

EXPERIENCE



**Luiza
Spiru**

**FULL PROFESSOR OF GERIATRICS,
GERONTOLOGY AND OLD AGE PSYCHIATRY,
CAROL DAVILA UNIVERSITY OF MEDICINE AND
FARMACY**

Bucharest, Romania — 2013-present

Main activities and responsibilities

Email:

lsaslan@brainaging.ro

Nationality: Romanian

Languages: English,
French, Romanian

- Teach theoretical courses and lead practical clinical activities for students and resident physicians
- Develop, elaborate and continuously update the specific Curricula and Syllabus in Geriatrics Gerontology and Old Age Psychiatry 1997-2001, implemented at National academic level
- Develop, elaborate the curricula and Syllabus for the first national College of Nursing in Geriatrics –Gerontology and Social Care 1999-2001 (implemented at Carol Davila UMF)
- Develop, elaborate and implement the Syllabus and Curricula in Palliative Medicine – 2017-2020 for Carol Davila University of Medicine and Pharmacy (EduPall European Consortium – for the under and postgraduate level)
- Elaborate and coordinate the implementation of projects for higher level (postgraduate) education
- Produce the documents related to the student's evaluation and examination
- Chair, president, member of the Examination Committees for students, MD's and for post-graduates receiving the title of Specialists in Geriatrics, Gerontology, Internal Medicine, Rehabilitation, Neurology, Psychiatry, Family Medicine.



**Luiza
Spiru**

**PRESIDENT,
ANA ASLAN INTERNATIONAL FOUNDATION**

Bucharest, Romania — 2013-present

Main activities and responsibilities

- Assume Leadership, Strategic Development and Entrepreneurial roles aiming to secure the growth and development of the organization
- Project Leader for the organization in the R&D European funded projects where AAIF participates as a consortium member
- Teach personally and further coordinate the other team's members teaching activities within large educational projects
- Coordinate the medico-social programs for elders and people with physical/psychic disabilities; the scientific research; the clinical trials and the scientific publications editorial activities in the field of Brain Aging (e.g. neurocognitive disorders, prevention of Alzheimer's Disease)
- Head the "Excellence Centre for Diagnostic and Treatment of Neurodegenerative Diseases and Longevity Medicine (Memory Clinic for Outpatients)" – created in 2003 under the auspices of AAIF
- Provide specialized, innovative health care services within the outpatient Memory Clinic
- Organize and Chair annually National Medical Conferences with International Participation on Stress Medicine (Stress Congress - www.stresscongress.org), since 2018

EDUCATION AND TRAINING

Dates	Oct 2013
Title of qualifications awarded	Certificate of participation in the International Seminar on Stress Medicine
Principal subjects / occupational skills covered	Stress Medicine (Stress and Aging, Neurobiology of Stress, Burnout, Stress Anxiety and Depression)
Name and type of organisation providing education and training	The DIU (Dresden International University), Dresden, Germany
Dates	2009
Title of qualifications awarded	Certificate of Graduation
Principal subjects / occupational skills covered	Competence in Regressive Hypnosis Therapy
Name and type of organisation providing education and training	The Weiss Institute, Miami, Florida
Dates	2004-2005
Title of qualifications awarded	Certificate of Graduation in Effective Personal Productivity Program
Principal subjects / occupational skills covered	Personal Productivity, Leadership, Effective Communication
Name and type of organisation providing education and training	Leadership Management International, Waco, Texas
Dates	2003-2004
Title of qualifications awarded	MSc
Principal subjects / occupational skills covered	International Relations and European Studies
Name and type of organisation providing education and training	National College of Security and Defence
Dates	2002-2003
Title of qualifications awarded	MSc

Principal subjects / occupational skills covered	Health Care Services Management Course
Name and type of organisation providing education and training	National Centre of Professional Training for Postgraduate Doctors and Pharmacists
Dates	2003
Title of qualifications awarded	Certificate of Overspecialization (3rd Specialty) in Old Age Psychiatry
Principal subjects / occupational skills covered	National validation of the Psychogeriatric competencies acquired during the specialized training taken at the Toulouse Clinic in 1998-1999
Name and type of organisation providing education and training	National Centre of Professional Training for Postgraduate Doctors and Pharmacists
Dates	1998-1999
Title of qualifications awarded	Medical specialization in Old Age Psychiatry
Principal subjects / occupational skills covered	International Professional Postdoctoral fellowship in the Diagnosis of Memory Diseases, through the Tempus-Phare Romger S-JEP 1250 Integral Programme
Name and type of organisation providing education and training	CHU Toulouse-France, University Department of Geriatrics and Internal Medicine (1999) , under the guidance of Prof. Bruno Vellas (Chair of Toulouse Gérontopôle and Chief of Department of Internal Medicine and Geriatrics)
Dates	1998 (started in 1995)
Title of qualifications awarded	Certificate for the 2nd specialization in Geriatrics-Gerontology
Principal subjects / occupational skills covered	National and International Specialization in Geriatrics-Gerontology
Name and type of organisation providing education and training	Karolinska Instituted Sweden, Department of Neurobiology, Care Sciences and Society , under the guidance of Prof. Bengt Winblad “Carol Davila” University of Medicine and Pharmacy , 37 Dionisie Lupu Street, Bucharest
Dates	1997 (started in 1992)
Title of qualifications awarded	PhD in Cellular and Molecular Medicine
Principal subjects / occupational skills covered	Doctorate thesis: “Changes of the Leukocyte Membranes in Cell Senescence Process” - under the coordination of Prof L.M. Popescu
Name and type of organisation providing education and training	“Carol Davila” University of Medicine and Pharmacy , 37 Dionisie Lupu Street, Bucharest

Dates	1994 (started in 1990)
Title of qualifications awarded	Confirmation Certificate for the 1st specialization in Internal Medicine
Principal subjects / occupational skills covered	Specialization in Internal Medicine
Name and type of organisation providing education and training	“Carol Davila” University of Medicine and Pharmacy , 37 Dionisie Lupu Street, Bucharest
Dates	1981-1987
Title of qualifications awarded	Medical Doctor
Principal subjects / occupational skills covered	Formation in General Medicine
Name and type of organisation providing education and training	“Carol Davila” University of Medicine and Pharmacy , 37 Dionisie Lupu Street, Bucharest

PERSONAL SKILLS AND COMPETENCIES

Mother tongue(s) **Romanian**

Other language(s)

Self-assessment
European level (*)

English

French

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
C1	Proficient user	C1	Proficient user	C1	Proficient user	C1	Proficient user	C1	Proficient user
C1	Proficient user	C1	Proficient user	C1	Proficient user	C1	Proficient user	C1	Proficient user

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

Personal traits and social skills	Open-minded, inquisitive and innovative, empathic and intuitive – both in the clinical practice and the research & educational activities; entrepreneurial, cooperative, determined and solution-oriented in the managerial activities
Organisational skills and competences	Strategic thinking, people & organizational leadership, project management, effective communication, constructive networking and negotiating to win-win - reflected in the extensive experience of successfully running organizations in diverse environments – public and private, national and international; within teams and across various networks
Other competences and skills	Public speaking – both in conferences, courses, official meetings and in media appearances
Computer skills and competences	Experienced PC user – familiar with Windows, MS Office (Word, Excel, PowerPoint) and with Internet based communication platforms

ADDITIONAL INFORMATIONS

Acknowledged Expertise in Healthy Aging:

Appointed as an Expert by the EU Commission and the National Authorities

- i) Acting as evaluator & rapporteur for project applications under EU various calls since 2003 at present
 - 1) 2015-2019: International Expert and projects evaluator under H2020 – PHC and MSCA 2015-2019 calls
 - 2) 2014: International Expert and projects evaluator under H2020 – PHC 24 and MSCA-2014 calls; invited to act as Vice-chair for ethic reviews during the MSCA-IF-ST-2014
 - 3) 2010-2013: International Expert and projects evaluator under FP7 – Health - 2011-2013 calls
 - 4) 2012 - present: International Expert and projects evaluator, EUREKA's Eurostars Programme, EC
 - 5) 2012: International Expert "Study on business and financing models related to ICT for ageing well" Focus Group – Brussels
 - 6) 2009: International Expert and projects Assessor of EC FP7-KBBE KBBE-4, "Biotechnology, Agriculture and Food", Unit E.3: Food - Health -Well-Being
 - 7) 2005: International Expert and projects Assessor for research project financed by CE, in FP6-2005-SSP-5-A "Policy Aspects of Research & Sustainable Development"
- ii) Appointed and acting as the President of Specialist's Consulting Commission of Geriatrics-Gerontology for the Romanian Ministry of Health since 2009 until 2017
- iii) Official delegate in significant conferences and working meetings on Healthy Aging
 - 1) 2012: Delegate of the National Authority for Scientific Research to the European Innovation Partnership on Active and Healthy Ageing. From Plan to Action, [EIPAA] Brussels, April 3, 2012
 - 2) 2012: Special Delegate and representative of the National Authority for Scientific Research (ANCS) for Public Consultation on Romanian participation to the Pilot European Innovation Partnership on Active and Healthy Ageing; ANCS, Bucharest, Romania; 20 Jan 2012
 - 3) 2011: Romania representative/delegate of the European Research Area in Ageing, 9th ERA-AGE Forum Meeting
 - 4) 2002 - Delegate of the Romanian Foreign Affairs Ministry for UNECE, the Regional Ministerial Conference on Ageing, Sept 2002, Berlin, Germany
 - 5) 2002- Delegate of the Romanian Foreign Affairs Ministry at the Second Worldwide Meeting on Aging (The 2nd World Assembly on Ageing), 9-12 April 2002, Madrid, Spain

