

Europass Curriculum Vitae



Personal information

First name(s) / Surname(s) **Theodora Benedek, Prof. Dr. Habil.**
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Address(es)

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E-mail theodora.benedek@gmail.com

Nationality romanian

Date of birth

Gender female

Desired employment / Occupational field

Professor of Cardiology and Internal Medicine

Work experience

1. Dates 1998-present

Occupation or position held Physician, since 2008 senior physician in cardiology and internal medicine,

Head of the clinic of cardiology, since 2015

Head of the laboratory of research in advanced multimodality imaging, since 2013

Head of the coronary care unit since 2017

Professor of Cardiology and Internal Medicine, Head of the Clinic of Cardiology - since 2015

President, Cardiology Committee - Ministry of Health – 2019-2021

Coordinator, national programs of interventional cardiology, National Health Insurance – since 2022

Coordinator, eCardio Center of Technology Transfer in Cardiovascular Imaging – since 2021

President, Romanian Society of Hypertension- since 2024

Member in the National coordinator committee AP-USTACC / Romanian ministry of Health

Main activities and responsibilities

Organization of research activity in the clinic of cardiology, leading 32 clinical trials as principal investigator, national coordinator or study coordinator and 14 research and development grants as scientific or full director.

Name and address of employer

University of Medicine and Pharmacy Targu-Mures, Clinical Emergency Hospital Targu Mures, Clinic of Cardiology

Type of business or sector

Education and research

2. Dates 2010-present

Occupation or position held	External expert
Main activities and responsibilities	Evaluation research projects
Name and address of employer	European Commission
Type of business or sector	Science
Education and training	
Dates	2005-2006
Title of qualification awarded	Master
Principal subjects/occupational skills covered	Sanitary management, public health
Name and type of organisation providing education and training	University Petru Maior Targu-Mures, Romania
Dates	2002-2007
Title of qualification awarded	Economist (2nd university)
Principal subjects/occupational skills covered	Management
Name and type of organisation providing education and training	University Petru Maior Targu-Mures, Romania
Dates	1992-2002
Title of qualification awarded	PhD
Principal subjects/occupational skills covered	Research
Name and type of organisation providing education and training	University of Medicine and Pharmacy Targu-Mures, Romania
Dates	1991-1997
Title of qualification awarded	doctor
Principal subjects/occupational skills covered	medicine
Name and type of organisation providing education and training	University of Medicine and Pharmacy Targu-Mures, Romania
Dates	2005
Title of qualification awarded	
Principal subjects/occupational skills covered	Training fellowship
Name and type of organisation providing education and training	University of Debrecen, Institute of Cardiology
Dates	2003
Title of qualification awarded	
Principal subjects/occupational skills covered	Training fellowship
Name and type of organisation providing education and training	University of Vienna, AKH Hospital
Dates	2000
Title of qualification awarded	
Principal subjects/occupational skills covered	Training fellowship
Name and type of organisation providing education and training	University of Budapest, Gottsegen Gyorgy Institute of Cardiology

Personal skills and competences

Mother tongue(s) **romanian**

Other language(s) **English**

Self-assessment

European level (*)

English

Hungarian

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user	C2	Proficient user
C2	Proficient user	C1	Proficient user	C1	Proficient user	C1	Proficient user	B1	Independent user

(*) [Common European Framework of Reference for Languages](#)

Social skills and competences - good ability to adapt to multicultural environments, gained though my various training experience abroad;
- good communication skills acquired during many years of work with patients and after many participations to international conferences.

Organisational skills and competences Organisational skills and competences refer to coordination and administration of people, projects and budgets;
- leadership qualities, as currently responsible for a team of 20 people involved in research of cardiovascular diseases. PhD coordinator – coordinating 10 PhD students
- organisation experience, experience in logistics;
- good experience in project management - management of 13 research projects for a total value of >6 million Euro.

