

**ABU-HAIDAR
NEUROSCIENCE
INSTITUTE**

THE INSTITUTE

NEUROSCIENCE OPEN HOUSE: ABU HAIIDAR NEUROSCIENCE INSTITUTE DEDICATES AN OPEN HOUSE TO NEUROSCIENCE (OCTOBER 18, 2013) BEIRUT, LEBANON

The Abu Haidar Neuroscience Institute (AHNI) at the American University of Beirut Medical Center (AUBMC) held its first neuroscience open house on Friday October 18th, 2013 at the West Hall, AUB. The event was dedicated to sharing the latest achievements of AHNI in research and patient care, and to give its visitors a chance to engage in new ideas and potential collaborations. (continues p.2)

SAVE THE DATE

The first AUB Clinical Research Open House

Clinical Research across AUB campus will be showcased and discussed.

On May 22, 2014 at the Issam Fares Hall and Auditorium.

The event will allow the AUB clinical researchers to share their latest achievements, engage in new ideas and identify potential collaborations.

THE CURRENT SPECIALTIES AT AHNI

Neurosurgery:

- Epilepsy surgery
- Brain tumors
- Brain mapping
- Spinal surgery
- Skull base surgery
- Functional neurosurgery

Neurology:

- Epilepsy
- Sleep disorders
- Neuromuscular diseases
- Multiple sclerosis
- Movement disorders
- Headache clinic

Pediatric Neurology:

- Neuro-genetics
- Epilepsy

Psychiatry:

- Substance abuse
- Psychometric testing
- Individual, couple, family and group psychotherapy
- General psychiatry
- Mood disorders
- Child and adolescent psychiatry
- Neuromodulation
- Sleep disorders

"It is our first neuroscience open house, and it will surely be an annual event to look forward to," said Dr. Samia Khoury, professor of neurology and AUBMC's AHNI and Multiple Sclerosis (MS) Center director.

Students from several universities and neurologists from different medical centers across the country visited the event. With 23 booths spread across West Hall, displaying the varied services AHNI offers, visitors had a quick informative tour of the institute's divisions from the Neurology Department, Multiple Sclerosis Center, to the Psychiatry Department, Division of Neurosurgery and Basic Neuroscience.

"AUBMC AHNI's groundbreaking achievements in patient care and research are now accessible to students and fellow neurologists from across Lebanon and medical centers through the open house," added Dr. Khoury. "Such activities are at the core of AUBMC's leadership role in engaging the community with the latest achievements in medical research and patient-centered care and in giving them an opportunity to be part of it," said Dr. Khoury. The Abu-Haidar Neuroscience Institute (AHNI) is a center of excellence dedicated to clinical and basic neurosciences. In October 2011, AHNI launched the first Multiple Sclerosis (MS) Center in the region, offering state-of-the-art resources to provide the most advanced specialized care to improve the lives of patients. In February 2012, a Special Kids Clinic, the first of its kind in pediatric neurology, offering total care for neurologically-impaired kids in an integrated and affordable manner, was opened in Lebanon. Recently, AHNI opened Lebanon's first comprehensive Headache clinic and a movement disorders clinic.



TWO OF THE AHNI CHARITABLE CAUSES, MENTAL HEALTH AND MULTIPLE SCLEROSIS, WERE SUPPORTED UNDER "RUN AUB RUN 2013" AT THE BEIRUT MARATHON

More than 600 AUB runners, walkers, and volunteers were registered in the 2013 Beirut International Marathon in support of four resident charitable causes, under the "Run AUB Run 2013" slogan.

The AUB group supported four causes: The Brave Heart Fund, which helps fund the medical treatment of underprivileged children born with congenital heart disease; the Nature Conservation Center, which advocates for biodiversity and a sustainable environment; the Multiple Sclerosis Fund, which raises awareness about treatment options for multiple sclerosis; and the newly-created Embrace Fund for Mental Health Awareness, which encourages lifting taboos on mental illness and psychological problems and seeking proper treatment for them.

