



# PÉCS MEDICAL SCHOOL HERALD

*Pécs, March-April 2016*



*Photos: László Tám*

## CONTENTS

Resolutions of the Faculty Council (31 March, 2016)

“One of the greatest values in the milieu of Pécs is that endocrine and metabolic disciplines uniformly appear” (Interview with Professor Emese Mezősi and Professor László Bajnok by Rita Schweier)

János Szentágothai Student Competition in Biology (Judít Bátor)

„Teddy Doctors” (Zita Somoskövi)

‘Science that connects’ Annual Competition and Award Ceremony, 2016 (Zsófia Duga)

‘We have to create a suitable environment to attract workforce to the city, the university and also to the clinic’ (Interview with Norbert Wiegand and István Naumov by Rita Schweier)

Health Days at the Medical School, University of Pécs (Zsófia Duga)

Three Professors of the Medical School have recently been recognized by the Hungarian Government

Congratulations to Dr. Erika Pintér-Sántics, Full Professor, the most recent recipient of the Memorial Plaque in support of her Contributions to the Hungarian Higher Education

Other awarded staff members of the University of Pécs (photo by György Mánfai)

VIP Visit to the University of Pécs, Medical School (András Fincsur)

The 17th Symposium on Inner Ear Medicine and Surgery presented by the Prosper Ménière Society (Kinga Harmat)

Now out on the shelves!

(A recently published pediatric textbook edited by Sándor Túri and Dénes Molnár)

The 8th International and the 15th National Interdisciplinary Grastyán Conference (Virág Rab)

Unique Ear Surgery at the Department of Oto-rhino-laryngology, University of Pécs (Miklós Stemler)

Genuine Gratitude Extended to Paks

A Child and Youth Psychiatry Department and Ward Opened at the Paediatric Clinic (Annamária Apró)

The President of the European Association of Child Neurology Visited the Neurology Unit, Paediatric Clinic, Clinical Center, University of Pécs (Katalin Hollósy)

“The Voice of Patients”, “Let’s Talk about Rare Disorders!” (Erzsébet Kövesdi)

The New Arrival of a Mobile Ultrasound in support of the Clinical Center (Annamária Apró)

Justice for Bauhin! (Ferenc Pakodi)

Symposium in Commemoration of Dr. György Boros

Arrival of the First 3D Tissue Printer to the University of Pécs (Gábor Szabó)

“Alternative medicine is not working” was the title of the presentation hosted by Zsolt Boldogkői

War of Worlds –

Traditional vs. alternative medicine

Letter to the Editor of Orvosi Hetilap (Loránd Barthó)

The University of Pécs is among the first International Evening – 2016

Recent News and Developments

(Interview with József Bódis, rector)

Reform and Modernization of Medical Training has now begun in Pécs. Self-financed theoretical and practical training currently in development (Miklós Stemler)

Senate Convocation to Award Honorary Doctorates and Degree Presentation Ceremony at the University of Pécs

In memoriam

Photos

Cover and Photo supplement –

Spring Lights (László Tám)

Calvaries: Helesfa, Bükkösd (János Lantos)

Wild Flowers of Spring (Béla Sebők)

# Resolutions of the Faculty Council (31 March, 2016)

**Resolution of 14/2016. (03.31):** The Faculty Council of the Medical School of the University of Pécs (UP) supported the associate professor applications with the following voting results.

Name	Yes	No	ABST
Dr. Árpád Boronkai UP, CC, Department of Oncotherapy	75	2	2
Dr. Róbert Herold UP, CC, Department of Psychiatry and Psychotherapy	78	0	1
Dr. Gabriella Pár UP, CC, 1st Department of Internal Medicine	79	0	0
Dr. Cecília Varjú-Sarlós UP, CC, Department of Rheumatology and Immunology	76	1	2
Dr. Péter Vajda UP, CC, Department of Pediatrics	78	0	1

**Resolution of 15/2016. (03.31):** The Faculty Council of the Medical School supported the department leader applications with the following voting results.

Name	Yes	No	ABST
Dr. Rolland Gyulai UP, CC, Department of Dermatology, Venereology and Oncodermatology	77	0	1
Dr. Tamás Tornóczki UP, CC, Department of Pathology	74	1	3

**Resolution of 16/2016. (03.31):** The Faculty Council of the Medical School unanimously approved the proposal regarding the establishment of the Unit of Pediatric Anesthesiology and the Unit of Pain Therapy at UP, CC Department of Anesthesiology and Intensive Therapy.

**Resolution of 17/2016. (03.31):** The Faculty Council of the Medical School unanimously approved the proposal regarding the establishment of the Stroke Unit at UP, CC Department of Neurology.

**Resolution of 18/2016. (03.31):** The Faculty Council of the Medical School unanimously approved the proposal regarding the establishment of the Unit of Pathophysiology at UP, CC Department of Translational Medicine.

**Resolution of 19/2016. (03.31):** The Faculty Council of the Medical School unanimously approved Nóra Kolat, MS, as a student member of the Educational Committee starting her mandate on April 4, 2016.

**Resolution of 20/2016. (03.31):** The Faculty Council of the Medical School unanimously approved the modification in the rules of admission regarding the doctorate course and the postgraduate specialist training.



Editor in chief: Loránd Barthó

Co-Editors: Ferenc Gallyas, Zsófia Duga

Reader editors: Loránd Barthó, Lajos Bogár, Lenke Babarci, Tibor Hollósy, Andrea Ludány

Editorial staff: Tamás Kiss ■ Layer editor: Szilvia Czulák ■ Proof reader: Loránd Barthó

Translators: faculty members of Department of Languages for Specific Purposes

Editorial address: Admissions and Student Service Center, 7624 Pécs, Szigeti street 12. 4th floor ■ Phone: +36/72-536-001/31129

E-mail: alumni@aok.pte.hu ■ http://alumni.medschool.pte.hu/

## “One of the greatest values in the milieu of Pécs is that endocrine and metabolic disciplines uniformly appear”

**One can only admire the colorful orchids lined up on the windowsill in the room of the professors. Their beauty is richly enhanced as they are all gifts from patients wishing to be healed. They note these are surviving species due to their ability to retain their vitality, whether if watered once a week, or every day. The latter occurs if diligent men care about the flowers. The two residents of the room get on well both at work and in private life. Their smiles reveal they are a couple throughout all fields of life, be it their profession, children, or even mountain climbing. An interesting coincidence is they are both professors, physicians, endocrinologists, and notably, both are executives, too. Dr. Emese Mezősi is the Deputy Director of the 1st Department of Internal Medicine, and László Bajnok is the Deputy Director of Science and Quality Management.**

**Interviewer:** “Was it difficult to coordinate an appointment on Monday morning appropriate for both of you?”

**E.M.:** “No, we both have time now, although Laci usually starts at another site on Mondays and I am here for the morning meeting and then begin treating my patients”.

**Interviewer:** “Basically, it is a good thing you share a room, because you can always meet here”.

**L.B.:** “Yes, we can do a lot of things together both in our profession and our private life. But the operational hours are not always clearly separated from our free time, for example, if we do not successfully look through our e-mails, then we often continue working at home, which requires a lot of time”.

**Interviewer:** “So, is everyone doing his or her job sitting in front of the monitor? When do you find time to talk to one another?”

**L.B.:** “It certainly happens that we can only communicate with each other via e-mail. It also occurred to me I forwarded Emese the patient's record, she examined the case, and later on we discussed the details face-to-face”.

**E.M.:** “But this is not typical, there is always time in the evenings or at weekends to talk, in this respect it is an advantage to enjoy the same profession”.

**Interviewer:** “Do you talk about thyroid nodules during dinner, or you deliberately quit working?”

**L.B.:** “It is not so simple. I have a list of tasks to do and persons to talk to. Emese has a similar list with jobs to do, so it is not always possible to bring up my topic. Since she is very busy, I need to find the proper and blessed moment when it is possible (*Smile – ed.*). You may have to wait weeks to get an answer, but it is worth the wait, because it is certainly a productive solution at the end”.

**E.M.:** “There are some problems, which you have to consider thoroughly. There are many rare diseases in endocrinology; cases in which you likely will only see once or twice in your life. You have to browse the literature and assess these cases from different directions to effectively develop the correct decision. Sometimes I can only make a probability analysis about the best therapy as it is not possible to establish a clear decision. Of course, it also happens that we fail to find a solution for the treatment”.

**L.B.:** “It is the one of the easiest fields of internal medicine in terms of how much burden it means to the doctor. There is no daily heroic and overstressed work compared to most medical disciplines. Our patients, although some of them are in very serious condition, even in end-stage, can be

considered the best patients within internal medicine as they are usually not burdened by an incurable disease.

**Interviewer:** “However, problems with the thyroid gland are not easy to diagnose as they are generally not recognised in time”.

**L.B.:** “That's right, but this is why it is challenging and interesting work. It moves me both intellectually and emotionally. I also tell my students to find each patient's story. In this way, it's an endless set of stories, and if you find it interesting, you start thinking about it. We might call it playfulness, which is part of the healing process, such as empathy, expertise or knowledge. When writing a discharge summary or an outpatient form, the epicrisis is our “surgical tract”. This is what provides real information. In this epicrisis we can also sum up everything which makes even a stereotypical case interesting. We deal intensely with cases that move us emotionally and this way it can become our hobby. It can help avoid burnout if we can be personally involved in our work. One of the greatest values in the milieu of Pécs is that endocrine and metabolic disciplines uniformly appear, which are actually the remains of internal medicine. The two disciplines were not separated at the department level either – as it happened in Debrecen. This is beneficial as we can recognize rare endocrine diseases, and we have the opportunity to deal with diverse patient groups at the same time.

**Interviewer:** “It is interesting what you say, because people struggling with thyroid problems represent a special population in the society, who should be treated with special and personalized care. The mentioned “story-based” care can add a lot to this treatment, especially in obese patients”.

**L.B.:** “We need to find the unique feature in each patient, and we have different devices for this. My own practice is somewhat different from what is usually taught. For example, I do not talk about how many calories they should consume. The higher the difference between the diet diary and the real calorie intake, the greater the probability of psychic problems we have to face as well. I believe I can help every obese patient, but it also depends on the patient's attitude. Based on my experience, Hungarian people do not like to be analyzed psychologically, therefore we need to talk about these issues in disguise. The success is based on empathy and can be achieved by being severely target-oriented. The consultation can detect the crucial steps of the healing process. I would speak about clients rather than patients, as the lack of awareness of their disease is beneficial in this case. It is also questionable to what extent we need to medicalise these people. We assume that five, or ideally ten percent weight loss of their extra weight and keeping it off is a significant success, and can only be achieved by the minority of patients. You feel like a personal trainer, but you operate with totally different tools. However, this coaching role is a key element in the discipline of obesity”.

**E.M.:** “The majority of patients with thyroid trouble can be completely cured. For me it is a success if a patient with hypothyroidism has a healthy life with hormone replacement therapy. Hyperthyroidism, except for the most severe cases, can almost always be cured”.

**Interviewer:** “Emese, are you interested in this profession because you can diagnose rare diseases?”

**E.M.:** “My special field is endocrine oncology. I willingly take part in the care of patients with endocrine tumours, such as thyroid, adrenal or neuroendocrine tumours.

Here, at the University of Pécs, we first managed to start the high-dose radioiodine treatment of patients with differentiated thyroid cancer in 2005, which was only available at the National Institute of Oncology and prior to, in Vác before. Today, it is available at the Internal Medicine Clinic in Budapest, and also at the Oncology Institute in Debrecen. I wanted to become a cancer researcher as a child, which is one reason for the attraction to this field. On the other hand, differentiated thyroid carcinoma has a good prognosis, probably the best among other tumorous diseases. Thyroid cancer is usually found in young patients.

**Interviewer:** “What are the causes of the good prognosis?”

**E.M.:** “This is partly due to the biology of the tumour, on the other hand, the targeted radioiodine treatment, which destroys cancer cells which take up iodine. The easy access to the carotid ultrasound scan had a positive impact on the diagnostic process; however there are debates whether early-stage small thyroid tumours require an aggressive treatment. Some argue these may not grow into real tumours due to the protection of the immune system. Anyhow, the increased prevalence of this type of tumour is an interesting question. Everyone blames Chernobyl, but based on the molecular analysis of the tumours, we see that they are mostly induced by chemical carcinogens and not by radiation. However, we do not know much about these materials yet”.

**Interviewer:** “Are you doing research in these topics?”

**L.B.:** “It is difficult to do research as a clinician due to financial problems. Emese conducted a basic research focusing on benign and malignant thyroid nodules in the U.S., where we encountered the difficulties. We have seen how complicated and time-consuming it is to organize and maintain a good research team. Research and experiments on thyroid disorders are practical in our country, which are really inspiring for us. We examined a group of patients, more than 300 participants with thyroid cancer, and our findings might be interesting for the European journal of endocrinology as well. It demonstrates, if you perform well in everyday work, it also provides opportunities for scientific research. Although it might be an old topic, and apparently old technologies, these can facilitate the care of patients.

In Debrecen I worked at the Nuclear Medicine Department, from which I was removed under ignoble circumstances. First, my name disappeared from the door, and then I was deprived of my radiation hazard allowance. When I oriented toward endocrinology in Debrecen in 1998, it was evident I would one day work in this field”.

“The efficient diagnosis and therapy of iodine-treated patients has concerned me for a long time. The work started in Pécs aroused my professional interest in radiation technology. Recently, when we decided to process the results of these treatments and analyze the performance regarding a special technique, it made me feel an isotopic expert again. I was willing to work on the results, statistics and the assessment of isotopic technique. It is very interesting when we approach a scientific problem together.”

**E.M.:** “Our cooperation is usually successful, so we are happy to do these cooperative tasks. Laci has a special ability towards understanding correlations, he is very unique in this respect. He has an understanding of chaos and data and immediately sees which direction to follow. His sensitivity to problems is also unique”.

**Interviewer:** “What is the ratio of research, education and treatment of patients in your life?”

**E.M.:** “Our daily routine is treating patients. We try to involve the senior students into our practical work, for example

during ward rounds, but education represents only a small part of our job. We really would like to dedicate an important role to research if we had the necessary flexibility and financial resources”.

**Interviewer:** “How compatible are the two posts of deputy directors?”

**E.M.:** “It works well based on a good allocation of tasks. We perceive it as an aid and not a problem. It happened in 2007, when Professor Kálmán Tóth named deputies in several areas.”

**L.B.:** “The responsibilities of the two areas can be distinguished, but of course there are activities which require cooperation in our daily practice. These decisions are made by Emese, while I coordinate the work of the two departments and divisions at Rákóczi street including the ward rounds and two weekly morning meetings. However, I often use the bike between the two sites, so I get my daily exercise in, too.”

**E.M.:** “We have a lot of administrative tasks as deputies, and naturally, the daily solution of problems involving acute situations. This applies to consultations in support of the patients within the ward, management of trainees and substitutions, in addition to professional consultations.”

**Interviewer:** “How many employees report directly to Emese?”

**E.M.:** “I am responsible for the departments of gastroenterology, cardiology, haematology, angiology and endocrinology at the Janus Clinical site. It is a great benefit to me that the cardiology work team is led by Professor Kálmán Tóth. In addition to the 70 doctors, although I did not count them, I deal with the critical shortage and mobility of health-care employees. Unfortunately, over ten staff members forwarded notice of resignation within a week, and it is almost impossible to find a qualified nurse. One reason suggests we are not competitive, compared to a nursing home, as we can offer the minimum wage.”

**L.B.:** “At the same time, it is a great achievement in which a shortage of doctors is not a crucial issue here, as we only had to face temporary problems throughout the various departments. Currently, all the statuses are filled, and doctors are willing to come back from foreign countries. Nevertheless, the proportion of young professionals is low, which means each discipline will face staffing problems within the next ten years. Gastroenterology might be more problematic as endocrinology does not require as many specialists as compared with the Department of Gastroenterology. However, there is a slightly positive tendency for students to stay in their home country following graduation. When I was talking to graduate students I had the impression more students decide to stay, mainly due to the new scholarship system. In parallel, more and more doctors realize the pitfalls of working abroad. Explicitly or implicitly, Hungarians suffer from discrimination, and this brings them back home.”

**Interviewer:** “Had you considered remaining in the U.S.A.?”

**E.M.:** “We worked for two years in the state of Michigan. I did not want to stay, Laci was considering it at the beginning,





but he was also counting the days prior to our eventual return. Our age certainly plays a role in it, as we felt we were too old to start a new life there. Since then, we think this is the best place for us. It is the most difficult for the first generation to live abroad, while children can easily adapt to a new culture. I do not think most people take this decision voluntarily, they are mostly influenced by compelling circumstances.”

**L.B.:** “I did not feel well at the Clinic in

Debrecen, and this motivated me to go abroad. After a while I started to feel there was not enough motivation to stay on board. Nevertheless, it was a useful experience to be able to cope with the discrimination at home. Even the financial arguments were in favour of Hungary in the long run.”

**Interviewer:** “How many years had you been working in Debrecen prior moving to Pécs?”

**L.B.:** “Two years, one year with hardships and one with hard work. And then we had the opportunity to take part in the establishment of the profile of endocrinology in Pécs. There was a vacuum in management, and an urgent solution was needed in this field. So in 2004 we did not hesitate to take a step forward.”

**E.M.:** “It was an enormous opportunity for us to establish a professional profile based on our ideas. Moreover, our age enabled us to make deliberate and independent decisions. I would like to add, I did not feel bad in Debrecen as a specialist, but I did not work there as a leader. You cannot compare the significance of the two professional bases.”

**Interviewer:** “Are you both from Debrecen?”

**E.M.:** “Laci is from Debrecen, and I am from Miskolc”.

**Interviewer:** “Did you easily fall in love with Pécs?”

**E.M.:** “Yes, but I still have some problems with relationships. The cultural environment is different here. I feel the local community is not welcoming here.”

**L.B.:** “I argue with this, I do not think that Pécs is specific in this respect (*Smile - ed.*). Above a certain age it is difficult to make friends, and none of these relationships served as a motivating force to stay in Debrecen, either. There are other factors which play a role in well-being, such as finding meaningfulness and value in work, the ability to control your life, existential aspects, long-term predictability and the multi-dimensional nature of our work, specifically, the opportunity to treat patients, to educate and do research.”

**Interviewer:** “How could you avoid being rivals working in the same field?”

**E.M.:** “It is a test of the relationship to take into account and respect the ideas and considerations of the other in addition to representing his or her interests. I cannot recall any period when we turned against or would inhibit each other. We were always open to learn from one another, and life has brought us a number of situations, which could only be solved together. The only problematic area was raising our children as we both had to work on duty as doctors. We relied on the grandmothers’ help, especially Laci’s mother”.

**L.B.:** “There is no point in rivalry as there are tasks which

need to be done and the performance is the real product. Our relationship is not based on precedence and we had no conflicts about this. However, last year, above four thousand meters I slowed down so much that Emese began to scold me (*Laugh - ed.*). She told me if I cannot run the ten kilometers she would not come with me to the Alps again. I cannot keep up pace with her in running”.

**Interviewer:** “Your daughter and your son are adults now, what do they do?”

**E.M.:** “Panni has graduated as a Doctor of Medicine and she is currently a PhD student at the Semmelweis University. Adam is a fourth-year student at the Corvinus University of Budapest majoring in International Relations”.

