Medical University of Bialystok

authorities • history • didactic activities • research activities and international cooperation • University Library • Medical University journals and magazines • University clinical hospitals • Erasmus • students • Bialystok and the region
Dear All,

Medical University of Bialystok is a renowned, dynamically expanding institution of higher education, distinguished among Polish academic centers. In July 2012, in the first edition of a contest announced by the Polish Ministry of Higher Education, the Centre for Innovative Research of the Medical University of Bialystok was awarded the status of the Leading National Research Centre 2012-2017 (Krajowy Naukowy Ośrodek Wiodący-KNOW). This prestigious award was granted to only 5 other research centers in Poland. Every year, the University places high in nationwide university rankings. In 2011, the Medical University of Bialystok received two prestigious awards from Rzeczpospolita daily newspaper and Perspektywy publishing house: university with the highest scientific efficiency (rated as number one in Poland) and “Kuźnia Kadr 2011” (title awarded to the institution of higher education ‘breeding’ the best young professionals).

For over 60 years now the University has trained professional medical staff. There are nearly 4700 students at 14 courses of study, and 274 of them study in English.

Here at the University, we continually reinforce the advancement of our research and academic staff through numerous scholarships, training programs, internships and study visits to the best research and academic centers around the world as well as through expert lectures given by visiting professors. As a result of an efficient implementation of science policy, all three faculties of the Medical University of Bialystok received category “A”, granted by the Ministry of Science and Higher Education to the universities with the highest research potential.

We unceasingly invest in improving our academic and research facilities. In October 2011, two new centers were opened for academic use: The Euroregional Center of Pharmacy, and The Academic and Research Center of the Faculty of Health Sciences. In 2016, we expect to finish the expansion and modernization of the University’s Clinical Hospital, which serves as the main academic and research base to our University.

We consider international cooperation essential for our University. Currently, we cooperate with 21 foreign academic and research centers.

The seat of the Medical University of Bialystok is in the 18th century Branicki Palace, located in the city center. It is surrounded by the University’s academic facilities, two clinical hospitals, dormitories and sports facilities.

It is noteworthy, that the Medical University of Bialystok is situated in a region of outstanding tourist attractions. The region of Podlasie is home to various nationalities, languages, religions, traditions and cuisines. It is also an area exceptional for its nature, as there are four national parks, three landscape parks and almost 90 nature reserves, which together form the area known as the Green Lungs of Poland.

You are always welcome to visit the region of Podlasie and join us at the Medical University of Bialystok.


Professor Jacek Nikliński, MD, PhD
Rector, Medical University of Bialystok
MEDICAL UNIVERSITY OF BIALYSTOK
AUTHORITIES 2012-2016

RECTOR AND VICE RectORS

Professor Jacek Nikliński MD, PhD
Rector

Professor Adrian Chabowski MD, PhD
Vice Rector for Student Affairs

Professor Adam Jacek Krętowski MD, PhD
Vice Rector for Scientific Affairs

Professor Zenon Dionizy Mariak MD, PhD
Vice Rector for Clinical Affairs

DEAN AND ASSOCIATE DEANS OF FACULTY OF MEDICINE WITH DIVISION OF DENTISTRY AND DIVISION OF MEDICAL EDUCATION IN ENGLISH

Professor Irina Kowalska MD, PhD
Dean of Faculty of Medicine

Professor Dariusz Marek Lebenschtejn MD, PhD
Associate Dean for Student Affairs

Assoc. Professor Anna Małgorzata Kierklo MD, PhD
Associate Dean

Assoc. Professor Karol Adam Kamiński MD, PhD
Associate Dean

DEAN AND ASSOCIATE DEANS OF FACULTY OF HEALTH SCIENCES

Professor Sławomir Jerzy Terlikowski MD, PhD
Dean

Professor Elżbieta Krajewska-Kułak MD, PhD
Associate Dean for Student Affairs

Professor Jerzy Robert Ładny MD, PhD
Associate Dean

Professor Elżbieta Maciorkowska MD, PhD
Associate Dean

DEAN AND ASSOCIATE DEANS OF FACULTY OF PHARMACY WITH THE DIVISION OF LABORATORY MEDICINE

Professor Elżbieta Skrzylewska, PhD
Dean of Faculty of Pharmacy

Professor Jerzy Aleksander Pałka, PhD
Associate Dean for Student Affairs

Professor Lech Czesław Chrostek MD, PhD
Associate Dean

Assoc. Professor Hanna Kozłowska MD, PhD
Associate Dean
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foreword by the Rector</td>
<td>1</td>
</tr>
<tr>
<td>Authorities</td>
<td>2</td>
</tr>
<tr>
<td>History</td>
<td>4</td>
</tr>
<tr>
<td>Campus map</td>
<td>6</td>
</tr>
<tr>
<td>Didactic Activities</td>
<td></td>
</tr>
<tr>
<td>Faculty of Medicine with the Division of Dentistry and Division of Medical Education in English</td>
<td>7</td>
</tr>
<tr>
<td>Faculty of Pharmacy with the Division of Laboratory Medicine</td>
<td>10</td>
</tr>
<tr>
<td>Faculty of Health Sciences</td>
<td>13</td>
</tr>
<tr>
<td>Research Activities and International Cooperation</td>
<td>16</td>
</tr>
<tr>
<td>University Library</td>
<td>21</td>
</tr>
<tr>
<td>University Journals and Magazines</td>
<td>22</td>
</tr>
<tr>
<td>Clinical Activities</td>
<td></td>
</tr>
<tr>
<td>Medical University of Bialystok Clinical Hospital</td>
<td>23</td>
</tr>
<tr>
<td>Medical University of Bialystok Children’s Clinical Hospital</td>
<td>26</td>
</tr>
<tr>
<td>Erasmus</td>
<td>28</td>
</tr>
<tr>
<td>Student Activities</td>
<td>29</td>
</tr>
<tr>
<td>Bialystok and the region</td>
<td>33</td>
</tr>
</tbody>
</table>
The history of the Medical University of Bialystok is a continuation of the 18th century tradition of practising medicine and public health care in Bialystok. At that time, a palace midwifery school was functioning in Bialystok, and it was later transformed into an Institute of Obstetrics (one of only a few in the entire country) – established by Dr. Jakub Michelis in the 19th century. Within the Institute, there was a clinic functioning as a health center and a teaching facility. The University was officially founded in 1950 as the tenth Doctors Academy in Poland and it was soon renamed Medical Academy. Branicki Palace became the main seat of the newly established institution. The first Rector of the Medical Academy of Bialystok, Tadeusz Kielanowski, was a member of the Lviv community. Many among the academic teachers were pre-war professors and graduates of universities in Vilnius, Cracow, Poznan, Warsaw and Lublin. 168 students began their studies at the Faculty of Medicine. The majority of theoretical departments were located in a building adjacent to the palace, now Collegium Primum, formerly Teachers Training College. The buildings that were granted to the University were destroyed in 1944 and their reconstruction began after the war. When the Medical Academy was founded, even the professors and students helped rebuild and renovate the damaged buildings. Hospitals that were at that time in operation in Bialystok and which survived the war became the clinical base of the new University.
In 1951, the University obtained the right to confer the Doctor of Medical Sciences degree. In 1955, first students graduated from the Faculty of Medicine and were awarded the titles of Medical Doctor. In the same year, the first issue of a scientific journal *Roczniki Akademii Medycznej w Białymstoku* was published and it continues to be published under a changed title *Advances in Medical Sciences*.

