



MEMORIU ȘTIINȚIFIC

Întocmit în vederea susținerii publice a tezei de doctorat

Drd. TOPALĂ ELENA-MIHAELA

Titlul tezei de doctorat: "EVALUAREA SCORULUI DE FRAGILITATE ÎN MANAGEMENTUL PACIENȚILOR CU BOLI INFLAMATORII INTESTINALE"

Domeniul: MEDICINĂ

Conducător de doctorat: Prof. Univ. Dr. GHEORGHE CRISTIAN

Activitate profesională:

2026 – prezent: Medic specialist Gastroenterologie, Institutul Clinic Fundeni, București

2023-2026 – Medic specialist Gastroenterologie

2018-2022 – Medic rezident Gastroenterologie, Institutul Clinic Fundeni, București

Activitate științifică:

Lista articolelor publicate:

1. 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
2. **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.
3. Martinekova P, Obeidat M, **Topala** M, Vánca 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
 4. **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>
 5. **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>

Lista lucrărilor științifice prezentate în cadrul congreselor și conferințelor:

1. 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
2. C.Homentcovschi, C.Nicolita, A.Coman, V.Ionescu, M.**Topala**, R.Siliste, R.Mihalcea, M.Iancu, O.Naidin. Studiu privind HTA la pacienții cu vârsta mai mare de 80 de ani. Congresul Societății Române de Hipertensiune, ed. V, 11-13 martie 2018, București
3. 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)
4. M.**Topala**, V.Ionescu, O.Naidin, C.Nicolita, 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
5. **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)
6. 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)
7. **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)



8. **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)
9. **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)
10. 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)
11. **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]
12. **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)*
13. 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)
14. **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)
15. M.**Topala**, P.Martinekova, A.Rancz, T.Kóí, K.Lenti, P.Miheller, B.Erőss, P.Hegyí, S.Ábrahám. Effectiveness of extended mesenteric excision in preventive postoperative recurrence - systematic review and meta-analysis. *JGLD*, Vol 32, Suppl 2 (2023)
16. 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)
17. Neamtu R., Dragan S., **Topala M.**, Gheorghe C.. Obesity in inflammatory bowel disease. *Journal of Gastroenterology and Liver Diseases*, Vol 32, Supplement 2 (2023)
18. M.**Topala**, P.Martinekova, A.Rancz, T.Kóí, K.Lenti, P.Miheller, B.Erőss, P.Hegyí, S.Ábrahám. Effectiveness of extended mesenteric excision in preventive postoperative recurrence: systematic review and meta-analysis. *UEG Journal*, Vol.11, Issue S8 (2023)
19. 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)
20. 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)
21. 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)



22. 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)
23. 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)
24. 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)
25. 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)
26. 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)
27. 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)
28. 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)