**Interviewer:** “Interestingly, only one of your children was attracted to the medical profession...”

**E.M.:** “It was her own decision, so our role models did not discourage her. It is weird she accomplishes my dream as she would like to specialize in pediatric oncology, although it will be certain only after completion of her PhD studies”.

**Interviewer:** “This profession requires a strong and sensitive personality...”

**E.M.:** “That is true, but Panni is the strongest person I know, and she is most probably able to succeed in this profession. She knew what she wanted at the age of one. We can learn a lot while raising children, it is the most important school in our life, just consider what women learn about men from their sons”.

**Interviewer:** “Did you meet when you were medical students?”

**E.M.:** “Laci graduated in 1985 and I graduated in 1986. We both started to work at the Internal Medicine Clinic in Debrecen and this is where we met. Both of us had a relationship in crisis, so we met at the right moment”.

**Interviewer:** “Why did you specialize in endocrinology?”

**L.B.:** “I was interested in isotope diagnostics and cardiology, and my „candidate” (PhD) dissertation was about the isotope diagnosis of cardiovascular diseases. It concerned endocrinology as well, but it was not my main field of research. After my scientific and professional orientation became impossible, as I could not manage to be an internist and isotopic specialist at the same time, I decided to choose a specialization in which I had positive impressions about, thanks to Emese. So it was my decision to choose the field of metabolic diseases and endocrinology, which was one discipline in Debrecen then, and later on it was divided into two departments.”

**E.M.:** “When I could not get a post at the Pediatric Clinic in 1986, I became a member of the endocrinology team, and from that time on it was evident for me to work as an endocrinologist. At that time it was not your choice where to work, but one was offered a position somewhere. I do not mind it all, as I started to like this profession soon due to the fact our patients can be treated with a great success. I realized how interesting this field is later on, once I had enough experience. It is a special gift for me in which I can fulfill my original dream to do research and cure in the field of oncology. It is also great we can still make use of our holistic method, since we can deal with hypertension, diabetes and low sodium levels as real internists”.

**L.B.:** “This integrative role is significant in our profession and likewise in teaching students. The medical students are required to refer in view of their patients in five-to-ten sentences following their examination. Later, at the blackboard, I highlight the key problems they described, and try to explain the interrelations of the different areas and disciplines, and how to approach and solve the problem in its

complexity. Although we assess our patients from the metabolic-endocrine pathway, we always use the aspect of totality. Family doctors often ask for our advice as we perform applied family medicine. Family doctors are not able to solve these problems, but their work is characterized by the same integrative approach. As a result, occasionally we put together the patients “taken apart” by different disciplines.

**Interviewer:** “Do you have all the necessary conditions at the Janus Pannonius Clinical Building to do your job ensuring high quality?”

**E.M.:** “Our infrastructure has improved a lot, so we have better working conditions than before and it has an impact on the treatment of patients as well. Endocrinology does not require special equipment, and we cannot complain about the other disciplines, either”.

**L.B.:** “We have learned from our experience in America that one health-care program is not better than the other, it is just different. It is easier to see a specialist and have different examinations in Hungary, and patients do not have to worry about their insurance, either. The number of an endocrinologist for one million people is higher here when compared with Germany”.

**Interviewer:** Which one of you is the more sensitive type?

**L.B.:** “We treat more patients with later-stage thyroid cancer than in all the other parts of Hungary together. In addition to the daily routine you need ambition to modernize



health-care. Emese is able to go forward in order to solve the problems, and this is obviously also associated with struggles and conflicts. I am also able to wonder about a question and fight for a solution if I feel a personal commitment”.

**Interviewer:** “I feel that Professor Bajnok is more communicative. Am I correct?”

**E.M.:** “Yes, you are right, (*laugh – ed.*) it is important for him even to take notes about his thoughts”.

**L.B.:** “I write reviews, and I work on them quite a lot. I consider these as works of art, as you can feel the energy of creation in them. If and when I have the time, I sketch out the

## János Szentágothai Student Competition in Biology

The first János Szentágothai competition in biology for high school students was the collaboration between the Medical School of Pécs and the Sándor Petőfi Lutheran Secondary Grammar School in Bonyhád. The competition took place in the undergraduate laboratories at the Department of Medical Biology of the Faculty of General Medicine on 27 February, 2016. Prior to demonstrating their laboratory skills the following day, on the 27th of February, participants who were pre-selected from participating schools to qualify for the finals were provided the opportunity to prove their knowledge by completing written tasks in the town of Bonyhád. Dr. Tamás Tényi Professor, Vice-Dean for General Affairs, Student Welfare and International Relations, inaugurated the day of practical skills assessment. The competition between the 12 finalist participants lasted for two grueling hours in which the electron and confocal laser scanning microscopes were demonstrated to the support teachers and the other yet-to-be competing but very interested students by Dr. Hajnalka Ábrahám and Dr. Gergely Berta. Notably, the students and teachers were escorted throughout the Museum of the Department of Anatomy at the direction of Dr. Gyula Lázár Professor. Following an enjoyable lunch, Professor Lázár continued including a photo presentation describing the Szentágothai era followed by another presentation on epigenetics by Dr. József Szeberényi Professor. Finally, following the announcement of the results and the dissemination of awards, Dr. László Czopf, Vice-Dean for Education, shared his thoughts about the competition and officially closed the event. Lastly, a farewell photo was taken featuring all of the competitive participants posed at the foot of the statue of Professor Szentágothai.

*Dr. Judit Bátor*



misunderstood aspects of Hungarian history, during the Turkish era, as I have done some research about this period. Currently I formulate my thoughts in the form of comments; some might consider them as destructive thinking. In fact, I see this segment of history radically different”.

**Interviewer:** “Did you dream of becoming a historian as a child”?

**L.B.:** “Actually, no. It is rather in connection with my problem sensitivity, I always look for the reason behind a specific question, which is different from what we originally thought. Then I feel the urge to formulate my thoughts and convey the special excitement of recognition to others. I have a similar enthusiasm with art, understanding and interpreting misunderstandings of the 20th century fine arts are particularly important in my life. Additionally, I am fascinated by different areas of science, such as understanding contemporary physics.

Now I am reading a book on Niels Bohr's and Einstein's life which was a gift from my daughter, because she knew that I was interested in the debate between them. Both of them gained world fame, but regarded themselves unsuccessful in a way, as they could not solve their final challenging task. Einstein's quest with the unified field theory failed and as far as I know, modern physics could not describe a single integrative theory for all the interactions. Niels Bohr was not able to respond to a task given by Einstein in 1935. Since then, physics tries to find a solution for this problem”.

**Interviewer:** “The Alps and running have already been

mentioned. Do you like travelling and running together”?

**E.M.:** “My husband and I are both runners. We have our plans for the summer and we are preparing for these now. We would like to go mountain climbing in the Alps again, in the glaciers over four thousand meters, so we need to be fit. Since September, I run to work every morning so I get in my daily workout.

**Interviewer:** “Where are your running shoes”?

**E.M.:** “I do not have them today, (*chuckle – ed.*) because I am dancing at the Danceschool Candado led by Kata Bánfai and József Péter. We learn all kinds of dances, such as Latin, ballroom and belly dancing. It is also a good opportunity towards coping with daily stress. It is very important for me as these activities take me to other fields of life. I see inactivity is one of the main problems for a lot of people, although activity or dance is not the privilege of the young ones”.

**L.B.:** “I tried dancing but I gave up when we were studying jive (*laughter – ed.*), and I realized that after six months, this is not my cup of tea. Emese needed to find another partner in this activity”.

**E.M.:** “We both enjoy swimming as a common hobby, we go swimming to the Orfű lake every summer and we get in plenty of hiking, as experiencing nature is very important to us. We have to mention our two cats, since we spend time with them now that both our children moved out of the house”

*Rita Schweier; Photography: Lajos Kalmár*

## ‘Teddy Doctors’ at the Medical Faculty

**M**edical students have the option to participate in preventive programs organized by the Hungarian Medical Student Association. They have many roles, one of which is the unique education program called Teddy Bear Hospital. It was the fourth Family Day organized in the Aula of the Faculty of General Medicine. The Teddy Bear Hospital has been a very popular education program with both medical students and the participating children. The program aims to dissolve children’s fear from the notorious white gown by offering them simple medical instruments so they can cure their own teddies, and by showing them our ‘surgical teddies’ towards educating children about the internal organs. In addition to playing conventional games, the children enjoyed participating in educational games and learning the proper technique of brushing one’s teeth. The young and interested teddy doctors even learned about first aid techniques at the Teddy Bear Hospital Family Day. Guest participants joined the program from the ‘Humming’ Music Kindergarten, and a dog named ‘Mancs’ (Paws) also gave a show to the pleasure of both younger and older participants. In the parking lot in front of the building, participating children also had the chance to take an inside look at a vehicle from the police, the ambulance service and from the firefighting brigades with the helpful staff from the National Ambulance Service, the Baranya County Police Headquarters and the Fire Department of Pécs. Approximately 350 children including their families participated in the event. It was also the occasion where the University of Pécs, Medical School first presented its children's book entitled, “Tales from Teddy Doctors”. The book’s authors are undergraduate students studying at the medical faculties in Pécs, Szeged, Debrecen and Budapest. The stories in the tales supplement the Teddy Bear Hospital sessions and successfully create a link between doctors and children. The authors have managed to reach 160 Hungarian kindergartens with their current book. The main organizers of the event were medical students and are as follows: Zita Somoskövi, Szimonetta Eitmann, Róbert Pilisi, and staff from the Admissions and Hungarian Student Service Center, Mrs. Anikó Cseh-Praks and Ms. Zsófia Duga. Additionally, 35 students from our faculty supported us by managing the Teddy program sessions at different stations of the event.

*Zita Somoskövi, Coordinator, Teddy Bear Hospital  
Photo by Dávid Verébi*



## ‘Science that connects’ Annual Competition and Award Ceremony, 2016

The Faculty of General Medicine and Faculty of Pharmacy of the University of Pécs has announced its seventh annual creative and scientific competition for high school students featuring the title “Science that connects”. This year’s topics again analyzed current issues for which we awaited the solutions from the perspective of high school students. This year, 36 applications were submitted. Based on the jury’s decision following the preliminary scientific evaluations, five applications were selected and moved up into the final round where students were offered 8 minutes to introduce their submitted work. During the next stage, the competitors responded to questions from the jury, which formed the final ranking order of the competition. Following the official opening of the event, Dr. Andrea Tamás, Associate Professor of the Department of Anatomy, Master Teacher presented an introduction into student life at the faculty, and mentioned the challenges and opportunities in which medical students often face. Following the students’ presentations and prior to the announcement of the final results, Dr. László Czopf, Vice-Dean for Education, shared his thoughts about the competition.

**The winners of the 2016 competition based on the scientific jury scores are as follows:**

- 1st place: *Mohamed Al-Sheraji Nada*, from Széchényi István Secondary Grammar School, Class 12.
- 2nd place: *Krisztina Fekete*, from Lajos Nagy Secondary Grammar School of the Cistercian Order, Class 13.
- 3rd place: *Nóra Benczik*, from István Bibó Secondary Grammar School and Dormitory, Class 13.
- 4th place: *Erika Gulyás*, Saint Stephen Secondary Grammar School, Class 12.
- 5th place: *Anita Bohák*, from Reformed College of Pápa, Class 13.

**Based on the scientific jury’s decision, the following applicants were congratulated:** *Simon Bence Bánáti*, from Mihály Pollák SZC Secondary School of Pécs, Class 12; *Blanka Karolina Bély*, from Gyula Krúdy Bilingual Secondary Grammar School, Class 11; *Laura Bencze*, from Secondary Grammar Practice School of the University of Pécs, Class 12; *Aron Csonka* from the Benedictine Secondary Grammar School and Music School of Pannonhalma, Class 11; *Péter Faludi* from Lajos Nagy Secondary Grammar School of the Cistercian Order, Class 12; *Tekla Farkas*, Lajos Kossuth Secondary Grammar Practice School of the University of Debrecen, Class 11; *Sára Juhász*, Franciscan Secondary Grammar School of Szentendre, Class 12; *Antónia Keszthelyi* from Sándor Kisfaludy Secondary Grammar School and AMI, Class 11; *Dóra Kohl* from Lajos Lóczy Secondary Grammar School, Class 9; *Luca Koltai-Kiss* from János Garay Secondary Grammar School, Class 12; *Kata Kráz* from Miklós Révai Miklós Secondary Grammar School, Class 12; *Donát Kucsik* from János Berze Nagy Secondary Grammar School, Class 11; *Dominik Kulcsár* from Gergely Czuczor Benedictine Secondary Grammar School, Class 11; *Mirtill Mészáros* from István Széchenyi Secondary Grammar School, Class 11; *Viktória Mikulás* from György Boronkay Secondary Grammar School, Class 10; *Ákos Németh* from Miklós Radnóti Secondary Grammar Practice School of Semmelweis University, Class 11; *Polett Szonja Pósa* from Gábor Bethlen Reformed Secondary Grammar School, Class 11; *Regina Soós* from Miklós Radnóti Secondary Grammar School, Class 10; *Adrienn Szabó* from György Dózsa Secondary Grammar School Dance School, Class 10; *Nóra Szekeres* from József Eötvös Secondary Grammar School, Class 10; *Anna Szigetcsán* from László Németh Secondary Grammar School, Class 10; *Gabriella Szilágyi* from SZC László Dienes Secondary Grammar School, Class 13; *Viktor Szilágyi* from János Garay Secondary Grammar School, Class 11; *Bálint Szűcs* from Miklós



Radnóti Secondary Grammar School, Class 9; *Ta Dieu My* from Miklós Radnóti Secondary Grammar Practice School of Semmelweis University, Class 11; *Lilla Vozár* from Albert Vetési Secondary Grammar School, Class 12.

We wish to express our gratitude to *Dr. Andrea Tamás*, Associate Professor of the Department of Anatomy, to *Dr. Adél Jüngling*, Assistant Professor of the Department of Anatomy, to the following students, *Balázs Ujvári*, *Dániel Hanna* and to *Ivicza Bunyevác* in support of evaluating the submitted applications and for active participation in the event. Further information concerning the application and a photo gallery are available at the following websites: [www.felvi.aok.pte.hu](http://www.felvi.aok.pte.hu), [www.felvi.gytk.pte.hu](http://www.felvi.gytk.pte.hu)

*Dr. Zsófia Duga*; Head of Office  
Admissions and Student Service Center  
Photos by *Dávid Verébi*

# ‘We have to create a suitable environment to attract workforce to the city, the university and also to the clinic’

Following a quick relocation to a new academic environment both respected gentlemen greeted me in a friendly handshake and warmly welcomed me to the Head of the Department’s Office on the seventh floor of Janus Pannonius Clinical Block. I had imagined I might feel some kind of a strange tension brewing in them, due to their profession, the excitement of preparedness, the host of quick decisions, the workload and not least from the series of challenges of ‘repairing people’ associated with responsibilities all largely mysterious to lay people, however, it did not happen like this. One cannot even say they have less humour compared to the general population, yet they have seen and experienced many things. Dr. Norbert Wiegand, Head of the Department, and Dr. István Naumov, Deputy Medical Director and Deputy Director for Education lead the Department of Traumatology and Hand Surgery heartedly shared their agreement with one another and freely discussed their profession with passion and devotion, though neither intended to pursue this career at the dawning of their careers.

**Interviewer:** What is it like to be here in Janus Pannonius Clinical Block after an existence in the building located on Akác street?

**N.W.:** We moved here upon memories and dreams. The old generation had worked here at least ten years, but, at the same time, one always comes to a refurbished building with dreams. Fortunately, the majority of these dreams have come true, by all means regarding the conditions. In this new building the offices, the patient rooms and the operating theatres are all new. We now boast of three of the latter so their number has not decreased, and also the size of our patient population has remained similar to the previous one, both in acute care and in reconstructive surgery.

**Interviewer:** As a patient, would I feel a lot better here than in Akác street?

**N.W.:** Yes, a lot better, and notably, the difference is measured by one hundred years. The building in Akác street was originally handed over in 1908 had been transformed several times, which had caused a variety of problems, however, this one is a newly built block. In Akác street, there were patient rooms including 6 to 8 beds. Only two of the rooms had two beds, and when compared to our new facility, we now have only two-bed patient rooms with air-conditioning, bathroom, TV and internet. This block provides 21st century care within the European level, which can be seen in the patients’ mood, as their feedback emphasizes they feel here as if they were in a wellness hotel.

**Interviewer:** The building block in Akác street also functioned as an Accident and Emergency Centre. How are casualties transferred to your department now?

**N.W.:** There are two trauma surgeons working in each shift at the Department of Emergency Medicine. In the first stage, admitted patients are attended by a triage crew, which determines where they will receive the ideal care. At present, casualties of accidents are also attended by “on-call” trauma surgeons.

**Interviewer:** What happens in the case of a large number of incoming casualties due to an accident?

**N.W.:** Fortunately we have not yet treated a large number

of incoming casualties due to a major accident in the past three months we have been here. Five casualties are the most we have had at the same time. It is of an immense advantage to us include several specialists who are immediately available at the resuscitations and shock-treatment, specifically, I refer to emergency management specialists and anaesthesiologists. This is a serious teamwork preceded by a long phase of learning. In the former Military Hospital (Akác street), we had our own team and over twenty years of experience in which we had ample opportunity to learn the delicate elements of cooperation. Presently, we are now in the stage of learning how to work together, which is heading the right direction and I trust an excellent and competent team is going to forge ahead quickly.

**Interviewer:** Has your on-call system been modified?

**N.W.:** Accident care is regulated by a decree-law which also includes an on-call system. As it was in the past, now the four of us are all on-call: two of us perform the operations and the other two are at the Department of Emergency Medicine in the role of supporting acute care. If more doctors are needed in either field, our on-call team leader may decide to transfer force in cooperation with the shift leader at the Department of Emergency Medicine. Therefore, most of our work has not changed with the relocation. There are some casualties who do not need to be attended by a trauma surgeon. These small injuries are called minor traumas and are attended by emergency management specialists. It is a problem at the national level in which, unfortunately, there are currently very few such emergency management specialists.

**Interviewer:** Are there enough specialists in traumatology and is the rising generation sufficient?

**I.N.:** Fortunately there are enough of us and there currently, there is a suitable supply of new blood. As you know, traumatology is one of the shortage occupations because one has to work a lot here, the risks and workload associated with our profession is high and the amount of stress here is even bigger. Nevertheless, uniquely in Hungary, we have not had to fight to attract new blood for two years owing to the work ethic and working methods we have established. Not only do we involve our young colleagues in the daily routine but we also have regular trainings providing opportunities for theoretical and manual development for them in a practical and programmed way. We receive the most modern implants of the given field brought into these training programs, and they can familiarise themselves with the newest surgical procedures and can perform them on artificial bones with the help of instructors, thereby being able to acquire procedures they will have to perform on living patients as opposed to dummies. We have 4 or 5 such occasions every year and professionals from all of Hungary have access to them. These training programs are not included in postgraduate education but we think what young colleagues attain from the official education system may not be sufficient for them. Previously we have had some years when no one wanted to join us as resident and now we have six of them at the department. Fortunately we can employ them, which is of great help for us.

