

19th Scientific Conference on Brain Disorders: Clinical Psychoneuroendocrinoimmunology in Prevention of Brain and Heart Disorders.

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The 19th Scientific Conference on Brain Disorders was held on October 19th, 2021, in virtual (online) form. The theme of this year Conference was entitled: Clinical Psychoneuroendocrinoimmunology in Prevention of Brain and Heart Disorders.

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 occasion of the 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 and cardiovascular diseases.

The event was conceived as a series of interdisciplinary lectures and an interactive section. It attracted over 100 participants. The

lectures have been given by 6 distinguished lecturers, experts in the fields of neurology and cardiology.

Prof. Vida Demarin gave an opening lecture about the main principles of psychoneuroendocrinoimmunology with special focus on stress as a crucial trigger. Dr. Sanja Toljan spoke about the practical approach to psychoneuroendocrinoimmunology in every day practice using the cortisol curve as and diagnostic parameter. Prof Davor Miličić interpreted psychoneuroendocrinoimmunology approach in prevention of heart disorders. Assist prof. Edvard Galić and assist prof. Hrvoje Budinčević talked on conventional approach in prevention of cardiovascular disorders and stroke prevention, respectively. Assist prof Sandra Morović spoke about possibilities of using the psychoneuroendocrinoimmunology approach in patients with migraine.

In conclusion, despite current methods in prevention of heart and brain disorders haven't showed expected results globally, using the psychoneuroendocrinoimmunology approach may increase effectiveness of conventional methods in prevention of these disorders and reduce the burden of cerebrovascular and cardiovascular disorders.