Educating through media presence:

- 1) Between 2002-2004 moderated in total 116 TV shows of a weekly telecast for medical education: "Physician in charge", at Antena1 TV;
- 2) Since 2009 participated in numerous TV and radio interviews and programs on

topics related to healthy aging, longevity medicine, stress medicine, 3P medicine

Managerial Experience:

Coordinating EU Funded Projects since 1996, for educational, for research and for sharing knowledge (networking and patient support) purposes

1) Educational projects:

- i) 1997-2001: Program Director and coordinator Tempus Phare ROMGER SJEP 12507, project created for the following objectives:
 - 1) obtain academical recognition of the Geriatrics-Gerontology specialty in Romania
 - 2) establish the first University College of Geriatrics, Gerontology and Social Assistance for Elders, within UMF "Carol Davila";
 - 3) develop the first Curriculum and Syllabus in Geriatrics, Gerontology and Psychogeriatrics within a European consortium including Geriatric Clinical Departments in Sweden, France, Greece, Spain, Italy and Israel
 - 4) establish the first University Clinic of Geriatrics and Gerontology inside "Ana Aslan" Hospital, Otopeni, Romania.
- ii) 2010-2012: Coordinator and Curriculum/Syllabus developer, BrainAging project [Professional Training on New Medical Technologies Related to Brain Aging, for the Specialized Medical and Nursing Staff] POSDRU/81/3.2/S/46975

2) Research projects – acting as coordinator of the end-user organisation/ pilot centre:

- i) 2006 – 2009: contributed to the development, assessment and validation of the ambient intelligence platform (Aml) developed by the K4CARE project [Knowledge-Based Homecare eServices for an Ageing Europe], IST-2004-026968 FP6-CE
- ii) 2006 – 2009: contributed to the development, assessment and validation of the solution developed by the SHARE-it project [Supported Human Autonomy for Recovery and Enhancement of cognitive and motor abilities using information technologies] IST- 2005-2.6.2 FP6-CE
- iii) 2011 – 2013: contributed to the development, assessment and validation of the Ambient Assisted Living (AAL) solution for physically / cognitive impaired travelling person, developed by the MobileSage project; FP7 – AAL-2010-3 [Situated Adaptive Guidance for the Mobile Elderly]
- iv) 2012 – 2014: contributed to the development, assessment and validation of the Ambient Assisted Living (AAL) platform for elders, developed by the MOBILE.OLD project; AAL-Call-4, [Home and on- the-go services advancing the MOBility of OLDer Persons]
- v) 2012 – 2015: contributed to the development, assessment and validation of the Ambient Assisted Living (AAL) platform for elders, developed by the CONFIDENCE project; AAL-Call- 4, [Mobility Safeguarding Assistance Service with Community Functionality for People with Dementia]
- vi) 2014 – 2016: involved in the development, assessment and validation of the AAL platform for informal carers, developed by the CarerSupport project; AAL-2012-5-245, [Integrated Platform for Informal Carers' Training, Tele-

consulting and Collaboration]

- vii) 2014 – 2016: involved in the development, assessment and validation of the AAL platform for people working in stressful environment, developed by the StayActive project; AAL-2012-5-245 [ICT-based Solutions for Supporting Occupation in Life of Older Adults]
 - viii) 2015-2018: MyMate project: AAL-2014-6 [Gamified Collaborative Platform for the Promotion of Sustainable Care and Independent Assisted Living]
 - ix) 2015-2018: SeniorTv project: AAL-2014 [Providing ICT-based formal and informal care at home]
 - x) 2016-2018: TSBank project: AAL-2015 [Time and Skill Bank for Active Aging]
 - xi) 2018- 2021: PETAL project: AAL-2018 [Ambient Assistive Living: intelligent lights to be used for the cognitive delay MCI patients, independent seniors, at home or in residential houses, out/in patients for Memory Clinics]
 - xii) 2018-2022: IOANNA project: AAL-2018 [Integration Of All stores Network and Navigation Assistant]
 - xiii) 2018- 2022: Ella4Life project: AAL-2018 [Virtual assistant for seniors, software development within the National Insurance House in 6 EU Countries, excellence in developing the transparent individual medical file – visible for the person assured (senior) with an option for second opinion and home care hospitalization.]
 - xiv) 2019: VirtuAAL project: AAL-2019 SCP [Virtual And Augmented Reality For Combating Cognitive Impairment]
 - xv) 2019- 2022: FrAAgiLe project: AAL-2019 [Platform for detecting frailty and falls]
 - xvi) 2019-2021: POSITIVE project: ALL-2019 [Personalized Platform assisting seniors in healthy fulfilled and active life]
- 3) Networking, sharing best practices and patient's support projects**
- i) 2011 – 2013: funding member of the network, within Ageing Well project; CIP-ICT-PSP-2011-5 - Network for the Market uptake of ICT for Ageing Well
 - ii) 2012 – 2014: involved in the development, assessment and validation of the ICT platform for patients with Parkinson disease, developed by the LiveWell project; 527943-LLP-1-2012-1-PT- GRUNDTVIG-GMP [Promoting Healthy Living and Well-being for Parkinson Patients through Social Network and ICT Training]
 - iii) 2013 – 2015: involved in the development, assessment and validation of the ICT platform for elders, developed by the E-NO FALLS project; ICT Policy Support Programme, Call : CIP-ICT-PSP- 2012-6, [European Network fOr FALL Prevention, Intervention & Security]

Clinical Research Experience:

Principal investigator in numerous phase III and IV clinical trials; coordinator of Romanian representative center in large epidemiologic studies on AD; experience in preclinical studies

- i) 2011 – present: Principal Clinical Investigator in 8 ongoing Phase III studies

with new molecules in the treatment of mild-to-moderate AD

- ii) 2007 – 2011: Sponsor, coordinator and principal investigator of the Phase IV Ebixa observational clinical trial, "Evaluation of safety and efficacy of Memantine in moderate to severe Vascular and Mixed Dementia", IIT no. 12975
- iii) 2007 – 2009: Romanian centre principal investigator of the clinical research study in GAD (General Anxiety Disorder) and MDD (Major Depressive Disorder) Takeda Lu AA21004_311; Takeda's Phase III GAD
- iv) 2006 – 2008: Principal Clinical Investigator, Astra Zeneca Clinical Study, Protocol 09270PSY3001, A Multicenter Randomized Parallel-group Double-Blind Placebo-Controlled Phase 3 Study of Efficacy and Safety of Quetiapine Fumarate and Lithium as Monotherapy for up to 104 weeks Maintenance
- v) 2002 – present: Coordinator and principal investigator of the Romanian EADC center, the research study ICTUS FP5-CE QLK6-CT-2002-02455 (Impact of Cholinergic Treatment Use)
- vi) 2002 – present: Coordinator and principal investigator of the Romanian EADC center, the research study DESCRIPA FP5-CE QLK6-CT-2002-02645 (Development of Screening Guidelines and Diagnostic Criteria for Predementia Alzheimer's Disease)
- vii) 2005 – 2006: Principal Clinical investigator, A Randomized Double Blind Placebo Controlled, Parallel Group Study Evaluating Paliperidone Palmitate in the Prevention of Recurrence in Subjects With Schizophrenia, Johnson & Johnson, Protocol R09270PSY3001
- viii) 2004 – 2006: Principal Clinical investigator Clinic Study Parexel International, Contract no. 87129/30.05.2007
- ix) 2004 – 2006: Principal investigator Observation Clinic Study "Exelon"-Novartis, Contract no. F1V412/16.02.20041999: Principal Clinical Investigator Sinthelabo-Sanoffi – Tiaprid effect on patients from longitudinal study with vascular dementia
- x) 1999: Clinical Investigator in memory diseases for Pfizer-Eisai ELSA, under the guidance of Prof. P. J. Ousset, Geriatrics and Gerontopsychiatry Hospital, Toulouse, France
- xi) 1996: Clinical Investigator "Pulmonary and Liver electro microscopically and chronic intoxication with organic solvents medley", Research Minister, Romania
- xii) 1992: Clinical Investigator, Extracellular control of Ca salts nucleation and growth control, Neurosciences Department, University of Medicine, Cadiz

Editorial and reviewing experience:

Created a dedicated Journal to novelties in Brainaging (offline and online), in three languages and served in several editorial boards

- i) 2000 – present: Editor Brain Aging International Journal, in English ISSN 1582-8352; in Romanian since 2003 ISSN 1582-8360; in Greek since 2008 ISSN 1844-9549
- ii) 2002 – Editor Book of Proceedings, Alzheimer's Disease and Related Disorders

Research Advances – Alzheimer’s Association ISBN: 9738641101

- iii) 2004 – in present: Member of the Editorial-scientific Board of Middle East Journal of Age and Ageing, ISSN 1449-8677
- iv) 2009 – present: Member of the Scientific Committee at MEDIC.RO
- v) 2009 – present: Member of the Editorial and Scientific Board at EPMA Journal

Educating through Scientific Events:

Organized and chaired local and international courses, trainings and workshops for more than 1,000 specialists (see the list of events in the Annexes)

Publications:

More than 20 books and chapters in specialty books as first author and co-author; more than 90 articles published in international reviews and in the books of proceedings; beyond 200 communications and posters at international scientific events (mentioned in the Annexes)

ANNEXES:

Annex 1: Organized Educational Events

Annex 2: Affiliations to Professional Organisations

Annex 3: Publications

Annex 1: Organized and / or chaired Educational Events:

1998-2001: Organizer of 6 European courses in Romania in the specialty of Geriatrics, Geronto-psychiatry, Social Assistance for Elders within the Integral Program Tempus Phare Romger S-JEP 12507

2003, 5-8 October: Organizer, chair and main speaker, *The International Brain Aging Conference and Course*

2005 – 2006: Organizer, chair and main lecturer, *The International Training and Workshop in Memory Diseases*, in 3 modules:

Module I: Facts in Dementia Diagnosis and Therapeutic Approach, Bucharest – 21.03.2005, accredited by CMR with 28 CME.