**Interviewer:** How do you devote time and energy to the triangle of healing, instruction and research?

**I.N.:** With considerate planning and sequencing. The latter does not cause a problem, since we always have to

consider sequencing in planning the procedures in patients during our daily routines. These are always hard decisions.

**N.W.:** The biggest problem in our work is aligning the operational duties, which means we have to provide 210 people on duty each month. In order to accomplish such a task, we need to consider our reserves, which means we always have to have some reserves in addition to our minimal number of staff. Enthusiasm of young colleagues means a lot, we have some colleagues from Gyula, Northern Hungary, and Transylvania and they are talented and highly-trained. In consideration of the above, we have just had two more colleagues arriving from Transylvania who would like to work and to be trained here. Our main task is to deliver our knowledge to them, on the one hand, to gain some help, and on the other hand, to transmit our knowledge.

**Interviewer:** How many people work there at your department?

**N.W.:** All this is in reference to effective team work. Our staff totals 118 professionals including 32 doctors and 22 consultants. Our main problem is providing prospects for other health care professionals and theatre nurses. There is a lack of theatre nurses at the national level because there is a lack of elaborate training and a successful career model. In nursing, we see less problem, which means their career model is better developed. The biggest problem refers to other qualified health care professionals, because if we do not have enough theatre nurses then we may not have enough doctors and patients. Missing one nurse is associated with problems in the daily routine. There is a vacancy for 8 theatre nurses at our department, however, we have not had the opportunity to employ more than six theatre nurses for years. We have to attract theatre nurses from other clinics and hospitals to find out who would like to live in Pécs and work in this area. Last year we managed to hire a theatre nurse employed in Kecskemét, however, of course we have to cover the costs of her training.

**Interviewer:** What decides who wins these battles for professionals? Financial means?

**N.W.:** Unfortunately, we must adhere to public employment salaries. What we are able to do, however, is to make the city, the university and the clinic more attractive. This is a long chain series, of which, in the event we omit an element, we are destined to fail.

**I.N.:** The training mentioned earlier refers to other health care professionals in addition to doctors. We have to delegate nurses and theatre nurses to training and to find the financial means in support of training.

**Interviewer:** Do you have enough anaesthesiologists? Rumour has it many of them go abroad?

**N.W.:** We have nothing to complain about in reference to this situation due to the good relationship we have developed with professor Bogár. We have had a long-standing collaboration with them and they have performed all our requests thus far.

**Interviewer:** Has the migration of trauma surgeons stopped?

**N.W.:** Yes, those who wanted to leave have left and, truthfully, for a tenfold salary. Some of our colleagues learn abroad and I can support them because, as upon their return, we can benefit from the knowledge they have acquired abroad. One of them has gained a scholarship in Oxford, the other one has recently passed his specialist examination and is spending a year abroad as part of his postgraduate training. Both of them have pledged to return to Hungary because neither of them is motivated by the financial benefit, but all of us are part of a large team, which I am very proud to be the head of.

**Interviewer:** As the head of department, how can you motivate your subordinates in such a fightful and stressful situation?

**N.W.:** To tell you the truth, I have three kids with differing prospects, plans and dreams. I have given them the same line of expectations. If I can see the same line of expectations from my colleagues then I have won the case. In this case, they can have wishes, dreams and plans. Fortunately, I have never had requests from my colleagues I have not been able to fulfil. Additionally, I can distinctly say our thoughts have always met with our conceptions and provide us a possibility to develop, and in turn, to go ahead and learn.

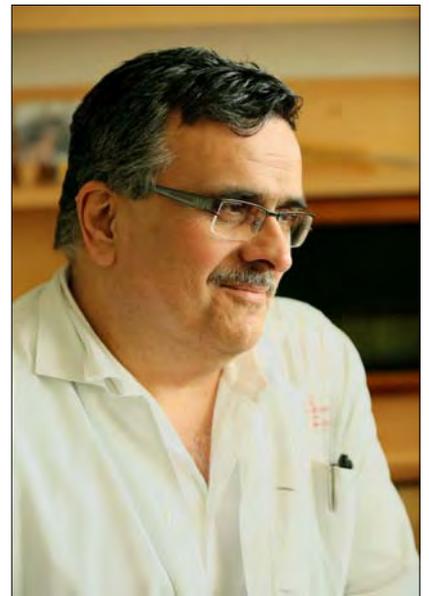
**Interviewer:** What helps you in terms of motivation, and serves as an inspiration to your colleagues in the role of a leader under such intense stress?

**N.W.:** I would go back to the roots. I was working in a county hospital. My very first boss was Dr. István Hulin. He was very keen to give everyone the best possibility to get the proper training and knowledge and also he taught how to swim out when thrown into deep water. We never confronted with the accountability in which one might feel bad. I liked this kind of leadership very much. Here, in Pécs, I met two types of leadership: one of them was Professor Nyárády's, who represented an old conservative school, and the other one was Dr. Vámbídy, who was more permissive and liberal. My purpose is to find the middle ground between these two types. I want to be strict in my profession, but, however, also liberal when it comes to finding opportunities for my colleagues' professional development.

**I.N.:** I have had two important teachers. One of them was Gábor Gecser, Head Physician who taught me hand surgery, while the other one was Professor Nyárády, who taught me traumatology, hand surgery and sort of a professional traumatological attitude. Both of them were tough, considering the profession and the priority and I also agreed when having to make a series of quick decisions in which there is no ground for debates. For me, and also for Dr. Wiegand, it is important we, in addition to hardness and determination, also demonstrate a face of sincere leadership, as we have to motivate and care for our colleagues to make them feel it is a fine workplace. Not to mention it is the only way to make one stay within the workplace.

**Interviewer:** How do you divide work among yourselves?

**N.W.:** This relationship is very interesting because I have some memories when István Naumov was the Head of Department B and I acquired a lot from him in the role of his subordinate (*smiling – the editor*). Our activity should be divided into two parts: profession and human factors. Considering professional issues, we make decisions together, sometimes it is me who finalizes the decision, at other times it is the other way around. I have never thought a person in charge



*Dr. István Naumov*



*Dr. Norbert Wiegand*

of a department should know everything. Dr. Naumov makes decisions in response to issues closer to his routine and soul, and in these cases I strongly support him. Human factors are less dividable, a common ground, however, is very important, but, still, we need some supporters.

**Interviewer:** Do you have many debates, considering your different personalities?

**N.W.:** Not a lot, sometimes our opinions differ, but these

occasions have never gone as far as slamming the doors from either party. This kind of relationship can be compared to a marriage, which is commonplace, but true. We have to discuss everything and if the issue behind the question is professional, rather than emotional, we can be certain a good decision is made at the end.

**Interviewer:** Am I right by suggesting Dr. Naumov is more headstrong of the two of you?

**N.W.:** Yes, you are right, indeed, (*both of them are smiling – the editor*), yet this is the way it should be, because it suggests a very good control for me.

**Interviewer:** Isn't it strange for you to work according to this reverse allocation of roles?

**N.W.:** It was at the beginning, however, when Dr. Vámhidy unfortunately passed away, we had to sit down and discuss everything. Since then, we have been working as partners alongside of the principles laid down in that discussion. If this partnership continues like this in the future, we can be very confident. The bottomline of every leadership is dynamics, and if we lose them, we get struck.

**I.N.:** In addition to being colleagues, we have also become friends and I do not have any envy in terms of my feelings, as I can see what it takes to be the leader. Of course, there some people who find it difficult to have someone younger as a superior, but I am not among these people. Not the least because I have never had endeavours such as this. The flag, 'Traumatology of Pécs' has to be carried and kept on waving by Dr. Wiegand, with all the benefits and difficulties associated with it, however, we always try to help him in this endeavour in every possible way. By the way, I can only recall one major conflict, which I think can be allowed in every 15th year. Our team has accepted him as our leader, even the older colleagues and everyone supports him, even in the hardest times.

**Interviewer:** How much time can you spend in the operating theatres?

**N.W.:** Well, this is a delicate question. Less than before once I became the head of department. Patients tend to prefer subordinate colleagues, because they think the Head of Department will not have enough time for them, anyway. They look for a doctor who has less responsibilities and more time, however, I would like to keep my patient population, because a surgeon without patients cannot really be called a surgeon. Dr. Naumov is in a more fortunate position: he is involved in

some special fields, e.g. pelvic ring fractures and acetabular reconstruction, where he is unique in the whole country. He has a lot of patients outside our country and he has a lot of reconstructive surgeries. He does not have less surgeries than before. These are major operations requiring a lot more stamina.

**Interviewer:** Is the need to specialize now involved in a trend of developed world?

**N.W.:** Yes, it is. In developed countries there are few surgeons. Let's think about Turkey who is struggling to get enough professionals to effectively treat gunshot wounds on the abdomen and chest and also in treating open fractures. In this case, the primary aim is to have surgeons who can handle any of these areas including saving lives and limbs. Developed surgery can handle all of this. Now we have different fields of surgery and as a result, patients now receive the best treatment. At our clinic, we refer patients to a doctor who has more training in a particular field, which is not a shame, but, in turn, the best solution and benefits our patients. In order for a surgeon to be proficient in a single area he has to perform at least thirty surgeries annually.

**Interviewer:** Rumour says a couple of years ago Pécs was the Mecca of hand surgeries having the most number of surgeries broken down to square meters?

**N.W.:** Fortunately, this is the case and featuring nine surgeons performing hand surgery supports this premise. This has to be considered significant due to an increasingly growing number of patients coming to us with injuries to the hand, but also there are people who have degenerative diseases of the hand. In order to help them with a successful intervention, we need doctors with experience practicing abroad.

**Interviewer:** How can you explain the prevalence in these diseases?

**N.W.:** Previously, we had a lot of household accidents due to the number of larger machines. Now minor machines are also associated with minor accidents. We have reports on these on a regular basis and we have enough regular staff to effectively treat the specific injury.

**Interviewer:** Since the opening of your new clinic do you have everything at your disposal to perform operations regarding implants, instruments and methods?

**N.W.:** The 90's brought a trend to try everything new, which came out on the market. If we need to procure something, we certainly will, however, this type of equipment are generally related to arthroscopic instruments and developing arthroscopical instruments. Financing these is not related to us but rather to the Clinical Centre, but, anyway, we have to deal with the cases. Our Department produces one of the biggest deficit at University, however, the Head of the Clinical Centre and the Dean agree that we do not have to save on trauma surgery and we can use the best materials and instruments. Underfunding is a central problem.

**I.N.:** Dealing with these cases is not our task, however, we have had some patients from several fields, however, we have some state-of-the art instruments at our disposal. Sometimes we have six to eight hip fractures a day and we try to attend these patients as soon as possible. We have to have every possible instrument for these cases, as we cannot say we do not have any more wires or prostheses after attending four patients. In order to decrease waiting list we are able to perform more and more hip joint replacements and treat their possible complications. This is a big leap forward and nowadays we have patients from several counties.

**Interviewer:** How much training do you have abroad to broaden your knowledge?

**I.N.:** Today we perhaps have less opportunity, since one

of us has to be available at clinic. This is not a problem though as we have had enough opportunity to get to several parts of the world. Now we give ground to younger colleagues.

**Interviewer:** How much time can you devote to research?

**N.W.:** This is a tough issue because of our workload. We are revising six PhD students, and we are heading for 6 team leaderships. I am proud because we have never had 10 supervisions thus far. We have our first two candidates in a year. Then a habilitation and two more PhDs. Fortunately we will always have some topics and sufficient help coming from some other institutions. We are very proud of this and we now have more of these projects when compared with those in the past. We have always had topics and help from Departments of Basic Research. Notably, we have some members on our team who are genuinely interested in basic research. At any cost, those who would like to support us always have the possibility to do so. Presently we have two main fields of research: sports surgery, that is the anatomy of sports injuries, and the investigation of the molecular basis and microbiological background of septic wound healing. I am involved in both fields of research. On the one hand, I add my experience (I have written over 40 articles), and I also contribute to them with my relations.

**Interviewer:** Are both of you involved in education?

**N.W.:** Yes, concerning lectures. We give lectures to Hungarian and English program students and also to German program students. These lectures have to be taken up by us, leaders, for what students need is experience and routine. However, sometimes we involve young colleagues to let them decide whether they would like to do it in the future. Practices are taught by young colleagues with two colleagues being present at the practices of each group of students.

**Interviewer:** How did the two of you decide to become traumatologists?

**N.W.:** Originally I have always wanted to be an architect, but two traumatologist friends of my fathers' persuaded me and I changed my direction. They were Dr. Ferenc Szabó, and Dr. Attila Pelényi, a paediatric surgeon. Both of them were my father's friends and I was the one was lurking about them. My interest turned into passion and as soon as I became a third-form grammar school student I knew I wanted to be a trauma surgeon. My parents were very surprised at my decision because they thought I wanted to apply for the technical University. We do not have any doctors in my family. My ancestors were economists and teachers.

**I.N.:** I have had some dreams to be a fireman and a soldier. And suddenly, it happened I once went to witness an operation in the Pécsbánya hospital. I came to appreciate what happened during the procedure, which largely influenced me to decide what I should like to be. I had some lawyers in the family who consented to my decision.

**N.W.:** The bottomline of trauma surgery is making quick decisions. Though at the beginning, I was a general surgeon, I did not want to operate tumours. Here we treat injured people who are otherwise healthy. It is a big challenge to bring a young casualty back to life. However, it is also a nice task.

**Interviewer:** Complicated cases are associated with a lot of risk factors in your field?

**N.W.:** It is true, there are a lot of risks, but we love risk factors. Let me boast that we have the biggest septic ward costing 8-10 millions per life, although it is difficult to weigh lives in terms of finances.

**I.N.:** In order to be proficient in septic surgery, it is not enough to have traumatological knowledge. If the infection spreads, microsurgical and general surgical methods are

required, so this field requires a broad vision. There are few experts proficient in this field, however, fortunately we have some. Also, this kind of knowledge has to be built in the training of young specialists.

**Interviewer:** You have a very nice Head of the Department's Suite because there is an old radio in the room and may I inquire if there are several other memories?

**N.W.:** Yes, and there is the Old Gypsy man on the wall, which is a painting dating back 150 years. I think traditions should be respected. In my opinion, the old is coupled with the new. There are icons of my profession lined up here as well as items representing my hobby, photos of my children and Hungary's coat of arms.

**Interviewer:** You have a couple of motorbikes lined up on your shelf? How can you associate this hobby with a trauma surgeon?

**N.W.:** This is often asked as a question but I would rather it remain unanswered. (*smiling – the editor*) Riding a motor bike is similar to my profession, notably fast, is associated with a lot of risks and generates a lot of adrenaline. In addition, it requires a lot of attention.

**Interviewer:** If you need some other kind of a rest, you go to the woods. Are you a hunter?

**N.W.:** On my shelf there is a book which means a lot to me. This is an important icon given to me by Professor Mess. He suffered a hip fracture while hunting and immediately following the operation he asked me when he could return to hunting. I said as soon as you came to the check up walking without a cane. It happened six weeks later. Therefore, hunting is not incompatible with our profession. What's more, after a stressful time it is best to go to the wood and listen to nature, sounds and animals. This silent solitude is the bottomline of my hunting.

**Interviewer:** Do you have enough time for both of your hobbies?

**N.W.:** Hunting has priority over riding a bike. However, we devote some time to the latter with my partner especially in summer. On these occasions we hop on the bike and roam through the country.

**Interviewer:** As a last question: where is the Head Physician's office?

**I.N.:** Four rooms away, but let me remind you, it is a functional room without memories and hobbies. There is a computer in it with piles of papers and lists. As for a hobby, I have been dealing with models since my childhood when I feel like doing it and I can devote time to it. My wife is a doctor, however, my son did not want to follow us in this stressful job environment. He became an IT specialist and now he is working in Austria doing research at the University of Vienna. As for a hobby, I do not ride bikes, however, I admire very fast cars which are at least as dangerous as bikes.

Rita Schweier  
Photos by Lajos Kalmár

## Health Days at the Medical School, University of Pécs

In support of the school enrollment campaign and to effectively assist secondary school teachers with their curriculum, our faculty provides local affiliated secondary schools with opportunities to organize health days and professional presentations. Although the Admission and Hungarian Student Service Center is responsible for the co-ordination of the health days, the local organization of the Hungarian Medical Students also has a major role in the execution of these programs; and without their enthusiastic and active cooperation these events would not be successful.

This year, all of the 10th graders of the Janus Pannonius Grammar School, a total of 120 students, visited our university. The health day workshop consisted of three parts. First, the students were offered to take part in various prevention workshops (hygiene, sex education, harmful effects of smoking and healthy nutrition). Afterwards, they were divided into smaller groups and next visited the MediSkills Lab, where they enjoyed an introductory presentation. Finally, following a preliminary registration procedure, they were encouraged to participate in career guidance and graphological counseling carried out by experts.

"Several classes from our school have been able to visit the new skills lab of the Medical School of the University of Pécs. This outstanding educational laboratory is a result of significant developments, and hard work. Its purpose is to ensure the medical students and residents of the Medical School are equipped with the necessary practical skills when they enter the Hungarian health care system. Many of the 10th graders of the Janus Pannonius Grammar School plan on one day becoming a physician. We asked several medical students to tell us how the MediSkills Lab assisted them with their studies. The students can practice many different kinds of interventions on dummies, starting from the routine procedures to the more complex and difficult cases. Our class, for example, experimented with ultrasound, and had a chance to see what kinds of examinations were routinely carried out within the lab. The staff also demonstrated several new devices which are currently at their disposal. I think everybody enjoyed this visit; it was an immense success. We were also allowed to practice resuscitation and heart massage. We now know what to do when we encounter a life-threatening situation in the future. The lab is very modern and well-equipped; therefore, all soon-to-be doctors can practice nearly anything they wish to without being threatened by the possibility of losing the patient. It was a terrific experience; we can easily envision that our future doctors will be fully prepared for the challenges in this profession.

*Dániel Dér,  
Janus Pannonius Grammar School,  
Class 10/D"*  
*Zsófia Duga, Leader,  
Students' Assistance Office  
Photos: Dávid Verébi*



## Three Professors of the Medical School have recently been recognized by the Hungarian Government

On behalf of *János Áder*, the President of the Republic of Hungary, *Zoltán Balog*, the Minister of Human Resources, presented three of the professors of the Medical School with the **Officer's Cross of the Order of Merit of the Republic of Hungary (civilian)** for their contribution to promoting the interests of the country and fostering universal human values:



*Dr. Tibor Ertl*



*Dr. Lajos Kollár*



*Dr. Dénes Molnár*

**Professor Tibor Ertl**, Doctor of the Hungarian Academy of Sciences (DSc); Full Professor of the Department of Obstetrics and Gynaecology, Clinical Centre, Medical School, University of Pécs; pediatric and neonatal specialist

**Professor Lajos Kollár**, Full Professor of the Department of Vascular Surgery, Clinical Centre, Medical School, University of Pécs and the former Head of the Clinical Centre, University of Pécs

**Professor Dénes Molnár**, Doctor of the Hungarian Academy of Sciences (DSc); Full Professor and the former Head of the Department of Paediatrics, Clinical Centre, Medical School, University of Pécs

We wish to extend our hearty congratulations to the award winners.

