



WORLD NEUROLOGY

THE OFFICIAL NEWSLETTER OF THE WORLD FEDERATION OF NEUROLOGY

PRESIDENT'S COLUMN

Neurology Takes Center Stage Worldwide

Updates on WFN activities, World Brain Day celebrations, and the World Congress of Neurology.

BY PROF. WOLFGANG GRISOLD

Welcome to the current edition of *World Neurology*. I will provide updates on the proceedings of the World Federation of Neurology (WFN), potential meeting sites for the World Congress of Neurology (WCN) in 2028, and World Brain Day (WBD) 2025 celebrations. I will also highlight our activities with the World Health Organization and United Nations Economic and Social Council (ECOSOC), the upcoming World Congress of Neurology in Seoul, South Korea, education, and publications. Most of this information is also on the [website](#), and several news items are featured on social media.

WFN Matters

This year, we will hold an important Council of Delegates (COD) meeting in October at the **WCN in Seoul**, South Korea. The meeting will be offered in hybrid format. Delegates will receive the trustees' report from 2024. We will also announce the results of two important elections.

The first vote is for the selection of a new WFN president (who will take office Jan. 1, 2026), a new first WFN vice president (also taking office Jan. 1, 2026), and one elected WFN trustee (office taken up immediately). Additional candidate nominations were solicited until Aug. 1, 2025, but no further applications were received.

This COD will mark the end of the term of the now coopted trustees and all committees and subcommittees. The incoming president and administration will decide on the new committee compositions beginning in 2026. We thank all current committees and subcommittees and look forward to their reports.

The WFN leadership looks forward to the election. Traditionally, the board cannot make recommendations. However, we invite you to review the candidates' statements in *World Neurology* and on the [website](#).

The second vote is for the site of the 2028 WCN, which will be held in Europe. Out of seven applicants, three remain on the shortlist: Budapest, Copenhagen, and Istanbul. All three sites were listed by Kenes Group and the WFN.

Even though all three locations are capable of holding the WCN 2028, the WFN has a preference for Budapest and Copenhagen. This is based on our analysis, and on the size of the exhibition halls, which are essential for WCN congresses. The facts and analysis for each location will be made available for the voting process.

For the first time, the WFN called for an extraordinary trustee meeting on July 1, 2025, to confirm the unanimous vote on establishing a president-elect and past president, as practiced in most international societies. The vote was necessary to fulfill the strict legal criteria of the U.K. charity laws.



WFN leaders at the African Academy of Neurology in Tunis.



Meeting with Pan-American Federation of Neurological Societies in Asunción, Paraguay.

The delegates, however, changed their minds, and the motion, although positive, did not reach the necessary 75%. Thus, the WFN will have no president-elect or past president, which will impact the continuity of the WFN and its many long-term projects and plans.

The WFN has regional societies, and we are glad to have regular exchanges and

quarterly meetings with them. We had successful participation from all regions for this year's WBD. We also attended the American Academy of Neurology (AAN) Annual Meeting in San Diego, and the 11th Congress of the European Academy of Neurology (EAN) in Helsinki, Finland.

We also participated in the Pan Arab

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EPILEPSY CARE
IN SUB-SAHARAN AFRICA



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WORLD NEUROLOGY

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FROM THE EDITORS

BY STEVEN L. LEWIS, MD, EDITOR,
AND WALTER STRUHAL, MD, CO-EDITOR

We'd like to welcome all readers worldwide to the August 2025 issue of *World Neurology*.

In this issue, Prof. Wolfgang Grisold, president of the World Federation of Neurology (WFN), updates readers on some of the many important WFN activities. These include the upcoming XXVII World Congress of Neurology (WCN), October 12-15, 2025, in Seoul, South Korea, the Council of Delegates (COD) meeting, World Brain Day 2025, and several of WFN's many ongoing advocacy and educational initiatives.

This issue features many reports from our member societies around the globe detailing their activities for July's World Brain Day 2025 and its theme, "Brain Health for All Ages." You can read about WBD celebrations throughout Sri Lanka, South Africa, India, and Pakistan. We plan even more reports in the next issue, including an overall summary of this globally successful event.

Dr. Peter J. Koehler follows up on his [article](#), which appeared in the previous



STEVEN L. LEWIS, MD



WALTER STRUHAL, MD

issue of *World Neurology*, regarding the First International Neurology Congress in Bern, Switzerland, the precursor to the World Congress of Neurology. In this issue's History column, Dr. Koehler highlights the women who participated in that first international congress in 1931.

Dr. Ndonji Chiwaya, an incoming neurology resident at University Teaching Hospital in Lusaka, Zambia, reports on a fresh "flipped classroom" approach to teaching neurology instituted by the faculty there. This was also [recently reported](#) in the WFN's official journal, the *Journal of the Neurologic Sciences*.

Dr. Massimo Leone updates us on a pioneering and successful program that

began in 2020 at primary care centers as part of the Disease Relief Through Excellent and Advanced Means (DREAM) program. Aimed at improving epilepsy care in Sub-Saharan Africa, the program was created in partnership with the C. Besta Neurologic Institute IRCCS Milan, the Italian Society of Neurology, and Global Health Telemedicine.

Dr. László Csiba provides an overview of the history and development of the field of neurology in Hungary, beginning with the establishment of the first Department of Neurology and Psychiatry at the Medical Faculty of the University of Budapest in 1882.

In closing, we again thank all neurologists and neurologic trainee readers in all regions of the world for your interest in the WFN and *World Neurology*. We look forward to receiving more of your illustrated reports on events and celebrations of the recent World Brain Day (WBD) 2025, "Brain Health for All Ages," to publish in upcoming issues.

We hope to see you at WCN 2025 in Seoul this October. There is still time to [register](#), and don't forget to sign your team up for the [Tournaments of the Minds!](#) •

ISCSL 2025 Elevates Understanding of Stroke

One-day intensive learning event brought together 200 doctors, nurses, and allied health professionals.

BY GAMINI PATHIRANA

The International Stroke Conference Sri Lanka was held on June 13, 2025, at the Courtyard by Marriott in

Colombo, Sri Lanka.

The event brought together a dynamic blend of national and international experts dedicated to improving stroke care in Sri Lanka and beyond.

Organized by the National Stroke Association of Sri Lanka in partnership

with the Asia Pacific Stroke Organization (APSO), the conference marked a significant milestone in our country's efforts to elevate stroke prevention, treatment, and recovery across resource-limited settings.

More than 200 doctors, nurses, and allied health professionals from across

the country participated in this one-day intensive learning event. With Sri Lanka facing an increasing burden of stroke and limited access to advanced therapies in many regions, this forum provided a critical platform for education, capacity-building, and strategic planning.

Key sessions included:

- Acute stroke thrombolysis protocols, with a special focus on updated global guidelines and practical implementation in Sri Lankan hospitals.
- Recent clinical trials involving tenecteplase (TNK), highlighting the potential for simplified, cost-effective thrombolysis strategies in low-resource environments.
- Development of sustainable stroke services in rural and peripheral settings, addressing infrastructure, training, and multidisciplinary care models.
- Sleep and stroke risk, a growing area of interest with emerging evidence linking sleep disorders and cerebrovascular risk.

- A hands-on stroke rehabilitation workshop, focused on early mobilization, neuroplasticity, and functional recovery.
- Updates on post-stroke care, including mood disorders, cognitive rehabilitation, and community-based support systems.

The ISCSL 2025 conference exemplified how global partnerships, expert mentorship, and local leadership can converge to create meaningful change. Participants left not only with new knowledge, but with renewed motivation to transform stroke care across Sri Lanka.

As we continue to strengthen stroke services nationwide, ISCSL 2025 stands as a beacon of what's possible through shared purpose, collaboration, and compassion. •

Gamini Pathirana, MD, FRACP, is president of the National Stroke Association of Sri Lanka, and past president of the Association of Sri Lankan Neurologists.



The International Stroke Conference Sri Lanka included speakers on topics ranging from acute stroke thrombolysis protocols and stroke services in rural settings to sleep and stroke risk and updates on post-stroke care.

Transforming Education in Zambia

Educators are using the flipped classroom approach for the neurology portion of the curriculum to overcome neurophobia.

BY NDONJI CHIWAYA

In the bustling lecture halls of Zambia's leading medical school, the University of Zambia School of Medicine (UNZA-SOM), a quiet revolution has been underway. The subject: Neurology — a discipline infamous for sparking “neurophobia” (or fear of neurology) among students around the globe. In sub-Saharan Africa, where educational resources are limited and neurology specialists are few, this fear is more than just an academic inconvenience; it's a barrier to critical care.

Educators in Zambia decided to challenge the status quo with a fresh approach: the flipped classroom model. No more marathon lectures with passive note-taking. Instead, students viewed neurology content before class via prerecorded online video lectures. They then spent valuable class time participating in interactive, small-group discussions focused on real clinical cases.

“It's about putting students at the center,” said one of the lead facilitators behind the pilot program. “We wanted them to engage, not just absorb.”

To test this model's effectiveness, a study was conducted by a group of collaborators, including:

- Dr. Kathryn Holroyd (Columbia University, New York, New York)
- Drs. Annie McDonough and Aaron Berkowitz (University of California San Francisco, California)
- Drs. Melody Asukile, Ndonji Chiwaya, and Mashina Chomba (UNZA-SOM and University Teaching Hospital, Lusaka, Zambia)
- Dr. Deanna Saylor (University of North Carolina – Chapel Hill, North Carolina)

The study enrolled over 360 fifth- and seventh-year medical students at UNZA-SOM during their internal medicine clerkships. The students were split into



A small group learning session for neurology students at University Teaching Hospital in Lusaka, Zambia.



NDONJI
CHIWAYA

two groups: one followed the traditional lecture-based format, while the other used the flipped classroom approach for the neurology portion of the curriculum.

