



La 38-ème Semaine Médicale Balkanique

The 38th Balkan Medical Week

Les 5 et 6 juin 2025
Amphithéâtre I.H. Radulescu,
Bibliothèque de l'Académie Roumaine
Bucarest, Roumanie

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Chers collègues, distingués invités, Mesdames et Messieurs,

*Au nom du Conseil Général de l'Union Médicale Balkanique (U.M.B.), c'est avec une immense joie et un profond honneur que je vous souhaite la bienvenue à **La 38-ème Semaine Médicale Balkanique**, organisée cette année à Bucarest, Roumanie. Nous tenons à exprimer notre profonde gratitude à la prestigieuse Académie Roumaine pour la générosité et le soutien apportés par la mise à disposition de l'amphithéâtre I.H. Radulescu de la Bibliothèque de l'Académie Roumaine pour notre événement. L'accueil dans un espace d'une telle importance académique et culturelle a conféré à l'événement un prestige et une importance accrues. Merci pour l'ouverture d'esprit, le professionnalisme et le soutien constant aux initiatives visant à promouvoir l'éducation et la science.*

*Cet événement, devenu une tradition dans notre région, est bien plus qu'un simple congrès scientifique : c'est un symbole de coopération, de dialogue et d'amitié entre les professionnels de la santé des Balkans et d'ailleurs. Il reflète notre engagement commun pour l'excellence médicale, la recherche de pointe et la solidarité entre nos peuples. La devise "Santé – Amitié – Paix" est toujours valable et reste unique dans le paysage scientifique pour promouvoir la coopération entre notre pays: L'Albanie, La Bulgarie, La Bosnie-Herzégovine, Le Chypre, La Grèce, La Roumanie, La République de Moldova, La Serbie, La Macédoine du Nord, La Turquie. Cette édition de la **Semaine Médicale Balkanique** évoque encore une fois les relations culturelles, scientifiques et médicales entre les pays balkaniques et la France, représentée par le Professeur Pierre-François Plouin de l'Académie Nationale de Médecine de France. De plus, nous avons cette année un autre invité d'honneur de France, le Professeur Luc Mouthon, Président de la Société Nationale Française de Médecine Interne. L'U.M.B. doit conserver l'originalité d'utiliser la langue française.*

Nous sommes particulièrement heureux d'accueillir cette année des invités de marque, des sommités médicales, ainsi que de jeunes professionnels prometteurs. Ensemble, pendant ces deux journées, nous échangerons des idées, partagerons des expériences et réfléchirons aux défis actuels de la médecine dans notre région et dans le monde.

Je tiens à remercier chaleureusement tous ceux qui ont contribué à l'organisation de cette rencontre : les comités scientifiques et logistiques, nos partenaires institutionnels, nos sponsors, ainsi que chacun d'entre vous pour votre présence.

Nous vous souhaitons un congrès riche en découvertes, en échanges fructueux et en amitiés durables.

Bienvenue à Bucarest, bienvenue à la **Semaine Médicale Balkanique** !

*Avec toute ma considération,
Pr Camelia DIACONU
Présidente de l'Union Médicale Balkanique*

CONTENTS

CARDIOLOGY.....	S5
PNEUMOLOGY.....	S19
GASTROENTEROLOGY.....	S24
NEUROLOGY.....	S28
SURGERY - UROLOGY.....	S31
ENDOCRINOLOGY.....	S38
HEMATOLOGY.....	S44
PHARMACY.....	S47
HISTORY OF MEDICINE AND PHARMACY.....	S57
VARIA.....	S64

pneumoniae. Ten serial doubling dilutions (0.20 mg/ml – 100 mg/ml) of each sample were prepared in microdilution assay, and the results were expressed as minimal inhibitory concentrations (MIC).

Results. Our results show that all tested extracts exhibited strong antimicrobial activity. The MIC values ranged from 0.20 mg/ml to 1.56 mg/ml. The strongest activity was obtained with the ethanol leaf extract, while water extracts (both flowers and leaves) were the weakest.

Conclusion. According to our results, all extracts tested are potential antimicrobial agents with strong activity against *Streptococcus pneumoniae*. This could partly explain the efficacy of mullein in respiratory disorders, but detailed studies are needed to confirm it.