Module II: Mild Cognitive Impairment versus Depression, Bucharest - 15.10.2005, accredited by CMR with 10 CME

Module III: The Management and Pharma-economics of Memory Diseases, Bucharest – 07.10.2006, accredited by CMR with 10 CME 2006: Chair, the International Geneva/Springfield Symposium on Advanced in Alzheimer Therapy

2007: *International Training and Workshop for Memory Diseases – Memory Diseases Prevention*, Bucharest, Parliament Palace, 05.05.2007, accredited by CMR with 8 CME

2007: Organizer, chair and main speaker, *International Training and Workshop for Memory Diseases – Depression and Dementia, New Diagnostic Instruments in Geronto-Neuro-Psychiatry, Particularities in Preventing and Treating the Memory Diseases*, Bucharest, 22.09.2007, accredited by CMR with 18 CME

2008-2009: Organizer, chair and main lecturer during The International Training, “Prevention in Brain Aging”, in 3 modules: Module 1: The Brain-Aging Prevention, 16 February 2008 Bucharest; accredited CMR with 12 CME
Module 2: *A Healthy Brain Aging*, 24 October 2008 Athena-Greece, accredited by CMR with 8 CME
Module 3: *The Ambient Assisted Living User Modeling – The Impact of Ambient Assisted Living technology for the long-term care of Alzheimer’s patients*, in co-operation with IST-FP6 SHARE-it Project Consortium; 6 September 2009, Hotel Hilton, Bucharest, accredited by CMR with 8 CME.

2008: Chair, faculty member and invited speaker – ***Schizophrenia in the General Practitioner Office: are all patients schizophrenic?*** - European Masters in Aesthetic and Anti-Aging Medicine, Paris, France

2008-2009: Chair, *6th Scientific Pan-Hellenic Conference of Alzheimer Disease and Related Disorders*, 19.02-22.02.2009, Thessaloniki, Greece

2007 and 2008: Co-organizer and member in the scientific committee of the first and the second *International Conference in Gerontology*, Arad, Romania

2009: Workshop organizer at *The International Work Conference on Artificial Neural Networks*, (IWANN 2009) - Ageing Well in the Knowledge Society (AKS), 10-12 June 2009, Salamanca, Spain

2009: Co-chair of the 6th Pan-Hellenic Conference on Alzheimer Diseases Related Disorders, 19-22 February 2009, **Thessaloniki, Greece**

2009: Organizer, sponsor, chair and speaker: The International Course and Workshop on Bioethical Aspects Related to the Ambient Assisted Living for Patients with Cognitive and or Physical Disabilities: Bucharest, Nov.28, 2009;

2009: Sponsor, chair and faculty member: *Confirming the diagnosis of early AD/MCI with biomarkers is clinically useful*; L. Spiru; CONY - The 3rd World Congress on Controversies in Neurology, Oct. 8-11, 2009, Prague;

2009: Sponsor, chair and lecturer for the symposium: *The Holistic Approach of Mild Cognitive Impairment on Brain Aging*; Family Medicine- first line in health care Conference, Oct 8-10, 2009, Braila;

2010: Organizer, chairperson and lecturer at *The Geriatric Medicine Symposia – BRAIN AGING Hot Topics 2010*”, October 21-22 Hotel Novotel Hotel, Bucharest;

2011: Seminary **Organizer:** “Prodromal cognitive decline in Alzheimer’s and other dementias – understanding and management”; the 7th Pan- Hellenic Interdisciplinary Medical Conference on Alzheimer's Disease and related disorders, Thessaloniki, Greece 19.02.2011

2011: **Chairperson** “**The Importance of Nutrition and Nutrition Supplements in Brain Aging pathologies**”; June, 24-25, Iasi, Romania, 2011

2018: Chair person and speaker at The 12th World Congress on Controversies in Neurology, March. 22-25, 2018, Warsaw, Poland;

2018: **Organizer, chairperson and lecturer** at **Stress Congress 2018** (National Medical Conference with International participation), **April**, 19-21, Bucharest, Romania, 2018

Annex 2: Affiliations To Professional Organizations

Founder Member national and international professional organizations:

2000: “Ana Aslan International” Foundation
2001: Ana Aslan International Academy of Aging
2000: Romanian Society of Neurosciences
2005: South-East European Society of Brain Aging

Professional Membership:

1992: European Society of Cellular Biology
1992: Romanian Foundation of Geriatrics and Gerontology
1993: European society of Electronics Microscopy
1994: The New York Academy of Sciences
1996: Immunology Romanian Society
1999: Alzheimer European Society
2000: Alzheimer American Society
2001: International Psychogeriatric Association (IPA)

2002: European Alzheimer's Disease Consortium

(EADC)

2004: South-East European Countries Society in Brain Aging
2005: Faculty member, The World Society of Anti-Aging Medicine (WOSAAM)
2005: Faculty member, European Organization of Scientific Anti-Aging Medicine (ESAAM)
2005: Faculty member, European Masters in Aesthetic and Anti-Aging Medicine (EMAA)
2006: Who's Who in Science?
2007: Millennia 2015 Community-President for Romania
2008: European Federation of Neurological Societies (EFNS)
2008: Alzheimer's Association International Society to Advance Alzheimer Research and Treatment (ISTAART)

2008: National Representative for the European Association for Predictive, Preventive and Personalized Medicine (EPMA)

2008: Alzheimer's Disease International (ADI)

2008: Ageing Well in the Knowledge Society (AKS)

2009: Faculty member, European Movement Disorders Society
2010: AGE Platform Europe Project's initiative for supporting the European Charter of Rights and Responsibilities of Older People in Need of Long-term Care and Assistance
2010: The Alzheimer Europe Working Group on Assistive Technology for People with Dementia
2015 – MOU between the Naresuan and Bangkok School of Medicine and The AAIF for the Knowledge transferee of Syllabus and Curricula in the field of Geriatrics –Gerontology, Old Age Psychiatry and Longevity Medicine
Member of the editorial board of Singapore Best Publications in my field of interest
Member of the Asia –Pacific group of investors in the fields of my expertise

First Author:

BOOKS and CHAPTERS

1. L. Spiru, I. Romosan, A. Ciocalteu, Gerontonefrology, Teora, 1998
2. L. Spiru, I. Romosan, I.C. Sinescu, I. Popescu, Gerontogastroenterology, Teora, 1999
3. Luiza Spiru, Bruno Vellas, Pierre Jean Ousset, Observation Book for the Patients with Alzheimer Disease", First Edition, "Carol Davila" University of Medicine and Pharmacy Publishing House, 2000
4. Luiza Spiru, Bruno Vellas, Pierre Jean Ousset, "Observation Book for the Patients with Alzheimer Disease", Second Edition, "Carol Davila" University of Medicine and Pharmacy Publishing House, 2000
5. Luiza Spiru, Bruno Vellas, Pierre Jean Ousset, Clinical Tests in Alzheimer Disease, 1st Edition, "Carol Davila" University of Medicine and Pharmacy Publishing House, 2001
6. Luiza Spiru, Ioan Romosan, Treatise on Geriatrics, Vol. I, Solness Timisoara, 2002
7. Luiza Spiru, Ioan Romosan, Treatise on Geriatrics, Vol. II, Solness Timisoara, 2002
8. Luiza Spiru, Ioan Romosan, Treatise on Geriatrics, Ana Aslan International Academy of Aging, Bucharest, 2004
9. Luiza Spiru, Ioan Romosan, Interdisciplinary Aspects on Renal and Digestive Diseases, Ana Aslan International Academy of Aging, 2004
10. Luiza Spiru, Guidebook on Memory Diseases Management, 2006 - ISBN 973 -8611-4-4-2006
11. **"GERIATRIC TREATISE – an integrative, predictive and personalized approach; Longevity Medicine", under the coordination of Prof. Luiza Spiru together with the collaboration of more than 30 Romanian specialists - 2018, CD-ROM version, ISBN 978-973-86411-6-7**
12. Curriculum and Syllabus in Geriatric Medicine, according to the Romanian Ministry of Health Ordinance 1041/2010
13. Guide for good medical practice in Geriatrics and Gerontology including two annexes: The Geriatric Assessment and the Medical Observation Form with a Comprehensive Assessment in Geriatrics and Old Age Psychiatry, approved by the Romanian Ministry of Health Ordinance No 1454/30.11.2010
14. Curriculum and Syllabus for medical practitioners in Geriatrics and Gerontology, according to Romanian Ministry of Health decision No VIIIId/47526/16.08.2010
15. Core Curriculum and Syllabus in Geriatrics, Gerontology and Old Age Psychiatry for the Family Medicine and General Practitioners, according to the Romanian Ministry of Health decision
16. Curricula and Syllabus in Elderly Home Health Care according to the decision of the National Committee of Geriatrics and Gerontology, Romanian Ministry of Health.

