

BOOK REVIEW



SESTRE MILOSRDNICE UNIVERSITY HOSPITAL 155TH ANNIVERSARY 1846–2001, by Zvonko Kusić, Mladen Belicza, Vida Demarin, Tanja Sušec, Vesna Šerić, Zlatko Trkanjec, Đuro Vukosavić, editors. Sestre milosrdnice University Hospital, Zagreb 2001. ISBN 953-97282-7-49

This book (monograph) was published on the occasion of the 155th anniversary of the Sestre milosrdnice University Hospital. The leading idea was to present the plentiful and rich history of the University Hospital, which has been the leading medical institution in Croatia and in this region of Europe, along with the most important persons and activities during the 155 years of its existence as well as to present the Hospital in the present day.

Therefore the book is divided into several chapters beginning with a detailed review of the University Hos-

pital history and sketches from the Hospital life, followed by development of educational and scientific activities at the Sestre milosrdnice University Hospital. The next chapter illustrates the history of the University Hospital's journal *Acta Clinica Croatica*, followed by the chapters presenting computerization and nursing at the Sestre milosrdnice University Hospital. The following chapters present the University Hospital structure, and University Departments and Services of the Sestre milosrdnice University Hospital, along with a list of the Sestre milosrdnice University Hospital employees in 2001. The last chapter presents in short the celebration of the 155th Anniversary held on November 22, 2001. The book is bilingual, i.e. the text is presented in Croatian and in English.

In the first chapter, Zvonko Kusić presents in detail the fruitful history of the University Hospital beginning with January 1, 1846, when the Hospital was established at the convent of the Sisters of Charity of St. Vincent de Paul's order in Frankopanska Street, through the second location of the Hospital in Ilica Street where the Hospital was located from 1871, to the Hospital present location in Vinogradska Street, where the Hospital moved in 1894. Many important physicians have worked at the Hospital, being the most famous experts in medicine of the time in Croatia and in this part of Europe. The foundation of the School of Medicine at the University of Zagreb in 1917 is especially pointed out because several physicians working at the Hospital were founders of the Zagreb School of Medicine, its first deans and vice-deans. In addition, physicians working at the Hospital were founders and promoters of the Croatian Medical Association and some of them served as presidents of the Croatian Medical Association as well as Editors-in-Chief of *Liječnički vjesnik*.

During the 155-year history, abundant funny and sad occasions and interesting events occurred in the Hospital every day life. Some of them are presented in the second chapter: Sketches from the Hospital life are described by Zvonko Kusić, Mario Bošnjak and Tanja Sušec. This chapter is especially interesting because these sketches are usually not considered important to be recorded, but some-

times they even better describe the spirit of the time than formal history.

In the next chapter Vesna Šerić presents the development of educational activities at the Sestre milosrdnice University Hospital, pointing out that the University Hospital was founder of the Zagreb School of Medicine. Nowadays, the University Hospital has extensive activities in undergraduate, postgraduate, residency and continuous medical education, along with education at the School of Medicine, School of Dental Medicine, School of Pharmacy and Biochemistry, School of Education and Rehabilitation, Secondary School of Nursing, School of Midwifery and College of Nursing, Intercollegiate School of Social Work, School of Science, School of Electrical Engineering.

In the chapter entitled Scientific Activities at the Sestre milosrdnice University Hospital, Vida Demarin presents the history and present work of the Institute of Clinical Medicine Research founded at the University Hospital as well as recent scientific research projects undergoing at the University Hospital.

In the next chapter Tanja Sušec presents expansion of the journal *Acta Clinica Croatica* founded in 1962 at the Sestre milosrdnice University Hospital, back from its early days when it was a journal presenting only papers from the Hospital, to the present time when it has grown into a respected international journal.

Mladen Belicza presents development of computerization at the Sestre milosrdnice University Hospital, which began in 1975 and has developed to the present state when several University Departments have their own local area networks and the University Hospital is building a network connecting all departments, multimedia center and connection to Internet.

In the next chapter, Lidija Petrač, the University Hospital Head Nurse, presents the history and present state of nursing at the Sestre milosrdnice University Hospital, emphasizing that the Hospital was established by Sisters of Charity of St. Vincent de Paul's and therefore nursing has always had an important role in the Sestre milosrdnice University Hospital.