The first ten years of the Medical Academy ended with a considerable success, as in 1960, for the first time, three graduates of the Faculty of Medicine were awarded a scientific degree of the Doctor of Medical Sciences. A year later, the first procedures of granting postdoctoral degrees were completed. In 1962, the State Teaching Hospital of the Medical Academy of Białystok was opened. Initially, the Medical Academy offered only one faculty of study – the Faculty of Medicine, but in 1969, the University’s academic scope expanded by creating the Division of Dentistry. Eight years later the second faculty was established, namely the Faculty of Pharmacy with the Division of Medical Analytics (currently the Faculty of Pharmacy with the Division of Laboratory Medicine).

In 1987, the first child conceived through in-vitro fertilization in Poland was born in the Institute of Obstetrics and Gynecology. In the following year, the Children’s Clinical Hospital began admitting patients. The first kidney transplant in Białystok was performed in 1989.

In 1999, the Collegium Novum was opened and a Division of Nursing was created at the Faculty of Medicine. In 2003, this division was transformed into the Faculty of Nursing and Health Care (currently the Faculty of Health Sciences).

Many new departments, clinics and laboratories were created in the following years.

At the beginning of the academic year 2011-2012, two new buildings for academic and research purposes were opened: The Euroregional Pharmacy Center, and The Academic and Research Center of the Faculty of Health Sciences.

The year 2008 was a milestone year for the University, as the act of renaming the Medical Academy of Białystok to the Medical University of Białystok became effective on 22nd March. The new status of a University is a response to the challenges of the modern times and it accurately reflects the nature of education and the level of conducted research.
1. Branicki Palace - the seat of Medical University of Bialystok
2. University Library
3. Office for Science and International Cooperation
4. Dean’s Office of the Faculty of Medicine with the Division of Dentistry and Division of Medical Education in English
5. Student Affairs Office
6. Museum of the History of Medicine and Pharmacy
7. 8, 10, 12, 13 Didactic buildings
8. Euroregional Pharmacy Center
9. 11, 18, Dormitories
10. Medical University of Bialystok Clinical Hospital
11. Medical University of Bialystok Children’s Clinical Hospital
12. Sports Center
13. The Academic and Research Center of the Faculty of Health Sciences.
The Faculty of Medicine of the Medical University of Bialystok is the faculty with the longest tradition. It was established along with the creation of the Doctors Academy in Bialystok on 3rd February 1950, by virtue of the Council of Ministers regulation. In 1969, the University’s academic scope expanded by creating the Division of Dentistry. Over the course of the next few years the educational offer was expanded and the faculty’s academic and research base was improved. In 1999, the Division of Nursing was established at the Faculty of Medicine and four years later it was transformed into the Faculty of Nursing and Health Care.

A 6-Year English - Language MD Program was inaugurated in 2004, and in the academic year 2009-2010 a new course in Dental Technology was made available to the students. Currently, among the teaching staff, there are 80 professors, 58 habilitated doctors, and 309 academic teachers.

The Faculty is entitled to confer PhD degrees, as well as the habilitated doctor degrees, in the fields of medicine, medical biology, and dentistry.
The Faculty of Medicine with the Division of Dentistry and the Division of Medical Education in English offers the following courses of study:

- Medicine (long-cycle programme, full-time or extramural studies)
- Dentistry (long-cycle programme, full-time or extramural studies)
- Medicine in English (long-cycle programme, full-time studies)
- Dental Technology (I degree, full-time studies)
- PhD Studies (full-time studies)

The academic, research, diagnostic and therapeutic programs at this Faculty are executed by 66 departments, 2 study centers, and 1 independent laboratory. Currently, there are 1862 students and 14241 graduates of the Faculty.
In the academic year 2004-2005, the Faculty admitted the first group of 24 students to the 6-Year English – Language MD Program. Currently, there are over 271 students, mainly from Scandinavia, but also from Canada and the U.S. The English Division students benefit, both, from theoretical knowledge as well as practical experience of the academic staff. The teachers strive to provide the students with optimal conditions for studying and working, all in a friendly atmosphere and with the emphasis on the ethical principles. During its 8-year history, the English Division has granted medical doctor diplomas to two classes of graduates.

English-speaking students participate in the annual all-Poland Anatomical Knowledge Competition called *Golden Scapula* and they achieve very good results (twice an individual and team winner, multiple second and third places and other awards).

Additionally, many English Division students represent the University in various disciplines in sports contests. The international community of English-speaking students is very active. They organize football tournaments, celebrate their national holidays and integrate very well into the local community.
FACULTY OF PHARMACY WITH THE DIVISION OF LABORATORY MEDICINE

Dean:
Professor Elżbieta Skrzydlewska, PhD
Mickiewicza 2D
15-222 Białystok, Poland
tel. +48 85 748 54 31
fax +48 85 748 54 88
e-mail: dziekfar@umb.edu.pl

10 didactic activities
The Faculty of Pharmacy with the Division of Laboratory Medicine was established at the Medical Academy of Bialystok on 1st July 1977 by the decision of the Ministry of Health and Welfare. In 2001, it was renamed the Faculty of Pharmacy with the Division of Laboratory Medicine.