Walking under the slogan “فكّو العقدة” or “Get rid of your complex” -- when it comes to seeking treatment for psychological problems and mental illnesses -- Pia Zeinoun, AUBMC staff psychologist, said she was excited about the first-ever national awareness raising campaign for mental illnesses. “When I know that one in four Lebanese have some kind of mental health problem, but that only one out of 20 actually seek treatment, I feel compelled to support this cause, which I consider one of the most important causes in Lebanon right now,” she said. “Unfortunately, people still consider mental health problems taboo, and they are more at ease saying they have diabetes or cancer, rather than a mental health illness, for which there are very good treatment options.”

Zeinoun added that the Embrace Fund specifically targets needy patients who cannot afford to seek psychological or psychiatric treatment.

For Hala Darwish, managing director of the Multiple Sclerosis Center at AUBMC, Marathon Day is an important means to promote awareness about multiple sclerosis, a chronic autoimmune disease that attacks myelin, the protective sheath around nerve fibers, manifesting itself in a wide range of symptoms that affect each person differently. “MS is still a taboo subject in Lebanon,” said Darwish, as she walked with the AUB group along a stretch overlooking the Mediterranean,” and people are still not aware that it can be managed with proper medical care, allowing sufferers to live a near-normal life. What’s important is that patients seek help and treatment from the right medical experts, namely neurologists with MS expertise.”



NEWS FROM THE MS CENTER

MS AWARENESS CAMPAIGN

AUBMC coordinated the second MS Awareness day Kisserwan in collaboration with the Ministry of Public Health. ALSEP (Lebanese Friends of Patients with Multiple Sclerosis) and MSSL (National Multiple Sclerosis Society in Lebanon) also participated in this event. The Multiple Sclerosis Awareness day took place July 20, 2013 at the Notre Dame University-Loueizy. The main purpose of the National MS Awareness campaign is to increase knowledge about Multiple Sclerosis among patients touched by this chronic disease, their families, health care workers and the community.

The target population that the campaign was addressing includes: patients, families, and health care workers. This campaign was informative for both: those who have MS and those who are ignorant about it.



MS FUNDRAISING BRUNCH (NOVEMBER 16, 2013)

The Multiple Sclerosis Center and Friends of MS at AUBMC organized a fundraising event on Saturday November 16th at the Four Seasons Hotel Beirut, under the patronage and the attendance of Mrs. Lama Badreddine Salam, wife of His Excellency Prime Minister Tamam Salam. Mrs. Salam applauded the important role of the MS center and the need to support it financially and morally to be able to help a larger number of patients. Attending the event were friends and supporters of the MS Center as well as media representatives.

On the occasion, Dr. Samia Khoury, professor of neurology and director of AUBMC's Abou haidar Neuroscience Institute (AHNI) and Multiple Sclerosis (MS) Center, delivered a speech expressing her pride in the achievements made by the center so far.

She shared with the attendees the center's mission and the way they are working to help MS patients, and then gave a quick overview about the MS disease and how to interact socially with the patients. She also presented testimonials of people with multiple sclerosis who talked about their experience and the difficulty of living with this particular disease.

It's worth mentioning that along with Mrs. Carine Saleme, the master of the ceremony, was Nemr Bou Nassar one of Lebanon's talented stand-up comedians who recently joined the center as a supporter. He spread a fun atmosphere among the attendees, pointing out to the audience that laughter is one of the most commonly known cures for each and every type of disease whether physical or psychological.



NEWS FROM PSYCHIATRY

MENTAL HEALTH AWARENESS CAMPAIGN (OCTOBER 10, 2013)

Not too long ago, a study from Australia found that nearly one in four of people felt depression was a sign of personal weakness and would not employ a person with depression. One in five said that if they had depression they would not tell anyone. Nearly two in three people surveyed thought people with schizophrenia were unpredictable, and a quarter felt that they were dangerous.

Unfortunately, In Lebanon, as in many other countries, roughly two out of three individuals with mental disorder don't seek treatment in part because of the fear of stigma.

This year, and with the launching of Embrace fund, and under the patronage of the Ministry of Public Health, it was time to take the conversation about mental health and mental illness to a larger audience. On October 10, 2013 AUBMC and in collaboration with the Ministry of Public Health launched the first national mental health awareness campaign. In addition to the media campaign coverage, community screening, wide range educational activities were taking place.

