

Call **ERASMUS+** Blended Intensive Program on **COGNITIVE DISORDERS**

HERAKLION, CRETE – GREECE
VALENCIA – SPAIN
ISTANBUL – TURKEY
COIMBRA – PORTUGAL

For Medical Students
(4th – 6th year), 4 ECTS

Online component
April – May 2025

Physical component
May 5–9, 2025
Heraklion, Crete, Greece

Academic Coordinator
Ioannis Zaganas
Associate Professor of Neurology

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BIP on cognitive disorders

Tentative Lecture Program for the physical component (Room 7A0.2, Medical School, University of Crete)

Date	Title	Presenter
Monday May 5th		
9:00-10:00	Introduction to the physical component	I. Zaganas (Crete)
10:00-11:00	Alzheimer's Disease / Lewy body dementia / Frontotemporal dementia overview	I. Zaganas (Crete)
11:00-12:00	Neuropsychological evaluation, cognitive training	E. Papastefanakis / P. Simos (Crete)
12:00-13:00	The role of primary/family care in dementia	I. Tsiligianni (Crete)
13:00-14:00	Screening for MCI and Dementia in PC	S. Parkan (Istanbul)
14:00-15:00	Frailty and its relation to dementia in the elderly	S. Panagiotakis
20:00-...	Welcome Dinner at a traditional restaurant in Heraklion	All (Faculty / students)
Tuesday May 6th		
09:00-12:00	Visit to facilities	-
12:00-13:00	Neuroimaging in dementia	E. Papadaki (Crete)
13:00-14:00	Nuclear medicine in dementia	S. Koukouraki (Crete)
14:00-15:00	Blood and CSF biomarkers in neurodegenerative diseases	I. Baldeiras (Coimbra)
Wednesday May 7th		
09:00-12:00	Visit to facilities	-
12:00-13:00	Stress and the Etiopathogenesis of Alzheimer's Disease and Depression	I. Sotiropoulos (Athens)
13:00-14:00	Research on dementia pathophysiology	I. Charalampopoulos (Crete)
14:00-15:00	Neuromodulation / Transcranial magnetic stimulation in Cognitive disorders	J. M. Tormos (Valencia)
Thursday May 8th		
09:00-10:00	Hippocampal neurogenesis and neuroinflammation	J. Malva (Coimbra)
10:00-11:00	The role of sleep in cognitive disorders	J. Puertas (Valencia)
11:00-12:00	Vascular Dementia	E. Acar (Istanbul)
12:00-13:00	Historical Aspects	G. Tsoukalas (Crete)
13:00-.....	Excursion to Spinalonga / Dinner at or near Agios Nikolaos	All (Faculty / students)
Friday May 9th		

09:00-12:00	Visit to facilities	
12:00-13:00	Dementia: an overview	N. Scarmeas (Athens)
13:00-14:00	Final test, evaluation, farewell	I. Zaganas (Crete)

Visit to facilities (9:00-12:00 on Tuesday, Thursday, Friday)

Place	Contact person
Alzheimer's Day Center "Nefeli"	M. Basta
Day Center for Alzheimer (Association Alilegii, Heraklion Poros)	A. Zampetakis
Museum of Medicine	I. Tsiaousis
Nuclear Medicine (PET Scanner)	S. Koukouraki
Primary Care Facilities (Heraklion)	I. Tsiligianni
Regenerative Pharmacology Laboratory	I. Charalampopoulos

Lecture Program for the online component (zoom, Tuesdays 5-7 PM Istanbul, 4-6 PM Crete, 3-5 PM Valencia, 2-4 PM Coimbra)

Date	Time (Crete)	Title	Presenter
April 1st	4-6 PM	Dementia basics: What should a medical student know about dementia	I. Zaganas (Crete)
April 8th	4-5 PM 5-6 PM	Cardio-renal-metabolic disease cluster as a driver for cognitive dysfunction From Cellular and Molecular Pathways to Dementia	P. Topsever (Istanbul) C. Oliveira (Coimbra)
April 29th	4-5 PM 5-6 PM	Cognitive impairment in comorbidities The role of social support for the prevention of cognitive dysfunction	J. Puertas (Valencia) D. Dinç (Istanbul)
May 5th – 9th		Physical component	
May 13th	4-5 PM 5-6 PM	Cognitive dysfunction in sleep disorders Presentations based on experiences from the BIP	M. Aksu (Istanbul) Students from Istanbul
May 20th	4-5 PM 5-6 PM	Future of EEG in cognitive disorders diagnosis Presentations based on experiences from the BIP	J. Puertas (Valencia) Students from Valencia
May 27th	4-5 PM 5-6 PM	Cognitive Disorders: Advanced Diagnosis and Health Care Presentations based on experiences from the BIP	I. Santana (Coimbra) Students from Coimbra
June 3rd	4-5 PM 5-6 PM	Presentations based on experiences from the BIP Closing remarks	Students from Crete I. Zaganas (Crete)

Zoom link: <https://us02web.zoom.us/j/83841822213?pwd=PfidfHC9rlivFHBqKjhqj1rTaMjuul.1>

Meeting ID: 838 4182 2213

Passcode: 888188

Faculty

University of Crete, Greece

Basta Maria, Professor of Psychiatry
Charalampopoulos Ioannis, Professor of Pharmacology
Koukouraki Sophia, Professor of Nuclear Medicine
Panagiotakis Simeon, Geriatrician
Papadaki Efrosini, Associate Professor of Neuroradiology
Papastefanakis Emmanouil, Neuropsychologist
Simos Panayiotis, Professor of Neuropsychology
Tsiaousis Ioannis, Professor of Anatomy, Director of Museum of Medicine
Tsiligianni Ioanna, Professor of Family Medicine
Tsoukalas Grigorios, Professor of History of Medicine
Zaganas Ioannis, Associate Professor of Neurology
Zampetakis Alexandros, PhD Candidate

University of Athens, Greece

Scarmeas Nikolaos, Professor of Neurology

Johns Hopkins, USA

Lyketsos Konstantinos, Professor of Psychiatry

Research Center Democritus, Athens, Greece

Sotiropoulos Ioannis, Researcher

University of Coimbra, Portugal

Oliveira Catarina, Professor, Institute of Biochemistry (Emeritus Professor), Faculty of Medicine
Baldeiras Inês, Faculty of Medicine and Dementia Clinics, Department of Neurology (Director), University of Coimbra Hospital
Malva João, Institute of Pharmacology and Experimental Therapeutics (Director), Faculty of Medicine
Santana Isabel, Dementia Clinics, Department of Neurology (Director), University of Coimbra Hospital

University of Valencia, Spain

Tormos Jose, Associate Professor of Physiology
Puertas Javier, Associate Professor of Physiology

Acibadem University, Istanbul, Turkey

Acar Erkan, Assistant Professor, Department of Neurology
Parkan Şirin, Lecturer, Department of Family Medicine
Murat Aksu, Professor, Department Chair Neurology
Pınar Topsever, Professor, Department Chair Family Medicine
Demet Dinç, Lecturer, Department of Family Medicine

Information about the University of Crete and traveling/living in Crete:

<https://welcome.uoc.gr/>

https://welcome.uoc.gr/visiting_guide/

<https://welcome.uoc.gr/living-in-crete/>

<https://welcome.uoc.gr/student-life/>

Meals:

- participants can purchase lunch at the Medical School cafeteria at a very affordable price (approximately 2-2.5 euros per meal)
- we will be providing snacks and refreshments throughout the BIP program
- there will be a welcome dinner on day 1 in traditional Cretan restaurant and a dinner at/or near Agios Nikolaos following the excursion to Spinalonga