



# Ioana Bujdei - Tebeică

## EDUCATION AND TRAINING

10/2020 – CURRENT Bucharest, Romania  
**PHD STUDENT** UMF Carol Davila

**Field of study** Diabetes |

**Thesis** Nutritional Management of Patients with Type 2 Diabetes: Identifying Risk Factors and Prevention of Protein Malnutrition

10/2022 – 02/2023 Spain  
**SPORTS NUTRITIONIST** Barça Innovation Hub

10/2013 – 06/2019 Bucharest, Romania  
**MEDICAL DOCTOR** UMF Carol Davila

2009 – 2013 Bucharest, Romania  
**BACCALAUREATE DIPLOMA** Mihai Viteazu National College

## WORK EXPERIENCE

**SPECIALIST PHYSICIAN DIABETES, NUTRITION AND METABOLIC DISEASES – COREPRIME CLINIC** – 03/2025 – Current – BUCHAREST, ROMANIA

**SPORTS NUTRITIONIST – ROMANIAN WEIGHTLIFTING FEDERATION** – 03/2024 – 07/2024 – BUCHAREST, ROMANIA

**ASSISTANT PROFESSOR – UMF CAROL DAVILA** – 10/2021 – Current – BUCHAREST, ROMANIA

**RESIDENT DOCTOR – CLINICAL INSTITUTE FUNDENI. WORKPLACE: NATIONAL INSTITUTE OF DIABETES PROF. PAULESCU** – 02/2020 – Current – BUCHAREST, ROMANIA

## CONFERENCES AND SEMINARS

20/05/2026 – 23/05/2026 Timișoara  
**National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases**

12/05/2026 – 15/05/2026 Istanbul  
**European Congress on Obesity**

06/03/2026  
**International Conference on the Interdisciplinary Management of Diabetes Mellitus and Its Complications (InterDiab)**

Oral Presentation: **Beyond the glycemic index: metabolic phenotypes underlying postprandial glucose responses**

06/03/2026 Bucuresti

**Beyond the glycemic index: metabolic phenotypes underlying postprandial glucose responses**

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at **International Conference on the Interdisciplinary Management of Diabetes Mellitus and Its Complications (InterDiab)**

05/11/2025 – 08/11/2025 Cluj-Napoca

**National Congress of the Romanian Federation of Diabetes, Nutrition and Metabolic Diseases**

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15/09/2025 – 19/09/2025 Vienna

**European Association for the Study of Diabetes**

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21/05/2025 – 24/05/2025 Timișoara

**National Congress of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases**

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24/04/2025 – 26/04/2025 Vienna

**EASD Diabetes Technology School 2025 Advances in Diabetes Technology: Innovations and Applications**

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28/03/2025 – 30/03/2025 Sinaia

**"Cum să îți pui pacienții pe pompă de insulină"**

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06/03/2025 – 08/03/2025 Bucharest

**International Conference on the Interdisciplinary Management of Diabetes Mellitus and Its Complications (InterDiab)**

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28/02/2025 – 01/03/2025 Bucharest

**Nutriție până la cel mai mic detaliu**

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10/07/2024 Online

**Multifactorial Control of Diabetes Mellitus**

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Oral Presentation "Analysis of Lipid Profile: Implications for the Care of Patients with Diabetes Mellitus"

06/2024 – 06/2024 Palermo, Italy

**Central European Diabetes Associations Congress**

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Poster Presentation "Evaluating Apolipoprotein Profiles: Advancing Cardiovascular Disease Risk Assessment in Type 2 Diabetes Mellitus"

14/03/2024 – 16/03/2024 Bucharest

**National Conference on Interdisciplinary Management of Diabetes Mellitus and Its Complications (INTERDIAB)**

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Oral Presentation "Exploring the impact of antidiabetic treatment regimens on T2DM patients: Insights from an observational cohort study"

08/11/2023 – 10/11/2023 Cluj-Napoca

**National Congress of the Romanian Federation of Diabetes, Nutrition, and Metabolic Diseases, 21th Edition**

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03/11/2023 – 04/11/2023 Bucharest

**Introduction Course to Insulin Pump Therapy**

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12/10/2023 – 14/10/2023 Online

**Patient-Centered Management of Diabetes Mellitus SMARTDIAB**

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Oral Presentation "Recommendations of the Cardiovascular Disease Management Guidelines in Individuals with Diabetes Mellitus"

07/09/2023 Online

**Course of the Romanian Society of Diabetes, Nutrition, and Metabolic Diseases: "Cardiometabolic Interferences"**

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31/08/2023 – 03/09/2023 Constanta

**Summer School of Ultrasonography**

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13/07/2023 – 15/07/2023 Online

**YoungDiab, 7th Edition**

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Oral Presentation "Exploring the Role of Apolipoproteins: Unveiling New Insights into Cardiovascular Risk in Type 2 Diabetes Mellitus"

24/06/2023 Bucharest

**Clinical Studies: From Interpretation to Writing - Practical Course for Beginners and Advanced**

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10/06/2023 Bucharest

**Master's Course in Clinical Nutrition**

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08/06/2023 – 10/06/2023 Bucharest

**Central European Diabetes Associations Congress**

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Poster Presentation "How Effective are Anti-diabetic Therapies in Controlling Glycemic Levels and Body Composition in Type 2 Diabetes Mellitus Patients?"

