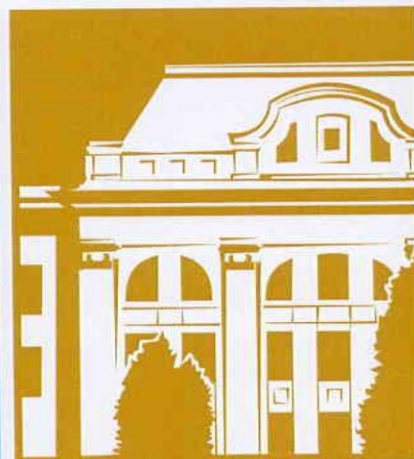


Volume 61 | Supplement 8 | 2015

# ACTA MEDICA MARISIENSIS

OFFICIAL PUBLICATION OF THE  
UNIVERSITY OF MEDICINE AND PHARMACY OF TÂRGU MUREŞ



Days of the University of Medicine and  
Pharmacy of Târgu Mureş  
7-11 December 2015

**Scientific Session of University  
Educational Staff**

11 December 2015

**BOOK OF ABSTRACTS**

ISSN-L 2068-3324

ISSN 2068-3324



[www.ammjournal.ro](http://www.ammjournal.ro)

# Acta Medica Marisiensis

Volume 61 | Supplement 8 | 2015

---

Days of the University of Medicine and  
Pharmacy of Târgu Mureș  
7-11 December 2015

## Scientific Session of University Educational Staff

11 December 2015

# BOOK OF ABSTRACTS

---

### Disclaimer

The authors take full responsibility for the scientific content.

# Acta Medica Marisiensis

## Editor-in-Chief

Professor Sanda-Maria Copotoiu  
University of Medicine and Pharmacy Tîrgu Mureş

## Managing Editor

Professor Theodora Benedek  
University of Medicine and Pharmacy Tîrgu Mureş

## Technical Editor

Lecturer Valentin Nădăşan  
University of Medicine and Pharmacy Tîrgu Mureş

## Associate Editors

Professor Leonard Azarnfirei  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Vladimir Bacărea  
University of Medicine and Pharmacy Tîrgu Mureş

Professor György Benedek  
University of Szeged, Faculty of Medicine, Hungary

Professor Imre Benedek  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Angela Borda  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Klara Brânzaniuc  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Constantin Copotoiu  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Carol Csedő  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Radu Deac  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Dan Dobreanu  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Minodora Dobreanu  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Daniela Dobru

University of Medicine and Pharmacy Tîrgu Mureş

Professor Grigore Dogaru  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Imre Egyed  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Tiberiu Ezri  
Wolfson Medical Center, Holon, Affiliated to Tel Aviv University, Israel

Professor István Édes  
University of Debrecen, Hungary

Professor Dietmar Glogar  
Medical University of Vienna, Austria

Professor Gabriel M. Gurman  
Ben Gurion University of Negev, Faculty of Health Sciences Beer Sheva, Israel

Professor Simona Gurzu  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Silvia Imre  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Miklós Káster  
National Institute of Oncology, Budapest, Hungary

Professor Marius Măruşteri  
University of Medicine and Pharmacy Tîrgu Mureş

Associate Professor Monica Monea Pop  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Daniela Lucia Muntean  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Őrs Nagy  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Ioan Nicolaescu  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Aurel Nireştean  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Francisco Nogales  
University of Granada, Faculty of Medicine, Spain

Professor Sorin Popşor  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Lucian Puşcaşiu  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Monica Sabău  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Rosa Marin Saez  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Ario Santini  
University of Edinburgh, Scotland, UK

Professor Toru Schimizu  
Institute of Multidisciplinary Research for Advanced Materials, Sendai, Japan

Professor Francisc Schneider  
University of Medicine and Pharmacy Timişoara

Professor Dan Teodor Simionescu  
Clemson University, Department of Biongenengineering, Clemson, USA

Professor Emese Sipos  
University of Medicine and Pharmacy Tîrgu Mureş

Associate Professor Mircea Suciuc  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Béla Szabó  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Zoltán Szentirmay  
National Institute of Oncology, Budapest, Hungary

Professor Tibor Szilágy  
University of Medicine and Pharmacy Tîrgu Mureş

Professor Peter Szmuk  
University of Texas Southwestern Medical Center, Dallas, USA

Professor Camil E. Vari  
University of Medicine and Pharmacy Tîrgu Mureş

## DTP and Website Management

Editura Prisma

*Acta Medica Marisiensis* (ISSN: 2068-3324) is the official publication of the University of Medicine and Pharmacy of Tîrgu-Mureş, being published by University Press, Tîrgu Mureş.