The award ceremony was held in Vigadó Pest on the occasion of our national holiday (March 15th) on 11th March, 2016. At the ceremony, *Zoltán Balog*, in his speech to the award winners, remarked "You can broaden not only your own, your colleagues' horizons, but also an army of our fellow citizens', including an army of young people's." The award winners offer faith, knowledge and trust; they remove obstacles, preserve national culture, enhance science and research, build the community, assist in the fostering of professional relationships and work hard to raise and answer questions. Everything the award winners accomplished promoted the individual's, the community's and, consequently, the whole nation's interests. Quoting *Sándor Márai*, the Minister emphasized "The most important things in life require patience, not heroism on our part". In most cases, these awards are the result of a lifelong hard work and patience. To achieve it you need courage, determination, perseverance and faith – added the Minister.

*Source: www.aok.pte.hu; Photo: György Mánfai*

## Congratulations to Dr. Erika Pintér-Sántics, Full Professor, the most recent recipient of the Memorial Plaque in support of her Contributions to the Hungarian Higher Education

The Doctoral Hooding Ceremony of the University of Pécs, where habilitated doctor degrees were also conferred, was held at the Senate Assembly Gala on 18th March, 2016.

At the beginning of the assembly meeting, *Dr. József Bódis*, the Rector of the University of Pécs, greeted the honorary guests, the doctoral graduates and the representatives of the city and the university. *Zoltán Balog*, the Minister of Human Resources, conferred the Memorial Plaque for the Contribution to the Hungarian Higher Education upon **Dr. Erika Pintér-Sántics, Full Professor** and Head of the Department of Pharmacology and Pharmacotherapy of the Medical School of the University of Pécs.

We extend our hearty congratulations to *Dr. Erika Pintér-Sántics* in recognition of her recent achievement!



## Other awarded staff members of the University of Pécs



*Aurél Tillai – Kossuth-Prize*



*József Vörös – Széchenyi-Prize*



*György Fusz – the Knight's Cross  
of the Order of Merit of the  
Republic of Hungary (civilian)*

(photo by György Mánfai)



*Imre Nagy – Tüke-Prize*



*Antal Ádám – Tüke-Prize*



*József Takáts  
Artisjus Literary Prize*



*Mátyás Hübner  
Breuer Marcell-Prize*

## VIP Visit to the University of Pécs, Medical School



Dr. Bennet Omalu, a respected pathologist and a forensic pathologist, recently visited the Medical Faculty at the invitation of Dean Attila Miseta.

Dr. Bennet Omalu, University of California, USA, is generally acknowledged as the first Medical Physician who described Chronic Traumatic Encephalopathy (CTE) in football players. In the Romhányi György Hall, Dr. Omalu delivered a motivational speech titled “Dream the Dream Bigger – How to conquer personal weaknesses by never losing sight of your goals and true potential”.

*Dr. András Fincsur  
Department of Pathology*

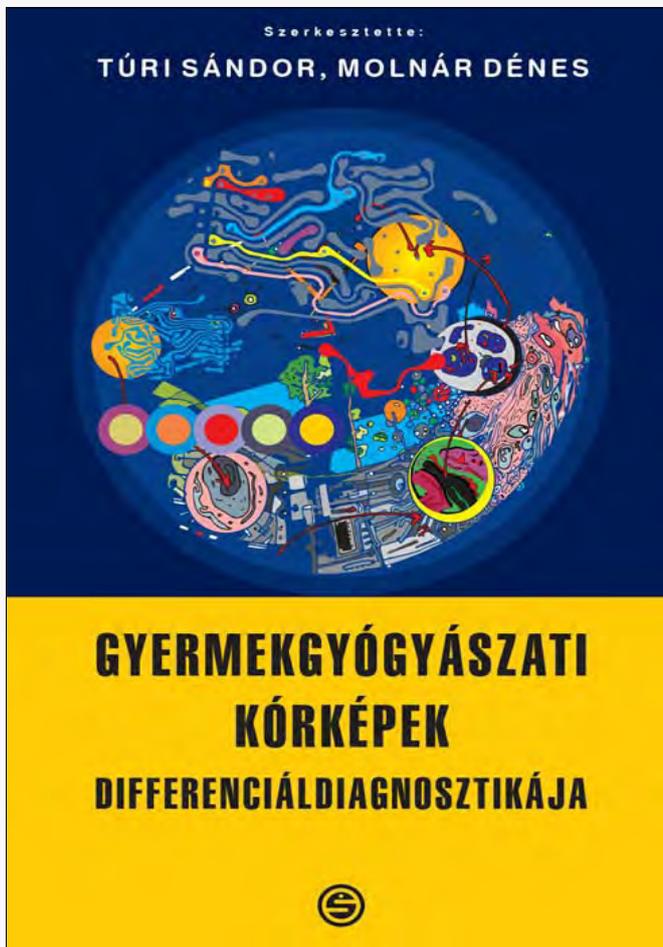
# The 17th Symposium on Inner Ear Medicine and Surgery presented by the Prosper Ménière Society

Recently, several new methods of examination and treatment have been introduced in the field of otoneurology. Ear, nose and throat specialists, who have a major role in otoneurological patient care, are now required to be familiar with these new methods and capable in the effective application, including versant on the latest results of the research on the vestibular system. The Prosper Ménière Society, which was founded in 1980 and is currently based in Arkansas, hosted the 17th Symposium on Inner Ear Medicine and Surgery from 12 through 19 March, 2016. In the first years following its foundation, the conference was organized in the USA. However, in the last few years Hotel Theresa located in Zell im Zillertal, Austria, has undertaken the task of accommodating the convention. A total of 60 attendees from 22 countries participated in the conference. We had the opportunity to listen to more than 50 presentations and discuss various research topics in details with colleagues from all over the world. This event is organized every second year; and each time a professional is awarded for her/his outstanding contribution to inner ear research. This year, the award was conferred upon Professor Ian Curthoys from Sydney. At the award ceremony, the presentations delivered by Professor Curthoys's colleagues offered us an insight into his research and family life. Photographs of his laboratory were shown, along with a video message from Professor Halmágyi, who is a Hungarian-born researcher from Sydney. The Head Impulse Test (HIT) introduced by G. M. Halmágyi and Ian Curthoys and the development of the goggles suitable for the objective examination of the eye represented a major breakthrough



in the diagnosis of peripheral vestibular lesions. During the ceremony, Professor Curthoys himself and his colleagues, who also participated in his research, demonstrated to us how the goggles operate and what were the potential pitfalls we needed to be aware of while applying them. Apart from listening to our colleagues' presentations, the event also provided us with plenty of opportunities to build international relations.

*Dr. Kinga Harmat*



**Now out on the shelves!**

**A recently published pediatric textbook edited by Sándor Túri and Dénes Molnár**

*Éva Erhardt, Katalin Hollódy, Pankáné Adrienne Kozári, Dénes Molnár, Zoltán Nyúl and Péter Vajda* are among the staff members of the Department of Pediatrics, Clinical Center, UP, who contributed chapters to the new pediatric textbook.

'*The Differential Diagnosis of Pediatric Clinical Cases*' was primarily written for pediatric specialists. However, it also assists in the preparation for the medical board examination and provides a useful crutch to medical graduates.

It is considered unique even by international standards. The book does not serve as a replacement for but rather a supplement to the pediatric textbooks already on the market.

It intends to complement the knowledge gained through the pediatric board exam and the study of other clinical sciences. On the basis of the symptoms and the differences between these symptoms, the book aims to assist in the establishment of the possible diagnoses.

The textbook is a collection of experiences among many acknowledged specialists and, as such, can supplement the knowledge professionals acquire during their clinical practice.

# The 8th International and the 15th National Interdisciplinary Grastyán Conference



The Endre Grastyán Collegium for Advanced Studies of the University of Pécs is celebrating its 18th anniversary this year. It was established in 1998 on Professor László Lénárd's and József Tóth's initiative, the latter serving in the role of Rector at the time. It is an organization incorporating all faculties of the university currently including 25 members from the Faculty of Medicine.

On 8-9 March, 2016, members of the Collegium organized their international and national conference which was graced with the presence of speakers from foreign universities and several local institutions of higher education including Budapest, Szeged, Debrecen, Eger and Kecskemét. Notably, one third of the speakers were doctoral candidates. Chairpersons were respected specialists with academic degrees who came from the University of Pécs, Budapest and other Hungarian universities. Partially or completely mixed sessions were organized in accordance with the interdisciplinary nature of the conference. In nearly all cases, undergraduate students and doctoral candidates compared their professional knowledge separately. During each session, prizes for the best presentations were awarded. Prize winners of the Faculty of Medicine are as follows: Anna Réka Vass (Supervisor: Dr. Andrea Tamás), Péter Gaszler (Supervisors: Dr. Beáta Bugyi and Ms. Andrea Vig Leopold) and Zsófia Csernala (Supervisors: Dr. Márta Balaskó and Dr. Judit Tenk). Prizes were awarded in accordance to the protocol of the ceremony.

The opening ceremony was held in the entrance hall of the Physiology Department and included brief speeches delivered by Professor Zoltán Karádi, Head of Department, followed by leading lecturers of the Collegium – Virág Rab and László Péczely, both Assistant Professors. Subsequently, memorials honouring three legendary former professors of the department were exhibited.

Of the ideas expressed during the opening ceremony I wish to highlight one, specifically, the one which is an essential element in Endre Grastyán's intellectual heritage and which has been one of the most important towards organizing the life and programs of the Collegium and thus in the organization of our conference: this is interdisciplinarity. Today, this expression is widespread and overused resulting in a kind of loss of values. Therefore it is crucial to feature a place where interdisciplinarity is not only practiced during one event but it provides an opportunity for socialization, too. A place where doctors and historians, psychologist and linguists approach scientific problems holistically, as part of a community based on Grastyán traditions, and where specialists of different fields know and appreciate one another's work. This generation may possess and fulfil that which Endre Grastyán dreamt of more than 40 years ago, to be able to eliminate the gap among different fields of science.

*Virág Rab*, leading lecturer of the Collegium for the Advanced Studies



## Unique Ear Surgery at the Department of Oto-rhino-laryngology, University of Pécs The new intervention offers hope for patients suffering from a hearing impairment who have thus far, survived in 'no man's land'

Recently, a novel surgical intervention was performed at the Department of Oto-rhino-laryngology of the University of Pécs and is characterized as the first of its kind throughout Central Europe. This intervention offers help for patients suffering from advanced otosclerosis, notably, since as of yet, medical science has not been able to successfully treat this patient group. Dr. Imre Gerlinger, Director, plans a series of like surgeries in the near future.

"This is a magic machine," says *Imre Horváth*, during an enthusiastic telephone interview, the first patient who had successfully undergone the procedure. The fact we talked on the phone is important since a few months ago this would have been entirely impossible. The patient who has been using a hearing aid for decades could not speak over the phone, and largely due to his continuously deteriorating hearing, he had been nearly entirely isolated from the outside world. Mr. Horváth, who has had hearing problems all through his life which the hearing could no longer compensate, is overjoyed since his life has been given back to him. However, this new surgical method performed at the Department of Oto-rhino-laryngology, University of Pécs is also a revolutionary step with respect to the entire health care system. Moreover, not only here in Hungary, since such surgery has only been performed in five countries in Europe so far".

Dr. Imre Gerlinger, the lead surgeon, had to travel to Brussels to acquire the required knowledge and technique. The team of physicians which developed the procedure work in Hannover, where the majority of the thus far 70 similar surgeries were carried out. According to the Professor, the often repeated 1200-kilometer journey and the immense time spent practising was all worth it. "This procedure involves the innermost rigidified ear bone which requires a replacement, namely the stapes, or stirrup," explains the Professor. "The stapes prosthesis is placed onto an artificial incus in the middle ear, and undoubtedly, this is a quite complicated and delicate procedure. Next, a speech processor is placed over the patient's head, which transforms speech sounds into electronic signals eventually reaching the receiver implanted into the skull bone. The receiver transforms electric signals into kinetic energy and via the stapes prosthesis fixed onto an artificial incus allows sound vibrations to pass through the inner ear fluids thereby achieving perception of sound. "The implant belongs to the group of middle ear implants," adds Dr. Imre Gerlinger. "This is a brand new procedure compared to routinely performed cochlear implant surgeries, and this now means we can offer a

solution to a patient population medical science has not yet been able to treat. These are patients with advanced otosclerosis. This mysterious disease attacks the bony capsule of the inner ear and as the disease progresses due to the rigidifying of the stapes it leads to a conductive hearing impairment which, at a later stage is accompanied by damage to the acoustic nerve. Traditional surgical techniques cannot help in these cases and this is when DACS, i.e., direct acoustic cochlear stimulation enters the picture. Dr. Imre Gerlinger continued, "My patient suffered from an advanced stage of the disease and although, he was using a hearing aid he was practically no longer able to understand spoken language, not to mention speaking on the phone or engaging in a conversation. All this changed in the wink of an eye, and the rediscovery of sounds were perhaps a bit of shock for him". The patient, Mr. Horváth, in recalling his first experience remarked shortly after his hearing was restored, "As we were driving home with my wife, I asked her what that low whispering murmur was which I kept hearing and then it turned out this was the sound the of car! I was also surprised by the crunchy noise I heard when eating waffles!"

Although being relatively rare, since it affects only 0.3-0.4 per cent of the population, it's not an exaggeration to say up until now patients such as Mr. Horvath, have been at a virtual no man's land!" comments the Director of the Pécs Department of ENT. Mr. Imre Horváth, who had given up all hope owes it to mere luck he could regain his hearing. Recently, his daughter accompanied him to the clinic on a completely different matter, when it turned out that there existed a solution to his problem. Though the surgery itself required five hours, convalescence was fast and his life changed from the very first moment on. "I've regained my good moods and optimism!" he says, summarizing his initial feelings after activation of the implant. Following this first successful intervention, the Clinic now aims to reach similarly affected patients with the news there is now renewed hope. There is already another intervention in preparation, and the Director hopes it will soon become a routine procedure at the Pécs Clinic. It is very good news for the patients in which the 6 million HUF implant is now covered by social insurance, and from this year on they are expecting patients who live abroad, too, on a self-financed basis. Foreign patients are obviously not going to supersede treatment when compared to Hungarian patients, however, they are vital for the Clinic since the funding spent here can help absorb research costs, finance conferences and study trips abroad without which this breakthrough would also have been impossible.

*Miklós Stemler*

### Genuine Gratitude Extended to Paks

On behalf of the medical professionals employed at the Department of Surgery of the Department of Pediatrics, University of Pécs, Medical School, including doctors and health professional assistants, but more importantly, the children requiring surgical treatment, we wish to express our immense gratitude to the Paks Nuclear Power Plant for recently **donating 3,000,000 HUF** to our facility. This significant financial support contributes to our current resources and will allow us to invest into updating and the extension of our present thoracoscopic and laparoscopic technology. The entire staff of the Department of Pediatric Surgery, similar to the institutes of the Medical Faculty, are now ready to offer our medical services to children from Paks and its surrounding areas on each day of the year, twenty-four hours a day.

Respectfully and thankfully yours,

*Department of Pediatric Surgery, Staff*

## A Child and Youth Psychiatry Department and Ward Opened at the Paediatric Clinic

Crisis situations, anxiety, behavioural disorders – an increasing number of small children and adolescents have psychic problems. Today, one out of five children suffers from a psychic disorder in Hungary. The recently opened Child and Youth Psychiatry Ward at the Paediatric Clinic of the University of Pécs is the first of its kind in the South-Danubian region. The Clinic has long since featured a ward specifically treating neurological and psychiatric patients since 1967 offering care and treatment for little patients arriving from the entire South-Danubian region from birth through age 18, and also providing outpatient care. Deriving from the special field of duties of the Clinic, patients typically arrived from practically all over the country.

Past decades, however, have seen several significant

changes in the treatment of children and adolescents. There has been an increase in the number of patients suffering from severe psychic disorders, requiring specialist attention, thus it has become timely to establish a separate 15-bed *Child and Youth Psychiatry Ward*. The outpatient unit is where initial psychiatric and psychological examinations are carried out in case of patients who require admission which is then followed by treatment at the ward. At the same time, the *Department of Child and Youth Psychiatry* was also established which offers under and post-graduate training for medical students, psychology and social worker students. Medical research is currently being planned and organised and is expected to be soon implemented.

*Annamária Apró*

## The President of the European Association of Child Neurology Visited the Neurology Unit, Paediatric Clinic, Clinical Center, University of Pécs

Professor Lieven Lagae is the current President of the European Association of Child Neurology. He was the Editor-in-Chief of the *European Journal of Pediatric Neurology* from 2004 through 2015, and is an elected member to the Board of Directors of the International Child Neurology Association. He is the head of the Department of Child Neurology of the Catholic University of Leuven, and Director of the Child Epilepsy Program. The Catholic University of Leuven is the oldest university of the low countries (Belgium) and also the oldest functioning Catholic University in the world. Professor Lagae specialised in Child Neurology in Leuven, and continued his education in neurophysiology and quantitative neurophysiology at Harvard University. His main field of interest is the relationship between childhood epilepsy and cognitive development.

Dr. Lieven Lagae first arrived to Pécs then onto Budapest where he lectured at the International Course on Child Neurology, 8-12 March, 2016.

He gave a presentation to fifth-year English-programme medical students in the morning of the 7th of March in reference to childhood epilepsies. He demonstrated great interest and asked many questions in support of the patients being treated at the ICU of the Paediatric Clinic including the following, status epilepticus, a baby that underwent shunt surgery due to hydrocephalus and an infant who has been ventilated for 2.5 years due to spinal muscle atrophy. He remarked, “A child suffering from Type One spinal muscle atrophy would not be put on a ventilator in Belgium”. He spoke with respect and acknowledgement in reference to the work of the 15-bed neurology ward. The ward, at the time, included several patients suffering from interesting and rare conditions including, NMDA autoimmune encephalitis, recidivating acute disseminating encephalomyelitis, optic neuromyelitis, severe therapy resistant epilepsy, etc. Paediatric neurologists and other colleagues committed to their training towards specializing in paediatric neurology at the ward included the following, Andrea Skobrák, Ágnes Till, Gábor Simon and Zsófia Laufer, all whom effectively presented their patients.



*Dr. Katalin Hollódy, President of the Hungarian Pediatric Neurological Society, hands over the Szénásy Memorial Plaque to Professor Lieven Lagae, President of the European Pediatric Neurological Society*

The afternoon was spent with the Professor touring the city centre, where he spoke admiringly about the beauty of our city and affectionately remarked he will gladly one day return.

In the afternoon we paid a short visit to the Stroke Unit in the Janus Pannonius Clinical Block and then onto the spectacular new MedSkills Lab. It was an incredibly divine feeling to demonstrate our pride in both the new clinic and MedSkills Lab. Yet, only one question remained unanswered, which is, “When is a modern Paediatric Clinic going to be built here in Pécs?”

Later, during the afternoon during a Scientific Committee meeting, Professor Lieven Lagae was invited to present a lecture about the modern therapeutic possibilities in the treatment of childhood epilepsy which raised considerable interest among members of the audience. Prior to his lecture, based on the decision of the Board of The Hungarian Association of Child Neurology, Professor Lieven Lagae was presented the Szénásy Award for his remarkable deeds in support of Hungarian Pediatric Neurology.