Oral Presentation "Beyond LDL-c target: The association between ApoA1 and ApoB levels and cardiovascular risk in patients with type 2 diabetes"

21/05/2023 – 24/05/2023 Poiana Braşov

**National Congress of the Romanian Society of Diabetes, Nutrition, and Metabolic Diseases**

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Poster Presentation "Unravelling the FIB-4 Mystery: Deciphering Liver Fibrosis, Lipids, and Fat Mass in Type 2 Diabetes- What's the Connection?"

15/05/2023 – 16/05/2023 Bucharest

**Summer School in Diabetic Neuropathy and Diabetic Foot**

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11/05/2023 Online

**National Multidisciplinary Conference on Metabolic Syndrome, 5th Edition**

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06/04/2023 – 09/04/2023 Craiova

**Craiova Connects Gastro & ObGyn & NutriDiab, 1st Edition**

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09/03/2023 – 10/03/2023 Bucharest

**National Conference on Interdisciplinary Management of Diabetes Mellitus and Its Complications (INTERDIAB)**

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Oral Presentation "Contribution of ApoA-1 and ApoB estimations to cardiovascular risk assessment in patients with type 2 diabetes mellitus"

18/12/2022 – 23/12/2022 Online

**Diabetic Neuropathy Course**

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16/11/2022 – 17/11/2022 Bucharest

**Dietary Patterns and Their Impact on Various Pathologies Conference**

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16/11/2022 Online

**Therapeutic Food Plans: A Component of Personalized Nutrition Seminar**

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10/11/2022 – 12/11/2022

**University of Medicine and Pharmacy Congress, 10th Edition**

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31/10/2022 Online

**Diabetes Mellitus and Associated Diseases Conference, 3rd Edition**

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27/10/2022 – 28/10/2022 Bucharest

**National Congress of Diabetic Neuropathy and Diabetic Foot**

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16/07/2022 Bucharest

## Insulin Pump Course

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27/04/2022 – 30/04/2022 Online

## International Conference on Advanced Technologies & Treatments for Diabetes, 15th Edition

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14/04/2022 Online

## Multifactorial Control of Diabetes Mellitus Conference

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03/03/2022 – 05/03/2022 Online

## National Conference on Interdisciplinary Management of Diabetes Mellitus and Its Complications (INTERDIAB)

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25/11/2021 – 27/11/2021 Bucharest

## University of Medicine and Pharmacy Congress, 9th Edition

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### ● PUBLICATIONS

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2025

#### [Effects of Blood-Glucose Lowering Therapies on Body Composition and Muscle Outcomes in Type 2 Diabetes: A Narrative Review.](#)

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**Authors:** Bujdei-Tebeică, I.; Mihai, D.A.; Pantea-Stoian, A.M.; Ștefan, S.D.; Stoicescu, C.; Serafinceanu, C. | **Journal Name:** Medicina  
| **Volume, Issue and Pages:** 61, 1399

2024

#### [Diabetes Distress Among the Roma Population From a Tertiary Care Center in Romania](#)

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Cosoreanu, Andrada, Păunică Ioana, et al., Cureus, Vol. 16, Issue 5/2024

2023

#### [Comparative evaluation of LDL-CT, non-HDL/HDL ratio, and ApoB/ApoA1 in assessing CHD risk among patients with type 2 diabetes mellitus](#)

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Păunică I., Mihai A.D., Serafinceanu C. et al. J Diabetes Complications, Vol. 37, Issue 12/2023

2021

#### [Nutritional assessment of patients with type 2 diabetes and chronic kidney disease: a review](#)

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Păunică I., Serafinceanu C. et al. RJDNMD, Vol. 28, Issue 2/2021

2020

#### [Androgenetic alopecia; drug safety and therapeutic strategies](#)

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Write here the description...

Motofei I., Rowland D., Păunică I., Expert Opinion on Drug Safety, Vol. 17, Issue: 4/2018

### ● LANGUAGE SKILLS

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Mother tongue(s): **ROMANIAN**

Other language(s):

|                | UNDERSTANDING |         | SPEAKING          |                    | WRITING |
|----------------|---------------|---------|-------------------|--------------------|---------|
|                | Listening     | Reading | Spoken production | Spoken interaction |         |
| <b>ENGLISH</b> | C2            | C2      | C2                | C2                 | C2      |
| <b>GERMAN</b>  | C1            | C1      | C1                | C1                 | C1      |

|                | UNDERSTANDING |         | SPEAKING          |                    | WRITING |
|----------------|---------------|---------|-------------------|--------------------|---------|
|                | Listening     | Reading | Spoken production | Spoken interaction |         |
| <b>SPANISH</b> | B2            | B2      | B2                | B2                 | B2      |

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

27.05.2026