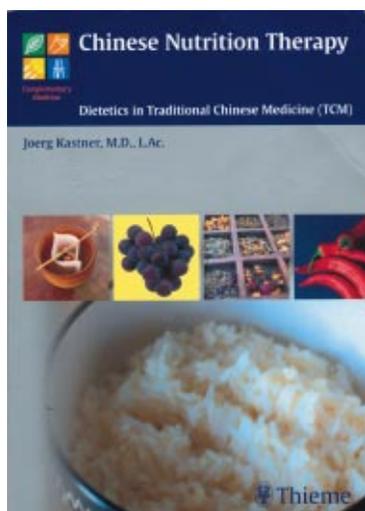


## BOOK REVIEW



***CHINESE NUTRITION THERAPY: DIETETICS IN TRADITIONAL CHINESE MEDICINE,***  
 by Jorg Kestner. Ersch-J, 2004, 264 pages;  
 price 39.95 EUR (Germany).  
 ISBN 3-13-130961-X

Based on the 3000-year-old tradition in China, emphasizing the holistic approach throughout Chinese Nutrition Therapy as one of the pillars of Traditional Chinese Medicine (TCM), this book teaches us that appropriate diet is an integral part of maintaining good health and healing disorders. As opposed to Western nutritional therapy, a relatively young science which applies primarily quantitative criteria to food, TCM deals with qualitative, energy aspects of food, based on the term *Qi* or life energy. The first chapter gives a brief historical description and expla-

nation of the basis of TCM. Sufficient and freely coursing *Qi* signifies vitality and health, whereas *Qi* vacuity lowers overall quality of life and favors development of diseases. The fact that body can gather *Qi* from food plays a key role in TCM. Part of the first chapter deals with methodology of nutritional therapy, qualitative holistic approaches, and illustrates how thermal nature (hot, warm, neutral, cool, cold), flavors (sweet, acrid, sour, bitter, salty) and medicinal herbs influence the body. Chapter 2 shows dietary concept of healthy eating habits and eating in harmony with seasonal and constitutional factors. In chapter 3, part A quite much is said about general applications of TCM therapy, while applications in most important pathologic processes are addressed in part B. Chapter 4 provides detailed information on the nature and use of “western food”. Chapter 5, entitled Analogy of Western Diagnoses with Syndromes in TCM, gives a number of clinical examples in order to establish a bridge to the Chinese syndrome diagnosis. Respiratory tract, cardiovascular and gastrointestinal through skin and urogenital disorders, briefly, numerous conditions are mentioned with the aim to encourage western practitioners to combine “western and eastern thinking”. However, not a single form of treatment should ever take place without prior consultation with the respective physician. For the reader in a hurry, chapter 6 provides charts of the most commonly used foods grouped according to organ network. The book ends up with a glossary providing definitions of English terms most frequently used, with their Chinese translation. Written in a very readable style, this book represents an essential reference for students and practitioners of TCM as well as for nutritionists, dietitians, physicians and all those interested in living a long and healthy life.

*Mislav Budišić*



## NEWS

Multimedijски centar KB "Sestre milosrdnice"  
Vinogradska 29, Zagreb

# KRIŽOBOLJA

## MINI SIMPOZIJ

5. listopada 2004.

Voditelj: Prof. dr. sc. Zrinka Jajić

**PROGRAM**

09:00-09:15	Otvoravanje simpozija	10:30-11:30	Prezentacija knjige "Kronična zdjeljasta bol u ženi" profesora Ivo Jajića i suradnika
09:15-09:30	Prof. dr. sc. Zrinka Jajić: Križobolja u upalnim reumatskim bolestima		
09:30-09:45	Prof. dr. sc. Marko Duvnjak: Upalna crijevna bolest		
09:45-10:00	Prof. dr. sc. Zoravko Mandić: Ostre manifestacije upalnih reumatskih bolesti: Inicijacije		
10:00-10:15	Dr. Tomislav Nemčić: Aktivno ublažavanje bolovanja u liječenju - znanaj Hrvatske lige protiv reumatizma	11:30-12:00	Okupljanje u organizaciji Biskupije

