

## IN MEMORIAM

### François Delange 1935 – 2007



The news of the death of François Delange, one of the founders and long-standing head of the International Council for the Control of Iodine Deficiency Disorders (ICCIDD) for Europe, who departed this life on June 15, 2007 in Brussels, was received with deep regret and grief in our setting and among scientists dealing with thyroid from all over the world.

François Delange was a world-known and renowned expert in the field of goiter, who had received numerous recognitions for his extraordinary work and results in the struggle against iodine deficiency disorders. In particular, he made great contribution to the world-wide efforts in the field of goiter as one of the founders of the international body of ICCIDD, where he initiated various activities and organized fruitful collaboration with many relevant international associations for years.

François Delange was born in 1935. His medical specialty was pediatrics, with special interest in clinical and experimental pathophysiology of thyroid disorders in children. He was professor of pediatrics at University of Brussels, Belgium. However, the study of iodine deficiency disorders was the main field of his work and activities.

Delange was the initiator of neonatal screening for congenital hypothyroidism. At the end of the 1970s, TSH determination as part of systematic screening for congenital hypothyroidism was introduced in Europe under his leadership. He had to face serious debate with his American colleagues that advocated determination of total T4 on screening.

As ICCIDD regional coordinator for Europe, Delange developed successful collaboration with European scientists dealing with goiter; in 1992, he organized ICCIDD Regional Conference in Brussels entitled Iodine Deficiency in Europe – A Permanent Concern, which proved full success. He was editor of the first report on the state of iodine deficiency in Europe. In the mid-1990s, he launched the idea of Thyro-Mobil, i.e. the use of a mobile unit equipped with instruments for ultrasonographic determination of thyroid size and storage of urine samples for determination of iodine level. This concept grew into a model of research used to determine iodine intake in a total of 38,619 schoolchildren from 432 places in 31 countries in Europe, Asia, Africa, Latin America and Australia.

In 1995, Delange took the position of ICCIDD Executive Director, where he was especially engaged in the research of table salt iodination programs and prevalence of iodine-induced hyperthyroidism, which resulted in closer control of table salt iodine level all over the world.

In 1997, Delange organized a convention on the topic of iodine deficiency disorders in Europe, and published a number of papers on thyroid carcinoma in Eastern Europe after Chernobyl disaster. In addition, merits go to Delange for greater UNICEF and WHO support to the new programs for the control of iodine deficiency disorders in Eastern Europe.

Following ICCIDD Main Board session in 1998, Delange initiated publication of a crucial document, revised ICCIDD Global Action Plan 1991-2001, insisting on the importance of salt iodination and determination of urinary level of iodine as part of particular national programs. In 2001, the document grew into the ICCIDD/UNICEF/WHO handbook for program leaders.

Professor Delange was the supreme scientific ICCIDD authority for the field of pregnancy and childhood. He was active as consultant to the WHO, UNICEF,

International Atomic Energy Agency (IAEA) and Belgian government. The irony is that it was only towards the end of his life, after more than 30 years of his scientific work and lobbying in Belgian parliament, that Delange was informed on the Belgian government readiness to finally pass the act on iodine supplementation during pregnancy and lactation.

During his lifetime, Delange received a number of awards and recognitions, was author and coauthor of several books and numerous other publications.

Within the scope of his international activities, Professor Delange visited Croatia on several occasions, as a guest of academician Zvonko Kusić, ICCIDD member and head of Commission for the Control of Goiter and Iodine Deficiency Disorders, Ministry of Health and Social Welfare, Republic of Croatia. Mention should be made of his visiting Croatia during the war, in 1991, when he declared himself as a great friend of our country. On that occasion, he paid a visit to the village of Rude near Samobor, then a place characterized by the high prevalence of goiter in schoolchildren.

In October 1996, Professor Delange was an invited speaker at the Health, Iodine and Salt Seminar, symbolically held in Pag under the auspices of the Ministry of Health and Social Welfare of the Republic of Croatia and UNICEF Regional Office. Professor Delange delivered a noted lecture entitled "Prevention of iodine deficiency disorders – updated recommendations". He also visited our greatest salt pans in Pag.