Technical skills and competences -good command of quality control processes, as responsible for the implementation of quality audit in our research laboratory
-good technical skills in performing procedures related to diagnosis,treatment and research of cardiovascular diseases (angioplasty, stent implantation, imaging, computerized 3D processing of imagistic data)

Computer skills and competences - good command of Microsoft Office tools (Word, Excel, Access and PowerPoint);
- basic knowledge of graphic design applications (Adobe Illustrator PhotoShop)

Other skills and competences -positions of responsibility in voluntary organizations : Transylvanian Society of Transvascular Therapy and Transplant – member of the board

Driving licence Driving licence for B category

Additional information Annex

Annex – Main achievements

Editorial activity

Editor-in-Chief:

Journal of Interdisciplinary Medicine

Managing editor:

Journal of Cardiovascular Emergencies (www.jce.ro) – 2015- present. Impact factor 0,5
The Journal of Critical Care Medicine (www.jccm.ro) – 2014-2016. Impact factor 1,1
Acta Medica Marisiensis (www.actamedicamarisiensis.ro) – 2013-2016

Member in editorial board: Biochemical genetics (Impact factor 1,5), Imaging (Impact factor 0,5), Cardiologia Hungarica, Austin Journal of Cardio and Cardiovascular Case Reports, etc

Honorary titles

-Fellow of the American College of Cardiology (FACC)– since 2022
-Fellow of the European Society of Cardiology (FESC)– since 2007
-Fellow of the European Association of Cardiovascular Imaging (FACVI) - since 2019
-Member, Scientific Committee of European Association of Cardiovascular Imaging – since 2022

Accreditations

-European Accreditation in echocardiography, 2005
-European Accreditation in transesophageal echocardiography, 2006
-National Accreditation in Echocardiography
-National Accreditation in transesophageal echocardiography
-National Accreditation in Vascular Echography
-National Accreditation in interventional cardiology
-National Accreditation in pacemakers and defibrillators
-National Accreditation in Interventional electrophysiology
-National Coordinator, Accreditations in Pacemakers and Defibrillators

Expert international bodies for scientific research

-2015 – present - **Vice Chair Life Sciences Pannel**, Marie Curie fellowships, European Commission, Horizon 2020 programme
-2017-2018 – Expert European Commission in the PhD School of the Aix Marseille University (France) for admission in the Doc2AMU doctoral programme financed by European Commission
-Expert and rapporteur of the European Commission since 2008 in FP7, Eureka and Horizon 2020 programmes

Publications

Hirsh index web of science core collection. 19
Nr. citations in ISI web of scienceover 4.000
Impact factor in extenso.....564

Most representative publications in extenso– selection:

1. **Theodora Benedek**, et al - *Computed Tomography Versus Invasive Coronary Angiography in Patients With Diabetes and Suspected Coronary Artery Disease*. **Diabetes Care** 2023;46(11):1–9. **IF 16,3**
2. Maurovich-Horvat P, Bosserdt M, Kofoed KF, Rieckmann N, **Benedek T**, Donnelly P, et al. *CT or Invasive Coronary Angiography in Stable Chest Pain*. **N Engl J Med**. 2022 Apr 28;386(17):1591-1602. doi: 10.1056/NEJMoa2200963 **IF 158.5**
3. Şulea CM, Nădăşan V, Ursachi T, Toboltoc PC, **Benedek T**. *What Patients Find on the Internet When Looking for Information About Percutaneous Coronary Intervention: Multilanguage Cross-sectional Assessment*. **J Med Internet Res**. 2022 Dec 6;24(12):e41219. doi: 10.2196/41219 **IF 7.4**
4. Lazou A, Ikonomidis I, Bartekova M, **Benedek T**, Makavos G, Palioura D, Cabrera Fuentes H, Andreadou I. *Chronic inflammatory diseases, myocardial function and cardioprotection*. **British Journal of Pharmacol**. 2020 Dec;177(23):5357-5374. doi: 10.1111/bph.14975. **IF 7,73**