Simpozij će se održavati od 10:00-12:00

**ORGANIZATORI**

- Hrvatski nacionalni odbor Decade zdravstvene organizacije "Decade of Bone and Joint Diseases" 1. listopada 2004-2017
- Hrvatski sportski savez
- Hrvatsko reumatološko društvo
- Klinički bolnica "Sestre milosrdnice" Referentni centar za upalne reumatske bolesti
- Hrvatska liga protiv reumatizma

## The First Croatian Low Back Pain Day

The First Croatian Low Back Pain Day was held on October 5, 2004 in Multimedia Center, Sestre milosrdnice University Hospital, Zagreb, as part of the World Health Organization (WHO) Project entitled Decade of Bone and Joint Diseases. The meeting was organized by the Croatian National Committee on the Project, Croatian Medical Association, Croatian Society of Rheumatology, Sestre milosrdnice University Hospital, Reference Center for Inflammatory Rheumatic Diseases of the Ministry of Health and Social Welfare of the Republic of Croatia, and Croatian League Against Rheumatism.

The activities of The First Croatian Low Back Pain Day, led by Professor Zrinka Jajić, consisted of the Low Back Pain Symposium, presentation of the book Chronic Pelvic Pain in Women by Professor Ivo Jajić and coworkers, and activities of the Croatian League Against Rheumatism designed for patients.

During the opening ceremony, Professor Marko Pećina, member of the Academy of Medical Sciences of Croatia and president of the Croatian National Committee of the WHO project Decade of Bone and Joint Diseases, pointed to the significance of the musculoskeletal diseases in the society and to their ever growing incidence in Croatia as well as worldwide. Professor Jadranka Morović-Vergles presented current activities of the Croatian National Committee. Professor Božidar Ćurković, president of the Croatian Society of Rheumatology, warned all participants of the significance of low back pain, especially as it is one of the leading causes of absenteeism. Assist. Professor Radoslav Herman, head of Sestre milosrdnice University Hospital, expressed gratitude to the Croatian National Committee of the WHO Project for choosing our hospital to host the First Croatian Low Back Pain Day.

The Low Back Pain Symposium led by Professor Zrinka Jajić addressed the issue of inflammatory low back pain by an interdisciplinary approach, i.e. from the aspect of rheumatology, ophthalmology and gastroenterology. In her lecture on the latest achievements in spondyloarthritis (ankylosing spondylitis, psoriatic arthritis, reactive arthritis, entheropathic spondylitis), Professor Zrinka Jajić gave us an important message about the importance of early diagnosis of inflammatory low back pain. She also presented new treatment options for spondyloarthritis, including biologic therapies such as anti-tumor necrosis factor (TNF) therapy, which seems to be highly efficacious in these patients, even exceeding that recorded in rheumatoid arthritis, along with latest results from the main clinical researches relevant for it.

Professor Marko Duvnjak, head of the Department of Gastroenterology and Hepatology, presented the issue of inflammatory bowel disease as a possible manifestation of



spondyloarthritides and his own experience with TNF- $\alpha$  blockers in their treatment.

Professor Zdravko Mandić, head of the Department of Ophthalmology and president of the Croatian Society of Ophthalmology, delivered a lecture on ocular manifestations in patients with inflammatory diseases of the spine.

Tomislav Nemčić, M.D., president of the Croatian League Against Rheumatism, gave a lecture on the League activities and active participation of patients in their treatment since the League foundation by Professor Ivo Jajić at the Department of Rheumatology, Physical Medicine and Rehabilitation, and Reference Center for Inflammatory Rheumatic Diseases, Sestre milosrdnice University Hospital.

The Symposium allowed our medicine to get closer to the use of TNF- $\alpha$  blockers in patients with spondyloarthritides, which have been shown to be very efficient in these patients according to the results of many clinical investigations.