Currently, the Faculty consists of 24 departments and 5 independent laboratories, with over 120 academic teachers, including 22 professors and 21 habilitated doctors. The Faculty is located in modern buildings with laboratories equipped to a high technological standard and used for academic and research purposes.

The Faculty offers the following courses of study:

- Laboratory Medicine (long-cycle programme studies, full-time and extramural studies)
- Pharmacy (long-cycle programme studies, full-time and extramural studies)
- Cosmetology (I degree and II degree, full-time and extramural studies).

The Faculty also offers a PhD course and postgraduate training for pharmacists and laboratory diagnosticians within the Faculty’s Postgraduate Study Center. Programs for the Laboratory Medicine course and Pharmacy course have been approved by the State Accreditation Committee.

Until 30th June 2012, diplomas were awarded to 1334 laboratory diagnosticians, 1119 pharmacists and 25 cosmetologists. At present, 1170 students study at the Faculty of Pharmacy.

The Faculty of Pharmacy with the Division of Laboratory Medicine is authorized to confer PhD degrees in medical biology and pharmaceutical studies.
Among the staff of the Faculty of Pharmacy with the Division of Laboratory Medicine, 139 were awarded a PhD degree, 53 received a habilitated doctor degree and 33 the title of professor.

The Faculty of Pharmacy conducts scientific research in cooperation with many national and international research centers. Among others, the research involves finding new natural and synthetic drugs, analyzing drug activity and mechanism of action, drug toxicity, pharmacokinetic and pharmacodynamic profile, and technology of drug dosage forms. Furthermore, the Faculty deals with the evaluation of the pathomechanisms of neoplastic, inflammatory, and metabolic diseases, as well as with determination of their markers.
FACULTY OF HEALTH SCIENCES

Dean:
Professor Sławomir Jerzy Terlikowski MD, PhD
Szpitalna 37
15-295 Bialystok, Poland
tel. +48 85 748 55 11
fax +48 85 748 54 92
e-mail: pieleg@umb.edu.pl
The Faculty of Health Sciences of the Medical University of Bialystok is the newest faculty and was created in 1999. In the beginning, it functioned as a Division of Nursing at the Faculty of Medicine, offering Master's Degree extramural studies in the field of nursing. In 2000, full-time Bachelor's Degree studies were made available to students, providing education in the fields of nursing and physiotherapy and a specialization in dietetics. In 2002, two additional programs were added, namely, a course in obstetrics and a public health specialization. In 2003, the Senate of the Medical University of Bialystok passed a resolution forming the Faculty of Nursing and Health Care. On 27th March 2008, the name of the faculty was changed to the Faculty of Health Sciences.

The Faculty of Health Sciences of the Medical University of Bialystok takes pride in its highly qualified academic staff, well-organized structure and facilities, all ensuring the implementation of a modern educational and scientific program. The Faculty employs 179 academic teachers, including 19 professors and 19 habilitated doctors.

At present, the Faculty consists of 18 departments, 7 clinics, 2 independent laboratories and 1 study center. The departments provide training to Public Health students, as well as doctors, dentists, nurses, midwives, electroradiologists, dieticians, physiotherapists, medical rescue workers, speech therapists and phonoaudiologists.

In October 2011, a newly built, modern Academic and Research Center of the Faculty of Health Sciences was opened and the majority of the Faculty’s facilities are now located within its premises. The Faculty of Health Sciences is entitled to confer the academic degrees of the doctor of medical sciences, and habilitated doctor of medical sciences in the fields of medicine and health science.
Every year, the Faculty of Health Sciences expands its educational offer. In 2007 and 2009, two new courses were made available to students, namely, Electroradiology and Speech Therapy with Phonoaudiology, respectively.

Currently, there are 8 courses of study at the Faculty of Health Sciences, including two unique ones:

- Dietetics (I and II degree full-time studies),
- Electroradiology – unique course (I degree full-time studies, II degree full-time or extramural studies),
- Physiotherapy (I degree full-time studies, II degree full-time or extramural studies),
- Speech Therapy with Phonoaudiology - unique course (I and II degree full-time studies),
- Nursing (I degree full-time studies, II degree full-time or extramural studies),
- Obstetrics (I and II degree full-time studies),
- Emergency Medicine (I degree full-time studies),
- Public Health (I degree full-time studies, II degree full-time or extramural studies).

Currently, there are 1766 students and over 4000 graduates of the Faculty.

The Faculty of Health Sciences is the editor and publisher of a scientific journal published in English, *Progress in Health Sciences*. Additionally, the Faculty runs a Volunteer Center, which annually prepares several community and charity events promoting health-oriented lifestyle.

In 2011, the Faculty was awarded the title of *The Most Active Company* for organizing an *Entrepreneurship Day 2010* for secondary school students. The aim of the event was to prepare young people to consciously choose their education and career paths.
OFFICE FOR SCIENCE AND INTERNATIONAL COOPERATION

Vice Rector for Scientific Affairs:
Professor Adam Jacek Kętowski MD, PhD
Jana Kilinskiego 1
15-295 Bialystok, Poland
tel. +48 85 748 54 12
fax +48 85 748 54 90
e-mail: dzialnau@umb.edu.pl

RESEARCH ACTIVITIES AND INTERNATIONAL COOPERATION

Q-TOF LC-MS System, Division of Inorganic and Analytical Chemistry

Nano HPLC and LC-MS sets, Division of Inorganic and Analytical Chemistry

Laser microdissection,
Division of Medical Pathomorphology
The Medical University of Bialystok through consistent and efficient implementation of the science policy provided the means for the Centre for Innovative Research to receive the status of the Leading National Research Centre 2012-2017 (Krajowy Naukowy Ośrodek Wiodący-KNOW) in the field of medical and health sciences, which is a prestigious award granted by the Polish Ministry of Science and Higher Education. Additionally, year after year the University succeeds in acquiring the highest scores in the national ratings for all three of its Faculties and in receiving the category “A”, granted by the Ministry of Science and Higher Education to the universities with the highest research potential.

As a result of cooperation between the departments of fundamental and clinical science, intensive research studies are conducted on the pathomechanisms of civilization diseases including cancer, cardiovascular diseases, diabetes and obesity. The research is also focused on finding new innovative diagnostic and therapeutic methods, employing the results of research on potential molecular targets for pharmacotherapy, molecular modeling as well as synthesis and pharmacokinetic analysis of potential drugs. This is accompanied by the studies in the field of practical medicine, aimed at improving the quality of life of patients and members of the aging society.