Before and after the course, students completed a knowledge assessment, a survey of confidence diagnosing and managing neurologic conditions, and a course satisfaction survey.

Results That Speak Volumes

In work published in June 2025 in the *Journal of Neurological Sciences*, the official journal of the World Federation of Neurology,¹ the authors demonstrated that students enrolled in the flipped classroom had a greater increase in knowledge assessment scores following the course. The students also showed stronger confidence in diagnosing and managing neurological conditions. Fifth-year students, in particular, benefited from earlier exposure to the interactive format.

Among fifth-year students, neurophobia levels dropped significantly.

By encouraging active learning and peer collaboration, the flipped model appeared to ease anxiety and foster curiosity. Seventh-year students showed less change in their neurophobia. Educators believe prior exposure to traditional methods in neurology teaching might have played a role in this finding.

Across both year groups, flipped classroom participants (compared to traditional classroom students) reported greater satisfaction with the course, improved participation, and a sense of collaboration and connection with peers.

This study offers a ray of hope for regions where resources are limited but student potential is vast. By reimagining how neurology is taught, Zambia's educators have crafted a strategy that is not only scalable but also student-centered and impactful. With plans to expand flipped learning into other disciplines, the initiative sets a promising precedent. It is a reminder that innovation doesn't always require expensive equipment. Sometimes, a shift in mindset makes all the difference.

The course creators have made all flipped classroom course materials, including educational training, traditional lecture PowerPoint presentations, and case materials are [available online](#) for use by other educators.

As the next generation of Zambian doctors steps forward with a clearer understanding of, and renewed confidence in, diagnosing and managing neurological disorders, the message is clear: When students are empowered, education becomes transformative. •

Ndonji Chiwaya is a resident in internal medicine at University Teaching Hospital in Lusaka, Zambia. He will soon be entering neurology residency.

References:

1. Holroyd KB, McDonough A, Chomba M, Asukile M, et al. Evaluation of a flipped classroom approach to undergraduate neurology medical education in Zambia. *J Neurol Sci.* 2025 Aug 15;475:123580. doi: 10.1016/j.jns.2025.123580. Epub 2025 Jun 11. PMID: 40543399.



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XXVII WORLD CONGRESS OF NEUROLOGY (WCN 2025)

12-15 OCTOBER 2025
SEOUL, SOUTH KOREA



The Soul of Neurological Innovation

 wcn-neurology.com

World Congress of Neurology (WCN 2025)

Plenary Speakers

Dear Readers,

The WCN will be in Seoul, South Korea, in October. We hope to meet all of you either in person or in our hybrid meeting.

We have many excellent plenary lectures, which you will find listed below, spanning from basic neuroscience to bedside and patient issues.

Oct. 12, 2025 8:00 – 08:30	PLENARY LECTURE 01: MASLAND LECTURE EMERGING IMMUNE THERAPIES FOR NEUROLOGICAL DISEASES (CAR T) Speaker: Sean Pittock (United States of America) This plenary lecture will provide an overview of the new and emerging immune therapies increasingly used in treating many neurological diseases.
Oct. 12, 2025 8:30 – 09:00	PLENARY LECTURE 02: YAHR LECTURE NEW THERAPIES IN INHERITED NEUROPATHIES Speaker: Mary Reilly (United Kingdom) This plenary lecture will focus on inherited neuropathies and new and emerging therapies for these conditions.
Oct. 13, 2025 8:30 – 09:00	PLENARY LECTURE 03: ALI LECTURE WHEN STROKE STRIKES Speaker: Charlotte Cordonnier (France) This lecture will discuss current and emerging concepts in diagnosis and management of stroke.
Oct. 13, 2025 9:00 – 10:30	PRESIDENTIAL SYMPOSIUM, WFN MEDALS PRESENTATION & PRESIDENTIAL KEYNOTE LECTURE Lifetime Achievements: Bo Norrving (Sweden) Scientific Work: Hans Lassmann (Austria) Munsat Award for Education (joint AAN and WFN): Aksel Siwa (Türkiye)
	WHO – NEUROLOGY: BRAIN HEALTH AND MENTAL HEALTH Speaker: Dévora Kestel Dévora Kestel is based in Geneva Switzerland and chairs the Mental Health and Substance Use Unit at the WHO. She will provide her insights into brain health and mental health.
	WFN PRESIDENT’S ADDRESS Speaker: Wolfgang Grisold (Austria) The WFN President will discuss the WFN developments in global advocacy and education.
Oct. 14, 2025 8:00 – 08:30	PLENARY LECTURE 04: SINGHAL LECTURE MOVEMENT DISORDERS IN AFRICA, PROGRESS BY EDUCATION Speaker: Njideka Okubadejo (Nigeria) This lecture will explore current efforts to improve diagnosis and management of patients with movement disorders in Sub-Saharan Africa.
Oct. 14, 2025 8:30 – 09:00	PLENARY LECTURE 05: FULTON LECTURE PATIENT ISSUES: THE FUJITSU PROJECT ON MIGRAINE Speaker: Fumihiko Sakai (Japan) This lecture will examine a successful worldwide project on migraine in employees of a large company.
Oct. 15, 2025 08:00 – 08:30	PLENARY LECTURE 06: SORIANO LECTURE WHAT DO WE KNOW AND WHAT WOULD WE LIKE TO KNOW ABOUT CELLULAR SENESCENCE IN THE BRAIN Speaker: Mikolaj Ogrodnik (Austria) Diseases of age and age changes are in our daily agenda. This speaker will introduce us to the concept of senescence on a molecular and cellular level in neurology.
Oct. 15, 2025 08:30 – 09:00	PLENARY LECTURE 07: BARUCHA LECTURE NEURODEGENERATIVE DISEASES AND THERAPIES Speaker: John Hardy (United Kingdom) This lecture will survey pioneering work in uncovering the pathogenesis of neurogenerative diseases and its impact on current and emerging therapies.

World Brain Day 2025 in India

Educational activities encouraging brain health awareness took place in Nagpur, Mumbai, Pune, and other locations across the country.

BY DRS. CHANDRASHEKHAR MESHAM, NIRMAL SURYA, SANGEETA RAVAT, AND U. MEENAKSHISUNDARAM

World Brain Day 2025 was celebrated for an entire week with great enthusiasm and commitment in India by the Indian Academy of Neurology (IAN). This year's theme, "Brain Health for All Ages," excited everyone. Activities focused on increasing brain health awareness among both the public and medical students. Many cities reported active participation.

Nagpur

The Nagpur Neuro Society (NNS), under the aegis of the IAN, organized various activities during the week. This was done under the guidance of Dr. Chandrashekhhar Meshram, World Federation of Neurology (WFN) trustee, and Padma Shri awardee.

The Walk for Brain walkathon was organized by the NNS in collaboration with the Academy of Medical Sciences, the Indian Medical Association, the Indian Psychiatric Society, and the Indian Society of Nephrology. It took place on Sunday, July 20. The walk was flagged off by Dr. Meshram.

More than 300 people from different walks of life participated. Some carried placards that displayed messages, including:

- Our brain, our future.
- It is your brain: Use it or lose it!
- Brain health supreme wealth, proper

diet for healthy brain.

- Epilepsy is treatable. Don't hide it!
- Clean city, healthy brain.
- Avoid air pollution for healthy brain.
- Stroke is brain attack. Reach hospital immediately!

Dr. Meshram spoke about the importance of this year's World Brain Day theme and suggested tips to preserve brain health and prevent neurological diseases. Drs. Prafulla Shembalkar and Pavitra Patnaik, president and secretary (respectively) of the NNS, also spoke during the event.

Media Outreach

Beginning July 22, talks and interviews on different topics were aired twice a day for seven days on All India Radio. The themes and speakers included:

- "Brain Health for All Ages" by Dr. Meshram
- Head injury by Dr. Pavitra Patnaik
- Headache by Dr. Amrit Bansod
- Brain tumors by Dr. Vishal Babhare
- Parkinson's disease by Dr. Abhishek Wankar
- Epilepsy by Dr. Jiwan Kinkar
- Stroke by Dr. Amit Bhatti

The information reached an audience of several hundred thousand people.

Also, 48 articles appeared in multiple newspapers during the week to boost public awareness. The themes of the articles were the importance of exercise for brain health, microplastics and brain health, mosquitoes and brain health,

toothpaste and brain health, pillars of brain health, and advances in treatment of Parkinson's disease.

A webinar on "Brain Health for All Ages" was held on July 25. It kicked off with a video message from WFN President Prof. Wolfgang Grisold. WFN Secretary General Prof. Steven Lewis gave the inaugural address. Dr. Sageeta Ravat, IAN president, also shared her thoughts on this occasion.

These addresses were followed by a panel discussion and question-and-answer session moderated by Dr. Sudhir Bhawe, president of the Indian Psychiatric Society's Western Zone. The panelists included Dr. Meshram; Dr. Nirmal Surya, secretary general of the World Federation of Neurorehabilitation; Dr. Joy Desai, neurologist at Jaslok Hospital in Mumbai; and Dr. Dhruv Batra, neurologist at Viveka Hospital.

Dr. Meshram also gave interviews on seven different television channels, spreading the information about brain health to millions of viewers.

Educational Events

WBD activities in India also included outreach to schools and colleges. Dr. Jiwan Kinark and the neurology team at Shalinitai Meghe Hospital and Research Center conducted an awareness activity on "Brain Health for All Ages" for patients at the Dr. Babasaheb Ambedkar Super Specialty Medical Institute in Nagpur. The activity highlighted the importance of

brain healthy habits in daily life.

An interactive awareness session and a fun quiz on brain health was organized for students in grades 8 and 10 from School of Scholars, Wanadongri, with exciting prizes for the winners.

Prof. Jitendra Tadghare, joint secretary of the NNS, organized a Brain Health Awareness Program at KDK Nursing and Pharmacy College, while Prof. Tushar Patil interacted with MBBS students at Jawaharlal Nehru Medical College in Sawangi.

