

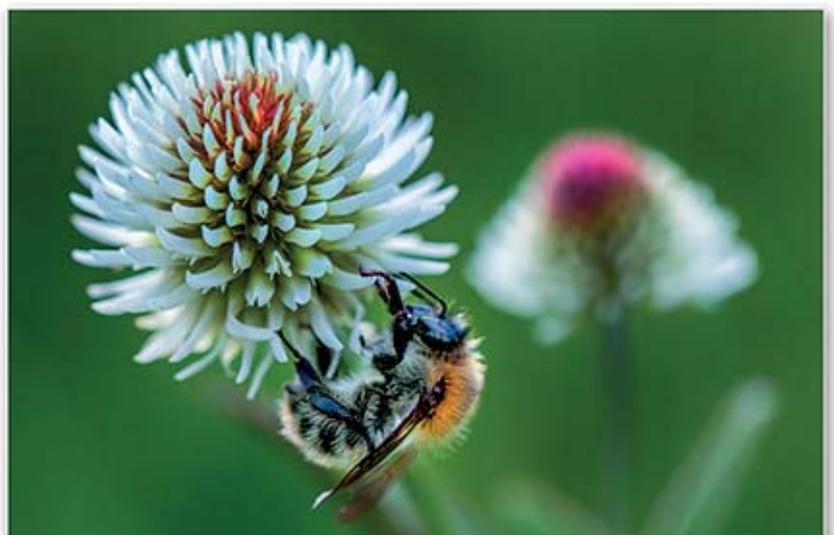


PÉCS MEDICAL SCHOOL HERALD

Pécs, September 2016



Photos by Csaba Tamás Horváth



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GRADUATION CEREMONIES

Pharmacists, Dentists and Medical Biotechnologist Graduation Ceremony

2 July, 2016

Dr Ákos Nagy’s inauguration speech

Dear Dean Miseta, Colleagues, Guests and Young Colleagues,

Today, we gather together to confer the doctoral degree to our students graduating in 2016. In accordance with their diploma and the customs of the university, our young colleagues here have proved to be well prepared and been found worthy of being awarded the title of Doctor of Dental Medicine. Today, following the beautiful traditions of our university, we confer the title of Doctor of Dental Medicine to our young colleagues and welcome them into our fold as our colleagues.

Today we celebrate and salute the family, those who have made enormous sacrifice to support their children so that they could be here today. Today, we salute the *Alma Mater* and the Teachers who entrusted their knowledge and expertise to their young colleagues and, following the principles of our university, fully prepared them to be able to rise to the professional and other challenges of life.

Dear Young Colleagues of Ours,

Indeed, it is hard work giving a speech at a degree ceremony. We have prepared you to be able to practice dentistry. You have to cope on your own in your chosen profession from now on, and your professional growth is in your hands. However, we would like to offer you a word of advice which can help you through the challenges of life.

This year, I have chosen psalm 90 verse 12, “*So teach us to number our days, that we may apply our hearts unto wisdom*”

I hope, but if nothing else, all of you have managed to figure out in the last 5 years that the surgical removal of the wisdom tooth does not mean the loss of wisdom. This is probably the reason why the Psalm identifies wisdom with the heart and not the third molar... Additionally, it means we sometimes must fight for wisdom.

Dear Young Friends of Mine,

I wish for you, that eventually, you will come closer and closer to acquiring the wisdom with each day of your dentistry practice. The wisdom of understanding what a wonderful gift it is to be able to help sick people. Understanding and experiencing your patients’ doubts, fears and pain will help you towards acquiring this wisdom.

Following the latest advancements of dentistry and the continuous self-improvement are worth nothing if we do not demonstrate understanding our patients and cannot reassure them in easing their doubts. I strongly believe those who can turn to their fellow men and women with understanding and compassion and do so with everything in their power to help others are on the right track of acquiring this sometimes elusive wisdom.

My dear young fellow dentists, I wish you all success in your professional and family life, a happy life and by a divine grace this wisdom will one day be bestowed upon you.

God bless you all.

Dr Judit Pongrácz’s inauguration speech

Dear Professors, Colleagues and Guests,

It is my privilege to stand here on the fifth occasion and say farewell to graduating Medical Biotechnologists.

It was not an easy two years as for most of you English is not the first language. Recognition that biotechnology has to be taught in English, however is well respected across Europe even in universities of great traditions such as the 600 year old Alma Mater University of Bologna, Italy or University of Oviedo in Spain. Not surprisingly, our Programme was selected to participate in a European Erasmus+ project lead by Bologna University aiming for a well thought after Erasmus Mundus study programme that apart from the solid theoretical foundation will allow interested students the mobility amongst



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European biotechnology industrial sites. During its short existence, our biotechnology education programme has also become very popular amongst students and has become the seventh out of forty-seven of the university programmes on the most sought after success list, that we, tutors, professors are very proud of. The number of applicants is increasing also. This year a maximum of 20 students can start the programme out of 42 applicants.

Our students cannot just learn in depth theoretical background for medical research but hands on experience also that makes their degree highly valuable. Our graduates are all employed or in study in PhD programmes wide across the world. Our broad connections abroad with universities, research institutes and companies allows our students to master scientific techniques and sample novel work environments. The great variety of their skills, knowledge and experiences are making their diplomas highly valuable on the job market.

As our students are under great pressure to excel within a short period of time, a dedicated input is required not just from the students, but also from the teaching staff of the Medical School and in the upcoming years from the School of Pharmacy alike as the Pharmaceutical Biotechnology specialization is integrated into the programme.

So well done Medical Biotechnologists and congratulations to you all for successfully completing your studies.

And I'd like to finish with an inspirational quote by Neale Donald Walsch who said: *"Life begins at the end of your comfort zone."* I wish you to find that boundary and enjoy the exploration that follows crossing the border to the unknown.

In the name of the board of professors and all your tutors I wish you success and happiness not just in your careers but in your personal lives too.

Congratulations!

Dr Pál Perjési's inauguration speech

Dear Vice Rector, Dean, Vice Deans, Institute Director, academic staff, newly and previously graduated pharmacists and dignified guests,

I wish to express my appreciation and welcome you to celebrate the accomplishments and graduation of the students of the Faculty of Pharmacy at the University of Pécs in the academic year 2015/2016.

The ceremony commemorating the graduate pharmacists and ending the 2015/2016 school year is an important milestone in the history of pharmaceutical education in Pécs. As a result of the organizational and professional development of pharmacy training, which started at the Medical School in 2000, the Faculty of Pharmacy is now working as an independent faculty of the university from January 2016. The basic structure of training, organization, and institutions of the faculty has successfully been established over the past 15 years, which form the basis of the future educational and professional activities in the country's fourth pharmacy science department.

As the dean of the newly established faculty, I want to express my gratitude to the leaders of the university, who facilitated the development of the faculty.

Dear new pharmacists! Celebrating graduation is a great



moment for graduating students, the academic staff of the faculty, and also for parents and friends. A period now comes to a close as now young graduates acknowledge, in which you all faced continuous professional challenges, however, it was also a uniquely pleasant period of plans, enthusiasm, and building long-lasting human relationships. Over these years in your former role of students, you have become responsible and educated pharmacists, whose mission is to preserve health and to facilitate the healing of sick people.

Strikingly, it is well known that 5-6% of the population visits a pharmacy daily, which is more than the total in all health care facilities added together. The highly qualified staff is available at any time, so the pharmacy is an ideal institution for health counselling, the early detection of diseases based on risk factors, in seeking professional pharmaceutical care, and thus plays a significant role in forwarding the patients to a physician in a timely period.

A graduation speech primarily should reflect upon the graduating students and address those who are celebrated. We also must consider and remember the support of your parents, and in doing so, affectionately recall their tireless effort and extend gratitude to each and every one of them, who have been demonstrating endless support to you throughout these years, and in many cases working as pharmacists providing professional advice during your studies and assistance in the dawning era of your new career in pharmacy.

We are also here today to pay tribute to your professors,

lecturers and teachers who have prepared you to become excellent professionals. In pharmacy training, acquisition of a multidisciplinary knowledge is of great importance. Additionally, the Medical School is actively participating in the training of pharmacy students. I wish to express my appreciation to the academic staff and leaders of these faculties. Lastly, public and hospital pharmacies, the pharmacy of the UPMS, and pharmaceutical companies also took part in the training process and I especially want to thank these institutions for their support.

Due to the incredibly rapid development of sciences, especially pharmaceutical sciences, the knowledge gained during the studies may become obsolete even within the next ten years. However, when you think back upon your oath, please do not forget in which your continuous professional development and training are necessary to protect the health and healing of patients. Therefore, life-long learning is essential in our profession! The Faculty of Pharmacy of the University of Pécs, heed special attention to the continuous professional education of its pharmacists. We look forward to including you in our training programs following your graduation! As you know, the ranking of the university depends on its academic staff and graduates.