The scientific research at the Medical University of Bialystok is conducted using the most advanced 21st century technologies, including: genomic techniques, tissue expression analysis, chromatography techniques (LC-MS, GC-MS, ICP-MS), cellular imaging and many other. The research adds to the knowledge we already have in the fields of molecular biology, biochemical diagnostics, genomics, transcriptomics, metabolomics, pharmaceutical analysis and medicine.
The University continuously gains financial support for its research projects from the EU Framework Programs and from the EU structural funds.

The academic staff are constantly working on improving their scientific records. Within the last ten years, the number of articles they published in the journals indexed in Thomson Scientific Journal List and the value of their IF, doubled.

The University offers modern facilities to conduct scientific research: Center for Experimental Medicine, Euroregional Pharmacy Center and Innovative Research Center.

The Center for Experimental Medicine of the Medical University of Bialystok is one of Europe’s most advanced facilities conducting experimental research and breeding laboratory animals. The Euroregional Pharmacy Center, being a highly specialized pharmaceutical and analytical research facility, introduces innovative research techniques into everyday scientific work. The Innovative Research Center ensures the cooperation within the interdisciplinary scientific team, whose scope of interest comprises searching for innovative diagnostic and therapeutic methods, particularly the methods of effective pharmacotherapy.

Among all 748 academic teachers, 121 are professors and 98 are habilitated doctors. This ratio is one of the highest among all Polish universities.

The advancement of the research and academic staff is continually reinforced through numerous scholarships, training programs, internships and study visits to the best research and academic centers around the world.
The staff members raise their competences by participating in English courses and in biostatistics and bioinformatics training with elements of genomics, conducted by the most distinguished international specialists available in the field. During the process of implementing various projects, the University staff cooperate with partners from national and international centers within numerous scientific networks and consortia.

The University aims at internationalization by developing scientific and academic cooperation with countries in Europe, but also with the U.S. and Japan. The Euroregional Medical Center for Research and Education, located at the Medical University of Bialystok, was formed in 2003 as a result of an agreement signed by our University with Medical University of Grodno and Medical Division of University of Vilnius.

The Euroregional Medical Center serves as a coordinator and a source of information crucial for exchanging experience and cooperation in the field of medical sciences, and also for educating and training doctors and students in all three associated medical universities. Within the few years of functioning, two summer universities and several international conferences on the latest medical science achievements were organized under the patronage of the Center.
At the same time, the Medical University of Bialystok continually promotes the idea of European expert lectures directed to all members of the academic community, and a special focus is put on the so called visiting professors, who are renowned professionals with remarkable scientific record. They visit the University within the framework of the program called High quality of training is a key to the development of the Medical University of Bialystok, financed by the European Social Fund and Poland’s national budget within Human Capital Operational Programme. Every year we host over 10 distinguished professors from such institutions as Mayo Clinic, National Institute of Health in Bethesda, Harvard Medical School or University of Pennsylvania. At present, the Medical University of Bialystok has bilateral agreements on cooperation and scientific exchange signed with 21 foreign institutions.

The results of work of scientists from the Medical University of Bialystok are easily seen through the very good rating in University Ranking 2011 conducted by Rzeczpospolita daily newspaper and Perspektywy publishing house. In this ranking, based on the data from the SCOPUS database (citations, publications), the University was awarded the title of a leader in two categories: “Kuźnia Kadr 2011” (title awarded to the institution of higher education ‘breeding’ the best young professionals) and University with the highest scientific efficiency among all universities in Poland.

**Number of articles published by the academic staff in 2010: 1510**
**Number of articles indexed in Thomson Scientific Journal List 2010: 361**
**Impact Factor of all published articles in 2010: 865**

Prestigious awards from Rzeczpospolita newspaper and Perspektywy publishing house
Studying at the Medical University of Bialystok is supported by a modern and very well equipped University Library. It is the largest scientific-medical library in the Podlasie region. It was established in 1950 along with the University.

The Library provides various services and training, and also functions as a medical science information center. Its resources are mainly used by students, postgraduates, research and academic staff, as well as health professionals from the region and scientific institutions from outside the region.

Currently, the Library’s collection consists of nearly 130,000 books, over 50,000 journals and 8,000 inventory units from special collections. Apart from the printed resources, the Library provides access to many bibliographic and full text databases, including 15,000 electronic journals. The academic staff and students use the e-sources not only via the academic network, but also from their computers at home, which allows for 24h access to scientific literature. Detailed information about the library’s resources is available in electronic catalogues. The Library users can remotely reserve titles to rent and also monitor their account status via the ALEPH remote library system.

Printed, as well as digital resources, are available for use in two stylish reading rooms, equipped with computers and wireless Internet connection.

Apart from its fundamental services, the Library organizes lectures promoting healthy lifestyle and also presents paintings by Polish artists working, both, in the country and abroad, within the exhibition series called Art in the Library.
JOURNALS AND MAGAZINES PUBLISHED AT THE MEDICAL UNIVERSITY OF BIALYSTOK

**Advances in Medical Sciences**

The journal was first published in 1955 and was originally entitled *Roczniki Akademii Medycznej w Białymstoku – Annales Academiae Medicae Bialostocensis*. In 2006, the title was changed to *Advances in Medical Sciences*. Since 2008, due to intense growth, the journal has been issued twice a year. It presents articles on current advances in medical sciences and related disciplines. *Advances in Medical Sciences* is published entirely in English and is supported and reviewed by co-editors from the United States and Canada and an International Editorial Board, as well as a great number of experts from all over the world. The Journal is issued in printed and electronic version, the latter hosted by MetaPress. It is indexed in several most important international databases such as PubMed, SCOPUS, EBSCO, DOAJ or EMBASE, and is rated by the Polish Ministry of Science and Higher Education. In 2009, *Advances in Medical Sciences* was accepted for evaluation by Thomson Reuters and was included in the ‘Journal Citation Reports’. Its current Impact Factor rating for 2011 is 0.952.

Please feel welcome to visit the website www.advms.pl where you can find more information on the Journal *Advances in Medical Sciences*.

