



Adina-Ioana Braha

Nationality: Romanian **Gender:** Female **Email address:** braha.adina@umft.ro

Home: Timisoara (Romania)

LANGUAGE SKILLS

Mother tongue(s): Romanian

WORK EXPERIENCE

Lecturer

"Victor Babes" University of Medicine and Pharmacy [06/03/2023 - Current]

City: Timisoara | Country: Romania

Responsibilities: Teaching in the Second Department of Internal Medicine—Diabetes, Nutrition, Metabolic Diseases, and Systemic Rheumatology, "Victor Babes" University of Medicine and Pharmacy

Assistant Professor

"Victor Babes" University of Medicine and Pharmacy [15/09/2019 - 05/03/2023]

City: Timisoara | Country: Romania

Responsibilities: Teaching activity - seminars in the discipline of Diabetes, Nutrition and Metabolic Diseases

Medical Doctor

„Pius Brînzeu” Emergency County Hospital [01/02/2018 - Current]

City: Timisoara | Country: Romania

Specialized medical services

1. medical consultations within the Diabetes, Nutrition, and Metabolic Diseases Outpatient Clinic, „Pius Brînzeu” Emergency County Hospital
2. ensuring the on-call service - line 1, within the Diabetes Clinic,
3. volunteering in the Diabetes Clinic within „Pius Brînzeu” Emergency County Hospital

Medical Doctor

SC CENTRUL MEDICAL UNIREA SRL [05/02/2018 - 21/05/2019]

City: Timisoara | Country: Romania

Medical field: Diabetes, Nutrition, and Metabolic Diseases

Responsibilities: providing medical services in Timisoara and Lugoj

Medical Doctor

SC NEFROCENTER SRL [31/10/2018 - Current]

City: Lugoj | Country: Romania

Medical field: Diabetes, Nutrition

Responsibilities: providing nutritional counseling for patients included in the dialysis program.

Medical Doctor

SC DARIMEDIC SRL [31/05/2019 - 27/02/2021]

City: Sanandrei | Country: Romania

Medical Field: Diabetes, Nutrition, and Metabolic Diseases
Responsibilities: providing outpatient medical services and day hospitalizations

Resident doctor

„Pius Brînzeu” Emergency County Hospital [31/12/2013 – 30/12/2017]

City: Timisoara | Country: Romania

EDUCATION AND TRAINING

Philosophiae Doctor (PhD)

“Victor Babes” University of Medicine and Pharmacy [30/09/2017 – 12/05/2020]

Address: 2 Eftimie Murgu, 300041 Timisoara (Romania) | Website: www.umft.ro | Field(s) of study: Medicine |
Final grade: Magna Cum Laude | Level in EQF: EQF level 8 | Thesis: SODIUM-GLUCOSE COTRANSPORTER-2
INHIBITORS BEYOND THE GLYCEMIC CONTROL

PhD Supervisor: Prof. Dr. Timar Romulus Zorin

Medical Doctor in Diabetes, Nutrition and Metabolic Diseases

“Victor Babes” University of Medicine and Pharmacy [31/12/2013 – 30/12/2017]

Address: 2 Eftimiu Murgu, 300041 Timisoara (Romania) | Website: www.umft.ro

Medical Doctor

“Victor Babes” University of Medicine and Pharmacy [08/2007 – 06/2013]

Address: 2 Eftimie Murgu, 300041 Timisoara (Romania) | Website: www.umft.ro | Field(s) of study: General
Medicine

JOB RELATED SKILLS

[2018 – 2020]

Certificate of Pedagogical Aptitude (Level I & II) by West University Timisoara, Romania

DRIVING LICENCE

Driving Licence: B

COMMUNICATION AND INTERPERSONAL SKILLS

Language skills

• **English** LISTENING C1 READING C1 WRITING C1 SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

NETWORKS AND MEMBERSHIPS

Memberships The Romanian Society of Diabetes, Nutrition, and Metabolic Diseases
Heart Failure Association - European Society of Cardiology

PUBLICATIONS

Scientific publications in Clarivate Web of Science database H-index 4. Sum of Times Cited 88. Total Publications 24. Web of Science Core Collection Publications 18. 96 REVIEWS OF 85 manuscripts published from date range October 2017 - October 2024

Braha, A.; Simion, A.; Timar, R.; Timar, B. Factors Associated with Increased Intraocular Pressure in Type 2 Diabetes Patients. *J. Clin. Med.* **2024**, *13*, 676.

