

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

- *An interactive educational experience* -

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

Hosted by: **Clinique Universitaire d'Hépatogastroentérologie and Grenoble Institute of Neuroscience (GIN, INSERM U836), CHU de Grenoble**

Accreditation by: **University of California-Irvine, School of Medicine**

June 29 - July 2, 2015, Grenoble, France

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 aspects of stress, based in part by oral or poster presentations 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.

Course goals: to better understand 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)
- Other 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: Grenoble is the capital of the Alps, where the winter Olympic games took place in 1968 (Jean-Claude Killy, a French skier, won 3 olympic gold medals). In 2011, Grenoble was the 16th largest town of France with 157 424 inhabitants and its urban area was the 11th of France with 675 122 inhabitants. Grenoble is surrounded by mountains: the massifs of Vercors (at the west and south-west), Chartreuse (at the north), Taillefer (at the south-east), and the chain of Belledonne (at the east). Grenoble Faculty of Medicine is part of the Joseph Fourier University "Sciences, Technology and Health", one of the rare French university listed among the 150 first universities at the ranking of Shanghai, with 4 centers of biomedical research established on its site. Our special prices for hotel rooms in Grenoble are 80-150 euros.

Chair of Local Organizing Committee: Prof. Bruno Bonaz

Abstracts submission (for oral or poster presentation): All abstracts should be sent to Prof. O. Zayachkivska, before the deadline of May 15, 2015. Authors of submitted abstracts get 30 euros discount in every registration category (enter appropriate code!)

Registration fee (includes access to all presentations Monday-Friday, course material, lunch, coffee breaks, welcome reception & one group dinner & one sight-seeing tour): 150 euros for undergraduate students; 200 euros for PhD students ; 300 euros for others.

Please register at our website: www.stresseducation.org

Contacts: For scientific & professional issues: Sandor Szabo, MD, PhD, MPH szs@selyeinstitute.org For registration, lodging & local accommodations: Valérie Sinniger, PhD. E-mail: Valerie.Sinniger@ujf-grenoble.fr

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