



## IAGG Global Research Network on Health & Ageing Questionnaire for selection process

Name of the Centre: **Ana Aslan International Foundation**  
Key Investigator / Head of Department: **Prof. Luiza Spiru, MD, PhD - president**  
Phone: **+40 21 3124696**  
E-mail: **office@brainaging.ro; laslan@brainaging.ro**

### Description of the Centre:

#### a) Type of investigations:

- Basic Science / Fundamental
- Clinical Research
- Health Services Research
- Epidemiologic/Public Health Research
- Other

#### b) Themes investigated (please specify):

- Dementia
- Frailty
- Sarcopenia
- Other Neurodegenerative Disorders
- Geriatric Disorders
- Cardiovascular Risk Factors
- Metabolism
- Ageing research
- Genetics
- Gerontechnology
- Other

#### c) Number of investigators in ongoing positions:

- Less than 5
- to 10
- More than 10

#### d) Number of investigators funded by specific projects:

- 1 to 3
- 4 to 5
- More than 5

#### e) Does your Centre have a:

- Clinical affiliation
- Academic affiliation

#### f) Does your Centre have a basic sciences program? (Please specify topic)

- Yes **Multidisciplinary and integrative 'omic' (genomic-epigenetic, metabolomic, nutriomic and sociomic) approach of aging and brain aging**
- No

### If your Centre is affiliated to a Geriatric Department, please provide the following information:

#### a) Types of units:

- Acute Ward - **Number of beds: 33**
- Outpatient Ward - **Number of patients/year: 1000**

- Community Care Unit - **Number of visits/year: 0**
- Day Hospital - **Number of places/day: 10**
- Geriatric Rehabilitation Unit - **Number of beds: 33**
- Long-Term Care - **Number of beds: 0**
- Special Units (stroke, memory, ortho-geriatric, psycho-geriatric) - **Number of beds: 33**

**b) Number of staff in the Department:**

Geriatric: **22**

Gerontology: **10**

Other: **4**

**c) Does the Day Hospital have specialist services?**

- Dementia / Memory
- Cardiovascular clinic
- Rehabilitation
- Falls assessment clinic
- Parkinson's disease clinic
- Other

**d) Does your Geriatric Department already cooperate with supervising clinical trials?**

- Yes
- No

**Management of the Centre:**

**a) Is your Centre an existing national or government recognized medical research Centre?**

- Yes
- No

**b) Does the Centre receive funded grants? (Please specify source)**

- Yes **EU-FP6-IST; EU-FP7-SOP-HRD(AMPOSDRU Romania); TEMPUS Phare; AFCN Romania**
- No

**c) Does the Centre collaborate with trials funded by pharmaceutical companies?**

- Yes
- No

**d) Will the Centre shortly begin investigation projects?**

- Yes
- No

**Indicate the three main publications over the last 2 years:**

**1/ Name of Journal: Handbook of Aging, 3rd Edition, EB. Palmore, F Whittington, SR. Kunkel eds., Praeger Publishers, Connecticut, SUA, 2009**

Title of article: **Actual Coordinations of Research on Aging in Romania**

**2/ Name of Journal: Lancet Neurology, 8(7):619 - 627, 2009**

Title of article: **Prevalence and prognostic value of cerebrospinal fluid markers of Alzheimer pathology in subjects with subjective cognitive impairment and mild cognitive impairment. The DESCRIPA study.**

**3/ Name of Journal: Lecture Notes in Computer Science (LNCS), ISSN: 1867-8211, Springer Verlag, 2009**

Title of article: **Normal versus pathological cognitive aging. Variability as a constraint of patients profiling for Aml design**

**Please add short biographies (maximum 1 page) of the Key Investigators and Head of Department**

**Luiza Spuru, MD, PhD, is Professor of Geriatrics and Old Age Psychiatry at ?Carol Davila? University of Medicine and Pharmacy in Bucharest, head of the Geriatric and Geronto-Psychiatry University Department in Elias University Emergency Hospital. After her PhD (1997) she acquired multiple specializations**