The next chapter presents the University Hospital organization, followed by an alphabetic list of all University Departments and Services of the Sestre milosrdnice University Hospital. All heads of University Departments and Services briefly present their own departments, followed by a list of the employees with university degrees and their E-mail addresses.

The alphabetic list of all employees in 2001 is found in the next chapter.

The last chapter presents central celebration of the 155th anniversary of the Sestre milosrdnice University Hospital, held on November 22, 2001.

Many illustrations and photos from the University Hospital history and present days enrich this valuable book. This book has a great value because it vividly illustrates the rich and famous history of the Sestre milosrdnice University Hospital. This book will be inevitable reading not only for all those who want to know more about the history and present state of the Sestre milosrdnice University Hospital, but also for all those who want to know more about the history and present position of medicine in the last 155 years in Zagreb, Croatia, and in this part of Europe.

Zlatko Trkanjec

NEWS

THE 8TH INTERNATIONAL CONFERENCE ON ALZHEIMER'S DISEASE AND RELATED DISORDERS

Stockholm, Sweden, July 20-25, 2002

The Eighth International Conference on Alzheimer's Disease and Related Disorders was held in Stockholm, Sweden, in July 2002. More than 3,700 researchers from 78 countries attended the Conference, which makes it the largest event of the kind ever held. As traditionally since 1998, this Conference was also hosted by the American Alzheimer's Association. Highlights of the Conference included reports on advances in the understanding of the basic biology of Alzheimer's and related disorders, developing treatment strategies, and new findings about vascular risk factors for dementia.

The Conference started with a half-day session exploring the quality of life in Alzheimer care. Different approaches in defining and measuring quality of life at different life stages from different cultural perspectives were presented. A number of studies presented in Stockholm have shown that the risk factors for heart disease and stroke, i.e. high blood pressure, high cholesterol, and high blood levels of the protein building block homocysteine, may also increase the risk of dementia. The research suggests that paying lifelong attention to healthy lifestyle may help decrease the risk of developing Alzheimer's disease later in life. In a longterm follow-up study including more than 1400 participants, Miia Kivipelto of the University of Kuopio, Finland, showed the risk of Alzheimer's disease associated with elevated cholesterol and blood pressure to appear to be greater than the risk associated with APOE-e4, a gene known to increase an individual's chances of developing late-onset Alzheimer's. This offers hope that controlling treatable risk factors may be an effective strategy in preventing the disease. Results from the largest study so far investigating the relationship between statins and Alzheimer's disease were also presented. In this study Robert Green and his group from the Boston University

School of Medicine in Massachusetts found a 39 percent lower risk of developing Alzheimer's in individuals taking statins to reduce cholesterol. Brain imaging was another hot topic at the Conference, which supports the continuing idea on the role of imaging methods as both a diagnostic and experimental tool. A number of presentations addressed aspects of the use of various imaging modalities to diagnose and to follow the course of Alzheimer's disease. A twelve-month longitudinal study of the disease progression using MRI was presented by Jonathan Chalk. According to this study, the rate of lateral ventricular and temporal lobe atrophy was not prominent, but the atrophy rate for the cerebrum in Alzheimer's disease was about six-fold



Fig. 1. Paula Hartman Stein (Center for Healthy Aging, Ohio, USA) and the author during Poster Session at the 8th International Conference on Alzheimer's Disease and Related Disorders in Stockholm.

that in controls. A method known as fluid-registered serial MRI was presented by Rachael Scahill, followed by an intriguing display of images based on the comparison of images taken from the same patient over a period of several months demonstrating areas of tissue loss (primarily in the temporal lobe) and tissue gain. Eric Reiman presented results of a study of fluoro-DG-PET to track progression of cognitive changes in ApoE4 patients before any evidence of the disease was present. Continuing previous