Furthermore, the AUBMC Department of Psychiatry is bringing cutting-edge treatments to Lebanon and conducting research to understand the nuances of how our own patients respond to various treatments as opposed to simply relying on studies done abroad. In this 21st century, the revolution in mobile technology can help us reach countless adolescents and holds potential as an avenue to change behaviors. But the harsh reality for so many of Lebanese is that stigma

and proper care are still overwhelming hurdles to overcome and access.

Not only is a national dialogue is needed, but a national action plan is to be set. So yes "فكو العقدة" This is what the campaign is about.

It is a good place to start, but for a 19-year-old in the grip of a psychotic episode or a 16-year-old on the path to serious mental illness, an urgent action plan is required to alter the course of their illness. The best hope of reducing mortality from serious mental disorders through suicide, substance abuse and complication of medical illnesses, will come from realizing that just like other medical illnesses, early diagnosis and preempting the illness before the symptoms become chronic and disabling are obligatory.

We must intervene earlier, as we do today for cancer and heart disease. Investing in programs focused on early diagnosis is the best hope for more effective preventive interventions to ensure better outcomes.

Embrace fund at AUBMC aims to become the largest systematic effort in Lebanese history to focus on reducing stigma related to mental illness. It seeks to change Lebanese's behaviors and attitudes toward people living with mental illness to ensure they are treated fairly and as full citizens with opportunities to contribute to society like anyone else.



EMBRACE FUNDRAISING GALA DINNER 23 OCTOBER 2013

"Elegant", "heartwarming", and "chic", is how the supporters of the mental health awareness campaign who attended the event on October 23rd at Le Yacht Club Gallery, Zaitunay Bay, described the Embrace Fund Inaugural Gala Dinner. Embrace's gala dinner was special and unique in every way, standing out amongst other fundraising events of this kind.

Upon their arrival, supporters attending the dinner stepped into a world of art and beauty, as they were first welcomed into the private viewing of the "Embrace Art exhibition" curated by the artist Ara Azad. This exhibition is a collection of more than 65 pieces by 20 renowned artists who combined their efforts in support of Embrace Fund's cause-raising awareness for mental health. The collection centered on displaying different states of mind, different emotions, different people.

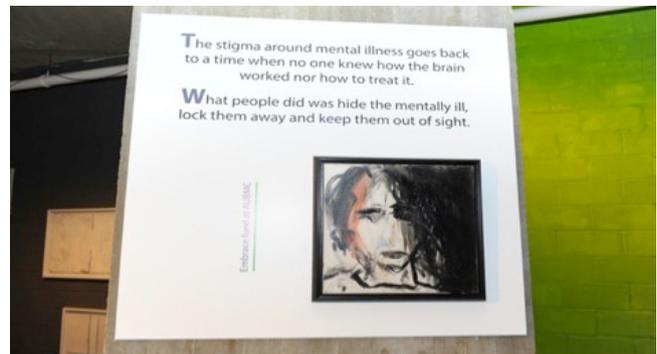
Many of the art works display deep, human and emotional states that aim to touch upon mental conditions that we might not even acknowledge, or may many times deny.

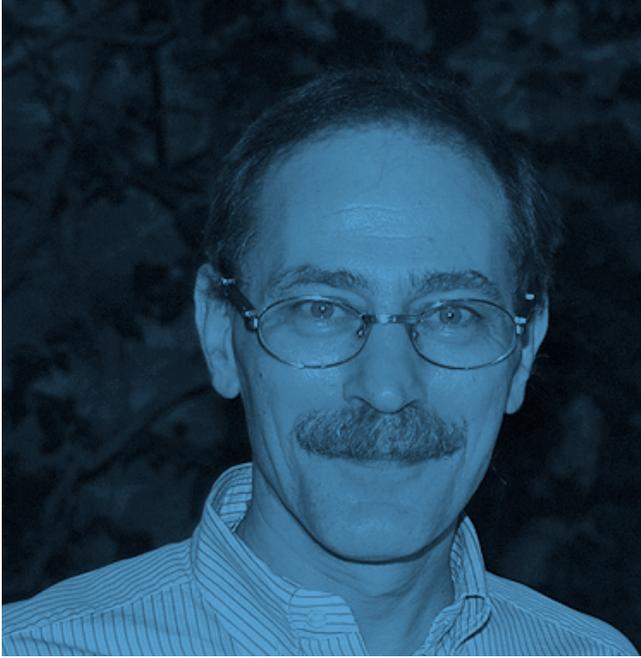
Supporters of Embrace Fund and co-founders took part in refurbishing the gallery and worked endlessly for nights and days prior to the event to transform the setting into a warm and elegant environment that reflects this utmost humane cause.

