



Elena-Mihaela Topala



europass

EXPERIENȚA PROFESIONALĂ

MEDIC SPECIALIST GASTROENTEROLOGIE – INSTITUTUL CLINIC FUNDENI – 1 ian. 2026 – În curs – BUCUREȘTI, ROMÂNIA

- experiența în îngrijirea pacienților cu afecțiuni gastroenterologice;
- competente endoscopie digestivă diagnostică și ecografie abdominală;
- activitate de cercetare clinică.

MEDIC SPECIALIST GASTROENTEROLOGIE – INSTITUTUL CLINIC FUNDENI – 1 aug. 2023 – 31 dec. 2025 – BUCUREȘTI, ROMÂNIA

- contract de muncă cu timp parțial, pentru activitatea prestată în linie de gardă;

MEDIC SPECIALIST GASTROENTEROLOGIE – MEDLIFE FAVORIT – 1 oct. 2023 – În curs – BUCUREȘTI, ROMÂNIA

efectuarea consultății gastroenterologice în regim ambulator, efectuare ecografie abdominală, endoscopie digestivă superioară și colonoscopie diagnostică;

ASISTENT DE CERCETARE - PROIECT TRIP HORIZON-WIDERA-2021-ACCESS-03 – UNIVERSITATEA DE MEDICINĂ ȘI FARMACIE "CAROL DAVILA" BUCUREȘTI – 1 feb. 2024 – 31 aug. 2025 – BUCUREȘTI, ROMÂNIA

- training pentru dezvoltarea protocoalelor diagnostic și tratament minim invaziv în cancerul pancreatico-biliar

EXPERT MEDICAL – INSTITUTUL CLINIC FUNDENI - PROIECT ROCCAS II SUD-MUNTENIA – 1 sept. 2021 – 31 dec. 2023 – BUCUREȘTI, ROMÂNIA

- denumirea proiectului: „Furnizarea serviciilor de sănătate din programele de prevenire, depistare precoce, diagnostic și tratament precoce al leziunilor precanceroase colorectale – ROCCAS II – Sud-Muntenia” - proiect pilot pentru screeningul cancerului colo-rectal în România;
- dezvoltarea de documente tehnice și informative (protocoale de lucru, instrumente de monitorizare; materiale informative pentru pacienții eligibili pentru screeningul de cancer colorectal);
- evaluarea clinică a pacienților pre-colonoscopie;

MEDIC REZIDENT GASTROENTEROLOGIE – INSTITUTUL CLINIC FUNDENI – 1 ian. 2018 – 31 dec. 2022 – BUCUREȘTI, ROMÂNIA

- efectuarea stagiilor de pregătire în rezidențiat, incluzând stagiile de pregătire de endoscopie digestivă diagnostică și ecografie abdominală;
- efectuarea stagiului de medicină internă în cadrul Secției Medicină Internă, Spitalul Coltea București (1 ianuarie 2018-31 decembrie 2018);

EDUCAȚIE ȘI FORMARE PROFESIONALĂ

1 OCT. 2020 – ÎN CURS București, România

STUDENT DOCTORAND DOMENIUL MEDICINĂ, SPECIALIZAREA GASTROENTEROLOGIE Universitatea de Medicină și Farmacie "Carol Davila", București

Domeniu de studiu Medicină - Gastroenterologie |

Lucrare de diplomă Evaluarea scorului de fragilitate la pacienții cu boli inflamatorii intestinale

19 AUG. 2024 – 30 AUG. 2024

OBSERVERSHIP TEHNICI AVANSATE ENDOSCOPIE DIGESTIVA IN PATOLOGIA HEPATOPANCREATOBILIARA University College
London Hospital - Gastrointestinal Services Division

15 SEPT. 2022 – 31 AUG. 2023 Budapesta, Ungaria

TRAINING IN METODOLOGIA CERCETARII STIINTIFICE - BURSA FINANTATA DE FUNDATIA PENTRU COMUNITATE (MOL ROMANIA) Centrul pentru Medicina Translationala, Universitatea Semmelweis

- participarea la cursuri de biostatistica si cursuri de metodologia cercetarii stiintifice - cursuri teoretice pentru elaborarea sistematic review si meta-analiza, registre de pacienti, trial-uri clinice, articole stiintifice;
- elaborarea de articole stiintifice de tip sistematic review si meta-analiza;

