



Emilia Rusu

WORK EXPERIENCE

[01/10/2021 – Current] **Associate Professor**

University of Medicine and Pharmacy "Carol Davila"

City: Bucharest

Country: Romania

Main activities and responsibilities:

Education and scientific research

Teaching activities

Medical research activities

Medical publishing activity

[01/10/2007 – 01/10/2019] **Assistant lecturer**

University of Medicine and Pharmacy "Carol Davila"

City: Bucharest

Country: Romania

Main activities and responsibilities:

Main activities and responsibilities academic workload, lectures to students, prepare and teach classes, meet with students regarding evaluation, conducting research activities

[2017 – Current] **Primary Care Physician Diabetes, Nutrition and Metabolic Diseases, ,
Bucharest**

'Nicolae Malaxa' Clinical Hospital

City: Bucharest

Country: Romania

[01/01/2012 – 2017] **Medical Doctor Diabetes, Nutrition and Metabolic Diseases**

Malaxa Clinical Adult Hospital

City: Bucharest

Country: Romania

[2007 – 2012] **PhD in medicine**

Main activities and responsibilities:

PhD thesis: "Adipocytokines, link between chronic hepatitis C and type 2 diabetes", Confirmed by Diploma Series H, No. 0022030, through the Order of the Minister of Education and Research No. 5743 of 12/09/2012

LANGUAGE SKILLS

Mother tongue(s): Romanian

Other language(s):

English

LISTENING B1 READING B1 WRITING B1

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

French

LISTENING B1 READING B1 WRITING B1

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

DIGITAL SKILLS

Microsoft: Microsoft Word, Microsoft PowerPoint, Microsoft Excel, Microsoft Outlook |
Good listener/Good communicator

PUBLICATIONS

[2010] **Medical nutrition therapy in liver diseases**

Reference: ISBN 978-606-537-063-0

[2021] **Lifestyle medicine and chronic diseases - prevention and treatment**

<https://www.eulm.org/elmo-e-book>

Reference: Hancu A, Hones I, Mihaltan F

[2020] **Medical nutrition therapy in prevention and treatment of dyslipidemia**

Emilia, Andrada Coșoreanu, Gabriela Radulian în Nutriția în prevenția și terapia bolilor cronice netransmisibile Coord: Mariana Graur Editura Grigore T Popa, UMF Iași 2020 pag 358-377; ISBN 978-606-544-690-8

PROJECTS

[2008 – 2012]

“Assessment of cardiometabolic risk in obesity complications - studies for achieving a national program based on lifestyle changes.”

Project PNCDI II nr. 42-166/2008

Member of the research team.

[2007 – 2012]

Optimisation of early diagnosis of prostate adenocarcinoma in patients with metabolic syndrome by correlating genetic, pathological and biochemical factors

Project PNCDI II nr. 41-085/2007

Sub-investigator

[2007 – 2011] **Adipocitokines, link between hepatitis C and type 2 diabetes mellitus**

Project PNCDI II nr. 41-008/2007

Member of the research team

[2006 – 2010] **Impact of food bioelements in the study of obesity and atherosclerosis**

Project CEEEX nr. 40/2006

Member of the research team

[2005 – 2009]

Study of antioxidant functional foods brake bioactivity in reversibility of metabolic syndrome

Project CEEEX nr.10/2005- MET-ANTIOX

Member of the research team

[2016 – 2017] **Healthy and behavioural models for virtual coaching**

European Union's Horizon 2020 H2020-SC1-2016-2017 Grant Agreement Number:
769807

Coordonator Technische Universitae Dresden

Member of the research team UMF Carol Davila

[04/2020 – 12/2020]

Cresterea competentei profesionale a specialistilor din sectorul medical in implementarea programelor nationale din domeniul Endocrinologiei si Diabetului Zaharat - ENDODIAB

Contract nr. POCU/91/4/8/107996 (Cod SMIS 2014+: 107996)

PUBLISHED ARTICLES - SELECTION

[2013]

Effects of lifestyle changes including specific dietary intervention and physical activity in the management of patients with chronic hepatitis C--a randomized trial.

Rusu E, Jinga M, Enache G, Rusu F, Dragomir A, Ancuta I, Draguț R, Parpala C, Nan R, Sima I, Ateia S, Stoica V, Cheța DM, Radulian G

Nutrition Journal 2013;12:119. doi: 10.1186/1475-2891-12-119.

ISSN: 1475-2891

www.nutritionj.com/content/12/1/119

[2009] **Metabolic effects of low glycaemic index diets**

Radulian G, Rusu E, Dragomir A, Posea M

Nutrition Journal 2009, **8**:5, doi:10.1186/1475-2891-8-5; PMID: PMC2654909

ISSN: 1475-2891

www.nutritionj.com/content/8/1/5

[2018]

Prevalence of overweight and obesity in Roma population from Southern Romania – Călărași County

Enache G, **Rusu E**, Rusu F, Ilinca A, Costache A, Jinga M, Pănuș C, Radulian G

Correspondent author

Acta Endocrinologica – Bucharest, 14(1): 122-130, 2018

DOI: 10.4183/aeb.2018.122

ISSN 1841-0987

pubmed.ncbi.nlm.nih.gov/31149246/

[2018]

A 4 years study in diabetic chronic kidney disease patients on ketoaminoacids treatment in Bucharest. Results after 1-yaer follow-up

Teodoru I, Rusu E, Radulian G

Correspondent author

Farmacia, 2018; 66 (2): 296-301

ISSN: 0014-8237

www.revistafarmacia.ro/201802/issue22018art15.html

[2019] **Prebiotics and probiotics in atopic dermatitis**

Rusu E, Enache G, Cursaru R, Alexescu A, Radu R, Onila O, Cavallioti T, Rusu F, Posea M, Jinga M, Radulian G

Experimental and Therapeutic Medicine, 18(2):926-931, 2019

www.ncbi.nlm.nih.gov/pmc/articles/PMC6639913/

[2021]

Probiotics and prebiotics in the prevention of gastrointestinal adverse reactions related to diabetes mellitus

Cosoreanu A, Rusu E, Rusu F, Băleanu M, Cârstea C, Marinescu M, Radulian G. *Farmacia*, 2021

ISSN 0014-8237

[2021] **Patterns used in weight loss in patients with obesity: a literature review**

Alexescu A, Rusu E, Radulian G

Romanian Journal of Diabetes Nutrition and Metabolic Diseases; 2021(28): 88-89

<https://doi.org/10.46389/rjd-2021-1013>

**ORGANISATIONAL
SKILLS**

**Project Manager in the Medicine and Health field- leadership abilities,
coordinator of international/ national congress organizing committees**

**MEMBER OF NATIONAL
AND INTERNATIONAL
SCIENTIFIC SOCIETIES:**

**Member of the Romanian Society of Diabetes, nutrition and metabolic
diseases; Member of the European Association for the Study of Obesity
Member of the Healthy Nutrition Foundation**