The remainder of the evening was not any less void of art, as Ziad Al Rahbani and his band entertained the rest of the night with live music and singing. With the beautiful waterfront, the shimmering lights of Zaitunay Bay's evenings and Rahbani's finale "Kifak Inta", Embrace supporters enjoyed an evening of art, beauty, and warmth. The cause they came to support became even dearer to their hearts, as they came to realize how close they are and might be to any individual

who may have suffered from a mental illness in their lives.

Embrace Art exhibition will be running for two weeks at Le Yacht Club Gallery, Zaitunay Bay, until November 7th and is open to the public. Ara Azad, the curator of the art exhibition, and Dr. Ziad Nahas (one of the artists and cofounder of Embrace Fund) hope to have a sold-out exhibition in order to support underprivileged individuals in need of funds to cover mental health treatments, and to prove yet again how art can truly reflect the human condition.





AUB PROFESSORS SNAP UP 2013 NATIONAL RESEARCH EXCELLENCE AWARDS

Would you hop on a plane if you knew there were bugs in the software controlling it?

Do you enjoy 3-D movies, computer games, or using virtual fitting rooms when you shop online?

Wouldn't you prefer that the price of one kilogram of chicken be lowered enough to feed more people?

Don't you wish that epilepsy were better understood?

Well, four professors from AUB have been looking for solutions related to these questions through research they did on software reliability, 3-D computer graphics software, food science and agriculture, and neurology.

In fact, their research landed them the 2013 CNRS Annual Research Excellence Award, in three categories: information technology, shared by Wassim Masri from engineering and Ahmad Nasri from computer science; food security, won by Mohammad Farran from agriculture, and neurology, won by Dr. Ahmad Beydoun from AUBMC. The award is administered by the National Council for Scientific Research (CNRS).

The four professors were among 28 candidates nominated for the award, which recognizes scientists who have excelled in conducting research in various scientific disciplines in Lebanon. The four came with other nominees to the official awards ceremony, which was held at Phoenicia Hotel on February 10, 2014; but they, alone, left with all the prizes.

NEUROLOGY DEPARTMENT RESIDENCY PROGRAM

FREQUENTLY ASKED QUESTIONS

Please tell us about the neurology department residency program mission?

The mission of the neurology residency-training program is to teach the physician the best clinical skills and the self-learning tools to prepare him/her for the independent practice of clinical neurology. This is achieved by:

- Providing training based on supervised clinical work with increasing responsibility for outpatient and inpatient care.
- Providing a foundation of organized instruction in the basic neurosciences.
- Providing an opportunity to develop and maintain an investigative career in the basic neurosciences and in clinical neurology.
- Developing the many personal attributes necessary for becoming an effective physician, including honesty, compassion, reliability, and effective communication skills.

Is it accredited or not yet?

There is currently no accreditation to neurology residencies in the Middle East. Since we expect that the American Accreditation Council for Graduate Medical Education (ACGME) will offer an international accreditation process in the next few years, we elected to follow the ACGME residency

guidelines to follow high standards of teaching and to secure the ACGME accreditation as soon as it is offered. AUB is in the process of securing such institutional accreditation.

How many years is the residency?

The neurology residency training includes a year of internal medicine internship followed by three years of neurology training.

What are the covered specialties?

We have faculty members subspecialized in epilepsy, neuromuscular disorders, neuro-immunology (multiple sclerosis), movement disorders, pediatric neurology and neuro-radiology. The residents have the option of rotating in these subspecialty clinics. We expect to have a faculty member specialized in cerebrovascular diseases and headaches very soon.

What are the rotations and schedules?

The first year residents (PGY I) will rotate on the internal medicine service as preliminary internal medicine interns.