Co-author:

1. Gerontology 1998, second edition, authors: Ioan Romosan, Iosif A. Szucsik, L. Spiru. Chapters: Geriatric semiology, pg. 57-63; Cardiovascular system in elderly, pg.153-168; 2.Psychosomatics in elderly, pg. 347-353; The Immune Defence of the Oral cavity, Ed. Dinamis Print Timisoara;
2. Actualities in Geriatrics; I. Alexa, L. Spiru, V. Donca, Ed Gr. T. Popa, U.M.F. Iasi, 2011
3. Luiza Spiru, Ileana Turcu: Actual coordinates of the research on aging in Romania, in: The International Handbook on Aging, Third Edition, EB. Palmore, F Whittington, SR. Kunkel eds., Praeger Publishers, Connecticut, USA, 2009.

Geriatric and Geronto-Psychiatry Assessment tests translated in Romanian language, Ana Aslan International Academy of Aging Publishing House

- G. Brăne, C.G. Gottfries, B. Winblad, *Gottfries-Brăne-Steen Scale, translated and adapted in 20 languages*, Ana Aslan International Academy of Aging, 2002
- L. Spiru, B. Vellas, P. J. Ousset, B. Winblad, *Mini Mental State Examination (MMSE) and Clock Test*, Brain Aging International Journal – in Romanian language, ISSN 1582-8360, Vol. 1, Nr. 1, 2003
- L. Spiru, B. Vellas, PJ Ousset, *Activities of Daily Living*, Brain Aging International Journal – in Romanian language, ISSN 1582-8360, Vol. 1, Nr. 2, 2003
- L. Spiru, B. Vellas, PJ Ousset, *Instrumental activities of Daily Living (IADL)*, Brain Aging International Journal – in Romanian language, ISSN 1582-8360, Vol. 2, Nr.1, 2004
- L. Spiru, A. Wimo, B. Winblad, *Resources Utilization in Dementia: RUD Lite*♥ Brain Aging International Journal – in Romanian language, ISSN 1582-8360, Brain Aging RO, Vol. 2, Nr. 2-3, 2004
- L. Spiru, A. Wimo, B. Winblad, *Severe Impairment Battery (SIB)*, Brain Aging International Journal – in Romanian language, ISSN 1582-8360, Vol. 2, Nr. 4, 2004/Vol. 3, Nr. 1, 2005
- L. Spiru, *Neuropsychiatric Inventory / NPI-Reducit (NPI-R) după Neurology 44: 2308-14; Philippe Robert, Centre de Ressources et de la Recherche, HU, Nice (research supported by Lundbeck AS)*, Brain Aging International Journal – in Romanian language, ISSN 1582-8360, Vol. 1, Nr. 1, 2007

PUBLISHED STUDIES

In international journals of specialty

1. Differences between phospholipases C and D activities in human neutrophils, Cialăcu V, Luiza Spiru, M.I. Danila, I. R. Deleanu, L.M. Popescu, Immunology Letters, ISSN: 0165-2478, 55, 1-3, 117-118, 1997
2. Divalent ions and actin polymerization in human neutrophils– M.I. Danila, V. Cialăcu, I. R. Deleanu, Luiza Spiru, L.M. Popescu, Immunology Letters, ISSN: 0165-2478, 55, 1-3 117, 1997
3. Phenotyping of Rheumatoid Synovial Membrane Cells, Deleanu I. R., M.I. Danila, Luiza Spiru, V. Cialăcu, L. M. Popescu, Immunology Letters, ISSN: 0165-2478, 56, 1-3, 1997
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14. Module II – Positive Diagnosis of Depression in Elderly; International Training on Memory Impairment, Bucharest, 15.10. 2005. Oral communication / invited speaker
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 56. The development of Assistive Technology (AT) for cognitively impaired persons. A European attempt., Luiza Spiru, Ileana Turcu, Camelia Ghita, Lucian Stefan; The 19th Alzheimer Europe Conference, Brussels. 28-30.05.2009. Oral communication, invited speaker
 57. The development of Assistive Technology (AT) for physically and cognitively impaired people. A Romanian contribution. Luiza Spiru, Ileana Turcu et al., The Conference of Neuropsychiatry for family doctors, 28-30.05.2009 Bucharest, Romania
 58. Legal concerns regarding Aml Assisted Living in the elderly, worldwide and in Romania, Luiza Spiru, L Stefan, I Turcu, C Ghita, Ulises Cortes, The International Work Conference on Artificial Neural Networks, Salamanca, June 10-12th, 2009, . Oral communication, invited speaker
 59. Normal versus pathological cognitive aging. Variability as a constraint of patients profiling for Aml design, Luiza Spiru, C Ghita, I Turcu, L Stefan, Ulises Cortes, The International Work Conference on Artificial Neural Networks, Salamanca, June 10-12th, 2009, . Oral communication, invited speaker
 60. The Memory Impairment. Medical Ethics, L. Spiru, C. Ghita, I. Turcu, L. Stefan, 5th Romanian National Conference on Bioethics, 11-13.06.2009, Sovata. Invited speaker

61. Ambient Intelligence (Aml) impact on cognitively and/or physically impaired elderly care. European attempts. Luiza Spiru, Ileana Turcu, Ioana Ioancio, Costin Nuta, Camelia Ghita, Mariana Martin, Ulises Cortes, David Riano, 19th IAGG World Congress of Gerontology and Geriatrics, July 5-9, Paris, France. Poster
62. Epigenetic factors in aging process: implications in gerontoprotectors design. Cucu N, Anton G, Radu GL, Turcu E, Stefan L, Spiru L, 19th IAGG World Congress of Gerontology and Geriatrics, July 5-9, Paris, France. Poster
63. Mechanisms of aging in the light of the new 'Omics' concept. Luiza Spiru, Ileana Turcu, Natalia Cucu, Lucian Radu, Lucian Stefan, 19th IAGG World Congress of Gerontology and Geriatrics, July 5-9, Paris, France. Poster
64. Old drugs, new hopes. Research insights pleading for procaine improvement as a preventive and curative drug in depression. Ileana Turcu, Luiza Spiru, 19th IAGG World Congress of Gerontology and Geriatrics, July 5-9, Paris, France. Poster
65. Impact of comorbidity in the predementia states. A Romanian neuroepidemiological study. Luiza Spiru, Ileana Turcu, Ioana Ioancio, Camelia Ghita, Mariana Martin, Costin Nuta, , 19th IAGG World Congress of Gerontology and Geriatrics, July 5-9, Paris, France. Poster
66. Normal versus Pathological Brain Aging. Critical matters for the medical attempt, Luiza Spiru, Eastern European Neurology Summer School, Eforie Nord Resort, 6-10 July 2009.
67. New research insights pleading for old procaine as a new hope in treatment of comorbid depression, Spiru Luiza, International Conference on Alzheimer's Disease, Vienna, 11.07 - 16.07.2009, 2009; poster
68. Conversion of Mild cognitive impairment (MCI) to Alzheimer Disease (AD). Risk factors. Spiru Luiza, Turcu Ileana, International Conference on Alzheimer's Disease, Vienna, 11.07 - 16.07.2009; poster
69. e-Health and Assistive Technology (AT) as suitable answers to global aging, Spiru Luiza, Turcu Ileana, Ioancio Ioana, Nuta Costin, Ghita Camelia, Martin Mariana, Annicchiarico Roberta, Cortes Ulises, Riano David, International Conference on Alzheimer's Disease, Vienna, 11.07 - 16.07.2009. Poster
70. Have we sufficient insights to reconsider Procaine as a potent preventive molecule in Brain Aging?, Turcu Ileana, Spiru Luiza, International Conference on Alzheimer's Disease, Vienna, 11.07 - 16.07.2009; poster
71. Epigenetic factors in aging and their implications in geroprotectors design, Cucu Natalia, Anton Gabriela, Turcu Ileana, Radu G. Lucian, Stefan M. Lucian, Spiru Luiza, International Conference on Alzheimer's Disease, Vienna, 11.07 - 16.07.2009; poster
72. Concerns regarding legislation and ethics related to Aml Assisted Living (AAL) of cognitively impaired patients, Luiza Spiru, Ileana Turcu, 13th Congress of the European Federation of Neurological Societies – EFNS 2009, September 12-15, 2009, Florence, Italy. Oral communication
73. Procaine effects on sleep disturbances in patients with depression. New research insights., Luiza Spiru, Ileana Turcu, 13th Congress of the European Federation of Neurological Societies– EFNS 2009, September 12-15, 2009, Florence, Italy . Oral communication
74. Cut-edging insights in schizophrenia treatment: a new promising era?, Luiza Spiru, 13th Congress of the European Federation of Neurological Societies– EFNS 2009, September 12-15, 2009, Florence, Italy. Oral communication
75. Critical Neuromes in Cognitive Aging and cognitive pathology - NERO-MIND Project Proposal, Luiza Spiru, Ileana Turcu, EADC Meeting, Florence, September 2009
76. Tele-informatics applications to support people involved in providing basic medical care. European attempts. Luiza Spiru, Ileana Turcu, Camelia Ghita, Lucian Stefan; The Dementia Services Development Centre Conference, York, Anglia, 14-16 Sept. 2009. Oral communication
77. The impact of comorbidity in predementia states. A Romanian neuro-epidemiological study. Luiza Spiru, Ileana Turcu, Ioana Ioancio, Camelia Ghita, Mariana Martin, Costin Nuta, The Dementia Services Development Centre Conference, York, Anglia, 14-16 Sept. 2009. poster
78. Cutting-edge insights in brain aging prevention. Luiza Spiru, The Dementia Services Development Centre Conference, York, Anglia, 14-16 Sept. 2009. Oral communication
79. Aml devices and their impact in the long term care of the cognitively impaired persons. A Romanian experience and partnership.; L. Spiru, I. Turcu, C. Ghita, L. Stefan; EHB 2009 International Conference on E-HEALTH And Bioengineering, Sept. 17-18, 2009, Constanta. Oral communication

