

## NEWS

### **International Postgraduate Course: 22<sup>nd</sup> Summer Stroke School Healthy Lifestyle and Prevention of Stroke**

This year's traditional Postgraduate Course Healthy Lifestyle and Prevention of Stroke: 22<sup>nd</sup> Summer Stroke School was once again held in Dubrovnik on June 20-24, 2011, organized by the Inter-University Center Dubrovnik, Croatian Stroke Society, Croatian Society for Neurovascular Disorders of the Croatian Medical Association, School of Medicine, University of Zagreb, Central and East European Stroke Society (CEESS) and Research Group on Delivery of Neurological Services (RGODNS) of the World Federation of Neurology (WFN).

Directors of the Course are: Professor Vida Demarin, University of Zagreb, Zagreb, Croatia; Professor Roman Haberl, University of Munich, Munich, Germany; Professor Kurt Niederkorn, University of Graz, Graz, Austria; Professor Tanja Rundek, University of Miami, Miami, USA; Professor Zlatko Trkanjec, University of Zagreb, Zagreb, Croatia; and Assistant Professor Vanja Bašić-Kes, University of Zagreb, Zagreb Croatia. The organization of the Course was supported by local organizers Mira Ivanković, MD; Branko Bazdan, grad. iur.; and Branko John, MD.

The first Course was held in 1990, as a gathering of a group of enthusiasts. Since then, it was held every year at the beginning of June. Over all these years, the Course has grown into a significant meeting of eminent professionals in the field of stroke from various countries.

This year, the Course gathered once again great experts in the field of neurology and cerebrovascular diseases from all around. Over 60 participants from Albania, Austria, Bosnia and Herzegovina, Bulgaria, Czech Republic, France, Germany, Hungary, Israel, Norway, Poland, Romania, Serbia, Ukraine, USA, and Croatia attended the Course. Lectures were in-

teresting, yet educational and interactive. All through the week, we were able to enjoy and participate in the exchange of knowledge and experience from world-class neurologists who were more than willing to share it with the Course participants.

The Course traditionally began with Professor Demarin's greetings and opening remarks. She pointed out the importance of spreading the knowledge throughout Europe, stating the efforts and the role of CEESS and RGODNS of WFN in this process. She opened the Course with a lecture on stroke and neuroplasticity. This year is dedicated to raising the awareness of the importance of atrial fibrillation. Atrial fibrillation (AF) is associated with a 4- to 5-fold risk of ischemic stroke, and 15% of all ischemic strokes are caused by AF, therefore the emphasis of this year's Summer Stroke School was put on stroke prevention and stroke risk factors, especially AF. Many strokes could be prevented by raising the awareness of stroke risk factors and of the importance of stroke prevention through healthy lifestyle and modification of unhealthy habits. The lectures stressed the importance of stroke treatment and rehabilitation of stroke patients as well. Professor Michael Chopp from Detroit gave an inspiring lecture on stimulating brain plasticity and enhancing recovery after stroke.

It would be unjust to pick only one interesting lecture, as there were many motivating lectures. Professor Demarin held a remarkable lecture on the possibilities of stroke rehabilitation because of the amazing brain plasticity. The new concept of personalized medicine and its role in stroke prevention was presented by Professor Bornstein from Tel Aviv. Professor Russell from Oslo pointed out the importance of cerebral embolus detection using transcranial Doppler and explained the possibility of silent cerebral ischemia during invasive medical procedures. A lecture on new possibilities of enhancing the efficacy of recanalization therapy was held by Professor Mikulik from

Brno. Professor Zvyagina from Odessa talked about new treatment modalities for cognitive disturbances in patients with cerebrovascular diseases. Professor Haberl from Munich emphasized the importance of major developments in the pharmacological and surgical prevention of stroke in the last twenty years. Professor Kadojić discussed **speech disturbances in patients with ischemic stroke**. Assistant Professor Dikanović gave an interesting lecture on sexual dysfunction in stroke patients. An interesting insight in the effect of NADH in stroke rehabilitation was presented by Danijela Štorga-Tomić. This year, the special topic was Fabry disease. Professor Demarin presented neurologic manifestations of Fabry disease, while Professor Kes discussed the nephrologic aspects of Fabry disease. Nikola Barić and Vladimira Vuletić presented data on the relation between body mass index and common carotid artery intima-media thickness and cerebral vasoreactivity in healthy subjects and those suffering from type 2 diabetes mellitus. Hans van Elst gave an update on recent advances in ultrasonography, new and improved ultrasound soft-

ware possibilities, which help greatly in vascular age assessment. Professor Trkanjec from Zagreb held a workshop on the overlapping of stroke and dementia. Professor Sinanović's workshop topic were sleep disorders in cerebrovascular diseases.

Many interesting case reports on patients suffering from Fabry disease were presented and discussed. On the third day, there was a Joint Meeting of two Summer Schools (Summer Stroke School and Adriatic Summer Epilepsy School). It was held at the Island of Šipan and the intention was to point out common aspects of the two most common neurologic diseases.

Overall, it was a remarkable week of education giving us an opportunity to make new friendships with colleagues from all over the world. Besides the working part, the rich social program was offered to the Course participants. The participants were overwhelmed with the beautiful town of Dubrovnik and its surroundings, especially those visiting Dubrovnik for the first time. The great lectures, wonderful location and friendly atmosphere – what more can you wish for?

*Sonja Antić*

### **The 51<sup>st</sup> International Neuropsychiatric Pula Congress**

This year's remarkable congress with a very long tradition and international participation entitled The 51<sup>st</sup> International Neuropsychiatric Congress took place on June 15-18, 2011 in Pula, Republic of Croatia. The Congress was held under personal auspices of President of Republic of Croatia, His Excellency Professor Ivo Josipović. The Congress was organized by the South East European Society for Neurology and Psychiatry International Neuropsychiatric Pula Congresses Kuratorium, with Vida Demarin, Fellow of the Croatian Academy of Sciences and Arts, Professor of Neurology, Head of the University Department of Neurology, Sestre milosrdnice University Hospital in Zagreb, as Secretary General. Honorary President of the Kuratorium is Professor of Neurology (ret.) Boško Barac.

Last year, The Neuropsychiatric Pula Congress celebrated its 50<sup>th</sup> anniversary, and as it probably has the longest tradition in the fields of neurology and psychiatry, it is important to remember that its tradi-

tion started in 1961 as a rather small gathering of only some 60 neuropsychiatrists, mostly from Zagreb and Graz. The founders of these meetings are now founding honorary members of the Congress Kuratorium: H. Bertha, Graz; R. Lopašić, Zagreb; A. Rosenzweig, Zagreb; G. Grinschgl, Graz; P. Kartin, Ljubljana; H. Lechner, Graz; F. Marguth, Munich; N. Peršić, Zagreb; J. Ristić, Beograd; W. Scheid, Köln; and O. Stochdorf, Munich.

The aim of many scientists and specialists who took part in any of The Neuropsychiatric Pula Congresses is to promote and improve collaboration not only between neurology and psychiatry but also between countries in their closer and wider neighborhood. Over years, these meetings have grown into the largest scientific and professional event in this part of Europe, with eminent speakers and approximately 400 participants every year.

This year's academic lecture (Chronic cerebrospinal venous insufficiency (CCSVI); evidence and open questions) on behalf of Professor Zamboni was held by his close associate from Ferrara, Sandra Morović, who carried out and discussed some new and interest-