

Heart and Brain - Risk Factors and Prevention

AUTHORS:

PETRA ČRNAC ŽUNA
HRVOJE BUDINČEVIĆ
EDVARD GALIĆ
VIDA DEMARIN

The 18th Scientific Conference on Brain Disorders was held on October 25th 2019 at the Library of the Croatian Academy of Sciences and Arts, entitled: Heart and Brain - Risk Factors and Prevention.

The main organizer of the event was the Medical Sciences Department of the Croatian Academy of Sciences and Arts, co-organized by the International Institute for Brain Health, the Croatian Stroke Society and the Hypertension, Infarction & Stroke Prevention Association.

The event was held on the occasion of World Stroke Day, celebrated on October 29th, thus contributing to the propagation of the importance of a multidisciplinary approach in the prevention and treatment of risk factors for cerebrovascular disease.

The event was conceived as a series of interdisciplinary lectures and an interactive section. It attracted approximately 100 participants and significant interest from the media and the general public. The lectures have been held by 11 distinguished lecturers, experts in the fields of neuropsychiatry, neurology, nephrology, endocrinology and cardiology.

Prof. Vida Demarin gave a lecture about the importance of the prevention of modifiable risk factors for heart and brain diseases, focused primarily on the importance of lifestyle, nutrition and physical activity. Prof. Bojan Jelaković spoke about the practical approach in the treatment of arterial hypertension and presented many new findings and guidelines for daily clinical practice. Prof. Zdravka Poljaković interpreted the management of arterial hypertension in acute stroke. Ass. Prof. Edvard Galić talked about new options in the treatment of dyslipidemia. Prof. Tomislav Breitenfeld gave a lecture about hyperlipidemia and stroke. Ass. Prof. Miro Bakula spoke about the impact of obesity on diseases of the cardiovascular system. Ass. Prof. Sandra Morović gave a lecture on how obesity affects the brain. Prof. Diana Delić Brkljačić talked about the timing and individualization of anticoagulant therapy before stroke. Ass. Prof. Hrvoje



Budinčević gave a lecture about the timing and approach of anticoagulant therapy introduction after stroke. Ass. Prof. Dario Rahelić spoke about the impact of diabetes on cardiovascular disease. Ass. Prof. Vladimira Vuletić gave a lecture about type 3 diabetes – Alzheimer's disease.

In conclusion, cardiovascular and cerebrovascular disease are a significant public health issue causing not only physical disability and inability to perform daily activities, but it is also one of the major contributing factors for the development of vascular cognitive impairment and vascular dementia. It is estimated that approximately 90% of strokes and 35% of dementias are preventable. Therefore, it is crucial to approach to this significant public health challenge with structured prevention and treatment programs and to raise awareness among healthcare professionals, as well as among the general population, that the course of cerebrovascular disease can be modified and its progression can be prevented.



Auditorium in Library of CASA



Auditorium in Library of CASA