The quality of education is very important in assessing pharmacists. We intend to educate the best professionals in the field of pharmacy. We are particularly proud of our students who were among the best students in local and national scientific conferences, as well as other national competitions. The work of student researchers is an eye opener and builds awareness. Research projects give an insight into scholarly research, theory and practice. I sincerely wish you will successfully continue your research activities following graduation.

Dear Doctors of Pharmacy! I hope your professional career will often connect you to the academic staff of the Faculty of Pharmacy University of Pécs. In the event you encounter problems within your profession, feel free to contact your previous lecturers, professors and the Alma Mater.

Now, I wish to express my best wishes and hearty congratulations to all of you. I would like to wish, on my own behalf and that of my colleagues, you all a successful career and I hope that your professional and private life bring you infinite pleasure.

Thank you for your attention.

Dr Attila Miseta's inauguration speech

Dear vice-rector, colleagues and guests, and dear dentistry, pharmacy and biotechnology students,

This is the last speech you will hear today prior to leaving the University. First, let me address the pharmacy students. You began your studies at the Medical School, but completed them at another, now independent faculty. We are proud of having achieved and accomplished all this. There are new opportunities and challenges to be faced by this new faculty which have yet to be met. Allow me to especially thank Professor János Szolcsányi, Lajos Botz, Pál Perjési and their colleagues, who devoted an immense amount of time and energy to accomplish this valuable goal.

We are also grateful to Rector József Bódis, who has also devoted an immeasurable amount of his valuable time to establish this new faculty. I am hoping that in the not so far future, we shall also be able to accomplish the foundation of another individual faculty, that, which of course, is dentistry.

“The foundation of every state is the education of its youth”, as Diogenes remarked a long time ago. The teacher is the same to his students as the sculptor is to the stone. Have we been successful? Well, only future will tell...

The last few months prior to your state exams might have been a very difficult and harsh time for you, but it is all over now and hopefully, you all feel very content. Let me congratulate you all. Despite all of the difficulties, it was a pleasure being part of your studies. At the university, the connection between tutors and students is crucial and particularly in our profession it has a special, personal character.

It is well known from your feedback that we, your teachers, could have given you more and better. So could have you, if I'm not mistaken. Nevertheless, in putting together everything, we can say, as it is suggested from your feedback, that the Hungarian dentists, pharmacists and biotechnologists indeed feature a fine reputation abroad, and they are privileged colleagues in any country. However, we are not fully content. We are eager to find more and more opportunities which serve towards improving the methods of our teaching.

We are aware of our greatest weakness in the field of clinical practice. Despite the offering of excuses, we are making the utmost possible effort to cooperate more efficiently with the teaching hospitals, the pharmacies, pharmaceutical companies and private practices. We are also doing our best to increase the number of clinical staff and equipment in order to develop our goal to continuously improve and become better and better.

This is why I am asking you all that after being granted your title, learn both from your weaknesses and your strengths so as to become better dentists, better pharmacists and better biotechnologists than your teachers. Always keep in mind; it is you who shall be teachers of the forthcoming generation. Believe it or not, it is the case even if university teaching is not a professional goal of yours; in our profession each colleague, each of you acts as a role model. Your reputation will be built by your patients and colleagues, in which spreading your professional care will serve as the determining measure in successfully treating your patients.

You have to give up a lot to win! Failures are inevitable, and can be many for some and few for others. Get over them, but do not forget the lesson. The number of failures can be reduced by asking senior colleagues. Your young spirit might not want to hear this, but believe me, your older colleagues are experienced and they share their experience with you, and do so with pleasure. You are not necessarily committed to following their advice, but sometimes you can listen to and learn from their way of thinking.

You do not only leave your studies behind, but before long you will start to have a family, unless you already have, and the connection often loosens with respect towards your parents and supporters. Remember, without them, you might not be here today, and so, please thank them, but do not forget your teachers either. Become active members of the Alumni society and offer to help your university. We can promise to offer you help, too. It is especially true, since our profession develops rapidly and lifelong learning and continuous professional development are indispensable these days. Therefore, may this precious moment be an awaited moment for you when you finally leave the university. It has been an important period of your life, which eternally binds you to us. For we are the university, in other words: you, the teachers and a long list of our predecessors.

Do not forget that you belong to the wider family of the Hungarians. Certainly, you may cope well abroad, but note that although higher-paid, playing on your home court does have its advantages. This is without doubt, as in the case of the United States of America, Germany and everywhere else. Be ambitious: do not feel content with a lower position, your diligence and talent make you predisposed to reach more.

Good patient-dentist and patient-pharmacist relations can only be maintained by paying attention to social problems as well. Obviously, we do not want to educate ascetics. A consistent strictness is necessary but only to an extent in which we ourselves

can also meet. Do not seek excuses, it is important not to just criticize but to actively take part in the construction of your homeland. Critical spirit is present in many but this rarely pairs up with a problem-solving attitude. I think it is not an exaggeration to say, in Hungary everybody is a great expert in fields consumed with problems, and is not meant to be solved by him/her. Be good, consistent and persistent. Being lenient is not the same as being good.

Do not forget in which our sciences are mostly pragmatic. Books only provide you with a basic understanding of theory. You also have the responsibility for transferring your knowledge into the dental chair, behind the pharmacy counter or at the laboratory. Nor should you forget in which you are put on a pedestal not to be seen but to see. Decisions are made by those who are at the right place at the right time. Be there, even if it seems too hard.

My message for biotechnologists is one in which I wish we could have had such training opportunities. This young field of science is gaining a greater and greater role in our lives, and you are essential and equal members of research, daily diagnostics and therapies.

It is commonly said that the youth of today is different from the youth of yesterday. Far from it! Even we ourselves, your teachers, used to be considered so. Yes, among us there are great researchers, excellent healers as well as medical professionals who have outstanding qualities in teaching. I assure you that you



have had the chance to acquire knowledge from both an internationally and nationally respected academic board of prominent professors. Remember what we have successfully completed, and respectively, what we haven't completed, yet inspired you to become even better.

As for managing problems through life allow me to cite Arthur Schopenhauer, "I've never known any trouble that an hour's reading didn't assuage." Remember the university, remember Pécs! I wish you all good health and a long, successful life! See you again!

Attila Miseta, Dean

Graduation Ceremony of Medical Doctors – 9 July, 2016

Dean Miseta's commencement speech

Dear Rector Bódis, Teaching staff, Colleagues and Guests,

First, I wish to extend a warm welcome to the Parents, the Relatives and those who have supported our young colleagues, and now, our former students, for their hard work and commitment. I wish to thank them for their never ceasing support and encouragement. It is not only a profession, but a calling and a life-long commitment that our young colleagues have now been aptly provided with, and I sincerely believe that they will be able to find real joy in it.

Nowadays, a new trend emerging against medicine and science now engulfs the world. The majority of the patients are failing to follow their physicians' instructions, which even WHO have warned us about. Many have turned their backs on medicine and, rather seek help through naturopathy and esotericism. The reasons are both simple and complex. Dramatic advances in medicine have led to the strengthening of specialization. A specialist, however, is not equally concerned with both the body and the soul. As Plato (427-347 BC) himself emphasized, "The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated." Additionally, physicians are scarce and overworked; they handle too many administrative tasks and receive too little assistance. However, believe me, 24 hours a day is by no means sufficiently enough for a conscientious doctor. Those who cannot use their time wisely will never be fine doctors or scientists. Think of yourselves. A tired physician is of no help to either himself or to the patient.

Naturally, the duties will increase in numbers and especially in difficulty, unless, we pay attention to and help one

another, which is often typical of us, Hungarians. Please extend a sincere appreciation to your colleagues and subordinates. In the long run, it is definitely more beneficial. You will come to know the small practical tips and the secrets of how best to communicate with patients sooner. Additionally, you will be able to avoid unwanted conflicts. Unfortunately, life provides us and our loved-ones with enough troubles, problems and diseases. Do not think upon yourself more than is truly necessary. Do not think less of your colleague than necessary. Treat others how you prefer to be treated. Trust and respect are the key to success. There are many leaves on the tree; however, they all share the same root. There are many different professions and colleagues who assist; but the goal is always common: to treat the patient to the best of our knowledge and with the latest successful results in medicine.

You have been awarded a degree that is accepted in many countries all over the world. It is no problem should you extend yourself abroad. It is considered a must for those working in research. However, you will primarily be needed in positions that locals are unwilling to fill. Your career advancement will cease after a while; and you will probably experience reverse discrimination. But, of course, there are always exceptions. At home, you are part of the social elite. Abroad, at first, you are considered a valued assistant and, later, an unpleasant competition. We sincerely hope that you will be able to work under more favourable conditions in the future. We will do everything in our power to make this happen.

You need courage to be, as Paul Tillich, the German theologian and philosopher, said. You also need courage to be a physician. Although I have earlier asked you to listen to your more experienced and senior colleagues, I now ask you to listen to your convictions. Stand up for yourself. It is without question that, in many respects, we live in an uncertain world, which is full of



temptations and threats. It is hard to resist temptation, be it financial or of other nature. "Virtue is insufficient temptation." Therefore, you should not despise those who failed or share an opinion different from yours. Set an example. A good example is one of the most powerful attractions.