The scientific, professional and organizational collaboration with Professor Delange and ICCIDD yielded a number of projects and scientific publications, thus bringing international recognition to the work on goiter control in Croatia. He was invited lecturer at the scientific symposium entitled Iodine Deficiency and Goiter in Croatia – Epidemiology and Iodine Prophylaxis, held on October 21, 1999 at the Croatian Academy of Science and Arts, and member of the Editorial Board of the book entitled Goiter in Croatia, as permanent records of the symposium. Professor Delange wrote the book chapter on iodine deficiency and was coauthor of the chapter on endemic goiter and iodine prophylaxis in Croatia.

With his self-denying work, advice and support, Professor Delange contributed significantly to the solution of the problem of goiter and inadequate iodine intake in Croatia. The Croatian model of goiter control by increased salt iodination launched in 1996 to the initiative of academician Zvonko Kusić was praised by ICCIDD and Professor Delange personally, indicating it as an example how to solve the problem of goiter that is still present in the world, including some industrialized countries.

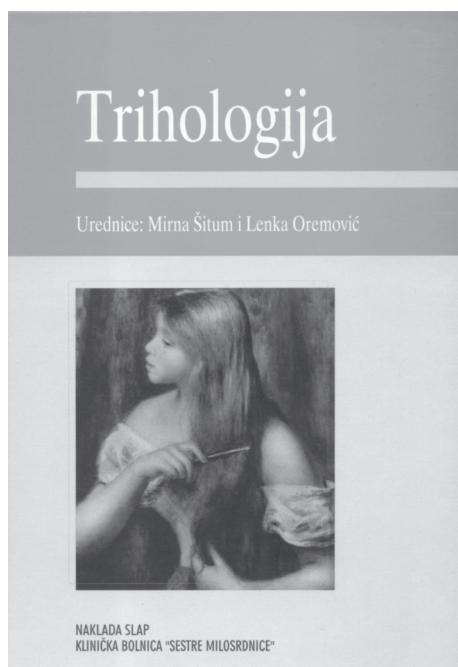
We will remember Professor Delange as a nice, hearty and serene man, physician-clinician and scientist, and humanist of international reputation, leaving the generations to come the legacy of his persevering work on goiter control and unselfish efforts invested for the social welfare in general.

*Jure Murgić*

## BOOK REVIEWS

### TRIOLOGIJA (*TRICHOLOGY*)

By Mirna Šitum, Lenka Oremović, editors Naklada Slap, Sestre milosrdnice University Hospital, Zagreb, 2007, 244 pages, 24 chapters  
ISBN 978-953-191-351-5

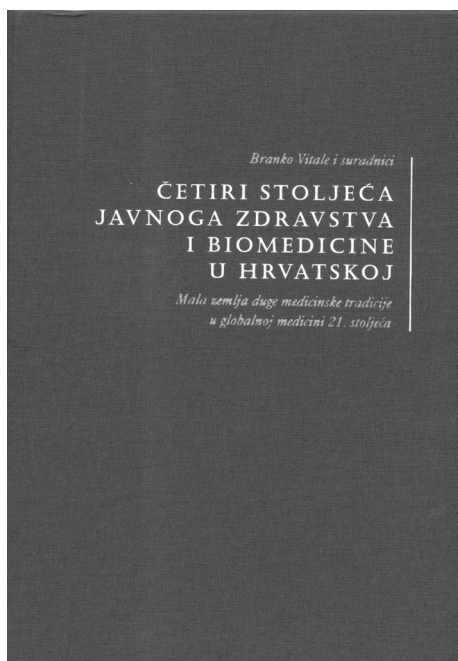


The textbook entitled *Trihologija* (Trichology) was designed during organization of the scientific symposium of the same title. Members of the Organizing Board recognized the need to publish a textbook that would deal with the attractive and complex area of trichology in the scientific and professional way. The objective of the textbook design was to encompass modern approaches in the diagnostic and therapeutic procedures in this field of dermatology/venereology as well as to give an overview of the latest achievements. The textbook consists of 24 chapters covering a wide scope from the physiology of hair growth and pathophysiological processes to different treatment methods and psychological aspects of hair loss. Each chapter was written by an expert in the specific sub-field, thus the textbook provides a complete review of the current theoretical and clinical state-of-the-art in trichology.