1 IAN. 2018 – 31 DEC. 2022 Bucuresti, România

REZIDENTIAT GASTROENTEROLOGIE Institutul Clinic Fundeni

Diplomă finală Certificat medic specialist in specialitatea Gastroenterologie seria S1, numar 053273 (media 9.63)

1 OCT. 2011 – 30 SEPT. 2017 Bucuresti, România

DOCTOR MEDIC (M.D.) Facultatea de Medicina, Universitatea de Medicina si Farmacie "Carol Davila", Bucuresti

Domeniu de studiu Medicina generala | **Diplomă finală** Diploma de licenta seria LR, numar 0004337 (media 9.43) |

Lucrare de diplomă „Corelații între lărgimea distribuției eritrocitare și ciroza hepatică”

ARTICOLE INDEXATE ISI

Varzaru B, Iacob R, Bunduc S,[...] Topala M, Becheanu G, Dumbrava M, Dima S, Popescu I, Gheorghe C. Prognostic Value of Circulating Cell-Free DNA Concentration and Neutrophil-to-Lymphocyte Ratio in Patients with Pancreatic Ductal Adenocarcinoma: A Prospective Cohort Study. International Journal Molecular Sciences. 2024 Mar 1;25(5):2854. doi: 10.3390/ijms25052854.

Topala M, Martinekova P, Rancz A, Veres DS, Lenti K, Miheller P, Eröss B, Hegyi P, Ábrahám S. To cut or not to cut? Extended mesenteric excision during intestinal resection does not impact the postoperative recurrence nor the postoperative complications in Crohn's disease: a systematic review and meta-analysis. Techniques in Coloproctology. 2025 Mar 8;29(1):79. doi: 10.1007/s10151-025-03110-w.

Martinekova P, Obeidat M, Topala M, Váncsa S, Veres DS, Zolcsák Á, Pál M, Földvári-Nagy L, Banovcin P, Eröss B, Hegyi P, Hagymasi K. Role of Vitamin D Supplementation in Chronic Liver Disease: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Nutrition Reviews. 2025 Nov 1;83(11):2043-2054. doi: 10.1093/nutrit/nuaf117

Topala M, Ionescu V, Cojocaru M, Iacob R, Gheorghe LS, Vadan R, Gheorghe C. Reversal of Frailty and Improvement in Quality of Life Following Advanced Therapy Initiation in Patients with Inflammatory Bowel Disease: A Prospective Cohort Study. Medicina. 2026; 62(6):1192. <https://doi.org/10.3390/medicina62061192>

Topala M, Ionescu V, Lupescu IG, Becheanu G, Gheorghe C. Factors Associated with Frailty in Patients with Active Inflammatory Bowel Disease: A Single-Center Observational Study. Medicina. 2026; 62(6):1194. <https://doi.org/10.3390/medicina62061194>

ABSTRACTE INDEXATE ISI

E.M.Topala, V.S. Ionescu, R.N.Siliște, C.S. Homentcovschi. Red cell distribution width in cirrhosis – common analysis or useful tool? Poster. 9th International Congress of Internal Medicine Athens, Greece, 9-11 martie 2017

C.Homentcovschi, C.Nicolita, A.Coman, V.Ionescu, M.Topala, R.Siliste, R.Mihalcea, M.Iancu, O.Naidin. Studiu privind HTA la pacienti cu varsta mai mare de 80 de ani. Congresul Societatii Romane de Hipertensiune, ed. V, 11-13 martie 2018, Bucuresti

Naidin, O., Homentcovschi, C., Ionescu, V., Topala, M, Mihalcea, R., Nicolita, C., Iancu, M., Coman, A., Siliste, R., Ciomag, R. A STUDY ABOUT ARTERIAL HYPERTENSION IN PATIENTS WITH AORTIC STENOSIS. Journal of Hypertension. 36. e213 (2018)

M.Topală, V.Ionescu, O.Naidin, C.Nicoliță, M.Iancu, A.Coman, R.Mihalcea, R.Siliște, C.Homentcovschi. Erythrocyte and platelet indices in evaluating the safety of antithrombotic therapy in patients diagnosed with AF. Rom. J. of Cardiology Supplem 2018