I believe there are not many who know the origin of the word "doctor". It was first used in a written record by Cicero. The word means, in approximate terms, 'teaching and showing the way'. Do not forget those who want to teach must strive to be the best and improve themselves relentlessly. They must learn because science advances fast; continual education is inevitable. Therefore, we will gladly welcome your participation in our post-graduate programmes and later in the variety of workshops hosted here at the Medical School. However, it is the inherent responsibility of those who are referred to as doctors, to improve themselves and, likewise, to share their knowledge.

To our young scientists,

Unfortunately, only few of our students choose to undertake research or educate the next generation, despite the fact that opportunities are in abundance. Imagine what expectations preceded the human genome project. Today, the data are available; however, we cannot correctly decipher them. What we know is probably far less than 1%. However, it goes without question that medicine faces a dramatic advancement of which you can be not only the beneficiaries, but the participants. Science is addicted to technology. Imaging techniques have improved immensely, and so has the surgical profession. In relying on these modern imaging techniques, we will soon be able to create 3D

printed prosthetics tailored to individual needs. The pathological and laboratory analyses of the samples taken from the human body have also opened new areas in the field of tailor-made therapies.

"Art is long, life is short" Manage wisely the resources at our disposal. If we could, we would perform all the available medical tests to confirm the diagnosis. However, we should only carry out the ones recommended in our profession. We must learn to accept that even more advanced societies cannot afford all the medical examinations which are today available due to rapidly developing science. But they need not, since in the majority of the cases it would likely only lead to confusion. We tend to obsess with respect to diagnostic errors and additional findings, which are all considered an integral part of the various methods and, at the same time, often lead us astray. It is even worse that by doing so, we deprive those who are in real need of the possibility of having the test. I wish to ask you to adhere to the principles of the medical profession and act reasonably.

In consideration of the advancement of science and all the knowledge we can gain in the foreseeable future, the human body and soul represent a wonderful mystery to us. Despite the advanced technology and the vast knowledge we have already created, you still have plenty of things yet to discover and invent so as to come to know the human body even more and extend human life expectancy. In this respect, it is even more adamant that the physician should act not only as someone who treats and cures but also as someone who offers advice. There are still plenty of things we can achieve with regards to healthy lifestyle, and we do not even need to make wonders. It is important to look after you and your loved-ones' health. You cannot always remain hidden within the walls of the surgery. A fine physician treats not only the individual, but the society.

Let me say a few words about curiosity. If we think of the superb medical inventions of the 20th century, such as the X-ray machine, antibiotics or the DNA amplification technique, they are all the results of human curiosity and not carefully planned research. Without them, our life expectancy would be substantially shorter. Let us not forget about basic research which, though, does not promise direct and immediate results, yet is the source of many of the most brilliant inventions. So I urge you, be curious.

The 'tissue' of the human society is also complex. You are not only Hungarians, Germans or of other nationalities, but physicians who graduated from the University of Pécs. Please do not forget us. Stay in touch and strengthen our community via the alumni association or personal contact. Our doors are always open to you; we will always welcome you with great pleasure. Naturally, not all of your memories are positive; we have made mistakes. However, I wish to ask you to remember the pleasant ones and learn from our errors so that you can become better physicians and teachers. I wish you all good health and success in your career.

The Degree Inauguration Speech of Professor Gallyas Ferenc, Junior

Dear Graduating Students, Distinguished Guests,
Dear Colleagues, Ladies and Gentlemen!

This is a day of celebration! First of all, I congratulate you, dear new graduates on behalf of the Medical School for successfully completing your studies. Obtaining your medical

diploma took many hardworking years. Therefore, you should be rightly proud of this achievement.

I also congratulate the parents. They made this moment possible by providing the material means for your studies and your daily life in a foreign country. More importantly, they gave you moral support, shared with you anxiety of the exam periods and welcomed you after missing you from home most of the year. It is a well-deserved moment of celebration for them, too.

Dear new graduates, young doctors! Today is one of the most important milestones in your lives. However, receiving your medical diploma is just a milestone. New challenges are awaiting you. You have to find your place in a new community, work for your speciality, raise a family, and most importantly, become a rightly trusted medical doctor. It is a big responsibility! Within our capacity, we have tried to furnish you with up-to-date medical knowledge and skills. However, your success in your medical career depends a lot on the qualities your family and others around you have instilled in you early in your life.

You are young, energetic and ambitious. For your future career, professional improvement is certainly a key issue. On the other hand, you will see that for your success, you need adequate

relaxation and distracting activities such as family life, appreciation of arts, a hobby or doing sports. The latter is very important since you have to remain healthy if you want to improve the health of your patients. Let's show a good example by staying fit, trim and active.

Dear young colleagues! By receiving your diploma, you have also become messenger of the University of Pécs Medical School, and in a broader sense, the Hungarian Medical education. You are the best and most valid information sources regarding the quality of the education in Pécs, regarding beauty of the students' lives, and certainly, regarding the difficulties one has to face when preparing for the lectures, practices and exams. Wherever you go after leaving the Medical School, keep it in your mind and help us further increase the reputation of our school.

We, your teachers and now colleagues, are confident that you have gained adequate knowledge during your studies to cope with future challenges in your medical profession. On the other hand, if you have any professional problem during your career, you are very welcome to any help or guidance we can offer. We are proud of you and hope to see you again at the Alumni meetings. I wish you all the best!



State orders in respect to the anniversary of August 20th

On the of 20th August, János Lázár, Minister of Prime Minister's Office and Magdolna Závogyán, Deputy Minister responsible for Cultural Affairs at the Ministry of Human Capacities, awarded state orders.

The Officer's Cross of the Hungarian Order of Merit was awarded to the following recipients:

IMRE BONCZ, MD, full professor, Vice Dean of the Faculty of Health Sciences, University of Pécs, Head of the Health Insurance Department of the University

LÁSZLÓ FARKAS, MD, full professor, former Head of the Department of Urology, Medical School, University of Pécs, Clinical Center

BALÁZS SÜMEGI, biochemist, full professor, Doctor of Biological Sciences, Head of Department of Biochemistry and Medical Chemistry, Medical School, University of Pécs, Research Director of the Szentágothai János Research Center

The Knight's Cross of the Hungarian Order of Merit was awarded to:

ZOLTÁN SZELÉNYI, MD, Emeritus Professor at the Department of Translational Medicine, Medical School, University of Pécs

We warmly extend our hearty congratulations to the recipients and recognize their achievements in support of these gracious awards!

‘Prevention still remains the way to save the most lives’

My heart was seized with the long-forgotten feelings of anxiety as I advanced through the narrow corridor leading up to his office. I used to do this short walk for many years, but back then it was someone else who opened the door. This time I wasn't greeted with the familiar, impressive, grand gesture, "Hello Rita! Do come in!" but with a polite smile, a softer tone and a handshake suggestive of trust. It wasn't but a few moments and we were on the same wavelength, so much I found myself forgetting my role of the interviewer and instead, answering his questions. Soon, I understood why this might happen. Originally, he was considering a career as a psychiatrist. He was just as honestly curious as I was, and it was only the church bells announcing the noon hour and his ever accumulating tasks which finally concluded our conversation with Professor István Kiss, MD., who has been the Director of the Department of Public Health Medicine since 2013.

"I've met quite a few young men in suits in the corridor, we're getting close to the end of the exam period, I honestly wonder how you can devote time for our interview?"

"Undoubtedly, this is a very hectic and busy period. On Tuesdays and Thursdays it's my colleagues, on Mondays and Wednesdays it's my turn to examine students during our complex exam. We've also had quite a number of conferences in the past few months, which also interfered with the examination process, taking up three days from the week. One thing you need to know about me is, I have a very strange biorhythm and when I return having been away I need time to readjust myself and readapt to my prior work routine. So, if I don't examine students for a week, the next occasion once I resume this task, I feel as I was doing it again from the beginning. This is not really good for either the student or my colleagues, as they often feel they are being tortured and squeezed for hours on end, they are held back and by the time I get into the groove I have to travel somewhere again.

Public Health is an immensely broad and complex subject anyway, clearly indicated by the thickness of our textbook. It includes every single disease, its incidence and prevention and it isn't enough to just automatically recite practical knowledge such as when and where not to cough for example, but a medical student is also required to know the background and the development of certain diseases."

"Well, it seems quite an impossible task to know everything about every single disease."

Cynical smile – the reporter. "This is perfectly true, therefore, I tend to exercise some degree of self-moderation. However, if a student manages to earn a good grade from me, he or she can indulge in some feeling of satisfaction."

"Which are the key elements of exams, specifically, those disease groups you intently focus on?"

"Personally, I concentrate on population diseases, those which reflect the reality here in Hungary. Nevertheless, public health obviously includes tropical, exotic diseases as well, so these also receive their share among exam topics, however, since they only affect a few dozens of people, the number of questions relating to these is also less."

"How long do students typically study this subject?"

