

Disciplina: **Medicină Sportivă**
Prof. Dr. **Ionescu Anca Mirela**

LISTA DE LUCRĂRI

a) **Lista lucrarilor considerate cele mai relevante pentru realizarile profesionale proprii:**

1. **„Medicina Sportiva, Performanta si Sanatate”, Editura Medicala, Bucuresti, 2013, ISBN 978-973-39-0759 – coordonator;**
2. **Consensus statement “ Preparticipation medical evaluation for elite athletes: EFSMA recommendations on standardised preparticipation evaluation form in European countries”, Anca Mirela Ionescu, Yannis P Pitsiladis, Sandra Rozenstoka, Xavier Bigard, Herbert Löllgen, Norbert Bachl, Andre Debruyne, Fabio Pigozzi, Maurizio Casasco, Anna Jegier, Alina Maria Smaranda , Adela Caramoci, Theodora Papadopoulou, *BMJ Open Sport & Exercise Medicine* 2021;7:e001178; doi: [10.1136/bmjsem-2021-001178](https://doi.org/10.1136/bmjsem-2021-001178) IF 2.49; <https://bmjopensem.bmj.com/content/bmjosem/7/4/e001178.full.pdf>**
3. **Joint Position Statement of the International Federation of Sports Medicine (FIMS) and European Federation of Sports Medicine Associations (EFSMA) on the IOC Framework on Fairness, Inclusion and Non-Discrimination based on gender identity and sex variations, ; on behalf of the International Federation of Sports Medicine (FIMS) and the European Federation of Sports Medicine Associations (EFSMA); Fabio Pigozzi, Xavier Bigard, Juergen Michael Steinacker, Bernd Wolfarth, Victoriya Badtievaoka, Christian Schneider, Jeroen Swart, James Lee John Bilzon, Demitri Constantinou, Michiko Dohi, Luigi Di Luigi, Chiara Fossati, Norbert Bachl, Theodora Papadopoulou, Maurizio Casasco, Dina C. Janse van Rensburg, Kaux Jean-François, Sandra Rozenstoka, José Antonio Casajus, Irina Zelenkova, Bulent Ulkar, Francisco Arroyo, **Anca Ionescu**, Yannis Pitsiladis, *BMJ Open Sport & Exercise Medicine*, 2021;. doi:10.1136/bmjsem-2021-001273, IF 2.49**
4. **“Long-term glutamine supplementation in elite gymnasts”, Anca Mirela Ionescu, Maria Mirela Vasilescu, Adela Carmoci, Adriana Sarah Nica, *revista Farmacia*, nr4/2014, Indexed by SCOPUS/ELSEVIER, Chemical Abstracts, the International Pharmaceutical Abstracts (IPA)ISSN: 0014-8237 (Printed Edition), ISSN: 2065-0019 (On-Line Edition), Impact Factor 0.578(ISI);**

5. **“The impact of elite endurance training upon anaerobic effort capacity”**, A. Ionescu, A. Apostol, M. Vasilescu, *Medicina dello Sport* , 2014, 67(2):205-17 Official Journal of the Italian Sports Medicine Federation, Indexed/Abstracted in: BIOSIS Previews, EMBASE, Science Citation Index Expanded (SciSearch), Scopus **Impact Factor 0,294**, P.ISSN 0025-7826, E.ISSN 1827-1863, Edit. Minerva Medica. (ISI);
6. **„Electrocardiographic patterns in highly trained athletes correlated with genetic studies as causes of unexpected sudden cardiac death”**, *Medicina dello Sport* , vol 63, nr 2, pg 179-199, iunie 2010, Indexed/Abstracted in: BIOSIS Previews, EMBASE, Science Citation Index Expanded (SciSearch), Scopus **Impact Factor 0,294**, P.ISSN 0025-7826, E.ISSN 1827-1863, Edit. Minerva Medica (ISI);
7. **“Delphi developed syllabus for the medical specialty of sport and exercise medicine”**, David Humphries, Rod Jaques, H Paul Dijkstra, Irfan Asif, Mark E Batt, Mats Borjesson, Emin Ergen, Celeste Geertsema, Boris Gojanovic, **Anca Ionescu**, Dina Christina Janse van Rensburg, Constance Lebrun, Nahar Azmi Mohamed, Margo Mountjoy, Tvisha Parikh, Diana Robinson, Robert Sallis, Martin Schwellnus Padraig Sheeran, *British Sports Medicine Journal*, [https://55\(2\):81-83. : 10.1136/bjsports-2020-102102](https://55(2):81-83. : 10.1136/bjsports-2020-102102). **IF 12.68** Scopus-ID: 85092640948, DOI: <https://doi.org/10.1136/bjsports-2020-102102>, Pubmed-ID: <https://www.ncbi.nlm.nih.gov/pubmed/32972978>,
8. **“Integrating Transwomen and Female Athletes with Differences of Sex Development (DSD) into Elite Competition: The FIMS 2021 Consensus Statement”** Blair R. Hamilton, Giscard Lima, James Barrett, Leighton Seal, Alexander Kolliari-Turner, Guan Wang, Antonia Karanikolou, Xavier Bigard, Herbert Löllgen, Petra Zupet, Anca Ionescu....Yannis P. Pitsiladis. *Sports Medicine* (2021). <https://doi.org/10.1007/s40279-021-01451-8>, **IF 8.55**;

b) Teza de doctorat:

„Contribuții privind validarea unor metode de evaluare a capacității anaerobe de efort la sportivii de performanță” ,

UMF Carol Davila, Facultatea de Medicina, Bucuresti, specializarea Medicina Sportiva, 1999, Coordonator Profesor Universitar Dr. Ioan Dragan

Carti si capitole din carti

- **„Diagnosticul si reabilitarea medicala a tehnopatiilor in sport”**, Laura Cupsa, **Anca Ionescu** 173 pagini, *Editura Bren*, Bucuresti, 202, ISBN 978-606-610-258-2

- Capitolul “**Magneziul în sport, coautor** din **Biofactorii in patologia umană**/coordinator Camelia Diaconu, Viața medical, *Ed. Medichub Media*, București 2020, ISBN 978-606-94854-2-2

- **Medicina sportiva. Fiziologia si Fiziopatologia efortului fizic.** Note de curs; ISBN: 9789737089908, Editura: Universitatea “Carol Davila”, 2017, **coautor**

- „**Medicina Sportiva, Performanta si Sanatate**”, 736 pagini, *Editura Medicala*, Bucuresti, 2013, ISBN 978-973-39-0759 – **coordonator**
Unic autor al urmatoarelor capitole:
 - 1) *Medicina Sportivă - definiție, scop și rolul medicului specialist;*
 - 2) *Supranatrenament;*
 - 3) *Exercițiul fizic la altitudini mari;*
 - 4) *Importanata și prescrierea exercițiului pentru sănătate.***Coautor** la urmatoarele capitole:
 - 1) *Avizul medico-sportiv* (Anca Ionescu, Anca Ticu)
 - 2) *Pregătirea biologică de concurs,*
Forma sportivă, Stare de start (Ion Mihai, Anca Ionescu)
 - 3) *Capacitatea de efort* (Adela Apostol, Anca Ionescu)
 - 4) *Alimentația și performanță sportivă* (Adela Apostol, Anca Ionescu)

- “**Performance Optimization in Taekwondo: From Laboratory to Field**”, ditor: Dr. Haddad Monoem; Publisher: OMICS Group International; ISBN: 978-1-63278-038-6; Coautor al capitolului: „**Nutrition and Dietetic Recommendations in Taekwondo**” Adela Caramoci, Cătălin Păunescu, Monoem Haddad, Anca Mirela Ionescu, Adriana Sarah Nica
<http://esciencecentral.org/ebooks/taekwondo/>, eBooks, 2014 **coautor**

- **Fiziologia Exercițiului - notiuni fundamentale**, 157 pagini, *Editura Bren*, Bucuresti 2013 , ISBN 978-606-610-064-9:Vassilis Klisouras, **Anca Ionescu, coautor;**
- **Actualitati in evaluarea mersului cu aplicatii in ortopedie si recuperare** , *Editura Discobolul*, Bucuresti 2013, sub coordonare: Elena Taina Avramescu, ISBN 978-606-8294-67-4, **coautor** capitol ”**Glosar de termeni medicali**”;
- „**Kinetoterapia in activitati sportive, Investigatia medico-sportiva, Aplicatii ale teoriei in practica**”, *Editura Didactica si Pedagogica* 2006, Bucuresti, ISBN (10) 973-30-1235-1, ISBN (13) 978- 973-30-1235-1, sub redactia Elena Taina Avramescu, **unic autor, coautor** capitole:

Unic autor urmatoarele capitole:

 - 1) *Contraindicatii pentru practicarea educatiei fizice si sportului;*
 - 2) *Antrenamentul de altitudine medie pentru cresterea capacitatii de efort la sportivi*

Coautor la urmatorul capitol:

1) *Forma sportive, definitie, durata, pierdere organizata si nedorita*

- **Monografie „Capacitatea de efort”, Editura Universitaria, Craiova, 2005 – ISBN 973-742-213-9, Anca Mirela Ionescu;**
- **„Alimentatia si medicatia efortului sportiv”, Editura Universitaria, Craiova, 2004, ISBN: 973-8043-538-8, Taina Elena Rinderiu , Anca Mirela Ionescu**
- **„Medicină Sportivă”, Editura Medicală, Bucuresti, 2002, ISBN 973-39-0494-5, coordonator Prof. Dr. Ioan Drăgan, unic autor capitol “Capacitatea de efort fizic”;**
- **“Medicină sportivă. Ghid de lucrări practice” Ecas Trade SRL, Bucuresti, 2001, ISBN 973-0-02521-5, Anca Mirela Ionescu**

Articole/studii in extenso publicate in reviste cotate ISI, indexate PubMed sau alte BDI, CNCSIS