Dr. Kaustubh Somalwar visited Dhanwate National College and interacted with students, receiving an overwhelmingly positive response. The students were curious, attentive, and asked thoughtful questions. It is truly encouraging to see such interest in brain health among college students (especially from nonbiology backgrounds). A small quiz with simple questions was conducted at the end in which the students actively participated.

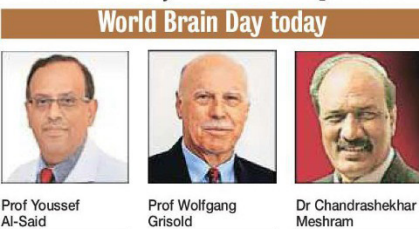
And finally, Dr. Nileema Bhalerao talked with a group of patients with Parkinson's disease about various important aspects of brain functioning. She explained how patients with Parkinson's can face their problems with the help of medicine and physiotherapy.

Mumbai

The METY Brain Health Quiz was conducted on July 22, 2025, as part of Mumbai's World Brain Day awareness

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'Brain disease patients increasing due to lack of awareness, misconceptions'



■ Staff Reporter

THE number of patients with brain diseases is rising due to lack of awareness and misconceptions. High stigma and discrimination is attached with it. 70% of neurological diseases in the world occur in developing and underdeveloped countries where inadequacy of neuroscientist leads to hampering patient care. 25% of epilepsies, 40% of strokes and dementias are preventable if proper steps are taken

and child.

Proper precaution taken to avoid brain injury during childhood are key for functional growth, improvement. Safe immunisations, entering form a so long brain health Brain health is time—it's a life-long World Brain Day to action to protect well-being of

Outreach for World Brain Day in India included media coverage of more than 48 articles in newspapers across the country, as well as coverage on the radio and online.

The theme this year is — Brain Health for all ages. The campaign will be carried in 125 member countries. The World Health Organisation, UN ECOSOC and

active universal means to support This is about ad in neurological care, supporting families, and creating a world

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सुरक्षित

पुण्य नगरी

व्यायाम, योग्य आहार अन् झोप हे मेंदूच्या आरोग्याचे तीन आधारस्तंभ : डॉ. चंद्रशेखर मेस्राम

आज जागतिक मेंदूदिवस

आज जागतिक मेंदूदिवस

For healthy brain

Brain health is an ongoing process that even before birth and continues through our life. Prof. Chandrashekhhar Meshram, trustee of WFN, Parent's health and habits before conception shape a baby's future brain development. Good nutrition, regular check-ups, and balanced lifestyle choices lay a strong foundation. A mother's physical and emotional well-being is vital for healthy brain growth in the womb. Prenatal care, proper nutrition, and stress management help protect both mother and child. Proper precaution should be taken to avoid birth asphyxia and head injury during birth. Early years are key for learning, emotional growth, and social development. Educated mothers, immunizations, and social support are key to a healthy brain.

World Federation of Neurology (WFN) is celebrating 12th World Brain Day today (July 22) to create public awareness about brain health.

World occur in developing and underdeveloped countries where inadequacy of neuroscientist leads to hampering patient care. 25% of epilepsies, 40% of strokes and dementias are preventable if proper steps are taken

Active universal means to support This is about ad in neurological care, supporting families, and creating a world

Microplastics in human brain: 50% surge in 8 yrs

Chaitanya Deshpande @timesofindia.com

Nagpur: Our brain has plastic. Yes, you read it right. Re-

Microplastics can enter body through food, air, water, and even skin

March edition of Nature Medicine journal "Microplastics cross the blood-brain barrier and can disrupt brain function. They may trigger inflammation and even stroke," said Dr. Meshram. "Out of 12 types of plastic polymers found in the brain, polyethylene — used in bottles and packaging — was the most common," said professor Rajith Goudar, former chair of the environmental neurology group, WFN, said the rise in plastic exposure should not be taken lightly.

70 pc of urban population sleep-deprived: Experts

World Brain Week

LOKMAT NEWS NETWORK

Sleep is a vital biological necessity, yet an estimated 70% of the urban population is sleep-deprived. According to Dr. Joy Desai, director of neurology at Jaslok Hospital, Mumbai, this mismatch stems from a lack of awareness about sleep's benefits, work and social pressures and the influence of digital media. Speaking during a webinar on "Brain Health for All Ages" organized by the Nagpur Neuro Society, Dr. Desai said that sleep supports memory, emotional balance, creativity, blood pressure regulation, insulin sensitivity and fat distribution.

Dr. Joy Desai, director of neurology at Jaslok Hospital, Mumbai, this mismatch stems from a lack of awareness about sleep's benefits, work and social pressures and the influence of digital media. Speaking during a webinar on "Brain Health for All Ages" organized by the Nagpur Neuro Society, Dr. Desai said that sleep supports memory, emotional balance, creativity, blood pressure regulation, insulin sensitivity and fat distribution.

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भास्कर संवाददाता | नागपुर

मस्तिष्क का विकास एक सतत प्रक्रिया है। यह

LOKMAT NEWS NETWORK

Dr. Joy Desai, Dr. Nirmal Surya, Dr. Sudhir Bhawe, Dr. Sangeeta Ravat

Dr. Joy Desai also explained the role of the brain's glymphatic system—an exclusive circulatory mechanism that activates only during sleep, flushing out harmful protein waste. Poor sleep hygiene, he noted, increases risks of dementia, Parkinson's disease, depression and mood disorders. He advised sleeping 7-8 hours daily, ideally from 10-11 pm to sunrise, and reminded students that memory consolidation occurs during sleep.

Dr. Nirmal Surya, secretary general of the World Federation for Neurorehabilitation, stressed the need for 30-40 minutes of daily physical exercise at least five days a week. He encouraged activities that provide mental stimulation such as puzzles, learning languages, reading, painting and social hobbies—recommending that 30% of waking hours be devoted to these pursuits.

Dr. Sudhir Bhawe, president of the Physiotherapy Society of

He advised avoiding mobile use at least one hour before bedtime and highlighted the value of social engagement and good friendships for mental wellness. The event featured addresses by Prof. Steven Lewis and Dr. Sangeeta Ravat, with a message from Dr. Wolfgang Grisold. Dr. Meshram introduced the speakers. Dr. Bhawe led the discussion and Dr. Pavitra Patnaik delivered the vote of thanks.

WBD INDIA

continued from page 6

campaign. The event was jointly organized by the Indian Federation of Neurorehabilitation (IFNR) and the Epilepsy Foundation India, under the leadership of Dr. Surya, who served as quiz master. The objective was to raise awareness on the importance of brain health among students, in alignment with the global theme of “Brain Health for All Ages.”

The session began with a brief, but impactful, 10-minute awareness talk by Dr. Surya, who highlighted key aspects of brain health across the lifespan, early warning signs of neurological conditions, and the role of preventive care. His talk set the tone for the quiz and helped contextualize the importance of the subject matter for the students.

The quiz was held online, resulting in enthusiastic participation from students of the MET Institute of Management. More than 100 students submitted valid entries. The quiz consisted of 25 multiple-choice questions and was conducted within a tightly timed window, allowing for only one submission per student to maintain fairness.

Following evaluation, the top scorers were:

- First place | Varun Kotturu
- Second place | Harsh Pawar
- Third place | Yash Patil

IFNR Quest on Brain Health

The IFNR organized a national level online quiz competition, titled “IFNR Quest on Brain Health.” The idea was to raise awareness and knowledge about brain health among undergraduate students from various health care and rehabilitation disciplines. The quiz was conducted virtually, aligning with this year’s theme.

The primary objective of the quiz was

to foster interdisciplinary learning and ignite curiosity in young minds about the structure, function, disorders, and preventive aspects of the human brain. The competition was open to students pursuing MBBS, physiotherapy (BPTh), occupational therapy (BOT), speech and audiology (BASLP), nursing, and other allied health sciences.

The event received an overwhelming response with 758 participants from institutions across India. The quiz comprised 50 multiple-choice questions. It was attended by Prof. Lewis and Dr. Meshram.

Dr. Arun Shivaraman and Dr. Guhan Ramamurthy served as quiz masters, with technical support provided by Dr. Sanjeevani Dhote and Dr. Hitav Someshwar, under the expert guidance of Dr. Surya, IFNR president.

The top three scorers were awarded cash prizes for their exceptional performances: Disha Singh Chauhan, BMRIT (radiology), Galgotias University; Prithwiraj Dutta, bachelor of physiotherapy, Swami Vivekananda University; and Riya Gupta, bachelor of physiotherapy, The SIA College of Physiotherapy.

To encourage broader participation, five consolation prizes were also awarded. The quiz turned out to be an outstanding success.

Pune

The WBD event in Pune was attended by more than 350 people and featured “Rishton Ka Manja,” an infotainment musical program. It was organized by NICHE Advocacy Foundation.

Clinical psychologist Dr. Miraj Khan was the master of ceremonies for the opening, which included guests of honor Dr. Lalit Kumar, Padma Shri awardee, and the Hon. Mr. Prakash Javadekar, former member of parliament.

Dr. Kumar spoke about the activities of

NICHE Advocacy Foundation. Javadekar spoke about the brain and mind and the need for harmony between them, focusing on brain and mind health for everyone.

Veteran musician Enoch Daniels, renowned artist Milind Mulick, and musician Nandu Belvalkar also honored the program with their presence.

The opening ceremony was followed by the infotainment program: “Rishton ka Manja.” This musical treat featured 15 popular Bollywood songs and expert anchoring that explained the World Health Organization’s (WHO) 10 life skills. The performing team was composed of Amar Kulkarni and Sayali Kulkarni Maste as singers. Anand Maste and Abhishek Kate handled the music while neurologist Dr. Poornima Gauri won everyone’s hearts with her lucid and informative anchoring.