- Albai, O.; **Braha, A.**; Timar, B.; Timar, R. Predictive Factors for Altered Quality of Life in Patients with Type 2 Diabetes Mellitus. *J. Clin. Med.* **2024**, *13*, 4389.
- Albai, O.; **Braha, A.**; Timar, B.; Golu, I.; Timar, R. Vitamin D—A New Therapeutic Target in the Management of Type 2 Diabetes Patients. *J. Clin. Med.* **2024**, *13*, 1390.
- Braha, A.**; Timar, B.; Ivan, V.; Balica, M.M.; Dăniluc, L.; Timar, R. Novel Biomarkers of Grade I Left Ventricular Diastolic Dysfunction in Type 2 Diabetes Patients with Metabolic-Dysfunction-Associated Steatotic Liver Disease. *J. Clin. Med.* **2024**, *13*, 5901.
- Albai, O.; Timar, B.; **Braha, A.**; Timar, R. Predictive Factors of Anxiety and Depression in Patients with Type 2 Diabetes Mellitus. *J. Clin. Med.* **2024**, *13*, 3006.
- Cojocar, A.; **Braha, A.**; Jeleriu, R.; Andreescu, N.I.; Puiu, M.; Ageu, L.; Folescu, R.; Zamfir, C.L.; Nussbaum, L.A. The Implications of Cytochrome P450 2D6/CYP2D6 Polymorphism in the Therapeutic Response of Atypical Antipsychotics in Adolescents with Psychosis—A Prospective Study. *Biomedicines* **2024**, *12*, 494.
- Braha, A.**; Albai, A.; Timar, B.; Cipu, D.; Vasiliuță, L.; Potre, O.; Timar, R. Predictors of Epicardial Fat Volume Decrease after Dapagliflozin Treatment in Patients with Type 2 Diabetes. *Medicina* **2022**, *58*, 21.
- Braha, A.**; Albai, A.; Timar, R.; Diaconu, L.; Vasiliuță, L.; Cipu, D.; Timar, B.; Sima, A. Factors Associated with the Remission of Type 1 Diastolic Dysfunction after Dapagliflozin Treatment in Patients with Type 2 Diabetes. *J. Clin. Med.* **2020**, *9*, 3779.
- Braha, A.**; Albai, A.; Timar, B.; Negru, Ș.; Sorin, S.; Roman, D.; Popovici, D. Nutritional Interventions to Improve Cachexia Outcomes in Cancer—A Systematic Review. *Medicina* **2022**, *58*, 966.
- Sporea, I.; Mare, R.; Popescu, A.; Nistorescu, S.; Baldea, V.; Sirli, R.; **Braha, A.**; Sima, A.; Timar, R.; Lupusoru, R. Screening for Liver Fibrosis and Steatosis in a Large Cohort of Patients with Type 2 Diabetes Using Vibration Controlled Transient Elastography and Controlled Attenuation Parameter in a Single-Center Real-Life Experience. *J. Clin. Med.* **2020**, *9*, 1032.
- Cojocar, A.; **Braha, A.**; Anastasescu, C.M.; Folescu, R.; Bugi, M.-A.; Puiu, M.; Zamfir, C.L.; Hoge, L.; Levai, C.M.; Bratosin, F.; et al. A Systematic Review of Resilience in At-Risk Youth for Psychotic Disorders: An Analysis of Protective and Risk Factors from Recent Literature. *Behav. Sci.* **2024**, *14*, 898.

Link: <https://orcid.org/0000-0002-7904-6073>

Scientific publications in extenso /proceedings in national/international databases

- **Braha A.**, Diaconu L, Timar B., Sima A., Vasiliuță L., Lupusoru R., Cipu D., Nistorescu S., Timar R. *Type 1 diastolic dysfunction in type 2 diabetes patients*. 5th International Conference on Interdisciplinary Management of Diabetes Mellitus and its Complications, Bucharest, 2019. INTERDIAB 2019 - Diabetes Mellitus in Internal Medicine. ISSN 2393-3488, 241-247.
- Popescu A, Sporea I, Gherhardt D, Pienar C, **Braha A**, Sima A, et al. *The Role of Different Noninvasive Fibrosis Assessment Scores in the Evaluation of Liver Fibrosis in Nafld Patients*. *Ultrasound. Medicine and Biology*. 2017;43:S96-S7.
- **Braha A.**, Diaconu L., Timar R. *Severe hypoglycemia, case of hospitalization in patients with type 2 diabetes*. Al 42-lea National Congress of the Romanian Society for Diabetes, Nutrition and Metabolic Diseases, with international participation, Brasov, Romania 2016. *Romanian Diabetes Act*. 2016; ISSN 2058-8245, 42: 221-222