studies that showed a decreased glucose metabolism in the brain regions affected by the disease in middle-aged patients, the research has now been extended to young subjects from 20 to 39 years of age. Parietal, temporal and posterior cingulate regions showed a bilateral reduction in glucose metabolism of some 10 percent in Alzheimer's disease patients, which apparently preceded the occurrence of plaques and tangles. Further studies are required to estimate whether these metabolic changes are predictive of the disease risk. The role of PET as a diagnostic tool was discussed by Daniel Silverman. Research groups from the University of Pittsburgh School of Medicine in Pennsylvania, the Massachusetts General Hospital in Boston, and the Uppsala University PET Center and Karolinska Institute of Sweden reported on a small study in which they had used an investigational compound to generate images that may show the presence of amyloid plaques in the brains of people living with Alzheimer's disease, which could previously be identified only postmortem. However, it appears that no consensus on the utility of PET for diagnostic purposes has yet been established. A number of therapeutic strategies were discussed, with accent on the new generation of cholinesterase inhibitors and antipsychotics. The assumption that Alzheimer's disease is primarily a disease of amyloid has led to the most innovative idea to immunize patients with fibrillary amyloid that is thought to be the major component of senile plaques. This idea attracted significant attention although a previous study based on a similar strategy failed due to either undesired side effects of the immunization protocol or to

unfavorable consequences as the result of successful plaque clearance. Numerous studies on other diseases that cause dementia were also presented. Julie Snowden from the Greater Manchester Neuroscience Centre in the United Kingdom presented a study that explored diagnostic possibilities of cognitive tests used to distinguish people with Alzheimer's from those with frontotemporal dementia. Although participants with either disorder may have similar scores on various cognitive tests, characteristic significant differences in cognitive performance were found to be diagnostically important.

Croatian attendees had two successful presentations during poster sessions. University Department of Neurology and Clinical Institute of Chemistry, Sestre milosrdnice University Hospital, Zagreb, presented a study on the genetic polymorphism of APOE, MTHFR and PON1 genes in Alzheimer patients, whereas a case of iatrogenic Creutzfeldt-Jacob disease acquired by liophilized dura mater graft was jointly presented by the Institute of Medical Research and Occupational Health and University Department of Neurosurgery, Zagreb University Hospital Center, Zagreb.

The Conference was altogether a great success. Enormous interest of researchers and the number of topics included showed that "the race against time continues". As progress in one narrow field of research often contributes to advances in others, there is no doubt that until the next Conference to be held in Philadelphia, USA, in 2004, many mysteries will be successfully solved.

Irena Martinović-Popović

WHERE ARE WE IN NEUROLOGY IN 2000? – EVIDENCE BASED MEDICINE

Zagreb, Croatia, December 6, 2002



KLINIKA ZA NEUROLOGIJU
KB SESTRE MILOSRDNICE – REFERENTNI CENTAR ZA
NEUROVASKULARNE BOLESTI
MINISTARSTVA ZDRAVSTVA
REPUBLIKE HRVATSKE

organizira simpozij

GDJE SMO U NEUROLOGIJI 2002?

Medicina temeljena na dokazima

u Velikoj dvorani Hrvatskog liječničkog zbora
Šubićeva 9, Zagreb

u petak, 6. prosinca 2002. godine

The University Department of Neurology, Sestre milosrdnice University Hospital, Reference Center for Neurovascular Disorders of the Croatian Ministry of Health, organized a conference entitled **Where Are We in Neurology 2002? – Evidence Based Medicine**, on December 6, 2002, in the Main Lecture Hall of the Croatian Medical Association. More than 200 participants at-

tended the conference, having filled the Hall and other rooms of the Croatian Medical Association.

The conference began at 9.00 a.m. with opening lecture delivered by Professor Vida Demarin, who explained that during and after the Decade of the Brain (1990-2000) numerous new data, facts, breakthroughs and insights were gathered in the field of neuroscience and neurology, making the neuroscience and neurology the most propulsive field of medicine. In the last years, the concept of Evidence Based Medicine (EBM) is getting ever more importance in medicine. Neurology is not an exception. Therefore, in the last years numerous new treatments and therapeutic options have emerged in neurology, most of them being evidence based. Since major breakthroughs have occurred in practically every field of neurology, it has become almost impossible to keep an eye on recent developments in all fields of neurology. The University Department of Neurology, Sestre milosrdnice University Hospital, has understood the need to gather all recent developments in neurology and has decided to organize this conference in order to present new insights in the various fields of neurology. At the end of her lecture, Professor Demarin presented in short the major activities of the University Department of Neurology, Sestre milosrdnice University Hospital in 2002.