1. **Translation of the Fugl-Meyer assessment into Romanian: Transcultural and semantic-linguistic adaptations and clinical validation**, Gelu Onose†, Aurelian Anghelescu†, **Anca Ionescu†**, Ligia Gabriela Tataranu†, Aura Spînu, Ana Maria Bumbea, Corneliu Toader, Sorin Tuta, Roxana O. Carare, Cristina Popescu, Constantin Munteanu, Cristina Daia, *Frontiers in Neurology*, ianuarie 2023; DOI: [10.3389/fneur.2022.1022546](https://doi.org/10.3389/fneur.2022.1022546); **IF 4.086**
2. **Topical Reappraisal of Molecular Pharmacological Approaches to Endothelial Dysfunction in Diabetes Mellitus Angiopathy**, Constantin Munteanu, Mariana Rotariu, Marius-Alexandru Turnea, Aurelian Anghelescu, Irina Albadi, Gabriela-Bombonica Dogaru, Sinziana Calina Silisteanu, Elena Valentina Ionescu, Florentina Carmen Firan, **Anca Mirela Ionescu**, Carmen Oprea, Gelu Onose, *Mol. Biol.* **2022**, *44*(8), 3378- 3397; <https://doi.org/10.3390/cimb44080233>, **IF 2.31**
3. **Main Cations and Cellular Biology of Traumatic Spinal Cord Injury**, Constantin Munteanu, Mariana Rotariu, Marius Turnea, **Anca Mirela Ionescu**, Cristina Popescu, Aura Spinu, Elena Valentina Ionescu, Carmen Oprea, Roxana Elena Ţucmeanu, Ligia Gabriela Tătăranu, Sinziana Calina Silişteanu, Gelu Onose; *Cells* 2022 Aug; 11(16): 2503, doi: [10.3390/cells11162503](https://doi.org/10.3390/cells11162503), **IF 7.66**

4. **Complementary Strategies to Promote Hair Regrowth in Post-COVID-19 Telogen Effluvium**, Popescu MN, Berteanu M, Beiu C, Popa LG, Mihai MM, Iliescu MG, Stanescu AMA, **Ionescu AM**; *Clinical, Cosmetic and Investigational Dermatology* , 22 April 2022, Volume 15, pages 735-743; DOI <https://doi.org/10.2147/CCID.S359052>, IF 2.765
5. **Considerations about Hypoxic Changes in Neuraxis Tissue Injuries and Recovery**, Simona Isabelle Stoica, Coralia Bleotu, Vlad Ciobanu, **Anca Mirela Ionescu**, Irina Albadi , Gelu Onose , Constantin Munteanu, IF 5.612
Biomedicines 2022, 10(2), 481; <https://doi.org/10.3390/biomedicines10020481>
6. **Cellular and Molecular Targets for Non-Invasive, Non-Pharmacological Therapeutic/Rehabilitative Interventions in Acute Ischemic Stroke –Systematic Review**, Gelu Onose, Aurelian Angheliescu, Corneliu Dan Blendea, Vlad Ciobanu, Cristina Daia, Florentina Carmen Firan, Mihaela Oprea, Aura Spinu, Cristina Popescu, **Anca Ionescu**, Stefan Busnatu, Constantin Munteanu, *The International Journal of Molecular Sciences* Manuscript ID: ijms-1536760; doi: 10.3390/ijms23020907, Int. J. Mol. Sci. 2022, 23, x. , IF 5.92
7. **Delayed Diagnosis of Clostridium difficile Colitis in a 48-Year-Old Woman with a Homozygous Mutation of the UGT1A1 Gene While on Chemotherapy for Colorectal Carcinoma**, Adela Caramoci, Alexandru Grigorescu, Mirela Pop, **Anca Mirela Ionescu**, *Am J Case Rep* 2022; 23:e934361, DOI: 10.12659/AJCR.934361
<https://www.amjcaserep.com/abstract/index/idArt/934361>, , Cite score: 2.649
8. **Joint Position Statement of the International Federation of Sports Medicine (FIMS) and European Federation of Sports Medicine Associations (EFSMA) on the IOC Framework on Fairness, Inclusion and Non-Discrimination based on gender identity and sex variations, ; on behalf of the International Federation of Sports Medicine (FIMS) and the European Federation of Sports Medicine Associations (EFSMA)**; Fabio Pigozzi, Xavier Bigard, Juergen Michael Steinacker, Bernd Wolfarth, Victoriya Badtievaoka, Christian Schneider, Jeroen Swart, James Lee John Bilzon, Demitri Constantinou, Michiko Dohi, Luigi Di Luigi, Chiara Fossati, Norbert Bachl, Theodora Papadopoulou, Maurizio Casasco, Dina C. Janse van Rensburg, Kaux Jean-François, Sandra Rozenstoka, José Antonio Casajus, Irina Zelenkova, Bulent Ulkar, Francisco Arroyo, **Anca Ionescu**, Yannis Pitsiladis, [BMJ Open Sport & Exercise Medicine](https://doi.org/10.1136/bmjsem-2021-001273), 2021;. doi:10.1136/bmjsem-2021-001273, Cite scor 2.49
9. **Consensus statement “ Preparticipation medical evaluation for elite athletes: EFSMA recommendations on standardised preparticipation evaluation form in European countries”**, **Anca Mirela Ionescu**, Yannis P Pitsiladis, Sandra Rozenstoka, Xavier Bigard, Herbert Löllgen, Norbert Bachl, Andre Debruyne, Fabio

Pigozzi, Maurizio Casasco, Anna Jegier, Alina Maria Smaranda , Adela Caramoci, Theodora Papadopoulou, BMJ Open Sport&Exercise Medicine, <https://bmjopensem.bmj.com/content/bmjosem/7/4/e001178.full.pdf>, doi:10.1136/bmjsem-2021-001178; **IF 2.49**

10. **“Autologous platelet-rich plasma efficacy in the field of regenerative medicine: Product and Quality Control”**, Marius Nicolae Popescu, Madalina Gabriela Iliescu, Cristina Beiu, Liliana Gabriela Popa, Mara Madalina Mihai, Mihai Berteanu, **Anca Mirela Ionescu**, *BioMed Research International* (Volume2021) Article ID 4672959, doi: **10.1155/2021/4672959**, **IF 3.41**
11. **“Integrating Transwomen and Female Athletes with Differences of Sex Development (DSD) into Elite Competition: The FIMS 2021 Consensus Statement”** Blair R. Hamilton, Giscard Lima, James Barrett, Leighton Seal, Alexander Kolliari-Turner, Guan Wang, Antonia Karanikolou, Xavier Bigard, Herbert Löllgen, Petra Zupet, Anca Ionescu, Yannis P. Pitsiladis. *Sports Medicine* (2021) <https://doi.org/10.1007/s40279-021-01451-8>, **IF 8.55**;
12. **“Delphi developed syllabus for the medical specialty of sport and exercise medicine”**, David Humphries, Rod Jaques, H Paul Dijkstra, Irfan Asif, Mark E Batt, Mats Borjesson, Emin Ergen, Celeste Geertsema, Boris Gojanovic, **Anca Ionescu**, Dina Christina Janse van Rensburg , Constance Lebrun, Nahar Azmi Mohamed, Margo Mountjoy, Tvisha Parikh, Diana Robinson, Robert Sallis, Martin Schweltnus Pdraig Sheeran *British Journal Sports Med*, [https://55\(2\):81-83](https://55(2):81-83). : **10.1136/bjsports-2020-102102**, **IF 12.68**;
13. **Complex respiratory and motor rehabilitation program in a patient with post-pulmonary tuberculosis conditions and multiple sequelae after SARS-CoV-2 infection: case report**, Daia, Cristina; **Ionescu, Anca**; Ionescu, Elena Valentina; Iliescu, Madalina Gabriela; Stanciu, Liliana Elena; Cambrea, Simona Claudia; Iliescu, Dan Marcel; Arghir, Oana Cristina; Popescu, Marius-Nicolae; Georgeanu, Vlad; Voinea, Felix; Baz, Radu; Pazara, Loredana; Onose, Gelu *Balneo and Prm Research Journal on December 14, 2021*, doi.org/10.12680/BALNEO.2021.454
14. **“Recommendations for face coverings while exercising during the COVID-19 pandemic”** Jonathan Shurlock, Borja Muniz-Pardos, Ross Tucker, Norbert Bachl, Theodora Papadopoulou, Graham Holloway, Nigel Jones, Xavier Bigard, Karin Vonbank, David Niederseer, Joachim Meyer, Dennis Nowak, Andre Debruyne, Petra Zupet , Herbert Löllgen, Juergen M. Steinacker, Bernd Wolfarth, James L. J. Bilzon, Anca Ionescu... Yannis P. Pitsiladis. *Sports Medicine-Open* 7, 19 (2021). <https://doi.org/10.1186/s40798-021-00309-7>, **IF 2.38**;
15. **“Clinical recommendations for return to play during the COVID-19 pandemic- Infographic”** Herbert Löllgen, Norbert Bachl, Theodora Papadopoulou, Andrew Shafik, Graham Holloway, Karin Vonbank, Nigel Edward Jones, Xavier Bigard, David Niederseer, Joachim Meyer, Borja Muniz-Pardos, Andre Debruyne, Petra Zupet, Jürgen M Steinacker, Bernd Wolfarth, James Lee John Bilzon, **Anca Ionescu**... Yannis P. Pitsiladis, *British*

