



Anca Mihaela Hâncu, MD, PhD

Mail: ancahancu@gmail.com

Professional address: Lifestyle medicine Center “ Better Me by MedLife”

Floreasca street 111-113, Bucharest

PROFILE: dynamic and optimistic person,
highly qualified with a PhD in medical sciences, nutrition

ACTUAL POSITION:

- Medical doctor, specialized in nutrition, working in the first lifestyle medicine center in Romania
- MedLife , Bucharest
- MedLife Lifestyle medicine project coordinator
- Adjunct clinical research fellow, UBB-Med , University Babes-Bolyai, Cluj-Napoca
- President and founder of the “ Medical Association for prevention through healthy lifestyle”,
- contributing actively for medical education in Romania
- Romanian representative for European Lifestyle Medicine Organisation
- General secretary in the Board of European Lifestyle Medicine Organization

CAREER HISTORY:

2025 - March- actual Coordinator of the first Lifestyle medicine Course at UBB-Med Cluj-Napoca

2024 - actual, Adjunct clinical research fellow UBB-Med Cluj-Napoca, coordinator of the Healthy lifestyle course

2022 - actual Coordinator for the first Romanian Lifestyle Medicine Network and lifestyle medicine corporate programs In MedLife

2022 - actual General secretary, Board of European Lifestyle Medicine Organisation ELMO

2021 - actual RO representative for ELMO

2020 - actual President and founder at “ Romanian Association for prevention through lifestyle medicine”

2020 - 2022 Medical Director, Associate at Nutriscience clinic, Bucharest

2020 -2022 Nutrition researcher at “ Carol Davila University of medicine and pharmacy for the project HORIZON 2020, ctr nr 769908-vCare

2019 - 2020 Medical doctor, nutritionist at Nutriscience, Bucharest

2019 - actual Owner Hancu Team srl and Nutristyle Hancu srl

2018 - 2019 Medical doctor at Lotus Med clinic , Bucharest

2018 - 2020 “ FPAS “ Healthy food foundation- scientific board member

2010 - 2019 Owner,Senior marketing ,management, nutrition consultant at Hancu Anca pfa, working to develop healthy lifestyle programs for food industry

2013 - 2019 Development and design of educational campaigns for healthy lifestyle “Nutrition, health , longevity“ symposias, as a consultant for Food industry

2010 - 2012 Marketing consultant

2009 -2 010 Marketing manager Gedeon-Richter

2005 - 2008 Marketing manager Berlin-Chemie/Menarini
2003 - 2008 Cardiology manager at Berlin-Chemie / Menarini
2001 - 2002 Diabetes & OTC marketing manager at Berlin-Chemie/Menarini
2000 - Product manager Berlin-Chemie / Menarini- OTC, cardiology
1999 - Product manager Bristol Myers Squibb- diabetes
1997 - 1999 Sales& marketing project coordinator Bristol Myers Squibb
1994 - 1996 Medical doctor, research department, Heart Institute, Cluj-Napoca

SKILLS: computer: MS OFFICE 2010, advanced
English, French – fluent
Car driving license B

EDUCATION BACKGROUND:

2021 - European accreditation in lifestyle medicine, European lifestyle medicine Organisation
2016 - PHD in medicine, nutrition at “Carol Davila University of medicine and pharmacy”, Bucharest
2015 - Master in nutrition, University of Pharmacy, Cluj-Napoca
1998 - Professional Diploma in Management Open University UK
1994 - Professional Diploma in medicine, “Iuliu Hateganu University of Medicine and pharmacy “ Cluj-Napoca

Other significant training courses:

2021 - European certificate for lifestylemedicine, European lifestyle medicine organisation
2014 - 2017 Media interviews training
2008 - Creativity, development and change, part of MBA, Open University UK
2008 - Strategy, part of MBA program, Open University UK
2007 - Leadership course , MCE Bruxelles
2006 - Advanced Media training Berlin-Chemie/Menarini
2005 - Media training, BCM
2004 - Marketing training Management Center Europe & Berlin-Chemie/Menarini
2003 - Advanced Pharmaceutical Marketing Program, MCE & Berlin-Chemie/Menarini, Berlin
2000 - Marketing Pharmaceutical Products MCE, Bruxelles