Presentation of the book *Chronic Pelvic Pain in Women* by Professor Ivo Jajić and coworkers, published by Medicinska naklada, was led by Ms. Anđa Raič, B.A. Re-



viewers of this interesting book, the first of the kind in our medical literature, with a multidisciplinary approach to chronic pelvic pain in women, are Professor Krešimir Koržinek and Professor Vlastimir Kukura.

Guided by the Latin proverb, "*De omni re scibili et quibusdam aliis*", Professor Ivo Jajić addressed the participants and stated that the textbook was the result of long and successful cooperation with our distinguished physicians, Professors Vida Demarin, Marko Duvnjak, Goran Grubišić and Zrinka Jajić; Ante Reljić, M.D., M.S.; Ivan Mikula, M.D., Ph.D.; Tajana Pavić, M.D.; and Frane Grubišić, M.D.

Activities of the Croatian League Against Rheumatism designed for patients consisted of lectures on clinical manifestations and therapeutic approach in patients with inflammatory low back pain and presentation of the



League publishing activities on patient education. The lecturers were Simeon Grazio, M.D., Ph.D., and Frane Grubišić, M.D.

High quality lectures, large number of participants, wealthy contents of The First Croatian Low Back Pain Day as part of the WHO Project Decade of Bone and Joint Diseases, the media support and positive response from both the organizers and participants made it a successful meeting organized in accordance with the European League Against Rheumatism instructions.

The content of all activities presented during The First Croatian Low Back Pain Day is available at the Sestre milosrdnice University Hospital web site: [www.kbsm.hr](http://www.kbsm.hr).

*Zrinka Jajić*

## Second Congress of Croatian Society for Neurovascular Disorders of Croatian Medical Association, October 14<sup>th</sup> -16<sup>th</sup>, 2004, Zagreb

The Second Congress of Croatian Society for Neurovascular Disorders of Croatian Medical Association with international participation was held in Zagreb from October 14<sup>th</sup> -16<sup>th</sup>, under the auspice of Professor Andrija Hebrang, MD, Ph.D. vice-president of Government of Croatia and Minister of Health and Social Welfare.

Coorganizer was University Department of Neurology at University Hospital "Sestre milosrdnice", Reference Center for Neurovascular Disorders of Croatian Ministry of Health. The Congress was supported by Central and East European Stroke Society and Mediterranean Stroke Society.

In her opening words, Professor Vida Demarin, MD, Ph.D., Head of University Department of Neurology at University Hospital "Sestre milosrdnice" greeted all participants and pointed out that great progress was made in prevention, diagnosis and therapy of neurovascular diseases during the past decade. Although genetic factors play an important role in genesis of neurovascular diseases, today inflammation and its consequences capture most attention. Improved diagnostic methods allow better insight into brain circulation and other brain structures.

Professor Vida Demarin, MD, Ph.D., pointed out the need for establishment of larger number of stroke units in Croatia. This kind of treatment greatly reduces mortality and invalidity after stroke. A turnover in stroke treatment occurred recently in Croatia when we started treating stroke patients by giving recombinant tissue plasminogen activator (rt-PA) within the first three hours following the onset of stroke. Despite great advances in stroke therapy, neurorehabilitation stays irreplaceable for quality life improvement after stroke.

On this occasion participants were also greeted by Associate Professor Miaden Perić, MD, Ph.D., on behalf of hospital director of University hospital "Sestre Milosrdnice", Professor Dubravko Orlić, MD, Ph.D., president of Croatian Medical Association, Prim. Hrvoje Minigo, MD, Ph.D., Academician Professor Zvonko Kusić, MD, Ph.D., President of the Department of Medical Sciences at Croatian Academy of Sciences and Arts, Zvonimir Šostar, M.D. Head of the City Office for Health, Labour and Social Welfare.

