



## Leila Seres Mrs. Mészáros M.D., PhD.

- Associate professor
- Department of Health Sciences and Sport Medicine
- Management mandate:
- Year of birth: 1976

### Qualifications, academic degrees

#### University degrees

- 2001: Medical Doctor, MD, Budapest (University of Semmelweis, faculty of Medicine)

#### Academic degrees and titles

- 2007: Ph.D. degree in Basic Medicine, Budapest (Semmelweis University School of PhD Studies)

### Professional career

#### Previous and current jobs, positions and titles

- 2017–ongoing: Associate professor at the Department of Health Sciences and Sport Medicine, Hungarian University of Sports Science
- 2015– 2017.: Researcher, lecturer, University of Physical Education
- 2013–2014. Assistant professor, Semmelweis University, Department of Surgical Research and Techniques
- 2005–2013: Research associate, Gottsegen György National Institute of Cardiology

#### Public activities at the university (board memberships, leadership positions)

- PhD complex exam, committee member, Semmelweis University

#### Key study trips, missions

- 2001–2005: State-funded PhD scholarship
- 2003: Scholarship to Finland, University of Oulu, Department of Physiology
- 2003–2004. Scholarship to Germany, Ruprecht Karl University, Heidelberg, Laboratory for Experimental Heart Surgery

#### Awards, titles, honours

- 2017. Rector's commendation, University of Physical Education



## Language skills

language	speaking skills	writing skills	reading skills	take part in a media event?
English	B2	B2	B2	-
German	B2	B2	B2	-

## Research, expert activities

### Major subjects and topics taught

- Orthopedic, surgery, traumatology –
- Biochemistry, biological basic knowledge–
- Orthotics, prosthetics, medical devices
- Prevention, rehabilitation
- Prevention, health sciences
- Physiology–sport physiology courses in English FIE coaching course
- Biochemistry, Sport biochemistry, Prevention–rehabilitation, Sport nutrition

### Field and discipline

- Physiology–sport physiology
- Cardiology
- Sport medicine, orthopedics and rehabilitation
- Exercise is medicine

### Current research topics

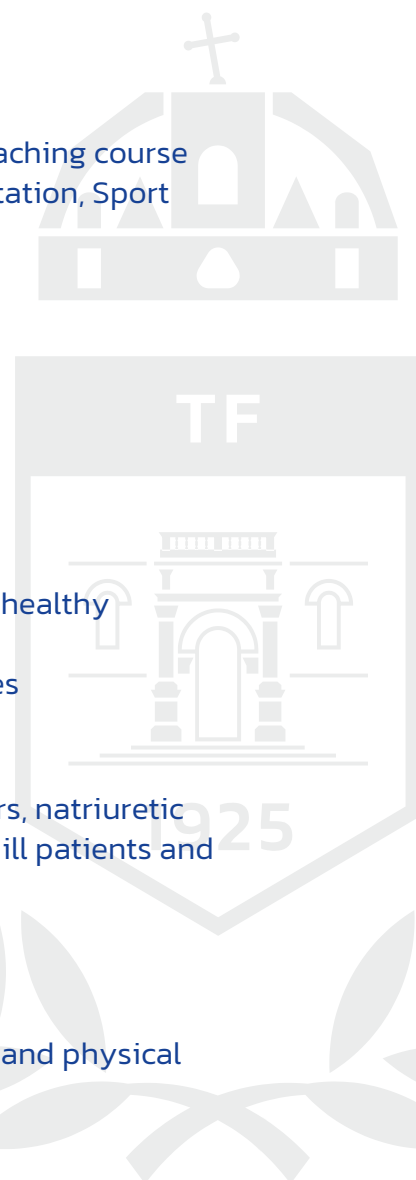
- Exercise is medicine, Evaluation of Physical activity in healthy individuals and patients
- Prevention of cardiovascular diseases and sport injuries

### Former research topics

- Examinations of effect of endogen peptides, biomarkers, natriuretic peptides and oxidative stress in heart failure, critically ill patients and ischaemic heart disease

### Key research

- Prevention of sport injuries
- Physiological and biochemical background of exercise and physical activity



#### Membership of a scientific or professional organization or body

- Hungarian Society of Sport Science
- Hungarian Society of Cardiology
- Hungarian Society of Sports Medicine

#### Editorial board memberships and positions

#### Expert advisory activities

## Publications

- My publications in MTMT (Catalogue of Hungarian Scientific Works) (link)
- <http://www.hit.bme.hu/~ghorvath/tudometer/mtoscoring/10040191>
- 19 international and Hungarian articles
- Cumulative impact factor: 50.22
- Independent citations: more than 451
- Hirsch index: 10

## Contacts

#### University residence

- Building: L5
- Room: 104
- Phone number(s): +3614881517
- E-mail address: seres.leila@tf.hu

## Other professional profiles

- LinkedIn:
- MTMT:  
<https://m2.mtmt.hu/frontend/#view/Publication/SmartQuery/1127/>
- Scholar:
- Other(s):