16. **“Recommendations for return to sport during the SARS-CoV-2 pandemic”** Herbert Löllgen, Norbert Bachl, Theodora Papadopoulou, Andrew Shafik, Graham Holloway, Karin Vonbank, Nigel Edward Jones, Xavier Bigard, David Niederseer, Joachim Meyer, Borja Muniz-Pardos, Andre Debruyne, Petra Zupet, Jürgen M Steinacker, Bernd Wolfarth, James Lee John Bilzon, **Anca onescu**, Yannis P. Pitsiladis, *BMJ Open Sport&Exercise Medicine*, 2021, DOI: [10.1136/bmjsem-2020-000858](https://doi.org/10.1136/bmjsem-2020-000858) **IF 1.51**
17. **“Collateral Health Issues Derived from the Covid-19 Pandemic”** Borja Muniz-Pardo, Jonathan Shurlock, Andre Debruyne, Juergen M. Steinacker, Mats Börjesson, Bernd Wolfarth, James L. J. Bilzon, Herbert Löllgen, **Anca Ionesc**, Yannis P. Pitsiladis , *Sports Medicine - Open* (2020) 6:35, DOI: [10.1186/s40798-020-00267-6](https://doi.org/10.1186/s40798-020-00267-6); **IF 2.38**
18. **“Response to the United Nations Human Rights Council’s Report on Race and Gender Discrimination in Sport: An Expression of Concern and a Call to Prioritise Research”** Blair R. Hamilton, Maria Jose Martinez-Patiño, James Barrett, Leighton Seal, Ross Tucker, Theodora Papadopoulou⁶, Xavier Bigard, Alexander Kolliari-Turner, Herbert Löllgen, Petra Zupet, **Anca Ionescu**, Yannis P. Pitsiladis, *Sports Medicine* (2021), **51:839–842** <https://doi.org/10.1007/s40279-020-01380-y>, **IF 8.55**
19. **“Potential pharmaceutical uses of probiotics an prebiotics in obesity management”** Adela Caramoci, Miela Vasilescu, Adriana Sarah Nica, Mirela Pop, Eugenia Rosulescu, **Anca Mirela Ionescu**; revista *Farmacia* 2017, Vol 65, 5, Indexed by SCOPUS/ELSEVIER, Chemical Abstracts, the International Pharmaceutical Abstracts (IPA)ISSN: 0014-8237 (Printed Edition), ISSN: 2065-0019 (On-Line Edition), www.farmacijournal.com, Impact Factor **1.507(ISI)**; publons.com/p/33481658/
20. **“The impact of elite endurance training upon anaerobic effort capacity”**, **A. Ionescu**, A. Apostol, M. Vasilescu, *Medicina dello Sport* , 2014 June; 67(2), Official Journal of the Italian Sports Medicine Federation, Indexed/Abstracted in: BIOSIS Previews, EMBASE, Science Citation Index Expanded (SciSearch), Scopus **Impact Factor 0,406**; P.ISSN 0025-7826, E.ISSN 1827-1863, Edit. Minerva Medica. (**ISI**); <https://www.minervamedica.it/publons.com/p/16970440/>
21. **“Long-term glutamine supplementation in elite gymnasts”**, **Anca Mirela Ionescu**, Maria Mirela Vasilescu, Adela Carmoci, Adriana Sarah Nica, revista *Farmacia* 2014, Vol. 62, 4, Indexed by SCOPUS/ELSEVIER, Chemical Abstracts, the International Pharmaceutical Abstracts (IPA)ISSN: 0014-8237 (Printed Edition), ISSN: 2065-0019 (On-Line Edition), Impact Factor 0.669(**ISI**);
22. **“Laparoscopic Treatment for Complicated Acute Appendicitis in Children, Junior Athletes”**, S. Ionescu¹, B. Andrei, Elena Licsandru, Monica Ivanov , **Anca M. Ionescu**, Revista *Chirurgia*, 2014, Indexed in: **Science Citation Index Expanded (SCIE) Journal Citation Reports/Science, Medline (PubMed, Index Medicus)** ISSN:

122;-9118, Online ISSN: **1842 – 368X**, Impact Factor 0.777(**ISI**);
publons.com/p/46272306/

23. „**Electrocardiographic patterns in highly trained athletes correlated with genetic studies as causes of unexpected sudden cardiac death**”, *Medicina dello Sport* , vol 63, nr 2, pg 179-199, iunie 2010, Indexed/Abstracted in: BIOSIS Previews, EMBASE, Science Citation Index Expanded (SciSearch), Scopus **Impact Factor 0,406**; P.ISSN 0025-7826, E.ISSN 1827-1863, Edit. Minerva Medica (**ISI**); <https://www.minervamedica.it/>; publons.com/p/19225149/
24. „**Hormonal and Fat Profile in Top Female Gymnasts under Strenuous Training and Soy Protein Supply**”, I.Dragan, V.P. Stroescu, C.C. Dumitrache, I.I. Stoian, V.O. Stroescu, Elena Georgescu, **Anca Mirela Ionescu**, Luminita Popescu *Journal of Endocrinology*, vol. 36, nr. 1-2, 1998, pg. 57-67 (*Acta endocrinologica*), ISSN 1841-0987;
25. **Therapeutic considerations for patients with chronic plantar fasciitis (Review)**
Daniela Poenaru, Silviu Constantin Badoiu, **Anca Mirela Ionescu**, *Medicine International, Volume 1 Issue 4,2021*, Online ISSN: 2754-1304
Google Scholar,<https://www.spandidos-publications.com/mi/forthcoming>
26. **Selection -the early prediction of future performance**, Ana Maria Teodora Vişinescu, Alina Maria Smaranda, Mirela Vasilescu, Adela Caramoci, **Anca Mirela Ionescu**, *Medicina sportiva*, (2021), vol. XVII, no 1: 3265-3273 nr 55/2021, ISSN 1841-0162, index by QT 261-Sports Medicine Bookmarks, ProQuest, CNCSIS, Romania, EBSCO SPORT Discuss with Full Text, Open Academic Journals Index (OAJI), ERIH PLUS;
27. **Tracking performance in elite athletes**, Smaranda Alina, Vişinescu A, Caramoci A, Vasilescu Mirela, **Ionescu Anca Mirela**, *Medicina sportiva*,nr 55/2021, vol. XVII, no 1: ISSN 1841-0162, index by QT 261-Sports Medicine Bookmarks, ProQuest, CNCSIS, Romania, EBSCO SPORT Discuss with Full Text, Open Academic Journals Index (OAJI), ERIH PLUS
28. **Exercise prescription for the heart**, Leonarda Galiuto, Fedele E., Vitale E., **Ionescu Anca Mirela**, Lucini D., Onciul S, Vasilescu Mirela, *Medicina sportiva*, nr 49/2018, ISSN 1841-0162, index by QT 261-Sports Medicine Bookmarks, ProQuest, CNCSIS, Romania, EBSCO SPORT Discuss with Full Text, Open Academic Journals Index (OAJI), ERIH PLUS
29. **Healthy Athlete’s Nutrition**, Galiuto Leonarda, Fedele E, Vitale E, Lucini D, Vasilescu Mirela, **Ionescu Anca Mirela**, *Medicina Sportiva*, nr 49/2018, ISSN 1841-0162, index by QT 261-Sports Medicine Bookmarks, ProQuest, CNCSIS, Romania, EBSCO SPORT Discuss with Full Text, Open Academic Journals Index (OAJI), ERIH PLUS,
<http://www.medicinasportiva.ro/SRoMS/english/Journal>

30. **Is intermittent fasting a scientifically –based dietary metod?** Adela Caramoci, Brandusa Mitoiu, Mirela Pop, Virgil Mazilu, Mirela Vasilescu, Anca Mirela ionescu, Rosulescu, *Medicina Sportiva*,46/2016, ISSN 1841-0162, CNCSIS B+, QT 261-Sports Medicine Bookmarks, ProQuest, EBSCO SPORT Discuss with Full Text, Open Academic Journals Index (OAJI), ERIH PLUS, <http://www.medical-bookmarks.org.uk/qt261.htm>,
31. **Magnesium supplementation in top athletes - effects and recommendations**, Adriana Sarah Nica, Adela Caramoci, Mirela Vasilescu, **Anca Mirela Ionescu**, Denis Paduraru, Virgil Mazilu , *Sports Medicine Journal*, ISSN 1841-0162, Index Copernicus International nr. 41/ 2015
<http://www.medicinasportiva.ro/SRoMS/english/Journal/No.41/> (<http://www.medical-bookmarks.org.uk/qt261.htm>), EBSCO SPORT Discuss with Full Text , ERIH PLUS
32. **Nutrition timing in athletes**, Anca Magdalena Munteanu, Daniela Manuc, Adela Caramoci, Mirela Vasilescu, **Anca Mirela Ionescu** *Medicina Sportiva* vol X, nr 39/2014, ISSN 1841-0162, Index Copernicus International,
(<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>),EBSCO SPORT Discuss with Full Text
33. **„Pharmacologically active substances and dietary supplements used by athletes: the European and Italian regulation”**, Mazzeo Filomena, Tafuri Domenico, Vasilescu Mirela, **Ionescu Anca Mirela**, *Medicina Sportiva* vol X, nr 2/2014, **pg** 2309-2314, ISSN 1841-0162, CNCSIS B+, Index Copernicus International, EBSCO SPORT Discuss with Full Text (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>,
34. **“Stress fracture of the tip of the olecranon in a professional discus thrower”**
Ionescu Anca Mirela, Anghelescu Dan, Anghelescu Marian, *Medicina Sportiva* nr 36/2013, ISSN 1841-0162, CNCSIS B+, Index Copernicus International, (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>), EBSCO SPORT Discuss with Full Text;
35. **“A new approach to estimate the anaerobic capacity of the top athletes”**, Autori: Apostol Adela, **Ionescu Anca Mirela**, Vasilescu Mirela, Mihai Berteanu, *Medicina Sportiva* nr 35/2013, 2147-2159, ISSN 1841-0162, CNCSIS B+, Index Copernicus International, (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>),EBSCO SPORT Discuss with Full Text;
36. **“Aerobic versus Anaerobic - comparative studies concerning the dynamics of the aerobic and anaerobic effort parameters in top athletes”**, Autori Apostol Adela, **Ionescu Anca Mirela**, Vasilescu Mirela, *Medicina Sportiva* nr 34/2013, pg 2130-2140, ISSN 1841-0162, CNCSIS B+,Index Copernicus International, EBSCO SPORT Discuss with Full Text (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);
37. **“Study regarding the monitoring and optimisation in athletes’ rehabilitation after cruciate ligaments injuries arthroscopically assisted”**, Autori Predescu Corina,

Ionescu Anca Mirela, Vasilescu Mirela *Medicina Sportiva* nr 29/2012, ISSN 1841-0162, CNCSIS B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>), EBSCO SPORT Discuss with Full Text;