Deputy City Mayor Milan Bandić gave support to establishment of stroke units in Zagreb and Croatia while mentioning his own experience in stroke therapy.

On behalf of Congress' auspician Professor Božikov, MD, Ph.D., Secretary at the Department of Medical Sciences at Croatian Academy of Sciences and Arts stated that stroke is one of main health, as well as social problems in Croatia and said that such meetings are supported by Croatian Ministry of Health and Social Welfare. He declared the Congress officially open.

Main themes of the Congress were: epidemiology of stroke, stroke risk factors, prevention of stroke, clinical aspects of stroke, stroke diagnosis, rehabilitation after stroke, vascular dementia and depression and stroke.

Professional parts of the Congress took part in groups according to main themes. On the first day chairmen were Professor Vida Demarin, MD, Ph.D., and Associate Professor Dragutin Kadojić, MD, Ph.D. The main theme was stroke epidemiology, association of neurotransmitters with stroke and stroke risk factors. In the afternoon section chairmen were Professor Zlatko Trkanjec, MD, Ph.D. and Professor Boško Barac, MD, Ph.D. and themes were neurosonology methods in stroke diagnosis and possibilities of neuroimaging in stroke diagnosis.

On the second day chairmen were Professor No Lušić, MD, Ph.D. and Associate Professor Vesna Vargek-Solter, MD, Ph.D. Main themes were roles of stroke units, anti-hypertensive therapy in patients with stroke, neurosurgical and surgical methods in therapy of cerebrovascular diseases. In the afternoon section chairmen were Associate Professor Tomislav Babić, MD, Ph.D. and Associate Professor Anđelko Vrca, MD, Ph.D. Through their lectures they spoke about association of migraine with stroke, epilepsy as a consequence of stroke, vascular dementia and depression associated with stroke.

A symposium was organized on the second day: The Approach In Providing Care for Stroke Patients. The symposium was held by head nurses Lenka Kopačević and Štefanija Požgaj. Society of nurses in neurology was established at the end of the symposium.

On the last day, chairmen were Prim. Dr. sc. Nevenka Čop-Blažić, MD, Ph.D. and Professor Ksenija Wilhelm, MD, Ph.D. and the day was dedicated to neurorehabilitation of patients with stroke.

At the end of the Congress the group proposed 15 conclusions which were unanimously accepted:

1. Raise consciousness about stroke among health care workers and general population
2. Spread awareness that stroke is an urgent medical condition which deserves emergency transport to a facility that offers adequate care

3. Promote preventive actions in primary as well as secondary prevention
4. Organize Stroke units in all Croatian hospitals
5. Secure quality control of patient care in Stroke units
6. Connect Stroke units (telemedicine)
7. Provide control of work quality in Stroke units
8. Advance diagnosis and therapy of neurovascular diseases
9. Begin applying rt-PA in therapy of acute stroke within first three hours after onset of stroke considering existing recommendations
10. Enable adequate neurorehabilitation to all patients with stroke
11. Ensure quality control of neurorehabilitation after stroke
12. Inspire research of neurovascular diseases
13. Organize and support all kinds of professional education
14. Support cooperation with associations of similar interests
15. Provide support from local and national political structures for carrying out mentioned decisions

At the end of the Congress election meeting of Croatian Society for Neurovascular Disorders was held and current leaders were unanimously chosen for one more four-year mandate. It was decided due to scientific advancements in the field of neurovascular diseases that Congresses are to be held every two years. The next Congress will be held in 2006.

About two hundred participants from different parts of Croatia attended the Congress. Apart from rich professional and scientific happenings, social gatherings were organized as well. On Thursday, October 14<sup>th</sup> at 8 p.m. a gathering was arranged at Dverce Palace by Vlasta Pavić, mayor of Zagreb. On the second day of Congress a theatre show "Life x 3" was organized by a theatre "Mala Scena".

