

**"VICTOR BABEȘ" UNIVERSITY OF
MEDICINE AND PHARMACY FROM TIMIȘOARA
DOCTORAL SCHOOL
MEDICINE DOMAIN**



**OBESITY AND THE RISK OF CANCER.
FROM CLASSIC TO MINIMALLY INVASIVE
A TWENTY-YEAR JOURNEY"**

ABSTRACT

Professor Dr. DUȚĂ CIPRIAN - CONSTANTIN

**Timișoara
2024**

My name is Ciprian – Constantin Duta, I am a University Professor at the Discipline of Surgery at 'Victor Babes' University of Medicine and Farmacy. From my first years of college studies, I showed an increased attraction towards surgical specialties. In 1988 I finished by bachelor's degree at 'Carol Davila' University of Medicine and Pharmacy from Bucharest. Afterwards, I began my medical training in general surgery. In 1998 I received the title of primary doctor in general surgery, later becoming the Head of the Surgery Clinic 2 from Timis County Emergency Hospital.

In 1993 I became an Assistant Professor at the Discipline of Surgery. From the beginning of my academic career, I have always concentrated my research on subjects that are important and actual to the medical community. For instance, during my doctoral studies I have focused on the treatment and diagnostic methods of hydatid cysts, considering that the aforementioned pathology has a relatively high prevalence in our geographic area. I have defended my PhD thesis: "Updates on the diagnosis and treatment of hepatic hydatid cysts" in 2001. In 2016, I was awarded the title of University Professor. Thus, the habilitation thesis "Obesity and the risk of cancer. From classic to minimally invasive a twenty-year journey." is a synopsis of my academic work and research.

The thesis is, according to the standards, divided into 4 chapters - each one focusing on a certain aspect of my professional activity:

- I) Scientific achievements – summarizes the key points and outcomes of my research, while offering a short description of the most relevant studies.
- II) Academic achievements – presents my activity in the didactic field.
- III) Professional activity/achievements
- IV) Future goals and perspectives in my academic career

The first chapter – Scientific Achievements highlights the most important outcomes of my research and offers an insight into the most relevant research papers. The chapter has been divided into three sub-chapters. The first sub-chapter focuses on bariatric surgery and its benefits for patients with metabolic syndrome and obesity. The second sub-chapter is dedicated to colorectal cancer – a pathology with a very high prevalence nowadays. The articles presented in this part evaluate the efficacy of different surgical approaches, the potential use of new histopathologic markers, the performance of different screening tests etc. The third sub-chapter is a collection of scientific papers on a variety of topics. One of the merits of this sub-

chapter is that it highlights my ability to conduct studies on a variety of subjects and to collaborate with professionals from different areas.

The second chapter – Academic Achievements – offers an insight into my academic career. In this section a short review of my teaching activity is presented, as well as list of the students whom I guided in writing and defending their bachelor's theses. I believe that it is crucial for any researcher to participate in scientific congresses and conferences. Thus, I provided a list of works that I presented at different international and national conferences as an invited speaker or first author. In addition, I offered a list of book chapters and monographs that I have published in CNCSIS accredited publishing houses.

The third chapter – Professional Activity and Achievements – describes the training that I have received over the years, as well as some of the key points of my professional activity. I became a primary doctor in general surgery in 1998. However, I have never ceased to improve my skills and abilities. Thus, I have undergone numerous courses that enabled me to acquire skills in laparoscopic and robotic surgery, as well as another novel surgical techniques. My professionalism has been acknowledged by different professional societies. Among the recent achievements are diplomas of excellence from the Serbia (2019) and Moldova (2023) societies of surgery. Additionally, I am an honorary member of the Hungarian Surgery Society (2023). Furthermore, I was the president of the Romanian Association of Endoscopic Surgery (2019 – 2022), President of the Romanian Association of Coloproctology (2015- 2017) and, between 2022 – 2023, I was the president of the European Society of Surgery.

The fourth chapter - Future Goals and Perspectives – shows my plans regarding the development of my academic career. I want to use my experience to further improve the quality of the existing course materials. From my point of view, one of the most important pursuits of medical school should be teaching students to think critically and consider multiple aspects before making a clinical decision. In this regard, I want to add multiple case studies and practical tasks, that will require students to apply the knowledge they receive. Being able to train doctoral students will only further expand the scope of my activities. It will enable me to share my experience and contribute to educating the next generation of researchers and healthcare professionals.