**Progress in Health Sciences**

The scientific journal *Progress in Health Sciences*, published in English, was founded at the Faculty of Health Sciences in June 2011. The journal covers scientific achievements in the fields of: healthcare science, health policy and health services, nursing, nutrition, dietetics, public health, environmental health, parasitology, infectious diseases, epidemiology, occupational disorders, physical fitness and sports science, biomedical and social sciences, medical ethics, addiction, violence and aggression, as well as the issues of basic science, clinical and experimental medicine. The journal is published twice a year in printed and electronic version. It is indexed in international databases: DOAJ, Gale, EBSCO and in Index Copernicus Journal Master List (IC for 2011 is 5.24).

**Medyk Białostocki**

The Medical University of Białystok has been publishing *Medyk Białostocki* continually since 2000. The history of the magazine dates back to the beginning of the University. The first issues, published in 1956, were edited by Henryk Miksza – a student of the Medical Academy of Białystok. After that, due to political reasons, further issues of the journal were stopped and then again publishing resumed in 2000, with a special issue devoted to the 50th anniversary of the Medical Academy. Since 2002, *Medyk Białostocki* has been published on a monthly basis. The magazine has regular thematic sections and it discusses current University matters as well as historical facts. A part of *Medyk Białostocki* is edited by the students of the Medical University of Białystok and it is called *Młody Medyk*. 

---

Please feel welcome to visit the website www.advms.pl where you can find more information on the Journal *Advances in Medical Sciences*.
CLINICAL ACTIVITIES
HOSPITALS

THE MEDICAL UNIVERSITY
OF BIALYSTOK CLINICAL HOSPITAL
Hospital Director:
Bogusław Poniatowski MD, PhD
M. Skłodowskiej-Curie 24a
15-276 Białystok, Poland
Operator tel. +48 85 746 80 00
Secretary tel. +48 85 746 83 35
fax +48 85 746 88 80
e-mail: uskwb@umb.edu.pl

THE MEDICAL UNIVERSITY OF
BIALYSTOK CHILDREN’S CLINICAL
HOSPITAL OF L. ZAMENHOF
Hospital Director:
Janusz Pomaski MD, PhD
Waszyngtona 17,
15-274 Białystok, Poland
Operator tel. +48 85 74 50 500
Secretary tel. +48 85 74 50 541
fax +48 85 74 21 838
e-mail: dsk@umb.edu.pl
The Medical University of Białystok Clinical Hospital and the Medical University of Białystok Children's Clinical Hospital named after Ludwik Zamenhof, are two largest medical centers in the region of Podlasie. They constitute the University’s educational and research facilities and also provide a full range of health services.

THE MEDICAL UNIVERSITY OF BIALYSTOK CLINICAL HOSPITAL

The State Clinical Hospital named after Dr Jerzy Sztachelski was opened in Białystok in 1962. In 2008, its name was changed to the Medical University of Białystok Clinical Hospital. It is the most advanced and the largest health institution in the region, which prides itself on having positive financial results. It is also, the only hospital in the north-eastern part of Poland, where kidney transplants are performed, and the only one that has an Electrophysiology and Heart Rhythm Disorders Laboratory. Some of the Hospital Departments provide services that are monopolistic in the region. This means that there are no other facilities in the region which could perform certain highly specialized medical procedures, such as, brain aneurysm clipping and brain angioma treatment, thrombolytic therapy, angioplasty, carotid recanalization, and atrial and ventricular septal defects treatment.

The Hospital is well-equipped with specialized medical equipment, and in recent years, partially with the support of external funding, it opened the most modern Hospital Emergency Department with the best facilities in the whole region, and also built a medical helicopter landing site with a heated surface.

Annually, over 36 000 patients are admitted for hospital treatment and about 130 000 outpatient specialist services are provided. Additionally, every year over 78 000 patients reach the Hospital Emergency Department.

The Medical University of Białystok Clinical Hospital is among 14 hospitals in Poland, and the only one in the region of Podlasie, running a Trauma Center.

Additionally, the Hospital invested in the highest quality equipment and general renovation at the Department of Radiology, as well as the Departments of Oral & Maxillofacial Surgery, Gynecology, Neonatology, Neurosurgery, Physical Therapy, Reproductive Endocrinology & Infertility, and also Anesthesiology & Intensive Care.

In 2008, the efforts of the University Authorities and the Hospital Director, supported with the funding from the national budget (509 million PLN), effected in a commencement of the Medical University of Białystok Clinical Hospital modernization project, which is expected to finish in 2016. The project, will transform the Hospital into a world class clinical, academic and research facility.
44 professors  
18 habilitated doctors  
125 doctors of Medical Sciences

The high position of the Hospital was additionally strengthened by acquisition of the Hospital for Communicable Diseases and the Hospital for Tuberculosis & Respiratory Diseases from the Podlaskie Province Executive Board by an agreement signed on 31st August 2011.

Due to the merge of the three hospitals, the Medical University of Bialystok Clinical Hospital will be placed among the ten biggest hospitals in Poland. It will gain 400 additional beds (currently it has 827 beds) and 500 new employees (currently the Hospital employs 1833 members of staff, including 44 professors, 18 habilitated doctors, and 125 doctors).

In 2007, the Hospital received the ISO 9001:2001 Certification for diagnostics, care and treatment, health promotion, prophylaxis and physical therapy in the Departments of Cardiology, Cardiac Surgery and Interventional Cardiology. Two years later, the Certification was expanded for laboratory and microbiology diagnostics in the Departments of Clinical Laboratory Diagnostics, Biochemical Diagnostics, Hematological Diagnostics and Microbiological Diagnostics. The same year, the Department of Interventional Cardiology was awarded a category ‘C’ by the Ministry of Health, which means it provides the highest level of specialized care and treatment, and was thus enlisted among the best medical centers of similar profile in the country.

In recent years, the Hospital has received numerous awards and honors for its performance. In 2007 and 2008, it reached high positions (4th and 5th, respectively) in the competition called Pearls of Medicine, in the category of multidisciplinary hospitals and received honors in the category of medical rescue. Between 2007-2010, in the Business Gazelle ranking, the Medical University of Bialystok Clinical Hospital was positioned among top companies, with positive financial results, from Podlaskie Province. In 2010, the Hospital was honored with the Forbes Diamonds title, which is awarded to the most profitable companies with high financial liquidity, no debt and positive financial results. The Medical University of Bialystok Clinical Hospital was the only clinical hospital in Poland to receive the international award – EuroCertyfikat 2011. This award is granted for 3 years to companies and institutions complying with the highest European Union requirements and standards. The Clinical Hospital received 2 certificates within the award i.e. Reliable Company/Institution and Good Practice in Patient Treatment and Service. Already in 2012, the Hospital received the Business Cheetah title, granted to the most dynamically developing companies and cooperative banks according to the increase in their market value evaluated by comparison to joint-stock companies.