# “The Voice of Patients” ▪ “Let’s Talk about Rare Disorders!”

## Report on the “Day of Rare Disorders 2016” in Pécs

This year witnessed the fifth anniversary, “Day of Rare Disorders”, hosted in Pécs, offering programmes to visitors at three different venues over a three day period. Notably, it was a considerable pleasure to experience, when comparing to prior venues: the Zsolnay Cultural Quarter, and the Éltés Mátyás Joint Institute for Methodology for Teaching Children with Special Educational Needs, Special Technical School and Hostel, and now, this year, the Szentágotthai Research Centre distinctively participated by hosting this respected event.

The first day offered scientific lectures held at the Szentágotthai János Research Centre, in which visitors learned new information about the lives and situations of people living with rare disorders in Hungary, together with the current issues in relationship to these conditions and also noted a glimpse into their molecular, genetic and diagnostic backgrounds. Moreover, visitors were offered a demonstration to one of the primary research methodologies employed by the Humangenetic and Pharmacogenomics research group, the array comparative genomic hybridisation and gained invaluable insight into the group’s latest results.

On the second day, visitors were introduced to the Éltés Mátyás Joint Institute for Methodology for Teaching Children with Special Educational Needs, Special Technical School and Hostel and as a facultative programme visitors were encouraged to participate in skills-development classes, e.g., music therapy, sensomotor training, fundamental skills training for mentally retarded children, exercise therapy, the Veronika project, canine therapy and art therapy sessions. As English and German language interpreting was provided throughout all the programmes, it was also possible not only for Hungarian but also for English and German programme fifth-year students of the Faculty of General Medicine of the University of Pécs to actively participate.

On the final day of the programme, various professional lectures were offered, an exhibition including kiosks and booths of various patient organisations, children’s play house, a fair and an opportunity to participate in skills development games from 9am to 13pm at the Gallery of the Zsolnay Cultural Quarter. The opening address was given by the respected *Professor Béla Melegh*, Director of the Department of Medical Genetics, University of Pécs. Following the opening remarks, songs performed by pupils from Éltés Mátyás Elementary School, Pécs, and the Eck Imre Elementary Art Institute.

The World Day also included the award ceremony and its recipients featuring a Drawing Competition in support of the topic, “*Happy Moments of Childhood*”. Drawings were exhibited throughout the event.

The professional programme began with a lecture by *Károly Fogarassy*, Vice-President of RIROSZ, entitled “Life-belt Information Centre and Help Line for Patients Living with Rare Disorders”, followed by a presentation by *Kornélia Finta*, Head of the Éltés Mátyás EGYMI Joint Institute highlighting care for those living with autism within their institute. *Klára Horváth*, a renowned Physiotherapist also representing Éltés Mátyás EGYMI, discussed “Rare Disorders in Children with Multiple Disabilities”. The closing lecture was a very exciting and interesting presentation by *Professor Tamás Aknai*, the



Head of the Department of Theory and History of Art, University of Pécs, with the title: ‘Crystal, Meatcramp, Spiderthread’ The closing performance was a dance performance by *Tímea Bóczy* and *Richárd Pados*, entitled “Dancing Imagination”. Similar to last year, this year’s three-day programme is indebted to the help and assistance provided by Szamba and Csipke, two therapy dogs.

Dr. Erzsébet Kövesdi

## The New Arrival of a Mobile Ultrasound in support of the Clinical Center

Recently, the Department of Radiology has received the donation of Sonarmed Ltd., the Hungarian distributor of Samsung Medical Diagnostic Equipment. This generous gesture formed part of a strategic cooperation between the University of Pécs and Samsung Electronics Hungary, Ltd. The ultrasound scanner, which is the latest generation model, was presented at a ceremony on 22 February, 2016. The equipment will play an important role in both patient care and education of medical students.

“Often referred to as a ‘Point of Care’ device, patients no longer have to travel for the intent of receiving care and/or diagnostics but it is the care and diagnostics which relocates to the patients,” emphasised *Dr. Péter Bogner*, Full Professor, and the Director of the Department of Radiology in connection with the department’s newest asset. The mobile, easily transportable scanner can effectively carry out the most up-to-date, high-precision ultrasound examinations, at places of utmost need, thereby significantly accelerating the diagnosis-making process and initiation of treatment.

In his opening address, the Rector, *Dr. József Bódis*, highlighted that this equipment will play a pivotal role not only in patient care but also in education, since an up-to-date technical background is essential for a high-level medical training. “We are devoted to further improving the already high-prestige edu-

cation our medical students are receiving within our university”, *Dr. Bódis* outlined. “Without modern instruments, high-level and professional medical care is impossible”, remarked *Dr. Tamás Decsi*, Head Director of the Clinical Centre. “Considerable resources are also being devoted to its realization and maintenance”, he added, since in 2015 alone, two billion HUF were dedicated on this from different projects and tenders, nevertheless, gestures such as the donation of high-quality equipment from the manufacturer are of great importance.

As underlined in his speech, *László Giay*, the Executive Director of Sonarmed, Ltd., the Hungarian distributor of Samsung ultrasonography equipment, this gesture was largely motivated by the long-term cooperation, excellent partnership between Sonarmed, Ltd., and the University of Pécs but was also a result of a strategic agreement made in 2014 between the University of Pécs and Samsung Electronics Ltd. According to this agreement, the university, which is considered to be one of the prime centres of innovation in Hungary and Sonarmed, Ltd. one of the leading electronics developers and manufacturers of the world are jointly working on research development and educational projects, which may not only significantly improve the educational and scientific potential of the University of Pécs, but also the standard of healthcare within the region.

*Annamária Apró*

### Justice for Bauhin!

Although authors’ names often cause trouble, all physicians irrespective of their specialities are familiar with Bauhin’s valve. There is often considerable uncertainty as to the pronunciation of foreign authors’ names. We can all enunciate several exotic versions of pronunciation say, for example, in the cases of authors such as Raynaud, Descemet, Dieulafoy, etc. Nevertheless, the correct version also happens to appear every now and then in everyday use, as in the classic joke about the village Blacksmith who also fulfils the role of the Dentist, commanding his patient, “Spit them out, it’s one of them!” However, the pronunciation of Bauhin has been quite unanimous throughout my more than four decades of a career including my student years spent within university.

Therefore, I took it for granted the name was indeed of Russian origin. This was further supported by the common mistake in its spelling, ‘Bauchin’. Foreign languages typically spell the Russian ‘h’ as ‘ch’ which has recently been

adopted by us since learning Russian stopped being compulsory within schools. Interestingly, the rules of spelling did not change with the change of the system. The biggest surprise came when I intended to argue against ‘Bauchin’, wanting to justify its Russian origin. My search revealed the following, Gaspard (Casper) Bauhin lived in Switzerland during the 16th century, and he worked as a teacher, physician, anatomist and botanist in Basel. His family had fled from France due to religious reasons and he also happened to describe the valve so aptly named after him. Being French, his name was pronounced ‘Boen’.

Nonetheless, it is far likely to remain Bauhin forevermore. It has been good though, to share this late realisation of mine.

*Dr. Ferenc Pakodi*

(University of Pécs, 1st Department of Internal Medicine)

*Editor’s note. See also: István Benedek’s works on the history of science, e.g. Lamarck and his age.*

### Symposium in Commemoration of Dr. György Boros

The joint event organised by the Pécs and Veszprém Divisions of the Hungarian Academy of Sciences (PAB), (VEAB), highlighted the Symposium in commemoration of Dr. György Boros, was held on 18 March, 2016, in support of the occasion of the 170th Anniversary of the Kaposi Mór Teaching Hospital of Somogy County, as part of an ongoing conference series.

**The Opening Event** included *Dr. Mariann Moizs*, Chief Director, Kaposi Mór Teaching Hospital of Somogy County, *Dr. László Pajor*, Full Professor, leader of the Clinicopathological team of the Pécs Division of the Hungarian Academy of Sciences (PAB) and *Dr. Péter Dombi*, leader of the Hematological and Transfusiological team of the Veszprém Division of the Hungarian Academy of Sciences (VEAB).

**Presentations included:** *Dr. Miklós Egyed:* In commemoration of the 25th anniversary of the death of Dr. György Boros, a former member of PAB and VEAB; *Dr. Béla Kajtár:* The micro-environment of the CIL cell; *Dr. László Pajor:* B cell receptor/signal transmission; *Dr. Márk Plander:* A case of a patient treated with idelalisib; *Dr. Zoltán Gasztonyi:* Our experiences with PI-3 kinase inhibitors; *Dr. Péter Rajnics:* PI-3 kinase signal transmission inhibition in clinical practice – experiences with Idelalisib and Djuvelisib; *Dr. Ádám Kellner:* Experiences with Copanlisib; *Dr. Alizadeh Hussain:* Syk inhibitors; *Dr. Elvira Altay:* Ibrutinib in CLL (case presentation); *Dr. Árpád Szomor:* Ibrutinib in CLL (case presentation); *Dr. Ágnes Nagy:* Ibrutinib in coat cell lymphoma; *Dr. Erzsébet Sziládi:* Ibrutinib in coat cell lymphoma in two patients; *Dr. Balázs Kollár:* Experiences with btk inhibitors in CLL; *Dr. Csaba Bödör:* Molecular examination of patients treated with btk inhibitors.

# Arrival of the First 3D Tissue Printer to the University of Pécs

The University of Pécs has successfully submitted a tender for the development of 3D printing technologies. An important part of the tender is the ongoing medical research at the Faculty of Medicine (Medical School, MS), which are directly linked to research studies for tissue printing at the Pharmaceutical Biotechnology Department of the Faculty of Pharmacy (Fph).

However, the printer has not just arrived through the above tender application, but as part of investments of the Medical School initiated by the FPh. The printer was delivered by Biobot, a company located in the United States (<http://www.biobots.io>). It is unique not only in Hungary, but throughout all of Europe. The researchers of the Faculty of Medicine and Faculty of Pharmacy are becoming acquainted with its functionality well in advance of the expected realization of applications, and are testing it, including some of the difficulties in the various directions of research.

Professor Judit Erzsébet Pongrácz, who has over a decade experience in dealing with complex tissue printing, tissue production and general operations and Dr. Krisztián Kvell, are the key players in this field of research. They said cooperation of a very wide range of medical areas is awaiting them. It is planned to be implemented from the simpler tasks, e.g., bone and cartilage preparations, and afterwards aim towards complex tissues and the creation of organs. As for other areas of 3D printing technology, success is to be measured upon the "blueprints". In other words, on the knowledge, what, and how to build. The printed tissues are called "blueprint" – referring to the structures, which determine how the individual cells and tissues are laid out in 3D to form a functional unit. The research will specifically focus on creating these blueprints and it will be one of the most exciting areas in medical research.

The number of jobs and the possibilities are almost incalculable yet; this is brand new research and a developing field. There are courses in which the students are initially exposed to the medical use of 3D printing tools, largely due as very soon there will be a great need for professionals who have medical qualifications and specialized knowledge of tissue printing and their usage in a wide range of professional medical areas and they will be able to assist in the healing work of their colleagues. The researchers of the Faculty of Medicine and the Faculty of Pharmacy did not exclude the option that in the not-distant future, it will even become a separate training area.

*Perhaps the 3D printer is most easily compared to the inkjet printer, because this also has different tanks – like colours – including certain types of cells. The similarities, however, pretty much end there, since the role of the printer responsible is to connect and align these cells based on the aforementioned "blueprint". For further details on the device you can visit the manufacturer's website: <https://www.3print.com/desktop-3d-bioprinter-biobot-1-4330715/>*



There are already new directions open to undergraduate and postgraduate students, Masters, biotechnologists and PhD students from both of the faculties, may likely be the first liaison between traditional healing and science fiction-like tissue printing.



The new device is extremely flexible, which is especially useful during the research tasks, but it also means it cannot be used in simple routine procedures. Virtually every new job also requires a new "blueprint" of what has to be prepared. It is currently in the learning phase with the help of the manufacturer's guidelines and distance learning facilities. In any case, researchers are hoping the start-up and the first experimental printing work can begin in the spring. Thereafter, begins the work of a spectacular and exciting part which is worth following-up.

Gábor Szabó

“*Alternative medicine is not working*” was the title of the presentation hosted by **Zsolt Boldogkői**, Head of the Institute of Medical Biology of the University of Szeged. The event occurred on 29 March, 2016, at the Szentágothai Research Center and was organized by the Students’ Union of the Medical School of the University of Pécs. The following article was published on the website of 168ora.hu.

Source: *www.168ora.hu*, September 25, 2014.

## War of Worlds – Traditional vs. alternative medicine

**The scientific method is based on a very simple principle which reads: the world cannot be known by thought, it is only experiments and observations that can gain reliable knowledge. Alternative medicine does not accept this principle, and instead refers to millennial-old folk wisdom, faith-like knowledge and the wisdom of the founding fathers.**

### Introduction

Alternative medicine does not recognize the exclusivity of **science-based medicine**, and often even denies its legitimacy. True, they are too cowardly today to confess this publicly.

For the **gullible laymen** it is much easier to absorb the simple explanations of the healers with captivating mannerisms, than understand the incomprehensible texts of science. No wonder why doctors never even attempt to translate those to patients during their tight schedule. No one likes bad news; therefore, we all prefer to turn to those who guarantee good news. Many patients make all the **financial sacrifices** for their loved ones to see if the magic potion can work.

In medicine, doctors are meant to represent science, but many of them switched their allegiance to the sorcerers’ camp. It would be useful to clarify whether the lack of information or financial reasons pushed them there. Although unlike greed, training could be improved. **The media have mostly been on the same side of quackery.** The laws of the developed world have an understanding attitude to all this, saying it is not harmful. Let the people inhale the opium of ignorance. **National universities accept pseudoscience** and by this premise, alternative medicine has acquired the most valuable stamp of legitimacy.

### Parallel worlds

Today, **science is skyrocketing upward and outward.** Our knowledge is on the verge of a paradigm shift across many fields, some of which were not in existence save for several years ago. **Modern physics** is focusing on the “WHY”s of the material world, including the problem of existence. **Biology** is approaching a comprehensive understanding of **DNA** and how the human brain works.

We are able to change our genetic material, and **have even created artificial life**, and hopefully will soon disentangle the mystery of the mind as well. Molecular biology has laid new foundations for healing diseases: computer programs will diagnose diseases and **new types of therapies will be tailored and personalized.** It seems progress is unstoppable and even has accelerated its pace.

However, parallel to science, the **spiritual world is also moving as a shadow in the forms of superstitions, esoteric thinking, delusions, and thoughts of faith** including pseudoscience. Conspiracy theories exist all over the place. **The public atmosphere is very hostile towards modern science and healing**, however alternative medicine’s popularity has never been this high. Today, then, it is not just about science, but **at the same time it is the age of irrationalism.** Although, it now appears knowledge will triumph over mysticism, however, I would not dare to swear to this. Fortunately, this battle is not between persons primarily, but rather ideas, often within an individual’s mind.

### Modern medicine

Modern medicine was conceived in the cradle of pseudoscience. Once, medicine was based on misconceptions and the prestige which sustained them. The former so-called “heroic medicine” actually reduced the patients’ chances of survival and recovery. **Phlebotomy, cupping** (vacuum treatment) and **purging** (intestinal cleansing) and **inducing vomiting**, as well as the poor hygienic conditions of hospitals and doctors’ surgeries, were especially risk factors to health.

However, due to the insistence to the materialistic basics, medical healing later sharply separated from alternative medicine. **Rigorous scientific tests and experiments make medicine reliable.** Although it is still far from knowing everything and **is often mistaken**, there is however no alternative to this scientific approach toward gaining knowledge. If the therapy works, it will be part of medicine, even if for the time being we do not understand the mechanism underlying all the details completely. This is the essence of evidence-based medicine. Today we are talking about more science-based medicine. The difference is the latter is interested in more biological back-up.

Scientific knowledge forms a more or less coherent system. If the result does not fit into the picture, it should be accepted with suspicion, and even subjected to rigorous testing. **Unfortunately, pseudo-science is often present in scientific journals.** Systematic and meta-analyses were created to filter these, which are not about initial experiments, but summarize the ones already published. These tests do not watch the conclusions, only the research which has been carried out on the basis of appropriate standards. If not, the relevant article is excluded. In addition, the remaining materials in accordance with the cumulated numbers will reach a more reliable conclusion than the individual works. This method proved to be a huge disaster for alternative medicine, as science essentially rooted them out of the scientific garden.

### Alternative medicine

While the essence of the scientific principles implies they are universally binding, theories of alternative medicine are dependent upon their origin. In terms of its inception **we distinguish between eastern and western methodologies.** The eastern theories and methods had a tremendous impact on the west; however, this is not the case vice versa. Instead, some western methods flooded the eastern regions, like homeopathy. **Oriental medicine does not know the concept of cancer, infection, or diabetes**, but

for them arcane energy imbalance is regarded as sole cause of a disease.

The **chi** energy of the universe is invisible and all-pervading; whose movement often encounters obstacles in the human body. It is no coincidence the chi of Chinese origin can be interchangeably used with the Japanese ki or the Hindu prana concepts, as they are derived from common roots. The healing process involves **needles, herbs, meditation, physical exercises and a variety of diets to ward off energy obstacles**, in order for the yin and yang, the eternal opposite poles of balance, to calm down.

The esoteric approach attracts a wider public and opens your wallet even bigger. Unfortunately, the moderation of the east imported to the west has transformed into greed. The eastern healing energies in their native land are intended for healing purposes, whereas here in the west they are purely for financial gain in the hands of charlatans.

There are several kinds of energies in the western versions as well; some literally taken over from the eastern world views, while others have their own inventions (e.g., aura, crystal energy, earth radiation). In fact, even actually existing forces (e.g. magnetism) are involved. These tend to have problems with their healing effect.

Of course, the **esoteric energies do not exist**, because there is no evidence of their existence. Where the theory is incorrect, the practice rocks on the borders of doubt. **The main problem, however, is not the mumbo-jumbo philosophy, but specifically, the therapy is ineffective.** A number of control experiments have been carried out for the efficacy of the most important areas, however, they have failed. Some branches tried to struggle out of the shadow of mysticism and take over at least part of the arsenal of modern medicine (e.g. the progressive trend of chiropractics).

Why the old name then? Because esoteric approach **attracts wider crowds and opens your wallet even bigger.** The eastern healing energies in their native land are intended for healing purposes, whereas here in the west they are purely for financial gain in the hands of charlatans.

**Phytotherapy** is the only branch of alternative medicine, where point-blank statements are slightly moderate. Modern medicine still relies on **nature's pharmacy**; it is intensively looking for potential drugs. However, if they find any, then they get rid of inefficient, or other toxic agents immediately, then enrich it and, if necessary, modify it chemically in order to possess a better effect.

Let's just add that nowadays, **more and more herbs are found in which much of their beneficial effect exists only as folk wisdom, but in reality it is not beneficial at all.** One of the biggest victims is the ginkgo tree, whose numerous healing effects have shrunk to zero. **Garlic has also received a "punch in the face"**, it now appears even though we took it for heart and vascular diseases, it was all in vain. In some Chinese agents, agents from the orthodox medicine were found, while in another case the blood lead levels could be correlated to the consumption of these products.