The journal publishes high-quality articles on various subjects related to research and medical practice from the all the medical and pharmaceutical fields, ranging from basic to clinical research and corresponding to different article types such as: reviews, original articles, case reports, case series, letter to editor or brief reports. The journal also publishes short information or editorial notes in relation to different aspects of the medical and academic life.

## Information for contributors

Manuscripts must be submitted via editorial manager system, available online at [www.editorialmanager.com/amma](http://www.editorialmanager.com/amma)

## Correspondence

All correspondence should be addressed to the Editorial Office:

Acta Medica Marisiensis  
University of Medicine and Pharmacy of Tîrgu Mureş  
38, Gh. Marinescu St, 540139 Tîrgu Mureş, Romania

**Managing Editor** Professor Theodora Benedek  
or sent by e-mail to [office@ammjournal.ro](mailto:office@ammjournal.ro)

## Copyright statement

Under the Creative Commons Attribution-NonCommercial-NoDerivs license, the author(s) and users are free to share (copy, distribute and transmit the contribution) under the following conditions: 1. they must attribute the contribution in the manner specified by the author or licensor, 2. they may not use this contribution for commercial purposes, 3. they may not alter, transform, or build upon this work.<sup>1</sup>

**Acta Medica Marisiensis** is indexed in the following international databases:

- Celdes
- CNKI Scholar
- CNPIEC
- EBSCO Discovery Service (since 01 July 2010, first indexed number - no.4/2010)
- Google Scholar
- J-Gate
- Primo Central (ExLibris)
- ReadCube
- Summon (Serials Solutions/ProQuest)
- TDOne (TDNet)
- WorldCat (OCLC)

## Disclaimer

The views expressed in this journal represent those of the authors or advertisers only. In no way can they be construed necessarily to reflect the view of either the Editors or the Publishers.

## NUTRITION

**INTAKE OF FIBER-RICH FOODS AMONG MEDICAL AND DIETETICS STUDENTS FROM UNIVERSITY OF MEDICINE AND PHARMACY, TÎRGU MUREŞ**Fazakas Zita<sup>1</sup>, Szucs Viktoria<sup>2</sup>, Balogh-Sămărghiţan V<sup>1</sup>, Tarcea Monica<sup>3</sup>, Guine Raquel PF<sup>4</sup><sup>1</sup>Department of Biochemistry, UMF Tîrgu Mureş<sup>2</sup>Department of Technology and Food Chain Analysis, National Agricultural Research and Innovation Centre - Food Science Research Institute, Budapest<sup>3</sup>Community Nutrition Department, UMF Tîrgu Mureş<sup>4</sup>CI&DETS/Escola Superior Agrária do Instituto Politécnico de Viseu, Viseu, Portugal, CI&DETS/Escola Superior Agrária do Instituto Politécnico de Viseu, Viseu, Portugal

**Background:** Romania was found to be the country with the highest frequency of obesity in the EU, also cardiovascular diseases and cancer. Diet is an important associated factor for a number of complex chronic diseases. One of the cause of these is the low intake of fibers from diet. Our objective was to assess the total dietary fiber intake, consumption habits and the knowledge about food fibres among our medical students, also to identify the major sources of dietary fiber from menu. **Material and methods:** Our study was based on a cross-sectional evaluation using a questionnaire filled in by our students in 2015, regarding their food behavior, food intake and knowledge about fiber importance. The average participant s age was around 22 years old. Data analysis was performed using SPSS, version 19.0. **Results:** The mean dietary fiber intake were 18.7 g/day for medical students and 24.4 g/day for dietetics students, lower than the intake level recommended by the Romanian Dietary Guidelines (25 g per day for women and 38 g per day for men). Foods with the highest frequency of daily intake for medical students were white bread (at 91%), butter (64%), milk (84.5%), vegetables (77%), fruits (22%) and low-nutritious foods (62%). Only 7% of the dietetics students said they have fiber-rich foods daily in their menu. The level of nutrients intake didnt reflect major signs of concern in the proportion of protein (14.3%), carbohydrates (58.7%) or lipids (27%), being close to OMS recommendations. **Conclusions:** Food labels are generally known to have an important role in communicating product-related information to consumers and are considered to have the potential to influence food choice and dietary behaviour. However, is not enough, being necessary to sustain a proper community intervention in schools and universities to inform young people about the importance of fibers in the menu.

**Keywords:** dietary fiber, functional foods, obesity, chronic diseases, students