Hair diseases such as hair loss pose an important health problem associated with a significant psychological, social and economic burden. Even though numerous studies have been conducted in the field of trichology, to the best of our knowledge textbooks in the field are few. Therefore we do hope that this one will give a valuable contribution to understanding the etiology of hair problems as well as to the knowledge of the latest achievements in this interesting field of medicine.

*Maja Vurnek*

**ČETIRI STOLJEĆA BIOMEDICINE  
U HRVATSKOJ**  
*(FOUR CENTURIES OF BIOMEDICINE IN  
CROATIA)* by Branko Vitale and coworkers.  
Medicinska naklada, Akademija medicinskih  
znansoti Hrvatske, Zagreb, 2007; XXI, 483 pages,  
five chapters, figures 1.  
ISBN 978-953-176-335-6



The fast progress in biotechnology and its usage lead to numerous and diverse changes in medical practice. The forthcoming generations accept these modifications as going along, being occasionally focused on current scientific achievements in some very narrow fields. On adopting these rapid changes, these generations should be ready to critically validate the new, in accordance with the continuity and integrality of the biomedical practice in Croatia. These intriguing issues are tackled in papers presented in the book entitled *Četiri stoljeća biomedicine u Hrvatskoj* (Four Centuries of Biomedicine in Croatia).

The book is divided into five chapters: Croatia from the 17<sup>th</sup> century to the present; Medicine and public health in the Croatian lands during the 17<sup>th</sup> and 18<sup>th</sup> centuries; Development of university education in the Croatian lands in the 18<sup>th</sup> and 19<sup>th</sup> centuries; Development of public health in the 20<sup>th</sup> century; and Croatia in global health in the 21<sup>st</sup> century. Each of these five chapters contains sections that comprehensively describe a

particular segment of the chapter, thus making it an integral unit.

Medical science and practice unavoidably develop within the social and political frames of the time and space. It is therefore quite logical for the characteristics of social atmosphere and events in Croatia (Croatian lands) from the 17<sup>th</sup> through 20<sup>th</sup> century including the current, independent and internationally recognized state, to be presented in the first chapter, to facilitate the understanding, evaluation of achievements and importance of medical science and practice in particular periods.

The long-standing tradition of health care activities during the 17<sup>th</sup> and 18<sup>th</sup> centuries is presented through health care services in particular areas from the Republic of Ragusa through Dalmatia and Istria to the Croatian Military Border and Slavonia, along with description of the work of deserving physicians and scientists that contributed most to the development of biomedicine of the time. The next chapter depicts the main developmental patterns of university education relevant for the progress of medicine, with foundation of the University of Zagreb and School of Medicine in Zagreb. Development of public health, hospital service and veterinarian service is presented in a separate section. The next chapter follows development of modern public health, institutions and network of institutions responsible for the implementation of public health activities in the 20<sup>th</sup> century and at the turn to the 21<sup>st</sup> century.

The Andrija Štampar School of Public Health and Dr. Andrija Štampar, a world-famous visionary in the field of public health as its founder have a prominent place in this section. Appropriate education for competent performance in medical practice and biomedical science is crucial for any country. In Croatia (Croatian lands) it was of special importance also to sustain the national identity and to properly preserve national health. It is therefore understandable that a whole section of the fourth chapter is dedicated to the development of biomedical university schools, i.e. Schools of Medicine in Zagreb, Split, Rijeka and Osijek; and Schools of Pharmacy, of Dental Medicine and of Veterinary Medicine. The end of the section presents modifications in the study approach and *curricula* in order to reach harmonization with the Bologna Declaration. Furthermore, the activities of scientific and professional organizations and their contribution to the development of biomedical practice and science are presented in this chapter. The section on scientific biomedical institutions describes



the growth, contribution and current work of major institutes, to mention only Ruder Bošković Institute.

Considering the issue of medical publications and medical bibliography, the authors must have encountered most difficulties on trying to provide a comprehensive survey of scientific writing, due to inconsistent databases and great variation in the evaluation of scientific publications then and now. It is therefore quite understandable that this section brings simply listing of documents and periodicals, and tabular presentation of textbooks and monographs rather than evaluating overall scientific writing of Croatian scientists.

