Maciej Banach

DOCTOR HONORIS CAUSA

Sveučilište u Zagrebu

353 GODINA / SVEUČILIŠTE U ZAGREBU

prof. dr. sc. Maciej Banach

CURRICULUM VITAE

Rođen je 3. lipnja 1977. u Płocku u Republici Poljskoj.

— OBRAZOVANJE:

1996. – 2002.	Medicinsko sveučilište u Łódźu u Poljskoj, uz posebno priznanje za uspjeh na studiju
2003. – 2003.	poslijediplomsko usavršavanje u bolnici poljskoga Ministarstva unutarnjih poslova u Łódźu
2003. – 2006.	asistent na Odjelu za kardiokirurgiju pri Prvoj katedri za kardiologiju i kardiokirurgiju Medicinskoga sveučilišta u Łódźu
lipanj 2006.	doktorat znanosti – disertacija *Usporedba izabranih hemodinamskih parametara i prognoza u pacijenata podvrgnutih zamjeni aortnoga zalistka ovisno o vrsti mane i stupnja zatajenja srca*
2006. – 2008.	docent na Odjelu za kardiokirurgiju pri Prvoj katedri za kardiologiju i kardiokirurgiju Medicinskoga sveučilišta u Łódźu
ožujak 2008.	obrana habilitacijskoga rada *Perioperativna fibrilacija atrija – prediktori i prognoza*
ožujak 2008.	izvanredni profesor na Odjelu za kardiokirurgiju pri Prvoj katedri za kardiologiju i kardiokirurgiju Medicinskoga sveučilišta u Łódźu

lipanj 2008.– ožujak 2009.	pročelnik Zavoda za molekularnu kardionefrologiju i hipertenziju Medicinskoga sveučilišta u Łódźu
siječanj 2009.–	izvanredni profesor na Odjelu za nefrologiju, hipertenziju i obiteljsku medicinu pri Katedri za nefrologiju i hipertenziju Medicinskoga sveučilišta u Łódźu
ožujak 2009.– 2021.	predstojnik Odjela za hipertenziju na Medicinskom sveučilištu u Łódźu
travanj 2010.–	profesor medicine na Medicinskom sveučilištu u Łódźu
listopad 2010.– veljača 2012.	državni tajnik (zamjenik ministra) u Ministarstvu znanosti i visokogaobrazovanja Republike Poljske
lipanj 2012.– veljača 2014.	pročelnik Ureda za međunarodnu suradnju Medicinskoga sveučilišta u Łódźu
siječanj 2014.–	gostujući profesor na Sveučilištu u Alabami u Birminghamu u SAD-u
veljača 2014.–	gostujući profesor na Sveučilištu medicine i farmacije „Victor Babeş“ u Temišvaru u Rumunjskoj

veljača 2014.– ožujak 2021.	ravnatelj Memorijalne bolnice i istraživačkoga centra „Majka Poljakinja“ u Łódźu
travanj 2014.–	profesor kardiologije na Medicinskom sveučilištu u Łódźu
lipanj 2016.	profesor kardiologije u Memorijalnoj bolnici i istraživačkom centru „Majka Poljakinja“ u Łódźu
siječanj 2017.–	voditelj Kardiovaskularnoga istraživačkoga centra na Sveučilištu Zielonogórski u Zielonoj Góri u Poljskoj
2021.–	voditelj Odjela za preventivnu kardiologiju i lipidologiju na Medicinskom sveučilištu u Łódźu
travanj 2021.–	profesor-savjetnik na Odjelu za kardiologiju i kongenitalne bolesti odraslih Memorijalne bolnice i istraživačkoga centra „Majka Poljakinja“ u Łódźu
travanj 2021.–	gostujući profesor na Sveučilištu u Kaliforniji u Irvineu u SAD-u

RADNA POVIJEST

Prof. dr. sc. Maciej Banach bio je državni tajnik (zamjenik ministra) u Ministarstvu znanosti i visokoga obrazovanja Republike Poljske (2010. – 2012.) te ravnatelj Memorijalne bolnice i istraživačkoga centra „Majka Poljakinja“ (od veljače 2014. do ožujka 2021.). Voditelj je Kardiovaskularnoga istraživačkoga centra pri Sveučilištu Zielonogórski, redoviti profesor kardiologije na Medicinskom sveučilištu u Łódźu (MUL) te u Memorijalnoj bolnici i istraživačkom centru „Majka Poljakinja“, pročelnik Ureda za međunarodnu suradnju Medicinskoga sveučilišta u Łódźu i profesor na Odjelu za nefrologiju, hipertenziju i obiteljsku medicinu pri Katedri za nefrologiju i hipertenziju Sveučilišne kliničke bolnice Vojne akademije u Łódźu (od 2009.). U srpnju 2021. imenovan je glavnim medicinskim službenikom u tvrtki Nomi Biotech Corporation.

DUŽNOSTI U ZNANSTVENIM DRUŠTVIMA

Tajnik je Europskoga društva za aterosklerozu (*EAS*; 2021. – 2024.) i član Savjetodavne skupine za znanstvenu i zdravstvenu politiku vezanu uz obiteljsku hiperkolesterolemiju za Europu. Osnivač je i predsjednik Poljskoga društva za lipide (PoLA; od 2011.) te ogranka Poljskoga društva za hipertenziju u Łódźu (od 2009.). Osnivač je Skupine za suradnju na metaanalizama u području lipida i krvnoga tlaka (*LBPMC*; lbpmcgroup.umed.pl; od 2012.), skupine od više od 150 svjetskih stručnjaka čiji je cilj istraživati najvažnija pitanja iz područja poremećaja lipida, hipertenzije, prehrane i kardiovaskularnoga rizika. Osnivač je i Međunarodnoga stručnoga panela za lipide (ILEP; ilep.eu; od 2015.), koji danas okuplja više od 50 stručnjaka iz cijeloga svijeta, a cilj mu je donositi preporuke u području preventivne kardiologije vezane uz najdiskutabilnija pitanja koja nisu obrađena u postojećim smjernicama. Također je član konzorcija REPROGRAM, skupine stručnjaka koji se bave rizicima od pandemije COVID-19 bolesti, te je član dviju najvećih svjetskih baza podataka – *Global Burden of Disease* (*GDB*) (Sveučilište u Washingtonu, Seattle, SAD) i *Non-Communicable Diseases Risk Factor Collaboration* (*NCD-RisC*, Imperial College, London, UK). Također je i osnivač i predsjednik zaklade i inicijative „Inovacija za zdravlje“, koja okuplja šest glavnih zdravstvenoistraživačkih

centara i više od 40 predstavnika poljskih medicinskih tvrtki, a glavni joj je cilj uvoditi inovacije u području medicine u Poljskoj. Gostujući je profesor na Sveučilištu u Alabami u Birminghamu (UAB) i Sveučilištu u Kaliforniji u Irvineu (UCI) u Sjedinjenim Američkim Državama i na Sveučilištu za medicinu i farmaciju „Victor Babeş“ u Temišvaru u Rumunjskoj.

ZNANSTVENA POSTIGNUĆA

Profesor Banach objavio je više od 1200 izvornih znanstvenih radova, preglednih članaka, uvodnika i poglavlja u knjigama iz područja kardiologije, posebice o arterijskoj hipertenziji, dislipidemiji i rizičnim čimbenicima za kardiovaskularne bolesti. Kombinirani učinak odjeka (samo njegovih cjelovitih radova) je više od 10 000 pts, a broj citata kako slijedi: 39.237 prema bazi podataka *Web of Science Core Collection/Publons* (u 2021. godini više od 14.000 citata), 40.228 prema SCOPUS-u (više od 15.000 citata u 2021. godini), 49.601 prema *ResearchGateu* i 60.099 prema *Google Scholaru* (više od 21.000 citata u 2021. godini), uz Hirschov indeks od 75 (*WoS/Publons*), 75 (SCOPUS), 88 (*ResearchGate*) i 93 (i10 indeks: 599) (*Google Scholar*), što ga svrstava među 1 % najcitiranijih znanstvenika na svijetu (u području kliničke medicine te farmakologije i toksikologije) prema bazi podataka *Clarivate Essential Science Indicators* (s 39 vrhunskih radova). Prema *ExpertScapeu,* profesor Banach jedan je od 10 najutjecajnijih svjetskih stručnjaka u području lipida (9), statina (2), dislipidemija (6), kolesterola (5), lipoproteina (12), LDL-kolesterola (9) HDL-kolesterola (6) i prehrambenih dodataka (15). Prema bazama podataka *Publons/Clarivate* i *Publons Academy Mentor,* profesor Banach jedan je od 1 % najistaknutijih recenzenata u područjima kliničke i translacijske medicine (za 2018. i 2019. godinu).

