

BELGIAN BRAIN COUNCIL



IN THIS EDITION

A message by
Pascal Lecomte

Covid Long BBC
Webinar

BBC and Erasmus+

ADHD Program

A MESSAGE FROM PASCAL LECOMTE, A 24- YEAR-OLD STROKE VICTIM (CEREBROVASCULAR ACCIDENT)

In 1992, there were no smartphones, no internet, no stroke-unit. I could not be taken to a hospital until long after my fall in the woods. My case was sealed, my arteries clogged but so glad to be alive. I had had a stroke! I didn't know what it was. I was a sportsman, in fact, it was during a running training session that this cerebral infarction occurred. 30 years later, the aftermath of the stroke and I are inseparable. It's a one-way love story (smiles). Today, I have the after-effects of a paralysis on my right side, difficulties with speech and finding the right words, memory *and*

balance problems, slowed down writing, problems with expression, intense fatigue and huge invisible problems such as, for example, being disturbed every night by spasms, muscle pains, cramps and so on.

Today, after his journey through the desert, Pascal can tell us that there is a magic word, in English, to describe the attitude to adopt when faced with a stroke.

This word is "FAST", because every minute counts as soon as the accident occurs.

With "F" for "face", if you see a movement problem in the face, ask the victim to smile and check if a corner of his mouth is hanging down.

With "A" for "arms", ask the person to stretch both arms forward and check if they rise at the same time. "S" is for 'speech', check if the person has difficulty expressing

themselves, and 'T' is for 'time', because the reaction time is extremely short and you need to dial 112 directly to call for help.

If you want to know more and benefit from his experience, Pascal has created an association: Stroke & Go (www.stroke-go.be). Contact him at Stroke-Go@outlook.be



COVID LONG BBC WEBINAR

LISTENED TO ONLINE ON 11 SEPTEMBER BY 159 PEOPLE
VIEWED ON UTUBE 360 TIMES
BETWEEN 16 SEPTEMBER AND 13 OCTOBER



Speakers spoke at the following times:



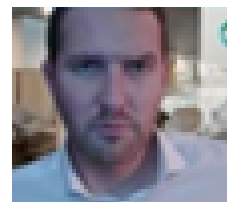
Patrice Boyer
(EBC)
5:30 - 10:58



Fabienne Glowacz
(Uliège)
13:06 - 19:28



Marie-Anne Vanderhasselt
(UGent)
20:20 - 28:07



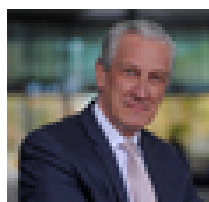
Brieuc Van Damme
(INAMI)
29:30 - 41:04



Sabine Corachan
(LUSS)
49:04 - 53:45



Eline Bruneel
(VPP)
58:32 - 1:03:23



Paul Boon
(UGent)
1:08:51 - 1:18:13



Paul Verbanck
(ULB)
1:21:01 - 1:27:27

Video of patients Françoise Malvaux (45:19 - 48:04) and Luc Swenters (54:43 - 57:44)



The organisers:
Vanessa Costanzo &
Roland Pochet

Two questions for readers:

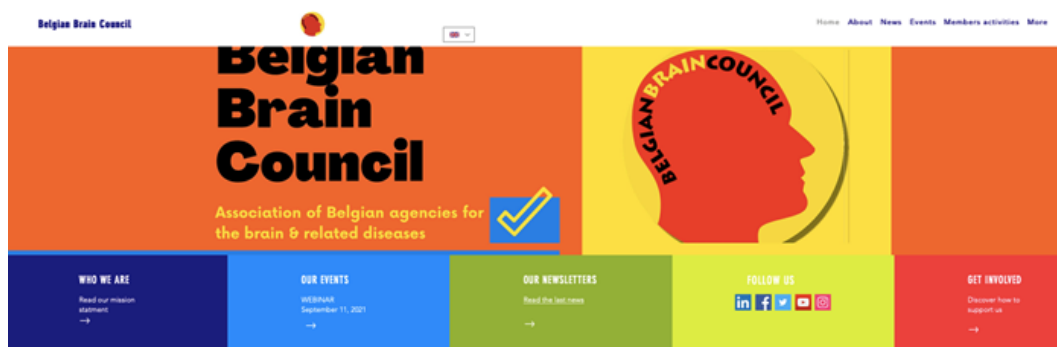
1. Would you like the BBC to organise a new webinar on the same subject in September 2022?
YES/NO
2. To support this action, would you be willing to become an individual member for 2022 (30€)?
YES/NO.