38. **“The use of absorbable screws in the anterior cruciate ligament arthroscopic reconstruction in athletes. A comparative and prospective clinical study”** Autori: Patru Cristina, Filipescu Doru, Buzescu Alexandru, **Ionescu Anca Mirela**, Popescu Gheorghe, Lupescu Olivera, *Medicina sportiva*, Journal of Romanian Sports Medicine Society, nr 23/2010, ISSN 1841-0162, CNCSIS B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>), EBSCO SPORT Discuss with Full Text;
39. **“Portrete-personalitati ale stiintei si culturii romanesti, Prof Dr. Ioan Dragan-Medicina Sportiva”**, Mariana Cordun, **Anca Ionescu**, Palestrica mileniului III – Civilizatie si Sport, vol II, no.2, 2010, 177-178, CNCSIS B+, ISSN 1582 – 1943, EBSCO, Index Copernicus, DOAJ, SCIPPIO;
40. **“Effects of high glutamine wheat protein isolate supplementation in top female aerobic gymnasts”** Autori: **Anca Ionescu**, Mirela Vasilescu, Adela Apostol, Mihai Aldea, Corina Predescu, *Medicina sportiva*, The Journal of Romanian Sports Medicine Society, nr 21/2010, pg 1262-1268, ISSN 1841-0162, CNCSIS B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>), EBSCO SPORT Discuss with Full Text;
41. **“Microtrauma Spine Pathology Clasification to Athletes”**, Autori: A Murgu, **A Ionescu**, C Brailescu, R Scarlet, *Medicina Sportiva*, The Journal of Romanian Sports Medicine Society nr 18/2009, ISSN 1841-0162, CNCSIS B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>), EBSCO SPORT Discuss with Full Text;
42. **“Eating dysfunctions in female athlete a meta-analysis”**, Autori: Jaliu Bogdana, **Ionescu Anca**, Vasilescu Mirela, Jaliu B, *Medicina Sportiva*, The Journal of Romanian Sports Medicine Society, nr 19/2009, pg 1151-1155, ISSN 1841-0162, CNCSIS B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>), EBSCO SPORT Discuss with Full Text;
43. **„Lumbosacral Spine Macrotrauma to Athletes- Incidence and Etiology”**, Autori: A Murgu, **A Ionescu**, Vasilescu Mirela, Apostol Adela, Balan V, The Journal of Romanian Sports Medicine Society nr 17/2009 ,1029-1033, CNCSIS B+, Index Copernicus (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Med Bookmarks <http://www.medical-bookmarks.org.uk/qt261.htm> EBSCO SPORT Discuss with Full Text;

44. **"Rehabilitation through water exercises for sportsmen's injuries"**: Bălan V., Murgu A., **Ionescu A.**, *CITIUS ALTIUS FORTICUS*, Journal of Physical Education and Sport, vol. 24, nr. 3, septembrie 2009, pag. 49-56, revistă B+ CNCISIS, cod 354, Index Copernicus International, ICV = 3,65/ 2008, DOAJ, ABES, OAI, ISSN: 1582-8131;
45. **"Swimming – benefits for pregnant women"**: Bălan V., Murgu A., **Ionescu A.**, *Medicina Sportiva*, supplement 2, 2009, pag. 238-239, revistă B+, cod 633, ISSN 1841-0162, EBSCO SPORT Discuss with Full Text, Index Copernicus International, (<http://journals.indexcopernicus.com/karta.php>), QT 261-Sports Med Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>)
46. **"Recuperarea prin exercitii fizice in apa dupa traumatisme la sportivi"** V. Balan, A. Murgu, **A. Ionescu**, Anuar stiintific Forumul Stiintic National " Impactul finalitatii sistemului educational si de cercetare stiintifica asupra performantei sportive din Romania, Anul I nr 1/2009, Editura Prim, ISSN 2067-2934;
47. **"Evaluation of the anaerobe effort capacity"**, **Anca M Ionescu**, *Timisoara Physical Education and Rehabilitation Journal*, pg 44-50, volume 1, issue 1, 2008, ISSN 2065-0574, cod CNCISIS 1018, indexat în [ProQuest](#) , [EBSCO](#) , [Index Copernicus](#) , [J-Gate](#) , [DOAJ](#) și [Versita](#);
48. **"Utilizarea prelucrării computerizate a electromiografiei de suprafață pentru studierea oboselii musculare locale la sportivii de performanță"** Vasilescu M, Nestianu V, Romanescu F, Rusu L, **Ionescu A** (2008) *Medicina Sportivă* nr.8, supl.1, CNCISISB+, Index Copernicus International, EBSCO SPORT Discuss with Full Text (<http://journals.indexcopernicus.com/karta.php>), QT 261-Sports Med Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);
49. **"The influence on fluid lost replacement of GATORADE vs. water during aerobic gymnastic exercise"**, **Anca Ionescu**, Adela Apostol, Mirela Vasilescu, Ligia Rusu, *Medicina Sportiva* nr 10/2007, CNCISIS B+, Index Copernicus International, (<http://journals.indexcopernicus.com/karta.php>) EBSCO SPORT Discuss with Full Text, QT 261-Sports Med Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);
50. **"Recuperarea afecțiunilor aparatului locomotor prin hidrokinetoterapie"**, A Murgu, V Balan, **A Ionescu**, A Apostol, publicata in revista *„Palestrica Mileniului III, civilizatie si sport"*, An VIII Nr 3 (29), septembrie 2007, ISSN 1582 – 1943);
51. **"Incadrare nosologică a elementelor de patologie vertebrală lombosacrată la sportivii de performanță"** autori: A Murgu, **A Ionescu**, G Mologhianu, A Nica publicata in revista *Palestrica Mileniului III, civilizatie si sport*, An VIII Nr 3 (29), septembrie 2007, pg 306-309, ISSN 1582 – 1943;
52. **Editorial "Medicina Sportiva in impas"**, **Ionescu Anca**, Revista *Medicina Sportiva* nr.8/2006, pg 451-452; CNCISIS B+, Index Copernicus International

(<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);

53. **“Gene therapy and musculoskeletal diseases”** Vasilescu M, Rusu L, **Ionescu Anca**, Dragomir M, Revista *Medicina Sportiva* nr.8/2006, pg 453-456 CNCSIS B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);
54. **Editorial “XXIX FIMS Sports Medicine Congress”**, **Ionescu A**, Revista *Medicina Sportiva* nr.7/2006 CNCSIS B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);
55. **“The importance of closed kinetic chain in rehabilitation of knee after ACL reconstruction”**, Ligia Rusu, Mirela Vasilescu, **Anca Ionescu**, Revista *Sportska Medicina*, Belgrad, vol 5/Broj 3, pg 146-149, 2005; ISSN 1451- 2033(**indexată OMNI-** Organising Medical Networked Information);
56. **“Studiu prospectiv privind aplicarea programului intensiv de recuperare a sindromului dureros lombar la halterofili”** Andreia Murgu, **Anca Ionescu**, Revista *Stiinta Sportului*, nr. 50/2005, pg 63-72, cod 123, categoria B+, BDI, ISSN (print): 2066 – 8732, ISSN (online): 2069-7244. <http://www.degruyter.com/view/j/ssr>;
57. **Editorial “Al IV-lea Congres al Federației Europene de Medicină Sportivă”**, **Anca Mirela Ionescu**, Revista *Medicina Sportiva* nr. 3/ 2005, ISSN 1841-0162 CNCSIS (cod 633) in categoria B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);
58. **“Aspecte de biomecanică a coloanei vertebrale lombosacrate la sportivii de performanță”** Andreia Murgu, **Anca Mirela Ionescu**, Revista *Medicina Sportivă* nr. 3/ 2005, pg.171-174 ISSN 1841-0162 CNCSIS (cod 633) in categoria B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);
59. **„Umarul dureros al sportivilor de performanță”**, Bogdana Anton, **Anca Mirela Ionescu**, Revista *Medicina Sportiva* nr. 2/ 2005, pg.118-123, ISSN 1841-0162 CNCSIS (cod 633) in categoria B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);
60. **“Preexcitation syndrom Wolf Parkinson White at athletes”**, LigiaRusu, Mirela Vasilescu, **Anca Ionescu**, Revista *Medicina Sportiva* nr. 2/ 2005, pg 132-134; ISSN 1841-0162 CNCSIS (cod 633) in categoria B+, Index Copernicus <http://journals.indexcopernicus.com/karta.php>) QT 261, Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);

61. „**Mecanisme de producere a oboselii musculare locale indusă de efortul fizic izometric**”, Vasilescu Mirela, Rusu Ligia, **Ionescu Anca**, Revista de *Medicina Sportivă* nr. 2/ 2005 ISSN 1841-0162 CNCSIS (cod 633) in categoria B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>;
62. “**Diagnosticul si abordarea terapeutica in sindromul Burner la sportivi**” Ligia Rusu, **Anca Ionescu**, Elvira Paun, Denisa Enescu, Revista *Medicina Sportiva* nr.4/2005, pag 255-258; ISSN 1841-0162 CNCSIS (cod 633) B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>;
63. „**Rolul medicinei sportive in promovarea sănătății**”, **Anca Mirela Ionescu**, Adela Apostol, Revista *Medicina Sportiva*, nr. 1/ 2005, pg.11-16; ISSN 1841-0162 CNCSIS (cod 633) B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>;
64. “**Sportul la varsta a 3-a**”, **Anca Mirela Ionescu**, Adela Apostol, Revista *Știința Sportului*, nr. 43/2004, **BDI**, ISSN (print): 2066 – 8732, ISSN (online): 2069-7244. <http://www.degruyter.com/view/j/ssr>;
65. “**Afecțiuni hiperfuncționale ale umărului în sportul de performanță**”, Bogdana Anca Anton, **Anca Ionescu**, Revista *Știința Sportului*, nr. 42/2004, **BDI**, ISSN (print): 2066 – 8732, ISSN (online): 2069-7244; <http://www.degruyter.com/view/j/ssr>;
66. “**Research on muscle morphometry and biomechanics of foot disorder**”, Brinzaniuc, **Anca Ionescu**, F. Buicu, C. Trambitas, D. Popa, C. Nicolescu, Medical Journal of Timisoara, volume 53, 2003 , pag.43-44 B+ CNCSIS, ISSN: 1583-526X (Online Edition);
67. “**Corelații privind capacitatea de efort aerobă și performanța sportivă**”, Simona Surca, **Anca Ionescu**, Anca Ticu, Revista *Știința Sportului*, nr. 34/2003, pg.57-63, **BDI**, ISSN (print): 2066 – 8732, ISSN (online): 2069-7244. **Pagina web:** <http://www.degruyter.com/view/j/ssr> ;
68. “**Exercitiul fizic și controlul greutateii**”, **Anca Ionescu**, Adela Apostol, Revista *Medicina Modernă*, revista publicata de Colegiul Medicilor din Municipiul București vol. IX, nr.7, 2002, pg. 343-344, B+ CNCSIS, ISSN 1223-0472;
69. “**Dopingul în sport. Actualități**”, **Anca Mirela Ionescu**, Revista *Medicina Modernă*, revista publicata de Colegiul Medicilor din Municipiul București vol. VII, nr.12, 2002, pg. 650-652, B+ CNCSIS, ISSN 1223-0472