KNJIGE

Autor je ili koautor trideset znanstvenih knjiga (autor ili koautor više od 100 poglavlja u knjigama): (1) *The role of trimetazidine in the treatment of heart diseases* (Termedia, Poznań 2006); (2) *Metabolic syndrome – prevention and treatment* (Medycyna PLUS, Varšava 2006), (3) *Polish Risk Score of operating treatment of coronary heart disease (Polish Score)* (Medycyna PLUS, Varšava 2006), (4) *Current state of knowledge about statins* (Termedia, uredili Banach M, Opolski G, Filipiak KJ, Poznań 2008); (5) *Complications of the arterial hypertension* (Termedia, Poznań 2007); (6) *Metabolic syndrome – prevention and treatment* (2. izdanje, Medical Academy, Varšava 2007), (7) *Complications following coronary angiography and angioplasty* (Termedia, Poznań 2007); (8) *Complications of the arterial hypertension* (2. izdanje, Termedia, Poznań 2009); (9) *Trimetazidine* (Termedia, Poznań 2009); (10) *Simvastatin* (Via-Medica, Gdańsk 2009); (11) *Ezetimibe* (Via-Medica, Gdańsk 2010); (12) *Clinical Trials and Guidelines – Cardiology 2009* (Termedia, Poznań 2010); (13) *Cardiology: Nebivolol* (Termedia, Poznań 2010); (14) *Cardiology: Lisinopril* (Termedia, Poznań 2010); (15) *Cardiology: Nebivolol* (Termedia, 2. izdanje, Poznań 2010); (16) *Obesity and hypertension. Obesity and related comorbidities* (Polskie Towarzystwo Chorób Metabolicznych Łódź, Poljska 2010); (17) *Cardiology: Irbesartan* (Termedia, Poznań 2011); (18) *Ventricular Assist Devices* (Intech, SAD, 2011); (19) Practical Guidebook – how to use statins (urednik za Poljsku) (Termedia, Poznań 2011); (20) Arterial Hypertension Management 2012 (Cornetis, Poljska, 2012); (21) Hypertension and Kidney. The management in hypertensive nephropathy (Termedia, Poznań 2012); (22) *Cardiology: Irbesartan* (2. izdanje, Termedia, Poznań 2012); (23) *Current state of knowledge about statins* (2. izdanje, Termedia, Poznań 2013); (24) *Tresch and Aronow's Cardiovascular Disease in the Elderly*, 5. izdanje (CRC Press, Taylor and Francis Group, 2014); (25) *Combination Therapy in Dyslipidemia* – uredio Maciej Banach, Springer 2015; (26) *Diabetes and Cardiovascular Disease: Evaluation, Prevention & Management* (uredili Nathan D Wong, Shaista Malik, JP Medical Ltd, 2015); (27) džepno izdanje knjige *PoLA/CFPiP/PCS guidelines on the management of lipid disorders for primary*

care physicians (Termedia, Poznań, 2017); (28) *Definition and Characteristics of Hypertension Associated with Chronic Kidney Disease: Epidemiological Data* (uredili: Adrian Covic, Mehmet Kanbay, Edgar V. Lerma; Spinger, 2017), (29) *Management of statin intolerance* U: Therapeutic Lipidology (uredili: Michael H. Davidson, Peter P. Toth, Kevin C. Maki, 2. izdanje, Springer, 2021); (30) *Dyslipidemia and Diabetes* U: Diabetes and Kidney Disease (uredili: Edgar V. Lerma i Vecihi Batuman; 2. izdanje, Springer, 2022).

OSTALE ZNANSTVENE AKTIVNOSTI

Recenzira prijave za projekte pri poljskom Nacionalnom centru za znanost, Nacionalnom centru za istraživanje i razvoj i Poljskoj zakladi za znanost (od 2010.), za *COST* projekte Europske unije (od 2013.), projekte *Marie Curie* (od 2015.), Sedmi okvirni EU program i *Obzor 2020*, prijave za izraelsko Ministarstvo znanosti, tehnologije i svemira (od 2017.), sudjeluje u radu stalnoga Povjerenstva za izbor profesora na Medicinskom fakultetu Sveučilišta Johns Hopkins u SAD-u (od 2018.), a prijave recenzira i za Nacionalnu istraživačku zakladu Južne Afrike (od 2018.) te za slovačku Agenciju za istraživanje i razvoj (od 2019.).

Mentorirao je pet doktorskih radova (tri obranjena i dva u tijeku); sudjelovao je u povjerenstvima za dvanaest doktorata, šest habilitacija i dva izbora za redovitoga profesora.

PREDAVANJA I KONFERENCIJE

Od 2006. godine profesor Maciej Banach izložio je više od 700 radova na konferencijama u Poljskoj i u inozemstvu, uključujući i najistaknutije konferencije u području kardiologije/preventivne kardiologije/lipidologije: konferencija Europskoga kardiološkoga društva, Europskoga društva za aterosklerozu, Američkoga udruženja za srce i Američkoga kardiološkoga koledža. Neke novije aktivnosti (od 2014.) navedene su u nastavku.

UREDNIČKI RAD

Osnivač je (2005.) i glavni urednik časopisa *Archives of Medical Science* (IF 2020. = 3,318), *Archives of Medical Science – Civilization Diseases* i *Archives of Medical Science – Atherosclerotic Diseases*, zamjenik je glavnoga urednika časopisa *European Heart Journal Open*, glavni urednik rubrike za kardiologiju u *Journal of Clinical Medicine*, kao i u časopisu *Current Atherosclerosis Reports*, znanstveni koordinator časopisa *HeartBeat Journal* (od 2012. do 2018.), područni suradnik urednika u časopisu *European Heart Journal – Quality of Care and Clinical Outcomes*, suosnivač i zamjenik urednika časopisa *Thyroid Research* (od 2007. do 2012.), zamjenik urednika/urednik rubrike u *BMC Medicine*, *Scientific Reports*, *Recent Patents on Cardiovascular Drugs Discovery & Biomed Research International*, i član uredničkih savjeta u više od 60 međunarodnih časopisa. Kao gost urednik (od 2010.) uredio je brojeve časopisa *BMC Medicine*, *Expert Opinion on Pharmacotherapy*, *Nutrients*, *Current Hypertension Reports*, *Journal of Diabetes Research*, *Current Vascular Pharmacology*, *Current Pharmaceutical Design*, *Current Medicinal Chemistry* i

Frontiers in Digital Health. Također je član-istraživač referentne baze *F1000 prime*. Recenzent je više od 80 međunarodnih časopisa, uključujući *New England Journal of Medicine*, *eClinicalMedicine*, *European Heart Journal*, *JACC*, *Circulation*, *JAMA-Cardiology*, *JAMA Network Open*, *iScience*, *Lancet Diabetes & Endocrinology*, *Circulation Research* i *British Medical Journal*. Urednik je ili autor 33 knjige (105 poglavlja). Od 2016. do 2020. bio je znanstveni direktor u nakladničkoj kući Termedia, gdje je bio zadužen za indeksiranje i razvoj više od 50 znanstvenih časopisa, uključujući i 9 časopisa koji imaju čimbenik odjeka.

ČLANSTVA I NAGRADE

Redoviti je član Vijeća za istraživanje visokoga krvnoga tlaka Američkog udruženja za srce (Council for High Blood Pressure Research, American Heart Association – FAHA), Nacionalne udruge za lipide (National Lipid Association – FNLA), Američkoga društva za angiologiju (American Society of Angiology – FASA), Europskoga kardiološkoga društva (European Society of Cardiology – FESC), Kraljevskoga društva za javno zdravstvo (Royal Society for Public Health – FRSPH) i Društva za gerijatrijsku kardiologiju (Society of Geriatric Cardiology – FSGC; od 2008. do 2010.). Član je središnje radne skupine pri Alliance for Biomedical Research/European Council for Health Research (od 2011. do 2013. i od 2016. do danas kao predstavnik EAS-a), bio je član upravljačkoga odbora Europskoga inovacijskoga partnerstva za aktivno i zdravo starenje (European Innovation Partnership in Active and Healthy Ageing; od 2010. do 2012.) pri Europskoj komisiji, bio je član Znanstvenoga panela za zdravlje Europske komisije (Scientific Panel for Health – SPH; od 2014. do 2017.), član upravnoga odbora Centre for Good Aging/Healthy Ageing Research Center (HARC) pri Medicinskom sveučilištu u Łódźu, član Odbora za javno zdravstvo Poljske akademije znanosti, član znanstvenoga odbora

Instituta za šport u Varšavi te upravnoga dijela Znanstvenoga odbora pri poljskom Ministarstvu zdravstva (od 2015.). Ekspert je pri Europskoj agenciji za lijekove (EMA, od 2018. do danas) te član prestižne Europske akademije znanosti i umjetnosti (*EUAS*; od 2018.).