Globalization processes have not spared health care, thus a special chapter deals with the respective changes anticipated to occur in the 21<sup>st</sup> century, to the extent

to which they can now be objectively perceived. The awareness of the forthcoming biotechnological century, the relationship of environmental changes and health, and the right of health and appropriate quality of life of the individual, population and groups at risk are discussed in the context of the national social policy and economic factors in health care. This chapter opens numerous questions for additional discussion and consideration. The authors of the book lead us through the historical nature of many biomedical achievements in Croatia to make us understand the magnitude of the progress that has currently been achieved in biomedicine, and provide us with the material to think about new steps for further health care improvement in Croatia.

*Mladen Štulhofer*



ANIJA MATIČEVIĆ – Kornati – Mana, 2007. ulje na platnu, 30x40 cm

## NEWS

### SCIENTIFIC SYMPOSIUM ON TRICHOLOGY WITH INTERNATIONAL PARTICIPATION Zagreb, December 7, 2007

The Scientific Symposium on Trichology with International Participation was held on December 7, 2007 at Sestre milosrdnice University Hospital in Zagreb, Croatia. The Symposium was organized by University Department of Dermatology and Venereology, Sestre milosrdnice University Hospital, under the auspices of Sestre milosrdnice University Hospital and Croatian Society of Dermatology and Venereology.

Trichology is an intriguing and important field of dermatology. Hair is a symbol of beauty, also reflecting one's age, sex, social status, group membership, religious beliefs, etc. Trichology is a psychosocially and economically demanding medical issue. The importance of hair is not only specific for our modern times, as hair was an intriguing subject of interest throughout history. Hair was an inspiration for artists and painters. In everyday life, losing hair poses a great cosmetic problem and has significant impact on the patient's quality of life. The huge number of innovations and quackery solutions in the field of trichology cannot be compared to any other medical field. Therefore, trichology is an important issue on which dermatologists-venereologists have to cooperate with experts from other fields of medicine such as endocrinology, cosmetology, cosmetic surgery, genetics, pedi-

atrists, forensic medicine experts and others to provide the best possible care for their patients.

The Symposium was opened by Professor Mirna Šitum, MD, PhD, president of the Organizing Committee and head of University Department of Dermatology and Venereology, Sestre milosrdnice University Hospital; Asst. Professor Branka Marinović, MD, PhD, representative of the Croatian Society of Dermatology; and Professor Ivan Krol, MD, PhD, representative of the Sestre milosrdnice University Hospital Managing Board.

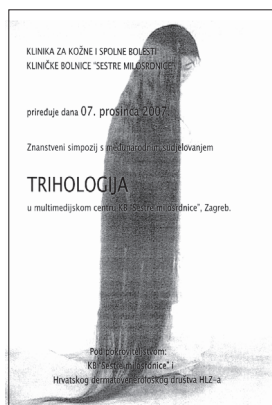
Among the guests of honor at the Symposium, mention is made of academician Zvonko Kusić and Professor Radoslav Herman, MD, PhD, director of Sestre milosrdnice University Hospital.

The objective of the Symposium was to encompass modern theories on the main issues in trichology. The lectures presented at the Symposium covered all the variety of topics, from the physiology of hair growth to novel treatment modalities, and were given by renowned experts in the field from Croatia and abroad. The meeting attracted a great number of specialists

from different fields including dermatologists, plastic surgeons, family physicians and endocrinologists, and they all showed interest in the field and attended lectures to the very end.

At the end of the Symposium, the organizers presented the textbook entitled *Trihologija* (Trichology) as a result of the Symposium. Textbook presentation was attended by the publishers and authors.

*Maja Vurnek*



## FIRST CONGRESS OF THE CROATIAN THYROID SOCIETY – THYROID CARCINOMA

Split, Croatia, October 26-28, 2007

First Congress of the Croatian Thyroid Society, Croatian Medical Association, with international participation, on the topic of thyroid carcinoma was held on October 26-28, 2007 in Split, Croatia. Renowned experts and scientists from Croatia and Europe presented current state-of-the-art in the fields of basic research, etiology, epidemiology, diagnosis, management and monitoring of thyroid carcinoma.

President of the Organizing Committee was academician Zvonko Kusić, president of the Croatian Thyroid Society, head of University Department of Oncology and Nuclear Medicine, Sestre milosrdnice University Hospital and head of the Reference Center for Thyroid Diseases of the Ministry of Health and Social Welfare of the Republic of Croatia.

