

Univerzita J. Selyeho



Selye János Egyetem  
J. Selye University



SCHOOL OF MEDICINE  
UNIVERSITY of CALIFORNIA • IRVINE



Comenius  
University in  
Bratislava,  
Faculty of  
Medicine



SECOND FACULTY OF MEDICINE  
CHARLES UNIVERSITY  
Department of Pharmacology, Prague



# We are proudly inviting you to attend Summer School on Stress

FROM HANS SELYE'S ORIGINAL CONCEPT  
TO RECENT ADVANCES

AN INTERACTIVE EDUCATIONAL EXPERIENCE

JUNE 26 - 30, 2017  
KOMÁRNO, SLOVAKIA

Stress



is the salt of life!



Scan for more info or visit:  
[www.stresseducation.org](http://www.stresseducation.org)

**Organized by:** Selye International Institute for Advanced Studies & IUPHAR GI Section

**Original program accredited by:** University of California-Irvine, School of Medicine

**Hosted by:** J. Selye University, Komárno, Slovakia

**Co-hosted by:** Slovak Academy of Sciences, Biomedical Research Center Slovak Academy of Sciences, 2nd Faculty Charles University- Department of Pharmacology, St. Elizabeth University of Health and Social Work Bratislava, Faculty of Medicine Comenius University in Bratislava, Medical University of Vienna, University of Debrecen, Hungarian Academic Council of Slovakia, SEJK- Club of Hungarian Medical Students in Bratislava

**Course directors:** Profs. Arpad Somogyi, Sandor Szabo & Yvette Taché  
(All former PhD students of Hans Selye, the 'father of biologic stress')

**Faculty:** Internationally known experts & investigators who made original discoveries in the field of stress research & stress-related diseases, as well as local & regional experts.

**Course goals:** better understanding the concept of biologic stress, its manifestations, mechanisms & its pharmacologic ramifications (e.g., the anti-inflammatory & immune-modulating actions of glucocorticoids & the possibility of drug-interventions in severe distress), & to learn new avoidance, management & coping strategies. **Certificate will be provided to those who attend all sessions.**

### Main topics:

- The origins of stress concept & the seminal discoveries of Hans Selye
- What is stress, what is not
- Stress: distress vs. eustress & transtress – similarities in the adrenal glands, big difference in the brain
- The neuroendocrine mechanisms of stress; physiologic & pharmacologic actions of glucocorticoids
- Effect of stress on immune response & its role in the mechanisms of various diseases
- Stress & structural GI diseases, e.g., gastro-duodenal ulcers, IBD (inflammatory bowel diseases)
- Stress & functional GI disorders, e.g., motility disorders, IBS (irritable bowel syndrome)
- PTSD & organ systems involved in biologic stress
- Management strategies for stress: Pharmacologic interventions and/or life style changes
- My good & bad experience with stress: Challenges & lessons learned (Short, oral or poster presentations by attendees)
- Stress in our daily lives – from distress to eustress: Open forum with participation of all registered attendees.

Poster designed by Schubert Roman,  
based on the original illustration of Đuro Jelečević,  
Studio HS Internet, Osijek, Croatia

**Venue:** Komárno, Slovakia, (where H. Selye grew-up), J. Selye University' Conference center (Hradná 2., Komárno).

**Accommodation:** Our special prices for hotel rooms in Komárno are 50-70 €, while hostels for students housing are available for 7-25 €. Dormitories for 7 €.

**Chair of Local Organizing Committee:** János Filakovszky, MD, PhD, MBA [filakovskyyj@ujs.sk](mailto:filakovskyyj@ujs.sk)

**Local Contact:** Mgr. Gergely Kocsis [kocsisg@ujs.sk](mailto:kocsisg@ujs.sk)

**Scientific & professional issues:** Prof. Sandor Szabo, MD, PhD, MPH [szs@selyeinstitute.org](mailto:szs@selyeinstitute.org)

**Abstracts submission (for oral or poster presentation):** Abstracts should be sent to Prof. Martina Rojnic-Kuzman MD, PhD [mrojnic@gmail.com](mailto:mrojnic@gmail.com) before **the deadline of May 12, 2017.**

Authors of submitted abstracts get 20 euros discount (enter Abstract2017 code at checkout!)

**Registration fee** (includes access to all presentations Monday-Friday, course material, lunch, coffee breaks, welcome reception & one group dinner & one sight-seeing tour): 120 euros for undergraduate students; 150 euros for PhD students; 200 euros for others.

**Course registration:** [www.stresseducation.org](http://www.stresseducation.org)

**Dormitories accommodation for students:** [kollegium@ujs.sk](mailto:kollegium@ujs.sk)