After opening lecture, Vesna Vargek-Solter presented a lecture on the new insights in therapy of stroke, stressing the need to organize stroke units and to introduce thrombolytic therapy in the first three hours of the onset of ischemic stroke. Then Professor Demarin gave a lecture on the prevention of stroke presenting data from large, randomized, double blind, placebo controlled clinical trials emphasizing that stroke can be prevented.

Nevenka Blažić-Čop presented a lecture on dementia – a growing diagnostic and therapeutic problem pointing out that dementia is one of the leading causes of morbidity with a rising incidence in industrialized countries. After that, Snježana Miškov gave a lecture on an everlasting challenge – the treatment of epilepsy, presenting new drugs available for therapy of epilepsy and discussing the use of antiepileptic drugs in female patients.

After a short coffee break, Professor Demarin gave a lecture on the new possibilities in the treatment of migraine, presenting new drugs now available for therapy of migraine, especially triptans. Professor Slava Podobnik-Šarkanji presented a lecture on the treatment of multiple sclerosis, a disease with a thousand faces, emphasizing the role of beta interferons. Assist. Professor Zlatko Trkanjec gave a lecture on how to treat Parkinson's disease, present-

ing both newer and older therapeutic approaches to Parkinson's disease therapy. And the last but not the least, Assist. Professor Vesna Šerić gave a lecture on the rehabilitation of neurology patients, an often neglected area, stressing the urgent need to incorporate new modalities of neurorehabilitation in daily practice in order to gain the best possible functional recovery in every patient.

The lectures were continued by interesting and productive discussion when the lecturers answered questions from the audience. At the end of the conference, Profes-

sor Vida Demarin expressed thanks to all participants who attended the conference, emphasizing that many participants pointed to the need of such conferences, and that the University Department of Neurology Sestre milosrdnice University Hospital, would consider organization of similar conferences at the end of every year to come.

Upon formal discussion held at the end of the conference, more informal discussion was continued during the cocktail organized at the Croatian Medical Association club.

Zlatko Trkanjec

PROMOTION OF THE SESTRE MILOSRDNICE UNIVERSITY HOSPITAL 155TH ANNIVERSARY 1846 – 2001 MONOGRAPH

Zagreb, Croatia, December 19, 2002

Presentation of the Sestre milosrdnice University Hospital 155th Anniversary 1846 – 2001 monograph took place at the newly renovated multimedia center of the Sestre milosrdnice University Hospital on December 19, 2002. More than 200 honoured guests attended the promotion, among them: Professor Zdravko Jelenović, Advisor of President of Republic of Croatia, Professor Ante Bilić, MD, Ph. D., Deputy Minister of Health, professor Ivica Kostović, MD, Ph. D., Vice President of Croatian Parliament, Academician Ivo Padovan, President of Croatian Academy of Sciences and Arts, Academician Milan Moguš, Vice President of Croatian Academy of Sciences and Arts, Academician Ivo Šlaus, Member of Croatian Parliament and member of Governing Board of Sestre milosrdnice University Hospital, Ms Vesna Podlipec, Member of Croatian Parliament, Ms Ljubica Đukanović, Manager of Croatian In-

stitute for Health Insurance, Ms Morana Bliković Gruden, Vice president of City of Zagreb Assembly Professor Boris Labar, MD, Ph. D., Dean of School of Medicine, University of Zagreb, Professor Vlado Carek, MD, Ph. D., Dean of School of Dental Medicine, University of Zagreb, Ms Tatjana Holjevac, Deputy Minister of Transport and Communication, Zvonimir Marić, MD, Ph. D., Deputy Minister of Science and Technology, professor Slobodan Vukičević, MD, Ph., D. President of National Bioethic Committee for Medicine, Josip Čulig, MD, Ph. D., President of Governing Board of Sestre milosrdnice University Hospital, Kornelije Brkić, MD, colonel, Head of Medical Corps of Croatian Army and Blaga Bunčuga, Mother Superior of Sisters of Charity of St. Vincent de Paul's order

Academician Zvonko Kusić, Director of the Sestre milosrdnice University Hospital, opened the ceremony with his welcome address. Then, reviewers of the monograph, academician Marko Šarić and Professor Slobodan Vukičević, presented their view of the monograph. Executive editor of the monograph, Mario Bošnjak, spoke about the process of collecting the manuscripts, documents and photos, and making the book.