Publicatii in extenso, aparute in lucrari ale principalelor conferinte internationale de specialitate si rezumate ale lucrarilor prezentate la conferinte internationale de specialitate, publicate în reviste cotate ISI

- 1. The hidden cost of winning a medal: a narrative review on the mental health of elite athletes**, Alina Smaranda, Adela Caramoci, **Anca Ionescu**, IOC World Conference on Prevention of Injury & Illness in Sport., 24-27 noiembrie 2021, Monaco, British Journal of Sports Medicine A101.1-A101
DOI: 10.1136/bjsports-2021-IOC.239, (ISI), IF 12.68
- 2. Physical activity and exercise prescription for health**, **Anca Mirela Ionescu**, Alina-Maria Smaranda, 1-5 Septembrie 2021, Covasna, Balneo and PRM Research Journal. (**ESCI**) 2021;12(3):A01- A21, L01 - L127 [Full Text](#)
[DOI 10.12680/balneo.2021.452](https://doi.org/10.12680/balneo.2021.452)
- 3. Selection phases and criteria for specific sports**, **Anca Ionescu**, Smaranda Alina, 11th EFSMA European Congress of Sports Medicine, 3-5 octombrie 2019, Portoroz, Slovenia, www.
<https://www.minervamedica.it/en/journals/medicina-dello-sport>, pISSN 0025-7826, eISSN 1827-1863, ISI, **IF 0,723**
- 4. The science behind sports performance-tracking biomarkers in elite athletes**, Smaranda Adela, Caramoci Adela, **Ionescu Anca**, 11th EFSMA European Congress of Sports Medicine, 3-5 octombrie 2019, Portoroz, Slovenia, <https://www.minervamedica.it/en/journals/medicina-dello-sport>, pISSN 0025-7826, eISSN 1827-1863, (ISI, IF 0,723)
- 5. Essential Aspects of Traumatic Encephalopathy in Athletes** Essential aspects of traumatic encephalopathy in athletes, Antonia-Viviana Onaca, **Anca Ionescu**, 34 th World Congress of Sports Medicine, 29.09-02.10-2016, Lubljana, https://bjsm.bmj.com/content/50/Suppl_1/A72.1.abstract;
<http://dx.doi.org/10.1136/bjsports-2016-097120.126> (ISI, IF 12.68)
- 6. Influence of specific training on explosive power in top athletes**, Adela Caramoci, **Anca Mirela Ionescu**, Adriana Sarah Nica, Virgil Mazilu; the 5th International Congress of Physical Education, Sports and Kinetotherapy (ICPESK) 2015 papers, Medimond Monduzzi Editore International Proceedings Division (Bologna, Italy) , sectia "sport si performanta sportiva"
http://www.unefs.ro/congresulinternational/abstracte_2015.php ;
doi.org/10.15405/EPBSBS.2016.06.17

7. **The importance of using the accelerometer myotest to evaluate the recovery of performance athletes with ligament injuries**, Corina Predescu, Mihaela Apostu, Radu Predescu, **Anca Ionescu**, the 4th International Congress of Physical Education, Sports and Kinetotherapy (ICPESK-2014), Medimond Monduzzi Editore International Proceedings Division (Bologna, Italy) (ISI) publons.com/p/46272279/
8. **“The benefits of the association between a hypocaloric diet and physical exercise on weight loss**, **Anca Ionescu**, Mirela Vasilescu, Proceedings of XXXI FIMS Sports Medicine World Congress, octombrie 2010 Monduzzi Editore International Proceedings Division, ISBN 978- 88-7587-589-3, pg 79-86(ISI);
9. **A Must” for prevention of sudden cardiac death in young athletes : the Pre-participation Screening”**, , Ioana Stoian, **Anca Mirela Ionescu**, I. Stoian, S. Antonescu, EuroPrevent 2013, Rome, 18-20 April 2013, *European Journal of Preventive Cardiology*, Volume 20, Issue 1_suppl, 1 April 2013, <https://doi.org/10.1177/2047487314530052> (ISI)
10. **The effect of physical exercise on serum leptin at subjects with metabolic syndrome**, Vasilescu M, Rusu L, **Ionescu AM**, Balasoiu M, Cosma G, Nanu C, Balseanu A, The 4 th Scandinavian Pediatric Obesity Conference; Obesity reviews 11 (Suppl. 1) 2010, pg 386, **ISI Journal Citation Reports** © Ranking: 2011: 10/121 (Endocrinology & Metabolism), Impact Factor 2011: 7.038, Online ISSN: 1467-789X; <https://doi.org/10.1111/j.1467-789X.2010.00763.6.x>
11. **Continuous versus two types of intermittent aerobic exercise in the treatment of obesity**. M.Vasilescu, M.Oravitan, Rusu L, **A.M.Ionescu**, C. Musuroi Proceedings of 6th European Sports Medicine Congress EFSMA, 2009, indexat in Conference Proceedings Citation Index, Monduzzi Editore, ISBN: 978-88-7587-532-9, p 351-354(ISI); publons.com/p/9718225/
12. **“The computerized analysis of muscle fatigue using surface electromyography and synthetic indices, at the athletes”**, M. Vasilescu, **A.Ionescu**, A.Nestianu, V.Nestianu, L. Rusu, A.T. Balseanu, C Bogdan Proceedings of 6th European Sports Medicine Congress EFSMA, 2009, indexat in Conference Proceedings Citation Index, Monduzzi Editore, ISBN: 978-88-7587-532-9, p.319-322(ISI); publons.com/p/3771637/
13. **Normal Gait Analysis**, A Murgu, A Nica, G Mologhianu, **A. Ionescu** publicata in “The Proceedings of the 16th European Congress of Physical and Rehabilitation Medicine”, Ed Minerva Medica, ISBN-10: 88-7711-616-1 SBN-10: 88-7711-616-1; INDEXED MEDLINE **ISI THOMPSON**; publons.com/p/45097668/

14. **F-MARC: The bedrock of the cardiovascular screening of highly trained football players versus classic pre-participation evaluation** Ioana Marina Stoian, **Anca Ionescu**, 24 annual Congress of the European College of Sports Science, 3-6 July, 2019, Praga, Book of abstracts, ISBN 978-3-9818414-2-8
15. **Unele aspecte privind patologia musculară la sportivi** – Antonia Onaca, **Anca Ionescu**, Sebastian Diaconescu, Daniela Poenaru, A XVI-a Conferință Națională de Balneologie și Recuperare Medicală, Centrul expozițional Romexpo, aprilie 2019, Bucuresti, Print ISSN-I 2668-2354, www. http://www.inrmfb.ro/wp-content/uploads/2019/04/VOL_REZ_2019.pdf

The science behind sports performance - tracking biomarkers in elite athletes

- Vasilescu Mirela, Smaranda Alina, Ionescu Anca, A XVIII-a Conferință Națională de Medicina Sportiva, 14-16 iunie, 2019, revista Medicina Sportiva nr 51, <https://www.medicinasportiva.ro/SRoMS/english/Journal/No.51/rezumat-conferinta-2019.html>
17. **F-Mark: The bedrock of the cardiovascular screening of highly trained football players versus classic pre-participation evaluation**, Ioana Marina Stoian, **Anca Ionescu**, Ioan Stoian, Prague, Book of abstracts ECSS 2019 - 24th Annual Congress of the European College of Sports Science, ISBN 978-3-9818414-2-8
18. **Cardiovascular Evaluation of Elite Athletes:F-MARC versus IOC recommendations**, Ioana Marina Stoian, **Anca Ionescu**, A XVIII-a Conferință Națională de Medicina Sportiva, 14-16 iunie, 2019, revista Medicina Sportiva nr 51, <https://www.medicinasportiva.ro/SRoMS/english/Journal/No.51/rezumat-conferinta-2019.html>
19. **Risk factors for anterior cruciate ligament injury – the scientific evidence with focus on prevention strategies**, Dan Anghelescu, **Anca Ionescu**, A XVIII-a Conferință Națională de Medicina Sportiva, 14-16 iunie, 2019, revista Medicina Sportiva nr 51, <https://www.medicinasportiva.ro/SRoMS/english/Journal/No.51/rezumat-conferinta-2019.html>
20. **Acute vertebral medullary trauma in athletes - therapeutic considerations** Antonia Onaca, **Anca Ionescu**, A XVIII-a Conferință Națională de Medicina Sportiva, 14-16 iunie, 2019, revista Medicina Sportiva nr 51, <https://www.medicinasportiva.ro/SRoMS/english/Journal/No.51/rezumat-conferinta-2019.html>
21. **An incidental diagnosis of Wolff-Parkinson-White syndrome with normal PR interval in a young athlete** Smaranda A, Ionașcu N , Anghel A ,

Georgescu M Caramoci A , **Ionescu A**, A XVIII-a Conferință Națională de Medicina Sportiva, 14-16 iunie, 2019, revista Medicina Sportiva nr 51, <https://www.medicinasportiva.ro/SRoMS/english/Journal/No.51/rezumat-conferinta-2019.html>

22. **Intestinal microbiome, the missing-link of energy homeostasis**, Adela Caramoci , Anca Mirela Ionescu , Alina Maria Smaranda, A XVIII-a Conferință Națională de Medicina Sportiva, 14-16 iunie, 2019, revista Medicina Sportiva nr 51, <https://www.medicinasportiva.ro/SRoMS/english/Journal/No.51/rezumat-conferinta-2019.html>
23. **Prescrierea exercițiului: profilaxie și terapie pentru sănătate**, **Anca Ionescu**, Simpozionul “Recomandarea exercitiului fizic in practica medicala”, Iasi, 6 aprilie 2019
24. **Sanatate prin sport**, **Anca Ionescu**, Simpozionul “Upgrade Romania: Sănătate prin sport. Sportul, mina de aur a economiei”, Bucuresti, 12 decembrie 2019.
25. **Nutritional Strategies in Athletes Recovery**, **Anca Ionescu**, Al 10 lea Congres Baltic de Medicina Sportiva, **20-21 aprilie, 2018**, revista European Journal of Sports Medicine Vol 5, No2, <http://www.eujsm.eu/index.php/EUJSM/article/view/171>
26. **Why the routine use of electrocardiogram is necessary in cardiac pre-participation screening in young athletes**, Ioana Marina Stoian, **Anca Ionescu**, Ioan Stoian, 23 annual Congress of the European College of Sports Science, 3-6 July, 2018, Dublin, Book of abstracts, ISBN 978-3-9818414-1-1
27. **Durerea in sportul de performanta – Anca Ionescu**, Alina Gherghisam, a XVII Conferinta Națională de Medicina Sportiva, 14-16 iunie, 2018, revista Medicina Sportiva nr 49, https://www.medicinasportiva.ro/SRoMS/english/Journal/Sport_Medicine_Journal_No.49.html
28. **Secondary rupture after ACL reconstruction - aspects related to graft choice, athletes vs. non-athletes' needs, and post-operative recovery** Anghelescu D, Serban B, Popescu E, Ene R, Cirstoiu C, Ionescu A, A XVII-a Conf Națională de Medicina Sportiva, 14-16 iunie, 2018, revista Medicina Sportiva nr 49, https://www.medicinasportiva.ro/SRoMS/english/Journal/Sport_Medicine_Journal_No.49.html
29. **Pre-participation Cardiac Screening in Athletes-10 years' (2007-2017) experience**, Ioana Marina Stoian, **Ionescu Anca**, Stoian Ion, 22 annual Congress

of the European College of Sports Science, 5-8 July, 2017 ECSS MetropolisRuhr, Germany, Book of abstracts, ISBN 978-3-9818414-0-4