Articles published in summary in WOS rated journals

1. Alina Popescu, Ioan Sporea, Camelia Foncea, Radu Cotrau, Alexandra Christa Sima, **Adina Braha**, Roxana Sirli, Mirela Danila, Nistorescu Silviu, Raluca Lupusoru, Diana Gherhardt, Romulus Timar, THU-090-Non-invasive fibrosis scores (APRI, FIB4 index, BARD): Useful tools for evaluating fatty liver disease, *Journal of Hepatology*, Volume 70, Issue 1, Supplement, 2019, Page e200, ISSN 0168-8278,
2. I. Sporea, R. Lupusoru, R. Mare, R. Sirli, A. Popescu, N. Silviu, **B. Adina**, R. Timar, SAT-100 - Which is the chance for type 2 diabetes patients to develop severe liver disease?, *Journal of Hepatology*, Volume 68, Supplement 1, 2018, Pages S652-S653, ISSN 0168-8278, fără factor de impact

Books or chapters in books

- **SGLT2 inhibitors in heart failure**, authors: Bogdan Timar, Adina Braha. Chapter in CHRONIC HEART FAILURE AND COMORBIDITIES, coord. student: Assoc. Prof. Dr. Camelia Diaconu; coord. ed.: Dan Dumitru Mihalache. - București: Viața medicală: Medichub Media, 2020, ISBN 978-606-94854-2-2 / ISBN 978-606-95037-1-3
- **Myositis with inclusion bodies**, authors: Bogdan Timar, Adina Braha. Chapter in NOTIONS OF RHEUMATOLOGY, coord: Assoc. Prof. Dr. Alexandra Sima, Prof. Dr. Adrian Vlad, Assoc. Prof. Dr. Bogdan Timar. EUROBIT Publishing House, Timișoara, 2020. ISBN 978-973-132-661-0
- **Other arthropathies**, authors Adina Braha, Laura Gaiță. Chapter in NOTIONS OF RHEUMATOLOGY, coord: Assoc. Prof. Dr. Alexandra Sima, Prof. Dr. Adrian Vlad, Assoc. Prof. Dr. Bogdan Timar. Timișoara, EUROBIT Publishing House, 2020. ISBN 978-973-132-661-0
- **Nutrition of the dialysis patient**, authors Bogdan Timar, Adina Braha, Iulia Grosu. Chapter in NUTRITION in the prevention and therapy of TRANSMISSIBLE CHRONIC DISEASES, coord. Ed.: Prof. Dr. Mariana Graur, scientific references: Prof. Dr. Lăcrămioara Ionela Șerban, Prof. Dr. Eugen Târcoveanu. Iasi: Gr.T. Publishing House Popa, 2020. ISBN 978-606-544-690-8
- **Cardiovascular risk in type 2 diabetes patients**, authors Prof. Bogdan Timar, Assoc. Prof. Adina Braha. Chapter in The centenary of the discovery of insulin (1921-2021), coord. Ed.: Prof. Dr. Maria Moța, Dan Dumitru Mihalache, București: Viața medicală: Medichub Media, 2021 ISBN 978-606-94854-8-4, ISBN 978-606-95037-7-5
- **CARDIOMIOPATIA METABOLICĂ ȘI IMPACTUL MEDICAȚIEI ANTIDIABETICE ASUPRA RISCULUI CARDIOVASCULAR**, authors Bogdan Timar, Adina Braha, Laura Gaiță. Chapter in INTERDISCIPLINARITATE ÎN PATOLOGIA CARDIOVASCULARĂ, coord. Ed. Assoc. Prof. Dr. Ivan Viviana. Timisoara: Colectia Hipocrate: Victor Babes, 2022, ISBN 978-606-786-260-7
- **Diabetul zaharat**. Authors Bogdan Timar, Alexandra Sima, Adina Braha, Laura Gaiță. Chapter in Tratat de Medicina Interna, edited by Camelia C. Diaconu. Bucuresti: Grupul Editorial ALL, 2024, ISBN 978-606-587-623-1

Articles in extenso/abstracts main author/co-author in national and international journals BDI/B+ 1. B Timar,

A Braha, L Grigorică, L Gaiță, R Timar. The Impact of SGLT2i Therapy on the Onset and