Dobitnik je brojnih priznanja i nagrada: počasnoga doktorata Medicinskoga sveučilišta u Košicama u Slovačkoj (2020.), na popisu je 100 najutjecajnijih znanstvenika u medicini u Poljskoj u 2020. godini (8. mjesto), u 2019. godini (10. mjesto) i u 2018. godini (9. mjesto), počasnoga doktorata Sveučilišta medicine i farmacije „Carol Davila" u Bukureštu u Rumunjskoj, dobitnik nagrade „Zlatni skalpel" za posebne zasluge u inovacijama (*Smart Hospital*) za 2016. i 2019. godinu, počasni je član Rumunjskoga kardiološkoga društva (od 2019.), počasnoga doktorata Instituta za kardiologiju u Kijevu (2018.) te Sveučilišta medicine i farmacije „Victor Babeş" u Temišvaru (2017.), počasne zlatne medalje za znanstvena postignuća Medicinskoga sveučilišta u Košicama (2018.), „Menadžer godine 2016." za javne ustanove (proglašen 2017.), časopis *Wprost* proglasio ga je 2017. godine „Inovatorom godine u znanosti", bio je proglašen „Osobom godine" u Poljskoj za 2013. godinu za doprinos razvoju znanosti.

Pokrenuo je časopis *Health Manager* (nakladnik Temerdia), dobitnik je nagrade *Super-Talent* za medicinu 2012. godine kao pobjednik natjecanja za mlade znanstvenike do četrdesete godine u organizaciji časopisa *Puls Medycyny,* dobitnik je znanstvenih nagrada Ministarstva zdravlja Republike Poljske za ciklus publikacija (2009. i 2011.), dobitnik je više od 40 individualnih i skupnih nagrada rektora Medicinskoga sveučilišta u *Łódź*u (2009. – 2020.), nagrade START (2008.), nagrade za izlaganja na konferencijama Poljske znanstvene zaklade (2005. i 2007.), nagrade za mladoga znanstvenika časopisa *Polityka* (2006.) te dobitnik potpore za putovanja organizacija Europskoga društva za hipertenziju (2007.) i Društva za zatajenje srca Europskoga društva za kardiologiju (2005. i 2007.).

PODRUČJA STRUČNOGA INTERESA

Glavna područja njegova znanstvenoga interesa obuhvaćaju različita pitanja vezana uz hipertenziju (stratifikacija rizika, prehipertenzija, novi biomarkeri, optimalna razina BP-a – fenomen J-krivulje, farmakoterapija/kombinirana terapija, prevencija, komplikacije), poremećaji lipida (stratifikacija rizika, novi biomarkeri, dijagnoza, rijetke bolesti), terapija dislipidemije (statini, novi lijekovi, kombinirano liječenje) te novi lijekovi u terapiji kardiovaskularnih bolesti.

Program

(11 SATI, AULA SVEUČILIŠTA U ZAGREBU)

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DODJELA POČASNOGA DOKTORATA

Georg Friedrich Händel: Canticorum iubilo

UVODNO SLOVO
prof. dr. sc. Damir Boras
rektor Sveučilišta u Zagrebu

GOVOR PROMOTORA
akademik Željko Reiner

PROGLAŠENJE POČASNIM DOKTOROM
I URUČENJE DIPLOME

ZAHVALA
prof. dr. sc. Maciej Banach

Gaudeamus igitur

(MALA VIJEĆNICA, prigodni domjenak)
Vivat, vivat

Glazbeni program:
ansambl Celeste
umjetnička voditeljica: red. prof. art. Jasenka Ostojić
Muzička akademija Sveučilišta u Zagrebu

Uvodno slovo rektora Damira Borasa

Poštovani profesore Banach,

čast mi je i zadovoljstvo najsrdačnije Vas pozdraviti u ime članova Senata Sveučilišta u Zagrebu, predsjednika i članova povjerenstva za izbor u zvanje počasnoga doktora, u ime prorektora, dekana i profesora fakulteta i akademija koji djeluju u sastavu Sveučilišta u Zagrebu te Vaših suradnika i prijatelja na Sveučilištu u Zagrebu i u Republici Hrvatskoj, kao i u svoje osobno ime.

Dodjela počasnoga doktorata u svakoj je akademskoj zajednici svečan i važan događaj. Čin je to kojim istaknutim pojedincima – znanstvenicima i umjetnicima te osobama čiji su rad i djelovanje pridonijeli razvoju sveučilišta, znanosti, umjetnosti, kulturi i društva u cjelini – želimo zahvaliti te ih izborom u zvanje *doctor honoris causa* još snažnije vezati i uključiti u djelovanje naše *Alma Mater*.

Gledajući u povijest, od 1913. godine, kada je prvi počasni doktorat Sveučilišta u Zagrebu dodijeljen istaknutom hrvatskom historiografu Tadiji Smičiklasu, naše je Sveučilište u to visoko zvanje promoviralo samo stotinu istaknutih pojedinaca iz zemlje i inozemstva. Stoga mi je, cijenjeni ekscelencije i uzvanici, poštovani gospođe i gospodo, dragi gosti, danas posebno zadovoljstvo na ovoj svečanosti dodijeliti sto prvi počasni doktorat

Sveučilišta u Zagrebu upravo profesoru Macieju Banachu, dragom kolegi s Medicinskoga sveučilišta u Łódźu u Poljskoj, koji je značajno pridonio razvoju znanstvenih istraživanja u području biomedicine i zdravstva na našem Sveučilištu.

Predsjednik povjerenstva za izbor u zvanje počasnoga doktora, akademik Željko Reiner, bliski kolega profesora Banacha, opširnije će govoriti o bogatom životopisu današnjega laureata, njegovim znanstvenim postignućima i akademskom i profesionalnom radu te Vam predstaviti izvješće povjerenstva.

Suradnja profesora Banacha s našim Medicinskim fakultetom traje već niz godina. U tom je razdoblju rezultirala većim brojem znanstvenih radova, objavljenih u prestižnim međunarodnim znanstvenim časopisima, čime je snažno pridonijela internacionalizaciji Sveučilišta u Zagrebu, njegovoj međunarodnoj prepoznatljivosti te daljnjem razvoju kardiologije kao znanstvene discipline na Medicinskom fakultetu.

Uistinu, osnovano još davne 1669. godine, Sveučilište u Zagrebu kao najveća visokoobrazovna institucija u Republici Hrvatskoj posebice je ponosno na činjenicu da u njegovu okrilju već više od stotinu godina, od 1917., djeluje Medicinski fakultet kao prva takva institucija u zemlji, čemu su prethodila desetljeća poučavanja i istraživanja u medicinskom području. Suradnja s vrsnim znanstvenicima iz cijeloga svijeta stoga je – u vremenima brzoga razvoja medicinske znanosti te velikih izazova s kojima se to područje, ali i cijelo društvo, globalno susreće, poglavito u posljednjih nekoliko godina – *conditio sine qua non,* bez kojega nije moguće unaprijediti suvremene znanstvene spoznaje niti sačuvati zdravlje svjetske populacije. Gledajući sveučilište i akademsku zajednicu, preduvjet za sve navedene procese svakako je predani rad na unaprjeđenju i daljnjem razvoju sveučilišnoga obrazovanja, uspostavljanju novih kontakata i suradnji s partnerskim institucijama diljem svijeta radi provedbe zajedničkih projekata te, povrh svega, inzistiranje na izvrsnosti.

Spremnost vrhunskih stručnjaka da svoje znanje i ekspertizu na raspolaganje stave društvu i njegovim institucijama, ne samo u vlastitoj zemlji nego i u međunarodnim stručnim organizacijama i tijelima, posebna je kvaliteta koja je jasno izražena i u životopisu našega novoga počasnoga doktora.

Uz to što je objavio više 1200 znanstvenih radova, preglednih članaka, uvodnika i poglavlja u knjigama iz područja kardiologije, ponajviše

o arterijskoj hipertenziji, dislipidemiji i riziku od kardiovaskularnih bolesti, što ga svrstava u jedan posto najistaknutijih recenzenata u području kliničke i translacijske medicine, profesor Banach obnašao je – i još uvijek obnaša – brojne javne i profesionalne dužnosti: od onih na svome matičnom sveučilištu u Łódźu, preko dužnosti državnoga tajnika i zamjenika ministra znanosti i obrazovanja Republike Poljske od 2012. do 2014. godine, do brojnih pozicija u međunarodnim društvima i tijelima, kao što su, među ostalim, ona u Europskom društvu za aterosklerozu (EAS) i u Savjetodavnoj skupini za znanstvenu i zdravstvenu politiku vezanu uz obiteljsku hiperkolesterolemiju.