The second year residents (PGY II) will spend most of their time on the neurology in-patient and consult service to learn the essentials of neurology practice through exposure to patients admitted to the neurology service and through evaluating a variety of patients with neurologic illnesses in the Emergency Department and on the medical services at AUBMC. In addition, the residents will rotate in neurosurgery and psychiatry, and will have a few outpatient clinical rotations (each clinical rotation lasts for 4 weeks). In-house call will be on average every 4th to 6th night. The third year residents (PGY III) will have a few clinical rotations on the neurology ward and consult service; they will have four

elective rotations including a mandatory neuro-radiology rotation. They will spend three clinical rotations on pediatric neurology, and will have two outpatient clinical rotations. In-house call will be on average every 4th to 6th night.

The fourth year residents (PGY IV) will be responsible for overseeing the neurology ward and consult services and the education of more junior residents, students and rotators from other services. They will spend three clinical rotations as neurology ward chief resident, six clinical rotations to learn neurophysiology, EMG, EEG and evoked potentials and three elective and/or outpatient clinic rotations. They will act as the back up call from home for new PGY IIs on call.

What are the training sites?

All the clinical training is at AUBMC, but residents may be allowed to rotate elsewhere by special request from the residency program director. We expect to eventually spread the training to KMC.

Is there opportunity for fellowship?

We have formal fellowship training in epilepsy, neuromuscular disorders and neuro-immunology (multiple sclerosis) as well as pediatric neurology.

Who are the teaching faculty?

All the faculty members in the department are required to participate in the teaching of residents and fellows. The list of the faculty members and their CV will soon be posted on our website that is currently under construction.

What is the application process?

Interested applicants fill out an online on the GME website from mid-November to mid-December and submit the required papers to the GME office. Please refer to http://www.aub.edu.lb/fm/gme/adm_info/Pages/Adm_info.aspx. A committee that includes the chairman, program director, chief resident and faculty members selects applicants.

Does it include conferences, grand rounds, and research opportunities?

There are daily conferences at noon that are tailored flexibly according to the residents' educational needs. Multiple sclerosis conference is at 11:30am every Friday. Neurology grand round is every Wednesday. There are research opportunities in every subspecialty for fellows, residents and medical students who are eager to participate in research.

How does it compare to the US programs?

The teaching style of the AUB neurology residency program is similar to that in the USA. We adhere to the Accreditation Council for Graduate Medical Education (ACGME) requirements, including the setting of educational goals according to year of training, the close supervision from faculty, reasonable duty hours, and the goal of optimizing the 6 ACGME core competencies for residents in the areas of patient care, medical knowledge, practice based learning and improvement, interpersonal and communication skills, professionalism, and systems based practice.

How does this program differ from other programs in the country and the region?

Our neurology residency-training program offers a unique cutting-edge training experience modeled to the USA residency programs and backed by over 110 years of tradition in education excellence. Residents who graduate from our program should have no difficulty getting integrating in a USA fellowship program.

Where do you see the program in 10 years?

In the next 10 years, we hope to have at least two to three faculty members for each subspecialty, fellowship training in every subspecialty and expansion of the educational opportunity outside of AUBMC walls, including the possibility of taking elective rotations abroad. We expect to expand not only our clinical research opportunity but also our basic neuroscience research. We expect to gain ACGME accreditation in the next few years that would allow our residents to subspecialize in the USA.



MS FELLOWSHIP

It is with great pleasure that we announce the launching of fellowship training in Multiple Sclerosis at AUBMC. The AUB Faculty of Medicine Graduate Medical Education Committee (GMEC) approved the opening of a new Multiple Sclerosis fellowship program at the Department of Neurology. The new PGY V position will be filled through the selection process for the next academic year 2014-2015.

MEET THE SCIENTIST



DR. ELIE AL-CHAER

Dr. Elie Al- Chaer recently joined AUB as professor and vice chair of the department of anatomy, cell biology and physiology at the Faculty of medicine.

1. Tell us a about your education and work on pain at AUB, after AUB and back to AUB.

Education:

Following high school at «College des Freres - Mont la Salle», I joined the Off-Campus Program (OCP) of the American University of Beirut where I completed a Bachelor of Science (BS) in Mathematics.