"It used to be a subject taught for two semesters but then we divided it into six semesters with a complex exam at the end. This is more beneficial, since we get the chance to meet the students earlier on thus, having the opportunity to see the seeds of the preventive approach again and again."



"To me, it seems this approach is gaining more and more ground among everyday people, at least greater emphasis is now being placed on prevention and preventive measures."

"This is undoubtedly so. Something has started, although, it is not yet to be felt regarding the prestige of the subject itself. Most of those who come to the Medical School come here because they want to cure and treat people. This is fully understandable since we couldn't live off prevention and it does not provide you with the feeling of having saved or having made someone's life better either. The importance of preventive medicine is sometimes being talked about and emphasized at the level of official health policy, but these remain mere words, unfortunately no actual deeds ensue. This is further emphasized by the fact the Office of the Chief Medical Officer is going to cease to exist and a ministerial office is going to continue as its legal successor. A government decree has recently been passed about this, a step, which eliminates the National Public Health and Medical Officer Service. Another sad event has been the recent death of Professor Kertai, the founder of the National Public Health and Medical Officer Service, the first Chief Medical Officer.

Despite all this, I do consider public health to be one of the most important subjects, since it is still prevention which enables us to save the most lives. In the last two semesters, we conducted feedback among our students, which meant we asked them to evaluate our seminars and lectures after each session. I dare say I am extremely proud of the results as we received very positive and encouraging comments. We hope therefore, to be able to change the way our subject is currently perceived and to make our students recognise this is the point where we can initiate changes regarding our future, this is where the fate of our health is decided. Nevertheless, it continues to be a great concern for me that, while there is an excellent textbook available for Hungarian students, I use the word excellent with a little smile, since Professor Ember, Professor Cseh and myself served in the role as the editors, there is no such book for the foreign language programmes. We definitely need to do something about this, to

provide foreign language programme students a textbook that would clearly represent our department's views instead of giving them a collection of summarising hand-outs on the different topics.

There are constant on-going discussions about technical questions in connection with teaching as well; we discuss which subjects should be evaluated in an oral or written context, which method is better in a given situation. As a result, for example, we decided to assess the knowledge of our students via an oral exam in the case of the subject, "The fundamentals of disease prevention", until now we have only given a semester grade. An oral exam also provides us the opportunity to get to know the students a little better. Thus, we keep revising this six-semester set up until it reaches its final structure."

"Couldn't this textbook of yours be translated into English or German?"

"Obviously, this would be the most logical and practical solution, however, it has to be stressed, it contains quite a few Hungarian specificities and an update will also be timely. It can still be used for teaching over the next several years; however, the statistics we present during lectures already need to be updated."

"A further and highly important factor in motivating students is undoubtedly the personality of the instructor, if he or she has a suggestive, persuasive character. Do you have such characters at your department?"

"In respect to my colleagues, I can say I am fully satisfied, most of them are very good teachers, instructors what was clear to be seen through student feedback."

"How many colleagues do you currently have?"

"At our department, we number around thirty and fortunately, we have quite a few young and ambitious colleagues. I am proud to say we also have resident doctors working with us, compared to the departments in Szeged and Budapest which do not have as many as we do. With the cessation of the National Public Health and Medical Officer Service the future seems to be a little less certain, however, it is promising our residents seemingly are aiming at pursuing an academic career. We need to keep in mind however, the entrance exam for a resident post has become more of a symbolic chat, and the competition it used to involve has been relinquished to the past."

"Can there be novel, unknown tricks in terms of prevention? So many campaigns, methods, theories have recently come to light?"

"It is not necessarily something very new in which we have to come up with, it should be more like doing what we have been doing at a much high level. We have been participating in numerous practical health education programmes, we have organised such programmes in cooperation with the Egészséges Városért Alapítvány (Healthy Cities Foundation) at the locations of larger employers of Pécs, in support of Roma primary and secondary school pupils and the homeless, as well. Through János Girán, Vice major, we now have a very good relationship with the leadership of the city and continue discussions with the aim to aid our citizens' health prevention. Definitely, all this has a research background, but what is more important is the implementation of the knowledge into practice. I do believe we have managed to achieve a balance at our department among the colleagues, since not everyone is a molecular epidemiologist or molecular biologist."

"Have you or are you planning to enter the European scene featuring the use of these programmes?"

"Yes, we have collaborated with Italian colleagues in a programme about skin cancer, for example. We adapted their methods to the Hungarian circumstances. We have had and continue to have similar attempts in connection with the health

education of the Roma population nonetheless, I believe, health education at a global scale cannot be effective as the local conditions themselves vary at a large scale as well."

"What does this mean exactly? What do Hungarian specificities rely in?"

"What has to be investigated involves the different risk factors, focusing especially on mental risk factors with stress being one of their primary triggers.

Since the change of the regime in Hungary, people have been exposed to several negative effects. Politics in our country is much more of a polarising issue than in other European countries and we Hungarians have to exploit ourselves to a greater degree in order to make ends meet. If and when, this all wears us down mentally, it inevitably results in the appearance of psychosomatic illnesses, which, over time, manifests itself upon a biological-physical level as well. We should not forget to mention that people under stress consume more alcohol and tobacco, exercise less, have irregular mealtimes, eat unhealthy diets and devote inadequate time for themselves. This complex web of risk factors is very massive in Hungary and we cannot really highlight one single most important one as we have to fight against all of them simultaneously, at the same time."

"How can prevention help if one is unable to solve these problems on one's own, not to mention the political and economic situation driving the individual into a deeper and deeper personal crisis? Am I mistaken, thinking a long-term solution requires communication and a dialogue between professional healthcare workers and the political elite?"

"It is crucial to emphasize the individual also has the responsibility and specifically, how one is capable of caring for themselves, providing they possess the inner strength to do so. If not, given the wish and determination there is at least somewhere to turn to. Obviously, this is a very complex system including the family, the workplace, the city, the public authorities and the entire political system. Fortunately, the Department of Public Health has always maintained a very good relationship with the leadership of the city, in regarding higher levels of the political hierarchy, this has not always been the case. A reason for this could be the fact we cannot produce short-term results as, for example, curative medicine can. These areas of medicine achieve this through creating immense costs nonetheless, what they do is visible, palpable. In the midst of an increasing political struggle and scrutiny, governments are primarily interested in immediate results. What we can do is visit schools in order to raise the awareness of children at younger and younger ages about the importance of prevention, as this can be a message for a lifetime."

"On the one hand, this undoubtedly sounds like a very nice goal, but on the other hand we must admit this is an unending struggle, tilting at windmills. What made you choose this particular battlefield?"

"Actually, it was quite by chance. Originally, I was planning to become a psychiatrist. My mother was a psychiatrist and as I sometimes jokingly say, I grew up in the psychiatric ward. As I did not stay at school in the afternoon, I used to go to my mother's workplace where we would play chess or badminton with the patients, which made me accept and adapt to their world. Later, I read related books quite extensively, for example, "One Flew Over The Cuckoo's Nest" and "Flowers for Algernon", just to mention a few of the most well-known ones. Back then, I felt these books had been written for me. Then, after my complex exam in public health the Head of the Department at the time, Professor Morava called me into his office and asked me if I was interested in working there. The job he offered me, to do cancer research on animal models, was very similar to what I had done at the Department of Medical Biology as my scientific student

research work: chemical carcinogenesis. I felt interested and saw it as a great challenge. So, it determined my path and psychiatry became more of a hobby later but has never disappeared from the scope of my interests.”

“I am not at all surprised, as your current field also requires the ability to understand people and the skill to motivate and encourage them.”

“Health promotion programs definitely have a mental component to them at various levels. Although, it is not so much mental health promotion which is the focus of my interest at the moment, I have several excellent colleagues engaged with it, nowadays it is much more prevention at the level of the individual I am interested in and dealing with. They have long been talking about individualised therapies, namely, medication therapies tailored to the individual based on his/her genetic map and other characteristic unique features. In my opinion, we should approach and practice prevention along the same lines. It has by now become a well-known fact, that there exists a number of genetic variations within the healthy subject as well, which increase the predisposition the individual risk to certain diseases. If I am genetically more predisposed to developing a particular disease, a lifestyle aiming at the prevention of this disease is surely going to be more important for me than for those who are less susceptible. This direction is certainly going to become one of the main focuses in preventive medicine in the 21st century. It is of pivotal importance for this area of medicine, however, to acquire sufficient professional support from the medical field and leadership in its background in order to prevent profit-oriented thinking dominate over facts and human factors.”

“How is your related research at the moment?”

“At present, we are focusing on integration at a theoretical level, this means we need to clarify and determine what is relevant and what is not, what is ethical to communicate to the people because we have sufficient scientific evidence for it and what are the things we have to postpone talking about. It is essential to continuously be up-to-date with the developments in genetics together with those in other areas of science. Incredibly intensive research is required for all this to be integrated into practice, I am certain it will take another 50 years. What makes these investigations and studies very hard to conduct is that they have to be carried out at population level and what proves relevant for one population may not at all be relevant or valid for another one.”

