

Prof Simona Dragan, MD, PhD  
University of Medicine and Pharmacy Victor Babes  
Pta Eftimie Murgu 2  
300021 Timisoara, Romania  
Tel/Fax:+ 40 256 22 04 79  
E-mail:simona.dragan@umft.ro



## **CURRICULUM VITAE**

### **Personal data**

Name: Simona Ruxanda Dragan, date of birth: Sept.1, 1960, place of birth: Timisoara, Romania

### **Education**

1979-1985: study of medicine at the University of Medicine and Pharmacy Timisoara

1985: graduation from Medical School, medical doctor

2001- 2003: Master European Studies, University of the West, Timisoara, Romania

### **Professional experience**

1986-1989: general practitioner at the County Hospital Timisoara, Romania

1990-1994: resident in Internal Medicine at the City Hospital Timisoara

1994: specialist in Internal Medicine

1994-1996: resident in Cardiology at the Institute of Cardiovascular Diseases Timisoara

1996: specialist in Cardiology, Institute of Cardiovascular Diseases Timisoara

1999: Ph. D in Cardiology Topic: "Approach of high-risk patients in primary and secondary prevention of coronary artery disease" at the University of Medicine and Pharmacy Timisoara

2005: Diploma of European Cardiologist, issued by the Board of the European Society of Cardiology, valid through 2010

### **Medical trainings**

1994: course of Cardiology at the Hungarian Institute of Cardiology, Budapest

1994: training at the Cardiology Center Bad Krozingen, Germany

1994: training in echocardiography at the Hospital Boppard, Germany

1994: course on Ergospirometry, Balatonfured, Hungary

1996,1997,1998,1999: extra muros courses of the European Society of Cardiology, Budapest, Hungary

2001: course on echocardiography, Varna, Bulgaria

2002: course on ergospirometry Inselspital Bern, Switzerland

### **Appointments**

2002- present: postgraduate course instructor, cardiovascular prevention and rehabilitation

2004: Associate Visiting Professor of Medicine, Duke University, North Carolina, USA

2009- present: professor of Internal Medicine and Cardiology, University of Medicine and Pharmacy Victor Babes Timisoara, Romania

2010-present: PhD coordinator in Medicine, Internal Medicine and Cardiology

2012 – 2016: Vice-rector for Education, charged with undergraduate and Master programmes, academic evaluation at the University of Medicine and Pharmacy Victor Babes Timisoara

2013 – visiting professor, Georgetown University, Washington DC, USA

2018-pres- Head of the Clinic of Cardiac Rehabilitation Institute of Cardiovascular Diseases Timisoara Romania

### **Trainings in Higher Education**

2002: course „Internationalization and Management in Higher Education” Coimbra, Portugal

2002: course „Management of Leonardo da Vinci Projects”, Einthoven, Holland

2002: Leonardo da Vinci grant at Rovaniemi Politechnic, Finland, curricular design in Physiotherapy

2004: Fellowship in Medical Education and Research, sponsored by the Foundation for Advancement of International Medical Education and Research of the Education Council For Foreign Medical Graduates Philadelphia, USA

### **Professional affiliations**

1992-pres: member of the Romanian Society of Cardiology

1995-2006: member of the European Society of Cardiology

2003-pres: member of the European Society of Human Genetics

2004-pres: international member of the American College of Cardiology

2004-pres: member of the Academy of Integrative Medicine, Vienna, Austria

2006-pres: Fellow of the European Society of Cardiology

2009-pres: member of the European Society of Integrative Medicine, Berlin, Germany

2011-2014: member of the extended board of the European Society of Integrative Medicine

2012-2019: member of the ORPHEUS Executive Committee

### **Coordinator of Leonardo da Vinci II projects**

2002- Leonardo project for implementation of institutional physiotherapy in Romania according to European standards of rehabilitation

2003- Leonardo vocational training at EU standards for young graduates in physiotherapy

2004- Genomic Approaches in Diagnosis of Cardiovascular Disease and Cancer in Romania

2005- Training of European phytotherapists for discovery of new medications

### **Director of research grants funded by the Romanian Ministry of Education and Research:**

2005 – CNCSIS 275: Impact of functional foods enriched with bioactive antioxidant multi-components on QOL in breast cancer patients

2005- CEEX 10: Study of functional foods enriched with bioactive components in reversibility of the metabolic syndrome

2006- CEEX 44: Development of multicomponent functional foods for obesity and atherosclerosis

