

PERSONAL INFORMATION

Laura Adriana Gaiță



Date

WORK EXPERIENCE

- 17/09/2018–Present Assistant Professor - Diabetes, Nutrition and Metabolic Diseases
"Victor Babes" University of Medicine and Pharmacy, 2nd Department of Internal Medicine, Timișoara (Romania)
- 01/01/2019–Present Specialist Physician in Diabetes, Nutrition and Metabolic Diseases
- 2015–2018 Resident Physician - Diabetes Nutrition and Metabolic Diseases
Timișoara Emergency County Hospital, Timișoara (Romania)
- 2015–2018 Assistant Professor – Outpatient Internal Medicine – Cardiovascular Prevention and Rehabilitation
"Victor Babes" University of Medicine and Pharmacy, Department of Cardiology, Timișoara (Romania)

EDUCATION AND TRAINING

- 2014–2020 Ph.D. Student
"Victor Babes" University of Medicine and Pharmacy, Timișoara (Romania)
- 2016-2018 Certificate of Pedagogical Aptitude (Levels I and II)
"Vasile Goldis" Western University of Arad (Romania)
- 2008–2014 "Victor Babes" University of Medicine and Pharmacy, Faculty of Medicine
Timișoara (Romania) Valedictorian
- 2004–2008 "Grigore Moisil" High School, Timișoara, Romania, Mathematics and Computer Programming Valedictorian

PERSONAL SKILLS

Mother tongue(s) Romanian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	C1	C1
University of Cambridge, Level 2 Certificate in English (ESOL) – Certificate in Advanced English (2007), Grade B					
French	B1	B1	A2	A2	A2

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
Common European Framework of Reference for Languages - Self-assessment grid

08.05.2020

Digital skills

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

Digital skills - Self-assessment grid

Certificate of Professional Competence – "Grigore Moisil" High School, Timișoara, Romania

- Office suite (word processor, spread sheet, presentation software)

ADDITIONAL INFORMATION

- Memberships**
- The Romanian Society of Diabetes, Nutrition and Metabolic Diseases (2019-present)
 - European Atherosclerosis Society (2018-present)

- Honours and awards**
- "Outstanding Student" Prize - 2011
 - "Award of Excellence in Presenting a Scientific Topic" – 2007, Siveco, Bucharest

- Projects**
- Active participation in EUROASPIRE IV (a European Society of Cardiology survey on the lifestyle, risk factor and therapeutic management of coronary patients from 24 European countries).

- Publications**
- Gaiță, L.**, Timar, R., Lupascu, N., Roman, D., Albai, A., Potre, O., Timar, B. The Impact of Hyperuricemia on Cardiometabolic Risk Factors in Patients with Diabetes Mellitus: A Cross-Sectional Study. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*, Volume: 12, Pages: 2003-2010, DOI: 10.2147/DMSO.S222570, Published: 2019, IF: 3.319.
 - Dumitrescu, A., Mosteoru, S., Vinereanu, D., Dan, GA, **Gaiță, L.**, Gaiță, D. Preliminary Data of Familial Hypercholesterolemia (FH) Patients in Romania. *Atherosclerosis*, Volume: 277, Pages: 304-307, DOI: 10.1016/j.atherosclerosis.2018.08.015, Published: Oct 2018, IF: 4.239.
 - Timar, B., Timar, R., **Gaiță, L.**, Oancea, C., Levai, C., Lungeanu, D. The Impact of Diabetic Neuropathy on Balance and on the Risk of Falls in Patients with Type 2 Diabetes Mellitus: A Cross-Sectional Study. *PLOS ONE*, Volume: 11, Issue: 4, DOI: 10.1371/journal.pone.0154654, Published: Apr 2016, IF: 3.337.
 - Gaiță, D.**, **Gaiță, L.**, Mihaescu, A. Non-HDL Cholesterol Series: PCSK9 Inhibitor New Season! *European Journal of Preventive Cardiology*, Article Number: UNSP 2047487320913375, DOI: 10.1177/2047487320913375, Early Access: Mar 2020, IF (2018): 5.64.
 - De Backer, G., Jankowski, P., Kotseva, K et al. Management of Dyslipidemia in Patients with Coronary Heart Disease: Results from the ESC-EORP EUROASPIRE V Survey in 27 Countries. *Atherosclerosis*, Volume: 285, Pages: 135-146, DOI: 10.1016/j.atherosclerosis.2019.03.014, Published: Jun 2019, IF: 4.239.
 - Stoica, S., Pleava, R., Hudrea, C., **Gaiță, L.**, Gaiță, D. Arterial Hypertension Management in Diabetic High Risk Patients. *Atherosclerosis*, Volume: 287, Pages: E125-E126, Meeting Abstract: EAS19-0297, DOI: 10.1016/j.atherosclerosis.2019.06.367, Published: Aug 2019, IF: 4.239.
 - Mosteoru, SL, Pleava, R., Totorean, C., Dumitrescu, A., **Gaiță, L.**, Gaiță, D. Heart Failure Control in Patient with Coronary Artery Disease. *European Journal of Heart Failure*, Volume: 21, Pages: 555-555, Supplement: 1, Special Issue: SI, Meeting Abstract: P2136, Published: May 2019, IF: 12.129.
 - Mosteoru, S., Dumitrescu, A., Blaj, P., Lengher, C., **Gaiță, L.**, Mut-Vitcu, G., Mancas, S., Gaiță, D. Romanian Registry for Familial Hypercholesterolemia: A Tale that Starts Today. *Atherosclerosis*, Volume: 275, Pages: E179-180, Meeting Abstract: P.3.1.259, DOI: 10.1016/j.atherosclerosis.2018.06.546, Published: Aug 2018, IF: 4.239.
 - Mosteoru, S., Kotseva, K., Cosor, OC, **Gaiță, L.**, Pleava, R., Dumitrescu, A., Mut-Vitcu, G., Gaiță, D., Mancas, S., Wood, D. Lipid Profile Changes in a Very High-Risk Cohort: Lessons from the EUROASPIRE Database. *Atherosclerosis*, Volume: 263, Pages: E174-E174, Meeting Abstract:

