

Meet Cristina Olarescu 2022 Jens Sandahl Christiansen Awardee



Dr Cristina Olarescu is a consultant endocrinologist at Oslo University hospital and a translational researcher at University of Oslo in Norway. She is also one of our 2022 Jens Sandahl Christiansen Awardees and will be delivering her lecture, 'The impact of growth hormone excess on fat tissue metabolism' at ECE 2022. Read on to learn more about her research, career and what she is looking forward to at this year's congress.

Tell us about your current position and research

In my clinical work I mainly see patients with diabetes, osteoporosis and thyroid disorders. My research focusses on the molecular characterisation of pituitary adenomas and finding novel biomarkers to predict the aggressiveness, recurrence and response to medical treatment. I'm also interested in the role of adipose tissue on glucose metabolism and cardiovascular risk in endocrine diseases.

Tell about your career path so far, and what you are most proud of?

I received my medical degree in 2006 from the "University of Iuliu Hațieganu", Cluj Napoca, Romania and started my residency there under the guidance of Professor Cristina Ghervan. I

joined Professor Jens Bollerslev's group in Oslo in 2009. Since joining Jens' group I've had the privilege to defend my PhD thesis on the role of adipose tissue in acromegaly, completed my medical clinical training in endocrinology, and become a postdoctoral researcher.

I was proud to receive a poster prize back at ECE 2011 but now most proud to become a 2022 Jens Sandahl Christiansen Awardee. I actually met Professor Jens Sandahl Christiansen in 2011, at the beginning of my journey into the field of fat, insulin resistance and growth hormone. I had the chance to discuss science with him, which makes this award very precious to me.

Recently, I have been invited to joining the EJE Rising Star team and I'm really enthusiastic for this new role as a peer reviewer for EJE manuscripts in my field of expertise.

What are you presenting at ECE 2022?

I'm looking forward to sharing my research with ECE 2022 delegates. I'm presenting results from several projects I have worked on over the last few years. Among them, I'm going to show data on the role of adipose tissue on insulin resistance in active acromegaly, and then talk about the mechanisms of hormone production in corticotrophic adenomas, the reason behind their silence, and present data about the newly identified protein TGFBR3L in gonadotrophic pituitary adenomas.

What are you looking forward to most at ECE 2022?

I'm looking forward to meeting again colleagues and friends of course, as well as enjoying excellent presentations and good science in the beautiful city of Milan.

What do you think are the biggest challenges in your field right now?

With the advance of sequencing techniques, the biggest challenge for us as clinicians is to integrate that data into our clinical routine, to provide a personalised treatment for our patients.

What do you enjoy most about your work?

I enjoy working both as a clinician and a translational researcher. The reward I get as a clinician is quite immediate, I can see my patient feeling better as treatment gets started. On the other hand, you need to wait longer to acquire enough samples and analyse experimental results, and that may not go your way. So, it feels good to have both in my everyday work. I'm also fortunate enough to have enthusiastic and supportive colleagues that make the days feel easy and meaningful.

Any words of wisdom for aspiring endocrinologists?

Endocrinology is like mathematics, every time you get into trouble and don't know the solution, return to the basics.