Owing to the achievements in patient treatment and efficient management, the Medical University of Bialystok Clinical Hospital earned itself a very good renown in Poland.
The Medical University of Bialystok Children’s Hospital of L. Zamenhof

The hospital began admitting patients in 1988. It is a modern, multidisciplinary medical center for diagnostics and treatment of children and youth under the age of 18. The Medical University of Bialystok Children’s Hospital of L. Zamenhof performs specialized inpatient and out-patient medical service.

Annually, approximately 19,000 patients are admitted to 14 departments and wards and nearly 123,000 patients are consulted in 32 specialist medical outpatient clinics.

The hospital employs highly specialized professional medical and nursing staff: 192 specialist doctors, 27 of them are professors and habilitated doctors, as well as 380 nurses, 245 of whom have a specialization.

The Children’s Clinical Hospital is the only medical facility in the region with a Department of Pediatric Hematology and Oncology, an excellently equipped Department of Pediatric Physical Therapy (Let’s give our children a chance project) and a Dialysis Center. Additionally, the Hospital’s Department of Pediatrics, Endocrinology and Diabetology with the Division of Cardiology is the only facility in the region, which provides diagnostics and treatment to children of short stature, using growth hormone and recombinant insulin-like growth factor.

It is also important to mention the Pediatric Dental Care and Surgery Center, as it is one of a few institutions in the region that treats disabled children under general anesthesia.

Between the years of 2008-2011, within the framework of a project called View of the future, the Department of Ophthalmology and Strabismus Division was supplied with advanced medical equipment for early detection and treatment of eye diseases in children, including advanced facilities for cataract treatment. The project reached 2nd place in OSOZ Leaders 2009 competition in the category of activities for the benefit of patients (OSOZ is The Polish National Health Care System providing support for the development of health care methods).

The Hospital runs schools educating on diabetology, allergology, pulmonology, and healthy eating. Additionally, the Hospital ensures that all hospitalized children may continue their school educational program within the Hospital’s premises.

The young hospital patients may also visit a hospital library offering a large collection of books. In addition to that, there are volunteers who organize children’s free time and help create a pleasant and friendly atmosphere.

All patient rooms in the departments are colorful and child friendly, adjusted to the needs of children of different ages.
14 departments
32 specialized outpatient clinics
192 specialists
27 professors and habilitated doctors

Between the years of 2003 and 2009, the Children’s Clinical Hospital was awarded with accreditation certificate by the National Center for Quality Assessment in Health Care, and back in 1997 it was already included in the National Network of Health-Promoting Hospitals.

The hospital consistently participates in rankings, competitions and health-oriented programs, and receives many awards. Year after year, it ranks among the best state hospitals in the Polish National Hospital Rating called Safe Hospital organized by Rzeczpospolita newspaper. Additionally, in 2011, the institution was awarded the title of The Best Hospital in Podlaskie Province in 2010.

Considering the achievements in the field of management and economics, the Children’s Clinical Hospital takes pride in being a member of the Gazelles of Business Gazelle, a club of the most dynamically growing companies.
The Medical University of Bialystok received the ERASMUS University Charter in 2004, and in 2007, it received the Extended ERASMUS University Charter, which additionally allows for the organization of student internship placements. In consequence, the mobility is carried out in four categories: mobility of students for the purposes of studying, student placements, teaching assignments for teaching staff, staff training for teaching and other staff.

The Medical University of Bialystok has signed a number of bilateral agreements with universities from Germany, Spain, Portugal, Italy, France, Hungary, Romania, Czech Republic, Turkey, Lithuania and Norway.

In each of the last few academic years, approximately 15 students from the Medical University of Bialystok, completed a part of their study course at associate universities within the framework of the ERASMUS program, and around 5 students a year completed 3-month internship placements in health centers abroad. Staff training within the Erasmus program is also very popular among the University’s staff.

Participating in LPP ERASMUS program supports gaining knowledge and exchange of experience at renowned academic centers abroad, as well as learning the culture and mentality of different European countries.
The Medical University of Bialystok is a place where students can develop their interests and broaden their knowledge of medical sciences. The majority of the University’s departments run student associations and organizations, enabling students to conduct clinical research, acquire practical skills and participate in national and international conferences, alongside studying. Currently, there are 55 student associations at the Medical University of Bialystok and all of them are affiliated with the Student Scientific Society.

Since 1974, the Student Scientific Society has been integrating, coordinating, and supporting the educational and research activities of the University’s students. It enables them to present their academic achievements at the annual International Scientific Conference of Medical Students and Young Doctors. Since 2004, the Student Scientific Society has been involved in organizing an academic event called Medic’s Career, during which students of all faculties share their experience and participate in activities supporting their professional development and creativity. The Student Scientific Society consistently cooperates with partner universities from Belarus, Lithuania, Germany, Japan, and Sweden.

An organization representing students of all faculties and constituting one of the collective bodies of the University is the Student Government. Within the framework of the statutory activity, members of the student government engage in grant boards, election commissions, disciplinary committees, peer tribunals and participate as members in the University Senate and Faculty Boards. The most important value of the student government is the energy of the young and united team, who through collective ideas and independent implementation of them, become the leaders of the students’ life at the Medical University of Bialystok.
Branches of national and international student associations such as International Federation of Medical Students’ Associations (IFMSA-Poland), Polish Association of Dental Students, and Student Section of Polish Pharmaceutical Society *Młoda Farmacja*, operate at the Medical University of Białystok. Apart from their main activities, these organizations additionally support students in going on conferences and placements abroad, and also student exchange. Moreover, they participate in organizing various social and educational events at the Medical University of Białystok, namely, the Night of Museums, Open Day, and Podlasie Arts and Sciences Festival.

**IFMSA** is the largest organization in the world for medical students and young doctors. Through its members, it carries out various activities, among others, it runs *The Teddy Bear Hospital* and organizes *A Teddy Bear under Christmas Tree* project. Every year, IFMSA members run peer education projects concerning HIV, AIDS and cancer prevention. As core activities, IFMSA organizes various workshops, for example, on suturing, doctor-patient relations, and sign language.

