

# Share4Brain June 2021 Newsletter



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S4B is an Erasmus+ Project in the Adult Education section funded by EU during 2020-2021



The Erasmus+ program “Exchange of Good Practices for Brain Education in Europe” project, entitled “Sharing Good practices for Brain Education in Europe” (Share4Brain) is drawing the attention of the academic and general public as well as relevant state institutions to the importance of the development of basic and clinical research in neuroscience to ensure better prevention, diagnosis, and treatment of neurological and psychiatric disorders. The Share4Brain project aims to unite patients, brain researchers, scientists, clinicians and carers at a national level and to provide them with the skills and knowledge necessary to promote brain research and raise awareness about the societal impact of brain diseases.

## Activity #1 “Athens Meeting September 2020”

Share4Brain organized a meeting at Athens in September 2020. Due to the COVID-19 pandemic, the project meeting was held virtually on 28-29 September 2020 with the support of the European Parliament office in Greece.

This meeting was celebrated between days 28<sup>th</sup> and 29<sup>th</sup> of September 2020 and ran virtual

The project brings together organizations from Belgium (Belgian Brain Council), Greece (Greek Carers Network EPIONI and the National and Kapodistrian University of Athens), Italy (CVBF), Serbia (Serbian Brain Council), and Spain (Spanish Brain Council).

The participants in this meeting discussed the progress of the project and the need to raise public awareness about brain conditions and disseminate the project results and activities via the media, relevant brochures and a dedicated website. We also formulated a joint strategy to bring competent politicians to support the objectives of the project and accordingly come closer to relevant decision-making positions.

We conducted a virtual focus group with patients living with depression.

We held three events entitled:

- Share4Brain: Addressing the growing prevalence of depression in Europe.
- Caring for Carers: Dealing with Depression
- 6<sup>th</sup> Meeting of the Academy of National Brain Councils.

## Activity #2. Presentation of the book “When reasoning chases memory. The multidimensional threat of Alzheimer's disease in the 21st-century” by Greek Brain Council

The book was presented by the Greek Brain Council during the Share4Brain meeting celebrated 20<sup>th</sup> and 21<sup>st</sup> September 2021.

This book is for the lay public and is in Greek

The book is edited by Dr Christina Dalla and Dr Ioannis Sotiropoulos.

You can find more information on the website: <https://www.cup.gr/book/otan-i-logiki-kynigaei-ti-mnimi/>

The editor is Crete University Press. The success of Crete University Press can be gauged from a) the 20 prizes and awards by academic societies and organisations, b) from the fact that about 1700 lecture courses in Greek universities use books by Crete University Press as textbooks, and c) the high sales rate in the Greek market (circa 100,000 copies per annum).

Cover of the book



When in the autumn of 1901 the German psychiatrist Alois Alzheimer took over the medical care of Mrs. Augusta Dieter, who at the age of 51 complained of memory loss, hallucinations and personality disorders, it was still too early to realize that she was experiencing the symptoms of an unprecedented disease, which he would later describe as 'a characteristically

severe disease of the cerebral cortex' and which years after his death everyone would call by his name in his honor: Alzheimer's disease. But it took at least a century for the medical community to gradually become aware of the seriousness and specific characteristics of this disease, which is now the most common cause of dementia. However, what has been both striking and worrying to experts in recent years is, on the one hand, the inability to find an effective treatment and, on the other, the alarmingly accelerating incidence of dementia around the world: every three seconds a new case is recorded, and according to World Health Organization estimates, we expect it to more than triple by 2050.

#### Summary of the book

In addition to the medical questions that need to be answered, Alzheimer's disease also raises issues of social sensitivity and concern, since the dementia patient is accompanied by a family member who has taken on the truly sensitive and painful role of caring for him or her. This collective volume, therefore, attempts to explore in a scientifically responsible way the various aspects of the complex and multifactorial problem of Alzheimer's disease. It is addressed primarily to physicians, medical students and health professionals, but at the same time, it is of interest to the wider public, since along with the clinical dimension of the problem it also deals with the corresponding social dimension, wishing to contribute to informing everyone about the possibilities offered in our country, but also worldwide, for the care of patients and their families, through the operation of appropriate service structures. Finally, it stresses the promising prospect of finding a definitive cure, which is promised on the one hand by the innovative research conducted in the fields of diagnosis and prognosis of the disease, and on the other hand by the newly emerging field of Precision Medicine with its radical approach to the problem.

## Next activities

### Activities scheduled in the second half of 2021

- **September 23<sup>rd</sup> and 24<sup>th</sup> 2021**. Presential meeting in **Athens** organized by the Greek Brain Council.

These activities are scheduled to be hold face-to-face provided that the pandemic is positively progressing

- **November 25<sup>th</sup> and 26<sup>th</sup> 2021**. Presential meeting at **Madrid** organized by the Spanish Brain Council (previously scheduled in April 2021 and postponed due to the pandemia.

### Activities scheduled in 2022

- May 22<sup>nd</sup> 2022. Academy of National brain Councils in Dubrovnik (Croatia).

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