

Curriculum Vitae

Study time and basic medical education

2005	High school diploma (Dipôme de fin d'études secondaires classiques, section C, scientifique)
2005-2006	Studies of Sport in Cologne (SpoHo , Germany)
2006-2007	Studies of medicine at the University of Luxembourg
2007-2010	Studies of medicine at LMU (Ludwig Maximilian Universität, Munich, Germany)
2010-2013	Studies of medicine at TUM (Technische Universität München, Munich, Germany)
2013-2014	Practical year with internships in Surgery and Internal Medicine in Bad Tölz as well as in Urology - University Hospital "Rechts der Isar" (Munich)
2014	Certificate of graduation at TUM

Specialisation and continuing education

2014-2017	FSMG , specific training in general medicine
2018	Doctoral certificate "Dr. med." conferred by TUM
2018-2019	Replacements and organization of my own practice
2018-2019	Multidisciplinary education in geriatric care & health care as well as start of training in sports medicine
2019	General practitioner's diploma
2020	Specialization in Sports Medicine

Publications

- 2013 Effects of a general practice guided web-based weight reduction program—results of a cluster-randomized controlled trial.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3680299/>
- 2014 Effects of a guided web-based smoking cessation program with telephone counseling: a cluster randomized controlled trial.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4211026/>
- 2016 Effects of a Web-Based Intervention for Stress Reduction in Primary Care: A Cluster Randomized Controlled Trial.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4769360/>
- 2018 Wirksamkeit von internetbasiertem Lebensstil-Coaching zur Gewichtsreduzierung in der Hausarztpraxis eine cluster-randomisierte kontrollierte Studie
<https://mediatum.ub.tum.de/doc/1353375/1353375.pdf>
- 2019 Rückenschmerzen in der Hausarztpraxis. Leitliniengerechte und alternative Therapien in der Allgemeinmedizin
[Rückenschmerzen in der Hausarztpraxis. Leitliniengerechte und alternative Therapien in der Allgemeinmedizin](#)

Member & representation & accreditation

Member of the following organizations

- ALEM Association Luxembourgeoise des Etudiants en Médecine
- ALFORMEC Association Luxembourgeoise pour la Formation Médicale Continue
- SSLMG Société scientifique luxembourgeoise en médecine générale
- Médical College
- Member of the Medical Association Trier

Representatives and accreditation

Since	2015 Representative of young doctors in the process of specialisation in general practice for Luxembourg
2020	Accredited by the Centre Hospitalier Emile Mayrisch (CHEM)
2020	Accredited at the Domaine Thermal in Mondorf-les-Bains
2020	Accredited by the Ministry of Sports for sport physical examination (examen medico-sportif)

Languages

Luxembourgish	mother tongue
German	written and oral fluently
English	written and oral fluently
French	written and oral fluently
Spanish	basics