Acknowledgment: This work is supported by the Ministry of Education, Science and Technological Development of the Republic of Serbia (No. 451-03-136/2025-03/200113 and 451-03-137/2025-03/200113) and an internal scientific project (No. 15) of the Faculty of Medicine, University of Niš.

Ph14. Determination of the content of inorganic elements in folk salve by modern instrumental method

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Introduction: A widely used and highly effective folk salve against burn scars was tested for the content of inorganic elements to assess its safety. It consists of sunflower oil, shredded bark of the stem of black elderberry (*Sambucus nigra* L.) and beeswax.

Material and method: The sample was prepared in triplicate: 500 mg of balm samples were accurately weighed and placed in a PTFE digestion vessel. 9 mL of 65% nitric acid (Merck, Darmstadt, Germany) and 1 mL of 30% hydrogen peroxide (Fluka, Switzerland) were added to each sample, and the samples were placed in a microwave preparation system (ETHOS EASY, Milestone, Bergamo, Italy). Sample digestion was performed according to the following program: heating at 190 °C from 0 to 20 minutes and 190 °C from 20 to 35 minutes (power 1800 W). After digestion, the samples were filtered through quantitative filter paper, transferred to 25 mL flasks and diluted with deionized water to a volume of 25 mL. The samples were stored in plastic vials at 4 °C until analysis. The initial instrumental method for analysis was the ICP AES method.

Results: The presence of the 11 tested metals is listed in descending order by mass in micrograms per gram: sodium (100), calcium (47), potassium (29), magnesium (7.95), iron (5.59), nickel (2.33), zinc (0.83), copper (0.33), manganese (0.21), chromium (0.04), and lead (0.0018), and the nonmetals silicon (5.84) and phosphorus (4.38). Arsenic, cadmium, and cobalt were not identified.

Conclusions: All elements present in the folk salve against burn scars are within the maximum permissible limit (MPL). Toxic elements are not present, and the balm salve is safe for use.

Ph15. Plant-based emulgel with NaDES extracts: a natural dermocosmetics with anti-inflammatory potential

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Introduction. Natural deep eutectic solvents (NaDES) are alternative biodegradable green extraction solvents used to obtain extracts with enhanced efficacy and safety profile. Our previous research has shown that NaDES extracts are abundant in polyphenolic compounds and exhibit antioxidant and UV protective activities, making them promising eco-friendly ingredients for formulation of dermocosmetics.

Material and methods. A placebo emulgel, composed mostly of natural-origin ingredients was stabilized with the eco-friendly emulsifier Olivem 1000 and natural gelling agent, xanthan gum. Two active emulgels containing 12% and 24% NaDES extracts of bilberry and green tea leaves were also prepared. The NaDES used for extraction were malic acid–glycerol and tartaric acid–sorbitol. The anti-inflammatory activity was assessed using spectrophotometric analysis, employing the bovine serum albumin and hen egg albumin methods. The results were expressed as the IC₅₀ (concentration required to inhibit 50% of albumin denaturation), with diclofenac sodium serving as a positive control.

Results. The NaDES-based emulgels exhibited better albumin denaturation inhibition compared to the placebo. Using the BSA method, the IC₅₀ values were 6.82 mg/mL (placebo), 5.04 mg/mL (12% NaDES emulgel), and 3.25 mg/mL (24% NaDES emulgel). In the hen egg albumin method, the IC₅₀ values were 20.88 mg/mL, 17.37 mg/mL, and 13.68 mg/mL, respectively. Diclofenac sodium as positive control showed IC₅₀ values of 0.32 mg/mL (BSA) and 0.81 mg/mL (hen albumin).

Conclusions. NaDES extracts significantly enhanced albumin denaturation inhibition, indicating their potential anti-inflammatory role in plant-based dermocosmetic formulations. These findings support the development of predominantly natural dermocosmetic formulations with notable anti-inflammatory potential.

Acknowledgments: Ministry of Science, Technological Development, and Innovation of the Republic of Serbia, grant number 451-03-137/2025-03/200113.