U skladu s odlukom Senata koja je donesena na 5. redovitoj sjednici Senata Sveučilišta u Zagrebu u 353. ak. god. (2021./2022.), održanoj 25. siječnja 2022., te uzimajući u obzir izniman profesionalni i znanstveni put današnjega laureata, osobito njegov doprinos znanstvenoj izvrsnosti Sveučilišta u Zagrebu u području biomedicine i zdravstva, ostvaren suradnjom s istraživačkom skupinom koja djeluje na Medicinskom fakultetu, zadovoljstvo mi je promovirati profesora Macieja Banacha u počasnoga doktora Sveučilišta u Zagrebu.

Poštovani profesore Banach, u ime cijele akademske zajednice najsrdačnije Vam zahvaljujem na ostvarenoj suradnji sa Sveučilištem u Zagrebu i Medicinskim fakultetom te Vam od srca čestitam!

Izvješće povjerenstva za dodjelu počasnoga doktorata Senatu Sveučilišta u Zagrebu

Senat Sveučilišta u Zagrebu je na temelju članka 21. i članka 76. *Statuta Sveučilišta u Zagrebu* na 4. redovitoj sjednici u 353. akademskoj godini (2021./2022.), održanoj 14. prosinca 2021., donio odluku o pokretanju postupka za dodjelu počasnoga doktorata prof. dr. sc. Macieju Banachu s Medicinskoga sveučilišta u Łódźu u Poljskoj. Tom je prigodom imenovano i stručno povjerenstvo za ocjenu prijedloga za dodjelu počasnoga doktorata Sveučilišta u Zagrebu u sastavu:

1. akademik Željko Reiner, predsjednik
2. akademkinja Vida Demarin, članica
3. akademik Davor Miličić, član

Nakon što je razmotrilo priloženo obrazloženje znanstvenoga, nastavnoga i društvenoga doprinosa profesora Macieja Banacha i sve relevantne elemente, stručno povjerenstvo podnosi Senatu Sveučilišta u Zagrebu izvješće s mišljenjem i prijedlogom.

Izvješće s mišljenjem i prijedlogom

SAŽETI ŽIVOTOPIS PREDLOŽENIKA

Profesor Maciej Banach rođen je 1977. godine u Płocku u Poljskoj. Maturirao je na drugoj najstarijoj gimnaziji u Poljskoj, a diplomirao je 2002. na Medicinskom sveučilištu u Łódźu, uz posebno priznanje za uspjeh na studiju. Na tom je sveučilištu 2003. godine započeo specijalizaciju iz kardiologije u Klinici za kardiologiju i kardiokirurgiju, koju je u roku i završio. Godine 2006. obranio je disertaciju i izabran za docenta, dvije godine poslije obranio je habilitacijski rad i izabran za izvanrednoga profesora, a 2014. izabran je za redovitoga profesora kardiologije matičnoga sveučilišta u Łódźu. Od 2008. do 2009. na tom je sveučilištu bio pročelnik Zavoda za molekulsku kardionefrologiju i hipertenziju, od 2009. predstojnik je Odjela za nefrologiju, hipertenziju i obiteljsku medicinu, a od 2010. i profesor interne medicine. Od 2010. do 2012. bio je državni tajnik (zamjenik ministra) Ministarstva znanosti i visokoga obrazovanja Republike Poljske, a od 2012. do 2014. pročelnik Ureda za međunarodnu suradnju Sveučilišta u Łódźu. Tijekom 2014. bio je gostujući profesor na Sveučilištu u Alabami u Birminghamu u Sjedinjenim Američkim Državama te na Sveučilištu medicine i farmacije „Victor Babeş" u Temišvaru u Rumunjskoj. Nakon povratka u Poljsku izabran je za predsjednika Memorijalne bolnice i istraživačkoga instituta „Majka Poljakinja" u Łódźu (Instytut Centrum Zdrowia Matki Polki). Na toj je dužnosti bio do 2021. godine, kada je postao predstojnikom Odjela za preventivnu kardiologiju i lipidologiju Sveučilišta u Łódźu. Godine 2021. bio je i gostujući profesor na Sveučilištu u Kaliforniji u Irvineu u SAD-u. Od 2017. profesor je i na Sveučilištu Zielonogórski u Poljskoj.

DUŽNOSTI U NACIONALNIM I MEĐUNARODNIM ZNANSTVENIM DRUŠTVIMA

Profesor Maciej Banach tajnik je Europskoga društva za aterosklerozu (EAS) u mandatu od 2021. do 2024. i član Savjetodavne skupine za znanstvenu i zdravstvenu politiku vezanu uz obiteljsku hiperkolesterolemiju za Europu. Osnivač je Skupine za suradnju na metaanalizama u području lipida i krvnoga tlaka (članovi su oko 150 najznačajnijih svjetskih znanstvenika iz toga područja) te osnivač ILEP-a (International Lipid Expert Panel) – međunarodne skupine više od 50 svjetskih stručnjaka koji od 2015. zajednički rade i objavljuju smjernice iz područja preventivne kardiologije. Član je dviju najvećih svjetskih baza podataka: *The Global Burden of Disease*, sa sjedištem na Sveučilištu Washington u Seattleu u Sjedinjenim Američkim Državama, i *Non-Communicable Diseases Risk Factor Collaboration*, sa sjedištem u Imperial Collegeu u Londonu u Ujedinjenom Kraljevstvu. Osnivač je i predsjednik Poljskoga društva za aterosklerozu od 2011. godine.

ZNANSTVENI DOPRINOS PROFESORA MACIEJA BANACHA

Profesor Banach jedan je od najistaknutijih europskih i svjetskih znanstvenika i stručnjaka u području prevencije kardiovaskularnih bolesti, a njegov su glavni znanstveni interes poremećaji lipoproteina u serumu i njihovo liječenje, arterijska hipertenzija te općenito rizični čimbenici za kardiovaskularne bolesti i njihovo liječenje. Do danas je objavio više od 1200 izvornih znanstvenih radova, preglednih članaka, uvodnika i poglavlja u knjigama iz područja kardiologije, ponajviše o arterijskoj hipertenziji, dislipidemiji i rizicima od kardiovaskularnih bolesti. Kombinirani čimbenik odjeka samo njegovih izvornih znanstvenih radova je veći od 10.000 pts, a broj citata 39.237 prema bazi podataka *Web of Science Core Collection/Publons* (u 2021. godini više od 14.000 citata), 40.228 prema SCOPUS-u (više od 15.000 citata u 2021. godini), 49.601 prema *ResearchGateu* i 60.099 prema *Google Scholaru* (više od 21.000 citata u 2021. godini), uz Hirschov indeks 75 (*WoS/Publons*), 75 (SCOPUS), 88 (*ResearchGate*) i 93 (i10 indeks: 599) (*Google Scholar*). Zbog svoje izvanredne znanstvene i publicističke aktivnosti svrstava se među 1 % najcitiranijih znanstvenika na svijetu (u području kliničke medicine te farmakologije i toksikologije) prema bazi podataka *Clarivate*

Essential Science Indicators (s 39 vrhunskih radova). Prema *ExpertScapeu,* profesor Banach jedan je od 10 najutjecajnijih svjetskih stručnjaka u području lipida (9), statina (2), dislipidemija (6), kolesterola (5), lipoproteina (12), LDL-kolesterola (9) HDL-kolesterola (6) i prehrambenih dodataka (15). Prema bazama podataka *Publons/Clarivate* i *Publons Academy Mentor,* profesor Banach jedan je od 1 % najistaknutijih recenzenata u područjima kliničke i translacijske medicine.

Profesor Banach autor je ili koautor 30 znanstvenih knjiga (autor ili koautor više od 100 poglavlja u knjigama), koje su objavili najugledniji poljski i međunarodni nakladnici (Springer, CRC Press, Taylor and Francis Group itd.).

Profesor Banach je i recenzent projekata koje financiraju poljske znanstvene (Nacionalni centar za znanost, Nacionalni centar za istraživanje i razvoj, Poljska zaklada za znanost) i europskounijske institucije, kao što je bio Sedmi okvirni program za istraživanje i razvoj (FP7) i Okvirni program za istraživanje i inovacije *Obzor 2020.*, ali i inozemne institucije, primjerice izraelsko Ministarstvo znanosti i tehnologije, Nacionalna zaklada za znanost Južne Afrike, Agencija za istraživanje i razvoj Slovačke Republike te Odbor za izbor profesora Medicinskoga fakulteta Sveučilišta Johns Hopkins u SAD-u.

Profesor Banach održao je više od 700 predavanja na kongresima i simpozijima (velik broj bila su pozvana predavanja) u Poljskoj i u inozemstvu, uključujući i sve najvažnije europske, američke i svjetske kongrese iz područja kardiologije, poglavito ateroskleroze, u proteklih petnaestak godina.