5. Gyöngyösi M, Wojakowski W, Lemarchand P, Lunde K, Tendera M, Bartunek J, Marban E, Assmus B, Henry TD, Traverse JH, Moyé LA, Sürder D, Corti R, Huikuri H, Miettinen J, Wöhrle J, Obradovic S, Roncalli J, Malliaras K, Pokushalov E, Romanov A, Kastrup J, Bergmann MW, Atsma DE, Diederichsen A, Edes I, Benedek I, **Benedek T**, Pejkov H, Nyolczas N, Pavo N, Bergler-Klein J, Pavo IJ, Sylven C, Berti S, Navarese EP, Maurer G; ACCRUE Investigators*. - Meta-Analysis of Cell-based CaRdiac stUdiEs (ACCRUE) in Patients With Acute Myocardial Infarction Based on Individual Patient Data. *Circulation Research*. 2015 Apr 10;116(8):1346-60. **IF 20.1. This article received an editorial and the Best Manuscript Award in 2015**

6. **Benedek Teodora**, Gyöngyösi Mariann, Benedek Imre. *Multislice computed tomographic coronary angiography for quantitative assessment of culprit lesions in acute coronary syndromes*. *Canadian Journal of Cardiology*, 2013, 29(3): 364-371, ISSN 0828-282X. **FI 3,94**

7. **Benedek Teodora**, Matei M., Benedek Imre. *Giant aneurysm of the Valsalva sinus associated with multiple coronary artery aneurysms and patent ductus arteriosus*. *European Heart Journal*, 2014;35(11):69, ISSN 0195-668X. **FI 15,203.**

8. Benedek Imre, Gyongyosi Mariann, **Benedek Teodora***. *A prospective regional registry of ST-elevation myocardial infarction in Central Romania: Impact of the Stent for Life Initiative recommendations on patient outcomes*. *American Heart Journal* 2013, 166 (3):457-465, ISSN 0002-8703, **FI 4,55.** *-corresponding author (**this article received an editorial**)

9. Balazs Bajka, **Theodora Benedek**, Călin Molnar - *Association Between Preinfarction Angina and Angiographic Findings in NON-ST Segment Elevation Myocardial Infarction*. *Clinical Cardiology*, 2016, **FI 2,586.**

10. Gyöngyösi M, Wojakowski W, Lemarchand P, Lunde K, Tendera M, Bartunek J, Marban E, Assmus B, Henry TD, Traverse JH, Moyé LA, Sürder D, Corti R, Huikuri H, Miettinen J, Wöhrle J, Obradovic S, Roncalli J, Malliaras K, Pokushalov E, Romanov A, Kastrup J, Bergmann MW, Atsma DE, Diederichsen A, Edes I, Benedek I, **Benedek T**, Pejkov H, Nyolczas N, Pavo N, Bergler-Klein J, Pavo IJ, Sylven C, Berti S, Navarese EP, Maurer G; ACCRUE Investigators*. - Meta-Analysis of Cell-based CaRdiac stUdiEs (ACCRUE) in Patients With Acute Myocardial Infarction Based on Individual Patient Data. *Circulation Research*. 2015 Apr 10;116(8):1346-60. **FI 11,089. This article received an editorial and the Best Manuscript Award in 2015**

11. Pavo N, Charwat S, Nyolczas N, Jakab A, Murlasits Z, Bergler-Klein J, Nikfardjam M, Benedek I, **Benedek T**, Pavo IJ, Gersh BJ, Huber K, Maurer G, Gyöngyösi M. - Cell therapy for human ischemic heart diseases: critical review and summary of the clinical experiences. *J Mol Cell Cardiol*. 2014 Oct;75:12-24. **FI 5,133.**

12. Suciu Z, **Benedek T**, Benedek I. - Response to the paper by Jiang et al. entitled 'Prognostic value of cardiac computed tomography angiography in patients with suspected coronary artery disease: a meta-analysis'. *Cardiology*. 2015;130(1):15-6. **FI 2,044.**

13. **Benedek Teodora**, Jako Beata, Benedek Imre. *Plaque Quantification by Coronary CT and Intravascular Ultrasound Identifies a Low CT Density Core as a Marker of Plaque Instability in Acute Coronary Syndromes*. *International Heart Journal*, 2014, 55(1): 22-29, ISSN 1349-2365. **FI 1,073**

14. Benedek Imre, Bucur Oana, **Benedek Teodora***. *Intracoronary infusion of mononuclear bone marrow derived stem cells is associated with lower plaque burden after 4 years*. *Journal of Atherosclerosis and Thrombosis*, 2014, 15(8):88, ISSN 1340-3478. **FI 2,733.** *-corresponding author