08.05.2020

PO205, DOI: 10.1016/j.atherosclerosis.2017.06.558, Published: Aug 2017, IF: 4.239.

- Pleava, R, Ardelean, C, Frentz, S, **Gaita, L**, Mosteoru, S, Mut-Vitcu, G, Dumitrescu, A, Gaita, D, Mihaicuta, S. Low Body Mass Index Analysis is Associated with Obstruction Severity in Chronic Obstructive Pulmonary Disease Patients in Romania. *Atherosclerosis*, Volume: 263, Pages: E191-E191, Meeting Abstract: PO260, DOI: 10.1016/j.atherosclerosis.2017.06.613, Published: Aug 2017, IF: 4.239.
- Dumitrescu, A, Mosteoru, S, **Gaita, L**, Pleava, R, Gaita, D. Vascular Age – A Helpful Tool in Assessing Cardiovascular Risk. *Atherosclerosis*. Volume: 252, Pages: E52-E52, Meeting Abstract: EAS16-0698, DOI: 10.1016/j.atherosclerosis.2016.07.401, Published: Sep 2016, IF: 4.239.
- Mosteoru, S, Kotseva, K, Cosor, OC, **Gaita, L**, Pleava, R, Dumitrescu, A, Mut-Vitcu, G, Gaita, D, Mancas, S, Wood, D. Improving Cardiovascular Prevention in Patients with High Cardiovascular Risk Through an Innovative Approach: "The Coaching" Care Model. *Atherosclerosis*, Volume: 252, Pages: E15-E16, Meeting Abstract: EAS16-0689, DOI: 10.1016/j.atherosclerosis.2016.07.279, Published: Sep 2016, IF: 4.239.
- **Gaita, L**, Timar, R, Gaita, D, Timar, B. Antihypertensive Drugs in Diabetes Mellitus – The Way to Reduce Cardio-Metabolic Risk! *INTERDIAB 2016: Diabetes Mellitus as Cardiovascular Disease*. Book Series: International Conference on Interdisciplinary Management of Diabetes Mellitus and its Complications, Pages: 247-254, Published: 2016.
- Timar, B, **Gaita, L**, Timar, R. To Treat or not to Treat – The Real Impact of SGLT-2 Inhibitors on Cardiovascular Risk. *INTERDIAB 2016: Diabetes Mellitus as Cardiovascular Disease*. Book Series: International Conference on Interdisciplinary Management of Diabetes Mellitus and its Complications, Pages: 458-466, Published: 2016.
- Mosteoru, SL, Kotseva, K, Iancu, OC, **Gaita, L**, Pleava, R, Dumitrescu, A, Mut-Vitcu, G, Gaita, D, Mancas, S, Wood, D. Coaching Care Model in Patients with High Cardiovascular Risk: Lessons from the EUROASPIRE Database. *European Heart Journal*, Volume: 36, Pages: 1152-1152, Supplement: 1, Meeting Abstract: P6469, Published: Aug 2015, IF: 20.052.
- Timar, B, Timar, R, **Gaita, L**, Vlad, M, Craina, M. Neuropathy in Patients with Type 2 Diabetes and Chronic Kidney Disease: Prevalence and Two-Way Relationship. *Interdisciplinary Approaches in Diabetic Chronic Kidney Disease*, Pages: 308-315, Published: 2015.
- Timar, R, Vlad, A, Munteanu, M, Sima, A, Albai, A, Albai, O, Diaconu, L, Gherbon, A, Popescu, S, Sorescu, T, Avram, V, **Gaiță, L**. Diabetul zaharat și bolile metabolice. Pentru studenții Facultății de Medicină. UMFT, Timișoara, 2018.
- Impactul neuropatiei diabetice asupra echilibrului și a riscului de căderi la pacienții cu diabet zaharat tip 2.
- Impactul hiperuricemiei asupra factorilor de risc cardiometabolic la pacienții cu diabet zaharat.
- Contribution in the World Heart Federation Roadmap. Mitchell S, Malanda, B, Damasceno, A, et al. A Roadmap on the Prevention of Cardiovascular Disease Among People Living with Diabetes. *Global Heart*, Volume: 14, Issue 3, Pages: 215-240, September 2019.