SCIENTIFIC ACTIVITY:

List of scientific publications in Romania, Europe and US

1. Romanian Journal of Diabetes Nutrition and Metabolic Diseases/ Vol 22/no4/2015
“Correlation of visceral fat area with metabolic risk factors in romanian patients: a cross-sectional study”
Anca Hâncu , Gabriela Radulian University of Medicine and Pharmacy „Carol Davila”, Bucharest, Romania
2. MAEDICA – a Journal of Clinical Medicine 2016; 11(5): 32-37
“Changes in Fasting Plasma Glucose, HbA1c and Triglycerides Are Related to Changes in Body Composition in Patients with Type2 Diabetes”
Anca HANCU; Gabriela RADULIAN 2019
3. Rom J Diabetes Nutr Metab Dis.2019 26(1):007-009
“OBESITY DILEMMA IN CHRONIC OBSTRUCTIVE PULMONARY DISEASE”
F. Mihăiță, Anca Hâncu
Received February 13 2019 accepted March 10 2019 available online April 10 2019

4. PNEUMOLOGIA research article DOI 10 2478/pneum 2019, 008.68.2019
"Lifestyle, diet and e-cigarettes in chronic obstructive pulmonary diseases "
F. Mihălțan, Anca Hâncu

5. Internal Medicine, vol XV/new series no1 / 2019
"Lifestyle medicine, lifestyle partnership"
Anca Hâncu, F. Mihălțan, Gabriela Radulian

6. ROMANIAN JOURNAL OF PSYCHIATRY, 2019
"Gut microbiota and lifestyle in managing anorexia nervosa "
Anca Mihaela Hâncu

7. MAEDICA – a Journal of Clinical Medicine No 2/ 2019
"Nutritional status as a risk factor in COPD "
Anca Mihaela Hâncu
8. Rom J Diabetes Nutr Metab Dis.2019 26(2)
"Lifestyle medicine, new concept, innovative discipline"
Anca Mihaela Hâncu
9. Internal Medicine 2019 vol. XVI No. 2
"FROM MINDFUL EATING TO MINDFULNESS IN COPD"
Anca Hâncu & al

10. Internal Medicine 2019
"COMPREHENSIVE LIFESTYLE INTERVENTIONS IN OBSTRUCTIVE SLEEP APNEEA"
Anca Mihaela Hâncu & al

11. Filodiritto Editore – " EATING DISORDERS AND GUT MICROBIOME"
PROCEEDINGS OF THE 23rd WORLD CONGRESS OF SOCIAL PSYCHIATRY (28-25 October 2019, Bucharest)
Anca Hâncu, MD, PhD

12. Filodiritto Editore – "LIFESTYLE MEDICINE and community programs"
"PROCEEDINGS OF THE 23rd WORLD CONGRESS OF SOCIAL PSYCHIATRY" (28-25 Oct. 2019, Bucharest)
Anca Mihaela Hâncu¹, MD, PhD & al

13. MAEDICA – A Journal of clinical Medicine No 4/ 2019
"Asthma and ultra-processed foods"
Anca Mihaela Hâncu, MD, PhD & al

14. Filodiritto Editore -INTERDIAB Proceedings
PLANT-BASED DIETS AND TYPE 2 DIABETES PREVENTION and MANAGEMENT- March 2020
Anca Mihaela Hâncu, Cristian Serafinceanu, Manfredi Rizzo, Nikolaos Papanas, Anca Pantea Stoian

15. MAEDICA, A Journal of clinical medicine, No2/ 2020
"Possible nutritional interventions in COVID-19"
Anca Hâncu, F. Mihălțan,

16. Merit Research Journal of Medicine and Medical Sciences , June 2020.
"Lifestyle, Quarantine, Diabetes and COVID-19"
F.Mihălțan, Maria Moța, Anca Hâncu, Adela Gabriela Ștefan, Anca Pantea Stoian