(molecular medicine, geriatrics gerontology and old age psychiatry) and competences in cell biology, neuro-psycho-pharmacology, abdominal and heart ultrasound investigations, IT in medical services, standardized geriatric evaluation, diagnosis and treatment of memory impairment diseases, differential diagnosis of Alzheimer dementia's and other related dementias. She is graduate in health services management (MBA - British Council), and leadership management - personal productivity (Leadership Management International, Waco Texas, USA). Prof. Luiza Spiru is founder member of national and international professional organizations (Ana Aslan International Foundation, Ana Aslan International Academy of Aging, Romanian Society of Neurosciences, and member of 22 national and international professional associations (EADC, Alzheimer Europe society, Alzheimer's Association International Society to Advance Alzheimer Research and Treatment - ISTAART, Alzheimer's Disease International ? ADI, WOSAAM, ESAAM). She is the coordinator of the Romanian Representatives of the European Association for Predictive, Preventive and Personalized Medicine (EPMA). Prof. Spiru is principal investigator and international promoter of Ambient Assistive Living movement and since 2010 she joined the Working Group of the Assistive Technology Association (UK). She is Editor in chief of Brain Aging International Journal (in English, Romanian and Greek), and member in the scientific-editorial board of Alzheimer's Disease and Related Disorders Research Advances - Alzheimer's Association, Middle East Journal of Age and Ageing, EPMA Journal and MEDIC.RO magazine. As president of ?Ana Aslan? International Foundation and vice-president of its R&D department - the Ana Aslan International Academy of Aging, Prof. Luiza Spiru has developed two clinical research and health centres: The Memory Clinic (in 2003) and Ana Aslan International Clinic for Longevity, Healthy Aging and Brain Aging Prevention (in 2008), both in Bucharest, in which she sustains managerial, educational, editorial and research activities. She coordinates Aslan Academy partnership in EU funded projects (Tempus Phare ROMGER, VIASAN, EADC, ICTUS, DESCRIPA, K4CARE, SHARE-it, E-ADNI, and recently of the FP-7 SOP-HRD BRAINAGING Project for training the specialists in hospitals and ambulatories in the particularities of aging and brain aging pathology and the latest technological achievements. She is author of two multidisciplinary basic research concepts: NERO\_MIND (Critical neuromes in brain aging pathology) and ASGARD (Critical neuromes in organism- environment relationship during brain aging), and lead clinical trials in epidemiology of aging related diseases, longevity, brain aging medicine, memory impairment and dementia, geriatrics and gerontoprophylaxy, geronto-psychiatry, physiotherapy and occupational therapy, health economy and drugs trials. Since 2005 she is advisory board member for pharma companies addressing the neuropathology field. Prof. Luiza Spiru develops a sustained education activity within the Geriatric and Geronto-Psychiatry chair at ?Carol Davila? University of Medicine and Pharmacy in Bucharest, and since 2000 year she is the organizer and active contributor of the annual, CME credited International Training in Memory Diseases. Beginning with 2010 Prof. Spiru has initiated the CME credited annual conference Brain Aging ? Hot Topics. Prof. Luiza Spiru is the author of 3 treatises on Geriatric medicine, 6 guides on the diagnosis and treatment of Alzheimer's disease and related dementias and 11 book chapters. She has published 85 studies in international journals and books of proceedings. Within scientific events she has sustained 113 oral communications, most of them as invited speaker, and over 150 posters. As president of Ana Aslan International Foundation, since 2007 Prof. Luiza Spiru is organizer of charitable activities: donation of medical equipment (to Elias University Clinic - Bucharest, Olanesti ward, Oncology Institute Bucharest, Sf. Pantelimon Hospital - Bucharest, Carol Davila Nephrology Clinic Hospital ? Bucharest), donation of furniture for schools (to Jilava City Hall), and donation for affected people from Cervenia - Teleorman county. Elena Turcu, biologist, MSC, senior researcher, was graduated in biological sciences and MSc in cellular biology. She has over 25 years of activity in neuro-pharmacology reasearch. Her activity has begun at Ana Aslan Institute in Bucharest and covered basic bio-medical and social research in aging. As senior researcher she designed and leaded research programs in biology of aging, neuro-pharmacology, social gerontology and the organization of long-term care for the elderly. She conducted the initiative group for the Objective Nr. II.A.3 of the National Program for Geriatric Prevention and Protection Nr. 2.12 ? ?The creation of a national network of elderly long-term care in Romania?. She leaded the Biological System's Department of Stefan Odobleja Cybernetics Academy in Bucharest, was member of the Multidisciplinary Research Forum of the Romanian Academy, is member of EADC Consortium and honorary advisor and member of the Institute of Integrative Omics and Applied Biotechnology (IIOAB), India. She is co-author in 2 patents (pharmacology research), 4 books and more than 80 papers and 120 presentations to international and national scientific events. Her didactic activities comprise tutoring for master degree in neuropharmacology. Actually she is senior researcher and the scientific director of Ana Aslan International Academy of Aging - the research and education department of Ana Aslan International Foundation from Bucharest. Her expertise covers design and supervision of basic and applied research programs in aging and brain aging (bio-medical, pharmacological and social gerontology research), including Ambient Assisted living of the elderly with special needs. Here she is co-author of 2 original research paradigms regarding the ?omic? based, integrative attempt of cerebral aging, and assured the scientific supervision of the activities in 5 EU funded projects and 7 project proposals to FP7 and other funding calls. She is speaking English and French. Mariana Martin, Senior geriatric nurse, has over 25 years of activity in the field. She is Director of Geriatric Care Department of Ana Aslan International Foundation. Mrs. Martin has acquired competencies in organization and coordination of nursing services for old patients, especially those with cognitive special needs, and has didactical activity in training for nursing. She also has competence in IT&C based and ethical aspects of patient data management. She is speaking English and French. Razvan Ioan Trascu, MD, is a general practitioner with a specialization in family practice (national certification passed in 2009) and medical imaging (sonography, national certification passed 2006), with particular affinities for cardiac, chronic and old-age care. His activity began in a private, multidisciplinary care clinic; throughout the years he attended