After that, I came to AUB - main campus where I completed a Master of Science (MS) in Physiology under the supervision of

Drs. Suhayl Jabbur and Nayef Saade - both luminaries in the field of pain who pioneered its research in Lebanon and the Middle East. My work with them focused on the role of the spinal cord dorsal columns in supraspinal modulation of pain processing and set me on a path of success that led me to a giant in the field, William D. Willis - another luminary whose name is synonymous with excellence in pain research. I joined the Willis team at the University of Texas Medical Branch (UTMB) in Galveston, where I completed a Doctor of Philosophy (PhD) in Neuroscience under his supervision. My PhD work centered on visceral pain (pain of the internal organs) - a long ignored elephant in the pain room - and yielded a paradigm shift in our knowledge of pain pathways. We demonstrated, for the first time, that the spinal cord dorsal column fibers carried visceral pain signals into the brain. Interrupting transmission in those fibers could yield long-term pain relief. I completed my PhD work in December of 1996 and soon after that, the work was translated into a neurosurgical approach to treat intractable visceral pain in patients with colon cancer or with pain residual to colon cancer treatment.

Work on pain:

I was lucky to have gone through a very brief period of post-doctoral training (few months) before I received my first offer for an Assistant Professor (tenure track). I started my own laboratory for the study of pain and ushered a new animal model of adult functional pain residual to neonatal injury. The new model offered a glimpse into the plasticity of the nervous system and the developmental changes that take place following exposure to painful neonatal injury. It was hailed as yet another breakthrough in the field of pain and

received worldwide acclaim. Funding started pouring in from the National Institutes of Health (NIH) in the USA and pharmaceutical companies around the world. The rest is history... or science!

The return home:

Throughout this success journey, nothing felt more rewarding than knowing that one day I would be able to return to AUB - where it all started. The day has come and I am thrilled at the opportunity and the challenges it presents.

2. Why did you choose to study basic science?

I did not choose it, it chose me! As a fresh graduate mathematician, the universe was my oyster; I was more into theoretical questions and hypotheses than empirical science. My father, an educator for more than 40 years, suggested that I go into Medicine. I applied to AUB FM, but the school, at the time, did not have a place for me in the ranks of its students. Twenty years later, it invited me to join the ranks of its professors - a humbling gesture for which I am eternally grateful.

3. What are, in your opinion, the challenges that face neuroscientist-studying pain in general? Do you see a way to overcome these challenges?

The study of pain shares a number of challenges with other fields of Neuroscience, pertaining firstly to the unique nature and

delicacy of the nervous system. I believe the nervous system is the final frontier in our study of human biology. The plasticity of the system coupled with the Heisenberg uncertainty principle means that the more we learn about the nervous system, the more the system changes and the more we open new doors for discovery. As a dear professor once taught me: «In Neuroscience, the brain is studying itself.» As far as we know, this intrinsic ability is unique to the brain; the drawback is that our scientific approach to the brain will always remain «inside the box» or in this case, inside the skull. On its own, pain also presents some unique challenges having to do with its subjective nature and the diversity of its manifestations. We have recently begun to address these challenges with more patient-oriented studies and therapies that highlight some shared phenotypes among pain patients. These pain phenotypes are rooted in patients' genes, the environment in which they live and function, their sex and their systems of belief.

4. You have surely worked with many clinicians, neurologists or neurosurgeons throughout the years, how do you describe this collaboration?

Mutually beneficial and very rewarding!

5. What fascinates you the most about the study of pain?

Pain has been with us since the beginning. For thousands of years, we have speculated about its nature, its causes, and means to curb its impact on our life to no avail. Relative to other

ailments that afflict our human being, pain is perhaps the longest enduring companion that continues to elude our understanding. To other diseases, we pay deference; pain, we obey! In a way, pain has god-like qualities, which require the pain scientist to maintain an open mind to all possibilities.

6. You are also a lawyer; please tell us how did that start? And what are the common threads between law and science?

It's a long story and perhaps it deserves its own issue! My interest in law relates to my fascination with human behavior, its consequences and ways to optimize and regulate it. My particular interest in American Jurisprudence has a lot to do with my presence in the United States at a time when several high profile cases were on trial (OJ Simpson murder trial, President Bill Clinton's impeachment, etc.). In a country of laws, rarely a day goes by without a case getting discussed on TV. That was enough to get me started. The study of law proved to be fascinating in and by itself; the evolution of laws in the English common law, the Socratic method of teaching used in American law schools, the ability to debate both sides of an issue without getting attached to either - these were all spellbinding attractions that compelled me to complete what I started and see myself through graduation and passing the bar in Texas. During that period, I was a full-time Assistant Professor of Medicine at UTMB, built my laboratory for pain research, and obtained my first NIH grant and two grants from pharmaceutical companies.

