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: Che-