UREDNIŠTVO ZNANSTVENIH ČASOPISA

Profesor Banach urednik je niza uglednih međunarodnih znanstvenih časopisa: glavni je urednik *Archives of Medical Science* (IF 2020. = 3,318), koji je pokrenuo 2005. godine, zamjenik je glavnoga urednika *European Heart Journal Open*, glavni je urednik rubrike *Kardiologija* u *Journal of Clinical Medicine,* kao i u časopisu *Current Atherosclerosis Reports*, područni pridruženi urednik *European Heart Journal – Quality of Care and Clinical Outcomes*, urednik rubrike *Biomedicinske znanosti* – znanstvena izvješća u *Recent Patents on*

Cardiovascular Drugs Discovery and Biomed Research International, i član je uredništava više od 60 najznačajnijih međunarodnih medicinskih časopisa. Recenzent je u 80-ak najuglednijih medicinskih časopisa, uključujući *New England Journal of Medicine*, *Clinical Medicine*, *European Heart Journal*, *JACC*, *Circulation*, *JAMA-Cardiology*, *JAMA Network Open*, *iScience*, *Lancet Diabetes & Endocrinology*, *Circulation Research* i *British Medical Journal*. Bio je gost urednik, među ostalima, u časopisima *BMC Medicine*, *Expert Opinion on Pharmacotherapy*, *Nutrients*, *Current Hypertension Reports*, *Journal of Diabetes Research*, *Current Vascular Pharmacology*, *Current Pharmaceutical Design*, *Current Medicinal Chemistry and Frontiers in Digital Health.*

NAGRADE I PRIZNANJA

Za svoj je znanstveni rad i akademska postignuća profesor Banach dobio brojna priznanja i nagrade, od kojih treba istaknuti samo neka osobito značajna međunarodna priznanja, ponajprije počasni doktorat (*doctor honoris causa*): Medicinskoga sveučilišta Pavla Jozefa Šafárika u Košicama u Slovačkoj (2020.), Sveučilišta medicine i farmacije „Carol Davila“ u Bukureštu i Sveučilišta medicine i farmacije „Victor Babeş“ u Temišvaru u Rumunjskoj (2017.) te Instituta za kardiologiju u Kijevu u Ukrajini (2018.). Počasni je član Rumunjskoga kardiološkoga društva, dobio je Počasnu zlatnu medalju za znanstvena postignuća Medicinskoga sveučilišta u Košicama u Slovačkoj i nagradu „Zlatni skalpel“ 2016. godine u Poljskoj. Godine 2013. bio je proglašen „Osobom godine“ u Poljskoj za doprinos razvitku znanosti, na ljestvici 100 najutjecajnijih znanstvenika u medicini u Poljskoj bio je na osmom mjestu 2020. godine, na desetom 2019. godine, a na devetom 2018. godine. Redoviti je član svih najznačajnijih znanstvenih društava iz područja preventivne kardiologije, što se postiže složenim postupkom izbora najistaknutijih znanstvenika u nekom području. Tako je redoviti član sljedećih institucija i znanstvenih društava: Europske akademije znanosti i umjetnosti, Vijeća za istraživanje visokoga krvnoga tlaka Američkoga udruženja za srce (*FAHA*), Nacionalne udruge za lipide (*FNLA*), Američkoga društva za angiologiju (*FASA*), Europskoga kardiološkoga društva (*FESC*), Kraljevskoga društva za javno zdravstvo (*FRSPH*) i Društva za gerijatrijsku kardiologiju (*FSGC*; 2008. – 2010.). Član je središnje radne skupine pri Alliance for Biomedical Research/European

Council for Health Research (2011. – 2013. i od 2016. kao predstavnik *EAS*-a), bio je član upravljačkoga odbora Europskoga inovacijskoga partnerstva za aktivno i zdravo starenje (2010. – 2012.) pri Europskoj komisiji, bio je član Znanstvenoga panela za zdravstvo Europske komisije (*SPH;* 2014. – 2017.), član Odbora za javno zdravstvo Poljske akademije znanosti, član Odbora za zdravstvo poljskoga Ministarstva zdravstva (od 2015.) i ekspert Europske agencije za lijekove (*EMA;* od 2018.).

MIŠLJENJE I PRIJEDLOG POVJERENSTVA

Prof. dr. sc. Maciej Banach priznati je svjetski znanstvenik u području preventivne kardiologije, posebice arterijske hipertenzije (prehipertenzija, novi biomarkeri, farmakoterapija, prevencija, komplikacije), poremećaja serumskih lipida (novi biomarkeri, procjena rizika, rijetke dislipidemije) i liječenja dislipidemija (novi lijekovi, kombinirana terapija). Dugogodišnja suradnja s Medicinskim fakultetom Sveučilišta u Zagrebu, ponajviše sa skupinom koju predvodi akademik Željko Reiner, rezultirala je velikim brojem objavljenih zajedničkih znanstvenih radova, čime je pridonio internacionalizaciji Sveučilišta u Zagrebu i njegovu otvaranju Europskom prostoru visokoga obrazovanja.
Na temelju navedenoga obrazloženja smatramo da prof. dr. sc. Maciej Banach u cijelosti ispunjava uvjete za dodjelu počasnoga doktorata Sveučilišta u Zagrebu. Članovi povjerenstva stoga predlažu Senatu Sveučilišta u Zagrebu da profesoru Macieju Banachu dodijeli počasni doktorat Sveučilišta u Zagrebu.

Članovi stručnoga povjerenstva:
akademik Željko Reiner
akademkinja Vida Demarin
akademik Davor Miličić

Sveučilište u Zagrebu

Senat

Klasa: 602-04/21-04/08
Urbroj: 380-020/284-22-4
Zagreb, 25. siječnja 2022.

Na temelju članka 59. Zakona o znanstvenoj djelatnosti i visokom obrazovanju i članka 76. Statuta Sveučilišta u Zagrebu, a na prijedlog stručnog povjerenstva u sastavu: akademik Željko Reiner, akademkinja Vida Demarin i akademik Davor Miličić, Senat Sveučilišta u Zagrebu na 5. redovitoj sjednici u 353. akademskoj godini (2021./2022.), održanoj 25. siječnja 2022. godine u elektroničkom obliku, donio je

ODLUKU O DODJELI POČASNOGA DOKTORATA PROF. DR. SC. MACIEJU BANACHU SA SVEUČILIŠTA U ŁÓDŹU

I.

Dodjeljuje se počasni doktorat Sveučilišta u Zagrebu prof. dr. sc. Macieju Banachu, profesoru Sveučilišta u Łódźu u Poljskoj, za doprinos razvoju znanstvenih istraživanja na Sveučilištu u Zagrebu u području biomedicine i zdravstva, internacionalizaciji Sveučilišta u Zagrebu te njegovu otvaranju Europskom prostoru visokoga obrazovanja.

II.

Ova Odluka stupa na snagu danom donošenja.

Rektor
prof. dr. sc. Damir Boras

Govor promotora, akademika Željka Reinera

Poštovani profesore Maciej Banach,
poštovani rektore Sveučilišta u Zagrebu,
poštovani uzvanici i gosti, dragi kolege!

Posebna mi je čast i zadovoljstvo u svojstvu promotora na dodjeli počasnoga doktorata Sveučilišta u Zagrebu predstaviti današnjega laureata, profesora Sveučilišta u Łódźu, Macieja Banacha.

Senat Sveučilišta u Zagrebu na svojoj je 5. sjednici u 353. akademskoj godini (2021./2022.) održanoj 25. siječnja 2022., na rektorov prijedlog, a na temelju izvješća stručnoga povjerenstva u sastavu: akademik Željko Reiner, akademkinja Vida Demarin i akademik Davor Miličić, donio odluku o dodjeli počasnoga doktorata Sveučilišta u Zagrebu profesoru Macieju Banachu za njegov doprinos u području preventivne kardiologije, posebice arterijske hipertenzije, poremećaja serumskih lipida i liječenja dislipidemija, te za dugogodišnju suradnju sa Sveučilištem u Zagrebu.
Profesor Banach rođen je u Płocku u Poljskoj, maturirao je na drugoj najstarijoj gimnaziji u Poljskoj, a njegova želja za znanjem i naglašeno zanimanje za znanstvena istraživanja u biomedicinskom području odveli su ga na studij na Medicinskom sveučilištu u Łódźu, na kojem je 2002. godine diplomirao, uz posebno priznanje za uspjeh na studiju. Na tom je sveučilištu završio i specijalizaciju iz kardiologije, a 2006. godine obranio disertaciju te je izabran za docenta. Godine 2008., obranivši habilitacijski rad, izabran je za izvanrednoga profesora, a 2014. godine za redovitoga profesora kardiologije Sveučilišta u Łódźu, na kojem je od 2010. i profesor interne medicine. Od 2017. godine profesor je i na Sveučilištu Zielonogórski u Poljskoj. Od 2010. do 2012. bio je državni tajnik (zamjenik ministra) Ministarstva znanosti i visokoga obrazovanja Republike Poljske. Bio je gostujući profesor na brojnim sveučilištima u Europi i Sjedinjenim Američkim Državama.