80. Ambient Assisted Living for the cognitively impaired elderly. Concepts, platforms and legal aspects.; L. Spuru, I. Turcu, C. Ghita, L. Stefan; EHB 2009 International Conference on E-Health and Bioengineering, Sept. 17-18, 2009, Constanta. Oral communication.
81. Confirming the diagnosis of early AD/MCI with biomarkers is clinically useful; L. Spuru; CONY-The 3rd World Congress on Controversies in Neurology, Oct. 8-11, 2009, Prague. Oral communication, invited speaker, chair, sponsor.
82. The Holistic Approach of the Mild Cognitive Impairment (MCI) in the context of the pathological brain aging. Normal versus pathologic in Brain Aging, Luiza Spuru, "The Family Medicine – first line in the medical caring" Conference, Braila, 10.10.2009
83. MCI predictors, Luiza Spuru, "The Family Medicine – first line in the medical caring" Braila, 10.10.2009
84. MCI – Evaluation and controversies, Luiza Spuru, Ioana Ioancio, "The Family Medicine – first line in the medical caring", Braila, 10.10.2009
85. Significance of Healthy Brain Aging for Aesthetic and Anti-Aging Medicine. Cutting Edge Insights In Brain Aging Prevention: L Spuru; Wala Laser 2009 Universal Conference and Exhibitions with Anti-Aging and Aesthetic Symposium, Oct 18-21, 2009, Kingdom of Bahrain, Chair. Oral communication, Invited Speaker.
86. Epigenetic Factors in Aging Process: Implications in Geroprotectors Design: L.Spiru, N.Cucu, I.Turcu; 2nd Conference Clinical Trials on Alzheimer's Disease CTAD, Oct. 29-30, 2009 Las Vegas. Poster.
87. Have we sufficient insights to reconsider procaine as a potent molecule in Alzheimer's Disease? L.Spiru, I.Turcu; 2nd Conference Clinical Trials on Alzheimer's Disease CTAD, Oct. 29-30, 2009 Las Vegas. Poster.
88. Gender Correlates of mild cognitive impairment (MCI) to Alzheimer's Disease (AD) Conversion: L.Spiru; 2nd Conference Clinical Trials on Alzheimer's Disease CTAD, Oct. 29-30, 2009 Las Vegas. Poster.
89. Nature and Nurture in normal brain aging and Alzheimer's Disease: L. Spuru; 2nd Conference Clinical Trials on Alzheimer's Disease CTAD, Oct. 29-30, 2009 Las Vegas. Poster.
90. The differential diagnosis of dementia – A still challenging field: L. Spuru; 2nd Conference Clinical Trials on Alzheimer's Disease CTAD Oct. 29-30, 2009 Las Vegas. Poster.
91. BOARD OF NATIONAL REPRESENTATIVES: Romania -Luiza Spuru, EDITORIAL BOARD: EPMA-Journal & JEMA – L. Spuru. EPMA-Networking: Romania, L. Spuru. Predictive Diagnostics, Targeted Prevention, Personalized Treatment - EPMA Workshop, Brussels Nov, 13-14, 2009. Oral communication, invited speaker
92. One year of economical crises – one year of depression. Keys in protecting our brain from the outside factors of pressure. Press conference, Luiza Spuru, November 17, 2009, Marriott Hotel, Bucharest, Romania.
93. The International Course and Workshop on Bioethical Aspects Related to the Ambient Assisted Living for Patients with Cognitive and or Physical Disabilities: L Spuru., Bucharest, Nov.28, 2009. Organizer, sponsor, speaker.
94. Metabolomic And Genomic- Epigenomic Investigation In Healthy Elderly And People With Vascular Dementia: L. Spuru, N. Cucu, G. Anton, L. Nicolau, I. Turcu; The 6th International Congress on Vascular Dementia VAD, Nov 19 – 22, 2009 Barcelona. Poster.
95. Arguments for the Reconsideration of Procaine as a Potent Therapeutic Molecule in Cerebrovascular Diseases: L. Spuru. The 6th International Congress on Vascular Dementia VAD, Nov 19 – 22, 2009 Barcelona. Poster.
96. Risk Factors in Dementia: a Controversial debate in Differential Diagnosis: L. Spuru, I. Turcu. The 6th International Congress on Vascular Dementia VAD, Nov 19 – 22, 2009 Barcelona. Oral communication, invited speaker.
97. It & C applications in the multi-factorial attempt of physically and/or cognitively disabled elderly at home: L. Spuru. 25th International Conference of Alzheimer's Disease International ADI, March 10-13, 2010 Thessaloniki. Oral presentation, invited speaker.
98. Nature & nurture dimensions of Alzheimer's prevention. L. Spuru. 25th International Conference of Alzheimer's Disease International ADI, March 10-13, 2010 Thessaloniki. Oral presentation, invited speaker.
99. Conversion of mild cognitive impairment to Alzheimer disease in a group of elderly Romanian patients. L. Spuru. 25th International Conference of Alzheimer's Disease International ADI, March 10-13, 2010 Thessaloniki. Oral presentation, invited speaker.
100. Comorbidity prevalence in a group of patients with Alzheimer Dementia and thyroid pathology. Luiza Spuru, Ioana Ioancio, Ion Gheorghe Totoianu, Alexandru Ioancio - 25th International Conference of Alzheimer's Disease International ADI, March 10-13, 2010 Thessaloniki. Poster.

101. Training Course: The pathological Brain Aging – The Alzheimer’s disease. Normal versus pathologic in Brain Aging, Luiza Spiru, Carol Davila University of Medicine and Pharmacy, March 25, 2010- Bucharest, Romania
102. Perspectives on the European Health Policies. Opportunities and Challenges for the Central European Countries. Romania Health Forum, April 12, 2010, Brussels, Belgium
103. A new evolutionary explanation for the huge human brain: L.Spiru, A.G. Diaconeasa, I. Turcu. 18th Biennial Meeting of the International Society for Development Neuroscience ISDN, June 6-9 2010, Estoril Convention Centre, Portugal. Poster.
104. Human evolution, human brain diseases: L.Spiru, A.G. Diaconeasa, I. Turcu. 18th Biennial Meeting of the International Society for Development Neuroscience ISDN, June 6-9 2010, Estoril Convention Centre, Portugal. Poster.
105. Mild Cognitive Impairment – MCI: A key neuropsychologica notion still under debate, L. Spiru, I. Turcu, R. Ursu, The 50th International Neuropsychiatric Pula Congress, June 16-19, 2010, Croatia. Poster
106. Latest therapies against schizophrenia: a new promising era? L. Spiru, I. Turcu, R. Ursu, The 50th International Neuropsychiatric Pula Congress, June 16-19, 2010, Croatia. Poster
107. Cancer and human evolution: a new hypothesis: L. Spiru, A.G. Diaconeasa, I. Turcu. The 1st International Congress on Controversies in Longevity, Health and Aging COLONGY, June 24-27, 2010, Barcelona, Spain. Poster.
108. **Cognitive patient and intelligent assistive technologies: are we resourceful enough for the next level?: L. Spiru, I. Turcu**, C. Ghita, R.-I. Trascu. The 1st International Congress on Controversies in Longevity, Health and Aging COLONGY, June 24-27, 2010, Barcelona - Spain. Poster.
109. **Standardized Geriatric Evaluation in a Group of Patients with Thyroid Pathology and Dementia of Alzheimer Type:** Luiza Spiru, Ileana Turcu, Ioana Ioancio. Alzheimer's Association International Conference on Alzheimer's Disease ICAD, July 10-15, Honolulu – Hawaii. Poster.
110. Population history, starvation and Alzheimer’s disease: Luiza Spiru, Amalia Diaconeasa, Ileana Turcu. Alzheimer's Association International Conference on Alzheimer's Disease ICAD, July 10-15, Honolulu – Hawaii. Poster.
111. Predictive, Preventive and Personalized Medicine items related to Alzheimer Disease. A Romanian contribution to a recent European endeavor: Luiza Spiru. Alzheimer's Association International Conference on Alzheimer's Disease ICAD, July 10-15, Honolulu – Hawaii. Poster.
112. Alzheimer’s disease, a brain’s diabetes?: Luiza Spiru, Amalia Diaconeasa, Ileana Turcu. Alzheimer's Association International Conference on Alzheimer's Disease, ICAD, July 10-15, Honolulu – Hawaii. Poster.
113. Stimulation of intra-neuronal lipid signaling and IGF1 sensitivity in Alzheimer's Disease: Luiza Spiru, Diaconeasa AG. 28 Aug – 1 Sept. 2010, 23rd European College of Neuropsychopharmacology Congress ECNP, Amsterdam, Netherlands. Poster
114. Communicating with Alzheimer Patients: Traşcu Razvan, Spiru Luiza. Alzheimer Europe (AE) Conference: Facing Dementia together; 30 Sept -2 Oct 2010, Luxembourg. Oral communication.
115. Alzheimer’s Disease in Romania: the National Program for Prevention, Prediction, Personalized Treatment and Monitoring of Memory Diseases: Spiru Luiza. Alzheimer Europe (AE) Conference: Facing Dementia together; 30 Sept -2 Oct 2010, Luxembourg. Oral communication.
116. Alzheimer Diagnostic Challenges: Romanian Healthcare System Flaws: Traşcu Razvan, Spiru Luiza. Alzheimer Europe (AE) Conference: Facing Dementia together; 30 Sept -2 Oct 2010, Luxembourg. Oral communication.
117. Professional caregiving and workforce training in Romania: Spiru Luiza, Turcu Ileana. Alzheimer Europe (AE) Conference: Facing Dementia together; 30 Sept -2 Oct 2010, Luxembourg, oral presentation and poster.
118. Breakthrough Technologies in Professional Dementia Healthcare: Spiru Luiza, Turcu Ileana. Alzheimer Europe (AE) Conference: Facing Dementia together; 30 Sept -2 Oct 2010, Luxembourg, oral presentation and poster.
119. Procaine action mechanisms able to counteract cell death processes: Turcu Ileana, Diaconeasa Amalia, Traşcu Razvan, Spiru Luiza. 6th International Symposium on Neuroprotection and Neurorepair, Oct. 01-04 2010, Rostock, Germany. Poster.
120. Common mechanisms in neurodegenerative disorders: Diaconeasa Amalia, Spiru Luiza. 6th International Symposium on Neuroprotection and Neurorepair, Oct. 01-04, 2010, Rostock, Germany. Poster.
121. Smart home-based care in Alzheimer's disease: general perception, requirements and future developments: Spiru Luiza, Turcu Ileana. 4th International Conference ‘Coming of Age: Dementia in the 21st Century’ DSDC. 19 - 21 Oct. 2010, London. Poster.