30. **Pain and Performance, Anca Ionescu**, 10th European Congress EFSMA, 16-18 November 2017, Cascais, Portugal, European Journal of Sports Medicine, <http://eujsm.eu/index.php/EUJSM/article/view/156>
31. **Evaluating high performance athletes: POC testing a valuable option, A.M.Ionescu**, I. Stoian, I. Patzaichin, 10th European Congress EFSMA, 16-18 November 2017, Cascais, Portugal, European Journal of Sports Medicine, <http://eujsm.eu/index.php/EUJSM/article/view/156>
32. **The utility of exercise testing in the assessment of functional professional capacity**, Despina Mihaela Gherman, Mirela Vasilescu, **Anca Ionescu**, A XXVI a Conferinta nationala de Medicina Sportiva, Bucuresti ,2017, 47 "Sport Medicine Journal"
https://www.medicinasportiva.ro/SRoMS/english/Journal/Sport_Medicine_Journal_No.47.htm
33. **Study regarding the effect of the extracorporeal shock wave therapy in sports pathology**, Brindusa Mitoiu, Adela Caramoci, **Anca Ionescu**; A XXVI a Conferinta Nationala de Medicina Sportiva, 2017, Sport Medicine Journal No.47, https://www.medicinasportiva.ro/SRoMS/english/Journal/Sport_Medicine_Journal_No.47.html
34. **The new Stanford 12-Elements vs the 12-Element AHA Recommendations and Electrocardiographic Screening in Preparticipation Cardiovascular evaluation of competitive athletes**, Stoian Ioana Marina, **Ionescu Anca**, Stoian Ioan, 21 annual Congress of the European College of Sports Science, 6 – 9 July 2016, Wien, Austria
35. **Benefits of the exercise prescription in therapy, Anca Ionescu**, MirelaVasilescu, A XXVI a Conferinta Nationala de Medicina Sportiva, 2016, Sport Medicine 45, https://www.medicinasportiva.ro/SRoMS/english/Journal/Sport_Medicine_Journal_No.45.html
36. **Importanta si particularitatile nutritiei in refacerea sportivilor, Anca Ionescu**, Adela Caramoci, Conferinta Nationala de nutritive sportiva, editia a II a, Tg Mures , 2-3 noiembrie 2016.
37. **Pros and Cons for Arthroscopic meniscal repair in competing athletes**, D. ANGHELESCU¹, G. IACOBESCU¹, A. CURSARU¹, **A. IONESCU**, EFSMA 2015 Congress, Antwerp, Belgium, 10-12 septembrie 2015, European

- 38. Physical exercise – important factor for metabolic syndrome treatment**
Vasilescu M, Ionescu A, Oravitan M, Rusu L, , 5th European EISCSA Congress: SPORTMEDICA 2008 *Isokinetics and Exercise Science*, Official journal of the European Interdisciplinary Society for Clinical and sports Application, ISSN 0959-3020, <http://scientific.thomsonreuters.com/cgi-bin/jrnlst/>;(ISI)
- 39. The conservator treatment to prevent surgery intervention in shoulder impingement syndrome”** Vasilescu M, Ionescu A, Oravitan M, Rusu L, *Isokinetics and Exercise Science*, Official journal of the European Interdisciplinary Society for Clinical and sports Application, ISSN 0959-3020, 5th European EISCSA Congress: SPORTMEDICA 2008, <http://scientific.thomsonreuters.com/cgi-bin/jrnlst/> (ISI);
- 40. Importance of Early Diagnosis and Rehabilitation for Lumbosacral Spine Stress Pathology to High Athletes Women Rowers**, autori: A MURGU, A NICA, M BAROGA, A IONESCU publicata in “The Proceedings of the 4th European Congress of Sports Medicine” Medimond Ed, Monduzzi Editore, 2005 ISBN: 88-7587-195-7 Indexed in Conference Proceedings Citation Index published by Thomson Reuters - Philadelphia formerly Institute for Scientific Information (ISI); publons.com/p/45097693/
- 41. Anthropometric selection in young football players”, Ionescu, A.M.,** Ionescu, O.E., Vasilescu, M., Gurau, A., al XXX FIMS World Congress of Sports Medicine, 2008, Barcelona, *Archivos del Medicina del Deporte.*, vol.XXV, no, 128, ISSN: 0212-8799 (Medline);
- 42. Eating dysfunctions in female athlete a meta-analysis”, Ionescu A.,** Jaliu, B.A., Jaliu B.C al XXX FIMS World Congress of Sports Medicine, 18-23 nov 2008, Barcelona, *Archivos del Medicina del Deporte.*, vol.XXV, no, 128, ISSN: 0212-8799 (Medline)
- 43. The evaluation of local muscle fatigue at athletes by surface electromyography.** Vasilescu M, Nestianu N, Romanescu F, Nestianu, A. Ionescu. Al XXX FIMS World Congress of Sports Medicine, 2008, Barcelona, *Archivos del Medicina del Deporte.*, vol.XXV, no, 128, p531, ISSN: 0212-8799 (Medline)
- 44. The using of tensiomyographical evaluation for prevention of muscle injuries at athletes,** Vasilescu M, Nestianu N, Romanescu F, Nestianu A, Ionescu. Al XXX FIMS World Congress of Sports Medicine, 2008, Barcelona,

Archivos del Medicina del Deporte.,vol.XXV, no, 128, p569, ISSN: 0212-8799 (Medline)

45. **The evaluation of local muscle fatigue ai athletes by surface electromyography**, Vasilescu, M., Nestianu, N., Romanescu, F., Nestianu, A., Ionescu, A. XXX FIMS World Congress of Sports Medicine, 2008, Barcelona, *Archivos del Medicina del Deporte.*,vol.XXV, no, 128, p569, ISSN: 0212-8799 (Medline);
46. **Doping in sport: attitudes and experience of medical doctors from Balkan region**, Dikic, N., Suzic, J., Ionescu, A., Dimitrova, D., Natsis, K., Ergen, E. prezentata la al XXX FIMS World Congress of Sports Medicine, 2008, Barcelona, *Archivos del Medicina del Deporte.*,vol.XXV, no, 128, p569, ISSN: 0212-8799 (Medline);
47. **Osteogenesis Imperfecta – Importance of the Rehabilitation Program”** A. Murgu, G. Mologhianu, A. Ionescu, A. Nica 17th PRM European Congress, Venice, 23-27 may 2010, *European Journal of Physical and Rehabilitation*, vol 46, supl no 1, june 2010, Indexed/Abstracted in: CINAHL, Current Contents/Clinical Medicine, EMBASE, PubMed/MEDLINE, Science Citation Index Expanded (SciSearch), Scopus pISSN 0014-2573 - eISSN 1827-1804, **IF 2,06**;
48. **Hydration strategy on Romanian National football team**, Ionescu, A, Apostol, A, Reinaldo, P., Vasilescu, M., 13th Annual Congress of the European College of Sport Science – 9-12 July 2008 Estoril – Portugal, Book of Abstracts, pg 377, ISBN 978-972-735-156-5;
49. **New electromyographic parameters for skeletal muscle performance evaluation**, Vasilescu M., Ionescu A., Rusu, L., Apostol, A. 13th Annual Congress of the European College of Sport Science – 9-12 July 2008, Estoril – Portugal, Book of Abstracts, pg 636, ISBN 978-972-735-156-5;
50. **Utilizarea prelucrării computerizate a electromiografiei de suprafață pentru studierea oboselii musculare locale la sportivii de performanță** Vasilescu M, Nestianu V, Romanescu F, Rusu L, Ionescu A (2008) *Medicina Sportivă* nr.8, rev. Societații Române de Medicină Sportivă, supl.1; CNCSIS,B+, cod 633, ISSN 1841-0162, Index Copernicus (<http://journals.indexcopernicus.com/karta.php>)
QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);
51. **Growth and development of psycho-behavioral disorders in children and teenagers (age 10-18)**, autori A Nica, G Mologhianu, A Murgu, A Ionescu, D

Dimulescu, G Chiriti, publicata in Journal of Rehabilitation Medicine, Supplement No 47, June, 2008, pg 56, ISSN 1650-1969;