Topala,M, Ionescu,V, Nicolita,C, Mihalcea,R, Dina,C, Naidin,O, Iancu,M, Cirstoc,I, Danila,O, Siliste,R, Homentcovschi,C. Evaluating Antithrombotic Therapy-Related Bleeding Tendencies Using Common Hematological Parameters. Atherosclerosis. 287 (2019)

Nicolita,C, Jercan,M, Dina,C, Ionescu,V, Topala,M, Iancu,M, Mihalcea,R, Danila,O, Cirstoc,I, Naidin,O, Siliste,R, Homentcovschi,C. Hyperthyroidism And Blood Cells Features In Patients On Anticoagulant Therapy. *Atherosclerosis*. 287 (2019)

Topala M., Iacob R., Gheorghe C. Clinical and therapeutic particularities of acute diverticulitis in a tertiary gastroenterology center. *Journal of Gastroenterology and Liver Diseases*, Vol 29, Supplement 1 (2020)

Topala M., Iacob R., Dumitrache S., Manda M., Gheorghe C.. Management and outcome of abdominal surgery in complicated Crohn's disease. *Journal of Gastroenterology and Liver Diseases*, Vol 30, Supplement 1 (2021)

Topala M., Iacob R., Gheorghe C.. Usefulness of routine biochemistry parameters in evaluation of gluten-free diet adherence in celiac disease patients. *Journal of Gastroenterology and Liver Diseases*, Vol 30, Supplement 1 (2021)

Bunduc S., Topala M., Gheorghe C.. Previous biliary drainage impact on EUS guided FNA for pancreatic head mass lesions. *Journal of Gastroenterology and Liver Diseases*, Vol 30, Supplement 1 (2021)

Topala M., Iacob R., Dumitrache S., Manda M., Gheorghe C.. Management and outcome of abdominal surgery in complicated Crohn's disease, *UEG Journal Abstracts 2021* [584 - 585]

Topala M., Ionescu V., Iacob R., Gheorghe C., eP437 Brush cytology in ERCP patients – features and performance as a diagnosis tool, *Endoscopy Supplement S1/2022, ESGE Days 2022*

Dumitrache L.S., Topala M., Neamtu R., Manda M., Gheorghe C.. Challenges in creating the hereditary colorectal cancer syndromes patient register in a tertiary center. *Journal of Gastroenterology and Liver Diseases*, Vol 31, Supplement 3 (2022)

Topala M., Ionescu V., Iacob R., Gheorghe C.. Sarcopenia assessment using handgrip strength measurements in inflammatory bowel diseases. *Journal of Gastroenterology and Liver Diseases*, Vol 31, Supplement 3 (2022)

M.Topala, P.Martinekova, A.Rancz, T.Kói, K.Lenti, P.Miheller, B.Eröss, P.Hegyi, S.Ábrahám. Effectiveness of extended mesenteric excision in preventive postoperative recurrence - systematic review and meta-analysis. *JGLD*, Vol 32, Suppl 2 (2023)

Dragan S., Neamtu R., Manda M., Topala M., Dimitriu A., Gheorghe C.. Hereditary colorectal cancer: experience from trying to create the first electronic registry in Romania. *Journal of Gastroenterology and Liver Diseases*, Vol 32, Supplement 2 (2023)

Neamtu R., Dragan S., Topala M., Gheorghe C.. Obesity in inflammatory bowel disease. *Journal of Gastroenterology and Liver Diseases*, Vol 32, Supplement 2 (2023)

M.Topala, P.Martinekova, A.Rancz, T.Kói, K.Lenti, P.Miheller, B.Eröss, P.Hegyi, S.Ábrahám. Effectiveness of extended mesenteric excision in preventive postoperative recurrence: systematic review and meta-analysis. *UEG Journal*, Vol.11, Issue S8 (2023)

M. Topala, V. Ionescu, R. Iacob, C. Gheorghe. Quality of life in inflammatory bowel diseases – is the flare all that matters? 19th Congress of ECCO, Stockholm, Sweden, February 21-24, 2024, *Journal of Crohn's and Colitis*, Volume 18, Suppl 1, (2024)

M.Topala,...,C.Gheorghe. Pancreato-biliary disorders in patients with inflammatory bowel diseases – a single-centre report. 19th Congress of ECCO, Stockholm, Sweden, February 21-24, 2024, *Journal of Crohn's and Colitis*, Volume 18, Suppl 1, (2024)