The recent targets of the new philosophies are **bodies saturated with acid and poisons**, vitamin deficiency, **bodies waiting fat burning** and minds awaiting purification. The point, of course, is not the spiritual education, because in the 21st century it is now a shameful false knowledge; but rather **to increase the market turnover of certain powders and tablets.** The logic of capitalism without the relevant laws and their strict enforcement, unfortunately, is spinning.

The pseudo-treatments of serious diseases are really dangerous, especially those used instead of conventional medicine. **A variety of stem and cancer cell therapies target real diseases with fake instruments.** Science is researching these options, right from the beginning, although with a moderate success, but a promising future. **The scam artists however, do not bother with testing and experiments**, since it would require investment and expertise. They just produce something out of nothing citing their questionable competence or some masters'. If these anti-cancer agents actually worked, the drug companies would have long since cracked down on them, because you cannot imagine a more sweeter deal. **During stem cell "therapy", saline is often injected into us.** Why even give real cells? In the hands of incompetence they would not have an effect anyway, and may even turn into cancerous cells in the end. **The most repulsive are the healers who try to rob seriously ill families.** They know well that desperation can be very generous. Or if you have no money: "Why live in a house?" The cruel cynicism emerges in the form of questions.

## Metamorphosis

The main concern of alternative medicine is the existence of **authentic medicine**, which is becoming more and more effective in healing diseases. Legislators and authorities are often soft-hearted with respect to alternative medicine, but **sometimes it is cracking down on them.** Therefore, they created a new phrase, "complementary" and added this to the old one, resulting in, "complementary and alternative medicine," or CAM. There is, however, no substantive change, alternative medicine merely re-positioned itself.

But this is cowardice, as the new names will not dare to undertake the risk of failing. When failure comes, there is finger pointing, but if it is successful, it will be proud of itself. In the groves of alternative medicine a new ambition has recently arisen, approach "orthodox" medicine with the illusion as if it would have an equal ground and would work for the same goal. **So, magic word creation has started.** Now, it is called integrative medicine (IM). The transformation, however, is not too successful either, as from the butterfly cocoon an ugly caterpillar emerged again. **Medicine should expel this unwanted bride**, because it cannot help us, but exists only as a parasite sucking resources. Alternative medicine – being a pseudo-science – is inappropriate to acquire knowledge as well as develop effective treatments.

## Epilogue

The scientific method is not one out of a number of other ones, but the only approach with a credible chance to explore reality. **Alternative medicine, however, has no raison d'être or justification since there is no alternative to facts.** The laws of developed countries, for some inexplicable reason offer free rein in health care to scam, perhaps because maximizing votes is the primary interest of ambitious policy around the world and it has only a short-term perspective. It is easier to make legislations based on the beliefs of the voters than trying to educate the public. **Education is of course no easy task**, since adults are unable to shift mental paradigms once they are committed to an idea. But why do we deal with this? Are these two worlds moving independently of one another in parallel? No, certainly not, as financing and licensing connect them with each other and with power. If these links are broken, the chain of society as a whole will be damaged. **The stakes are therefore exceptional.** The eventual defeat of innovative forces projects a **vision of a society of darkness and poverty.**

Source: *Orvosi Hetilap (Medical Weekly) 151:2034, 2010*

## LETTERS TO THE EDITOR

### Some thoughts about homeopathy

Sir,

The definition of homeopathy, according to an encyclopedia originates from the composition of the following Greek words: “*homoios*” meaning similar and “*pathos*” meaning suffering, and disease. Homeopathy is basically alternative healing strategy, which was first written down at the end of the eighteenth century by Samuel Hahnemann. In the view point of the homeopaths, diseases can be treated with agents which cause symptoms similar to the disease in a healthy person. Reportedly, the idea was due to a malaria patient of Hahnemann who developed a febrile fit in response to quinin. I think building an ideology on shaky grounds may have suited the men of the 18th century (non-homeopathic medicine also featured many of these), however, in the 20th and 21st centuries, in the era of evidence-based medicine it is an anachronism, to say the least. Evidence-based medicine has determined our therapeutic thinking for at least 30 years, but had of course existed much earlier.

“Homeopaths claim that shaking between successive dilutions eliminates the toxic effects of the drug, while the *medium* (usually water, alcohol or sugar) retains the properties of the drug. The end product is often so diluted that it is chemically indistinguishable from a pure vehicle material.” Many critics believe the combination of the drug treatment with dilution became part of homeopathy somewhat later, because due to the often drastic treatments the condition of many patients became worse, or fatal. These are not light dilutions, in most of the cases 1:100 dilutions repeatedly occur and at best the patient is administered only a few molecules of “active ingredients”. (By comparison, a single dose of today’s drugs contain several billion drug molecules.) Shaking follows a severe scenario with the aim of the transmission of energy to the product. It is also referred as ‘potentiating effect’. The idea infers high homeopathic dilutions are more effective than the smaller ones. Therefore, treatment is sometimes initiated with lower dilutions in order to avoid problems.

The desire for healing (often suffering-free “treatment” desire) gives the motivation for the use of homeopathic remedies for the patients. I do not wish to speculate about the motivating factors of pharmacists and physicians. (However, it can be stated that scientific thinking was probably not sufficiently rooted in a homeopathic doctor.) Strangely, the fascination with the irrational of the lay public (healthy too!)

requires a much deeper sociological study than I can provide. Sure, modern science is complex, even for those who study their entire life. The gaps can be easily invaded by beliefs, easily digestible, though are all too often false ideologies.

From the perspective of the science of *pharmacology* and *pharmacodynamics*, homeopathy, in terms of alternative methods, is one of the most problematic areas. The effects recognized by modern science are *dose dependent*, not reversed, but with increasing the dosage. In some people, the homeopathic principles can disrupt thinking about medicines.

In connection with homeopathy and many other “alternative” methods it is often said the problem was the lack of mechanistic (physiological etc.) explanation. However, this is not a legitimate objection, due to the impact of the immensity of modern medicine is based on empirical studies and science is trying to clarify mechanisms afterwards. The main problem of homeopathy is the *efficacy* has not been sufficiently proven. Among its supporters and opponents the “dialogue of the deaf” is ongoing. One party demands evidence, whilst the other argues affluent companies do not financially support double-blind studies. Homeopathy does not preclude regular clinical pharmacological studies. (Of course, such studies could be conducted only by impartial staff.) Everything concerning the patients can be linked to both the “agent” and the “placebo” treatment group. We know very well the placebo effect is not negligible in relation to modern medicines either. Therefore, the effects of modern drugs are tested against “a placebo” and only the significantly greater therapeutic effect is accepted. In the absence of sufficient evidence, teaching homeopathy and organizing licensing exams at university level is irresponsible (and so is practising it).

The practice of homeopathy is often intertwined with phytotherapy, but it is correct to separate the two didactically. Although probably not all phytotherapeutic products are effective herbal medicines, this sector appears to be far less irrational than homeopathy based on remembering vehicles.

*Dr. Loránd Barthó*, Professor of pharmacology  
Faculty of Medicine, University of Pécs.



Source: *Új Dunántúli Napló, 24-04-2016*

## The University of Pécs is among the first

Notably, an increase in enrollment reportedly at or about 5% more when compared to the last year’s figures, an estimated 111,162 students applied for studying in higher education claimed the Secretary General for Education. *László Palkovics* added, “Bachelor training including 72,371 students is in first place, followed by undivided (one-tier) programs numbering at or about 11,201 students. Professional higher education programs total at or about 6,440 students followed with master program enrollment at or about 21,150. Notably, 95,883 students applied for state-financed scholarships and 15,279 students have chosen the self-financed version of the higher education. The previous number is 5%, the latter 6% higher when compared with last year’s data. The fields of economics reported a 17% increase in applications, engineering 14%, and teacher training 13%. There is no change of interest in medicine, health sciences and information technology.

The most popular university is the ELTE, followed by Debrecen, Szeged, BME and Pécs.

Source: UnivPécs 2016/2

## International Evening – 2016

The International Evening was originally created in support of the alumni international students of the Medical School and is aimed at providing them the opportunity to meet one another. Over the years the event has grown into a program which today is a common expectation of nearly every student whether here in Pécs, Hungary or abroad. This year it was held on March 5 at the Expo Center. The evening was organized by the English-German Student Union (EGSC), and in accordance with the tradition every penny earned from selling food, drinks and tickets was offered to charities.

The evening began by each team presenting their characteristic dance or music, while the foods typical for each country were being served. The choice was endless: sushi on the Japanese table, falafel on the Palestinian table, Weilsurst on the German, burek on the Turkish, etc. After this there was opportunity to dance in two rooms including two different genres of music. Most of the students danced until dawn and thoroughly enjoyed themselves.

Next year, in connection with the 650th anniversary celebrations of the University of Pécs, the International evening will be much longer, up to one full month. *“We intend to organize the International month in which different cultures, culinary and artistic worlds all will be presented. We hope, thanks to the longer duration, it will give an opportunity to the citizens of Pécs and throughout the region, to meet all the specialties,”* remarked Gyula Zeller, strategic and public relations vice-rector.

### SHEIKH TRUFFLES – THE UNITED KINGDOM

I arrived from London to Pécs, which is a beautiful, quiet but friendly city. I have been studying dentistry here for two and a half years now. England, when compared with Pécs, is a busy place, and gastronomically rich, actually any food is available there. In support of the International Evening, we prepared samosas and gajar halwa, requiring more than 30 people all who participated in the cooking at various levels. The samosa is a kind of fried dough; any filling can be prepared for what you want. We filled it with spiced potatoes and peas. The gajar halwa is a sweet dessert, which is made of spiced carrots.

### TERESA DEL VAL – SPAIN

Three years ago I came to Pécs from Spain and I’m studying medicine. Because of my friends here, I really became very fond of the city and everyone is very nice. At home everything is so pleasant and all the people are very friendly. The weather is amazing and the food is very good. This year, in support of the International Evening, nearly 15 of my friends made tortilla de patatas. It’s a potato omelet: potatoes are fried in oil, and then we mix in the beaten eggs. We often add onions, also. In addition, we made sangria, which consists mainly of red wine, to be mixed with a little vodka and fruits, like oranges, apples, pears or fruit juice and a little sugar.

### MOHAMMED QAWARIO – PALESTINE

I love this city and I am happy here. I’ve lived here for two and a half years, and I plan to stay at least five more years. My friends are all students in the engineering faculty and the medical school. I’m studying at the Faculty of Arts, and we all live together in a dormitory. This was my first time at the



International evening, and I stayed until dawn, because I really liked it. Five of my friends have come together to present our country with its most typical dishes, like maqloba, falafel, homes, shoarma and as sweet, baklava.

#### MUSTAFARASOUL – AFGHANISTAN

I have been studying in Pécs for five years and I now speak some Hungarian, although most of the vocabulary is linked to clinical practice. I want to learn this language as much as possible. This is my last half year, and I hope to do my practice in Sweden. I find Pécs fascinating, a small town, but very diverse. Students come here from all over the world, which is what I like the most in this city meaning, one can meet so many people and can learn about different cultures. Here, at the International Evening, fifteen of us represent Afghanistan. We cook traditional Afghan dishes like qabuli palow, sabzi, firn, dough, or chicken bolani or qorma. Quaboli palow is made from rice, which is widely regarded as the best rice varieties in the world, raisins and carrots are also included. As all the ingredients cook together it turns into an amazingly tasty food. So, this is why we cook this food every year at this evening because so many students enjoy it.

#### FRANCESCA CORDES – GERMANY

I have managed to finish a semester at the Medical School in Pécs, and would not mind if I could finish my studies here,



Photos: Dávid Verébi

because I like to live here. Pécs is a great city, has a homely atmosphere, because when you walk the streets, you run into the same people you attend class with throughout the week. Young people from all over the world are studying here, and the Hungarians are also nice. This way I can learn this language, even if it is difficult. I live with two other girls in a rented accommodation close to the UP Medical School. This is my first international evening and I think it is really cool because you can learn so much about the varieties of cultures. At the German table we served Jägermeister to drink and Bretzel to eat, which is a type of bread.

Source: *UnivPécs 2016/2*

## Recent News and Developments

*Interview with József Bódis, Rector*

**UnivPécs:** The assembly (consistorium) of the University of Pécs (UP) is a recent establishment. How do you envision the potential changes it offers to the essence of the UP?

**J.B.:** Immense, vital changes are not brought on, though, the assembly will be involved in basic regulations with powers, i.e., all strategic schemes or themes related to our economic life should be discussed with the assembly prior to their presentation to the senate. It is good though, as the senate will discuss currently controlled and elaborated schemes.

**UnivPécs:** As I know, in addition to the current chancellor, Zoltán Jenei and you, there are three more members within the body. Did the UP have an influence on the selection of certain candidates?

**J.B.:** Absolutely. If I am correct, there were originally seven candidates, among the deans, and 3 of them were introduced to the Ministry of Human Resources, where they were appointed. *Mr. Ádám Balogh*, the President of the MKB Bank Ltd., a former member of the Economic Council of the UP, has provided the consistory with professional assistance. *Mr. Patrik Kovács*, the President of Young Entrepreneurs Association Hungary, and as a former student of the UP, was advised by students. I believe, he is building a substantial career (*previous interview with Patrik Kovács: "Are you in or only you would like to be?" Alumni Magazine, 2013, Spring*). *Mr. Zoltán Kleisz*, living in Pécs, is the owner-executive director of the MATRÓ Ltd., is an important individual with regards to the dual training. I think, we had very good recommendations, and I am pleased the minister has accepted them.

**UnivPécs:** It was a pleasure to hear about the recent presentation of the Dr. Béla Entz Clinical Education Center, and the Simulation Education Center at the UPMS. What is the next step?

**J.B.:** The next establishment to be presented will be the renovation of Oncology, most probably during the spring. I truly believe, it is an enormous step both in the clinical work and training. Unfortunately, the number of patients with tumorous diseases is growing in our region, and a new facility complete with current technology with respect to equipment, will be a worthy site for effective treatment.

**UnivPécs:** What may be expected regarding jubilee events?

**J.B.:** There has already been an office in charge of anniversary programs related to the foundation dating back to 1367. However, we expect the 650th jubilee of establishing the Hungarian Higher Education is a special case which should be controlled and managed by an independent organization. There will obviously be events designed by private program manager companies, and public purchases will be needed, so coordination is essential. On acceptance of the project launching documents for this organizational unit, pragmatic steps will be taken, which are absolutely urgent, as we are short of time.

**UnivPécs:** The government of Hungary has recently decided to support the university with a fund worthy of 24 billion HUF to accomplish developments related to the Modern Cities Program. What is the next step in that perspective?

**J.B.:** The Project Managing Committee has the founding meeting tomorrow (*this interview was recorded on 9 March*) and slowly more bodies will be launched. It is about the future of the university. New possibilities may open up, and if we take good advantages of them, the University of Pécs will be a different type of university within the next five years.

# Reform and Modernization of Medical Training has now begun in Pécs

*Self-financed theoretical and practical training currently in development*

The presentation of the Dr. Béla Entz Clinical Education Center and the Education and Simulation Center (Medi-Skills Lab) at the University of Pécs (UP) contribute to the timely reform of the theoretical and practical training. These centers were mainly funded by specifically assigned financial resources and are valued at more than half a billion Ft. Notably, the high-technology establishments support medical training in both the Hungarian and foreign language programs.

Although, there is no direct connection between the recently announced development (valued at 24 billion Ft) of the training in foreign language programs of the UP and the presentation of the new education center, the latter event may well be considered as an overture of the largest development in the history of the university. Meeting the most modern educational requirements the new establishments share the same objective: to further increase international competitiveness of the medical training in Pécs.

The Dr. Béla Entz Clinical Education Center located in the south part of the previously known, '400 bed clinic', now referred to as the Janus Pannonius Clinical Building, may not be considered a new establishment in reference to education, as it formerly was a big lecture hall, however, in its present status, similar to the reconstructed clinical building (worthy of a cost more than 10 billion Ft) hardly anyone can now recognize the environment who once attended medical lectures there in the past. On site of the old lecture hall, featuring a seating capacity of 375 individuals, and now equipped with high technology public address and projector systems including five smaller, break-away seminar rooms were designed as a building complex. As Dr. József Bódis, the Rector of the university remarked at the presentation ceremony in March, The Dr. Béla Entz Clinical Education Center may be considered as the final phase of reconstruction of the 400 bed clinic, thus making the Janus Pannonius Clinical Building complete, however, the patient care and medical divisions were financed by EU funds, while the Dr. Béla Entz Clinical Education Center was totally self-financed by the Medical School and the University of Pécs (UPMS).

It was necessary, as only extensive infrastructural developments would likely meet the requirements of the growing interest in medical training. The Medical School has been operating at 'full house' both in the Hungarian and also in the English and German programs, and at the moment, there are 5 or 6 times more students apply for studying at the Medical School, and as a result, the number of students may easily double, yet, currently, the Medical School simply does not have a capacity of receiving more students to the campus. The Dr. Béla Entz Clinical Education Center, named after the legendary Rector of the university previously known as Erzsébet University of Sciences that who moved to Pécs following the Treaty of Trianon, was the first step and is soon to be followed by bigger ones, since the majority of the 24 billion Ft support, warranted by governmental resolution, will be spent on reconstruction of the theoretical building and the entire medical campus.

"The powerful development of the educational environment is only one side of the coin," exclaimed Dr. Attila Miseta,

**The family, in the life of whom the entire Hungarian History of the new age can be found**

The reformed Medical School was traced back to its predestined individuality, specifically, when the search in naming the new clinical education center was of high importance, since without the respected and admired Dr. Béla Entz, it would be difficult to discuss modern medical training in Pécs. The former Medical Professor lived from 1877 until 1959, and arrived in Pécs in 1920 enrolling first with the Erzsébet University and later, was nominated to the position of Rector twice in the following decades. In addition to being honorable and as a predominantly major character in Hungarian Pathology, "He proved to possess humane traits", remarked the Head of the Medical School. In those years when students were accepted based on origin and religion, Dr. Entz provided an opportunity in support of talented Jewish students and he later founded the charity practicing Rotary club in Pécs. We can say, all of them are imbibed in the Entz family who worked hard in the development of the country. The family arrived in Hungary during the reign of Mariay Theresia and they have been doctors and scholars for more than 200 years. An ancestor of Béla Entz lost his life in the 19th century due to the cholera epidemic when he was saving patient's lives, and his son, László Entz, in addition to practising medicine in the role of a physician, became the founder of the Hungarian Gardening largely due to his plant breeding.

Following the revolution of 1848 where he worked as a doctor among freedom fighters, he was deprived from his medical practice, yet at the same time, due to his achievements in plant breeding, he was nominated for a membership to the Hungarian Academy of Science. Later, more family members were appreciated like him, as in the case of Mr. Béla Entz. The desire to know and improve, as well as an appreciation towards faith and humanism are values represented by the Béla Entz Clinical Education Centre.

Dean of the Medical School, "As high quality education in the new environment must also be warranted."

"Foreign language programs and the increase in the educational incomes are not private aims," emphasized Dr. Attila Miseta, "They are implemented to improve the quality of the Hungarian Medical Training to ensure a domestic supply of highly trained physicians."