17. Romanian Journal of Hypertension, August 2020

“Comprehensive lifestyle intervention for a patient with morbid obesity with associated metabolic disorders”

Anca Mihaela Hâncu

18. Internal medicine January 2021

“Obesity impact on respiratory function “ ,

Anca Hancu

19. American Journal of lifestyle medicine Sept 20, 2023, Sage Journals, analytic review

Diabetes care in Romania: A Lesson on the Central Role of Lifestyle Medicine,

Anca Hancu, Gabriela Roman, Cornelia Bala, Bogdan Timar, Deiana Roman, Diana Paun, Jeffrey Mechanick

BOOKS & Books Chapters- coordinator, author or chapter author for 10 books

1. Anca Hâncu, Healthy Lifestyle – practical advices for practitioners , published in March 2020, ed. Etna

2. Lifestyle medicine and chronic diseases, prevention and treatment, coordinators Anca Hâncu, Florin Mihălțan, Ed Medicala, published in Nov 2020

3. Anca Hâncu, F. Mihălțan, “ Medical nutrition therapy in pulmonary diseases , chapter in the book : Nutrition in chronic diseases, 2020, Dec 2020

4. Anca Mihaela Hâncu, “Alimentation and chronic diseases ” in the book “Life quality” coordinated by Marius Stoian, Magor Csibi, Gratiian Mihailescu, ISBN 978-606-94561-7-0, Club Romania printing house, 2020

5. Anca Hâncu, Maria Moța, Florin Mihălțan, Mihaela Vladu, “ Nutritional status and COPD “ , chapter in the book “COPD, a current conspectus” , published by IntechOpen, January 2021

6. Anca Hâncu,” Lifestyle in type 2 diabetes”, chapter in the book : Diabetes 2021, edited at Medical Lifes, Medic Hub Media, Bucharest , May 2021

7. Anca Hâncu “ Lifestyle factors and obesity” chapter in the book, "Role of Obesity in Human Health and Disease," IntechOpen 978-1-83968-980-2 Published: December 22nd 2021, DOI: 10.5772/intechopen.90990, ISBN: 978-1-83968-980-2

8. Anca Hâncu, I. Hanes, F Mihaltan “ Lifestyle medicine and chronic diseases, prevention and treatment, English edition, 2021

9. Anca Hâncu “ Astm and lifestyle “ in the monography “ Exigence and excellence in asthma” coordinator Roxana Maria Nemes, 2022

10. Anca Hâncu “ Medicina stilului de viata si obezitatea” p 125-129, In the book “ Diabetes mellitus- Focus on obesity” coordinated by Gabriela Roman, Cornelia Bala,at Medical Life MedicHub Media, 2023, ISBN 978-606-95567-6-4

11. “ The Lifestyle Medicine Center “ in the book “Lifestyle medicine” , Springer, 2025, Anca Hâncu, Deiana Roman, Anastasia Șmocot Stănescu, Diana Loreta Păun, Maria Mota, Mircea Diculescu, Bogdan Timar, and Mirela Dogaru, The Author(s), under exclusive license to Springer Nature Switzerland AG 2025, J. I. Mechanick, R. F. Kushner (eds.), *Lifestyle Medicine*, https://doi.org/10.1007/978-3-031-82888-1_36, in the book “ Lifestyle medicine “ , Springer , 2025 ISBN 978-3-031-82887-4 ISBN 978-3-031-82888-1 (eBook), <https://doi.org/10.1007/978-3-031-82888>

12. "Accreditation Programs in Lifestyle Medicine: New Survey Data and a Proposed European Model" Ioannis Arkadianos , Jeffrey I. Mechanick , Anca Hâncu , Ioan Hanes , and Carlos A. G. Van Mieghem, in the book " Lifestyle medicine " , Springer , 2025 ISBN 978-3-031-82887-4 ISBN 978-3-031-82888-1 (eBook), <https://doi.org/10.1007/978-3-031-82888-1>