Send the answer to pochet.roland@ulb.be

The BBC is on the following social networks:



BBC website



Since its launch in July, the site has been visited 601 times, 79% of them in Belgium in 186 cities, the remaining 21% from 22 other countries.

Sessions sur le site
601 + 6578%

Visiteurs uniques
359 + 4388%

Durée moy. de session
3 min ↓ 63%

Sessions au fil du temps



BECOME A MEMBER
DEVENEZ MEMBRE
LID WORDEN
30€ at BE87 7512 0194 0094 with name + email

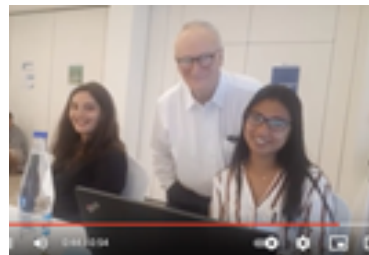
BBC and Erasmus + Share4Brain Programme



3rd meeting in Athens.

Monika Hoang and Valentina Di Micco, BBC trainees, and Roland Pochet attended. A highlight was the presentation by Iracema Leroi from Trinity College Dublin of the definition of Brain Health. ¹

On this occasion, Monika Hoang prepared a 54-second video for ErasmusDay:



Click here

ADHD Programme

The 4th and final meeting of the programme was held in Nicosia on 7 and 8 of October in a hybrid format (face-to-face and online). The BBC, one of the 4 partners of the programme, was present in Cyprus represented by Lia Le Roi, member of the Executive Committee and Marina Bassas, an EU4EU trainee at the BBC. The host, Prof. Maria Gravani, welcomed the guests at the Open University of Cyprus. Among the many speakers were Dr. Stylaini Spyridi on the situation of ADHD adults in Cyprus, Dr. Simoni Symeonidou on inclusive education and the challenges ahead. Hans van de Velde presented the relationship between ADHD employees and their employers. The meeting was described as high quality and very informative. .

Other news

- On 22 August, Roland Pochet participated as a speaker at the 26th WEBINAR of the UNESCO Chair in Bioethics on the topic: 'Volunteers and Volunteer Organisation, the COVID pandemic and Ethical Issues'.
- At the Francophone Migraine Summit on 11 September, our founding President, Professor Jean Schoenen, gave a one-hour presentation on the mechanisms of migraine. The 1h and 37 minutes video is available on our [website](#).

¹ <https://pubmed.ncbi.nlm.nih.gov/34131954/>



News from our members

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Pascal Lecomte founded the BBC-supported association in 2019



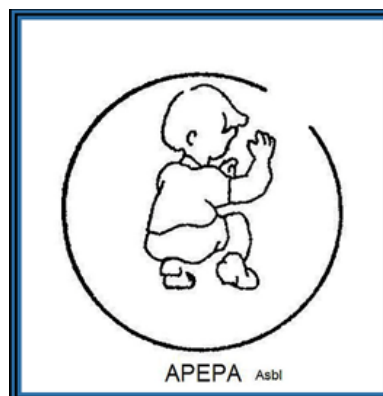
Route de Mont-Gauthier 8
5560 Ciergnon

N° d'entreprise (BCE) : BE0740.468.504

Bank account : BE90 0018 8388 8732

Email : Stroke-Go@outlook.be
www.stroke-go.be

APEPA launches a CAP48 crowdfunding in order to be even better equipped to help the 35,000 French-speaking autistic people in our country. More info [here](#).



Composition of the Executive Committee for the period 2021-2022

President: **Professor Laurence RIS**

Secretary General: **Professor Roland Pochet**

Vice-Presidents: **Professor Chris Bervoets, Dr Gianni Franco, Baron Charles van der Straten-Waillet**

Treasurer: **Baron Charles van der Straten-Waillet**

Secretary: **Mrs Lia Le Roy**

Honorary Presidents: **Jean Schoenen, Rufin Vogels, Dirk Van Roost, Philippe Lenders**

Dates to remember

**Friday,
19 November**

BASS Autumn
meeting with
award (2.000€)

**Saturday,
4 December**

BPS
congress

**Saturday,
4 December**

BPS Autumn
Meeting on Back
Pain

14-20 March

Brain Awareness
WEEK