## **The future of medical training has arrived**

Notably, the Dr. Béla Entz Clinical Education Center applies high technology in the 'traditional' theoretical training; the Skills Lab presented during the same time frame has revolutionized practical medical training. It is an old truth which expresses, that "Medicine can only be acquired through tremendous practice requiring patients, but therapy may not be superseded by education". Due to rapidly developing technologies, and the aim at finding the balance between therapy and education, simulation training is becoming more

prominent, and enables the acquisition of diagnostic methods without the need of live patients.

The respected and well appreciated Skills Labs are today indispensable towards high quality medical training, and therefore, such as here in Hungary, several skills labs have recently been built. The current facility at the UPMS adheres to the above, but it was interestingly initiated by the Student Council, who contributed to the building of the Skills Lab including a 15 million Ft donation from its own resources. Virtual remedies are provided for almost every disease in the lab aiming at covering all the fields of medicine through simulation.

The name Lab might be a little misleading, as the rooms here rather resemble wards of a hospital when compared to a lab in which diverse care is provided and practiced by medical students of Pécs and interestingly, sometimes genuine physicians and doctors. In one of the ‘wards’, injections are given, infusions or catheters are inserted (patients are substituted using body parts, causing some disturbance), or resuscitation is carried out if it is needed on dummies and heads adjacent to the body of the dummies and can also be ventilated. Monitors are not mere illustrations creating realistic effects; they are actively used as the essence of simulation training in which prompt feedback and accountability is immediately available, meaning, it immediately reports if the medical student errors, however, the outcome results only in a less than stellar grade, assessment or failure.

The real potential of the skills lab is observed in the third room, known as the operating theater. Dummies here feature the potential to literally ‘shock’ the visitor (most certainly, journalists) by emitting vital signs. Strikingly, the dummies behave, blink and breathe, all through complex simulation!

These dummies are operated on, providing a variety of possibilities in the practice of anesthesia, a procedure demanding precision and expertise. Complex simulation hardware is implemented to simulate subcutaneous interventions instead of using dummies. Notably, laparoscopic skills, required for one of the most modern surgical techniques, can be acquired here. There is a profane similarity to a console game: the method of the game should be set (gallbladder removal, gynecological exploration, etc.), and then the surgery may be initiated including realistic views on the monitors while the procedure is being performed. An error results in severe consequences, the ‘patient’ may bleed to death if not the right surgical procedure is made or not the proper site is found. Meanwhile, the manipulators may be easy or difficult to move based on the actual site of the patient.

Although, the equipment is certainly breathtaking and the management of the Medical School is committed to continuous development, the respected leadership of the Skills Lab believe simulation alone is not enough in the preparation of effective medical training. Dummies and other simulation devices cannot substitute authentic patients, but they can contribute to a near-life scenario. Medical students and doctors practicing in environments such as this may start a particular intervention with more confidence, and the absolute winner at the end will be the patient who is effectively treated by a well-prepared doctor. The initiation is absolutely synchronized to the government’s intention, as when Mr. Zoltán Ónodi-Szűcs, Secretary General of Health, earlier announced at the Grand Opening Ceremony, Medical University, Pécs, “In the forthcoming years, 4 billion Ft will be committed towards building and developing skills labs”.

*Miklós Stemler*

Source: [www.pte.hu](http://www.pte.hu)

## Senate Convocation to Award Honorary Doctorates and Degree Presentation Ceremony at the University of Pécs

*Doctor Honoris Causa title was conferred on **Cheng Quing-chang**, the Dean of the Faculty of Architecture, Shanghai Institute of Technology, and president of the Bureau of Urban Planning and Land Management of Xuhui District Shanghai. Dean Chen Qingchang’s faculty at the Shanghai Institute of Technology is a strategic and professional partner of the Faculty of Engineering and Information Technology. The two faculties have been in a contractual relationship since 2014, creating a common framework, connecting the trainings and making them accessible to each other’s student bodies, thus enhancing the international recognition of the University of Pécs and the population of its Chinese students. The students take part in the full-time training.*

*Zoltán Balog, Minister of Human Capacities handed over the Commemorative Plaque for the Hungarian Higher Education to **Tamás Bereckei**, a professor of the Faculty of Humanities; and **Erika Pintér-Sántics**, a professor of the Faculty of Medicine.*

*The minister handed over a Certificate of Recognition to **Evelin Szarka**, head of the Dean’s Office of the Faculty of Medicine.*

*The Senate of the University conferred honorary university professor titles and the silver badge with the UP’s coat of arms upon **György Révész**, Associate Professor of the Institute of Psychology of the Faculty of Humanities; and **Alinda Dalma Várnai-Händel**, Head of the Institute of Pathology, Bonn-Duisdorf.*

*The title, Honorary University Docent and the silver badges with the UP’s coat of arms was conferred upon **István Reiber**, Medical Director of the Szent György Training Hospital of Fejér County; and also to **György Schandl**, Assistant Professor of the Edutus College, and Head Physician of the Department of Internal Medicine at the Sándor Péterfy street Hospital.*

*The Habilitation Committee conferred habilitation doctorary certificate was conferred upon in the field of law to **Gábor Szabó**, Assistant Professor of the Faculty of Law; and also to **Péter Tilk**, Associate Professor of the Faculty of Law.*

*in the field of health sciences to **Valentin Brodszky**, Assistant Professor of the Corvinus University of Budapest; and to **Ildikó Tar**, Senior Lecturer of the University of Debrecen; and to **Árpád Juhász**, Senior Lecturer of the Markusovszky Teaching Hospital of Szombathely.*

*in the field of geosciences* to **Krisztina Sebe**, Senior Lecturer of the University of Pécs, Faculty of Sciences.

*in the field of physical sciences* to **József Fülöp**, Senior Research Fellow of the MTA-PTE.

*in the field of pharmacological sciences* to **Csaba Hetényi**, Senior Research Fellow of the Eötvös Loránd University and the Hungarian Academy of Sciences; and to **Nóra Papp**, Senior Lecturer of the University of Pécs, Medical School.

*in the field of science of literature* to **István Ladányi**, Assistant Professor of the Pannon University.

*in the field of economics* to **Kármén Kovács**, Senior Lecturer of the Faculty of Economics; **János Barancsik**, Assistant Professor of the Faculty of Economics of the University of Pécs; and to **Zoltán Szabó**, Assistant Professor of the Faculty of Economics of the University of Pécs.

*in the field of pedagogy* to **Imre Bús**, Collegiate Professor of the Faculty of Cultural Sciences, Education and Regional Development of the University of Pécs; to **Aranka Híves-Varga**, Senior Lecturer of the Faculty of Humanities; and to **József Kaposi** head of the Hungarian Institute for Education Research and Development.

*in the field of linguistics* to **Magdolna Lehmann**, Senior Lecturer of the Faculty of Humanities of the University of Pécs; and to **Réka Katalin Lugossy**, Senior Lecturer of the Faculty of Humanities.

*in the field of medical science* to **Hussain Alizadeh**, Senior Lecturer of the 1st Department of Internal Medicine of the University of Pécs; to **Éva Erhardt**, Senior Lecturer of the Department of Paediatrics of the University of Pécs; to **András Garami**, Senior Lecturer of the School of Medicine; and to **József Gábor Joó**, Senior Lecturer of the Semmelweis University.

#### **Doctoral Conferment Ceremony at the University of Pécs**

The Senate of the University of Pécs, based on their successful thesis defense, conferred a **PhD degree**

*in the field of law* to **Attila Moizs**, an associate of Mecsek Takaréék; to **Noémi Nagy**, an Instructor at the Faculty of Law of the University of Pécs; and to **Dániel Eszteri**, a Data Protection Specialist of the Hungarian National Authority for Data Protection and Freedom of Information.

*in the field of biological sciences* to **Réka Boda**, biologist; and to **Gábor Máté**, an embryologist of the Pannon Reproduction Institute in Tapolca.

*in the field of health sciences* to **Gábor Kopcsányi**, Senior Clinical Doctor of the Central Clinic of the University of Pécs; to **Renáta Emese Papp**, Physician at the National Institute of Primary Care; and to **Éva Stánitz**, Chief Medical Officer of the Governmental Bureau of Vas County.

*in the field of architecture* to **Ferhat Bejtul-lahu**, an Instructor of the University of Pristina in Kosovo.

*in the field of philosophical sciences* to **Ádám Tamás Tuboly**, a researcher of the Research Institute of Philosophy at the Hungarian Academy of Sciences.

*in the field of science of literature* to **Georgina Mucsi**, Assistant Lecturer of the Faculty of Humanities of the University of Pécs; to **Anikó Ágnes Patonai**, Librarian of the National Széchenyi Library.

*in the field of chemical sciences* to **Lilla Makszin**, Assistant Lecturer of the Medical School of the University of Pécs; and to **Roland Farkas**, Research Assistant of the Faculty of Sciences.

*in the field of economics* to **Roland Schmuck**, Assistant Lecturer of the Faculty of Economics.

*in the field of pedagogy* to **Helga Andl**, Assistant Lecturer of the Faculty of Humanities; to **Tamás Híves**, research fellow of the Hungarian Institute for Educational Research and Development; to **Zsófia Molnár-Kovács**, Assistant Lecturer of the Faculty of Humanities of the University of Pécs.

*in the field of linguistic sciences* to **Edit Rózsavölgyi**, the Hungarian lector of the University of Padova.

*in the field of political sciences* to **Szilvia Bába**, Cultural Executive of the Duna Palota Nonprofit Ltd.; to **Zoltán Vörös**, Assistant Lecturer of the Faculty of Humanities of the University of Pécs.

*in the field of psychological sciences* to **Beáta Grabovac**, Professional Associate of the University of Novi Sad; to **Krisztián Indries**, Assistant Lecturer of the Eötvös Loránd University.

*in the field of medical sciences* to **Beáta Bóné**, Assistant Lecturer of the Clinical Centre of the University of Pécs; to **Gabriella Deli**, Medical Specialist of the Clinical Centre; to **Tünde Horváth-Kupi**, research fellow of the National Agricultural Research and Innovation Centre; to **Viktória Kovács**, research fellow of the University of Szeged; to **Renáta László**, Medical Specialist of the Ferenc Flór Hospital of Pest County; to **Tibor Aladár Nagy**, Assistant Lecturer of the Medical School of the University of Pécs; to **Ádám Varga**, Resident Doctor of the Clinical Centre; to **Ádám Feldmann**, Assistant Lecturer of the Medical School of the University of Pécs; to **Katalin Gócze**, Assistant Lecturer of the Medical School of the University of Pécs; and to **Éva Kovács**, Senior Research fellow of the Clinical Centre.

*in the field of historical science* to **Norbert Csibi**, Assistant Lecturer of the Faculty of Humanities; to **István Gergő Farkas**, Zsolnay Heritage Management Nonprofit Ltd.; to **Ferenc Fazekas**, Assistant Lecturer of the Faculty of Humanities of the University of Pécs; to **Zsuzsanna Turcsán-Tóth**, Assistant Lecturer of the Károli Gáspár University of the Reformed Church in Hungary; and to **Ildikó Somonovics**, Collection Manager of the Kiscelli Museum.

The **DLA degree** was conferred upon the following:

*in the field of fine arts* on **Enikő Márton**, painter; and on **Katalin Marosi**; Senior Lecturer of the University of Szeged.

*in the field of architecture* on **Dóra Lilla Szatlócki**, architect; and on **Anna Szövényi**, Assistant Lecturer of the Corvinus University.

# NEWS AND INFORMATION FROM DEPARTMENTS AND CLINICS

## Department of Basic Health Care

■ The 15th Congress of General Practitioner Researchers' National Organization was held from 25 through 27 February, 2016, in Budapest by the Semmelweis University (SOTE), during which the following lectures were delivered by our department: *Dávid Baranyai, József Rinfel*: Follow up study of patients with stroke concerning the 13th and 18th districts of Budapest; *Imre Barna et al.*: Tumor, what else? Experiences of rare lesser pelvic neoplastic disease(s); *Csilla Busa et al.*: Possibilities of medical self-determination in Hungary; *Ágnes Csergő, Szilvia Heim*: The role of Alzheimer Café concerning the nursing of patients with dementia; *Szilvia Heim*: Palliative care of patients with dementia; *Szilvia Juhász, Szilvia Heim*: The case of therapyresistant hypothyroidism; *Eszter Juni, József Rinfel*: The importance of the early recognition of skin cancer regarding a shocking case; *Mrs. Zoltán Kalmár, Sándor Balogh*: Continuous specialist training of general practitioners at the University of Pécs – 2015; *Miklós Lukács, Ágnes Csikós*: "Demand, Dilemma and Reality" in hospice-palliative care; *Lajos Nagy*: The possibilities of personalized pharmacotherapy concerning the medical practice of general practitioners; *József Rinfel*: Stroke rehabilitation I. Primary prevention, early recognition in basic health care, institutional and communal rehabilitation; *Viktória Steiner et al.*: Assessment of general practitioners' educational standards regarding Alzheimer's disease; *Máté Varga et al.*: Stroke rehabilitation II. Primary prevention, early recognition in basic health care, institutional and communal rehabilitation; *Mária Végh et al.*: Contribution of general practitioners to the curriculum of medical training in Pécs. *Dr. András Sirák*, MD, general practitioner in Velence, received the "Award for Life-Work" this year, who is also an active and enthusiastic participant of the general practitioner training in Pécs. We are indeed proud of him! Nearly 250 people participated in this three-day conference. We enjoyed an opportunity to expand our knowledge by listening to high-quality national and foreign lectures, and a recent accounting of our most current research results. We are delighted to learn the "average age" of the participants' decreased when

compared to past events. Numerous medical students and residents offered high-quality, professional deliveries in their lectures.

As is often typical, following the immense scientific effort, amusement, pleasant discussions and comradeship proved both welcome and essential.

## Department of Anatomy

■ Our department's members of the Undergraduate Research Society, *Réka Anna Vass, Flóra Mayer, Ákos Nagy and Dorottya Balogh* delivered a successful lecture during the 8th International and 15th National Interdisciplinary Grastyán Conference (between 9 and 10 March). *Dr. Andrea Tamás* participated as section chair.

■ On March 16, in the frame of Brain Awareness Week series, *Andrea Tamás* presented her lecture in support of high school students highlighting the department's ongoing research with reference to Parkinson's disease. Following *Dr. Tamás*' presentation, *Ádám Rivnyák, Dorottya Balogh and Adél Jüngling* offered our guests a tour of our department.

■ The finals of the Scientific and Creative Competition referred to as "Science that Connects" were held on 22 March, 2016, which was an open invitation extended to local high school students by the UP MS. Following the event's official opening, *Andrea Tamás* demonstrated the feeling what it is like in the role of a medical student, while also highlighting the current research opportunities of today's medical student. Students featuring the best results enjoyed the opportunity to present their work before the jury. Several members of the Department of Anatomy participated in the jury: *Andrea Tamás, Adél Jüngling and Balázs Ujvári*. During the TM final examination preparatory course immediately following the competition, the high school students visited (among others) the Department of Anatomy under the guidance of *Adél Jüngling and Balázs Ujvári*.

## 1st Department of Internal Medicine

### Division of Endocrinology and Metabolism

■ *László Bajnok* delivered a lecture entitled, "Is Routine Screening of Vitamin D and/or supplement necessary

in obesity?" during the 16th Congress of the Hungarian Association of Obesitology and Physiotherapy on 16 March, 2016, in Budapest.

■ *Beáta Bódis and Gergő Attila Molnár* presented their lecture entitled, "SGLT-2 inhibitors and their place in the Therapeutic Palette" during the Hippocrates Regional Meeting held on 27 February, 2016.

### Division of Gastroenterology

■ *Aron Vincze* (Pregnancy and hepatic disease), *Gabriella Pár* (Primary biliary cirrhosis and primary sclerosing cholangitis), *Béla Hunyadi* (Viral chronic hepatitis C) and *Alajos Pár* (Autoimmune hepatitis) delivered a lecture as an invited speaker during the Hepatology special examination course organized by the Semmelweis University on 29 January, 2016, in Budapest.

■ *Aron Vincze* (Fecal Transplantation 2016), *Gabriella Pár* (New aspects in the diagnosis of NASH), *Judit Bajor* (The many-sided eosinophilic esophagitis) and *Béla Hunyadi* (Extrahepatic symptoms of chronic hepatitis C virus infection) gave a lecture as an invited speaker during the Gastroenterology vocational training course organized by the Semmelweis University on 12 February, 2016, in Budapest.

■ *Gabriella Pár* and *Béla Hunyadi* participated in the role of session chairpersons during the 2016 Hepatology Conference of the Hungarian Association of Gastroenterology from 16 through 18 February, 2016, in Visegrád.

■ *Péter Hegyi* (Department of Translational Medicine), *Gabriella Pár* (Transient Elastography is a Noninvasive Method for Assessment of Hepatic Fibrosis; Translational Medicine and Hepatology records), *Béla Hunyadi* (National Program for the Preparation of Elimination of Hepatitis C Infection in Hungary; HCV: challenges of treatment of hardly treatable kidney diseases; Hepatic Encephalopathy; The role of rifampin treatment) and *Alajos Pár* (Nonalcoholic steatohepatitis and hepatocellular carcinoma) presented a lecture.

### Division of Cardiology and Angiology

■ Numerous lecturers represented our clinic during the MKT – Hippocrates Specialist Weekend from 19 through 20 February, 2016, in Siófok. The scientific session was opened by *Prof. Kálmán Tóth* followed by a lecture entitled,

“Novelties of Pharmacotherapy and Actualities in the aspect of National Congresses and Guidelines”. The professional presentation was delivered by *Tamás Habon* (The improvement of cardiac function in the aspect of ivabradin studies), which was followed by a lecture by *Róbert Halmosi* (Research Regarding Heart Muscle Ischemia: Practice and Evidence). Following, *Klára Magyar* presented a lecture on the combination of ivabradin and beta blockers including the title “To always achieve its purpose: an innovative combination concerning the treatment of stable angina pectoris”.

■ Several lecturers represented our clinic during the 21st Cardiology Days Vocational Training Conference from 2 through 5 March, 2016, in Debrecen. In the section titled “One year in the Field of Cardiology (selections from the topics of last year’s international congresses)”, *Kálmán Tóth* presented a follow-up lecture on the actualities mentioned in the 2015 guidelines of ACC, ESC, and AHA, also serving in the role as Section Chair. In the section titled “New Guidelines in Cardiology”, *Tamás Habon* delivered a lecture titled “Infective Endocarditis – ESC 2015”. In the section titled “Actualities in Cardiology”, *Eszter Szabados* presented a lecture on “E-Health in CV Medicine”.

#### 2nd Department of Internal Medicine and Nephrology Centre

■ The 20th Jubilee Transdanubian Diabetes Weekend was held from 10 through 12 March, 2016, in Tihany. During the event *István Wittmann* directed the round-table discussion entitled, “Hypoxemic conditions and diabetes (OSAS, COPD)”, and also presented lectures titled “Etiology and Pathogenesis of Prediabetes” and “Pharmacokinetic and Pharmacodynamic Parameters of Basal Insulin”. He was also the chairman of the section entitled, “Lilly Scientific Symposium – 2016: Present and Future: Are there any changes to be expected, regarding the practice of insulin therapy?” and the Novo Nordisk Scientific Symposium, during which *Gábor Fülöp* delivered a lecture entitled, “Xultophy®-Therapy in the case of OAD-Insufficiency”. Additionally, *Gábor Fülöp* presented a lecture entitled, “What type of insulin treatment system is recommended in old-age diabetes?”. *Gergő Molnár* delivered a lecture entitled, “The Paradox of Choice. Why is less more?”.