Profesor Banach jedan je od najistaknutijih europskih i svjetskih znanstvenika i stručnjaka u području prevencije kardiovaskularnih bolesti, a njegov je glavni znanstveni interes usmjeren na poremećaje lipoproteina u serumu i njihovo liječenje, arterijsku hipertenziju te, općenito, na rizične čimbenike za kardiovaskularne bolesti i njihovo liječenje. On se svrstava u red znanstvenika čija su istraživanja obilježena istančanim darom opažanja važnih pojava, koje su gdjekad ostale zanemarene od ostalih znanstvenika ili tek samo registrirane, bez implikacija na prevenciju, dijagnostiku i liječenje kardiovaskularnih bolesti, ali i sposobnošću razjašnjavanja uočenih fenomena i njihove primjene u svakodnevnoj kliničkoj praksi. Golem je njegov doprinos razjašnjavanju fenomena povoljnoga djelovanja nutraceutika na fenomene koji sudjeluju u nastanku kardiovaskularnih bolesti, primjerice na upalu u nastanku ateroskleroze i osobito koronarne bolesti srca. Također je značajan njegov doprinos izučavanju fenomena intolerancije na statine, najviše rabljene lijekove za hiperkolesterolemiju i prevenciju kardiovaskularnih bolesti. Upravo je ove godine objavio metaanalizu koja je obuhvatila više od četiri milijuna bolesnika liječenih statinima, a koja je jasno pokazala da je ta intolerancija rijetka, ali često pogrješno precijenjena, jer se razni simptomi koji nisu vezani uz statine, objašnjavaju njome. To istraživanje ima i veliko praktično značenje, kao i niz drugih istraživanja profesora Banacha, koji se u svojim znanstvenim istraživanjima nikada ne zadržava samo na teorijskom uočavanju određenih fenomena. Štoviše, rezultati njegovih znanstvenih radova u pravilu imaju praktičnu kliničku primjenu.

Kad govorimo o doprinosu profesora Macieja Banacha u međunarodnim znanstvenim i akademskim organizacijama, treba istaknuti njegovo djelovanje u brojnim takvim organizacijama, od kojih bih istaknuo samo tri. Prva od njih je Europsko društvo za aterosklerozu (*European Atherosclerosis Society*), u kojem trenutačno obnaša dužnost tajnika i člana Savjetodavne skupine za znanstvenu i zdravstvenu politiku vezanu uz obiteljsku hiperkolesterolemiju za Europu. Druga je, pak, Skupina za suradnju na metaanalizama u području lipida i krvnoga tlaka (članovi su oko 150 najznačajnijih svjetskih znanstvenika u tom području). Treću je upravo on osnovao pod nazivom ILEP (*International Lipid Expert Panel*), a riječ je o međunarodnoj skupini više od 50 svjetskih stručnjaka koji od 2015. godine zajednički rade i objavljuju na znanstvenim spoznajama utemeljene smjernice u području preventivne kardiologije.

Kao istaknuti znanstvenik, profesor Banach urednik je brojnih uglednih međunarodnih znanstvenih časopisa, od kojih ću opet spomenuti samo tri. Godine 2005. pokrenuo je časopis *Archives of Medical Science,* u kojem je glavni urednik. Zamjenik je glavnoga urednika časopisa *European Heart Journal Open* te područni pridruženi urednik *European Heart Journal – Quality of Care and Clinical Outcomes.* Istodobno je član uredništava više od 60 najznačajnijih međunarodnih znanstvenih časopisa i recenzent u oko 80 najuglednijih znanstvenih medicinskih časopisa.

Za svoj je znanstveni rad i akademska postignuća profesor Banach dobio brojna nacionalna i međunarodna priznanja i nagrade, od kojih treba istaknuti samo neka, koja držim da su osobito značajna: počasni doktorat znanosti Medicinskoga sveučilišta Pavla Jozefa Šafárika u Košicama u Slovačkoj, počasni doktorat znanosti Sveučilišta medicine i farmacije „Carol Davila“ u Bukureštu u Rumunjskoj, počasni doktorat znanosti Sveučilišta medicine i farmacije „Victor Babeş“ u Temišvaru u Rumunjskoj i počasni doktorat znanosti Instituta za kardiologiju u Kijevu u Ukrajini.

Još prije niz godina uspostavio je suradnju s Medicinskim fakultetom Sveučilišta u Zagrebu, koja je rezultirala velikim brojem objavljenih zajedničkih znanstvenih radova, čime je pridonio internacionalizaciji Sveučilišta u Zagrebu te njegovu još uspješnijem otvaranju Europskom prostoru visokoga obrazovanja i znanosti. Time je profesor Maciej Banach dao trajan i značajan doprinos ne samo razvitku dvaju sveučilišta u svojoj rodnoj Poljskoj, na kojima je već godinama redoviti profesor, nego i bitan doprinos Sveučilištu u Zagrebu i njegovoj međunarodnoj prepoznatljivosti, pa je i dodjela počasnoga doktorata priznanje za njegove brojne uspješne aktivnosti i na čast tih poljskih sveučilišta, ali i na čast Sveučilišta u Zagrebu.

REPUBLIKA HRVATSKA
SVEUČILIŠTE U ZAGREBU

REKTOR
DAMIR BORAS
REDOVITI PROFESOR

I

PROMOTOR
ŽELJKO REINER
AKADEMIK

PROGLAŠAVAJU

DA JE SENAT SVEUČILIŠTA U ZAGREBU NA SVOJOJ 5. SJEDNICI U 353. AKADEMSKOJ GODINI (2021./2022.), ODRŽANOJ 25. SIJEČNJA 2022., PRIHVAĆAJUĆI IZVJEŠĆE POVJERENSTVA KOJE SU ČINILI: AKADEMIK ŽELJKO REINER, PREDSJEDNIK, AKADEMKINJA VIDA DEMARIN I AKADEMIK DAVOR MILIČIĆ, ČLANOVI, ODLUČIO DA

MACIEJ BANACH

STEKNE

AKADEMSKI NASLOV POČASNOGA DOKTORA SVEUČILIŠTA U ZAGREBU

POČASNI DOKTORAT SVEUČILIŠTA U ZAGREBU DODJELJUJE SE PROF. DR. SC. MACIEJU BANACHU, PROFESORU MEDICINSKOGA SVEUČILIŠTA U ŁÓDŹU U REPUBLICI POLJSKOJ, ZA DOPRINOS RAZVOJU ZNANSTVENIH ISTRAŽIVANJA NA SVEUČILIŠTU U ZAGREBU, POSEBICE U PODRUČJU BIOMEDICINE I ZDRAVSTVA, INTERNACIONALIZACIJI SVEUČILIŠTA U ZAGREBU TE NJEGOVU OTVARANJU EUROPSKOM PROSTORU VISOKOGA OBRAZOVANJA.

U POTVRDU TOGA IZDAJE SE OVA DIPLOMA, PROPISNO POTPISANA I OVJERENA PEČATOM SVEUČILIŠTA U ZAGREBU.

ZAGREB, 9. LIPNJA 2022.

BROJ: 59

PROMOTOR
AKADEMIK ŽELJKO REINER

REKTOR
PROF. DR. SC. DAMIR BORAS

RES PUBLICA CROATIA
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DAMIR BORAS
PROFESSOR ORDINARIUS

ET

PROMOTOR
ŽELJKO REINER
ACADEMIAE SOCIUS

PRONUNTIANT

SENATUM UNIVERSITATIS STUDIORUM ZAGRABIENSIS
IN SUO CONSESSU V ANNO ACADEMICO CCCLIII (ANNO MMXXI/MMXXII)
DIE XXV MENSIS IANUARII ANNI MMXXII HABITO, RELATIONEM CONSILII,
IN QUO ACADEMIAE SOCIUS ŽELJKO REINER, PRAESES, ET
ACADEMIAE SOCIA VIDA DEMARIN ET ACADEMIAE SOCIUS DAVOR MILIČIĆ,
MEMBRA FUERUNT, APPROBAVISSE ATQUE DECREVISSE,
UT IN VIRUM ILLUSTREM

MACIEJ BANACH
TITULUS ACADEMICUS DOCTORIS HONORIS CAUSA
UNIVERSITATIS STUDIORUM ZAGRABIENSIS
CONFERRETUR.