15. Rodica Toganel, **Theodora Benedek***, Carmen Suteu, Imre Benedek - *Aneurysmal aorto-left ventricular tunnel causing right ventricular outflow tract obstruction, associated with bicuspid aortic valve - a case report*. *Heart & Vessels*, 2015; 30:140-142. ISSN 0910-8327. **FI 2,065** *corresponding author

16. Rodica Toganel, **Theodora Benedek***, Imre Benedek – *Giant mycotic pulmonary artery aneurysm in a newborn*. *European Heart Journal Cardiovascular Imaging*, 15(8):885, ISSN 2047-2404. **FI 4,105.** *-corresponding author.

17. Gyöngyösi M, Lang I, Dettke M, Beran G, Graf S, Sochor H, Nyolczas N, Charwat S, Hemetsberger R, Christ G, Edes I, Balogh L, Krause KT, Jaquet K, Kuck KH, Benedek I, **Hintea Teodora**, Kiss R, Préda I, Kotevski V, Pejkov H, Zamini S, Khorsand A, Sodeck G, Kaider A, Maurer G, Glogar D., *Combined delivery approach of bone marrow mononuclear stem cells early and late after myocardial infarction: the MYSTAR*

prospective, randomized study. [Nature Clinical Practice Cardiovascular Medicine](#) 2009, 6(1):70-81. ISSN 1743-4297 (Print), ISSN: 1743-4297(web), **FI 5,902.**

18. Mariann Gyongyosi, Rayyan Hemetsberger, Susanne Wolbank, Valentin Pichler, Cristoph Kaun, Aniko Posa, Zsolt Petrasi, Ors Petnehazy, Renate Hofer-Warbinek, Rainer de Martin, Florian Gruber, Imre Benedek, **Theodora Benedek**, Istvan Kovacs, Istvan Benedek jr., Christian A.Plass, Silvia Charwat, Gerald Maurer – *Delayed Recovery of Myocardial Blood Flow After Intracoronary Stem Cell Administration*. [Stem Cell Review and Reports](#), 2011;7:616-623, ISSN 1550-8943, **FI 3,766.**

19. Nyolczas N, Gyöngyösi M, Beran G, Dettke M, Graf S, Sochor H, Christ G, Edes I, Balogh L, Krause KT, Jaquet K, Kuck KH, Benedek I, **Hintea Teodora**, Kiss R, Préda I, Kotevski V, Pejkov H, Dudek D, Heba G, Sylven C, Charwat S, Jacob R, Maurer G, Lang I, Glogar D. *Design and rationale for the Myocardial Stem Cell Administration After Acute Myocardial Infarction (MYSTAR) Study: a multicenter, prospective, randomized, single-blind trial comparing early and late intracoronary or combined (percutaneous intramyocardial and intracoronary) administration of nonselected autologous bone marrow cells to patients after acute myocardial infarction*. [American Heart Journal](#) 2007;153(2):212.e1-7, ISSN 0002-8703, **FI 3,649.**

20. **Benedek Theodora**, Oana Bucur, Ionela Pascanu, Imre Benedek – *Analysis of coronary plaque morphology by 64-multislice computed tomography coronary angiography and calcium scoring in patients with type 2 diabetes mellitus*. [Acta endocrinologica](#), 2011; 7,1:59-68, ISSN 1841-0987, **FI 0,183.**