“In your view, if all this research achieves partial results, let’s say in 20-25 years’ time, could this elevate this area of science into a more favourable position?”

“To a certain degree, yes, it could. But even so, it would not be due to the fact this field would have to be celebrated above others, but simply because it serves the purpose of preserving our health. I am not at all optimistic in this respect, though. In the foreseeable future, disease prevention is highly unlikely to achieve the position and respect it would, in my opinion, deserve.”

“Is your father a medical doctor, too?”

“No, he is not, although, as a radiology assistant, he had also been involved in healthcare. Unfortunately, both my parents are deceased. My father died earlier, he developed a sarcoma, a rare and malignant type, most probably due to exposure to radiation. So, we can say I had a ‘bilateral’ exposure to medicine and I definitely felt attracted. Though, what attracted me most was the mental challenge involved. In my medical student years, it was internal medicine which possessed the greatest influence on me, this was the field, I felt, was the most multifaceted and demanding since most diseases are practically incurable, they can only be managed, followed up and observed. Interestingly though, I

never considered internal medicine as a possible future career for myself, if I happened to choose a practical field it would surely have been psychiatry. I also graduated from law later on. What motivated me to study law back then was that I thought I had enough time for it and I wanted to see life from a different perspective. Although I did enjoy the first two years, I soon realized I did not have the time to indulge in being a student again, and from then on I concentrated mainly on the exams. Nonetheless, I do not regret those five years at all, it was a valuable experience and useful knowledge gained.”

“What inspired you towards the direction of law?”

“I must admit, I don’t know. It has never occurred to me ever since to practice as a part-time lawyer. It was simply good to be a university student again.”

“What was the atmosphere like at the department when you began your career here?”

“Actually, I found myself in the middle of a period of changes. The older colleagues who had been working here were to retire within a few years. Fortunately, we got along well without generational conflicts, I can honestly say, it was a well-spirited team.”

“This year it is going to be 30 years since you began your work here. What were the most memorable and important milestones and turning points of your career?”

“At the departmental level, the most significant change was initiated by Professor István Ember, since it was him who introduced molecular biological methods to our department. The period around the change of the regime was also significant as it provided us access to several EU funds. These funds, together with the epidemiological studies we were carrying out, enabled us to sponsor study trips, to cover conference costs and to establish contacts with other clinicians. It was a very busy period indeed. Regarding professional milestones, these were my PhD, the habilitation, earning the Doctor of Sciences title followed by my being appointed the Professor of the Department.”

“I had the opportunity to watch one of Professor Ember’s lectures in reference to the Department of Public Health, its history, its standpoint and soon after his opening remarks he displayed three pictures in a line: that of Professor Kertai, that of his own and finally yours, clearly demonstrating the audience who learnt from whom.”

“I also have to mention the name of Professor Morava, since back then he was an influential figure for me, too. My relationship with Professor Ember was a little different as I had known him from earlier. Professor Morava had sent me to Debrecen to Professor Kertai very early on in my career, for a two-month study trip, and this was where I had met Professor Ember with whom we had quite a few discussions. When he arrived here, I had already known him, so this was a completely different situation for me.

“Was it not difficult to follow him? He was known to have a very impulsive, persuasive and strong personality.”

“This was undoubtedly true; however, we always managed to get along well, so working with him was never a problem for me.”

“Was it a difficult task to succeed him in his position?”

“Yes, it was difficult indeed, just to mention the circumstances for example. If a new leader is an insider it has its advantages and disadvantages, too, and what are the advantages are the disadvantages at the same time. As an insider, you know your colleagues well and as you are one from among them, it is not granted that they will accept you as their new leader. It did cause some problems for me, too, but I have always aspired not to become a leader in the classical sense and I hope I have been successful in it.”

“Was it easy for you to decide what road to follow? What were the things to keep and cherish from his legacy, and what do you do differently?”

“What was and has been clear and evident for us both was the importance of molecular biology and that it has a place to stay. The often referred to “helping energies” were needed for establishing the health promotion - health education direction I considered equally important and I believe by now I have succeeded in strengthening this line along with creating a strong research background to it. Thus, I have been lucky towards achieving the balance I had imagined and wished for.”

“You’ve mentioned having spent countless nights at the lab as a young researcher. Does this still happen?”

He smiles – the reporter. “Yes, as an employee I used to spend quite a lot of time here, recently I’ve rather been spending my nights at home in front of my computer instead, and it isn’t uncommon to find myself having fallen asleep next to it.”

“Do you ever enjoy spare time?”

“Very little, to be honest. I have put several of my hobbies on hold, into a ‘box’ so to say to be dusted and reopened at a later date. My motorbike, for example, I had to sell. One of my colleagues happened to buy it, who seeing the chance bought my car as well. (*He smiles – the reporter.*) Truthfully, I didn’t mind giving up the car, although you cannot really manage commuting from Hosszúhetény on a bicycle. We’re now in the midst of moving to a different house, not having found a suitable one in Pécs, we ended up buying one in Bogád. This was a decision we had to make because it had been pretty difficult to take my daughter to school and arrive at work on time in the rush hour traffic. Being so near inspires me for a bit of exercise, so I am

going to make use of my bicycle for sure. Another reason is that during military service, I suffered a knee injury which later deteriorated, so I cannot run but swimming and cycling are fine. Last year, for the first time in my life, I swam across Lake Balaton, so I am not the person who holds with the hare and runs with the wolves; as much as I can I try to do things for the sake of health prevention myself. The sea is a great love for our entire family, it is especially my daughter who loves great waves and asks us to visit the ‘sea of waves’ again and we do go every summer. I take pleasure in playing chess, reading and I am looking forward to having the time, as a pensioner, to clean my plate a bit and also to buying a motorbike. Not to mention a great wish of mine, learning to play the piano. With this in mind, I bought a keyboard a few years ago and started practicing, but due to my lack of time I have given it up for the moment. My daughter however, is learning to play the piano so she is now using it.”

“How old is your daughter?”

“She is eight and she has finished second grade in primary school. She was born from my second marriage. From my first marriage, I have three equally wonderful children. The eldest is already employed, the middle one studies at university and the youngest is still in secondary school.”

“Has any of them chosen or planning to choose medicine as a future career?”

“My middle child studies psychology, the youngest is considering psychiatry so it seems they might follow in my footsteps. I seem to have influenced my eldest the least who graduated from the Faculty of Economy.

Rita Schweier

Averting stress in the workplace

Today, stress adversely affects the health of nearly 40 million employees within the member states of the European Union. Interestingly, positive stress has beneficial health and work-related outcomes and often serves in the motivation of employees, and helps them to solve their problems. Negative and burdening stress, however, is associated with physical and emotional processes undermining employees’ health. Behavioural change and decreased work efficiency are also among the possible negative consequences of stress. The initial symptoms include irritability, fatigue, anxiety and emotional imbalance. In the long run, disturbances in concentration gradually become more frequent, the employees’ interest can wane, which can lead to a decline in their motivation and commitment. Ultimately, it may occur that it is not the employee who controls his or her own work, but the circumstances resumes control over the employee who, then, finds her- or himself in a submissive role. He or she will soon view his or her achievement as a failure rather than a success.

Stress is part of our everyday life. It is, however, dependent on us how we respond to it, and if we can learn to handle situations that can force us out of our comfort zone. During our conversations with the head and the staff of the Health Psychology Consultation Programme of the Department of Behavioural Sciences, UP MS, it became evident that stress meant different things to different people. For some, talking in front of an audience and giving presentations are hard and stressful. Whereas, for others, talking to senior colleagues and supervisors pose serious problems. Hence, we came to the conclusion that we would invite, pending the dean’s approval, the colleagues within the Health Psychology Consultation Programme to compile and

offer a workshop that helped our colleagues to learn to understand the responses of their own body and that equipped them with valuable tools as to how to handle difficult situations, how to avoid becoming mere observers of such situations and how to face and fight off these challenges.

Stressors are present in all areas of life; therefore, a wide range of tools is at our disposal towards handling and coping with them. The typical workplace stressors are fairly well-known. They typically concern the operating mechanism of the institutions or the personal characteristics of the employees. In the former case, team building, the improvement of communication and cooperation among staff, the settlement of a conflict or the coordination of joint tasks can all be effective ways to minimize stress. As for personality, problems concerning self-esteem, self-worth, mentality, the management of tension and grievances are common.

There are many people who simply cannot represent their own interests, who are not assertive and cannot say no to a request, or cannot express their feelings in situations where it would be necessary so as to resolve the conflict. Stress management programmes facilitate the identification of inappropriate methods of work, and, hence, open the road to changes. They can assist individuals in determining how to guard their own interests, how to articulate their feelings and thoughts to their colleagues in a way that does not offend anyone or initiate tension or fears. Another group of stress management strategies includes methods of self-control, also called relaxation techniques, which can relieve physical and emotional tension and their consequences, for example, close-mindedness and intense emotions.