Complex concepts were simplified into relatable, easy-to-understand messages. Emotional awareness, rational emotive behavior therapy, self-care, and stress management were some of the complex issues addressed. Artist Virendra Tikhe contributed to the event with a live painting.

The program inspired the audience and encouraged a fresh, broader perspective on brain and mind health.

The department of neurology at Bharati Hospital organized the program under the guidance of Prof. S.P. Gorthi.

Experts delivered talks on a number of topics, including:

- Gynecologist Dr. Girija Wagh spoke about preserving brain health in pregnancy and preconception period.
- Neonatologist Dr. Suprabha Patnaik addressed brain health in the postnatal period.
- Dr. Prema Chaudhari explored brain health in early childhood and adolescence.
- Dr. Manjari Datar, associate professor

of psychiatry at Bharati Hospital, discussed substance abuse and brain health.

- Dr. Shilpa Sule talked about screen time.
- Dr. Swati Bhise, principal at the School of Physiotherapy at Bharati Vidyapeeth University, shared the importance of exercise.
- Dr. Sonal Chitnis, speech language pathologist, discussed improving cognitive reserve through language.
- Dr. Shambhavi Joshi, department of sleep medicine at Bharati Hospital, explored sleep.
- Prof. Gorthi spoke about improving cognitive reserve.

Other WBD Activities

There were WBD activities in other locations in India as well. In Hyderabad, Dr. Chitnis, spoke about tackling stress and building emotional mental health wellness during the Neurological Society of India (NSI) Private Practitioners Forum.

To mark World Brain Day 2025 in Trichy, Dr. M.A. Aleem gave a talk on brain health in the elderly in a function organized by Tiruchirappalli Royal Lions Club at a senior center. He distributed his book on dementia to all residents at the home.

This World Brain Day campaign will contribute toward the promotion of brain health, awareness, and prevention of neurological disorders, and, in turn, improving patient care. •

Chandrashekhhar Meshram is elected trustee of the WFN, Nirmal Surya is secretary general of the World Federation for Neurorehabilitation. Sangeeta Ravat is president of the Indian Academy of Neurology, and U. Meenakshisundaram is secretary of the Indian Academy of Neurology.



World Brain Day activities in India included a walkathon, lectures, quiz competitions, and educational outreach.

WORLD BRAIN DAY 2025

World Brain Day Activities in Pakistan

Interactive programs, essay contests, and panel discussions focused on early recognition of neurological conditions.

BY PROF. ABDUL MALIK

Pakistan joined the global celebration of World Brain Day on July 22, 2025, with a series of impactful activities held across major cities. In alignment with this year's international theme of "Brain Health for All Ages," neurologists, health care workers, medical students, and the public came together to emphasize the need for brain health awareness across the lifespan.

The events were spearheaded by the Pakistan Society of Neurology in collaboration with several public and private hospitals, universities, and community organizations. In Islamabad, Karachi, and Lahore, neurologists led educational sessions that focused on early recognition of common neurological

disorders, especially stroke, epilepsy, and dementia. Speakers emphasized practical strategies for prevention, early diagnosis, and the importance of seeking timely care.

The sessions were open to all and drew participants from various walks of life, including young students, parents, teachers, and retirees. Organizers ensured the programs were inclusive and interactive, encouraging participants to ask questions and engage in discussions. In many centers, blood pressure and glucose screenings were offered alongside brain health check-ins to promote the role of preventive care.

Young attendees took part in art and essay contests with the theme of mental well-being and brain health. Older adults were offered tailored advice on lifestyle

changes to help reduce their risk of cognitive decline. Community health workers played a key role in translating medical information into local languages, ensuring wider understanding and reach.

In Rawalpindi, a panel discussion featured neurologists, psychologists, and rehabilitation experts, who discussed barriers to neurological care in low-resource settings and shared success stories from local communities. Real-life accounts from people living with neurological conditions added a personal and emotional touch to the day's proceedings.

These activities reflect a growing commitment in Pakistan to advance brain health as a public health priority. The initiative complements ongoing efforts

to strengthen neurological services and reduce stigma, especially in rural and underserved areas.

As part of the global campaign led by the World Federation of Neurology (WFN), Pakistan's contribution to World Brain Day 2025 sends a strong message: Brain health must be protected and promoted at every stage of life.

The spirit of collaboration, education, and hope shown on this day will continue to inspire efforts for a healthier future, one brain at a time. •

Prof. Abdul Malik is president of the Pakistan Stroke Society, general secretary of the Neurology Awareness and Research Foundation Pakistan, and professor in the general medicine department at Liaquat College of Medicine and Dentistry (LCMD) in Karachi, Pakistan.



World Brain Day activities in Pakistan were aimed at all ages and groups, including students, parents, teachers, medical professionals, and retirees.

WORLD BRAIN DAY 2025

World Brain Day Activities in South Africa

South Africa celebrates World Brain Day 2025 with a focus on dementia prevention.

BY PROF. LAWRENCE TUCKER AND DR. PATTY FRANCIS

South Africa joined the global neurological community in commemorating World Brain Day (WBD) 2025 under the unifying global theme of “Brain Health for All Ages.” The Neurological Association of South Africa (NASA) chose to focus on dementia prevention from as early an age as possible.

In partnership with the African Academy of Neurology (AFAN), NASA proudly led a week-long awareness campaign across multiple platforms, reaching millions and championing a message tailored for the African continent: “Empowering Every Mind: Brain Health Across Africa and Across the Human Lifespan.”

Nationwide Broadcast and Media Impact

South Africa’s WBD campaign achieved remarkable visibility through extensive national media engagement. Broadcast features on eNCA, SABC News, SAFM, Radio 786, Groot FM, Channel Africa, and others brought expert voices directly to homes and communities across the country. More than a dozen television and radio segments explored key issues such as dementia prevention, youth mental health, and equitable access to neurological care.

Journalists covering the activities expressed interest in learning more about screen time, digital education, and the concept of “digital dementia.”

Print and Digital Reach

Leading news platforms such as the *Cape Times*, *The Mercury*, MSN South Africa, *Jozi Gist*, Smile FM, Bulletin, South Africa Today, and IOL Lifestyle featured impactful stories around the core message: More than 40% of dementia cases are preventable through early lifestyle changes. The campaign inspired public discourse and personal reflection on how small, consistent steps can protect



LAWRENCE TUCKER



PATTY FRANCIS

brain health for a lifetime.

Estimates through July 29, 2025, indicate that 51 pieces of media coverage reached an audience of approximately 18.6 million people. The campaign continued through Aug. 2, 2025.

Public Health Education for All Ages

Under the guidance of NASA and AFAN, the campaign emphasized five brain-healthy habits: regular physical activity, adequate sleep, hypertension detection and treatment, social engagement, and balanced nutrition.

With culturally relevant messaging and multilingual communication, WBD 2025 brought together health care professionals, patients, caregivers, and media personnel. The goal was to gain the attention of policymakers and ignite interest in building brain capital in every community.

Conclusion and Future Directions

World Brain Day 2025 in South Africa was a resounding success and stands as a blueprint for impactful, inclusive, and sustained brain health advocacy in Africa. The partnership between NASA, AFAN, the World Federation of Neurology, and the wider neurological community demonstrates Africa’s growing leadership in neurology. We reaffirm our commitment to empowering every mind, protecting every brain, and ensuring that no one is left behind in the global movement for brain health. •

Prof. Lawrence Tucker is the president of AFAN, and Dr. Patty Francis is the president of NASA.



COGNITIVE HEALTH

Can dementia be prevented? Experts say yes – here's how to protect your brain

VUYILE MADWANTSHI

IMAGINE waking up one morning and forgetting the route to your favourite coffee shop. Or struggling to remember the name of someone you love. It's a frightening thought, but for millions worldwide, it's a daily reality called dementia. Following World Brain Day, marked yesterday, experts are urging all of us to rethink what we know about brain health.

Forget the myth that dementia is simply an inevitable part of getting older.

According to Dr Patty Francis, the president of the Neurological Association of South Africa (NASA), dementia is increasingly the result of decades of exposure to risk factors we can do something about.

"Dementia doesn't just arrive overnight," says Francis. "It's often rooted in unmanaged issues like high blood pressure, obesity, smoking, depression, diabetes and even chronic stress start-

EXPERTS say up to 45% of dementia cases could be prevented by making changes we often underestimate, from staying socially connected to managing medical conditions. | Pexels

to protect your brain," says Francis. "From maternal nutrition and childhood vaccines to managing stress and staying active in midlife. Warning signs to watch for and why you shouldn't ignore them. Many people dismiss memory lapses or confusion as 'just aging'. But spotting symptoms early could change lives. Some common early warning signs include:

- Difficulty doing familiar tasks.
- Problems finding words.
- Confusion about time or place.
- Trouble understanding visual cues.

Yet experts say up to 45% of dementia cases could be prevented by making changes we often underestimate, from staying socially connected to managing medical conditions. Your everyday choices shape your future brain health.

It's tempting to think dementia only concerns older people. But the science shows otherwise. What you do in your 20s, 30s and 40s, diet, exercise, sleep

THE everyday choices you make influence the health of your brain. | Pexels

Beyond medication: the lifestyle power of prevention

While there's currently no cure for Alzheimer's disease, which is the most common type of dementia, experts highlight that early diagnosis, lifestyle changes, and treatment can slow its progression.

have. In many communities, dementia is still stigmatised. Families often keep quiet, fearing judgment. But Francis believes change starts with conversation. "We need to see brain health the same way we see heart health," she says. "Prioritising it isn't just for later life, it's

NEUROLOGICAL ASSOCIATION OF SOUTH AFRICA

DR. DOMINIC GIAMPAOLO

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WORLD BRAIN DAY: FOCUS ON MULTIPLE SCLEROSIS

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WORLD BRAIN DAY 2025

IFNR, Epilepsy Foundation India Celebrate WBD in India

The Indian Federation of Neurorehabilitation and Epilepsy Foundation India join the world in celebrating “Brain Health for All Ages.”