Prognosis of Heart Failure in Patients with Type 2 Diabetes. Timisoara Med 2020 (1), 0-0 (<https://doaj.org/toc/1583-526X>); autor corespondent

2. Timar Bogdan, **Adina Braha**, Laura Gaita, Alin Albai. 2022. "Drivers of Vildagliptin Prescription for

Romanian Patients With Type 2 Diabetes, the TREND Study". Romanian Journal of Diabetes Nutrition and Metabolic Diseases 29 (1), 83-91. <https://journals.indexcopernicus.com/journal/33798>; autor corespondent

3. Bogdan Timar, Laura Gaiță, **Adina Braha**. Tehnologia in Diabet in Secolul XXI. Tehnologia & IHealth

in Medicina Secolului XXI. Romanian Medical Journal, Vol. LXIX Suppl. 1 Year 2022, 199-203. DOI:

10.37897/RMJ (<https://doaj.org/toc/2069-606X>)

4. Patrascu, Raul, Laura Gaita, **Adina Braha**, Alin Albai, Sandra Lazar, and Bogdan Timar. 2022.

"Telemedicine Interventions in the Management of Diabetes Mellitus in Special Epidemiological

Conditions". Romanian Journal of Diabetes Nutrition and Metabolic Diseases 29 (1), 104-9. <https://journals.indexcopernicus.com/journal/33798>

5. Alina Popescu, Ioan Sporea, Diana Gherhardt, Corina Pienar, **Adina Braha**, Alexandra Sima, Roxana Sirli, Mirela

Danila, Silviu Nistorescu, Romulus Timar, The Role of Different Noninvasive Fibrosis Assessment Scores in the

Evaluation of Liver Fibrosis in Nafld Patients, Ultrasound in Medicine & Biology, Volume 43, Supplement 1,2017,

Pages S96-S97, ISSN 0301-5629.

CONFERENCES AND SEMINARS

Oral presentations - author of original papers

- Braha A., Diaconu L, Timar B., Sima A., Vasiliuță L., Lupușoru R., Cipu D., Nistorescu S., Timar R. *Type 1 diastolic dysfunction in type 2 diabetes patients*. 5 **International Conference on Interdisciplinary Management of**

Diabetes Mellitus and its Complications, Bucharest, 2019. INTERDIAB 2019 - Diabetes Mellitus in Internal Medicine. ISSN 2393-3488, 241-247.

- Adina Braha, Laura Diaconu, Lucian Vasiluță, Raluca Lupușoru, Daniela Cipu, Romulus Timar. *Dynamics of epicardiac fat and heart function in type 2 diabetes patients undergoing SGLT 2 inhibition.* **The 45th National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases with international participation, Sibiu 22nd - 25th of May 2019**
- *Dynamics of epicardiac fat and heart function in type 2 diabetes patients undergoing SGLT 2 inhibition.* **Days of the University of Medicine and Pharmacy Victor Babeș Timișoara, December 11, 2019, Joint Session of the Doctoral School and the Academy of Sciences.**
- Adina Braha, Bogdan Timar, Laura Diaconu, Ioan Sporea, Raluca Lupușoru, Alexandra Sima, Adrian Vlad, Mircea Munteanu, Alin Albai, Daniela Cipu, Romulus Timar. *The impact of Dapagliflozin on liver steatosis and fibrosis in type 2 diabetes patients.* **Webinar with international participation, the 46th National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, 2-8 September 2020**
- Adina Braha, Bogdan Timar, Laura Diaconu, Alexandra Sima, Alin Albai, Lucian Vasiluță, Daniela Cipu, Romulus Timar. *Factors Associated with the Remission of Type 1 Diastolic Dysfunction after Dapagliflozin Treatment in Patients with Type 2 Diabetes.* **Webinar with international participation, the 47th National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, 19-25 May 2021**
- Adina Braha, Bogdan Timar, Laura Diaconu, Alexandra Sima, Alin Albai, Daniela Cipu, Romulus Timar. *The Dynamics Of Visceral Adiposity In The Population Of Type 2 Diabetes Patients Initiated On Dapagliflozin.* **Webinar with international participation, the 47th National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, 19-25 May 2021**