2007-PNII 60028: PHYTOMED: Innovative technologies of producing functional foods of vegetal origin with impact on human health

2008 MAKIS 141529: Implementation of modern technologies of obtaining diet bakery products

### **Director of human resources grants funded by the Romanian Ministry of Education and Research through structural funds:**

2009 POSDRU 63117: Doctoral fellowships for competitive PhD students in the ERA

2010 POSDRU 78702: Inter-university partnership for increase of quality and interdisciplinarity of medical research through PhD fellowships–docMed.net

### **Responsible, Partner 14 (UMP VICTOR BABES TIMISOARA) in FP7 Project**

2010 - 241951 CAMbrella - A pan-European research network for Complementary and Alternative Medicine (CAM)

### **Publications**

66 articles in Romanian and foreign medical journals, *h*-index 12

## Presentations in scientific meetings

108 papers presented at national conferences, 53 as first author

62 papers presented at international conferences, 30 as first author

## Languages

Fluent in Romanian, English, German, French, Hungarian.

## Hobbies

Languages, literature, travel

Timisoara, January 2022

Prof Simona Dragan, MD, PhD

## Relevant papers

1. **Dragan S**, Serban C, Banach M (2014), *Can we change the functionality of HDL cholesterol with non-pharmacological and pharmacological agents?* Current Medicinal Chemistry 03/2014
2. Serban C, **Dragan S** (2014) *The Relationship between Inflammatory and Oxidative Stress Biomarkers, Atherosclerosis and Rheumatic Diseases* Current Pharmaceutical Design, 20, 585-600 **3.28**
3. **Dragan S**, Serban MC, Banach M.(2014) *Proprotein Convertase Subtilisin/Kexin 9 Inhibitors: An Emerging Lipid-Lowering Therapy?* J Cardiovasc Pharmacol Ther. 6/2014, **3.07**
4. **Dragan S**, Andrica F, Serban C, Timar R (2014) *Polyphenols-rich natural products for treatment of diabetes.* Current Medicinal Chemistry 08/2014; **3.72**
5. Banach M, Serban C, Sahebkar A, Ursoniu S, Rysz J, Muntner P, Toth P, Jones S, Rizzo M, Glasser S, Lip Y, **Dragan S**, Mikhailidis D (2014) *Effects of Coenzyme Q10 on Statin-Induced Myopathy. A Meta-analysis of Randomized Controlled Trials.* Mayo Clinic Proceedings 11/2014; **5.81**
6. Serban MC, Sahebkar A, **Dragan S**, Stoichescu-Hogea G, Ursoniu S, Andrica F, Banach M.(2016) *A systematic review and meta-analysis of the impact of Spirulina supplementation on plasma lipid concentrations.* Clin Nutr. 2016 Aug;35(4):842-51. doi: 10.1016/j.clnu.2015.09.007.
7. Valcovici M, Andrica F, Serban C, **Dragan S.** (2016) *Cardiotoxicity of anthracycline therapy: current perspectives.* Arch Med Sci. 2016 Apr 1;12(2):428-35. doi: 10.5114/aoms.2016.59270.
8. Badalica-Petrescu M, **Dragan S**, Ranga F, Fetea F, Socaciu C (2014) *Comparative HPLC-DAD-ESI(+)-MS Fingerprint and Quantification of Phenolic and Flavonoid Composition of Aqueous Leaf Extracts of Cornus mas and Crataegus monogyna , in Relation to Their Cardiotonic Potential* Notulae Botanicae Horti Agrobotanici Cluj-Napoca 06/2014; 42(1)
9. **Simona Drăgan**, Maria-Corina Șerban, Georgiana Damian, Florina Buleu, Mihaela Valcovici, Ruxandra Christodorescu; *Dietary Patterns and Interventions to Alleviate Chronic Pain, Nutrients* 2020, 12, 2510;
10. Elena Sirbu, Florina Buleu, Anca Tudor, **Simona Drăgan**; *Vitamin D and disease activity in rheumatoid arthritis patients: a retrospective study in a Romanian cohort*, Acta Biochim Pol, 2020 Jun 18;67(2):267-272.
11. Turi, V.; **Drăgan, S.**; Iurciuc, M.; Moleriu, L.; Bungau, S.; Tit, D.M.; Toader, D.-O.; Diaconu, C.C.; Behl, T.; Petre, I. *Arterial Function in Healthy Pregnant Women vs. Non-Pregnant Women—A 10-Year Study.* *Diagnostics* **2020**, *10*, 374.
12. Maria Rada, Delia Mira Berceanu-Vaduva, Milan Daniel Velimirovici, **Simona Dragan**, Bianca Berceanu-Vaduva, Marcel Mihai Berceanu-Vaduva, Adina Negrea, Marcel Danci, Dana Emilia Velimirovici; *Mineral Microelements in Walnut Oil and their Role in the Prevention of Cardiovascular Diseases*; Revista de Chimie (Rev. Chim.), Year 2020, Volume 71, Issue 5, 380-389
13. Wu X, Li M, Xiao Z, Daglia M, **Dragan S**, Delmas D, et al. *Dietary polyphenols for managing cancers: What have we ignored?* Trends in Food Science & Technology. 2020;101:150-64.