BY DR. NIRMAL SURYA

The Epilepsy Foundation India and the Indian Federation of Neurorehabilitation (IFNR) led this year's World Brain Day activities in several Indian regions. With a population of more than 1.4 billion, India's commitment to brain health has never been more important or more inspiring.

Under the theme of “Brain Health for All Ages,” the campaign was marked by a series of inclusive and meaningful events that reached thousands across the country online and in person. Under the leadership of Dr. Nirmal Surya, the message was clear: Brain health matters at every stage of life, from childhood to older age, and for every Indian.



NIRMAL SURYA

At Lotus House in Mumbai, the Epilepsy Foundation hosted a vibrant hybrid event attended by more than 160 participants on-site and more than 250 online viewers. In his opening remarks, Dr. Surya traced the evolution of World Brain Day since its inception in 2014. He called on all sectors — medical, nursing, allied health, education, and civil society — to make brain health a national priority.

Distinguished speakers inspired the audience. They included:

- Prof. Tissa Wijeratne, co-chair, World Brain Day, speaking from Australia, reflected on the global rise of World Brain Day and the importance of lifelong brain care.

- Dr. Chandrashekhar Meshram warned of emerging threats like environmental toxins and microplastics that may affect brain health.
- Dr. Urvashi Shah and Dr. Mangala Kardile explained how lifestyle, learning, and early intervention can strengthen brain function and neuroplasticity.
- Prisha Jhaveri, an Epilepsy Foundation intern, courageously addressed stigma and mental health.

Two national-level quizzes drew hundreds of students in disciplines ranging from medicine to physiotherapy, empowering the next generation with knowledge. The IFNR Quest on Brain Health welcomed 758 participants. The MET Brain Health Quiz, led by Dr. Surya,

reached business students with simple, clear messages on prevention and early signs.

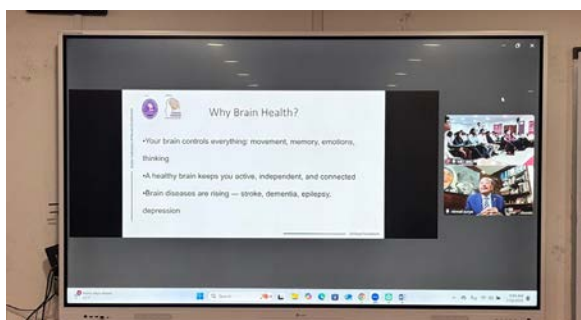
As the program ended with the Indian national anthem and heartfelt community blessings, the message echoed far and wide: Brain health is not a luxury. It is a necessity. And it belongs to everyone.

India's World Brain Day 2025 campaign was more than an event; it was a movement. And in a country of 1.4 billion hearts and minds, that movement has only just begun. •

Dr. Nirmal Surya is secretary general of the World Federation for Neurorehabilitation, president of the Indian Federation for Neurorehabilitation, president of the Asian Oceanian Society for Neurorehabilitation, and chair of the Epilepsy Foundation India.



World Brain Day activities sponsored by the Indian Federation of Neurorehabilitation and Epilepsy Foundation India included a hybrid event in Mumbai and two national-level quizzes.



WORLD BRAIN DAY 2025

World Brain Day Activities in Sri Lanka

Galle National Hospital, Galle Medical Association, and the Association of Sri Lankan Neurologists jointly hosted an event celebrating “Start Strong, Stay Sharp.”

BY DR. JANAKA WAIDYASEKARA,
MBBS, MD, FCCP

The department of neurology at Galle National Hospital in Sri Lanka proudly hosted a landmark event on July 22 to celebrate World Brain Day 2025. The event was held in collaboration with the Galle Medical Association and the Association of Sri Lankan Neurologists.

Aligned with this year's global theme, “Brain Health for All Ages,” the event adopted the local motto “Start Strong, Stay Sharp,” to emphasize the importance of nurturing brain health from early life through to old age.

The day's proceedings began with a



JANAKA
WAIDYASEKARA

welcome address by Dr. Janaka Waidyasekara, chair of the organizing committee, who highlighted the urgency of public engagement in brain health promotion. This was followed by an address from Prof. M.B. Samarawikrama, president of the Galle Medical Association, who underscored the importance of collaborative community health initiatives.

A key feature of the event was a special video message from Prof. Tissa Wijeratne, co-chair of the World Brain Day campaign. Prof. Wijeratne contextualized the global burden of brain disorders and called for urgent investment in prevention and education. This was complemented by remarks from

Dr. Ajantha Keshavaraj, president of the Association of Sri Lankan Neurologists, reiterating the need for intersectoral strategies to promote brain health throughout life.

The scientific program offered a series of engaging, evidence-based presentations, including:

- Dr. Thilina Munasinghe opened with “Nurturing the Brain From the Very Beginning,” focusing on maternal and early childhood influences on brain development.
- Dr. Saamir Mohideen presented “Stroke Prevention Made Simple,” outlining practical interventions to reduce stroke risk in the community.
- Dr. Janaka Waidyasekara delivered “Sleep and Brain Health,” highlighting how sleep quality shapes cognitive,

emotional, and neurological outcomes.

- Prof. K.D. Pathirana concluded with “Aging With Good Memory,” sharing strategies to maintain cognitive vitality in older adults.

More than 130 in-person attendees and 30 online participants engaged in a lively panel discussion, raising questions on sleep, stroke, dementia, and health literacy.

With robust media coverage, the campaign extended far beyond the hospital walls — uniting professionals, students, and the public in one shared goal: building a brain-healthy Sri Lanka. •

Dr. Janaka Waidyasekara is a consultant neurologist and head of the department of neurology and stroke services at Galle National Hospital, Sri Lanka.



World Brain Day 2025 activities at Galle National Hospital in Sri Lanka featured several notable speakers and presentations on childhood brain development, stroke prevention, sleep, and aging.

HISTORY

Women Who Participated in the First International Congress of Neurology

A look back at the contributions of these early neurology pioneers.

BY PETER J. KOEHLER

Early World Congresses of Neurology did not feature many women as participants and speakers. This article explores the females who attended the first congress. In [previous articles](#) in *World Neurology*, I discussed the contents and largely male participants of the First International Neurological Congress in 1931 in Bern, Switzerland. In the [last issue](#) of *World Neurology*, I wrote that I would investigate the female speakers and participants of the 1931 congress.

In an article on French neurologist/neuropathologist Gabrielle Lévy (1886-1934), I reported on the situation of women in neurology at the time.¹ When Dr. Levy studied medicine in the early 20th century, women had been allowed to study medicine for several decades. Cities for early medical schools that admitted female students included Boston (1848, New England Female Medical College), Philadelphia (1850, Woman’s Medical College of Pennsylvania), Switzerland (Zurich and Bern in the 1860s, soon to be followed by Geneva), and Paris (late 1860s).² The latter city attracted several women from abroad.

The time between World War I and World War II was not much better.³ Even though a growing number of women studied medicine during World War I,⁴ this trend was only temporary in some locations. Although St. Mary’s Hospital Medical School in London opened to women in 1916, no women were admitted in 1925. In her article, Julia S. Garner concluded that “women were admitted to St Mary’s not because it was the right thing to do, but merely because it happened to be useful at the time.”⁵

3% Women

The Proceedings of the 1931 International Neurological Congress provide interesting material, not only about the contents of the meeting, but also about the participants.⁶ The total number of participants was 890 active members. These congresses were mainly composed of men, and only 30 (approximately 3%) were women. Conversely, there were about 220 affiliated members, mostly women, who accompanied their husbands. Of the 247 speakers, only six (2%) were women, including two Austrian, two French, and two Polish. (See Table 1.)

Table 1. Women participants and speakers at the First International Congress of Neurology.

Country	City	Role	Name
Austria	Vienna	Speaker	Edith Klemperer
	Vienna	Speaker	Mona Spiegel-Adolf
Belgium	Brussels		M. Reumont
Canada	Montreal		Marthe Pellaud
Finland	Albo		Karin Spooft
France	Strasbourg		Marthe Halff
	Paris		Marthe Henry
	Paris		Gabrielle Levy
	Paris		Marie Long-Landry
	Paris	Speaker	Yvonne Sorrel-Dejerine
	Lyon	Speaker	Andree Feyeux
Great Britain	Sheffield		Elizabeth Cowper Eaves
	London		DS Russell
	London		Ruby Stern
	London		Hilda Weber
	London		Helen Rogers
	Amsterdam		Brouwer-Frommann
Holland	Utrecht		Mia Dentz
Italy	Pavia		Lea Rossi-Del Bo
Poland	Warsaw		Helene Flatau
	Warsaw	Speaker	Nathalie Zand
	Krakow		Aurelja Sikorska
	Lwow	Speaker	Stanislawa Adam-Falkiewiczowa
Russia	Moscow		Rega Bagotzky
Switzerland	Zurich		Vera Strasser
United States	Washington		Lucile Dooley
	Palmer, Mass.		Lucie Forrer
	San Diego		Anita Muhl
	Chicago		Jeannette Brown Obenchain
	Baltimore		Esther Loring Richards



Mona Spiegel-Adolf (Source: Kern E [ed.]: *Führende Frauen Europas*, Neue Fole. Reinhardt, München 1928, p.56; public domain).

Mona Spiegel-Adolf

Two of the women speakers came from Vienna. Mona Spiegel-Adolf (1893-1983) gave a presentation on “Zur physikalischen Chemie der Lipide (The physical chemistry of lipoids).” She had studied medicine in Vienna, during which time she became acquainted with (and later married) Ernst Adolf Spiegel (1895-1985; pioneer of the stereotaxic apparatus). In 1918, she received her MD, and in 1925, they married.

Spiegel-Adolf took an interest in colloid chemistry. She left Vienna a year after her husband and became professor at the Institute of Physical and Colloid Chemistry of Temple University of Philadelphia. She continued lecturing in Vienna until her *venia legendi* (authorization to teach) was revoked in 1938, and she was expelled from the university.