Other scientific activities :

➤ **revisor for European Respiratory Journal , 2019- 2020 for following articles :**

-Association between adiposity measures and COPD risk in Chinese adults , Jiachen Li, Lu Zhu, Yuxia Wei, Jun Lv, Yu Guo, Zheng Bian, Huaidong Du, Ling Yang, Yiping Chen, Yonglin Zhou, Ruqin Gao, Junshi Chen, Zhengming Chen, Weihua Cao, Canqing Yu, Liming Li, Eur Respir J 13993003.01899-2019; published ahead of print 2020, doi:10.1183/13993003.01899-2019

-The adipose tissue and lung health: Like many things in life the extremes are not good. ERJ-00107-2020

➤ **More than 10 events organized** through the Medical Association for prevention through lifestyle medicine , with ~ 9000 participants registered in total with topics covering obesity, lifestyle, nutrition and guests scientific personalities from Europe and US.

➤ Invited lector at Tesaloniki University of medicine, 2023, 2024 at the Master of lifestyle medicine

LIST OF PRESENTATIONS AT SCIENTIFIC EVENTS in the period 2018-2025

1. National Nutrition Congress,Iasi, April 2018 "Mindful eating " – Anca Hâncu
2. Med Academy Conference , Constanta , June 2018 , " Low calorie sweeteners safety " – Anca Hâncu
3. Romanian Diabetes federation Congress – Cluj-Napoca, Nov 2018, " Low calorie sweeteners safety " Gabriela Radulian, Anca Hâncu
4. Obesity Course, Cluj-Napoca , Dec 2018, " Low calorie sweeteners " ,Anca Hâncu
5. Med Academy winter conference, January 2019, " Healthy lifestyle in winter " , Anca Hâncu
6. National allergology conference,9th of February 2019, Bucharest," Diets, asthma and allergies " F. Mihălțan, Anca Hâncu
7. RSDNM Course, Suceava , Feb 2019, " Medical nutrition recommendations in diabetes, based on 2019 ADA guidelines " , Anca Hâncu
8. NCD Congress, Bucharest, March 2019, " COPD and diet " F. Mihălțan, Anca Hâncu
9. Adherence conference, Bucharest, 6th April 2019, " Mindfulness in chronic diseases " Anca Hâncu
10. RSDNM Course, Craiova,13th of April 2019, "COPD and diet " Anca Hâncu
11. POSTER presentation at European Congress of Obesity ,Glasgow, April 2019 with 2 topics : " Obesity dilemma in COPD " and " Asthma, allergies and diet, a multidisciplinary approach " Anca Hâncu, F.Mihălțan
12. Summer nutrition school , Iasi, May 2019, " Mindfulness in chronic diseases " Anca Hâncu
13. RSDNM National Congress, 22-25th of May,Sbiu, 2019 "Obesity, diets, COPD and asthma " Anca Hâncu,F. Mihălțan 3rd prize for oral communications "Precision medicine and lifestyle medicine " Anca Hâncu, Gabriela Radulian, F Mihălțan
14. RSDNM Course Galati, 28th of September 2019 " Mindful eating " Anca Hâncu
15. Oncology Conference , 4-5th of October 2019, " Lifestyle guidelines in Oncology " Anca Hâncu
16. National obesity Conference 11-12th of October 2019 " Nutritional status and nutritional intervention in COPD " Anca Hâncu, F.Mihălțan
17. Neuropathy Congress " Lifestyle interventions in prediabetes and neuropathy prevention " Anca Hâncu
18. Academician Nicolae Cajal Symposium 17-19th of October 2019 " Gut microbiota and eating disorders " Anca Hâncu, F.Mihălțan