several specialization courses (advanced and basic life support, heart recovery, vascular prevention in systemic atherosclerosis etc). He is currently a member of the National Society of Family Practice, holding an official tenure in the press department. Given his academic and editorial performance, he has been coordinating the online CME platform of the Bucharest College of Physicians starting in 2005; given his broad-spectrum interests he was awarded a master's degree in the management of public health systems (2007). He is currently pursuing a specialization in law. His editorial interests first resulted in more than 30 original papers (cell membranes, medical practice etc.) published in international journals (including ISI publications). His papers (more than 40) presented in national and international medical events and more than 10 oral presentations (invited speaker) as well as the co-authorship of two cell biology monographs were sufficient grounds for becoming involved in the editorial management of nationwide medical journals. He has been handling editorial management for "Medicina Moderna" (monthly journal of the Bucharest College of Physicians) since 2007, while simultaneously holding various editorial tenures in non-competing publications: editor-in-chief ("Medic.ro", national journal dedicated to family care & "Doctorul Meu"), assistant editor in charge with quality assurance ("Gineco.ro", ISI-cited quarterly gynecology journal). Starting in 2010 he joined the Ana Aslan International Academy of Aging - the research and educational department of the Ana Aslan International Foundation in Bucharest, where he is currently a key investigator with responsibilities in quality assurance. He currently militates for integrating family care in the geriatric management of patients. He is speaking English and French.

Ioana Ioancio, MD, PhD, is specialist physician in geriatrics and has competencies in ecography, neuro-psycho-geriatrics and management of public health services. She is graduated of the Open Business School-CODECS, and has over 20 years of activity as investigator in clinical trials and other research projects. She is trained in patient data management and ethical related matters. She is author of over 40 scientific papers and communications. She speaks English, German and Hungary languages.

Amalia Diaconeasa, Biologist, Biochemist, MSc Amalia Gabriela Diaconeasa is a biochemist, graduated at the University of Bucharest. She also has a master degree in neurobiology and the title of scientific researcher. Her scientific activity began at the "Ana Aslan" National Institute of Geriatry and Geriatrics, where she conducted researches on basic pharmacology, chronobiology and cell aging. In 2007 she published an original hypothesis about the human evolution in her book "Civilizatia foametei/ o alta abordare a umanizarii" (The civilization of famine/the human evolution seen from another angle) inspired by the study of aging. Ideas from this interdisciplinary book were presented at international congresses in various fields of the bio-medical sciences. This book also presents a new evolutionary perspective on some important aspects of the human pathology, development and aging. In 2009 she joined the Ana Aslan International Academy of Aging - the research and educational department of the Ana Aslan International Foundation in Bucharest, where she is involved in research related to new therapeutic strategies for some human degenerative diseases. She is (co)author of over 30 scientific papers and communications.

Camelia Ghita, MD, is assistant lecturer at the Department of Geriatrics-Gerontology-Gerontopsichiatry from "Carol Davila" University of Medicine and Pharmacy, Bucharest. She has research and education tasks, and is investigator in clinical trials and other research projects of Ana Aslan Foundation. She is geriatrician and gerontologist and pursued trainings performed by the World Society of Anti - Aging Medicine, International Hormone Society, European Alzheimer's Consortium etc. She is (co)author of over 25 scientific papers and communications. She is speaking english and French.

Gratiela Mariana Baidac, MD, is specialist physician in internal medicine and also in geriatrics-gerontology. She pursued trainings in geriatric prevention, geriatric cardiovascular pathology and cognitive pathology of the third age. Her activity includes participation as investigator in the clinical trials and other research projects of Ana Aslan Foundation, as well as patient data management. She is speaking English and French.

Alice Petrescu, MD, is specialist physician in geriatrics and gerontology, as well as in family medicine. She accomplishes tasks of patient data management and of investigator in the clinical trials running in Ana Aslan Foundation. She speaks English.

Alexandru Sterea, MD, MSc, is specialist physician in geriatrics and gerontology and MSc in gastroenterology and liver diseases. He accomplishes tasks of patient data management and of investigator in the clinical trials running in Ana Aslan Foundation. He speaks English.