PROF. DR. SC. MACIEJ BANACH, UNIVERSITATIS MEDICINAE LODZIENSIS IN RE PUBLICA POLONICA PROFESSOR, GRADU DOCTORIS HONORIS CAUSA UNIVERSITATIS STUDIORUM ZAGRABIENSIS ORNATUR, QUIA DE INDAGATIONIBUS SCIENTIFICIS IN UNIVERSITATE STUDIORUM ZAGRABIENSI, PECULIARITER IN BIOMEDICINA ET SANITATIS REBUS IN MAIUS PROVEHENDIS EXIMIE MERUIT, QUIA UNIVERSITATI STUDIORUM ZAGRABIENSI INTER GENTES CONFIRMATAE NEC NON
ERUDITIONIS ALTI GRADUS SPATIO EUROPAEO PATEFACTAE OPERAM NAVAVIT.

CUIUS REI IN FIDEM HOC DIPLOMA RITE SUBSCRIPTUM
ET UNIVERSITATIS SIGILLO MUNITUM EDITUM EST.

ZAGRABIAE, DIE IX MENSIS IUNII ANNI MMXXII.

NUM. IL

PROMOTOR
ŽELJKO REINER
ACADEMIAE SOCIUS

RECTOR
DAMIR BORAS
PROFESSOR ORDINARIUS

Zahvala prof. dr. sc. Macieja Banacha

Poštovani gospodine rektore Sveučilišta u Zagrebu, cijenjeni članovi Senata, dame i gospodo, poštovani profesore Reiner,

doista mi je velika čast što sam danas stekao naziv počasnoga doktora na vašem Sveučilištu. Za mene je to ujedno i velika odgovornost i obveza da ulažem daljnje napore u promicanje znanosti, ponajviše one kojom se bavim – preventivne kardiologije i lipidologije, kako u Poljskoj, srednjoj i istočnoj Europi, tako i u cijeloj Europi i svijetu, posebice tamo gdje su potrebe najveće, gdje nema odgovarajuće dijagnostike, dostupnosti lijekova, medicinskih resursa i znanja. U ovom bih se obraćanju želio usredotočiti na nekoliko stvari koje su mi važne kako bih istaknuo da svatko u svakom dijelu svijeta može uspjeti, ali da za to postoji nekoliko jednostavnih uvjeta koje valja zadovoljiti: treba biti ambiciozan, učinkovit, uvijek tražiti rješenja, postavljati pitanja i surađivati s drugima. Studentima koje mentoriram, suradnicima i kolegama često citiram dvije važne mudrosti koje su me pratile u mojem profesionalnom životu: „Ako ne pokušaš, nikad nećeš imati“ i „Možda ćeš doživjeti neuspjeh, čak i mnogo puta, ali ako daš sve od sebe, na kraju ćeš uspjeti – samo je pitanje vremena.“

Prvo bih se želio usredotočiti na pitanje mentorstva. Nikad nisam imao pravoga mentora. Na sreću, ne bojim se postavljati pitanja, a na svom profesionalnom putu upoznao sam mnoge ljude: profesora Dimitrija P. Mikhailidisa s University Collegea u Londonu, s kojim surađujem već 20 godina, profesora Mariana Zembalu, izvanrednoga kardiokirurga, bivšega ministra zdravstva Republike Poljske, koji je nažalost preminuo prije tri mjeseca i koji mi je pokazao da ako naporno radiš, ako svoje neuspjehe ostaviš za sobom, poglavito ako učiš iz svojih neuspjeha, doista je sve moguće – samo treba ići naprijed i ne osvrtati se. To su primjeri velikih mentora kakve bih svakomu poželio. Zašto je važno biti mentor? Zato što bi

tako mogao stvoriti skupinu ljudi koji su izrazito posvećeni zajedničkom radu, zato što bi tako mogao pomoći mlađim kolegama da izbjegnu pogrješke koje si i sam učinio, zato što bi im mogao pokazati najbolji put k znanstvenom i stručnom razvoju i, najzad, zato što bi od njih mogao naučiti onoliko koliko su i oni naučili od tebe. Valja imati na umu da živimo u doba interneta, društvenih medija, umjetne inteligencije, strojnoga učenja, dubokoga učenja, poslovne inteligencije, igrifikacije itd. Jeste li sigurni da o tome znate više od vaših studenata koji su se s time susretali gotovo od rođenja? Samo zajedno, zajedničkim međugeneracijskim snagama, vi i vaš tim moći ćete požnjeti velike uspjehe! To je razlog zašto treba biti mentor, ali imajte na umu da ako želite biti dobar mentor, s vremena na vrijeme morate učiti od onih koje mentorirate. Zašto sam ovo obraćanje započeo upravo pitanjem mentorstva? Zato što prava tradicija mentorstva u Poljskoj i u mnogim europskim, posebice zemljama središnje i istočne Europe, zapravo ne postoji, a takav je slučaj i sa zemljama na jugu Europe – a istodobno znam kako je fantastičan primjer mentora profesor Željko Reiner iz Hrvatske. U čemu je problem s mentorstvom? U tome što uvijek postoji neka vrsta iracionalnoga straha da bi vas mlađi suradnik mogao zamijeniti na mjestu predstojnika odsjeka ili pročelnika odjela, da bi mogao postati liječnik, da bi mogao imati više pacijenata, bolje radove i projekte i sl. Zato se obično okružujemo ljudima koji su mnogo lošiji jer se bojimo onih koji jesu ili bi mogli biti bolji od nas samih! I zato su sveučilišta u našem dijelu svijeta obično nisko na rang-ljestvicama. Ako primijetite da je netko u vašem okružju ambiciozan i perspektivan, pokušajte formirati njegov profesionalni život, potičite ga, surađujte, nemojte ga se bojati i nemojte ga pokušati kočiti zato što ste u boljem položaju od njega. Tek kad radite s pravim liderima, i sami ćete postati lider, a ako radite s prosječnim ljudima, bit ćete „lider“ samo vlastitoga odjela. To je osobito važno danas, kada ima sve manje mladih ljudi koji su zainteresirani ostati na sveučilištu i baviti se znanošću.

Još jedno važno pitanje, koje je zapravo usko povezano s mentorstvom, jest dobra suradnja. Smatram da je suradnja ključ uspjeha, ključ vlastitoga razvoja, ključ učinkovite realizacije naših ideja. Od samih svojih početaka imao sam vrlo široku znanstvenu i profesionalnu suradnju. Danas, mnogo godina poslije, moji me kolege često pitaju kako je moguće da sam tako prepoznat u cijelom svijetu, od SAD-a i Kanade preko Francuske,

Ujedinjenoga Kraljevstva, Bugarske i Norveške do Kosova, Estonije, Uzbekistana, Tajvana i Japana. Zapravo ni sam ne znam koji je pravi odgovor na to pitanje, jer je meni toliko prirodno surađivati sa svima, okupljati ljude oko sebe, uvijek tražiti nove kolege za suradnju na novim projektima.
Sjećam se kad sam pokušao prijaviti prvi projekt na natječaju Poljskoga nacionalnoga centra za znanost prije dvadeset godina i nisam mogao pronaći stručnjaka u Poljskoj koji bi mi pomogao u pripremi metodološkoga dijela projekta. Napisao sam stotinjak e-poruka stručnjacima koje sam jednostavno našao u *Medlineu*, koje sam poznavao samo preko njihovih radova, osobama koje su doista bile međunarodno priznati stručnjaci. Zašto stotinjak e-poruka? Jer sam jednostavno želio dobiti odgovor od barem jednoga od njih da će mi pomoći pri prijavi projekta, a sjećam se koliko sam se iznenadio kad sam dobio odgovor od gotovo njih trideset! S mnogima od njih dandanas blisko surađujem, a s nekolicinom sam i dobar prijatelj. Zato se nikad ne treba ustručavati pitati – većina će vas ljudi otvoreno i rado poduprijeti!
U našim zemljama valja promijeniti i mentalitet! Moramo biti mnogo otvoreniji prema suradnji, jer ako želite istraživati samo u okvirima svog odjela – osuđeni ste na propast! Samo zajedničke ideje, projekti koje prijavljuje više centara, mogu pružiti zadovoljstvo znanstvenoga rada, s rezultatima koje je katkada teško predvidjeti, ali, dakako, u pozitivnom smislu.
Imajući na umu gdje mi je upravo učinjena ova velika čast – *doctor honoris causa* – provjerio sam i kada sam počeo suradnju, a slobodno mogu reći i prijateljstvo, s profesorom Željkom Reinerom. Bilo je to u lipnju 2013. tijekom Međunarodnoga foruma za hiperlipidemiju u Barceloni. Od tada smo vrlo intenzivno i plodno surađivali, a isto je tako važno što znamo da možemo uvijek računati jedan na drugoga. A i sami znate koliko je to rijetko u suvremenom svijetu. Stoga, upamtite: suradnja među odjelima, među centrima, međunarodna suradnja – pravi je zalog uspjeha u svakom području!