**Polish Association of Dental Students** belongs to the International Association of Dental Students (IADS) and cooperates closely with the World Dental Federation (FDI), UNESCO and the Asia-Pacific Dental Students Association (APDSA). The Polish Association of Dental Students focuses on organizing educational events, as well as promoting health and dental profession especially among children and youth. The association actively participates in the events organized by *Wielka Orkiestra Świątecznej Pomocy* (*The Great Orchestra of Christmas Charity*) and *Podaruj Uśmiech* (*Give your smile*).

**Młoda Farmacja**, which runs as the Student Section of the Polish Pharmaceutical Society, is an association for pharmacy students of the Medical University of Białystok. Its main focus is on organizing and supporting the scientific and cultural activities of the Faculty of Pharmacy students. *Młoda Farmacja* is a co-organizer of a conference called *Białystok Pharmacy Weekend*. Members of *Młoda Farmacja* prepare team-building events for 1st year students, including tours around the University campus.

Apart from the scientific and educational activities, the Medical University of Białystok students have many possibilities to grow their passions and skills, be it in sport sections of Academic Sports Association (*Akademicki Związek Soprtowy – AZS*) or any other of the various student organizations, including Students Radio Center *Radiosupeł*, the Medical University of Białystok Choir, *Co nie co* Club, *Student Photography and Film Agency* and *Młody Medyk* magazine.

**The AZS Sports Club** was created together with the establishment of the Medical University of Białystok and it is the oldest such organization in the region. At present, the Club has over 200 members, training in 9 sections: football, volleyball, basketball, swimming, aerobics, body-building, athletics, sports climbing and table tennis. Among the latest and most important sports achievements of the students, there are: a gold medal at the Polish Academic Championships in cross country running, second place for female and third place for male team at the Polish Medical Universities Championships in ergometer rowing and fourth place at the Medical Universities Championships in swimming.
Since 1951, the **Students Radio Center Radiosupel** has been operating at the Medical University of Bialystok. It is the oldest student radio station in Poland. The program is prepared by the students and includes University news, anecdotes, interviews, features, and reportages. The studio is located in Dormitory 1, but the reporters broadcast live from various events, such as, **Juwenalia Student Festival**, Freshman Party, **Medykalia Student Festival**, or **Open Day**.

Also in 1951, as a result of an initiative by a group of students passionate about singing, the **Medical University of Bialystok Choir** was established. It is a mixed choir, performing both, sacred and secular choral repertoire, reaching back to the Renaissance, and also contemporary composers’ works. Throughout its long history, the Choir participated in a variety of prestigious competitions and festivals, winning many awards and receiving honors. The Choir has performed at numerous concerts in Austria, Belgium, Belarus, Bulgaria, Czech Republic, Denmark, France, Greece, Spain, The Netherlands, Ireland, Lithuania, Germany, Portugal, Slovakia, Vatican City State, Hungary, The United Kingdom and Italy.

**Student Club Co Nie Co** has a 50-year tradition. Since its beginning, the Club has organized students’ cultural life and their integration. In mid-70’s, a stand up comedy club called **Spotkania pod Schodkami (Meetings Under the Stairs)** was formed and it still functions today under the name **Schodki (Stairs)**. Several times a year, the students perform in front of the academic audience. The main theme of the sketches are people or events related to the University.

Students interested in press and radio journalism, photography and film production, can become members of the **Student Photography and Film Agency**. Currently, the Agency is engaged in documenting academic life of the University, organizing open air events, workshops, exhibitions, as well as film production. The members, also work on improving their photography skills by learning how to develop films, sharing their experience and organizing workshops on digital and analog photography.
The students of the Medical University of Białystok also have their own magazine **Młody Medyk**. The magazine is edited by the University students, representing various courses of studies. The English Division students also publish articles in the magazine, and so, some of the published material is in English. The magazine covers important issues related to students’ life, but there are also satirical texts and drawings.

One of the mission statements of the Medical University of Białystok is helping people in need. This is accomplished by the **Volunteer Center** run by the Faculty of Health Sciences, created in 2007. This organization brings together students of all three University faculties, but the majority of them are from the Faculty of Health Sciences. The activities of the Volunteer Center can be classified into two forms, that is, participating and organizing charity and educational events, and also cooperation with health care institutions where students, after prior training, do their volunteer work under supervision of their mentor teachers. So far, the Center has organized or participated in over 40 events aimed at support and education.

In April 2011, the academic community of the Medical University of Białystok, produced the first **University lip dub video** in the region. The video turned out to be a spectacular success and until September 2012 it was viewed on YouTube over 226,000 times. Among the 550 people who took part in the video production there were University students of all courses of study, members of the academic staff, as well as the University authorities. As a result of such a large cast, the University LipDub is the largest one in Poland. The video was produced in quite unique locations - the Medical University of Białystok Clinical Hospital and the Branicki Palace (the seat of the University).
For centuries, Białystok was a city on the border between the Crown of the Kingdom of Poland and the Grand Duchy of Lithuania. The region was marked with routes used by Polish kings and dukes to travel to their residences in Vilnius or Grodno. Nowadays, the region prides itself on beautiful and unique nature and a multicultural heritage.

The history of Białystok, as an urban center begins in the 15th century, and is closely linked to the Raczko-Tabutowicz family. In the middle of the 16th century, Białystok was taken over by the Wiesiołowski family who built a brick tenement house at the location of today’s Branicki Palace. They also funded a Catholic church and a hospital which functioned as a shelter. The most significant period in the city’s development happened between the second half of the 17th and the beginning of the 19th century, which was during the reign of the Branicki family. In the 18th century, owing to the Hetman Jan Klemens Branicki and his wife Izabela Branicka, nee Poniatowska, the city of Białystok was called *Versailles of Podlasie*. The palace of the magnate Branicki, was itself very remarkable. It was built in Baroque style, very popular at the time, and surrounded by a complex of gardens and parks. The Branicki family cared about the city’s development. Owing to them, the city gained a town hall, an arsenal, a market square, numerous artists and craftsmen were brought and a theater was established. They also provided health care for the citizens (a new parish hospital and a hospital supported by the Jewish community were built and Sisters of Mercy were brought to Białystok). During the reign of the Branicki family, education flourished in the city and two schools were created, namely, the Military School of Construction and Engineering and the Obstetrics Institute with a clinic.

