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Excellence Memory Center , Brain Health, and Longevity Medicine

Stress Congress Chair (www.stresscongress.org) EADC

(European Alzheimer's Disease Consortium) National Representative <https://eadc.online/>

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2023-2027: CA 22103 "Net4Brain" - COST Action CA 22103 – Co-National Manager for Romania

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- Head of Geriatrics-Gerontology and Geronto-Psychiatry Department,
- University of Medicine and Pharmacy "Carol Davila", Faculty of Medicine
- Primary internist, geriatrician, and geronto-psychiatrist
- Clinical Hospital "St. Luke" Head of discipline 2, UMFCF; 2021 - present
- Master's in Health Services Management; Master in Palliative Care Management

President of the Ana Aslan International Foundation (FAAI) - An NGO dedicated to the creation, development and delivery of innovative education & research programmes and health services in the field of ageing.

Representative and coordinator of the EPMA (European Association for Predictive, Preventive & Personalised Medicine) Centre of Excellence in Romania, since 2008

Independent Expert of the European Commission since 1997, with the role of evaluator and rapporteur of R&D projects in the Framework Programmes - TEMPUS, FP5, FP6, FP7, Horizon 2020, AAL, Marie Curie, Horizon 23-27 at present.

Coordinator for more than 60 EU p[rojects

Global Ambassador for EWA (European Women Association), in Brain Health, Longevity Medicine and Integrated Education in Active & Healthy Aging.



- 1) 2020-2024: COST Action CA 19121 (GoodBrother: Network on Privacy - Aware Audio- and Video-Based Applications for Active and Assisted Living) member of the Management Committee for Romania and leader of WG 3 - Audio-and video-based AAL applications
- 2) 2020-2024: COST Action CA 19136 (NET4AGE-FRIENDLY: International Interdisciplinary Network on Smart Healthy Age-friendly Environments) member of the Management Committee for Romania and leader of WG 4 - SHAFE impact and sustainability: policy development, funding forecast and cost benefit evaluations
- 3) **2019-2025 SMART BEAR EC H2020 Project [Smart Big Data Platform to Offer Evidence-based Personalized Support for Healthy and Independent Living at Home] - coordinating the Romanian Pilot of 1,000 elderlies at home**
- 4) **2023-2027: COST Action CA 22103 (Net4Brain: A Comprehensive Network Against Brain Cancer) member of the Management Committee for Romania**
- 5) **2024-2030: Increasing the research capacity and national/international visibility of the Ana Aslan International Foundation (AAIF), including better promoting of the results- VITALITY 65 PLUS – increasing Health Literacy for prevention**
- 6) **2024-2027: COMFORTAGE HORIZON-HLTH-2023-STAYHLTH-01-01 Project (Fostering Personalized solutions for prevention of dementia and frailty)** - a joint effort of medical experts, social scientists and humanists, technical experts, Digital Innovation Hubs (DIHs) and Living Labs (LLs) to establish a pan European framework for Community-based, Integrated and People-Centric prevention, monitoring and progression managing solutions for dementia and frailty. ANA is the partner responsible for one of the five pilot clusters, Cluster #D – Study of neuromechanics and fall prevention, the only one focusing on physical and cognitive frailty. It also plays an important role in the projects' contribution to the relevant standardisation bodies, clusters and associations
- 7) **Clinical Studies on Supplements for Prediabetes and type 2 Diabetes**

Latest 5 years Scientific Articles:

1. Pre-fall prognostics, prevention and management of frailty in geriatrics: A personalized intelligent system approach (ALL-FrAAgile),; Alzheimer's & Dementia, Volume 16, Issue S8: e043449, December 2020; <https://doi.org/10.1002/alz.043449>
2. Biomarker counseling, disclosure of diagnosis, and follow-up in patients with mild cognitive impairment: A European survey of EADC centers (2020); Alzheimer's & Dementia, Volume 16, Issue S8: e039026, December 2020; <https://doi.org/10.1002/alz.039026>
3. Characteristics of subjective cognitive decline associated with amyloid positivity, Alzheimer's & Dementia, 2021, DOI: [10.1002/alz.12512](https://doi.org/10.1002/alz.12512)
4. Smart and inclusive environments for all-SHAFE explained, C Dantas, W van Staaldunen, M Illario, L Spiru, Technium Social Sciences Journal 25, 630-638, 2021