Many ask me how I found the time to do all that. My answer has always been that the

law puts us in everything: society, politics, economy, and yes of course science. Start with legal reasoning: it is goal oriented rational reasoning, and when combined with a scientific mind, it makes science more purposeful and fun to read. Today more than ever, scientific discovery in every field depends on intellectual property laws to protect it - from conception to application to marketability and trade.

7. You are also an expert in negotiation, persuasion & conflict resolution, strategic planning, visioning & management; please tell us more about that and how does this help you in your career as a scientist and lawyer?

My expertise in these areas stems from my background in law in addition to more than 15 years of practical experience in different professional domains; from private corporate settings to public academic settings and a broad spectrum of issues in between. Conflict resolution is not just a leisurely talent of a few gifted individuals but an art - that can be perfected into ability - essential to any leader of a working team, be it in sports, politics or science. After passing the bar, I had a chance to intern with a seasoned conflict resolution lawyer in Texas, who handled among other cases, conflicts of international laws between shipping companies, port authorities and American corporations. I learned a lot from him; but most importantly, I learned that at the heart of conflict resolution lays a good solid knowledge of the law(s), a set of negotiation skills, the art of persuasion, as well as a sense of equity. Management skills

came to me initially through experience and by trial and error. However, as I became more and more involved in leadership posts, I started reading books on leadership and management and ultimately enrolled in a one year Leadership Institute program... and yes there is order in the jungle! Proper management is always guided by a clear vision that gives any group a sense of purpose, by a set of goals that bring focus to that vision and by clear rules and regulations that set the parameters of the operation.

These elements are pruned and perfected year after year in a process of strategic planning, which I believe to be a dynamic ongoing process with remedial capabilities that rely on constant feedback from the field. I was lucky to be part of a number of strategic planning processes; some of them involved health care providers and agencies.

In 2007, I led the planning team of a multi-million dollar center for Clinical and Translational Science at UAMS, which eventually became the Translational Research Institute.

In 2009, I co-founded the Center for Dynamic Leadership, a think-tank that provides advice and consultation to academic institutions on strategic planning and ways to streamline operations and management.

8. Outside work, what do you enjoy doing the most?

Besides a few visits to the gym every now and then, a game of tennis when a partner is available, or a hike to the nearest trail when the weather permits, I am not much of a bodybuilder. So, when I am not engaged in activities that build my CV, I immerse myself in problems of geometry,

philosophy, knowledge and existence; «mental gymnastics.» The mathematician in me likes to draw logical deductions that the philosopher likes to challenge. The geometrician likes to draw lines and to sketch plans in an attempt to realize a nagging idea or give shape to a fleeting dream. The strategist often calls for another game of chess. At the end of the day (or the night), I find myself with an idiosyncratic house plan, a highly critical opinion written in a blog on a website of my design, or on my knees praying for a revelation that will bring me closer to the truth. Having said all that, I find the most rewarding activity to be the playtime and quality-time that I spend with my son. Seeing the world through the fresh eyes of a ten year old never fails to give me a renewed perspective on life.

9. What is your advice to a young neuroscientist?

Align your pursuits with your hobbies. Choose an area of research that makes you tick - something that you'll feel excited doing day after day. For a few years of your life, your career will be your life companion; choose your companion wisely. Explore our existing knowledge but never take anything for granted. Find your groove and dig deep there - in, challenging every dogma and pushing the envelope of discovery to its bounds.

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Our lives are dedicated to yours

ANNOUNCEMENT

The second AHNI symposium:
**From Bench to Clinical Delivery: The Latest
Development in Treatment of Depression**

Date: To be announced later.

Preliminary Program

The National Network for Depression Centers
and how to optimize treatment for depression

Animal models of depression

Functional genetics of mood disorders

Antidepressant drugs: what matters
in Pharmacodynamics

Targeting glutamate to treat depression

Do treatment algorithms for
depression work?

- CANMAT: The Canadian experience with treatment algorithms
- Electroconvulsive therapy: current and future practices
- A critical review of Deep Brain Stimulation in depression: What should be done next?

Name:

Address

Registration

For more information contact the CME office
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