She published a number of books, including *Die Globuline* (1930, within the series *Handbuch der Kolloidwissenschaft*

in *Einzeldarstellungen*, in German) and *X-Ray Diffraction Studies in Biology and Medicine* (1947), co-authored by George Christian Henny (1899-1988).⁷ Although her husband was filmed at the congress by [Steven Walter Ranson](#), his wife, Mona, was not.

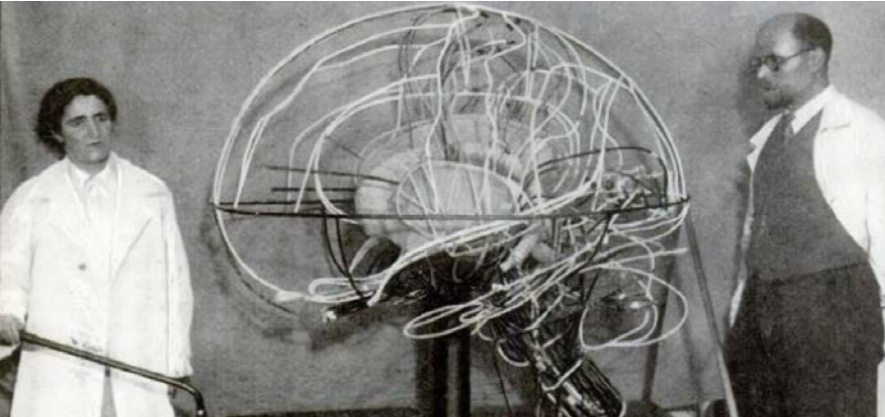
Edith Klemperer

Edith Klemperer (1898-1987) presented on “Das Gehirnmodell, ein plastischer beleuchtbarer Unterrichtsbehelf zur Darstellung der einzelnen Funktionen (The brain model, a plastic, illuminated teaching aid to illustrate the individual functions).” She had studied medicine at the University of Vienna. Upon graduating, she worked under Julius Wagner-Jauregg (1857-1940), who received the Nobel Award (1927) for malaria treatment of dementia paralytica.

With the cooperation of Robert Exner (1891-1960), Klemperer made a glass model of the brain that she patented at the U.S. Patent Office on March 20, 1934.⁸ The model, which had a switchboard to illuminate various fluorescent tubes representing anatomical elements inside the brain, was designed to demonstrate cerebral electrical impulses to medical students. One of the first official appearances of the model was at the Neurological Congress in Bern in 1931.^{9,10} It aroused quite a bit of international public interest. (See Figure 1.)

Still in Vienna, she had published articles on several subjects. Being of Jewish descent, she left Austria for New York in 1938. There, she worked at several hospitals, including Mount Sinai Hospital and Bellevue Hospital. During this time, she directed her attention to hypnosis, about which she published articles and a book, titled *Past Ego States Emerging in Hypnoanalysis* (1968).¹¹

see HISTORY page 13



Dr. Edith Klemperer and Robert Exner with their glass model of the brain (from *Popular Science* 1931, p. 32. Available online at [Popular Science](#), [Google Boeken](#)). (right) (Figure 1). Newspaper article in the Australian *The Mail* from Saturday July 31, 1937, p. 25.

World's First Luminous Brain Model Made By Woman Doctor

By a Special Correspondent

VIENNA, June 30.—A globe, eight times the size of the human skull, radiates blue, green, crimson, purple, rose-colored, and yellow lights, an orgy of sparkling color, more like a glorified electric light sign than anything else. Thin snake-like tubes, are twisted in intricate scrolls, entwined and overcrossed to a seemingly erratic labyrinth, yet are ordered to some mysterious law to magical efficiency.

It is the world's only luminous brain model, constructed by Miss Edith Klemperer, M.D., a Vienna neurologist, the first model ever made that completely and three-dimensionally demonstrates the construction of the human brain with its nerve centers, and the multitudinous winding pathways of the cerebral cortex. The model has been used up till now for the instruction of medical students and has been demonstrated by the Vienna physician at the annual congress of the International Association of Neurology, which was held here last week. It is a masterpiece of scientific artistry.

HISTORY

continued from page 12

Yvonne Dejerine and her husband Etienne Sorrel (film still).²⁰

Yvonne Sorrel-Dejerine

With two famous neurologists as parents — Jules Dejerine (1849-1917) and Augusta Dejerine-Klumpke (1859-1927) — it is no surprise that Yvonne Dejerine (1891-1986) also became a neurologist. After she earned a degree in natural sciences, she studied medicine and published her doctorate thesis on tuberculous paraplegia in 1925: *Contribution à l'étude des Paraplegies Pottiques. Essai Sur L'évolution et le Prognostic Basé Sur 40 Observations Personnelles* (Contribution to the Study of Paraplegia by Pott's Disease. Essay on Evolution and Prognosis Based on 40 Personal Observations).¹²

Her presentation at the congress was done in cooperation with her husband, the surgeon Étienne Sorrel (1882-1965), whom she married in 1921. Titled “Du Role de la Compression Osseuse Dans les Paraplegies Pottiques. Etudes Anatomique et Clinique (The Role of Bone Compression in Pottic Paraplegia. Anatomical and Clinical Studies),” it was obviously associated with her doctoral studies.

Her name became eponymously associated with the obstetric lower brachial plexus lesion. This is rarer than the upper brachial plexus lesion associated with Guillaume Benjamin Duchenne (1806-1875) and Wilhelm Erb (1840-1921).

Andrée Feyeux

Andrée Feyeux (1898-1982), from the French city of Lyon, presented a paper in cooperation with Jules Froment (1878-1946) on du tonus musculaire de l'homme.

Multiplicité, polymorphie et indépendance de ses réactions toniques (Human muscle tone. Multiplicity, polymorphy and independence of tonic reactions).

Jeanne Clemence Noemi Andrée Feyeux was born in Cormoranche-sur-Saône, which is about 70 km north of Lyon. She published several articles in cooperation with Froment, who is well-known from the eponym “Froment's Sign.”¹³ She also published articles on parkinsonian rigidity.¹⁴ In 1941, she coauthored a book, titled *Leçons de Psychologie de L'Enfant* (Lessons in Child Psychology). A second edition was published in 1948.¹⁵

Nathalie Zand

Nathalie Zylberlast-Zand (1883-1942), from Warsaw, presented a study on la barrière protectrice méningée et le système réticulo-endothélial (the protective meningeal barrier and the reticuloendothelial system). She studied medicine at the University of Geneva, earning her MD with a dissertation on “un cas de leucémie myéloïde chez un enfant de neuf mois (a case of myeloid leukemia in a 9-month-old child).”

She was married to the industrialist Maximilian Zand (1876-1932). Beginning in 1907, she was associated with the neurological department of the well-known neurologist Edward Flatau (1868-1932) at the Jewish Hospital in Czyste (now a part of Warsaw). After his death, she was one of the founders of the Edward Flatau Neurobiological Institute. She published many articles and a monograph on the choroid plexus, which was also published in French.¹⁶ During the war, she lived in the Warsaw Ghetto, where she acted as a physician. She was murdered by the Nazis in August 1942.

Stanislawa Adam-Falkiewiczowa

Stanislawa Adam-Falkiewiczowa (1900-1992), from Lwów, Poland (the present Lviv, Ukraine), presented a study on Eine ungewöhnlich Entwicklungsstörung des Occipitale-basilare mit dem klinische Bilde eines doppelseitigen Kleinhirnbrückenwinkeltumors (an unusual developmental disorder of the occipitale-basilare with the clinical picture



Nathalie Zand (File: Natalia Zand.JPG, Wikimedia Commons; public domain).

of a bilateral cerebellopontine angle tumor).

Her coauthor was the pathologist Prof. Witold Nowicki (1878-1941). The article was published in a German journal.¹⁷ She later worked at the Wrocław Neurology Clinic, which she directed several times between 1946 and 1971.

Other Female Participants

Marthe Halff (1905-1974) was *interne des hôpitaux* in Strasbourg, where she received her MD in 1931. She survived the holocaust in southern France.

Marthe Henry graduated in Paris with a 1922 dissertation, titled “Les Origines de L'élimination des Anti-Sociaux et de L'assistance Aux Aliénés Chroniques: La Salpêtrière Sous L'ancien Régime (The Origins of Eliminating Antisocials and Assisting the Chronically Insane: La Salpêtrière Under the Ancient Regime).”

Gabrielle Lévy (1886-1934) was one of the subjects of a **2017 article** in *World Neurology*. Her name became associated a hereditary polyneuropathy, notably the Roussy-Lévy syndrome.¹

Marie Long-Landry (1877-1968) worked under Jules Dejerine at the Salpêtrière in Paris and wrote her dissertation on Little's disease (spastic diplegia). She was married to Prof. Edouard André Long (1868-1929). She worked at the neuropsychiatry department in Genève. At the end of World War II, she was awarded the Médaille de la Résistance for her assistance to Jews and Allied soldiers.

Elisabeth Cowper Eaves (1884-1947)



Gabrielle Lévy (courtesy Dominique Weil).

was a neuropathologist and lecturer at the University of Sheffield, England. She was associated with the South Yorkshire Mental Hospital. She published articles in *Brain*, including “A Contribution to the Study of Deposits Containing Calcium and Iron in the Brain” (1926), “Diabetes Insipidus” (1930), and “The Pituitary and Hypothalamic Region in Chronic Epidemic Encephalitis” (1930).

Ruby O. Stern (1902-1958) was a neuropathologist at the National Hospital, Queen Square, in London. Among her publications were papers in *Brain*, titled “A Study of the Histopathology of Tabes Dorsalis With Special Reference to Richter's Theory of its Pathogenesis” (1929) and “Certain Pathological Aspects of Neurosyphilis” (1932).