In the 19th century, due to a large number of incoming manufacturers, Białystok was called the *Manchester of North*. People of many different nationalities created the economy and the culture of Białystok, including Polish, Jewish, Belorussian, German, Russian, Ukrainian, Lithuanian, and Tatars. Nowadays, the city cultivates its cultural heritage and clearly marks its presence on the cultural map of Poland, aiming to become the capital for dance and puppetry.
WORTH VISITING:

From the very beginning, Bialystok has always been a multicultural and multinational city of many languages. Nowadays, when walking down the streets of Bialystok you can notice its various features:

- **aristocratic** – starting with Branicki Palace (the seat of the Medical University of Bialystok), through to the Guest Palace (6 Kilinskiego St.), the Cathedral (2 Koscielna St.), former inn (4 Sienkiewicza St.) and the City Hall (10 Rynek Koscuszki St.),

- **industrial** – starting with the Trylling Family Palace (7 Warszawska St.), through to the tobacco factory (39 Warszawska St.), the Old Power Plant (current Modern Art Gallery, 12 Elektryczna St.), Becker Palace and Factory (current Alfa Shopping Centre, 15 Swietojanska St.), and finishing at Dojlidy Fabryczne Street with two pearls of architecture – Hasbach Palace and the Krusenstern Family Palace,

- **multi-religious** – St. Roch’s Church (1 ks. A. Abramowicza St.), Orthodox Church of St. Nicholas (15 Lipowa St.), Citron Synagogue (current Slendzinski Art Gallery, 24a Warynskiego St.), St. Adalbert’s Church (former protestant church, 46a Warszawska St.), Muslim house of prayer (13f Piastowska St.),

- **wooden architecture** – remains of the 19th and 20th century wooden architecture are concealed in the city center – the whole district of Bojary and former Jewish house estate called Chanajki located around today’s Sienny Market Square.

**Museum of the History of Medicine and Pharmacy of the Medical University of Bialystok** is located in the right wing of Branicki Palace. Its visitors can reveal the Secrets of old pharmacies which functioned in the region of Podlasie back in the late 19th and the early 20th century, and also visit a dental surgery from the early 20th century. All artifacts and objects on display are a historical testimony of the presence of medicine at the former borderlands between the Crown of the Kingdom of Poland and the Grand Duchy of Lithuania.
MULTICULTURALISM

Tykocin – is a town by the river Narew, formed over centuries by coexisting Christian and Jewish communities. Due to the well-preserved urban arrangement and historic architecture, the town is called the pearl of Polish Baroque. It was a favorite place of the Polish King Zygmunt August. For decades, Tykocin Castle functioned as one of the greatest fortresses in the country. In the 17th century, The War Veterans’ Home (also called Alumnat) was created in Tykocin, as one of only a few such, care providing, institutions in the country. In Tykocin, you can still visit one of the oldest and the largest Synagogues in Poland and the baroque Church of the Holy Trinity.

Supraśl – is a beautiful health resort with over 500 years of history. Here you can find a famous post-Basilian monastery buildings with a fortified Orthodox church, built in Gothic and Byzantine styles at the beginning of the 16th century. Within the premises of the Orthodox monastery buildings, there is a Museum of Icons with one of the most extensive collections of the 18th, 19th and 20th centuries icons in Poland. Here you can also admire the unique 16th century murals, which survived from the destroyed and later rebuilt Orthodox Church of the Annunciation, located in the churchyard.

Orient in Podlasie – two villages, Kruszyniany and Bohoniki, are the largest settlements of Polish Tatars living here since the 17th century. These are the centers of Tatars’ history and their religious life, where you can see the unique wooden mosques and modern mizars (Muslim cemeteries) – the only ones in Poland. When visiting Kruszyniany, it is an absolute must to taste the original Tatar cuisine including pierekaczewnik, kibiny, and pieremiacze.
VARIOUS FACES OF BIALYSTOK REGION WILD NATURE:

- **Biebrza National Park** – is a birds’ paradise (over 270 species of birds) with countless oxbow lakes, backwaters, an elk refuge, as well as the largest complex of primeval swamps and bogs in Central Europe,

- **Narew National Park** – called the *Polish Amazon Forest*, is a unique water system of the river Narew, which flows through many joining and separating river beds. The National Park is also a birds refuge with 203 species of birds, and the crossroads of several historic trails,

- **Podlasie White Stork Trail** – is 412 km long and runs through four national parks (Wigry, Biebrza, Narew, and Białowieża National Parks). The heart of the trail is located in Pentowo by the river Narew, and is called the European Village of Storks due to a large number of storks visiting every year.

- **Białowieża Forest National Park** – is the last primeval forest in Europe. It is one of the most important natural treasures in the world. In 1979, the Białowieża Forest was included in the UNESCO World Heritage List. The bison is the symbol of the Białowieża Forest.

- **Puszcza Knyszynska (Knyszyn Forest) Landscape Park** – is an extensive complex of pine and spruce forests. The National Park is famous for the *Supraśl pine* (mast pine), which has been used for centuries to produce masts. A herd of wild bisons lives in the Park.

- **Augustów region** – is a land of lakes and forests. The majority of the region is covered with Augustów Forest (the largest forest complex in Poland that spans 114,000 ha) and numerous beautiful lakes. The region is cut across by the Augustów Canal, a historic monument of waterways architectural technology, built in the early 19th century, still functioning as a water route linking the Biebrza river and the Niemen River.
PHOTOS:

Bernard Banaszuk
Piotr Bernaczyk
Marcin Czaban
Tomasz Dawidziuk
Alicja Głuszko
Magdalena Grassmann
Piotr Łozowski
Michał Piróg
Przemysław Samczuk
Anna Sienkiewicz
Bogusław Florian Skok
Zbigniew Wasilewski
Anna Worowska
Archiwum Uniwersytetu Medycznego w Białymstoku
Archiwum Biblioteki Głównej
Archiwum pierwszych absolwentów Uniwersytetu Medycznego w Białymstoku
Archiwum Uniwersyteckiego Dziecięcego Szpitala Klinicznego
Biuro Promocji i Rekrutacji Uniwersytetu Medycznego w Białymstoku
Shutterstock

Białowieża Forest