The staff of the Health Psychology Consultation Pro-

gramme first interviewed those who registered for the workshop with respect to their needs and tailored the programme accordingly. Six sessions were devoted on how best to shape mentality and behaviour. The participants learned how to approach a conflict or a stressful situation from a different perspective, how to assign a different interpretation, framework or even a positive meaning to a situation and how to seek out alternative solutions. They also practised self-advocacy and conflict-free communication. They identified some of their personal attributes that hindered coping with stressors. In the second part of the workshop, the participants chose one out of four relaxation techniques and practised it under the supervision of trained professionals in the duration of six sessions. The acquisition of these relaxation techniques allows for the individuals to develop the ability of self-control and to keep their body's activation and emotional tension at a reduced level, and can also lead to self-awareness.

Participants of this stress management workshop reportedly have been very motivated, active and enthusiastic. They all de-

scribed the joint tasking as a very positive experience in which the staff of the Health Psychology Consultation Programme also indeed assumed their role with enthusiasm. To our greatest pleasure, our colleagues' feedback was positive, "The workshop helped me to develop and improve the relaxation technique I had chosen and to apply it more effectively. I was also provided with tailor-made advice as to how best to handle acute stressful situations and how to develop new stress management techniques on my own." The overwhelmingly favourable outcome demonstrates how many of the participants effectively implemented the knowledge they had acquired in their everyday work and life. Therefore, we believe the workshop was successful and strive to launch similar programmes in the future.

Zsuzsanna Varga and Dr József Varga

Please find more information on www.pszikon.aok.pte.hu

Accommodations in support of the parents of paediatric patients

On 26 September 2016, two rooms, which are suitable for accommodating parents and which have been converted from hospital rooms of the Oncohematological Unit, were inaugurated at the Department of Paediatrics. The extended rooms now enable four parents to sleep in the ward at night. The construction was planned by the School of Engineering and IT of the University of Pécs. Funding was absorbed by a national and two local foundations (All for Children with Leukemia Foundation, 'Eurakvilo' Nonprofit Foundation for Child Oncology and Child Hospice and the 'Tölösi Péter' Foundation for curing children with leukaemia and tumours). Construction was organized and supervised by the Investment Department of the Technical Services Directorate of the Chancellery of University of Pécs.

Today, parents can spend the nights with their children, who are unfortunately, in severe and critical condition, within beds placed throughout the extended part of hospital rooms as opposed to sleeping upon chairs. The parents' free accommodation, which provides sanitary, washing and cooking facilities, in addition to enabling nocturnal rest, remains to be supported by the Lions Club Normandia Pécs, which is located near to the clinic.

At the ceremonial opening, the Heads of the Unit thanked the designers, sponsor foundations, their donors and everyone involved in organizing and supervising the construction in recognition of their outstanding support.

*Gábor Ottóffy, MD, senior lecturer, Head of Unit
Oncohematological Unit, Department of Paediatrics*

Week of High School Students

The summer camp referred to as, "Week of High School Students" was organized between 22 and 26 August, 2016, by the Admission and Student Service Center.

Astonishingly, some 140 high school students (from grades 9-12) participated in the professional and leisure time programs, arriving from schools all over Hungary, who enjoyed one week here in Pécs. Student attendees were offered an insight into university classes, activities within certain departments, functionalities of the various university institutes and were encouraged to perform experiments. Evening programs were devoted towards experiencing the motivational speeches of senior students and enjoying informal discussions including invited instructors, students, as well as the introduction of the city sights.

During the week, students who participated in the summer camp became entranced and enriched through hundreds of meaningful experi-



ences. Rather than writing our own summary, permit us to share one authored by a 10th grade student (*Luca Sölétromos*) from the Ferenc Kazinczy High School, Győr.

“Late summer cool dawn.

It is only a “negligibly” irritating alarm clock.

A variety of oversized luggage and baggage.

A perfect beginning of the several hundred kilometre trip to Pécs.

Our hero, in which, over a length of time, informed by her phone in an indecent manner, that she reached some alertness to be able to lean back onto the pillow gouching, but finally decided to pull her socks together. She did not have a faintest idea, in which this morning dawned upon the beginning of a week highlighting the finest experiences of her life, thus far.

Following several hours of listening to music including both lunch and a siesta, she was ushered into a new dormitory life, where following a night slept in total KO, due to novelties, she had to stand her ground in a transformed concept of school, the university for the duration of one week (and hopefully, later, more).

Initially, everything was new, even climbing the stairs and taking seats in the lecture rooms, not to mention the programs which followed during the afternoon! The sleepy, lazy summer days suddenly turned into an exciting land of plenty, where you could see/try everything you wished, from pressing the horse-hair contact lung, to peering into microscope worth several million HUF, and surgical suturing and manipulating the vast equipment in the MediSkillsLab.

She developed an insight into the everyday life of Departments of Biophysics and Physiology, the Faculty of Pharmacy, and came to know what a pathologist or a forensic specialist actually does in the performance of his/her role.

The hundreds of exciting programs were sometimes interrupted by lectures given by university professors, ushering us into fields of sciences, providing opportunities for development, where senior high school students are offered the opportunity to experience first-hand, life within a university environment following successful completion of their secondary education.

Furthermore, not only an improvement in support of professional competence was experienced within the program, but the sightseeing walks throughout the city of Pécs ensured we all came to know the place far better.

This brief period of time was “not only suitable and enjoyable” from the high school students' perspective. Student attendees frequently met citizens with similar interests from all over the country and some, even from abroad, which contributed to building their social network which, otherwise, could not be possible. Working in groups enabled the student attendees to develop their team spirit.

Supervisors similarly played an important role, without whom the summer camp would have turned out to be very different. They were always there to offer sound advice, or recall an interesting story. Staff and employees at most departments also proved to be helpful while presenting the most exciting and at the same time, understandable processes which remain imprinted in our memories forever.

Nobody was looking forward to the last day, especially when considering the arrival of the new school year, creeping towards September. The last moments spent together as a team were full with emotions, and attempting to cope with farewells and the new impulses of the summer camp.

Our hero had taken the hundredth glance at her armband and her certificate of university citizenship, and by that time was thinking, how and what if she might spend the last two years of her high school instead at the university? Perhaps, at last, she



thought, “yes”, but she made the wrong decision, as the troublemaker hand of September has eventually found her, too.

She recalled filling in the questionnaire in which she was asked about the best experience in the camp, and saw she did not write anything upon the dotted line. Of course, she did not do it then, due to the thousands of experiences witnessed and therefore, could not fit it all into such a small place.

And do you know, what was the best? Those specific five days, the best high school camp in the summer of 2016. And... our hero does not have the faintest idea what awaits her in the next two years, but at least she knows where to find her goal...”

Luca Sölétromos,
Kazinczy Ferenc Gimnázium,
Győr, 10th grade student)

Participating instructors and their enthusiasm significantly contributed to the success of the camp. It is our pleasure in which more and more instructors and institutes undertake collaboration and participation within the program.

We hereby wish to express our sincere gratitude to Professor József Szeberényi, Dr Balázs Gaszner, Dr Zsuzsanna Rozmer, Dr Zoltán Tigyi, Dr Andrea Horváth-Sarródi, Dr Donát Péter Sarlós and Dr Péter Maróti for their superbly high quality lectures and presentations.

We also wish to thank those instructors who accepted high school students during the programs of their institutes or departments: namely the Department of Anatomy, Department of Biophysics, Department of Physiology, Department of Forensic Medicine, and Department of Pathology, MediSkills Lab including the departments of the Faculty of Pharmacy.

Additionally, we are grateful to those students who participated in organizing the camp programs in their roles as tutors and/or student assistants.

Dr Zsófia Duga, Anikó Cseh-Praks
Admission and Student Service Center

Orientation Day

The Orientation Day in support of the freshmen of the Medical School and the Faculty of Pharmacy, was held on August 30 and September 1, 2016. Astoundingly, nearly 850 first year students were introduced to the processes of beginning a new academic year.

The students, with the professional aid of the colleagues of the Registrar's Office, were soon acquainted with the requirements, curriculum, schedule and the codes governing academic life. The administrative officers of the various departments were prepared to answer questions at their respective booths. Students were encouraged to inquire with respect to the opportunities and the process of applying for a student ID or a student loan, the possibilities of studying languages for specific purposes, athletic activities, joining the Student Researchers' Society, colleges for advanced studies, and various scholarships. In regards to the student bodies, the freshmen were informed of the operational functionality, application possibilities of the student government, the EGSC, the HuMSIRC, the Confabula, the Teddy Doctors, and the DJKB. Representatives of the Bureau of Tourism were present on both days to inform the students with respect to cultural and leisure programs within the city. Notably, for the first time this year, students now have access to the "Your security is in your hands" application.

Distinctly, with support from upper level and senior students, colleagues of the Registrar's Office, and the Admission and Student Service Centers, students of the English and German programs now can easily register in the Neptun system. Finally, on Saturday, the Chaperon Program offered a Campus picnic, and a tour of the campus including highlights within our city.