S. Dragan, R. Neamtu, M. Topala, A. Dimitriu, C. Gheorghe. The role of upper gastrointestinal tract exploration in hereditary colorectal cancers. *Journal of Gastroenterology and Liver Diseases*, Vol 33, Supplement 2 (2024)

M.Topala, V. Ionescu, S. Dragan, R. Neamtu, R. Iacob, C. Gheorghe. Sarcopenia and malnutrition assessment in patients with active inflammatory bowel diseases. *Journal of Gastroenterology and Liver Diseases*, Vol 33, Supplement 2 (2024)

M. Topala, V. Ionescu, R. Iacob, C. Gheorghe. Increased risk for depression and low quality of life in patients with active inflammatory bowel disease. 20th Congress of ECCO, Berlin, Germany, February 19-22, 2025, *Journal of Crohn's and Colitis*, Volume 19, Suppl 1 (2025)

M. Topala, V. Ionescu, C. Gheorghe. Impact of biologic therapy on nutritional status of patients with active inflammatory bowel disease. *Journal of Gastroenterology and Liver Diseases*, Vol 34, Supplement 2 (2025)

M. Bucur, O. Eperjesi, M. Topala (...) S. Bunduc, C. Gheorghe, P. Hegyi. Investigating therapeutic options for preventing or delaying diabetes mellitus in prediabetic patients: a systematic review and meta-analysis. *Pancreatology* 25 (7):1347-1348 (2025)

M.Topala, O.M.Stanciulea, L.Alshantti, V.Ionescu, C.Gheorghe. Abdominal surgery in Crohn's disease - 20 years of experience from an inflammatory bowel disease referral center. *Journal of Crohn's and Colitis*, Volume 20, Suppl 1 (2026)

M.Topala, O.Stanciulea, L.Alshantti, V.Ionescu, C.Gheorghe. Postoperative course after ileocolic resection in crohn's disease: experience from referral center. Journal of Gastroenterology and Liver Diseases. Volume 35. Suppl. 2 (2026)

M.Topala, C.Gheorghe. Musculoskeletal symptoms and workplace ergonomics among digestive endoscopists in Romania: a cross-sectional survey. Journal of Gastroenterology and Liver Diseases. Volume 35. Suppl. 2 (2026)

● CONFERINȚE ȘI SEMINARE

Up to Date on Hepatology, 6th edition, 5-6 April 2019, Bucharest, Romania (2019)

Bucharest Live Endoscopy, 2nd edition, 9-10 May 2019, Bucharest, Romania (2019)

National Congress of Gastroenterology, Hepatology and Digestive Endoscopy, 39th edition, 6-8 June 2019, Timisoara, Romania (2019)

Bucharest PancreaticFest 2019, Pancreatic Disease Course and EUS Workshop in Pancreatic Diseases, 6-7 September 2019, Bucharest, Romania (2019)

National Symposium on Inflammatory Bowel Disease, 11th edition, 12-14 September 2019, Bucharest, Romania (2019)

Nutri-Gastro Course, 9th May 2019, Bucharest, Romania (2019)

WORKSHOP "The Basics of Upper Digestive Endoscopy", 1st Edition, 26th May 2019, Bucharest, Romania (2019)

Curs de statistica medicala, 28-29 februarie 2020, Centrul de Excelenta in Medicina Translationala, Bucuresti, Romania (2020)

National Congress of Coloproctology, 10th edition, Bucharest, Romania (2020)

ACG Annual Scientific Meeting and Postgraduate Course, American College of Gastroenterology - virtual (2020)

Advances in Inflammatory Bowel Diseases, 9-12 December 2020 - virtual (2020)

Up to Date on Hepatology, 7th edition, 6-8 November 2020, Bucharest, Romania (2020)

National Congress of Gastroenterology, Hepatology and Digestive Endoscopy, 40th edition, 13-15 May 2021, Mamaia, Romania - virtual (2021)

National Symposium on Inflammatory Bowel Disease, 13th edition, 16-18 September 2021, Bucharest, Romania - virtual (2021)

Up to Date on Hepatology, 8th edition, 10-12 June 2021, Bucharest, Romania (2021)