#### Department of Immunology and Biotechnology

■ Our department’s research worker *Zoltán Kellermayer* presented a poster at the Next Gen Immunology Conference, which was held from 14 through 16 February, 2016, in Rehovot, Israel.

■ PhD student, *Ramóna Papp* participated in the DGF/IUIS scholarship in the 12th Spring School on Immunology Vocational Training, which was held from 28 February through 4 March, 2016, in Ettal, Germany. She also presented a poster titled “In Vitro Development of Functional Thymic and Splenic Regulatory T Cells”.

■ Our department’s colleagues, *Tímea Berki*, *Péter Németh* and *Péter Balogh* including PhD students *Lilla Prenek* and *Réka Kugyelka* participated in the MIT-MAKIT-MRE Common Vocational Training, which was held from 1 through 2 April, 2016, in Székesfehérvár. The main topic of the training was the therapeutic regulation of immune-checkpoints, while *Tímea Berki* (T-cell receptors and their variants) and *Péter Balogh* (Ontogenesis and (yet) lesser-known functions of T-cells) also presented lectures related to this topic.

#### Department of Physiology

■ A wreath-laying ceremony commemorating the occasion of the 8th International and 15th National Interdisciplinary Grastyán Conference was held on the 8 March, 2016, in the Department of Physiology. Our department’s Director, *Zoltán Karádi* along with the leading professors of the Grastyán Collegium for Advanced Studies *Virág Rab* and *László Péczely* spoke highly of Endre Grastyán, who was an outstanding researcher with an extraordinary mentality. Following the speeches our department’s three legendary professors’ memorial tablets were ceremonially wreathed.

#### ENT Department (Department of Otorhinolaryngology)

■ *Péter Révész* et al., recently expressed triumph in their recently published research paper, entitled, “Special Surgical Solutions of the Stapes – Case Review and Literature Summary” (*Otolaryngologica Hungarica* 2016), and won the Otolaryngology – Head and Neck Surgery (OHNS) scholarship of the Leica Company, engaged in producing operational microscopes in Switzerland. This scholarship may be used for

visiting other institutes and participating in foreign congresses.

■ *Kinga Harmat* participated in the 17th International Symposium specializing on the research and surgery of the inner ear from 12 through the 19 March, 2016, in Zell im Zillertal, Austria, which was organized by the Arkansas-based Prosper Menière Society. During the conference the participants became acquainted with the most current research results of the vestibular system, while the 60 participants from 22 countries enjoyed opportunity to establish international relations.

■ *Imre Gerlinger* participated in the continuing vocational training of the MED-EL Austrian Company, producing ear surgery implants from 5 through 8 March, 2016, in Innsbruck. He also participated in the SZERINA (Rhinology Days of Szeged) event on 1 April, 2016, in Szeged, where he presented a lecture entitled, “Newer Anatomical Points of Reference in order to become a better FESS Surgeon”.

■ *Zalán Piski* participated in the SZERINA (Rhinology Days of Szeged) event on 1 April, 2016, in Szeged, where he presented a lecture entitled “Endoscopic pituitary surgery”.

#### Department of Pediatrics

■ *Tamás Decsi* and *Dénes Molnár* delivered a scientific lecture during a memorial session organized on commemorating the 110th Anniversary of the birth of Ödön Kerpel-Fronius on 27 January, 2016.

■ *Tamás Decsi* presented a lecture entitled, “Probiotics and prebiotics in the aspect of evidence” during the 4th Fejér County Doctors’ Days on 5 February, 2016, in Székesfehérvár.

■ This year’s congress of the Pediatric Gastroenterology Hepatobiliary Transplant & Nutrition (PGHTNCON) Association was held from 11 through 14 February, 2016. *Dénes Molnár* and *Anna Kövér* represented the Department of Pediatrics of the University of Pécs. *Dénes Molnár* delivered a lecture entitled “Global challenges of childhood obesity and related diseases” both as an invited lecturer and as a member of the International Advisory Board. Additionally, he was the recipient of the International Life Time Achievement Award, which was founded by the organizers. *Anna Kövér* presented a poster titled “Treatment and Nutritional Options in a Newborn with Multiple Mesenteric and Omental Cysts”, which was awarded a

first prize by the evaluation committee.

■ *András Farkas* presented a lecture entitled, “Enteral tube feeding in the surgeon’s viewpoint” at the Pediatric Gastroenterology Symposium from 19 through 20 February, 2016, in Mátraháza.

■ *Dénes Molnár* participated in the annual general assembly of the 1st Family European Project from 22 through 25 February, 2016, in Palma de Mallorca. Additionally, he delivered a lecture entitled “Metabolic Syndrome in Children” at the 19th Pediatric Vocational Training Course on 4 March, 2016, in Budapest.

■ *Mária Adonyi* presented a lecture entitled, “When and how should we come into the world? – Perinatal effects and asthma, allergy” at the 21st Spring Amega Forum from 18 through 19 March, 2016, in Pécs.

#### Department of Behavioral Sciences

■ Our department’s colleagues (*Árpád Csathó*, *Kázmér Karádi*, *Boróka Gács*) participated in the 58th Conference of Experimental Psychologists (from 21 through 23 March, 2016, in Heidelberg, Germany) with the following poster: *Árpád Csathó* et al.: “Attentional Network Functions in Patients with Asymptomatic Carotid Artery Stenosis”; *Boróka Gács* et al.: “The Proximity of Pain: Subjective Pain Intensity is Higher when

the stimulated Limb is nearer to the body”.

#### Department of Medical Genetics

■ *Béla Melegh* participated in the “EU Joint Action (JA) on Rare Cancers” meeting on 10 December, 2015, in Brussels, the “European Society of Human Genetics Public and Professional Policy Committee (ESHG PPPC)” meeting from 15 through 16 January, 2016, in Amsterdam and the “Third Annual International Undiagnosed Diseases Program (UDNI)” congress on 18 February, 2016, in Vienna. Additionally, *Béla Melegh* participated in the Union of Medical Specialists (UEMS) Meeting from 10 through 11 March, 2016, in Amsterdam.

#### Institute of Cardiology

■ The 22nd Congress of Hungarian Society of Cardiac Surgery was held from 5 through 7 November, 2015, in Szeged. The following lectures were delivered by our clinic: *Sándor Szabados*: “Oncology of Cardiac Surgery”, *Péter Ezer*: “A Successful Case of the Correction of a Pulmonary Valve Restenosis”, *László Lénárd*: “The Hybrid Operation of Aortic Arch Aneurysm Subsequently to a Coronary Operation”, *Lőrinc Holczer*: “The Place of Stitch-less Aortic Valve Implantation

on our Palette”, *László Hejmel*: “Cardiac Resynchronization Therapy via Mini-thoracotomy”. *Tamás Simor* presented a lecture entitled, “The Cardiovascular Effects of Stress”, as an invited speaker in the Richter Scientist Club on 5 November, 2015.

■ *Andrea Bertalan* (Levosimendan therapy) and *Rudolf Kiss* (First experiences of using cytokine adsorption) delivered their lecture at the Mediterranean Intensive Care Rendezvous from 6 through 7 November, 2015, in Pécs.

■ *András Komócsi* presented a lecture, while *Iván Horváth* and *Bálint Kittka* participated in the 4th PCI Optimization Workshop from 10 through 11 December, 2015, in Budapest.

■ *András Komócsi* delivered a lecture entitled, “Anticoagulant and Platelet Aggregation Inhibitor Therapy Following PCI” in the forum entitled, “Actualities and Day-to-Day Dilemmas of Acute and Sports Cardiology” on 15 January, 2016, in Lillafüred.

■ *Réka Faludi* presented a lecture entitled “Pulmonary Hypertension – New ESC Guidelines” both as an invited speaker and as Section Chairwoman at the Heart Failure Days of Hajdúszoboszló from 22 through 23 January, 2016. *Szandra Grätz* also delivered a case-study lecture entitled “The Last Straw: Hyperthyroidism Induced by Cordarone in a Patient with DCM”.

■ *Réka Faludi* delivered a lecture as an invited speaker highlighting the title “Differential diagnosis of Acute Coronary Syndrome. When do we use echo and when do we use something else?” at the Advanced Echocardiography Course organized by the Gottsegen György Hungarian Institute of Cardiology (GOKI) in Budapest from 29 through 30 January, 2016. Additionally, she presented a lecture entitled, “Cardiac Wall Motion Abnormalities, Mechanical Complications of a Myocardial Infarction” at the Echocardiography Course in Keszthely.

#### Clinical Centre

■ The 2nd Patient Safety Conference was hosted by the Hungarian Patient Safety Society and the 1st Department of Surgery of the Semmelweis University from 31 March through 2 April, 2016, in Budapest. Representatives of several Departments of the Clinical Centre of the University of Pécs delivered lectures as invited speakers during the opening day of the conference. *Dóra Endrei* presented a lecture entitled, “Patient Safety – in Terms of Quality” on behalf of the Clinical Center’s management. Traditionally, the main theme did not focus on a patient safety issue concerning a professional question, but presented the benefits originating from the operation of the quality management system, which may contribute to the accomplishment of improving the quality of health care, patient safety and equal opportunities.

### Dr. Gyuláné Tóth, Marika, recently deceased

It is with sincere regret we announce the passing of our late laboratory assistant, Dr. Gyuláné Tóth, Marika. She passed away on 1st April, 2016, at the age of 81 after enduring a lengthy illness. She will be fondly remembered.

*Department of Biochemistry and Medical Chemistry*

### Dr. Márton Melegh, recently deceased

It is with a heavy heart we announce the passing of Dr. Márton Melegh, a PhD student of the University of Pécs Medical School, 6 April, 2016, at the age of 28.

His memorial service was held in the church of the Downtown Congregation of the Reformed Church and his civil funeral in the Ceremonial Hall of the Central Cemetery of Pécs.

## In memoriam – Dr. József Tigyi, Professor and Member of the Hungarian Academy of Sciences 1926-2016

It is with deep sadness the Department of Biophysics of the University of Pécs announces the death of Professor József Tigyi, at the age of 90, following an enduring and lengthy illness, on 19. March 2016.

Professor Tigyi was born in Kaposvár on 19. March 1926, and he finished his secondary education in the same city, in Pál Somssich Secondary Grammar School. He was first of his class and an excellent athlete throughout every grade. He was admitted to the Medical School of the University of Pécs, and he was bestowed a doctor's degree in 1950. Immediately, he became an associate of the Department of Biophysics of the university, and following the disunion, the Medical University of Pécs. The head of the parent department, Department of Medical Physics, Professor Jenő Ernst has taken notice of the smart young medical student, who on one of the lectures has recited the Newtonian laws in Latin, after which he received unrestricted access to the department. Distinctly, immediately following the first year, he conducted research in the Biophysics Department under Professor Jenő Ernst. The biophysics of muscle function and the biological effects of radioactive radiation was the topic of his research. His persistent, purposeful and successful work bore fruit when in 1954 he became a Senior Lecturer, and in 1955 he became a „Candidate of medical sciences” (PhD), which was followed by becoming an Associate Professor in 1957. He defended his thesis, and became a Doctor of Biological Sciences (DSc); in 1967 he became a corresponding member of the Hungarian Academy of Sciences. He began his career as a scientific Vice Rector, of which he fulfilled during two terms. He became Professor in 1971, at which time he also took over the Department of Biophysics. He reformed the curriculum, introducing a small group and personalized biophysics practice of medical students for the first time in Hungary. He became the Rector of the Medical University of Pécs in 1973, a position he held for two terms. In 1976 he was elected a full member of the Hungarian Academy of Sciences.

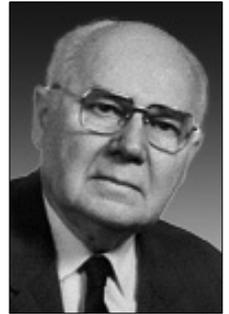
He became president of the Division of Biological Sciences of the Hungarian Academy of Sciences in 1980, and in this capacity he was also a member of the Presidium of the Academy. He held this post until 1988 when he was elected one of the Vice Presidents of the Academy. He remained Vice President until 1990. In addition he was also the President of the Interdepartmental Committee of the Environment and Health. In 1966 he became a member of the Royal Society of Medicine in London, and the American Biophysical Society, and in 1990 he was appointed to be a member of the European Academy of Sciences and Arts. In addition to his memberships in various academies between 1971 and 1974, he was a member of the executive board and a Vice President of the WHO, between 1984 and 1993, and he was the Chief Secretary of the International Biophysical Union (IUPAB) for three terms. He also served as President and Chief Secretary in several other international societies. He led the Hungarian Biophysical Society, which he was a founding member of, between 1969 and 1990, after which he became its honorary President.

He was the head of the Department of Biophysics until 1991, his 65th year. At that time he was given the position of Research Professor, a title he held even after the integration of the universities into the University of Pécs in 2000. In 2006 he became Professor Emeritus. His work was acknowledged with numerous honours; he received the Academic Award, honorary citizen of Pécs and Bárdudvarnok, the Grastyán Award, the Hungarian Cross of Merit and the Pro Universitate Golden Grade.

Dr. József Tigyi was known by his students and colleagues as a great researcher, lecturer and friend, who had a vital role gaining recognition for Hungarian biophysics. His work as a science organizer was greatly valued. He left a lasting impression in modernising the training and medical work of the Medical University of Pécs, as represented by the Theoretical Building on Szigeti street, the clinics, and the country's first non-Budapest based academic centre, the Academic Committee of Pécs.

We cherish his memory with honour and reverence, and we will continue his work as his worthy students.

*Professor Dénes Lórinczy, Professor Miklós Nyitrai, Department of Biophysics, University of Pécs*



## Dr. Róbert Hermann (1965-2016)

*Dr. Róbert Hermann* studied medicine at the Semmelweis University and received a summa cum laude degree in 1990. In the span of over one year, he was also a student of biochemistry in the Faculty of Sciences in the Eötvös Loránd University. During his studies, he finished first in numerous academic competitions, he was active in the student's research association, he was a demonstrator, he was an instructor, and his rectorial coursework was awarded a first prize.

The Infant and Child Health Department in the Aladár Petz County Hospital in Győr served as his first source of employment (1990-1992), after which he arrived at the Paediatrics Clinic in the University of Pécs. Between 1993 and 1996 he was a PhD student, and his main area of interest and research topic was the genetics and immunology of type 1 diabetes in childhood. He was awarded his PhD in 1999; the title of his thesis is “HLA-DQ encoded genetic determinants of insulin-dependent diabetes mellitus in Hungarian children” under the supervision of Professor Gyula Soltész. He continued his research into the genetics and the beta cell-specific autoimmunity of type 1 diabetes during his study tours abroad (in Birmingham, London, Paris and Cambridge) between 1994 and 1999. In 1997 he was employed at the Universities of Turku, Oulu and Helsinki as a recipient of the grant of the International Society for Paediatric and Adolescent Diabetes (ISPAD). Between 1998 and 2001 he was a recipient of the János Bolyai postdoctoral scholarship of the Hungarian Academy of Sciences. He was employed at the immunogenetics laboratory of the University of Turku between 2001 and 2003, from 2004 he was an Associate Professor of the Paediatric Endocrinology Department, and from 2007 to 2012 he was an associate of the Finnish Academy of Sciences. While in Turku he founded and managed the Immunogenomic Laboratory at the I. Paediatric Clinic of the Semmelweis University in Budapest (HUNT1DGENES Research Programme), and took part in the doctoral programme of the university.

His research was moved forward by having been awarded numerous Hungarian, Finnish and European tenders. He was counselling first rate international journals and scientific associations, and he was a distinguished authority in his speciality. For years he was involved in the Diabetes Prediction and Prevention programme in Turku.

In 2015 he conducted diabetes related pharmacological research, for example, the clinical testing of anti-CD3 monoclonal antibody, as an associate of Covance, an international pharmaceutical testing company, in London.

Dr. Róbert Hermann has made foundational discoveries in the genetic background of type 1 diabetes in children (e.g. HLA, PTPN22, and other gene polymorphisms) and in the immunology of diabetes. In his most referenced publication he described his remarkable observation in which the locus penetration of the HLA gene, in which patients often are predisposed to diabetes, has changed over the passing of time. The frequency of the high risk class II. HLA genotype has diminished, and the frequency of neutral and protective genotypes has increased. This suggests environmental factors play an increased role in the global rise of diabetes incidence (in Hungary a threefold rise has been observed in the past 25 years).

His death is a great loss to his two sons, family, and friends.

*Dr. Gyula Soltész*

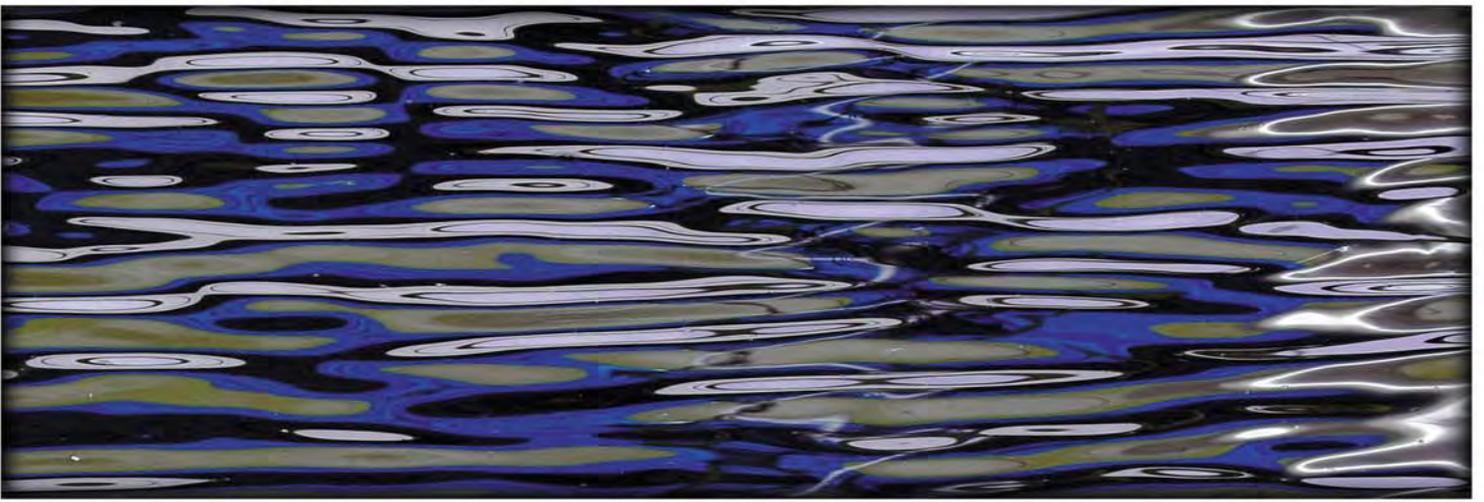




Calvaries: Helesfa, Bükkkösd  
Photos by János Lantos



The stone-cutter József Bertaldo with his family



*Spring Lights*





*Photos by Prima Prize winner photographer, László Tám*





*Wild Flowers of Spring  
Photos by Dr. Béla Sebők*