*Sandra Morović*

## HISTORICAL REVIEW

One hundred years have elapsed since the foundation of Pediatric Department at our Hospital; it was the first pediatric department in Croatia. The Department was established and headed until 1920 by Dr. Radovan Marković, the first Croatian pediatrician who had specialized Pediatrics at St. Anna Children's Hospital in Vienna. Dr. Marković was a physician, author to popular and professional medical publications, Editor of *Liječnički vjesnik*, member of the Croatian Parliament, and Health Care Commissioner after World War II.

Department of Pediatrics had witnessed a long and painstaking way with great efforts and self-denial of its professionals to help the children, the casualties of war, malnutrition and disease during World Wars I and II. Until 1925, the children affected with infectious diseases were also treated at the Department. In 1954, the first Croatian preterm unit was established at the Department, equipped with the first incubators to treat children from

all over Croatia as well as from the neighboring Bosnia and Herzegovina. In 1971, Department of Pediatrics grew into University Department of Pediatrics of the Zagreb University School of Dental Medicine, and in 1981 of School of Medicine.

In 2002, unfortunately, the University Department of Pediatrics was completely destroyed by fire. Its reconstruction took two years, during which period the patients were accommodated at other Hospital departments and University Department of Pediatrics worked without interruption in spite of all problems and difficulties.

The reconstructed premises of the University Department of Pediatrics were opened on November 22, 2004, on the 100<sup>th</sup> anniversary of its existence as an institution, with all the best wishes to successfully treat their little patients for the next 100 years, with all hard times and accidents to be left behind.

*Tanja Sušec*



*In 1904, Department of Pediatrics was located in this building.*

## INTERNET GUIDANCE

Currently there are at least twenty web sites containing data on prostate cancer. It is no surprise considering the fact that prostate cancer is the second (immediately following skin cancer) leading cause of cancer in men.

As not all these can be listed here, we have depicted one of them, «prostateline.com», which is specifically designed, starting with the introductory pages for professionals, i.e. physicians, followed by those intended for patients, both being appropriately interconnected.

The pages intended for physicians contain Image Library and Image Atlas sections, providing excellent links to other related bases. The pages are financially supported by the AstraZeneca pharmaceutical industry, thus including all relevant data on their drugs for prostate cancer. In order to show their objectivity, however, there is the Expert Views section bringing contributions by independent professionals on prostate cancer.

Another pages informing physicians on patient leaflets, which will certainly help the former provide the latter with more appropriate, clear and successful advice, also appear to deserve mentioning:

<http://hcp.prostateline.com>

Biological safety, environmental program, nature conservation, Carthaginian Protocol, genetically modified organisms and food obtained from these organisms, all are serious topics that should be of major interest for the Croatian population at large. Therefore, the Croatian Institute of Nature Conservation

<http://dzzp.hr>

has launched a project entitled Development of the National Biological Safety Framework in the Republic of Croatia; information at:

<http://www.gmo.hr>

The Carthaginian Protocol addressing biological safety worldwide can be reached at:

<http://www.biodiv.org/biosafety>

*Tanja Sušec*

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## SUBMITTING OF A MANUSCRIPT

All manuscripts should be written in English. Instructions to authors are in accordance with the text: International Committee of Medical Journal Editors. Uniform requirements for manuscripts submitted to biomedical journals. *N Engl J Med* 1997; 336:309-15., and with Instructions to authors that can be found on web page: <http://www.icmje.org>.

Submit manuscript in triplicate accompanied by a manuscript on a disk: floppy disk (3.5-inch, 1.44 MB, IBM formatted), or compact disk – CD in generally used word processing formats (MS-Word for Windows is preferred, although manuscripts prepared using any other IBM-compatible word-processor are acceptable) to:

Editorial Office, Acta Clinica Croatica, Sestre milosrdnice University Hospital, Vinogradska 29, HR-10 000 Zagreb, Croatia.