Bucharest PancreaticFest 2021, 8th Pancreatic Disease Course, 9th EUS Workshop in Pancreatic Diseases, 10-11 September 2021, Bucharest, Romania (2021)

UEG Week Virtual 2021, 3-5 October (2021)

WORKSHOP "Tehnici Interventionale in Endoscopia Digestiva", 15-16 October 2021, Surgical Training Institute, Bucharest, Romania (2021)

WORKSHOP "Training pentru Tehnici Curente de Endoscopie Interventionala Minim Invaziva", 5 Noiembrie 2021, Institutul Clinic Fundeni, Bucuresti, Romania (2021)

National Congress of Gastroenterology, Hepatology and Digestive Endoscopy, 41th edition, 30 June-2 July 2022, Bucharest, Romania (2022)

National Symposium on Inflammatory Bowel Disease, 14th edition, 15-17 September 2022, Bucharest, Romania (2022)

National Congress of Gastroenterology, Hepatology and Digestive Endoscopy, 42th edition, 7-10 June 2023, Iasi, Romania (2023)

WORKSHOP "SonoAnatomie. Abdomen. Tehnici de examinare. Aplicații clinice", Asociatia Romana pentru Studiul Ultrasonografiei Clinice si Aplicative, 7-9 July 2023, Bucharest, Romania (2023)

Bucharest PancreaticFest 2023, 10th Pancreatic Disease Course, 11th EUS Workshop in Pancreatic Diseases, 8-9 September 2023, Bucharest, Romania (2023)

National Symposium on Inflammatory Bowel Disease, 15th edition, 21-23 September 2023, Bucharest, Romania (2023)

ICH Good Clinical Practice for Clinical Research Professionals, 26 September 2023, Bucharest, Romania

Gastro Forum, 3rd edition, 28 September - 1 October 2023, Constanta, Romania (2023)

UEG WEEK, 15-17 October 2023, Copenhagen, Denmark (2023)

UEG Postgraduate Teaching Programme, 14-15 October 2023, Copenhagen, Denmark (2023)

WORKSHOP "Ultrasonografia in Urgenta si Stari Critice. Stadiul Actual al Metodei", 17-19 November 2023, Bucharest, Romania (2023)

European Crohn's and Colitis Organisation Conference, 21-24 February 2024, Stockholm, Sweden (2024)

WORKSHOP "Scoala de ultrasonografie cu contrast (CEUS)", 12-14 Aprilie 2024, Bucuresti, Romania (2024)

AI 43-lea Congres National de Gastroenterologie, Hepatologie si Endoscopie Digestiva, 27-29 iunie 2024, Cluj-Napoca, Romania (2024)

11th Uptodate on Hepatology Course, Advancing Hepatology: Navigating Guidelines, Embracing Innovation and Shaping Future Strategies", 21-23 martie 2024, Bucuresti, Romania (2024)

16th National Symposium on Inflammatory Bowel Diseases, 12-14 September 2024, Bucharest

Pancreatic Fest 2024, 6-7 Septembrie 2024, Bucuresti, Romania

AI 44-lea Congres National de Gastroenterologie, Hepatologie si Endoscopie Digestiva, 11-14 iunie 2025, Bucuresti, Romania (2025)

Pancreatic Fest 2025, 5-6 Septembrie 2025, Bucuresti, Romania

Simpozion de ecografie intestinala, 16-17 octombrie 2025, Bucuresti, Romania

AI 45-lea Congres National de Gastroenterologie, Hepatologie si Endoscopie Digestiva, 17-20 iunie 2025, Bucuresti, Romania (2026)

COMPETENȚE

Microsoft Office | IBM SPSS - IBM Analytics

COMPETENȚE LINGVISTICE

Limbă(i) maternă(e): **ROMANA**

Altă limbă (Alte limbi):

	COMPREHENSIUNE		VORBIT		SCRIS
	Comprehenșiune orală	Citit	Producerea de mesaje orale	Conversație	
ENGLEZA	B2	B2	B2	B2	B2
FRANCEZA	A1	A1	A1	A1	A1

Niveluri: A1 și A2 Utilizator de bază B1 și B2 Utilizator independent C1 și C2 Utilizator experimentat

AFILIERI

Societatea Romana de Gastroenterologie si Hepatologie

European Crohn's and Colitis Organisation

Colegiul Medicilor din Romania

25.06.2020