19. 23rd World Congress of Social Psychiatry 25-27th of October 2019, Bucharest “ Eating disorders and microbiome “ Anca Hâncu
20. 23rd World Congress of Social Psychiatry “ Community engaged lifestyle medicine- the base for health equity “ Anca Hâncu, F.Mihălțan
21. 2nd European Congress of Lifestyle medicine, Rome, presence with 3 posters as first author: Eating disorders and microbiome, Lifestyle medicine , Mindfulness
22. Somnology Conference 14th of November 2019 “ Evidence based intervention on lifestyle in OSA “ Anca Hâncu,
23. 16th Congress of Romanian Diabetes and nutrition federation 13-15th of November 2019 “ Lifestyle medicine, new discipline “ Anca Hâncu
24. Metabolic Syndrome Conference , 28th of November , 2019, Bucharest
“ Lifestyle , friend or enemy in metabolic syndrome “ Anca Hâncu
“Microbiome and metabolic syndrome “ Anca Hâncu
25. Medical Days Conference “ Mircia Iorga “ – Family doctor, between practitioner and manager,2019 “ Healthy lifestyle “ Anca Hâncu
26. “ Interference nutrition, psychiatric disorders and family medicine “ 14th of February, 2020, chairman and presenter “ Microbiome and eating disorders” Anca Hâncu
27. National endocrinology conference February 2020 Lifestyle guidelines in endocrinological diseases, Anca Hâncu
28. National Romanian Congress of Noncommunicable Diseases, 22.02.2020, “ Lifestyle medicine NCD’s approach” Anca Hâncu
29. Interdiab 08.03. “2020 Plant based diets and type 2 diabetes prevention and management” Anca Mihaela Hâncu, Cristian Serafinceanu, Manfredi Rizzo, Nikolaos Papanas, Anca Pantea Stoian
30. June 2020, Family doctors conference “ Two pandemics coalition: Obesity and COVID 19 “ – Prof Mihaltan & Anca Hâncu
31. Adherence conference- webinar, 16.06.2020, “ Adherence to a healthy lifestyle” Anca Hâncu
32. July, 28th 2020, Forum for Interdisciplinary Research in Medical Science & Technology, FIRMST International Conference, webinar, “ Two pandemics coalition : obesity and COVID 19 “ Prof Mihaltan & Anca Hâncu
And lecture in a panel about tobacco: “ Nutritional intervention and tobacco cessation “ Anca Hâncu
33. European Congress of Obesity-International Congress Of Obesity 1-4 Sept 2020: 4 posters and pre-recorded video presentations – me as first author “ Obesity and lung function decline “ “ Two pandemics coalition, obesity and lifestyle “ “ Lifestyle, quarantine, diabetes and COVID 19 “ , “ Visceral fat area correlated with metabolic risk factors in a romanian cross sectional study”
34. National Diabetes Congress, webinar, 2-8 September , 2020
With 2 presentations : 7th of September: “ Maintenance after weight loss intervention” – Dr Anca Hâncu
8th of September: “ Nutritional status in COPD “ – Prof Florin Mihălțan & Dr Anca Hâncu
34. National Psychiatric Congress, 22-25th of September,2020, webinar, “ Two pandemics coalition, obesity and COVID-19” already reco presentation
35. National Endocrinology Conference, 30th of October, 2020, “ Obesity multidisciplinary approach “ Anca Hâncu
36. National Congress of Romanian Society of pneumology, 8th of November 2020, “COPD and nutritional status”, Florin Mihălțan & Anca Hâncu
36. Romanian Diabetes Federation Congress, 9th of November 2020, “Lifestyle medicine “,Anca Hâncu
37. National Conference“ Nutritional impact of COVID 19 in chronic diseases” 18,19th of November 2020, two presentations:
Two pandemics coalitions : Covid 19 and Obesity, Anca Hâncu & Florin Mihălțan
Weight maintenance and nutritional intervention, Anca Hâncu