- 52. Optimization of performance in aquatic sports, A Ionescu**, invatata lecturer LEN Sports Medicine Symposium 2009, 3-4 oct, Izvorani, Romania, *Medicina Sportiva*, supplement 2, 2009, revista CNCSIS,B+, cod 633, ISSN 1841-0162, (<http://journals.indexcopernicus.com/karta.php>), Index Copernicus International(<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);
- 53. Kinetotherapy for knee soft tissue lesions treatment: Murgu A., Ionescu A., Bălan V., Sora A.**, publicată în *Medicina sportiva*, supplement 2, 2009, pag. 218-219, revista CNCSIS,B+, cod 633, ISSN 1841-0162, Index Copernicus International, (<http://journals.indexcopernicus.com/karta.php>), QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>);
- 54. "Nutritive supplements – efficiency in the metabolic syndrome treatment"** autori: Murgu A., **Ionescu A.**, Bălan V., *Medicina Sportiva*, Journal of Romanian Sports Medicine Society, supplement 2, 2009, pag. 217, revista B+, cod 633, ISSN 1841-0162; Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>) Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>);
- 55. "Swimming – benefits for pregnant women"**, autori: Bălan V., Murgu A., **Ionescu A.**, publicată în: *Medicina sportiva*, supplement 2, 2009, pag. 238-239, revista B+, cod 633, ISSN (<http://journals.indexcopernicus.com/karta.php>), QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>) 1841-0162, Index Copernicus International;
- 56. Dezvoltarea tehnicilor de crestere a mobilitatii la innotatorii de performanta**, V.Balan, A. Murgu, **A.Ionescu**, 32-lea Congres National de Recuperare Medicala, Brasov, 28-31 oct 2009 ,Revista de Recuperare, Medicina Fizica si de Balneologie, vol 19, nr. 2, 2009, pg 93-94, ISSN 1842-6727
- 57. "Utilizarea prelucrării computerizate a electromiografiei de suprafață pentru studierea oboselii musculare locale la sportivi de performanță"**, Vasilescu M, Nestianu V, Romanescu F, Rusu L, **Ionescu A** - *Medicina Sportivă*, rev. Societatii Române de Medicină Sportivă, 2008, supl.1, revista B+, cod 633, ISSN (<http://journals.indexcopernicus.com/karta.php>), QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>) 1841-0162, Index Copernicus International;
- 58. "Evaluarea prin SWEAT TEST a echipei Nationale de fotbal a Romaniei"**, **Ionescu A**, Apostol A, Vasilescu M, *Medicina Sportivă*, rev. Societatii

Române de Medicină Sportivă, 2008, supl.1, revistă B+, cod 633, ISSN (<http://journals.indexcopernicus.com/karta.php>), QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>) 1841-0162, Index Copernicus International;

59. **Osteoarthritis Treatment to Athletes – A Review of the Recent Literature Regarding the slow Acting Drugs**”, autori A Murgu, A Ionescu, M Baroga, publicata in Journal of Romanian Sports Medicine Society, nr 14 din 2008, pg 859, ISSN 1841-0162 Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.htm>)
60. **Teenagers’ Growth Disorders**”, autori Nica A S, Mologhianu G, Murgu A, Ionescu A, Apostol A, publicata in Journal of Romanian Sports Medicine Society, nr 14 din 2008, pg 860, ISSN 1841-0162 , CNCSIS B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.ht>);
61. **„Hydration in physical exercise”** Ionescu A., Vasilescu M., Sirghii B., prezentata la al 15-lea Congres Balcanic de Medicina Sportiva, pg 896, 1-4 oct 2008, Bucuresti – Journal of Romanian Sports Medicine Society, nr. 14, 2008, ISSN 1841-0162, CNCSIS B+, Index Copernicus International (<http://journals.indexcopernicus.com/karta.php>) QT 261-Sports Medicine Bookmarks (<http://www.medical-bookmarks.org.uk/qt261.ht>)
62. **„Medical doctors and doping in sport: attitudes and experience in Balkan region”** Dikic, N., Ionescu, A., Dimitrova, D., Natsis, K., Ergen, E., Suzic, J., prezentata la al 15-lea Congres Balcanic de Medicina Sportiva, pg 891, 1-4 oct 2008, Bucuresti, – Journal of Romanian Sports Medicine Society, nr. 14, 2008, ISSN 1841-0162;
63. **„The effects of physical exercise in the prevention and treatment of metabolic syndrome”** Vasilescu, M., Ionescu, A., Rusu, L., Oravitan, M., Apostol, A. prezentata la al 15-lea Congres Balcanic de Medicina Sportiva, pg 850, 1-4 oct 2008, Bucuresti, – Journal of Romanian Sports Medicine Society, nr. 14, 2008, ISSN 1841-0162;
64. **„Movement analysis systems applied in rehabilitation of walking for patients with neurological disorders”** Avramescu, E.T., Ionescu, A.I., Ciobanu, C., prezentata la al 15-lea Congres Balcanic de Medicina Sportiva, 1-4 oct 2008, revista *Medicina Sportiva*, pg 846-847, Bucuresti– Journal of Romanian Sports Medicine Society, nr. 14, 2008, ISSN 1841-0162;
65. **„The influence on fluid replacement of Gatorade vs water during aerobic exercise”** Ionescu, A.M., Apostol A., Vasilescu M. , Al V lea Congres European de Medicina Sportiva, Praga, 13-15 oct 2007, ISSN 1210-548;

66. „**The role of physical conditioning for prevention of sports injuries in volleyball team**”, Avramescu, T., **Ionescu, A.M.**, Al V-lea Congres European de Medicina Sportiva, Praga, 13-15 oct 2007, ISSN 1210-548;
67. “**The enhancement of aerobic performance after inspiratory muscles training**”, Vasilescu, M., Rusu, L., **Ionescu, A.**, Dragomir, M., Paun, E. prezentata la al V-lea Congres European de Medicina Sportiva, Praga, 10-14 oct 2007, ISSN 1210-548;
68. “**List of probited substances – still unknow to medical doctors?**” **Ionescu, A.**, Dikic, N., Dimitrova, D., Natsis, K., Ergen, E., Suzic, J., Zivanic, S., Apostol, A., Murgu, A. prezentata la al 30-lea Congres National Anual de Recuperare Medicala, Brasov, 14-17 sep 2007 – Revista de Recuperare, Medicina Fizica si de Balneologie, nr. 3-4, 2007, pg 44, ISSN 1842-6727;
69. “**Identificarea si monitorizarea tulburarilor de crestere si dezvoltare si a tulburarilor psihocorpontamentale la copil si adolescent(varsta 10-18 ani)**”, Adriana Nica, Gilda Mologhianu...**Anca Ionescu**, prezentata la al 30-lea Congres National Anual de Recuperare Medicala, Brasov, 14-17 sep 2007 – Revista de Recuperare, Medicina Fizica si de Balneologie, nr. 3-4, 2007, pg 44, ISSN 1842-6727;
70. “**Open questions: tue and supplements**” Dikic, N., Dimitrova, D., **Ionescu, A.**, Apostol, A., Natsis, K., Ergen, E., Suzic, J., Stulic, V., Zivanic, S. prezentata la al 30-lea Congres National Anual de Recuperare Medicala, 14-17 sep 2007 – Revista de Recuperare, Medicina Fizica si de Balneologie, nr. 3-4, 2007, pg 36, ISSN 1842-6727
71. “**Doping control - we are familiar witht?**” Dikic N, **A. Ionescu**, D. Dimitrova, Natsis K, Ergen E, J. Suzic, V. Stulic, Zivanic S prezentata la al 30-lea Congres National Anual de Recuperare Medicala, 14-17 sep 2007 – Revista de Recuperare, Medicina Fizica si de Balneologie, nr. 3-4, 2007, pg 36, ISSN 1842-6727;
72. “**Medicii si dopingul in sport – atitudini si experienta in regiunea balcanica**” Dikic N, **A. Ionescu**, D. Dimitrova, Natsis K, Ergen E, J. Suzic, V. Stulic prezentata la al 30-lea Congres National Anual de Recuperare Medicala, 14-17 sep 2007 – Revista de Recuperare, Medicina Fizica si de Balneologie, nr. 3-4, 2007, pg 44, ISSN 1842-6727;
73. “**Identificarea si monitorizarea tulburarilor de crestere si dezvoltare si a tulburarilor psiho-comportamentale la copil si adolescent (varsta 10-18 ani)**” A.S. Nica, G. Mologhianu, **A. Ionescu** et. al., Raport la al 30-lea Congres National Anual de Recuperare Medicala, 14-17 sep 2007, Revista de

Recuperare, Medicina Fizica si de Balneologie, nr. 3-4, 2007, pg 20, ISSN 1842-6727;

74. **“Recuperarea patologiei microtraumatice a coloanei vertebrale lombosacrate la sportive”** *M.I. Murgu, A. Ionescu, A.S. Nica, M. Baroga* prezentare la al 30-lea Congres National Anual de Recuperare Medicala, Bucuresti, 14-17 sep 2007 – Revista de Recuperare, Medicina Fizica si de Balneologie, nr. 3-4, 2007, pg 96, ISSN 1842-6727;
75. **“Importanta exercitiului Fizic in profilaxia si tratamentul Sindromului Metabolic”**, **Anca Ionescu**, a XVII-a Conferinta Nationala de Medicina Sportiva, Agentia Nationala pentru Sport, Bucuresti 9 noiembrie 2007;
76. **“Raport asupra Sweat-Test efectuat la echipa nationala de Fotbal**, a XVII-a Conferinta Nationala de Medicina Sportiva, Agentia Nationala pentru Sport, Bucuresti 9 noiembrie 2007;
77. **„Antrenamentul de altitudine medie – retrospectiva teoretica si practica”** **Ionescu A., Vasilescu M.**, prezentata la al 29-lea Congres National de Recuperare Medicala, Brasov, 1-4 noi 2006 – Revista de Recuperare, Medicina Fizica si de Balneologie, nr. 1, 2006, pg 19, ISSN 1842-6727;
78. **“ Transferul genic-terapie si doping in sport”** Vasilescu Mirela, **Ionescu Anca**, prezentata la cel de-al 29-lea Congres National de Recuperare Medicala, Brasov, 1-4 noi 2006 – Revista de Recuperare, Medicina Fizica si de Balneologie, nr. 1, 2006, pg 71, ISSN 1842-6727;
79. **Growth expectation for artistic and rhythmic elite female gymnasts”**, **Anca Ionescu**, Anca Gurau, Ortansa Ionescu, Congres Mondial FIMS de Medicina Sportiva, pg 325, Beijing 14-16 iunie 2006;
80. **“Programe comunitare-cheia accesarii fondurilor europene in cercetarea medicala”**, Elena Taina Avramescu, **Anca Ionescu**, a XVI Conferinta Nationala de Medicina Sportiva, 30 oct-1 noiembrie 2006, Bucuresti;
81. **“Limitele si riscurile transferului genic in sportul de performanta”**, Mirela Vasilescu, **Anca Ionescu**, a XVI Conferinta Nationala de Medicina Sportiva, 30 oct-1 noiembrie 2006, Bucuresti;
82. **„Overuse diseases of the shoulder at handball athletes”**, A.S. Nica, **A. Ionescu**, B. Anton, 3rd Wold Congress of ISPRM, Sao Paulo, Brazilia 2005, ISSN 0104-7795;
83. **„High-Glutamine Wheat Protein Isolate supplementation in Top Female Aerobic Gymnasts”** **Anca Mirela Ionescu**, Razvan Busneag, Andreia Murgu