122. Fear of Alzheimer's disease and diagnostic disclosure management: limitations and hope: Ioancio Ioana, Spiru Luiza. 4th International Conference 'Coming of Age: Dementia in the 21st Century' DSDC. 19 - 21 Oct. 2010, London. Poster.
123. Public Awareness on Alzheimer's Disease in Romania: Trașcu Razvan, Spiru Luiza. 4th International Conference 'Coming of Age: Dementia in the 21st Century' DSDC. 19 - 21 Oct. 2010, London. Poster.
124. Multi-factorial disorders require multi-factorial therapies: Why neglect Procaine?: Turcu Ileana, Spiru Luiza. 4th International Conference 'Coming of Age: Dementia in the 21st Century' DSDC. 19 - 21 Oct. 2010, London. Poster.
125. Professional training of dementia workforce in Romania: Spiru Luiza, Turcu Ileana, Nitulescu Anamaria. 4th International Conference 'Coming of Age: Dementia in the 21st Century' DSDC. 19 - 21 Oct. 2010, London. Poster.
126. The benefits of the integrative therapeutic approach of people with Down syndrome. The Israeli OFEK (Kiryat Malachi) model: Spiru Luiza, Moshe Shimon, Turcu Ileana. Jerusalem International Conference on Integrative Medicine, 19-22 Oct. 2010, Jerusalem, oral presentation.
127. The Need for Publishing a Geriatric Treatise: Spiru Luiza. Geriatric Medicine Symposia: Brain Aging Hot Topics, 20-21 Oct. 2010, Bucharest, oral presentation.
128. 10 years of Ana Aslan International Academy of Aging: Spiru Luiza. Geriatric Medicine Symposia: Brain Aging Hot Topics, 20-21 Oct. 2010, Bucharest, oral presentation
129. Prodromal Cognitive Impairment - A Key Notion for Dementia Management. Cutting-Edge Insights: Spiru Luiza. Geriatric Medicine Symposia: Brain Aging Hot Topics, 20-21 Oct. 2010, Bucharest, oral presentation
130. Debate: Should combination treatment with ChE-I and memantine be started as early as possible? Luiza Spiru vs L. Frolich. The 4th World Congress on Controversies in Neurology (CONY); 28-31 Oct. 2010, Barcelona, Spain, oral presentation.
131. Do GPs/ Family practitioners play a key role in detecting AD?: Trașcu Razvan, Spiru Luiza. The 4th World Congress on Controversies in Neurology (CONY); 28-31 Oct. 2010, Barcelona, Spain. Poster.
132. Lower education as a risk factor for Alzheimer's disease - nature or nurture?: Ioancio Ioana, Diaconeasa Amalia, Turcu Ileana, Spiru Luiza. The 4th World Congress on Controversies in Neurology (CONY); 28-31 Oct., Barcelona, Spain. Poster.
133. Relational Factors of Subjective Well-Being in Old Age: Moraru Raluca, Blacioti Mona, Spiru Luiza. Clinical Trials for Alzheimer's Disease CTAD; 3-5 Nov. 2010, Toulouse (FR), poster.
134. Alzheimer's Disease: A Brain's Diabetes?: Diaconeasa Amalia, Spiru Luiza, Turcu Ileana. Clinical Trials for Alzheimer's Disease CTAD; 3-5 Nov. 2010, Toulouse (FR), poster.
135. Clinical Trials for Patient Profiling and Validation of Ambient Intelligence Assistive Devices: Spiru Luiza, Turcu Ileana, Ghiță Camelia. Clinical Trials for Alzheimer's Disease CTAD; 3-5 Nov. 2010, Toulouse (FR), poster.
136. Mild Cognitive Impairment in PD, Luiza Spiru. 7th International Congress on Mental Dysfunctions & Other Non-Motor Features in Parkinson's Disease MDPD; 9-12 December 2010 Barcelona, Spain, Chairperson.
137. Misfolding Proteins and Metabolic Impairment in Neurodegenerative Diseases: Diaconeasa Amalia, Spiru Luiza. 7th International Congress on Mental Dysfunctions & Other Non-Motor Features in Parkinson's Disease MDPD; 9-12 December 2010 Barcelona, Spain, poster.
138. Prodromal cognitive decline in neurodegenerative diseases, Luiza Spiru. 7th International Congress on Mental Dysfunctions & Other Non-Motor Features in Parkinson's Disease MDPD; 9-12 December 2010 Barcelona, Spain, oral presentation.
139. Procaine effects on dopaminergic dysregulation in Parkinson disease: Turcu Ileana, Trașcu Razvan, Spiru Luiza. 7th International Congress on Mental Dysfunctions & Other Non-Motor Features in Parkinson's Disease MDPD; 9-12 December 2010 Barcelona, Spain, oral presentation.
140. Gait Disorders and the Conversion of Mild Cognitive Impairment (MCI) To Alzheimer's Disease (AD): Spiru Luiza, Ioancio Ioana, Turcu Ileana. The 7th International Congress on Mental Dysfunctions & Other Non-Motor Features in Parkinson's Disease MDPD; 9-12 December 2010 Barcelona, Spain, oral presentation.
141. Prodromal cognitive decline in Parkinson's Disease Dementia (PDD): L. Spiru. 7th Pan-Hellenic Conference of Alzheimer's Disease and Related Disorders Seminar. 16-20 February 2011, Thessaloniki, Greece, oral presentation, invited speaker.
142. Procaine potential to target the destabilization of calcium signaling in Alzheimer's disease: Turcu Ileana, Luiza Spiru. 7th Pan-Hellenic Conference of Alzheimer's Disease and Related Disorders Seminar. 16-20 February 2011, Thessaloniki, Greece. Oral

presentation, invited speaker.