Then, academician Zvonko Kusić presented the monograph. In the beginning of his speech he pointed out why this book was published and explained why the book needed to be bilingual, in Croatian and in English. Then he expressed his thanks to the monograph reviewers, academician Marko Šarić and Professor Slobodan Vukičević; editors Zvonko Kusić, Mladen Belicza, Vida Demarin, Tanja Sušec, Vesna Šerić, Zlatko Trkanjec and Đuro Vukosavić;

executive editor Mario Bošnjak; technical editor and coordinator Mate Roso; graphic editor Fadil Vejzović; technical editor Darko Žarković; translator and language editor Antonija Redovniković; publisher Birotisak; and to heads of all University Departments and services of the Sestre milosrdnice University Hospital for their valuable contribution to the monograph. During his speech in which he shortly presented the monograph, pictures and text of

the monograph were projected by LCD projector, so all guests could see the reference parts of the monograph. Zvonko Kusić especially pointed out the fact that many physicians working at the Hospital were pioneers of the Croatian medicine, such as Ivan Kosirnik, pioneer of internal medicine; Teodor Wickerhauser, pioneer and 'father' of Croatian surgery; Dragutin Mašek, the Knight of Bosnadol, pioneer of otorhinolaryngology; Kurt Hühn, pioneer of radiotherapy; Aleksandar Blašković, pioneer of urology; Franjo Durst, pioneer of gynecology; and Radovan Marković, pioneer of pediatrics. Physicians from the Sestre milosrdnice Hospital played an important role in the founding of the Zagreb School of Medicine. Miroslav Čačković, Teodor Wickerhauser and Dragutin Mašek were appointed first professors at the newly founded Zagreb School of Medicine in 1917; Miroslav Čačković was appointed first dean and Dragutin Mašek vice-dean of the Zagreb School of Medicine. Many recognized and famous persons from the Croatian history were treated at the

Hospital, among them Antun Gustav Matoš, Tin Ujević, Miroslav Krleža and Ranko Marinković. Zvonko Kusić explained that all those who are still working at the University Hospital had not been specially mentioned in the brief description of 155 years of the Hospital history. At the end of his speech he showed the project of the University Hospital future development. The project, designed by Professor Branko Kincl and his team, plans to gather all hospital departments around new buildings of internal medicine and otorhinolaryngology in a functional and compact complex. This project is planned to develop gradually and the work at the hospital will not be interrupted. With this vision, Zvonko Kusić finished his speech. After this speech copies of the monograph were distributed to all guests.

At the end of the presentation, all guests were invited to a cocktail organized in front of the Multimedia Center

Zlatko Trkanjec



Sestre milosrdnice



University Hospital

HISTORICAL REVIEW



Dr. Ivan Kosirnik was one of the most famous physicians in the old Zagreb at the end of the 19th and at the beginning of the 20th century. He was born in Celje and graduated from medical school in Graz. He was very active as a physician and sportsman, and served a number of professional appointments, i.e. district medical officer; president of the health council; principal physician and vice-president of Red Cross; physician of the volunteer fire department; physician of the veterinarian society; and as an active gymnast, one of the founders of the Croatian

Falcon, Croatian Mountaineering Club and Croatian Skating Club. All these quite demanding social functions did by no means prevent Dr. Kosirnik from serving successfully a number of responsible functions at our Hospital, where he was one of the most popular physicians among patients.

Dr. Ivan Kosirnik arrived in the Hospital in 1878, where he was Head Doctor and head of the Medical Department from 1883, and head of the Hospital from 1895. Until 1913, he was president of the Croatian Medical Association, when he was succeeded by Dragutin Mašek, our renowned otorhinolaryngologist and one of the first professors and founders of the Zagreb School of Medicine.

Dr. Kosirnik prepared and translated the following books: *First Aid in Emergencies* by Esmarch and *Hygiene or Health Science for School and Home* by Eydam.

While headed by Kosirnik, our Hospital grew from a small municipal hospital into the then most leading medical institution in the region. The Hospital has been working at the present location since 1894. A series of notes published in *Liječnički vjesnik* have been dedicated to Dr. Ivan Kosirnik, our beloved fellow and municipal physician^{1,2}.