14. Georgescu, D.; Iurciuc, M.S.; Ionita, I.; **Dragan, S.**; Muntean, M.; Ancusa, O.E.; Reisz, D.; Ionita, M.; Lighezan, D. *Migraine without Aura and Subclinical Atherosclerosis in Young Females: Is Gut Microbiota to Blame?* *Medicina* **2019**, *55*, 786.
15. Miao L, Tao H, Peng Y, Wang S, Zhong Z, El-Seedi H, **Dragan S**, et al. *The anti-inflammatory potential of Portulaca oleracea L. (purslane) extract by partial suppression on NF- $\kappa$ B and MAPK activation.* *Food Chemistry*. 2019;290:239-45.
16. Chita, D.S.; Tudor, A.; Christodorescu, R.; Buleu, F.N.; Sosdean, R.; Deme, S.M.; Mercea, S.; Pop Moldovan, A.; Pah, A.M.; Docu Axelerad, A.; Docu Axelerad, D.; **Dragan, S.R.** *MTHFR Gene Polymorphisms Prevalence and Cardiovascular Risk Factors Involved in Cardioembolic Stroke Type and Severity.* *Brain Sci.* **2020**, *10*, 476.
17. Pah, A.M.; Buleu, N.F.; Tudor, A.; Christodorescu, R.; Velimirovici, D.; Iurciuc, S.; Rada, M.; Stoichescu-Hogea, G.; Badalica-Petrescu, M.; Georgescu, D.; Nutiu, D.; Iurciuc, M.; **Dragan, S.** *Evaluation of Psychological Stress Parameters in Coronary Patients by Three Different Questionnaires as Pre-Requisite for Comprehensive Rehabilitation.* *Brain Sci.* **2020**, *10*, 316.
18. Buleu, F. N.; Luca, C. T.; Tudor, A.; Badalica-Petrescu, M.; Caraba, A.; Pah, A.; Georgescu, D.; Christodorescu, R.; **Dragan, S.**, *Correlations between Vascular Stiffness Indicators, OPG, and 25-OH Vitamin D3 Status in Heart Failure Patients.* *Medicina (Kaunas, Lithuania)* **2019**, *55* (6).
19. Vacarescu C, Cozma D, Petrescu L, **Dragan S**, Mornos C, Crisan S, Feier H, Lazar MA, Cozlac RA, Luca CT. *Exercise test is essential in LV-only fusion CRT pacing without right ventricle lead.* *Clin Interv Aging.* 2019;14:969-975
20. Buleu, F.N.; Sirbu, E.; Caraba, A.; **Dragan, S.**, *Heart Involvement in Inflammatory Rheumatic Diseases: A Systematic Literature Review.* *Medicina (Kaunas, Lithuania)* 2019, *55* (6).
21. **Dragan, S.**; Buleu, F.N.; Christodorescu, R.; Cobzariu, F.; Iurciuc, S.; Velimirovici, D.; Xiao, J.; Luca, C. T., *Benefits of multiple micronutrient supplementation in heart failure: A comprehensive review.* *Critical reviews in food science and nutrition* 2019, *59* (6), 965-981.
22. Ana-Maria Pah , Petru Bucuras\*, Florina Buleu\*, Anca Tudor, Stela Iurciuc, Dana Velimirovici, Caius Glad Streian, Marius Badalica-Petrescu, Ruxandra Christodorescu, **Simona Dragan**, *The Importance of DS-14 and HADS Questionnaires in Quantifying Psychological Stress in Type 2 Diabetes Mellitus*, *Medicina* 2019, *55*(9), 569