143. Fatty liver disease-a risk factor for the cardiovascular milieu of Dementia? - A Romanian prospective study about this new concept: Ioana Ioancio, Turcu Ileana, Luiza Spiru. 7th Pan-Hellenic Conference of Alzheimer's Disease and Related Disorders Seminar. 16-20 February 2011, Thessaloniki, Greece, oral presentation, invited speaker.
144. The impact of depression and anxiety neuropsychological management in MCI: Mona Blacioti, Luiza Spiru. 7th Pan-Hellenic Conference of Alzheimer's Disease and Related Disorders Seminar. 16-20 February 2011, Thessaloniki, Greece, oral presentation, invited speaker.
145. Nature and Nurture: a Golden Concept for Healthy Brain Aging: I. Turcu, L. Spiru. 10th International Conference on Alzheimer's & Parkinson's Diseases (ADPD), 9-13 March 2011, Barcelona, Spain. Poster.
146. Is Alzheimer's Crisis adequately perceived in Romania?: Razvan I. Trascu, Luiza Spiru. 10th International Conference on Alzheimer's & Parkinson's Diseases (ADPD), 9-13 March 2011, Barcelona, Spain. Poster.
147. Comorbidities associated with thyroid pathology and Alzheimer disease: Ioana Ioancio, Luiza Spiru, Razvan I. Trascu, Ileana Turcu. 10th International Conference on Alzheimer's & Parkinson's Diseases (ADPD), 9-13 March 2011, Barcelona, Spain. Poster.
148. Benefits of initiating Parkinson-specific medication in degenerative or mixed cognitive impairment patients: Alice Petrescu, Gratiela Baidac, Alexandru Sterea. 10th International Conference on Alzheimer's & Parkinson's Diseases (ADPD), 9-13 March 2011, Barcelona, Spain. Poster.
149. A New Insight into Psychiatric Disorders and Dementia: Amalia G. Diaconeasa, Camelia Ghita, Ileana Turcu, Luiza Spiru. 10th International Conference on Alzheimer's & Parkinson's Diseases (ADPD), 9-13 March 2011, Barcelona, Spain. Poster.
150. Preventive, predictive and personalized medicine in Alzheimer's dementia: Luiza Spiru, Razvan I. Trascu. 10th International Conference on Alzheimer's & Parkinson's Diseases (ADPD), 9-13 March 2011, Barcelona, Spain. Poster.
151. Are there effective strategies for communicating with AD Patients?: Razvan I. Trascu, Luiza Spiru. 19th European Congress of Psychiatry (EPA), 12-15 March 2011 Vienna, Austria. Oral presentation.
152. Schizophrenia- a syndrome of insulin impairment: Amalia G. Diaconeasa, Camelia Ghita. 19th European Congress of Psychiatry (EPA), 12-15 March 2011 Vienna, Austria. Poster.
153. Personality Changes in Mild Cognitive Impairment versus Alzheimer's disease: Moraru Blacioti, Raluca Moraru, Luiza Spiru. 19th European Congress of Psychiatry (EPA), 12-15 March 2011 Vienna, Austria. Poster.
154. Anxiety prevalence in coexisting Alzheimer's and thyroid pathology: Ioana Ioancio, Razvan I. Trascu, Ileana Turcu, Luiza Spiru. 19th European Congress of Psychiatry (EPA), 12-15 March 2011 Vienna, Austria. Poster.
155. 3P Medicine: Preventive, Predictive, Personalized: Luiza Spiru. Population and Development Subcommittee of the Senate / Representative in Romania, United Nation Organization, March, 22, 2011, Bucharest. Oral presentation
156. Is There an Ariadne's Thread When Communicating with Alzheimer Patients?: Razvan I. Trascu, Luiza Spiru. 26th International Conference of Alzheimer's Disease International [ADI]. 26-29 March 2011, Toronto, Canada. Poster.
157. General Practitioners and Alzheimer's Disease: Critical Analysis of National Health System Limitations: , Razvan I. Trascu, Luiza Spiru. 26th International Conference of Alzheimer's Disease International [ADI]. 26-29 March 2011, Toronto, Canada. Oral presentation.
158. Pain quantification in severe Alzheimer's disease: advantages and disadvantages of pain assessment scales: Ioana Ioancio, Luiza Spiru, Ileana Turcu. 26th International Conference of Alzheimer's Disease International [ADI]. 26-29 March 2011, Toronto, Canada. Oral presentation.
159. Dominant Personality Features in Mild Cognitive Impairment vs. Alzheimer's disease: Raluca Moraru, Mona Blacioti, Luiza Spiru. 26th International Conference of Alzheimer's Disease International [ADI]. 26-29 March 2011, Toronto, Canada. Oral presentation.
160. Multi-factorial diseases require multi-factorial therapy. Why we neglect procaine in neurodegenerative diseases?: Ileana Turcu, Luiza Spiru. 26-29 March 2011, Toronto, Canada. Poster.
161. Prevalence of Diabetes Mellitus in a Group of Patients with Different Types of Dementia: Gratiela Baidac, Alexandru Sterea, Alice Petrescu, Luiza Spiru. 4th International Congress on Prediabetes and Metabolic Syndrome. 6-9 April 2011, Madrid, Spain. Poster.
162. Lifestyle impact on aging and age-related diseases: Mediterranean diet and Mediterranean genes: Amalia G. Diaconeasa, Camelia Ghita, Ileana Turcu, Luiza Spiru. 4th International Congress on Prediabetes and Metabolic Syndrome. 6-9 April 2011, Madrid,

Spain. Poster.

163. The relationship between metabolic syndrome components and vascular or mixed dementia: Alexandru Sterea, Gratiela Baidac, Alice Petrescu, Luiza Spiru. 4th International Congress on Prediabetes and Metabolic Syndrome. 6-9 April 2011, Madrid, Spain. Poster.
164. Active Screening vs Patient-Targeted Medical Education: Best Preventive Strategies: Razvan I. Trascu, Luiza Spiru. 4th International Congress on Prediabetes and Metabolic Syndrome. 6-9 April 2011, Madrid, Spain. Poster.
165. Complementary value of standardized geriatric assessment scales for patients with coexisting Alzheimer's disease and thyroid disease: Ioana Ioancio, Luiza Spiru, Razvan I. Trascu, Ileana Turcu. 7th IAGG "European Congress Healthy and Active Ageing for all Europeans. 14-17 April 2011, Bologna, Italy. Poster.
166. Limitations of specific treatment in AD patients whose sole RFs are genetic: Gratiela Baidac, Alexandru Sterea, Alice Petrescu, Luiza Spiru. 7th IAGG "European Congress Healthy and Active Ageing for all Europeans. 14-17 April 2011, Bologna, Italy. Poster.
167. Assistive Technology – a Golden Answer for Alzheimer's Long-Term Care: Luiza Spiru, Ileana Turcu. 7th IAGG "European Congress Healthy and Active Ageing for all Europeans. 14-17 April 2011, Bologna, Italy. Poster.
168. Risk factors involved in the elderly fragility syndrome: Alexandru Sterea, Gratiela Baidac, Alice Petrescu, Luiza Spiru. 7th IAGG "European Congress Healthy and Active Ageing for all Europeans. 14-17 April 2011, Bologna, Italy. Poster.
169. Psychological well being as a component of quality of life in old age: Raluca Moraru, Mona Blaciotti, Luiza Spiru. 7th IAGG "European Congress Healthy and Active Ageing for all Europeans. 14-17 April 2011, Bologna, Italy. Poster.
170. Rationale for Alzheimer Disease Late Diagnostic in Romania: Razvan I. Trascu, Luiza Spiru. 7th IAGG "European Congress Healthy and Active Ageing for all Europeans. 14-17 April 2011, Bologna, Italy. Oral presentation.
171. Diagnostic Challenges: Does the Romanian healthcare system favor an early diagnostic for Alzheimer's disease?: Razvan I. Trascu, Luiza Spiru. 7th IAGG "European Congress Healthy and Active Ageing for all Europeans. 14-17 April 2011, Bologna, Italy. Poster.
172. The Mediterranean diet – possible benefits in delaying menopause: Camelia Ghita, Luiza Spiru. International Academy on Nutrition and Aging (IANA). 14 April 2011, Bologna, Italy. Poster.
173. The origin of menopause: Amalia Diaconeasa, Luiza Spiru. International Academy on Nutrition and Aging (IANA). 14 April 2011, Bologna, Italy. Poster.
174. Nature and nurture: a golden concept for Alzheimer's disease approach: Luiza Spiru. International Academy on Nutrition and Aging (IANA). 14 April 2011, Bologna, Italy. Poster.
175. Situations susceptible to induce nutritional disorders in the elderly: Alexandru Sterea, Luiza Spiru. International Academy on Nutrition and Aging (IANA). 14 April 2011, Bologna, Italy. Poster.
176. Should we treat or not Early Stages of Alzheimer's Dementia?: Luiza Spiru. The 6th International Congress of Anti-Aging Medicine, May 6-8, 2011, Poiana Brasov, Romania. Oral communication, invited speaker, faculty member.
177. 3P Medicine (Predictive, Preventive, Personalized) in early stages of Dementia: Luiza Spiru. The 6th International Congress of Anti-Aging Medicine, May 6-8, 2011, Poiana Brasov, Romania. Oral communication, invited speaker, faculty member.
178. Predicting Brain Aging – a Holistic Approach: Luiza Spiru. The 6th International Congress of Anti-Aging Medicine, May 6-8, 2011, Poiana Brasov, Romania. Oral communication, invited speaker, faculty member.
179. Etiological aspects involved in cognitive decline in young adults: A. Sterea, G. Baidac, A. Petrescu, L. Spiru. Alzheimer's Association International Conference on Alzheimer's Disease (AAICAD), 16-21 June 2011, Paris, France. Poster.
180. Correlation between Atrial fibrillation, Stroke and Dementia: G. Baidac, A. Petrescu, A. Sterea, L. Spiru. Alzheimer's Association International Conference on Alzheimer's Disease (AAICAD), 16-21 June 2011, Paris, France. Poster.
181. Is there a relationship between nonalcoholic fatty liver disease, thyroid pathology and mild cognitive impairment? A Romanian prospective study: I. Ioancio, R.I. Trascu, L. Spiru. Alzheimer's Association International Conference on Alzheimer's Disease (AAICAD), 16-21 June 2011, Paris, France. Poster.
182. Is the Romanian Population Fully Aware of the Ongoing Alzheimer's Crisis?: R.I. Trascu, L. Spiru. Alzheimer's Association International Conference on Alzheimer's Disease (AAICAD), 16-21 June 2011, Paris, France. Poster.
183. Best prevention: Active Screening vs Patient Education: R.I. Trascu, L. Spiru. Alzheimer's Association International Conference on Alzheimer's Disease (AAICAD), 16-21 June 2011, Paris, France. Poster.

