

## **23rd SUMMER STROKE SCHOOL-Healthy Lifestyle and Prevention of Stroke**

From June 4<sup>th</sup> – 8<sup>th</sup> 2012, our gorgeous City of Dubrovnik was the host of the 23<sup>rd</sup> Summer Stroke School with international participation. For the first time, the Summer School was under the auspices of Croatian Academy of Sciences and Arts. The usual and proud auspices are Inter-University Centre Dubrovnik, Croatian Stroke Society, Medical School University of Zagreb, Central and Eastern European Stroke Society and Research Group on Delivery of Neurological Services (RGODNS) of World Federation of Neurology (WFN).

Course directors: Vida Demarin, Fellow of Croatian Academy of Arts and Sciences (Zagreb, Croatia), professor Roman Haberl (Munich, Germany), professor Kurt Niederkorn (Graz, Austria), professor Tanja Rudek (Miami, USA), and professor Zlatko Trkanjec (Zagreb, Croatia) have once more shown that Croatia is one of Europe's centers of knowledge. The Course has gathered many experts from all around the world to unselfishly share their clinical and personal experience and knowledge with course participants.

The aim of the Course was once again to support the cooperation and promote exchange of knowledge and experience among participants from different countries. This meeting shed new light on epidemiology of stroke, its primary and secondary prevention, diagnostics, therapy and rehabilitation. All participants had a unique opportunity to share their national stroke data and discuss about specific stroke problems of their country. Countries of the East and West Europe had an opportunity to work together on solving problems related to stroke, whether they were medical, economical or of some other nature.

Diverse scientific programme embraced different aspects of stroke, from the importance of spreading knowledge about stroke, a mirror neuron discussion, new risk factors of stroke, stroke importance in public health system, prehospital stroke protocols, unstable carotid plaque, emboli detection by transcranial Doppler, sex differences in stroke, importance of venous circulation, cerebral vasoreactivity in insulin independent diabetes mellitus. Advances in ultrasound diagnostics were introduced, the meaning of mitochondrial medicine in cerebrovascular diseases, vascular dementia and importance of transitory ischemic attack.

We also had a science day! Wednesday was the day of paper writing. We learned how to write, read and publish a paper through a step-by-step discussion of our own reports.

All the hard work was awarded by rich social programme during the evenings. A lecture on importance of Mediterranean diet by Vida Demarin, Fellow of Croatian Academy of Arts and Sciences, served as an introduction to a delightful dinner in heart of Dubrovnik. We also visited Captain Stjepko's atelier and enjoyed local arts. To wrap it up, we had a Gala Dinner. All together, I believe to be speaking for all of us – we look forward to next year already!

Sandra Morović, MD. PhD