In 1929, a street in Zagreb was named after Ivan Kosirnik. It is a street continuing the Vnogradska street, which had until then been known as Jelen dol – Jelencvac.

References

1. Liječn. Vjestn. 1903;25:104-5, 228-9.
2. Liječn. Vjestn. 1913;35:74-5.

INTERNET GUIDANCE

The Canadians have designed an excellent website on palliative care. According to their definition, it is a collection of various links dealing with palliative care on the Internet.

<http://palliative.info>

Although many are familiar with popular web pages containing all data on Nobel Prize winners, prepared by the Nobel Prize Foundation, this is to draw attention of those visiting this base that in addition to interesting biographical and other articles on Nobel Prize winners, the pages on "Nobel Symposia – Physiology or Medicine" are worthy of visiting, as they contain information on most successful symposia since 1990, their contents, etc.

<http://www.nobel.se/medicine>

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INSTRUCTIONS TO AUTHORS

AIM AND SCOPE

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The text of manuscript should be divided into sections: Title page, Abstract and Key words, Introduction, Methods, Results, Discussion, Acknowledgment, References, Tables, Legends and Figures.

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The title page should carry: the title of the article (which should be concise but informative) and a short running title of the manuscript; full name of author(s), with academic degree(s) and institutional affiliation; the name and address of the author responsible for correspondence about the manuscript including his/her E-mail address.

Abstract and Key Words

The second page should carry an abstract (of no more than 250 words). The abstract should state the purposes of the study or investigation, basic procedures, main findings, and the principal conclusions. It should emphasize new and important aspects of the study or observations. Below the abstract authors should provide 3 to 10 key words or short phrases that will assist indexers in cross-indexing the article and may be published with the abstract. Terms from the Medical Subject Headings (MeSH) list of Index Medicus should be used for key words.

Introduction

State the purpose of the article and summarize the rationale for the study or observation. Give only strictly relevant references and do not include data or conclusions from the work being reported.

Methods

Describe selection and identify all important characteristics of the observational or experimental subjects or laboratory animals clearly. Specify carefully what the descriptors mean, and explain how the data were collected. Identify the methods, apparatus with the manufacturer's name and address in parentheses, and procedures in sufficient detail to allow other workers to reproduce the results. Provide references to established methods and statistical methods used. Describe new or substantially modified methods, give reasons for using them, and evaluate their limitations. Identify precisely all drugs and chemicals used. Use only generic name of drugs. All measurements should be expressed in SI units.

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Papers dealing with experiments on human subjects should clearly indicate that the procedures followed were in accordance with the ethical standards of the institutional or regional responsible committee on human experimentation and with the Helsinki Declaration of 1975, as revised in 1983. Never use patients' names, initials, or hospital numbers, especially in illustrative material. Papers dealing with experiments on animals should indicate that the institution's or a national research council's guide for the care and use of laboratory animals was followed.

Statistics

Describe statistical methods with enough detail to enable a knowledgeable reader with access to the original data to verify the reported results. Whenever possible, quantify findings and present them with appropriate indicators of measurement error or uncertainty. Specify any general-use computer programs used.

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Present your results in logical sequence in the text, tables, and illustrations. Do not repeat in the text all the data in the tables or illustrations; emphasize or summarize only important observations.

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Abbreviations

Use only standard abbreviations. The full term for which an abbreviation stands should precede its first use in the text unless it is a standard unit of measurement.

Acknowledgments

List all contributors who do not meet the criteria for authorship, such as a person who provided purely technical help, writing assistance, or a department chair who provided only general support. Financial and material support should also be acknowledged.

References

References should be numbered consecutively in the order in which they are first mentioned in the text. Identify references in text, tables, and legends by Arabic numerals in superscript.

References should be cited in the style based on the formats used by the Index Medicus. The titles of journals should be abbreviated according to the style used in Index Medicus (<http://www.nlm.nih.gov>).

References to papers accepted but not yet published should be designated as "in press". Authors should obtain written permission to cite such papers as well as verification that they have been accepted for publication.

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EXAMPLES OF REFERENCE CITATIONS

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EUROPEAN SOCIETY OF PATHOLOGY ACADEMY OF MEDICAL SCIENCES OF CROATIA
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June 6-7, 2003

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Dermatopathology

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