38. Chairman and presenter at “ Lifestyle medicine and chronic diseases” 25th of November 2020 “ Obesity and lifestyle “ Launch of the book “ lifestyle medicine and chronic diseases”
39. European conference of lifestyle medicine,webinar, nov 2020 “ Romanian educational project “
40. Conference “ Diabetes and associated diseases” 9th of December 2020, “Obesity and prediabetes , lifestyle intervention” Anca Hancu
41. Chairman at the Conference “ Healthy lifestyle “ 10th of December 2020, organized by The Medical Association for prevention through healthy lifestyle, “ Physical activity “ – Anca Hancu
42. Residents conference , organised by pneumologists society, “What we should know about a healthy lifestyle ? “ Anca Hancu
43. Primordial prevention conference, „ What we should know about a healthy lifestyle ?” February 2021
44. Noncommunicable disease congress, Nutritional Status in COPD, Anca Hancu, February 2021
45. Prevention through Lifestyle Association event “ About attitude or Physical activity through WHO guideline” Anca Hancu, April 2021
46. Adherence Conference “ Adherence to a healthy lifestyle in obesity “ April 2021
47. Lifestyle medicine , a key element in chronic disease management, „Obesity and lifestyle” Anca Hancu, May 2021
48. National Diabetes Congress, May 2021, Healthy lifestyle in type 2 diabetes, Anca Hancu, Special Prize of Romanian Diabetes Society for the past year activity
49. Excellence in asthma – symposia – May 2021, Healthy lifestyle in asthma, Anca Hancu
50. European Congress of obesity, 2020 participation with 3 posters
51. Pulmonary disease management – conference, June 2021, Nutritional status in COPD, Anca Hancu
52. “Interconnections somnology-nutrition-psychiatric disorders-psychology” September 2021, organized by Medical Association for prevention through lifestyle, MAPL with the presentation “Chrononutrition and lifestyle”
53. “Endocrinology for everybody” October 2021, Organised by Endocrinology Association, “Lifestyle and morbid obesity- multidisciplinary approach”
54. “Lifestyle medicine and chronic diseases” the annual Conference organised by MAPL, with the presentation “Severe obesity and lifestyle” , October 2021
55. November 2021, the annual symposium organised by the Foundation for healthy food, “Nutrition in COVID pandemic” with the presentation “Lifestyle and obesity”
56. December 2021, “Obesity Dialogues” between reality and perception, as moderator and organiser through MAPL
57. January 2022, “Obesity Dialogues” multidisciplinary approach, as moderator and organiser through MAPL
58. February 2022, “Obesity Dialogues” moderator and presenter through MAPL
59. March 4th 2022, “Obesity Dialogues” by MAPL
60. March 24th 2022, “Obesity Dialogues” Obesity and longevity, presenter and organiser through MAPL
61. June 24th 2022, The 3rd edition of the Annual Conference of Medical Association for prevention through lifestyle
62. July 8th, Paris 2022, 7th Congress of skin inflammation and psoriasis international network. “Atopic dermatitis and lifestyle” Anca Hancu
63. October 2022, Athens, European Lifestyle medicine Congress 2022, presentation: “Anti-inflammatory diets” and chairman at the session “Physical activity”
64. May, Dublin, ECO 2023 poster presentation, Lifestyle medicine in clinical practice in obesity approach
65. November 2023, Budapest , European Lifestyle medicine Congress 2023, 2 presentations: “Diabetes remission through nutritional intervention” and “ Nutritional aspects in lifestyle medicine ”
66. 2022-2024 “Obesity Dialogues” 10 editions organised by Medical Association for prevention through lifestyle, with international participation and more than 6000 participants in total.
67. December 2023, Special prize at Romanian Healthcare awards at the section “Best medical doctor ”

68. May 2024, National Diabetes Congress, Timisoara, 2 presentations: "Trimethylaminuria in clinical practice, case description", Anca Hancu & Maria Mota and "Lifestyle medicine in clinical practice" Anca Hancu
69. November 2024, National diabetes federation Congress, "Lifestyle medicine network" clinical experience, Anca Hancu
70. February 2025, National Congress of noncommunicable diseases, "Lifestyle medicine in practice", Anca Hancu
71. April 2025, Metabolic syndrom Conference, "Lifestyle medicine in practice"

Bucharest, May 6, 2025