

Polemic and innovative topics discussed in Cuban medical congresses



From left to right: psychologist Alberto Cobian Mena, endocrinologist Silvia Turcio Tristán, and urologist Tania González León.

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• HAVANA recently hosted several medical conferences, providing spaces to discuss psychology in the health sector, urological and endocrinological diseases, and promote the exchange of knowledge about scientific developments in these specialties.

The Health Psychology event (Psicosalud 2017) was held from November 1-3 in Havana's International Conference Center and addressed issues such as: well-being and quality of life; family health; psychotherapeutic models; maternal, child and adolescent health; psycho-oncology, and human resources training, among others.

Dr. Alberto Cobian Mena, president of the Cuban Health Psychology Society explained to Granma International that the main themes of the event responded to the current situation and the dynamism of scientific knowledge. In addition, theoretical and methodological aspects of this branch of knowledge inside and outside of Cuba were debated, noting the role of several leading countries in the discipline.

Regarding this academic exchange, Cobian, who is also a senior and emeritus professor of the University of Santiago de Cuba, noted that positive psychology should be used to empower and promote optimism in patients, as loving, hopeful and determined thoughts can benefit the immune system and help prevent illness.

"Our great social aspiration is to have a healthy society, for that we must eliminate the hostility, the aggressiveness, the violence between individuals.

"In this context, where society is in crisis due to many anti-values present in today's world, because selfishness,

commercialism, looting and impudence predominate, it takes a lot of psychological intervention for people to find harmony," explained Cobian, a specialist in therapeutic hypnosis and psychoneuroimmunology.

Meanwhile, the 9th edition of Endocrinología 2017 was held November 8-10, to discuss immunology, genetics and endocrinology, diabetes mellitus, thyroid diseases, obesity, pituitary gland disorders, metabolic disorders and other issues; alongside the 3rd Congress on reproductive health in diabetic women, Seredia 2017.

In this regard, Dr. Silvia Turcio Tristán, a secondary level endocrinology specialist and professor and assistant researcher, stressed that the event aimed to discuss the most important issues in this medical field, and integrate the knowledge of different medical institutions, taking as a starting point the encouraging results obtained in recent years.

The president of the Cuban Endocrinology Society noted: "Today we are putting together the national registry of type 1 diabetic patients, to have accurate data on the prevalence of the disease within society. We currently estimate around one million patients with diabetes, of which we have only accounted for about 700,000. Hence assuming this control involves diagnosing one hundred percent of the population suffering from the disease including those who do not know that they are sick."

She also referred to thyroid gland diseases and those that cause infertility, topics discussed in scientific sessions held at the municipal and provincial levels, which due to their importance deserve to be addressed in a larger event to promote uniformity in their treatment based on global experiences.

With similar criteria, November 6-9 saw the 21st session of the Urology Congress, which brought together world experts dedicated to promoting the health and quality of life of patients with genitourinary tract disorders. The discussion space also served to hold the 3rd Pediatric Urology Event; the 5th Ibero-American Encounter on Endourology, Shock Wave and Laparoscopic Surgery in Urology, and the 3rd International Event on Urological Nursing. Also running in parallel was the New York Section of the American Urological Association (AUA) Annual Meeting.

Speaking prior to the event, D.Sc. Tania González León, senior professor and researcher, pointed out that morning sessions would feature keynote speeches, while the afternoons would see academic discussions in different commissions. "Cuba will present innovative experiences in the use of lasers for the treatment of kidney diseases. We will discuss traditional and laparoscopic surgeries to remove malignant lesions, on the basis of preserving renal function in the patient, avoiding future dialysis or kidney transplantation."

Members of the Cuban Urology Society decided to dedicate a keynote lecture to the life and work of Dr. Joaquín Albarrán, a Cuban urologist who made important contributions to the field. They also wanted to highlight the work of each hospital with services in the specialty, and provided electronic posters with information on developments throughout the country.

The purpose of these different events is to provide attendees with a space to develop a broad exchange of ideas on methodological, theoretical and practical aspects in each specific discipline, and their links with other human health specialties and fields of knowledge. •

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