Mrs. Brouwer-Frommann (1883-1966) was a pediatrician in Amsterdam. She was married to professor of neurology Bernardus Brouwer (1881-1949), who was chair of the committee that made the Proceedings of the Congress.

Lea Rossi del Bò (1903-1978) studied medicine at the University of Pavia, Italy, and received her MD in 1925. She worked under Nobel Laureate Camillo Golgi (1843-1926) and became a neuropathologist.

Aurelja Sikorska (1886-1966) was a Polish psychiatrist who studied medicine at the universities of St. Petersburg and Krakow, graduating from Krakow in 1918. She worked at the neurology and psychiatry clinic there and in other Polish cities afterward. She returned to Krakow to work at the Department of Pediatric Neuropsychiatry at the Hospital in Kobierzyn, Krakow.

Vera Strasser-Eppelbaum (1884-1941) studied medicine in Dorpat (Estonia, the present Tartu) and St. Petersburg, and then in Bern and Zurich, Switzerland. She graduated with a dissertation, “Zur Psychologie der Aussage bei der Dementia Praecox (The Psychology of the Statement in Dementia Praecox),” which was guided by Eugen Bleuler (1857-1939).

In 1914, Strasser-Eppelbaum published a monograph, titled “Zur Psychologie des Alkoholismus. Ergebnisse Experimenteller und Individualpsychologischer Untersuchungen (The Psychology of Alcoholism. Results of Experimental and Individual Psychological Studies).”

Hélène Brouwer-Frommann and her husband Bernard Brouwer (film still).²⁰Anita M. Mühl.²¹

HISTORY

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Lucile Dooley (1884-1968) received her Master of Arts degree at the University of Tennessee and her MD from Johns Hopkins University. She worked at the psychiatric St. Elizabeths Hospital in Washington, D.C., where she returned later as director (1938-1942). In the early 1930s, she spent time at the Vienna Psychoanalytic Institute. She later returned to Knoxville, Tennessee, where she worked as consultant in psychiatry.

Lucie G. Forrer, MD, was a resident officer at the Monson State Hospital in Massachusetts.

Anita M. Mühl (1886-1952) received her MD from Indiana University in 1920 and specialized in psychiatry. She received a PhD from George Washington University and started a private practice in the late 1920s in San Diego. She spent some time in Vienna to study psychoanalysis, returning to the U.S. in 1931. During that year, she survived an attack by one of her female patients. She published two books, notably *Automatic Writing* (1930) and *The ABC of Criminology* (1941).

Esther Loring-Richards (1885-1956) received her MD from Johns Hopkins University in 1915 and became a psychiatrist at the Henry Phipps Psychiatric Clinic. She also served on the faculty of Johns Hopkins School of Medicine. She was particularly interested in pediatric psychiatry and mental hygiene. She published several books, including *The Elementary School and the Individual Child* (1923) and *Behavior Aspects of Child Conduct* (1934, with a foreword by Adolf Meyer).

Discussion

Most of the women who attended the congress were from France, Great Britain, Poland, and the United States. In two of the abstracts of the six women speakers, they were not mentioned as first author (Feyeux was second of three, and Sorrel-Dejerine was second of two). We do not know whether they presented the papers. As mentioned earlier, sometimes the women were listed as second authors to the head of the department even though they did most of the research.¹

Several of the women (and men) mentioned in the previous *World Neurology* article were of Jewish descent and left Europe in the 1930s, in particular Mona Spiegel-Adolf and Edith Klemperer. They were among the hundreds of neuroscientists and thousands of researchers and professors who underwent the forced migration from fascist and Nazi-occupied European countries in the first half of the 20th century. This was discussed recently in the introduction to a special issue of the *Journal of the History of the Neurosciences*.¹⁸ As mentioned above, Nathalie Zand was murdered by the Nazis in 1942.

Not all of these women were working in clinical neurology. Several were neuropathologists or working as psychiatrists. However, as mentioned in the earlier [article](#) on the First International Congress of Neurology, neuropsychiatry was practiced as one specialty for a long period in many countries.

Since the First International Congress of Neurology in Bern, the number of women in neurology has gradually increased. In 2018, women comprised 45% of neurology and neurological

subspecialty residents.¹⁹

Acknowledgements

I am grateful to Emmanuel Broussolle for providing information about Andrée Feyeux. •

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PRESIDENT'S COLUMN

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Opening of the Chinese Brain Health Day in Beijing, China.

Union of Neurological Societies (PAUNS) meeting in Tunis, and the Pan American Federation of Neurological Societies (PAFNS) meeting in Paraguay. A meeting of African Federation of Neurology (AFAN) was held at the PAUNS Congress in Tunis and was co-sponsored by the WFN.

In all meetings, we held dedicated conferences with the leadership. We have not yet had a leadership meeting this year with the Asian and Oceanian Association of Neurology (AOAN). We hope to do this at the Seoul meeting.

We also want to thank member societies for their participation in the World Health Organization's **Intersectoral Global Action Plan** (IGAP) and brain health. In particular, I want to mention the two-day Brain Health Conference held in July in Beijing, China.

World Brain Day (WBD)

Although WBD has become an annual WFN event, every new WBD is a huge undertaking for the team. The choice of a series of WBD topics on brain health was completed this year with the theme of "Brain Health for All Ages."

This theme underscores the importance of neurological diseases not only in individual age groups, but also in different regions of the world. As part of WBD, the WFN published a global call to action on brain health in *The Lancet* and the *Journal of the Neurological Sciences*.

In addition to the WHO, the U.N. ECOSOC participated for the first time in WBD events in July. Then current ECOSOC president, Canadian Ambassador Bob Rae, sent a video

message. The WBD event was great, and we had many contributions from regions on the importance of brain health. There were also a number of esteemed specialists who explained brain health in different age groups. You will find more information and the webinar on the **WFN website**. Look for reports from different regions in this issue of *World Neurology*.

Global Advocacy: WHO and U.N. ECOSOC

The WFN is proud to be a nonstate actor (NSA) of the WHO. This has not only allowed cooperation and exchange to take place, but has helped the WHO take neurology and brain health forward in all WHO regions.

The NSA status of the WFN needs to be renewed every three years. With the help of Prof. Alla Guekht, past WFN trustee, and Ksenia Pochigewa, WFN intern, we are working on this important task.

We are also increasingly engaged in the regional WHO meetings, including Europe and the Pan American Health Organization (PAHO) in Latin America. This year, we intend to participate in the 75th session of the WHO Regional Committee for Africa, along with AFAN. This is the first time the WFN and AFAN will attend this meeting. It will take place Aug. 25-27, 2025, in Lusaka, Zambia.

U.N. ECOSOC is the social council of the U.N., residing in New York City. As the WFN has a **special consultative status**, we use this as an opportunity to participate in U.N. meetings and have been successful in making several **interventions**. The U.N. ECOSOC advocates for the **Sustainable Development Goals** (SDG) and is important for many medical and humanitarian issues.

We are proud that former U.N. ECOSOC president, Ambassador Rae, not only received us in New York, but also gave a statement on WBD. In September, we will attend the **U.N. High-Level Meeting on the Prevention and Control of Noncommunicable Diseases and the Promotion of Mental Health and Well-Being** in New York.

The WCN 2025

The WCN is one of this year's highlights for the WFN. Hosted jointly with the Korean Neurological Society (KNA), the **Congress will take place Oct. 12-15 in Seoul**, South Korea. In addition to



Prof. Wolfgang Grisold and Prof. Alla Guekht at the U.N. ECOSOC high-level meeting in July 2025 in New York.

our excellent scientific and educational program, we have will offer brain health sessions, debates, coffee talks, interactive talks, and a large exhibition area to meet and communicate.

We are looking forward to the program, the plenary sessions, and the rich variety of general sessions, which will provide ample opportunities to inform attendees about brain health. We are also looking forward to many activities with the WHO and the U.N. ECOSOC.

There will also be several events dedicated to patients, such as a local patient day and meetings with patient organizations. One plenary session will share patient perspectives on migraine. Most importantly, a patient will open the WCN meeting, presenting his story of a remarkable and encouraging example of rehabilitation and a proof of neuroplasticity.

We are aware that financing travel to congresses can be an insurmountable burden in some countries of the world. We also recognize that time constraints may not allow travel in October. For these reasons, we will maintain the WCN hybrid congress format. Virtual participation will be at a lower cost, and all meetings can be attended at individual times chosen. There will also be EACCME CME recognition.

Education

Along with advocacy, educational activities and programs are the backbone of the WFN's activities. They range from education at congresses and meetings to full training in the WFN Training Centers. This is a story of success, which will need to be expanded on in the future, if support and means should become available.

The **Global Advocacy and Leadership Program** (GALP) is a monumental attempt to promote advocacy and leadership for young neurologists in low- and middle-income countries worldwide. We have developed this program — including financing and running it — in partnership with the AAN. We had a successful live meeting in San Diego. The virtual sessions are continuing as well with two more to come.

The final part of the GALP will take place before the WCN in Seoul, South Korea. The GALP candidates will graduate in a ceremony conducted by the presidents of the AAN and the WFN at



Entrance to the United Nations Building in New York.

the WCN opening ceremony. This will be the first group of GALP graduates.

The educational programs in Seoul, South Korea, are attractive, and you will find the Teaching Course programs valuable. Excellent speakers will serve your need for EACCME-accredited CME. Virtual options for the educational programs will be available as well.

You can **register** for both the in-person and virtual components on the website.

Publications

We are glad to have a regular solid basis of publications, including our website, social media, *eNeurologicalSci*, and the *Journal of the Neurological Sciences*.

We are in the final stages of writing a multi-author book on neurology worldwide. The title of the book is "The White Book of Neurology." It will be published by Springer Publishing. It follows "**Public Health Challenges**," our 2006 book on neurological disorders.