5. Sulfiredoxin-1 blood mRNA expression levels negatively correlate with hippocampal atrophy and cognitive decline F1000Res; 11:114. doi: 10.12688/f1000research.76191.2. eCollection 2022; Jan 2022
6. Alzheimer's disease research progress in the Mediterranean region: The Alzheimer's Association International Alzheimers' and Dementia Volume 18, Issue 10, Pages 1957–1968; DOI: 10.1002/alz.12588; Oct 2022
7. Characteristics of subjective cognitive decline associated with amyloid positivity, Alzheimers' and Dementia Volume 18, Issue 10, Pages 1832–1845; DOI: 10.1002/alz.12588; Oct 2022
8. How Technology-Based Interventions Can Sustain Ageing Well in the New Decade through the User-Driven Approach. Sustainability, June 2023, Volume15, Article Number 10330;
9. Biomarker-based prognosis for people with mild cognitive impairment (ABIDE): a modelling studyor the Alzheimer's Disease Neuroimaging Initiative; The Lancet Neurology Vol 18, Issue 11, Pages 1034-1044, Nov 01, 2019; DOI: [https://doi.org/10.1016/S1474-4422\(19\)30283-2](https://doi.org/10.1016/S1474-4422(19)30283-2)
10. Characteristics of subjective cognitive decline associated with amyloid positivity, Alzheimer's & Dementia, 2021, DOI: [10.1002/alz.12512](https://doi.org/10.1002/alz.12512)
11. Sulfiredoxin-1 blood mRNA expression levels negatively correlate with hippocampal atrophy and cognitive decline F1000Res; 11:114. doi: 10.12688/f1000research.76191.2. eCollection 2022; Jan 2022
12. Alzheimer's disease research progress in the Mediterranean region: The Alzheimer's Association International Alzheimers' and Dementia Volume 18, Issue 10, Pages 1957–1968; DOI: 10.1002/alz.12588; Oct 2022
13. Characteristics of subjective cognitive decline associated with amyloid positivity, Alzheimers' and Dementia Volume 18, Issue 10, Pages 1832–1845; DOI: 10.1002/alz.12588; Oct 2022
14. How Technology-Based Interventions Can Sustain Ageing Well in the New Decade through the User-Driven Approach. Sustainability, June 2023, Volume15, Article Number 10330;
15. Stamate A, Bertolaccini J, Deriaz M, Gunjan S, Marzan MD, Spiru L. Interinstrument Reliability Between the Squegg® Smart Dynamometer and Hand Grip Trainer and the Jamar® Hydraulic Hand Dynamometer: A Pilot Study. Am J Occup Ther. Sep/Oct 2023; Volume 77, Number 10.
16. Prevalence Estimates of Amyloid Abnormality Across the Alzheimer Disease Clinical Spectrum. Jansen WJ, Janssen O, Tijms BM, Vos SJB, Ossenkoppele R, Visser PJ; Amyloid Biomarker Study Group; Aarsland D, Alcolea D, Altomare D, von Arnim C, Baiardi S, Baldeiras I, Barthel H, Bateman RJ, Van Berckel B, Binette AP, Blennow K, Boada M, Boecker H, Bottlaender M, den Braber A, Brooks DJ, Van Buchem MA, Camus V, Carill JM, Cerman J, Chen K, Chételat G, Chipi E, Cohen AD, Daniels A, Delarue M, Didic M, Drzezga A, Dubois B, Eckerström M, Ekblad LL, Engelborghs S, Epelbaum S, Fagan AM, Fan Y, Fladby T, Fleisher AS, Van der Flier WM, Förster S, Fortea J, Frederiksen KS, Freund-Levi Y, Frings L, Frisoni GB, Fröhlich L, Gabryelewicz T, Gertz HJ, Gill KD, Gkatzima O, Gómez-Tortosa E, Grimmer T, Guedj E, Habeck CG, Hampel H, Handels R, Hansson O, Hausner L, Hellwig S, Heneka MT,

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<https://doi.org/10.1001/jamaneurol.2021.5216> **Erratum** in: **JAMA Neurol.** **2022 Mar 1**;79(3):313. <https://doi.org/10.1001/jamaneurol.2022.0265> PMID: 35099509.

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23. Exploring the Connections Between Grip Strength, Nutritional Status, Frailty, Depression, and Cognition as Initial Assessment Tools in Geriatric Rehabilitation—A Pilot Study. Vancea Nemirschi, A. T., Lupu, A. A., Aivaz, K. -A., Iliescu, M. G., Deriaz, M., Marzan, M., & Spuru, L. **Medicina**, **2024 Nov 21**; 60(12), 1916. <https://doi.org/10.3390/medicina60121916>

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