Presentations

- RiSE D.C. Meeting - Rising in Science in Europe East and South - Connecting Diabetology and Cardiology - 18-19 October 2019, Lisbon, Portugal - *Novel Antidiabetic Drugs: the Mechanisms on the Cardiovascular System - The Questionable Approach*
- The National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, 22-25 May 2019, Sibiu, *Case Presentation*
- YoungDiab Congress - 11-13 July 2019, Cluj-Napoca, *Novel Guidelines Recommendations about the Management of Hypertension in Patients with Diabetes Mellitus*
- National Congress of Cardiology, Sinaia, 19-22 September 2018. "Junior Master Class I"

08.05.2020

- YoungDiab Congress – 12-14 July 2018, Cluj-Napoca, *Hypertension in Patients with Diabetes Mellitus*
- The National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, 23-26 May 2018, Poiana Brașov, *The Modern Management of the Acute Coronary Syndrome – The Diabetologist's Point of View*
- The National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, 24-27 May 2017, Brașov, *The Practical Approach of the Diabetic Patient – The Importance of Diagnosing Sleep Apnea*
- "Diabetes, Metabolic Syndrome and Other Nutrition Related Diseases" Symposium, Timișoara, 18 November 2017, *Case Presentation*
- The 20th National Symposium "Prof. Dr. Dimitrie Gerota", 5-7 October 2017, Timișoara, *The Multifactorial Approach of Diabetes Mellitus*
- The National Congress of the Interdisciplinary Approach of Diabetes Mellitus and its Complications (INTERDIAB) – the 3rd Edition, 2-4 May 2017, Bucharest, *Cardiovascular Risk Assessment in Type 2 Diabetes Mellitus*
- YoungDiab Congress – 6-8 July 2017, Cluj-Napoca, *The Importance of Diagnosing Sleep Apnea*
- National Congress of Cardiology, Sinaia, September 2015: *Joint Session – Romanian Society of Cardiology, Romanian Society of Nephrology - Overweight and Cardio-Renal Risk*
- Spring Meeting EGPRN, Timișoara – Research into New Methods and Techniques in Primary Care – *CardioPrevention in Clinical Practice*

- Conferences
- 55th Annual Meeting of the European Association for the Study of Diabetes, 16-20 September 2019, Barcelona, Spain
 - 54th Annual Meeting of the European Association for the Study of Diabetes, 1-5 October 2018, Berlin, Germany
 - National Conference of Diabetes and Cardiovascular Disease, 27-29 June 2019, Constanța, Romania
 - The National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases – 2015-2019
 - The National Congress of Cardiology – 2018, 2015-2016
 - YoungDiab Congress – 2017-2019
 - EAS Congress, 5-8 May 2018, Lisbon
 - The National Conference of the Work Groups, 10-12 May 2018, Sibiu
 - The Congress of the Romanian Federation of Diabetes, Nutrition and Metabolic Diseases – 2017, 2015
 - The 20th National Symposium "Prof. Dr. Dimitrie Gerota", 5-7 October 2017, Timișoara
 - The National Congress of the Interdisciplinary Approach of Diabetes Mellitus and its Complications (INTERDIAB) – the 3rd Edition, 2-4 May 2017, Bucharest
 - MasterClass Bucharest – 2017, 2015
 - NefroCarDia 2012, Sibiu

- Courses
- RiSE D.C. Meeting - Rising in Science in Europe East and South - Connecting Diabetology and Cardiology - 18-19 October 2019, Lisbon, Portugal
 - Diabetes Science School - 18-20 January 2019, Bucharest (Module 1) and 6-8 September 2019, Poiana Brașov (Module 2)
 - EAS Advanced Course - Clinical Excellence in Lipidology, 21-23 November 2018, Bucharest
 - Type 1 Diabetes Mellitus in Children and Young Adults Course, 27 June – 1 July 2017, Buziaș
 - The National Course of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, 25 March 2017, Timișoara
 - The 6th EASD N.C. Paulescu Postgraduate Course, Bucharest, 3 - 5 November 2016
 - Expert Meeting CardioDiab, Poiana Brașov, 2016 (Romanian Society of Cardiology)
 - School of Hyperlipidemia, Sinaia, 2015 (Romanian Society of Cardiology, Universitatea de

08.05.2020

Medicina si Farmacie "Carol Davila" Bucharest)

- Master Class, Bucureşti, 2015 (National Forum for Prevention)
- EUROASPIRE, Timişoara, 2013 (National Forum for Prevention, Romanian Heart Foundation, Institutul de Boli Cardiovasculare Timisoara)

08.05.2020