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All persons designated as authors should qualify for authorship, and all those who qualify should be listed. Each author should have participated sufficiently in the work to take public responsibility for appropriate portions of the content. All others who contributed to the work who are not authors should be named in the Acknowledgments. All authors should take responsibility for the integrity of the whole work, from inception to published article. Manuscripts should be accompanied by a covering letter signed by all authors including a statement that the manuscript has not been published or submitted for publishing elsewhere, a statement that the manuscript has been read and approved by all the authors, and a statement about any financial or other conflict of interest. A statement of copyright transfer to the journal must accompany the manuscript.

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Type or print out the manuscript on white bond paper ISO A4 (212 × 297 mm), with margins of 35 mm. Type or print on only one side of the paper. Use double spacing throughout, including the title page, abstract, text, acknowledgments, references, individual tables, and legends. Number pages consecutively, beginning with the title page. Put the page number in the lower right-hand corner of each page.

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 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.

## Ethics

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.

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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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Emphasize the new and important aspects of the study and the conclusions that follow from them. Do not repeat in detail data or other material given in the Introduction or the Results section. Include in the Discussion section the implications of the findings and their limitations, including implications for future research, but avoid unqualified statements and conclusions not completely supported by the data. Relate the observations from your study to other relevant studies. State new hypotheses when warranted, but clearly label them as such.

## Tables

Type or print out each table with double spacing on a separate sheet of paper. Do not submit tables as photographs. Number tables consecutively in the order of their first citation in the text and supply a brief title for each. Give each column a short heading.

## Figures

Figures and illustrations should be professionally drawn and photographed. Make sure that letters, numbers, and symbols should be legible even when reduced in size for publication. Each figure should have a label pasted on its back indicating the number of the figure, author's name, and top of the figure. Figures should be numbered consecutively according to the order in which they have been first cited in the text. If

photographs of people are used, either the subjects must not be identifiable or their pictures must be accompanied by written permission to use the photograph. All illustrations and figures could be submitted on disks: floppy disk (3.5-inch, 1.44 MB, IBM formatted), or compact disk – CD in appropriate, generally used picture formats. The preferred formats are JPEG and TIFF, although any format in general use that is not application-specific is acceptable. Make sure that minimum resolution should be 300 dpi. Up to two color illustrations are acceptable for each manuscript free of charge.

#### 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.

Examples of reference citations are listed.

### EXAMPLES OF REFERENCE CITATIONS

#### ARTICLES IN JOURNALS

Standard journal article (list the first six authors followed by et al.)

Vega KJ, Pina I, Krevsky B. Heart transplantation is associated with an increased risk for pancreaticobiliary disease. *Ann Intern Med* 1996;124:980-3.

More than six authors:

Parkin DM, Clayton D, Black RJ, Masuyer E, Friedl HP, Ivanov E, *et al.* Childhood leukaemia in Europe after Chernobyl: 5 year follow-up. *Br J Cancer* 1996;73:1006-12.

#### Organization as author

The Cardiac Society of Australia and New Zealand. Clinical exercise stress testing. Safety and performance guidelines. *Med J Aust* 1996; 164: 282-4.

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Liou GI, Wang M, Matragoon S. Precocious IRBP gene expression during mouse development [retracted in *Invest Ophthalmol Vis Sci* 1994;35:3127]. *Invest Ophthalmol Vis Sci* 1994;35:1083-8.

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#### Personal author(s)

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#### Editor(s) as author

Norman IJ, Redfern SJ, editors. Mental health care for elderly people. New York: Churchill Livingstone; 1996.

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Institute of Medicine (US). Looking at the future of the Medicaid program. Washington: The Institute; 1992.

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Phillips SJ, Whisnant JP. Hypertension and stroke. In: Laragh JH, Brenner BM, editors. Hypertension: pathophysiology, diagnosis, and management. 2nd ed. New York: Raven Press; 1995. p. 465-78.

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###### Unenacted bill:

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**16<sup>TH</sup> LJUDEVIT JURAK  
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**MAIN TOPIC  
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