Dr Zsófia Duga

Admission and Hungarian Student Service Center



When SEPTEMBER arrives, it signals RESEARCHERS' NIGHT is not far behind!

The University of Pécs has been an active participant in the Researchers' Night events, which are attracting more and more visitors every year. This year, the Medical School, the Faculty of Pharmacy and the Dentistry Program all offered numerous and exciting events targeting every age group towards gaining an insight into our current level of research including our teaching profile. The venue of the events includes the Main Building of the Medical School, the János Szentágotthai Research Centre and the Rókus street campus building of the Faculty of Pharmacy.

We heartily welcomed every age group to participate in a variety of scientific events, including the following: the Teddy Bear Hospital awaited the little ones, while the activities of the Department of Anatomy, Physiology, Microbiology, Biophysics and Pharmacology were intended for the older generations. The most adventurous visited the Department of Forensic Medicine and were also welcomed to attend the "Reanimation" course of the recently opened MediSkillsLab of the University.

The Dean's meeting room opened its doors to scientific lectures presented both by junior students and experienced researchers, whereas within the Aula, visitors were invited to consult with experts on health care and prevention including breastfeeding. Various medical screenings and tests were also available there for interested candidates.

A detailed program schedule can be found on-line, at the event website:

https://pte.hu/hirek/utolso_pentek_szeptemberben_akkor_kutatok_ejszakaja

The program organizers warmly extend their hearty welcome to all attendees.

Dr Miklós Nyitrai, Full Professor, Vice-Dean for Science

Dr Andrea Tamás, Associate Professor, Department of Anatomy

Dr Zsófia Duga, Head of the Office, Admission and Hungarian Student Service Centre



NEWS AND INFORMATION FROM DEPARTMENTS AND CLINICS

Department of Anatomy

■ In the summer 2016, the Department of Anatomy absorbed two PhD students in the role of guest researchers, notably, *Ms. Natalia Kasica* and *Ms. Anna Jakimiuk*, both originating from the Veterinary Department of the University of Warmia and Mazury, Olsztyn, Poland.

■ Professor *Dóra Reglődi*, Chief of Anatomy, and Associate Professor *Andrea Tamás*, represented the Department of Anatomy featuring two poster presentations in support of the conference, “10th FEENS Forum of Neuroscience”, held in Copenhagen from the 2nd through the 6th of July, 2016.

■ Distinguished colleagues of the Department of Anatomy participated in the RegPep conference held in Rouen, France, from the 12th through the 14th of July, 2016, and included the following, *Professor Dóra Reglődi*, *Dr Andrea Tamás*, *Tamás Atlasz*, *Alexandra Váczy*, *Eszter László*, *Adél Jüngling*, *Edina Ivett Szabó* and *Emese Lőkös*, whom all submitted one oral presentation including seven poster presentations.

■ Notably, *Dr Andrea Tamás*, *Tamás Atlasz*, *Anna Réka Vass* and *József Ábel*, are the recipients of the highly respected scholarship, the Új Nemzeti Kiválóság Program/New National Excellence Program, which supports national researchers and students. Please extend some hearty congratulations to these individuals in recognition of their superb achievements!

■ On the 22nd of August, the inaugural day of the Week of High School Students, the Department of Anatomy was represented by several prominent colleagues. The opening presentation in the morning was held by *Dr Balázs Gaszner*, then during the afternoon *Tamás Gaszner* offered a histological demonstration, and following shortly, *László Kovács* and *Balázs Újvári* presented an anatomical demonstration in support of the student attendees.

■ The annual conference of the Hungarian Medical Association of America (HMAA), in Balatonfüred was held from the 26th through the 27th of August, 2016, in which both *Ákos Nagy* and *Balázs Újvári* participated including their oral presentations. Distinctively, *András Császár*, was awarded in recognition of his poster, next offered his poster presentation.

■ The 8th International Symposium of Clinical and Applied Anatomy conference was held in Budapest from the 1st through the 3rd of September, in which the Department of Anatomy was represented by *Professor Dóra Reglődi*, who offered a presentation, and *Dr Andrea Tamás*, *Tibor Hollósy*, *József Farkas* and *Adél Jüngling*, all whom participated in poster presentations.

■ We wish to extend a hearty congratulation to *Ákos Nagy* and *Balázs Újvári*, members of the Student Researchers' Society, who both are the recipients of the Republican Scholarship for the 2016/2017 academic year.

■ On the 15th of August, PNAS published a study from the University of Cambridge, in which *András Nagy*, Senior Lecturer of the Department of Anatomy, participated. The discovery of the connection between viral infections and circadian rhythm was presented including many foreign journals in their scientific-educational column (e.g. BBC, The Guardian, Telegraph, etc.) and MTI also published it (e.g. index.hu).

2nd Department of Internal Medicine and Nephrology Centre

■ The Hungarian Ophthalmologists' Society Annual Congress, 2016, was held in Kodály Központ, Pécs, from the 30th of June through the 2nd of July, in which *István Wittmann* gave a presentation entitled, “New Data Related to Diabetic Complications”.

■ *István Wittmann* served as the Chairman on the 25th of August of the section, “Clinical research”, during the Hungarian Laboratory Diagnostician Society's (MLDT) 58th Congress, held in Szeged, in which he also gave a presentation entitled, “New data in the therapy of diabetes”.

Department of Otorhinolaryngology, Head and Neck Surgery

■ The 13th Congress of the European Society of Pediatric Otorhinolaryngology (ESPO), was held in Lisbon from the 18th through the 23rd of June, 2016. Among the far-reaching pediatric otorhinolaryngological topics discussed, a separate section was created in support of cochlear implants. *Adrienn Németh*, from the ORL Head and Neck clinic participated in this event.

■ The European Rhinologic Society (ERS) conference was held in Stockholm from the 3rd through the 7th of July, 2016, which is one of the most important international forums highlighting rhinology. Our clinic was represented by *Zalán Piski*, who gave a presentation entitled, “Clinical Application of Resorbable Polyurethane Nasal Packing in Endoscopic Sinus Surgery”.

Department of Pediatrics

Department of Manual Pediatrics

■ The 13th Congress of the European Society of Pediatric Otorhinolaryngology was held in Lisbon from the 18th through the 21st of June, 2016. *Veronika Gaál* and *Gábor*

Ráth participated in the event.

■ The David Gough Bladder Exstrophy Workshop was held in Manchester from the 20th through the 21st of June, 2016. Our colleague, *Péter Vajda*, participated in the event.

■ The 27th European Pediatrician Congress was held from the 22nd through the 25th of June, 2016, in which *Péter Vajda* participated.

■ *Gábor Ráth* participated in the postgraduate studies: “Coblation Surgery for Tonsil, Turbinate, Larynx and Soft Palate”.

Department of General Pediatrics

■ The 55th Annual ESPE Meeting was held in Paris from the 10th through the 12th of September, 2016, in which *Éva Erhardt* and *Adrienne Kozári* participated.

■ The 16th congress of the Hungarian Perinatology Society was held in Nyíregyháza, from the 7th through the 8th of September, 2016. The main topics of the congress included the following, Noninvasive supply in new-born care; Cardiovascular and other developmental disorders; Breast-feeding; Placenta; Perinatal infections; Complications affecting premature babies and ROP, NEC, IVH, future therapeutic possibilities. The department was represented by *Mária Szász*.

Public Health Medicine

■ During the 10th Conference of Instructional and Researcher Public Health Departments' National Society, the presentations included the following, “The Occurrence of Diseases Among the Hungarian Homeless Population”, by *Emese Nagy-Borsy* and colleagues, and, “Dietary Habits and Survey of Nutritional Condition Among Hungarian Homeless Population”, by *Zsuzsa Rákossy* and colleagues.

Department of Radiology

■ *Péter Bogner* gave a presentation entitled, “Patient Safety Aspects of Radiocontrast Agents – Actualities”, during the 2nd Annual Patient Safety Conference organized by the Hungarian Patient Safety Society and 1st Department of Surgery, Semmelweis University (Budapest, April 2, 2016).

■ The 24th Annual French-Hungarian Radiological Symposium was held in Budapest from the 14th through the 16th of April, 2016. *Mónika Csete*, *Zsófia Friedszám*, *Anita Németh* and *Éva Vig* all participated. *Péter Bogner* served in the role of chairman over a section.

■ *Edit Várady* and *Levente Tóth* both participated in the postgraduate studies, “Cardiac MRI and CT Clinical Update”, in

Nice, France, from the 14th through the 16th of April. Organizers included the Society of Cardiovascular Computed Tomography and European Association of Cardiovascular Imaging.

■ The JPKT organized a postgraduate study in reference to Neuroradiology for clinical radiologist residents, from the 21st through the 23rd of March, 2016, in the Entz Béla Educational Center, and a Thoracic Radiology Postgraduate Study on the 7th of May hosting lecturers from the capital, Budapest.

