36th Summer Stroke School – Healthy Lifestyle and Prevention of Stroke and Other Brain Impairments

Authors:
Vida Demarin
Hrvoje Budincevic

The 36th Summer Stroke School, entitled *Healthy Lifestyle and Prevention of Stroke and Other Brain Impairments*, was held at the Inter-University Centre (IUC) in Dubrovnik, Croatia, from 1 to 5 June 2026. The course was organized by the Croatian Stroke Society, the Central and Eastern European Stroke Society, and the International Institute for Brain Health, in cooperation with the Department of Medical Sciences of the Croatian Academy of Sciences and Arts and the Society for Neuropsychiatry. The meeting was endorsed by the European Stroke Organisation and the European and Mediterranean League Against Thrombotic Diseases, and accredited in accordance with the regulations of the Croatian Medical Chamber.

The School continued its long-standing tradition of postgraduate education in stroke medicine, clinical neurology, and neuroscience. The scientific program brought together lecturers and participants from several European and non-European countries, providing a multidisciplinary forum for the exchange of knowledge and experience in the fields of cerebrovascular diseases, neurology, and brain health.

The program covered a broad range of contemporary topics, including prevention, diagnosis, and treatment of ischemic and hemorrhagic stroke, cognitive decline and dementia, neuroplasticity and rehabilitation, migraine, multiple sclerosis, cervical artery dissections, psychosocial risk factors for stroke, anticoagulation management, cerebrovascular ultrasound, and the application of artificial intelligence in neurology. Particular attention was devoted to modifiable vascular risk factors and healthy lifestyle interventions as key components of stroke prevention. Workshops on cerebrovascular ultrasound, migraine interventions, anticoagulation in stroke patients, and optimization of stroke treatment



pathways complemented the lecture program and provided participants with practical clinical training.

The School was directed by Professor Vida Demarin, founder of the Summer Stroke School series, together with an international faculty of distinguished experts in neurology, stroke medicine, neurorehabilitation, and related disciplines. In addition to the educational program, the meeting fostered scientific collaboration and professional networking among participants from different countries and institutions.

Starting this year, the proceedings of the School were published in the volume Stroke Proceedings 2026, which contains abstracts and educational contributions presented during the course. The publication represents a valuable scientific and educational resource for participants and professionals interested in contemporary developments in stroke prevention, treatment, and brain health.

The 37th Summer Stroke School will be held in Dubrovnik from 31 May to 4 June 2027.

