

Alina Valentina Puflea, MD

Specialist in Geriatric Medicine

Dr. Alina Valentina Puflea is a board-certified specialist in **Geriatric Medicine**, having obtained her specialization at the **University of Verona** in July 2014 .

She currently serves as **Clinical Director and Consultant Geriatrician** at the *Community Hospital “Dr. Pederzoli” in Peschiera del Garda, Verona* (since June 2018) . Her previous appointments include consultant positions in geriatrics at *APSS Trento – Rovereto Hospital*, as well as clinical activity within rehabilitation, hospice, and long-term care facilities in Northern Italy .

Dr. Puflea completed her residency training in Geriatrics at the **University Hospital of Verona**, gaining experience in acute geriatric care, high-intensity units, internal medicine, cognitive decline, and dementia services .

Her academic background includes a Medical Degree from *Titu Maiorescu University, Bucharest*, followed by completion of her final medical training years and professional licensure at the **University of Verona** .

She has actively participated in national and international congresses and has contributed to scientific communications presented at the **Italian Society of Gerontology and Geriatrics (SIGG)** congresses, with research interests including vascular aging, arterial stiffness, heart failure in older adults, and adipose tissue inflammatory profiles .

Dr. Puflea practices a multidisciplinary, patient-centered approach to geriatric care, with particular focus on frailty, cognitive impairment, complex comorbidities, and continuity of care in elderly populations.