184. Relational factors of subjective wellbeing in old age: M. Raluca, L. Spiru. Alzheimer's Association International Conference on Alzheimer's Disease (AAICAD), 16-21 June 2011, Paris, France. Poster.
185. Multi-factorial diseases require multi-factorial therapy: Why neglect procaine in neurodegenerative diseases?: I. Turcu, L. Spiru. Alzheimer's Association International Conference on Alzheimer's Disease (AAICAD), 16-21 June 2011, Paris, France. Oral communication.
186. Psychotherapy and other supportive procedures for treating depression and anxiety in MCI: Mona Blacioti, Luiza Spiru. Alzheimer's Association International Conference on Alzheimer's Disease (AAICAD), 16-21 June 2011, Paris, France. Poster.
187. Nature and Nurture: a Golden Concept for Healthy Brain Aging: L. Spiru, I. Turcu. Alzheimer's Association International Conference on Alzheimer's Disease (AAICAD), 16-21 June 2011, Paris, France. Comunicare orală.
188. Correlations of clinical and imaging aspects in Alzheimer's and mixed dementia: G. Baidac, A. Petrescu, A. Sterea, L. Spiru. Alzheimer's Association International Conference on Alzheimer's Disease (AAICAD), 16-21 June 2011, Paris, France. Poster.
189. Report from the EU BRAINAGING project first outcome: L. Spiru. European Alzheimer's Disease Consortium EADC, 5-6 September 2011, The Hague, Netherlands. Comunicare orală. Invited speaker.
190. Is non-alcoholic fatty liver disease a pro-atherogenic risk factor in the conversion of MCI to AD?: I. Ioancio, I. Turcu, L. Spiru. EFNS, 10-13 September 2011, Budapest, Hungary. Poster
191. Nondrug interventions in MCI and Dementia: Neuropsychological rehabilitation: Mona Blacioti, L. Spiru. EFNS, 10-13 September 2011, Budapest, Hungary. Oral communication.
192. Predictive, Preventive and Personalised Medicine in Neurodegenerative Diseases: L. Spiru. The European Association for Predictive, Preventive and Personalised Medicine World Congress (EPMA). 15-18 September 2011, Bonn, Germany. Specialised Session.
193. Memantine benefits of cognitive impairment in a group of patients with mixed dementia: L. Spiru, G. Baidac. The 7th International Congress on Vascular Dementia (VAD). 20-23 October 2011, Riga, Latvia. Comunicare orală, invited speaker & chairperson.
194. Can add-on medication improve independent living in vascular dementia patients?: L. Spiru, A. Petrescu. The 7th International Congress on Vascular Dementia (VAD). 20-23 October 2011, Riga, Latvia. Poster
195. Cholinergic-Glutamatergic Combination Therapy in Early-Stage Vascular and Mixed Dementia. Overview: L. Spiru. The 7th International Congress on Vascular Dementia (VAD). 20-23 October 2011, Riga, Latvia. Poster
196. The long-term functioning of the reward system as a predictive factor of Alzheimer's disease, A.G. Diaconeasa, I. Turcu, L. Spiru, Clinical Trials on Alzheimer's Disease, CTAD, 3-5 Nov. 2011, San Diego, CA, USA. Oral communication.
197. Components of Lipid Panel and Degenerative Cognitive Impairment, A. Sterea, G. Baidac, A. Petrescu, L. Spiru, Clinical Trials on Alzheimer's Disease, CTAD, 3-5 Nov. 2011, San Diego, CA, USA. Poster.
198. Pain assessment in the older people with severe dementia - a Romanian observational study, I. Ioancio, I. Turcu, L. Spiru, Clinical Trials on Alzheimer's Disease, CTAD, 3-5 Nov. 2011, San Diego, CA, USA. Oral communication.
199. Depression and Pain in MCI Patients – Cognitive Rehabilitation, M.A. Blacioti, L. Spiru, XXth World Congress of Neurology, WCN, Nov. 12-17, Marrakesh, Maroc. Poster.
200. Alzheimer Diagnostic Challenges in Romania, R.I. Trascu, L. Spiru, XXth World Congress of Neurology, WCN, Nov. 12-17, Marrakesh, Maroc. Poster.
201. Brain Aging Integrative Education and Research -National EU Educational Projects Mid Results, 9th ERA-AGE Forum Meeting, European Research Area in Ageing, Bucharest, Romania, 28 November 2011
202. Does early diagnosis add real value for the patients with neurodegenerative diseases?; Scientific debate: Yes: Luiza Spiru, Romania; No: Roger Bullock, UK; 6th World Congress on Controversies in Neurology, Viena, Austria, March 8-11, 2012. Oral communication, invited speaker.
203. Situated Adaptive Guidance for the Mobile Elderly - The *MobileSage* project – UEFISCDI, AAL InfoDay, Bucharest, Romania, 06.04.2012. Oral communication, invited speaker.
204. BRAINAGING Integrative Education - A Project Proposal in the framework of EIP-AHA 2011, EADC, Stockholm, 8-9.05.2012. Oral communication, invited speaker.

205. *Smart assistive technology for improving seniors' indoor and outdoor mobility. The MobileSage project*; Luiza Spiru, Alexandru Sterea, Alice Petrescu, Gratiela Baidac, Mona Blacioti, Raluca Moraru, Mariana Martin, Mircea Marzan, Ileana Turcu, 22nd Alzheimer Europe Conference "Changing perceptions, practice and policy", Vienna, 4-6 October 2012. Oral Communication.
206. *The importance of cardiovascular risk factors for Alzheimer's dementia*; Gratiela Baidac, Alexandru Sterea, Alice Petrescu, Luiza Spiru, 22nd Alzheimer Europe Conference "Changing perceptions, practice and policy", Vienna, 4-6 October 2012. Poster
207. *Extrapyramidal syndrome in MCI - a rarity?*; Alice Elena Petrescu, Gratiela Mariana Baidac, Stefan Alexandru Sterea, Luiza Spiru, 22nd Alzheimer Europe Conference "Changing perceptions, practice and policy", Vienna, 4-6 October 2012. Poster
208. *Pain and depression in MCI patients – cognitive rehabilitation*; Mona Blacioti, Luiza Spiru, 22nd Alzheimer Europe Conference "Changing perceptions, practice and policy", Vienna, 4-6 October 2012. Poster
209. *Depression in diabetic patients with different types of dementia: a Romanian prospective study*; Ioana Ioancio, Ileana Turcu, Luiza Spiru, 22nd Alzheimer Europe Conference "Changing perceptions, practice and policy", Vienna, 4-6 October 2012. Poster
210. *Practical aspects in improving workforce for dementia care. The Romanian «BrainAging» SOP-HRD Project*; Luiza Spiru, Ileana Turcu, Ioana Ioancio, Mona Blacioti, Raluca Moraru, Mariana Martin, Elena Banu, 22nd Alzheimer Europe Conference "Changing perceptions, practice and policy", Vienna, 4-6 October 2012. Poster
211. *Behavioral and psychological symptoms in dementia: the effectiveness of Donepezil vs. Donepezil-Memantine combined therapy on patients and their caregivers*; Luiza Spiru, Stefan Alexandru Sterea, Alice Petrescu, Gratiela Baidac, 22nd Alzheimer Europe Conference "Changing perceptions, practice and policy", Vienna, 4-6 October 2012. Poster
212. *Stress has a causative role in AD and mild cognitive impairment (MCI)*, Luiza Spiru, Roger Bullock; CONy 2013, Istanbul, 11-14 April 2013. Invited faculty member
213. *Advanced technology-based solutions for improving seniors mobility. The MobileSage project*; L. Spiru, I. Turcu, A. Sterea, AAL Forum 2014; 10-12.09.2014, Bucharest. Poster
214. *Smart technologies for active seniors. The Mobile.Old app*; L. Spiru, I. Turcu, A. Sterea, AAL Forum 2014; 10-12.09.2014, Bucharest. Poster
215. *The contribution of Ana Aslan International Foundation as medical partner, end-user organization and projects local coordinator* AAL Forum 2014 Side-event: *Ambient Assisted Living development in Romania*, L. Spiru, I. Turcu, A. Sterea, L. Manesi; Bucharest; 12.09.2014. Invited Faculty and organizer
216. *Testing Innovative E-Health solutions in Romania*; L. Spiru, I. Turcu, A. Sterea, L. Manesi; Plenary Session A1 – Reaching out new markets, AAL Forum 2014 in Bucharest; 10.09.2014. Invited faculty
217. *Strengthening Self-Management of Stress in Older Workers through Advanced Technology Apps: The StayActive Project*. Luiza Spiru, Mirabela Ureche, Ileana Turcu, Inmaculada Luengo, Michel Deriaz, Diego Fuentes, Dani Blanco, Nitin Thakrar & members of StayActive consortium. Med-e-Tel 2015 Luxembourg, 22-24.04.2015. Invited speaker
218. *How can Innovative Technology Help Overcome the Physical Limitations?* Annual Rheumatology Symposium, Creta, 23-26.04.2015. Invited Faculty

