# Monography Review "Healthy Lifestyle and Prevention of Stroke and Other Brain Impairments"

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The traditional Summer School on Stroke and Other Brain Disorders has been underway for thirty years within the framework of the Academic Program of the Inter University Center in Dubrovnik, organized by the University of Zagreb Medical School, the Croatian Stroke Society and co-organized by the Department of Medical Sciences of the Croatian Academy of Sciences and Arts, endorsed by the World Stroke Organization(WSO), European Stroke Organization(ESO) and the International Institute for Brain Health.

Given the growing problem of brain disease in modern society, because according to UN data, every sixth inhabitant of the world is suffering from brain disease, the topics of this summer school contribute significantly to the enhancement of knowledge of brain diseases, diagnosis, treatment and especially prevention, especially raising awareness of the importance of this topic. The very name of the summer school, "Healthy Lifestyle and Prevention of Stroke and Other Brain Impairments", shows the focus of the study - stroke, dementia, Parkinson's disease, multiple sclerosis, migraine and other headaches and other painful conditions, epilepsy, etc. The latest research results show that certain changes in lifestyle, as well as early detection and treatment of risk factors, can prevent 35% of all dementia, and 90% of stroke can be prevented by early detection and treatment of 10 modifiable risk factors. These extremely significant and excellent results are presented in 19 chapters of the monograph "Healthy Lifestyle and Prevention of Stroke and Other Brain Impairments", which is published on the occasion of celebrating the thirty Anniversary of this Summer School.

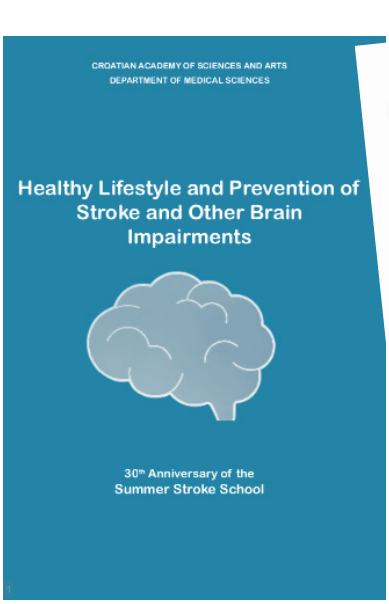
The first part of the book presents the latest options for diagnosing and treating stroke: Thirty Years of Stroke in Thirty Years of IUC, Stroke Burden and Increasing Risk Factors, Sense and Purpose of Stroke Units, Cervical and Intracranial Artery Dissection Diagnosis and Treatment Cerebral Venous Sinus Thrombosis, Antithrombotic therapy after Intracerebral Hemorrhage: a challenging decision, Treatment Strategies for Asymptomatic Carotid Stenosis, History of Endovascular Therapy (EVT) in Acute Ischemic Stroke and the Challenge to Provide EVT for Patients in Remote Areas, Enhancement of Intravenous Thrombolysis by Nationwide Telestroke Care in Slovenia - Model of Care for Middle and Low-Income Countries, Neurosonology: Fundamentals for Clinical Use, The Detection of Cerebral Microemboli Using Transcranial Doppler.

Then the importance of lifestyle in stroke prevention and other brain disorders, like dementia and migraine is presented in chapters: Benefits of Mediterranean Lifestyle on Brain Health and How to Improve Stroke Awareness: a Slavonian Experience.

Next, the results of research related to Alzheimer's disease, advanced Parkinson's disease and vascular Parkinsonism: Chelation Therapy for Alzheimer's Disease: Nanoparticles as New Components of this Treatment, Modern Treatment of Advanced Parkinson's Disease and Vascular Parkinsonism.

Further "other brain diseases" are discussed in the section on multiple sclerosis, Huntington's disease and migraine: Coexistence of Multiple Sclerosis and Huntington's Disease and Migraine - Secondary Headache Caused by the Upper Crossed Syndrome.

Finally, the activities of the SAFE (Stroke Alliance for Europe) and the importance of the active role of patients with stroke in the creation of the so-called The Stroke Action Plan.

Authors, Roman Haberl, Serefnur Ozturk, Dennis Dietrich, Frank Kraus, Cristina Tiu, Anita Arsovska, Tatjana Rundek, Nikola Barić, Vida Demarin, Vladimira Vuletić, Dragutin Kadojić, Sandra Morović, Natan Bornstein, Milija Mijajlović, Hrvoje Budinčević, Petar Črnac Žuna , Laszlo Csiba, Bojana Žvan, Marjan Zaletel, Matija Zupan, Marinko Dikanović, Andrijana Bogoje Raspopović and David Russell are eminent experts, each in his/her fields and they wrote excellent chapters with a clear overview of the above topics, with 415 references, with tables and graphs. In addition to its excellent content, the book is also attracted by the photos from the last ten years of summer school maintenance. The first 20 years have been described in the book "Images and Memories from the First 20 Years", published 2009. It can be downloaded from the International Institute for Brain Health website www.brain-institute.net

This book is not just anniversary monography, this is also a valuable tool for young doctors and scientists with the state-of-art approaches in prevention, early diagnosis and treatment of stroke and other brain impairments written by eminent experts already recognised in international societies who have built their knowledge and experiences in Dubrovnik Summer Stroke School for the last 30 years.