The purpose of the book is to explain neurological history, development, structure, and education. This may be helpful in countries where neurology is still being established.

Final Wishes

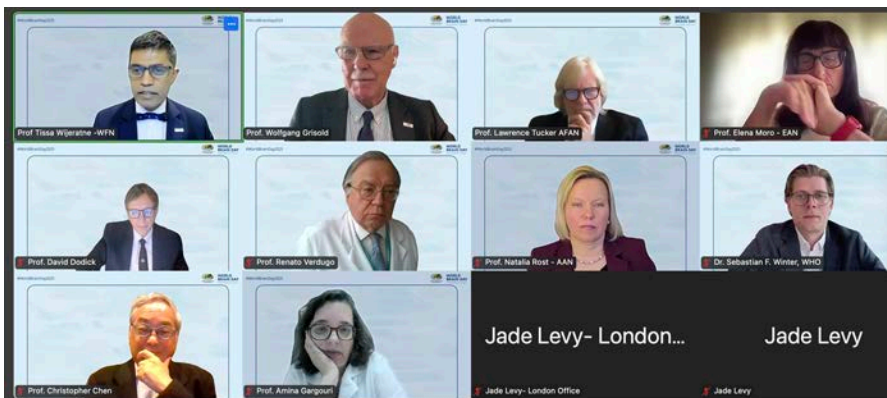
Finally, an editorial can always contain wishes. Here are a few of ours:

The first wish is that all violence and armed conflicts end, and that all victims of war can be sufficiently helped and aided.

For the international community, we hope for the further implementation of IGAP and neurology. We also wish for free and open access to neurological services for people in need.

For the WFN, we hope for a successful and communicative WCN meeting and to meet as many of you in person at our congress reception on Sunday, Oct. 12, 2025. It will be open for all congress participants.

We look forward to seeing you there! •



WBD: Meeting of regional presidents and discussion. (Screenshot: July 22, 2025.)

The Hungarian Neurological Society

A review of the history and development of neurology in Hungary.

BY PROF. LÁSZLÓ CSIBA

The development of neurology in Hungary dates back more than 150 years. In 1882, the first Department of Neurology and Psychiatry was established at the Medical Faculty of the University of Budapest, laying the foundation for the independent evolution of the discipline.

Following this, the growth of neurology accelerated, with internationally renowned neurologists working in Hungary. These include Prof. Károly Schaffer (associated with Tay-Sachs-Schaffer disease) and Prof. József Mátyás Baló (associated with Baló concentric sclerosis).

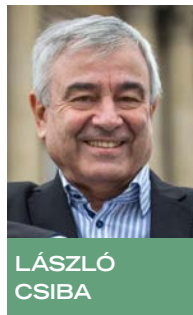
Several other outstanding neurologists of Hungarian origin also contributed significantly to the field. These include Nobel laureate Róbert Bárány, who worked in Vienna, and György Békési, who conducted groundbreaking research on hearing in the United States and was also awarded the Nobel Prize.

The complete separation of neurology and psychiatry in Hungary took place only in the second half of the 20th century. Prior to that, the Hungarian Society of Neurology and Psychiatry had united the scientific and postgraduate activities of neurologists and psychiatrists in the early 20th century. After the formal split in 1992, this work was continued by

the Hungarian Neurological Society. Neurological training in Hungary consists of a 60-month program.

The Hungarian Neurological Society currently has 562 members and includes 17 affiliated societies focusing on specific subfields of neurology. These are:

- Béla Horányi Clinical Neuroscience Society
 - Hungarian Epilepsy League
 - Hungarian Headache Society
 - Hungarian Neuroimmunological Society
 - Hungarian Neuropathological Society
 - Hungarian Neuroradiological Society
 - Hungarian Neuroscience Society
 - Hungarian Neurosonological Society
 - Hungarian Neurosurgical Society
 - Hungarian Pain Society
 - Hungarian Scientific Parkinson Society
 - Hungarian Society of Clinical Neurogenetics
 - Hungarian Society of Clinical Neurophysiology
 - Hungarian Society of Pediatric Neurology
 - Hungarian Society of Sleep Diagnostics and Therapy
 - Hungarian Stroke Society
 - Neuro-Ophthalmology Section of the Hungarian Ophthalmology Society
- As an umbrella organization, the



LÁSZLÓ CSIBA

main task of the Hungarian Neurological Society is to provide a platform for continuing medical education and professional exchange of information. The society also seeks to foster cooperation between the specialties and member societies within the field of neurology.

The society maintains its own [website](https://wfneurology.org/), which serves both as a platform for the dissemination of guidelines and for postgraduate education. In 2024, we organized the 39th National Neurological Conference, with more than 400 participants.

In Hungary (population: 9.8 million), there are 56 neurology departments with a total of 2,680 neurological beds. Stroke patients are treated in 39 dedicated stroke units, where more than 3,500 intravenous thrombolysis and more than 1,000 mechanical thrombectomies are performed annually.

Competency examinations are available in electrophysiology, neurointervention, and vascular neurology.

Continuing medical education is conducted both in person and online. Fifty credit points must be earned over a five-year period from accredited courses to maintain board certification.

Every two years, the Hungarian Neurological Society organizes an international conference where all

affiliated societies host their own sessions to present developments in diagnostics and therapy in their respective fields.

The society is also committed to educating the public and advocating for appropriate funding for neurological diseases with health care policymakers.

The Hungarian Neurological Society maintains intensive international relations. Thanks to these efforts, Budapest hosted the European Academy of Neurology (EAN) Congress in 2023, which attracted more than 8,000 participants.

The society has vibrant relations with the neurological societies of Central European countries, including the Czech Republic, Romania, Serbia, and Slovakia. Every year, we organize a three-day neurology training conference in Romania specifically for Hungarian neurologists living beyond Hungary's borders.

In Hungary, neuroimmunological patients (including approximately 6,000–7,000 people with multiple sclerosis) receive immunomodulatory treatment at dedicated multiple sclerosis centers. The treatment of extrapyramidal disorders and epilepsy is also concentrated in specialty centers, which benefit from priority funding for both pharmaceutical and instrumental therapies. •

Prof. László Csiba is a neurologist and professor in the department of neurology at the University of Debrecen in Hungary.



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Epilepsy in Primary Care in Sub-Saharan Africa

A neurologist's perspective and experience with the DREAM program.

BY PROF. MASSIMO LEONE

In 2022, the World Health Organization (WHO) released the Intersectoral Global Action Plan (IGAP) on epilepsy and other neurologic disorders.¹ One of its main goals is improving access to care for people living with epilepsy (PLWE), particularly in low- and middle-income countries where about 80% of these patients live.

Sub-Saharan Africa has 1.3 billion inhabitants. The estimated number of PLWE in the region exceeds 20 million, but there is only one neurologist for every 2 million people.

The majority of PLWE in Sub-Saharan Africa are managed in primary care facilities by nonphysician clinicians (NPCs) whose education on the disease is insufficient. More than 75% of PLWE have little or no access to treatment. The Sub-Saharan African population is expected to double by 2050, as is the number of PLWE.

IGAP calls for improved access to care for PLWE, particularly at the primary care level. Actions to meet this need are urgently needed. Increasing (and improving) the number of primary care services for PLWE and improving education to NPCs² are two key steps toward addressing this issue.

In 2020, an epilepsy program in Sub-Saharan Africa was started in primary care centers through the Disease Relief Through Excellent and Advanced Means (DREAM) program. This was in partnership with the C. Besta Neurological Institute, Instituto de Ricovero e Cura a Carattere Scientifico (IRCCS) Milan, the Italian Society of Neurology, and Global Health Telemedicine (GHT).

Since 2002, the DREAM program has delivered care for HIV/AIDS patients in Sub-Saharan Africa. It is now active in 10 Sub-Saharan African countries with



Integrating epilepsy in primary care in sub-Saharan Africa and partnership for IGAP. The map shows DREAM centers integrating treatment for epilepsy, HIV and other diseases. Different levels and strategies for the intervention of the partnership in 2023, 2024, and 2025 are shown in the pictures.

50 primary care centers. This includes 28 laboratories with molecular biology. DREAM is part of the national public health systems in these countries.

Among the main achievements of DREAM is a long-term suppressed viral load in 95% of HIV patients in the program.³ All health care personnel are local, and the involvement of community health workers greatly contributes to the high retention rate. In all DREAM centers, HIV management is integrated with noncommunicable diseases. This is in accordance with the UN-WHO 2011 directive to fight the double burden of the diseases.⁴

Italian neurologists considered DREAM a reliable platform to deliver care to PLWE in Sub-Saharan Africa, and an education and training program for local NPCs was started. So far, 20 in-person teaching and training courses on epilepsy and other highly prevalent neurologic diseases such as stroke and headache have been delivered to more than 300 primary health care workers. Each course is

followed by periods of shared work on the ground and training on the job in Malawi, Central African Republic, Mozambique, and the Democratic Republic of Congo.⁵

Three video electroencephalograms have been installed. More than 1,100 EEG recordings have been sent to epilepsy specialists in Italy through the GHT telemedicine platform. Sub-Saharan African clinicians have sent more than 3,400 teleconsultation requests to Italian neurologists. More than 2,600 PLWE are regularly treated at the 14 DREAM centers where epilepsy care is now delivered.

In addition, the Italian Society of Neurology started a teaching and training program for neurology residents. It includes periods of work at primary care centers in Sub-Saharan Africa under the mentorship of senior expert neurologists.

In conclusion, our long-term epilepsy program and partnership is enhancing cooperation between neurologists and primary health care NPCs. This approach contributes to increased and improved access to care for PLWE in Sub-Saharan Africa. •



Integrating epilepsy in primary care in sub-Saharan Africa. Some activities and events in 2023 and 2024.

Prof. Massimo Leone works in International Affairs for the Global Neurology Program at The Foundation of the Carlo Besta Neurologic Institute, IRCCS, in Milan, Italy.

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