In Croatia, the incidence of thyroid carcinoma is on a constant increase, as it is worldwide, however, it is not accompanied by any substantial rise in the associated mortality rate. Croatia belongs to a group of countries characterized by the high incidence and low mortality rate of thyroid carcinoma, like Italy, France, Finland, the USA and Australia.

It has been estimated that every other individual will develop thyroid node and every fifth individual occult carcinoma of the thyroid; therefore, it appears necessary to agree on the strategy of coping with the phenomenon. The management of patients with thyroid diseases is characterized by interdisciplinary approach, with a number of procedures indicated by physicians from various specialties used in diagnostic work-up. Yet, there still are many contradictory opinions about the diagnosis and treatment of thyroid diseases, e.g., indications for ultrasound guided cytologic biopsy, unnecessary determination of a number of hormones, or uncritical use of ultrasonography. Health care system is frequently burdened with unnecessary costs due to uneconomical use of tests, imposing the need for scientifically and professionally based guidelines and algorithms to facilitate the work of physicians and to enable faster and more accurate diagnosis of thyroid diseases with the ultimate goal of optimal patient care.

During the Congress, academician Zvonko Kusić, head of the Task Force for Guideline Development, presented the algorithms and guidelines for the rational diagnosis and treatment of thyroid carcinoma, issued by the Croatian Thyroid Society and published on the Society website [www.stitnjaca.org](http://www.stitnjaca.org), where they can be accessed and downloaded.

*Jure Murgić*

## FIRST CONTINUING EDUCATION POSTGRADUATE COURSE ON THE MOST COMMON ISSUES OF CLINICAL PEDIATRICS IN THE LIGHT OF NEW GUIDELINES

University Department of Pediatrics, Sestre milosrdnice University Hospital, Zagreb, Croatia, November 10, 2007

The Continuing Education Postgraduate Course entitled The Most Common Issues of Clinical Pediatrics in the Light of New Guidelines, organized by University Department of Pediatrics, Sestre milosrdnice University Hospital and School of Medicine, University of Zagreb, was held for the first time on November 10, 2007.

It should be noted that University Department of Pediatrics, Sestre milosrdnice University Hospital is the oldest department of pediatrics in the area. With the exception of some occasional professional meetings, no similar postgraduate courses have been organized to date. In comparison with other courses of the kind, this one brought a novelty by active involvement of nurses. During the Course, issues from all fields of pediatrics were presented.

Professor Z. Jurčić spoke about the interesting and always intriguing topic in gastroenterology in his lecture entitled “Gilbert disease: a hundred-year way from phenotype to genotype”. Difficulties encountered in deciding on therapy for pharmacoresistant epilepsies in children, with an overview of recommendations from evidence-based/supported medicine were presented by

Asst. Prof. Lj. Cvitanović in her lecture entitled "Therapy of persistent epilepsy in children – evidence-based medicine". Asst. Prof. Z. Zakanj held a lecture "Clinical guidelines in pediatrics – where are we now?", reporting on current pediatric guidelines and the need for harmonization of the new ones. As asthma is the most common illness in childhood, the lecture "Complete asthma control – possibilities and pitfalls" held by Head Doctor E. Verona was highly useful and very well accepted. The lecture on "Hypertension in children – diagnostic and therapeutic challenge" presented by Head Doctor J. Đelmiš, pointed to the role of blood pressure measurement in childhood and was illustrated by patient findings collected from daily practice. The importance of clinical work and auscultation in the detection of cardiac anomalies was presented by Head Doctor Lukanović in the lecture "Adhering to Laënnec on identifying the cause of arterial hypertension", enriched by nice historical data. Novel therapeutic options for juvenile arthritis were reported by K. Markićević, MD, MS, in her lecture entitled "Biological therapy for juvenile idiopathic arthritis", and new therapeutic modalities in the management of diabetes with some own results by Head Doctor G. Stipančić in the lecture "Diabetes mellitus type 1 – new modalities in traditional therapy". M. Mataija, MD, presented a lecture on the disease and patients deserving most of our empathy, "Brain tumors – diagnosis and therapy". J. Borošak, MD, MS, held a lecture on a neonatology topic of high importance, "Maternal infections – effect on the neonate". The role of education of both parents and children affected with

asthma in their daily life was described by B. Čičak, MD, MS, in her lecture "Individualized approach to the parents to asthmatic children". Very useful and warmly accepted were the lectures held by J. Ćorić, RN, head nurse at University Department of Pediatrics, entitled "Pain – health care of a child", and by Z. Bradovski, RN, entitled "Health care of girls suffering from anorexia". All lectures have been published in the Course Proceedings.

