, **Elena-Larisa Zimbru**, Manuela Grijincu *et al.*, Synergistic Disruption of Bronchial Epithelial Integrity by Combined Exposure to Ragweed and House Dust Mite Allergens, A XXXV-a Conferință a Societății Române de Fiziologie „O viziune Fizio-Logică asupra vieții / A Physio-Logical Vision of Life”, 22-24 mai 2025, Craiova, România
4. Presentation: Tănăsie G, Georgescu M, Zimbru RI, **Zimbru EL**, In vitro modulation of bronchial responsivity (Modularea in vitro a responsivității bronșice, Al XIV-lea Congres al Societății Române de Fiziologie, Fiziologia azi: între concept, inovație tehnologică și aplicația clinică, 17-19 Octombrie 2024, Cluj-Napoca, România
5. Presentation: Zimbru RI, **Zimbru EL**, Marin K. ENT Clinical case. Med Mysteries solved. EMSA Timișoara. 13th May 2024
6. Presentation: Zimbru RI, Grijincu M, Haidar L, Tănăsie G, **Zimbru EL**, Zbircea LE, Buzan R, Georgescu M, Tatu C, Panaitescu C. Rolul disfuncției barierei epiteliale bronșice în patogeneza astmului. Conferința națională a Societății Române de Fiziologie, 19-21 Octombrie 2023, Târgu-Mureș, România
7. Presentation: Zimbru RI, **Zimbru EL**, Georgescu M, Ordodi V, Bojin F, Tănăsie G, Grijincu M, Buzan RM, Zbircea LE, Haidar L, Tatu C, Panaitescu C. Evaluarea impactului alergiei la polenul de ambrozia și acarienii din praful de casă asupra reactivității traheo-bronșice pe model animal. Conferința națională a Societății Române de Fiziologie, 19-21 Octombrie 2023, Târgu-Mureș, România
8. Presentation: **Zimbru EL**. PEF-metria, Ziua Mondială a Astmului, Asthmaton by Oncogen, 14-15 Mai 2022
9. E-poster: Zimbru RI, Grijincu M, Mărgineanu MB, Buzan MR, Mabda MC, **Zimbru EL**, Zbîrcea LE, Cotarcă MD, Tămaș PT, Tănăsie G, Panaitescu C. The affliction given by exposure to Ragweed and HDM extracts on bronchial epithelial cells in transwell culture system, National Conference of Allergology and Clinical Immunology, June 24th-26th, 2021
10. Presentation: **Zimbru EL**, Panaitescu C. “Allergen immunotherapy - fighting fire with fire”, Timișoara Inspo Advanced Research, TIAR, March 19th 2021 Importance Of Early Diagnosis And Treatment
11. E-poster: **Zimbru EL**, Zimbru RI. Fabry Disease: Understanding The Importance Of Early Diagnosis And Treatment, SRF 2019 CONFERENCE Physiology Today: Innovation, Integration, Translation
12. E-poster: Zimbru RI, **Zimbru EL**. Allergen specific immunotherapy in patients with respiratory allergies, SRF 2019 CONFERENCE Physiology Today: Innovation, Integration, Translation
13. **Zimbru EL**, Goanță F, Zimbru RI, Ionac A. One pathology, two cases - Cardiac involvement in Fabry Disease, The XXIInd International Congress for Medical Students and Young Doctors “MEDIS Timișoara 2019”
14. Zimbru RI, **Zimbru EL**, Tămaș P, Panaitescu C. Immunotherapy: pursuing immunologic tolerance in allergic patients, Zilele Universității de Medicină și Farmacie "Victor Babeș" Timișoara 2019
15. **Zbîrcea EL**, Zimbru RI, Moț C, Ciucă I, Duță G, Pop L. Pediatric Obstructive Sleep Apnea –

Case report, The XIXth International Congress for Medical Students and Young Doctors "MEDIS Timișoara 2016"

G. Professional Training Courses:

1. Course with hands-on ecocardiography workshop, Valvular Heart Disease Forum 3rd Edition, 10-11 October 2025, Bucharest, Romania.
2. Carotid Vascular Ultrasound Course, 4-5 april 2025, ArTerra Health, Timisoara
3. Cluj Cardiology 2023 (07.12.2023) – Complex Electrocardiograms, Iuliu Hațieganu University of Medicine and Pharmacy
4. Carotid Vascular Ultrasound Course (11.06.2018), Romanian Society of Vascular Surgery, Timișoara (România)
5. Summer School: *The Heart from Function to Dysfunction* 11.07.2016–16.07.2016), Victor Babeș University of Medicine and Pharmacy, Timișoara, Romania
6. Workshop "Knots and sutures Ed. XXIV" (21.11.2015–22.11.2015), Romanian Students' Society of Surgery, Timișoara (România)
7. Training Program: *Non-Formal Resuscitation Training* – Romanian National Resuscitation Council (2014) 14.09.2014-25.09.2014), Romanian National Council of Resuscitation, Oradea (România)

H. Conference Participation:

1. Timișoara CardioCulture – Conference of the Institute of Cardiovascular Diseases Timișoara with International Participation, October 15–17, 2025, CRAFT Conference Center, Timișoara, Romania
2. Valvular Heart Disease Forum 3rd Edition, October 10–11, 2025, Bucharest, Romania.
3. National Spring Conference of the Romanian Society of Cardiology, May 7–10, 2025, Sibiu, Romania
4. Interferences – The Art of Life, 2nd edition, November 22, 2024, National Museum of Art Timișoara, Romania
5. Timișoara CardioCulture, Conference of the Timișoara Institute of Cardiovascular Diseases with international participation, October 23-25, 2024, CRAFT, Timișoara, Romania
6. National Conference of the Romanian Society of Physiology, October 19-21, 2023, Târgu-Mureș, Romania
7. National Conference of Allergology and Clinical Immunology, June 2-4, 2022, Romanian Society of Allergology and Clinical Immunology
8. Asthmaton by Oncogen, May 14-15, 2022, Timișoara, Romania
9. Spring Conference of the Romanian Society of Cardiology, May 11-14, 2022, Romanian Society of Cardiology
10. 60th National Cardiology Congress, September 22-25, 2021, Romanian Society of Cardiology
11. Timișoara Inspo Advanced Research, TIAR, March 19, 2021
12. SRF 2019 CONFERENCE Physiology Today: Innovation, Integration, Translation

I. Scientific Event Organization

1. Asthmaton by Oncogen, May 14-15, 2022, Timișoara (Romania)
2. SRF 2019 CONFERENCE Physiology Today: Innovation, Integration, Translation, Timișoara, Romania
3. Conference: "Cryostripping – A Revolutionary Method for Treating Varicose Veins" (October 27, 2016), Student Surgery Club, Timișoara (Romania)
4. HEART-Healthcare, Education and Research Talks Conference (08.04.2016), EMSA Timișoara
5. Conference: "Vaccination: safe or not?" (21.03.2016), Timișoara Student Pediatrics Club

Date
3.01.2026

Signature