Al 4-lea Congres European de Medicina Sportiva, Limasol, Cipru, 13-15 octombrie 2005;

84. **„Importance of early diagnosis and rehabilitation for lumbosacral spine stress pathology to high athletes women”**, Andreia Murgu, Adriana Nica, **Anca Mirela Ionescu**, Marta Baroga, Al 4-lea Congres European de Medicina Sportiva, Limasol, Cipru, 13-15 octombrie 2005;
85. **„Studiu Comparativ privind compozitia corporala a sportivilor de performanta”**, Cornelia Bota, Bogdana Antón, **Anca Mirela Ionescu**, Liliana Becea; Sesiune Stiintifica Internationala, Academia Nationala de Educatie Fizica si Sport, Bucuresti, 17 iulie 2005;
86. **„Overuse Diseases of the shoulder at Handball players”**, Bogdana Anton, **Anca Mirela Ionescu**, Adriana Nica, Al 3-lea Congres Mondial de Medicina Fizica si Recuperare Medicala, Sao Paolo, Brazilia, 10-15 aprilie 2005;
87. **„Modificarile biochimice si functionale induse de suplimentarea cu glutamina”**, A XV a Conferința Națională de Medicină Sportivă cu participare internațională, București 27-29 octombrie 2005, **Anca Mirela Ionescu**, Dinca Simona, Gurau Anca, Slatineanu Elena;
88. **“Diagnosticul precoce si tratamentul de recuperare al sindromului dureros lombosacrat la canotoare”** A. Murgu, M. Baroga, **A. Ionescu**, A. Nica, A XV a Conferința Națională de Medicină Sportivă cu participare internațională, București 27-29 octombrie 2005;
89. **„Modificari fiziologice adaptative imediate și tardive la imersia corpului uman în apă; aplicații în medicina sportivă”** A XV a Conferința Națională de Medicină Sportivă cu participare internațională, București 27-29 octombrie 2005, Andreia Murga, Balan Valeria, **Anca Mirela Ionescu**, Marta Baroga;
90. **„Umărul dureros al Înotătorului de performanță”**, A 28-lea Conferința Națională de Medicină Fizică și Recuperare cu participare internațională, Poiana Brașov, 2-5 noiembrie 2005, Anton Bogdana, Mihai Berteanu, **Anca Mirela Ionescu**;
91. **“Studiu comparativ între jucătorii de polo pe apă și jucătorii de baschet”** **Anca Ionescu**, Valeria Balan, conferința științifică internațională dedicată celei de-a aniversare a ANEFS, București, 15 iunie 2005;
92. **“Assesment of athletic performance, Metabolism and Exercise”**, **Anca Mirela Ionescu**, Invited Lecturer, al XIII-lea Congres Balcanic de Medicina Sportiva, Drama, Grecia, 2004;

93. **„The temperamental structure and the blood groups at top athletes”** al 12-lea Congres Balcanic de Medicina Sportiva, Drama, Grecia, 29 aprilie -2 mai 2004, **Anca Mirela Ionescu**, Doina Gheorghiu, Cristina Stolnicu;
94. **Influența exercițiului fizic sistematic la vârsta a treia”** Al V-lea Congres Național de Recuperare Medicală cu participare națională București , 13-15 octombrie 2004, **Anca Mirela Ionescu**, Adela Apostol;
95. **„Research on muscle morphometry and biomechanics bases of foot disorder”**–The Autumn School of Biophysics”, Predeal, 7-12 octombrie 2003, Klara Brinzaniuc, **Anca Mirela Ionescu**, B. Dobrin, F. Buicu, C. Trambitas, D. Popa, C. Nicolescu;
96. **„Relationship between lean body mass and work capacity”** 3-rd European Congress of Sports medicine, Hasselt, Belgia 14-16 mai 2003, **Anca Mirela Ionescu**, Anca Gurau;
97. **“Relationship between lean body mass and work capacity”** 3-rd European Congress of Sports medicine, Hasselt, Belgia 14-16 mai 2003, **Anca Mirela Ionescu**, Anca Gurau;
98. **„Importanța evaluării biologice în laborator pentru predicția performanței sportive”** A XIII- a Conferință Națională de Medicină Sportivă, Izvorul Mureșului, 21-24 octombrie 2003, Anca Gurau, **Anca Mirela Ionescu**, V. Bodnar;
99. **„Kinetoterapia și locul ei în recuperarea sechelelor posttraumatice de genunchi”** A XIII- a Conferință Națională de Medicină Sportivă, Izvorul Mureșului, 21-24 octombrie 2003, Murgu Andreia, Baroga Marta, **Anca Mirela Ionescu**;
100. **“The influence of systematic physic exercise on 3rd age persons”**, Al 12-lea Congres Balcanic de Medicină Sportivă, Salonic, Grecia, 24-27 martie 2002, , **Anca Mirela Ionescu**, Anca Gurau;
101. **“Correlation between physical work capacity and athletic performance”** Al 12-lea Congres Balcanic de Medicină Sportivă, Salonic, Grecia, 24-27 martie 2002, Ionela Codita, **Anca Mirela Ionescu**, Doina Gheorghiu;
102. **„Posibilități și limite ale recuperării sechelelor posttraumatice la foștii sportivi”** , A XII-a Conferință Națională de Medicină Sportivă, București, 17-18 octombrie 2002, Nica Adriana, Murgu Andreia, **Anca Mirela Ionescu**;

103. **„Sportul de performanță la vârsta a treia”** A XII-a Conferință Națională de Medicină Sportivă, București, 17-18 octombrie 2002, Gurau Anca, **Anca Mirela Ionescu**, Murgu Andreia;
104. **“Corelatii între capacitatea de efort și performanța sportivă”**, Surca Simona, **Ionescu Anca**, A XII-a Conferință Națională de Medicină Sportivă, București, 17-18 octombrie 2002, Gurau Anca;
105. **“Structura psihică temperamentală și grupele sangvine în sportul de performanță”** A XII-a Conferință Națională de Medicină Sportivă, București, 17-18 octombrie 2002, **Anca Mirela Ionescu**, Doina Gheorghiu, Cristina Stolnicu;
106. **The Correlation between the Neuro-Psychical Qualities and the Anaerobic Effort Capacity of the Top-Level Sportsmen**, Al II-lea Congres European de Medicină Sportivă, Oviedo, noiembrie 2001, Ionela Codita, **Anca Mirela Ionescu**, Doina Gheorghiu;
107. **„The Relationship between Growth Index and Body Composition of The Romanian Olympic Team”**, Al II-lea Congres European de Medicină Sportivă, Oviedo, noiembrie 2001, **Anca Mirela Ionescu**, Anca Gurau;
108. **“Studiu privind corelația dintre calitățile neuro-psihice și capacitatea de efort anaerob la sportivii de performanță”**, A XI a Conferința Națională de Medicină Sportivă, București, 25-27 martie 2001, **Anca Mirela Ionescu**, Haralambie V., Doina Gheorghiu;
109. **„Sistem de testare a capacității de efort anaerob”**, A XI a Conferința Națională de Medicină Sportivă, București, 25-27 martie 2001, **Anca Mirela Ionescu**, Haralambie V., Ailoaie O.;
110. **„Studiul determinării capacității de efort anaerob la sportivii de performanță”**, a X-a Conferință Națională de Medicină Sportivă, București, 3-5 octombrie 2000, **Anca Mirela Ionescu**, Anca Rosetti, Ileana Gheorghian, V. Haralambie;
111. **“Anaerobic Parameters in Top Athletes”**, Al II-lea Congres Greco-Cipriot de Medicină Sportivă, Nicosia, Cipru, 23-25 octombrie 2000, **Anca Mirela Ionescu**;
112. **“Correlation between VO_{2max} and anaerobic parameters in top Athletes”** Al XI-lea Congres Balcanic de Medicină Sportivă, Antalia, Turcia, 26-30 aprilie 1999, **Anca Mirela Ionescu**, Anca Rosetti;

113. **“Study on Soy Protein Supply in Top Female Gymnasts – Changes of the Fat and Hormonal Profiles under Strenuous exercise. Soy Protein Supply versus Strenuous Exercise and Placebo”**, The 6th International Seminar „Dietetic and Sport”, Novi Sad, septembrie, 1998, I.G. Dragan, V.P. Stroescu, C.C. Dumitrache, I. Stoian, Elena Georgescu , **Anca Mirela Ionescu**, Luminita Popescu;
114. **Profilul hormonal și lipidic la gimnastele de performanță sub antrenamente intensive și suplimentare proteică cu Izolated Soy Protein”**, Conferința Națională de Medicină Sportivă, București, 1998, I. Dragan, **Anca Mirela Ionescu**;
115. **“Studiul privind nivelul lipidelor serice totale la sportivii de inalta performanta, Anca Mirela Ionescu**, Luminita Popescu, , Al X lea Congres Balcanic de Medicină Sportiva, Bucuresti 1997;
116. **„Relația metabolism lipidic – capacitate de efort”**, Conferința Națională de Medicină Sportivă, Bistrița Năsăud, 1994, Georgescu Elena, Luminita Popescu, **Anca Mirela Ionescu**;
117. **„Relația consum oxigen – dinamică respiratorie la jocurile sportive”**, Conferința Națională de Medicină Sportivă, București, 1993, Anca Rosetti, Ileana Barbu, **Anca Mirela Ionescu**, V. Haralambie;
118. **„Eficiența capacității maxime anaerobe în funcție de starea funcțională musculară”**, Conferința Națională de Medicină Sportivă, București, 1992, Anca Rosetti, Ileana Barbu, **Anca Mirela Ionescu**, V. Haralambie

Alte contributii stiintifice

1. Elaborarea metodologiei de testare la efort recomandata sportivilor din loturile nationale si olimpice pentru obtinerea avizului medico-sportiv in Institutul National de Medicina Sportiva;
2. Curricula de rezidentiat in Medicina Sportiva(2006, 2010);
3. Contributie la elaborarea curriculei europene de Medicina Sportiva.
4. Stabilirea standardului european al examenului de pre-participare la antrenamente si competitii pentru sportivii de performanta si sport recreational