Research grants

1. Diagnostic Imaging Strategies for Patients with Stable Chest Pain and Intermediate Risk of Coronary Artery Disease: Comparative Effectiveness Research of Existing Technologies – DISCHARGE. Grant agreement no. HEALTH-F2-2013-603266, program FP7-Health-2013-Innovation-1, FP7 European Commission. Coordinator of Eastern European Centers, member in the steering committee.
2. Epicardial fat tissue, local inflammation and atheromatous plaque vulnerability – an imaging study based on artificial intelligence – INTEL FAT. Ctr nr PCE 206/2020, financed by the Romanian Ministry of Health. Project Director.
3. Exit-CVD - Horizon Europe, European Commission – project nr 101253160, Role - Site coordinator. Grant agreement in preparation in present, project start 1st September 2025 (winner at competition [HORIZON-JU-IHI-2025-09-01-single-stage](#)).
4. Three-dimensional technologies of computed ultrasonography and intracardiac mapping in diagnosis and interventional nanotechnology based treatment of cardiac arrhythmia – STAR. Contract number 42-131 /2008, financed by the Ministry of Education and Research. Project Director.
5. Health virtual twins for the personalized management of stroke related to atrial fibrillation – TARGET. Horizon 2020, European Commission – project nr GAP-101136244. Site coordinator.
6. Prototype for personalized assessment of cardiovascular risk and post-Covid myocarditis based on artificial intelligence, advanced medical imaging and cloud computing- CardioCOV. Contract number 1203/30.06.2022. Financed by the Romanian Ministry of Research. Site coordinator.
7. eCARDIO – a center of technology transfer in cardiovascular imaging. Ctr number nr. 7284 / 26.11.2021. Financed by Romanian Ministry of Research. Coordinator
8. High-performance multimodal imaging platform MRI/CT for computational medicine, nanoparticle research and hybrid imaging in research of atherothrombotic diseases – CARDIOIMAGE. Financed by Romanian Ministry of Research. Coordinator
9. Translation of genomic research of intracardiac and 3D reconstruction in the diagnosis and treatment of congenital or acquired heart diseases in young adults – TRIDICO. Contract nr. 72/2006. Funded by the Romanian Academy of Medical Sciences and Ministry of Education and Research, CEEEX program 2006. Site coordinator.
10. Translation of genomic research in development of innovative therapies based on stem cell transplantation in atherothrombotic diseases – study integrated in a European network of excellence – TRANSCARDIOSTEM. Ctr nr. 172/2006. Funded by the Romanian Academy of Medical Sciences and Ministry of Education and Research, CEEEX program 2006. Site coordinator.
11. Implementation of logistic support for genomic translational re-sequencing of acute coronary syndromes on a target population of 1 million people – LOGECA. Ctr nr. 171/2006. Funded by the Romanian

Academy of Medical Sciences and Ministry of Education and Research, CEEX program 2006. Site coordinator.

12. Development of international partnership for stem cell transplantation in acute coronary syndromes in a European network of excellence research – COREX. Ctr nr. 212/2006. Funded by the Romanian Academy of Medical Sciences and Ministry of Education and Research, CEEX program 2006. Site coordinator.
13. Translation of hemorheobiologic research of laser-plasma interaction into innovative therapies targeting coronary plaques, vascular intima and implanted biomaterials – LASCOR. Ctr. nr. 41-069/2007, PNCDII program – Partnerships. Funded by the Ministry of Education and Research. Site coordinator.
14. Translation of genomic research for etiology of congenital heart diseases into innovative methods of screening, prenatal prevention, genetic diagnosis and three-dimensional imaging – MAMI. Ctr. nr. 41-042/2007 PNCDII program – Partnerships. Funded by the Ministry of Education and Research. Site coordinator.
15. Computerized 3D assessment of myocardial viability, translated into innovative tools for medical, interventional and stem cell-based therapy in ischemic dilated cardiomyopathy. Ctr. nr. 438/2007, PNCDII programme – Ideas, Funded by the Ministry of Education and Research. Site coordinator.
16. Laboratory of Excellence in Electrophysiology and 3D Cardiac Intracardiac as a regional reference of European standards – LEXIC. Ctr. nr. 350/2007. Funded by the National Authority for Scientific Research – IMPACT program. Member.
17. Center of early diagnosis, treatment, education and professional development in congenital heart diseases – DIACORD. Ctr. nr. 349/2007. Funded by the National Authority for Scientific Research – IMPACT program. Member.
18. Electronic Health Records for the Next Generation Medical Decision Support in Romanian and Bulgarian National Healthcare Systems. NextGenElectroMedSupport, Ctr. nr. 461CB/23.10.2010. Member.
19. Hybrid Medical Complex Systems - ComplexMediSys. Cooperation project Romania – Slovakia, Ctr. nr. 476/07.03.2011. Member.

Prof. Dr. Habil. Theodora Benedek



Tîrgu Mureș, 19 October 2025