■ The annual conference of ESGAR (European Society of Gastrointestinal and Abdominal Radiology) was held in Prague from the 14th through the 17th of June 2016, in which *István Battyáni*, *Katalin Dérczy* and *Nándor Faluhelyi* participated. The following electronic poster presentation was given during the conference and was entitled, “Isolated Thrombophlebitis of the Inferior Mesenteric Vein, an Infrequent Complication in Acute Diverticulitis”, by *Cs. Weninger* (PTE KK, Pécs), and *O. Giyab* (Arvika, Sweden).

■ The 28th congress of the Radiological Society of Hungary was held in Budapest from the 23rd through the 25th of June, 2016. *Péter Bogner*, *István Battyáni* and *Levente Tóth* participated in the event and all served in the role as chairmen. Additional participants included, *Mónika Csete, MD*, *Nóra Daróczi, MD*, *Zoltán Harmat, MD*, *Krisztián Molnár*, *Gabriella Mohay*, *Sándor Szukits* and *Edit Várady*. The following presentations were given: “The Treatment of Cervical Metastases of Thyroid Carcinoma with Percutaneous Ethanol Ablation”, by *Krisztián Molnár* and colleagues; “Urgent/Emergency Supply for Infants and Children”, by *Gabriella Mohay*; “The Effect of the Optimization of CT Scan Protocols on Diagnostic Accuracy and Radiation Exposure Affecting Patients”, by *Sándor Szukits* and colleagues; “Experience of Uterine Fibroid Embolization – CEUS Follow-up”, by *Zoltán Harmat* and colleagues; “Biexponential Diffusion Analysis of White Matter of Glioma Patients: Infiltration or Edema?”, *Andrea Horváth* and colleagues; “Common and Uncommon Metastases Occurring in Kidney Cancer Patients”, by *Csaba Weninger* and colleagues; “Contrast-Enhanced Ultrasound Imaging in Vascular Diseases”, by *István Battyáni* and colleagues; “The Examination of Left Ventricular Remodeling Depending on Wall Motion and Contrast Agent Accumulation”, by *Levente Tóth* and colleagues; “Complex Cardiovascular Examinations using DSCT”, by *Levente Tóth* and colleagues; “Multiphase CT Scan in Routine Diagnostics – is the Excessive Radiation Exposure well-founded?”, by *Tamás Schiszler* and colleagues; “Examination of the Data Provided by Native Cardiac CT Scan Concerning Individual Cardiovas-

cular Risk of Type 2 Diabetes Patients”, by *Edit Várady* and colleagues.

The Radiological Society of Hungary recently held its annual general assembly in support of the election of officials. *Péter Bogner* and *István Battyáni* are among the board members of the society. The next, 29th Congress of the Society will be held in Pécs, in 2018, under the chairmanship of the head of the Department of Radiology.

■ The 19th Congress of the Hungarian Society of Radiographers was held in Szolnok from the 25th through the 27th of August. In support of this event, the following presentations were given by the colleagues of our clinic: “The Route of Polytraumatized Patients through our Department – Methodological Overview”, by *Dóra Andrics*; “The Application of ALARA Principle for the CT Scanning of Polytraumatized Patients – the Developments of the Last Three Years in our Clinic”, by *Dávid Kaczur*; “CT Scanning of Polytraumatized Patients by the Split-Bolus Technique”, by *Dávid Lugosi*; “CT Scanning of Polytraumatized Patients”, by *Gabriella Angyal*. Notably, several colleagues of the Radiology Clinic participated in the event, in addition to those mentioned above, and include the following, *Katalin Somos*, *Andrea Elekes*, *Andrea Andresz*, *Melitta Mándiné Vörös*, *Anna Gróf*.

Department of Obstetrics and Gynecology

■ Recently, the colleagues of the Department of Neonatology participated in the 14th Congress of the Hungarian Society of Perinatology, held in Nyíregyháza from the 8th through the 10th of September, 2016. *Simone Funke* gave a summarizing presentation entitled, “Evaluation of the Questionnaire Filled-In Anonymously in PIC III Centers Concerning Noninvasive Care”. Further presentations included the following, “The Mortality and Morbidity Indicators of Newborns Born from a Twin Pregnancy between the years 2003–2006 and 2013–2016”, by *Gabriella Vida*; “Objective Hearing Screening with a BERA Device”, by *Ilona Sárkány*. *Dr Tibor Ertl* served as a chairman in support of the Chiesi Symposium.

■ During the 14th Congress of the Hungarian Society of Perinatology, held in Nyíregyháza, *Gábor Molnár* gave a presentation entitled, “Fetoscopic Treatment of Twin-to-Twin Transfusion Syndrome in the Department of Obstetrics and Gynecology, UP,MS”.

■ *Sarolta Szegedi* participated in the Congress EBCOG held in Turin from the 19th through the 21st of May, 2016, and gave a poster presentation entitled, “Malignant Transformation of Adenomyosis with Coexisting Ovarian Cancer”.

■ In the first meeting of the Society of

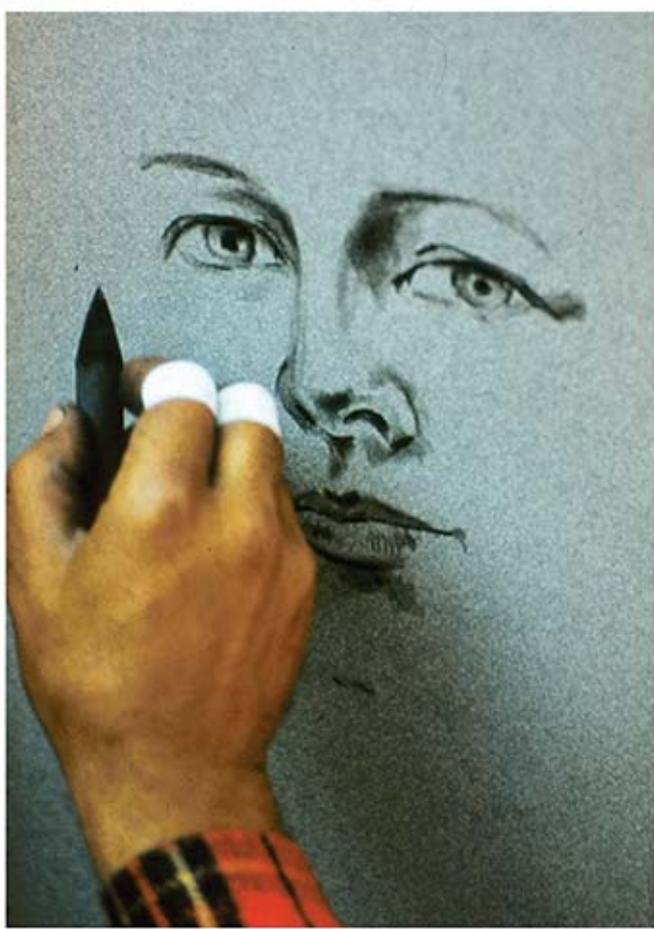
Young Neonatologists, from the 3rd June through the 4th 2016, held in Kecskemét, our clinic’s colleagues gave the following presentations, “Opportunities for Scientific Pursuit in Neonatological Supply”, *Dr Tibor Ertl*; “The Role of Exogenous and Endogenous PACAP in the Animal Model of Retinopathy of Prematurity”, *Timea Kvárik*; “Survey of the Dental Status of Premature Babies – Experimental Study”, *Fruzsina Fónai*.

■ *József Bódis* was invited to give a presentation on the annual congress of EBCOG held in Turin from the 19th to the 21st of May 2016, titled “Platelet-associated regulatory system (PARS) with particular reference to female reproduction”. The same person welcomed the guests at the conference of the Hungarian Association of Women Doctors held in Siófok on the 10th of June 2016, as the president of the society. He participated as a counselor in the advisory corporate session of molecular diagnostic methods for detecting HPV (Human papillomavirus) held in Budapest on the 6th of June 2016; he also participated in the Informal Meeting of Leading Obstetricians held in Nyíregyháza on the 9th of September, as a chairman and gave a presentation titled “Clinic, the top of the institutes”. The same person was invited to give a presentation on the 61st Consilium Trimestre Scientific Event held in Szeged on the 16th of September 2016. The presentation was titled: “The determinative professional profile of the Department of Obstetrics and Gynecology, University of Pécs Medical School”.

UP MS Sports Facilities

■ Among the sports facilities within the department, including the swimming pools in the Main Building and in the Gymnasium on Jakabhegyi street, all have been newly renovated. Those who wish to pursue athletic exercise, now have the chance to do so under improved circumstances accomplished within the facilities mentioned above.

■ *István Karsai* participated in the 21st Congress of the European College of Sport Science, held in Vienna from the 6th through the 9th of July, 2016. He gave a poster presentation entitled, “Association between Hand Grip Strength and Physical Fitness Test Performance from a Large Sample [10-18 years] of Hungarian School Children”, and was served as the co-author of a presentation entitled, “PE Lessons within Hungarian Schools in the Light of the Introduction of Daily PE lessons”.



Paris
Photos by Loránd Barthó from 1978



Moments of Nature





*Photos by Csaba Tamás Horváth, photographer
(Mecsek Photo Club)*