Oral presentations at Congresses, Conferences or Webinars

- *What tests do we do and how often in diabetes?* National Conference of People with Diabetes from Romania, September 7-9, 2018, Timisoara.
- *Type 2 diabetes and heart failure - a new approach, beyond glycemic control.* Webinar Evening of Medical Clinical Cases, Victor Babes University of Medicine and Pharmacy Timisoara. March 9 2021, Timisoara
- *CLINICAL CASES WORTH DISCUSSING- "Be a voice, not an echo".* 5th edition of YOUNGDIAB – National Scientific Forum Conference of Young Diabetologists, webinar July 8-10, 2021.
- *CLINICAL APPROACH OF THE PATIENT WITH DIABETES WITH ACUTE COMPLICATIONS.* FDI-CELMED project: E-learning center and presentations of medical clinical cases. Victor Babes University of Medicine and Pharmacy Timisoara, Bodyinteract Webinar July 14, 2021
- *Health Consequences of Sarcopenic Obesity* Annual Conference of the Romanian Association for the Study of Obesity; October 3 to 5, 2024; IAȘI

PROJECTS

[16/05/2021 – 30/12/2021]

CNFIS-FDI-2021-0552 Project <https://www.umft.ro/consilmed>

Member of the FDI-UMFVBT grant team

Project name: *Development of a structured platform for consulting, intervention, and professional counseling for students in order to improve their professional insertion and reduce university dropout*

Project acronym: **ConsilMed**

Project field: Area 1: increasing social equity, for social inclusion and increasing access to higher education, linking the educational supply with the demand of the labor market (including those related to career counseling and guidance)

Project director: Prof. univ. Dr. BOGDAN TIMAR

EXPERT EVALUATOR

Expert evaluator of national grants/projects

1. Romanian National Evaluation „ Programul national pentru Reducerea Abandonului Școlar (PNRAS)- runda 1 – 2022” Certificat no: D-2200-013M-5193
2. PNRR - DOTARI-2023 - Dotarea cu mobilier, materiale didactice și digitale a unităților de învățământ preuniversitar și a unităților conexe 2023 Certificat no: D-2400-046R-0076

VOLUNTEERING

- Peer reviewer**
1. Journal of Personalized Medicine
 2. International Journal of Environmental Research and Public Health
 3. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy
 4. Brain Sciences
 5. International Journal of Molecular Sciences
 6. Acta Endocrinology
 7. Medicina
 8. Frontiers in Clinical Diabetes and Healthcare
 9. International Journal of General Medicine
 10. Children
 11. Applied Sciences
 12. Cardiovascular diabetology
 13. Acta Endocrinology
 14. Nutrients
 15. Cancers
 16. Genes
 17. Plos One

MDPI

Guest Editor Assistant Special Issue [Advances in the Diagnosis and Treatment of Type 2 Diabetes Mellitus](https://www.mdpi.com/journal/medicina/special_issues/500H377N55)

Link: https://www.mdpi.com/journal/medicina/special_issues/500H377N55

HONOURS AND AWARDS

- Honours and awards**
1. First Price (2019)- Scientific Meeting by the Doctoral School of "Victor Babes" University of Medicine and Pharmacy Timisoara and by the Academy of Medical Sciences.
 2. UEFSCDI PN-III-P1-1.1-PRECISI-2020-51034- Braha A., Timar B., Diaconu L., Lupușoru R., Vasiluță L., Sima A., Vlad A., Munteanu M., Albai A., Cipu D., Timar R. Dynamics of Epicardial Fat and Heart Function in Type 2 Diabetic Patients Initiated with SGLT-2 Inhibitors. *Diabetes Metab Syndr Obes.* 2019;12:2559-66.
 3. UEFSCDI PN-III-P1-1.1- PRECISI-2020-50838- Sporea I., Mare R., Popescu A., Nistorescu S., Baldea V., Sirli R., Braha A., Sima A., Timar R., Lupușoru R. "Screening for Liver Fibrosis and Steatosis in a Large Cohort of Patients with Type 2 Diabetes Using Vibration Controlled Transient Elastography and Controlled Attenuation Parameter in a Single-Center Real-Life Experience". *Journal of Clinical Medicine* 9, no. 4 (June 2020): 1032.
 4. UEFSCDI PN-III-P1-1.1-PRECISI-2021-60120- Braha A., Albai A., Timar R., Diaconu L., Vasiluță L., Cipu D., Timar B., Sima A. Factors Associated with the Remission of Type 1 Diastolic Dysfunction after Dapagliflozin Treatment in Patients with Type 2 Diabetes
 5. Award for the work presented in the "Original Works" section, at the 48th Congress National of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, held between September 4-7 2022, at Poiana Brașov.