Professor Z. Jurčić gave the introductory lecture and took the role of moderating the Course, discussions and conclusions in a highly inspired manner. The Course was attended by more than a hundred participants. In addition, it was an excellent opportunity for exchange of experiences. We were very honored by the presence of our professors and teachers who joined us in the working part of the Course and shared with us the values of tradition and challenges of the future.

At the end of the Course, the participants had an opportunity to test their knowledge by use of 26 questions; all tests were correctly answered with a score of 70 or more percent. Evaluation of the lectures and lecturers yielded score greater than 4.5 (top score 5) for all, with overall Course score 4.6. None of the participants stated he/she had attended the Course just for the score. Also, the practice of Saturday courses was highly appraised.

This was an opportunity to announce the next year's Course entitled The Most Common Problems of Clinical Pediatrics in the Light of New Guidelines, to be held on November 8, 2008.

*Course heads:*

*Zvonko Jurčić, Ljerka Cvitanović-Šojat,  
Zora Zakanj, Josipa Ćorić*



Sestre milosrdnice



University Hospital

## HISTORICAL REVIEW

This year, there is an occasion for the foundation of the Zagreb School of Medicine in 1917 to be mentioned again. In the previous Historical Review that appeared in our journal No. 2/2007<sup>1</sup>, mention was made of debate on the foundation of the school of medicine, held in the Croatian Parliament in 1917. This significant debate<sup>2</sup> reveals a number of interesting historical data.

First of all, there are extensive discussions by the parliamentarians Milan Rojc and Stjepan Radić, revealing their extraordinary familiarity with public health issues while suggesting very “modern” solutions. So, they both advocate enrolment of women in medical studies. The more so, Stjepan Radić points to another interesting argument in favor of female physicians; he believes that only female physicians can reach Moslem women and take care of their health care and health education.

In his speech, Stjepan Radić emphasizes that a physician should speak the language of his patient (which frequently was not the case in the then Austro-Hungarian state). He also formulated new tendencies in es-

tablishing free and developed society. He thinks that the old aristocratic rule “through education to freedom” should be replaced by a new one, “through economy to education, and through education to freedom”, because a hungry and poor citizen can be neither healthy nor fit for education.

Discussions by other eminent parliamentarians, also substantial and interesting, tackle the problems of the school structure and location, however, without so well founded hypotheses on public health and social welfare that are as interesting at present as those presented by Stjepan Radić. Yet, it is quite understandable, knowing that Stjepan Radić was and remains one of the greats in the Croatian history.

### References

1. Historical review. Acta Clin Croat 2007;46:190.
2. Debate on the Zagreb School of Medicine at Croatian Parliament. CXLVI Croatian Parliament session, January 25, 1917. Lijec Vjesn 1917;39:44-81. (in Croatian)

*Tanja Sušec*

## INTERNET GUIDANCE

Once again we have to acknowledge the Croatian Institute of Public Health website, as we did in 2001<sup>1</sup>. In addition to a series of useful articles and current information in the field of public health, the website pages contain a number of publications necessary to physicians irrespective of their position. There are about sixty publications, from the indispensable Croatian Health Service Yearbook 2006 through reports on occupational, mental, pediatric and other diseases to the registry of diabetes mellitus patients, etc. The pages are conveniently designed, covering current issues, and deserving praise again.

<http://www.hzjz.hr/publikacije>

1. Acta Clin Croat 2001;40:159.

European Hospital Morbidity Database (HMDB) is one of the highly useful databases of the World Health Organization Regional Office for Europe. Data are sorted according to countries and diseases according to ICD-10 (the International Statistical Classification of Diseases and Related Health Problems, tenth revision), ICD-9 (ninth revision) and ISHMT (International Shortlist for Hospital Morbidity Tabulation). It is an excellent and unique database for the analysis and study of hospital morbidity.

<http://www.euro.who.int/InformationSources/Data/>

*Tanja Sušec*

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