

# Summer School on Stress: From Hans Selye's original concept to recent advances

- An interactive educational experience -

**June 25 - 28, 2019, St. Petersburg, Russia**

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

**Hosted by: Pavlov Institute of Physiology of the Russian Academy of Sciences  
– Director Prof. Ludmila Filaretova**

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

**Course directors: Profs. Arpad Somogyi, Sandor Szabo & Yvette Tache**

(All former PhD students of Hans Selye, the 'father of biologic stress'; hence the school is very authentic, free of frequent distortions & over-implications of stress. It is comprehensive & interactive since it covers virtually all aspect of stress, based in part by oral or poster presentation of participants).

**Faculty:** Internationally known experts & investigators (e.g., basic scientists & clinicians) who made original discoveries in the field of stress research & stress-related diseases, as well as local & regional experts.

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

**Main topics:**

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

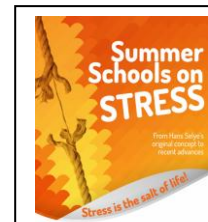
**Venue:** St. Petersburg, Russia – After six years of annual conferences in Europe & Japan, the 7th Summer School on Stress will be held in St. Petersburg, the former & still beautiful capital of Russia, the site of many museums & historic buildings, including the world-famous Hermitage museum & art gallery. The course directors thank Prof. Ludmila Filaretova, Director of Pavlov Institute of Physiology for hosting this renown and focused international conference on stress and stress-related diseases. The conference will be held at the famous Pavlov Institute of Physiology, in very center of St. Petersburg, not far from Hermitage.

**Chair of Local Organizing Committee:** Prof. Ludmila Filaretova

**Abstracts submission (for oral or poster presentation):** Abstracts should be sent to Prof. Martina Rojnic-Kuzman [mrojnic@gmail.com](mailto:mrojnic@gmail.com) before the **deadline of May 1<sup>st</sup>, 2019**. Authors of submitted abstracts get 20 euros discount (enter Abstract2019 code at checkout!)

**Registration fee** (includes access to all presentations, course material, lunch, coffee breaks, welcome reception & one group dinner & one sight-seeing tour): **Early registration, till May 15<sup>th</sup>** : 120 euros for undergraduate students; 150 euros for PhD students; 200 euros for others. Registration fee after May 15<sup>th</sup> : 170 euros, 200 euros, 250 euros (plus 50 euros). Registered participants who attend the entire course will get the UCI (University of California-Irvine) certificate.

**Please register at our website:** [www.stresseducation.org](http://www.stresseducation.org)



Contacts:

For scientific & professional issues:

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For registration, payments, and local issues, including accommodations, sponsorship or exhibitor enquiries:

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For visa support, program/schedule, local issues:

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