Najzad, htio bih vas uvjeriti da ako želite biti uspješni, morate imati konkretne ciljeve i jednostavno biti hrabri pri njihovu ostvarivanju! Imajte na umu ono što sam i sam više puta doživio – ništa nije nemoguće. Koja je definicija hrabrosti u profesionalnom životu? Riječ je o sposobnosti donošenja teških odluka i rješavanja problema, sposobnosti preuzimanja

(gotovo) nemogućih zadataka, sposobnosti promjene radnoga mjesta zbog daljnjega profesionalnoga razvoja, sposobnosti da se gdjekad ide *protiv struje*. Ukratko, riječ je o sposobnosti da se *preuzme odgovornost za promjene*. Upravo sam zato u Poljskoj, koliko mi je poznato, s trideset godina postao najmlađi izvanredni profesor medicine i najmlađi redoviti profesor medicine u dobi od trideset šest godina, najmlađi državni tajnik pri Ministarstvu znanosti i visokoga obrazovanja s trideset tri godine, zato sam osnovao Poljsko društvo za lipide (PoLA) 2011. godine, koje danas ima gotovo tisuću članova, a zatim i Skupinu za suradnju na metaanalizama u području lipida i krvnoga tlaka (LBPMC) 2012. godine – skupinu od više od 150 svjetskih stručnjaka čiji je cilj istražiti najvažnija pitanja u području poremećaja lipida, hipertenzije, nutricionizma i kardiovaskularnoga rizika, te zatim 2015. godine Međunarodni stručni panel za lipide (ILEP), koji je osnovan kako bi pripremio praktične preporuke u području preventivne kardiologije vezane uz najdiskutabilnija pitanja koja nisu obrađena u postojećim smjernicama. Htio bih istaknuti da je i u LPBMC-u i u ILEP-u profesor Željko Reiner član Upravnoga odbora. Naposljetku, upravo sam zato prihvatio izazov i 2013. godine javio se na natječaj za ravnatelja druge najveće bolnice i istraživačkoga instituta u Poljskoj – Memorijalne bolnice i istraživačkoga instituta „Majka Poljakinja“, unatoč tomu što su mi svi tada govorili da je riječ o „nemogućoj misiji“. Godine 2017. na tom sam institutu osnovao trust mozgova „Inovacija za zdravlje“, koji okuplja šest glavnih poljskih istraživačkih centara te više od 50 najvećih predstavnika medicinskih tvrtki u Poljskoj, s ciljem inoviranja u medicini u Poljskoj, i već se nakon dvije godine on smatrao jednim od najvažnijih dionika u području medicine i inovacija u Poljskoj. Ove primjere dajem samo kako bih pokazao da se ne treba bojati ostvariti svoje profesionalne planove i snove. Bit će neuspjeha, ponekad će trebati čekati, ali ako to čovjek doista želi i ako se trudi, ako ima izvrstan tim angažiranih ljudi, ako sluša svoje mentore i pokušava biti najbolji mentor svojim kolegama, ako ima široku međunarodnu suradnju, uvijek će uspjeti, samo je pitanje vremena.

Uvijek vjerujte u sebe i neprestano pokušavajte realizirati sve svoje planove i profesionalne snove! Mnogo je bolje biti sanjar koji nije u pravu nego čovjek koji se nije profesionalno ispunio.

Još jednom bih vam želio zahvaliti! Ovo je doista velika čast.

Professor Maciej Banach

CURRICULUM VITAE

Born on 3 July 1977 in Płock in the Republic of Poland.

EDUCATION:

1996–2002	Medical University of Łódź, graduated with distinction.
2003–2003	Postgraduate training at the Ministry of the Interior Hospital in Łódź, Poland.
2003–2006	Assistant at the Department of Cardiac Surgery, First Chair of Cardiology and Cardiac Surgery, Medical University of Łódź, Poland
June 2006	Doctoral thesis (PhD) entitled *The comparison of selected hemodynamic parameters, and prognosis of patients subjected to aortic valve replacement, depending on the kind of defect and degree of heart failure.*
2006–2008	Assistant Professor at the Department of Cardiology, First Chair of Cardiology and Cardiac Surgery, Medical University of Łódź, Poland
March 2008	Habilitation thesis entitled: *Perioperative atrial fibrillation – predictors and prognosis.*
March 2008	Associate Professor at the Department of Cardiology, First Chair of Cardiology and Cardiac Surgery, Medical University in Łódź, Poland

June 2008–March 2009	Head of the Department of Molecular Cardionephrology and Hypertension, Medical University of Łódź, Poland.
January 2009–	Associate Professor in Department of Nephrology, Hypertension and Family Medicine, Chair of Nephrology and Hypertension, Medical University of Łódź, Poland.
March 2009–2021	Head of the Department of Hypertension, Medical University of Łódź, Poland.
April 2010–	Professor of Medicine at Medical University of Łódź, Poland.
October 2010–February 2012	Undersecretary of State (Deputy Minister) at the Ministry of Science and Higher Education of the Republic of Poland.
June 2012–February 2014	Head of the Foreign Affairs Office at the Medical University of Łódź, Poland.
January 2014–	Visiting Professor at the University of Alabama at Birmingham (UAB) – Al, USA.
February 2014–	Visiting Professor at the University of Medicine and Pharmacy Victor Babes in Timisoara, Romania.

February 2014–March 2021	President of the Polish Mother's Memorial Hospital-Research Institute in Łódź.
April 2014–	Full Professor of Cardiology at the Medical University of Łódź.
June 2016–	Full Professor of Cardiology at the Polish Mother's Memorial Hospital-Research Institute in Łódź.
January 2017–	Head of the Cardiovascular Research Centre at the University of Zielona Góra.
2021–	Head of Department of Preventive Cardiology and Lipidology, Medical University of Łódź (MUL), Poland
April 2021–	Consultant Professor at the Department of Cardiology and Congenital Diseases of Adults, PMMHRI, Łódź, Poland
April 2021–	Visiting Professor of the University of California, Irvine (UCI).

EMPLOYMENT

Professor Maciej Banach was Undersecretary of State at the Ministry of Science and Higher Education of the Republic of Poland (2010-2012), and President of the Polish Mother's Memorial Hospital – Research Institute (PMMHRI) (February 2014-March 2021). He is Head of the Cardiovascular Research Centre at the University of Zielona Góra, Full Professor of Cardiology at the Medical University of Łódź (MUL) and PMMHRI, Head of the Foreign Affairs Office (2012-2014), Head of the Department of Preventive Cardiology and Lipidology at the Medical University of Łódź and Professor at the Department of Nephrology, Hypertension and Family Medicine, Chair of Nephrology and Hypertension, at the WAM University Hospital in Łódź, Poland (2009-). In July 2021 he became Chief Medical Officer (CMO) at the Nomi Biotech Corporation Ltd.

INVOLVEMENT IN ASSOCIATIONS AND RESEARCH GROUPS

He is Secretary of the European Atherosclerosis Society (EAS) (2021-2024) and member of the Scientific and Health Policy Advisory Group of FH Europe. He is the founder and Head of the Polish Lipid Association (PoLA) (2011-) and the Łódź Chapter of Polish Society of Hypertension (2009-). He is the founder of the Lipid and Blood Pressure Meta-analysis Collaboration (LBPMC; lbpmcgroup.umed.pl) Group (2012-) – a group of over 150 experts from around the world, whose aim is to investigate the most important issues in the field of lipid disorders, hypertension, nutrition and cardiovascular risk, as well as the International Lipid Expert Panel (ILEP; ilep.eu) (2015-), currently with >50 national society members, which was founded to prepare recommendations in the area of preventive cardiology in the most debatable issues which are not covered in the existing guidelines. He is also member of the REPROGRAM Consortium – a group of experts dealing with the challenges of the Covid-19 pandemic, and member of two of the largest databases in the world – the Global Burden of Disease (GDB) (University of Washington, Seattle, US) and Non-Communicable Diseases Risk Factor Collaboration (NCD-RisC, Imperial College of London, UK). He is also the founder and President of the foundation – Think-Tank *Innovation for Health*, which gathers six main health research institutes and

over 40 medical business representatives from Poland with the main aim to develop medical innovations in Poland. He is a Visiting Professor at the University of Alabama at Birmingham (UAB), at the University of Medicine and Pharmacy Victor Babes in Timisoara, Romania, and at the University of California at Irvine (UCI).

SCIENTIFIC ACHIEVEMENTS

Professor Banach has published over 1,200 original articles, reviews, editorials, and book chapters in the field of hypertension, dyslipidemia, cardiology, and risk stratification. His combined IF (only for full-text manuscripts) is over 10,000 pts, with the following number of citations: 39,237 (according to *Web of Science Core Collection/Publons* with >14,000 citations for the year 2021), 40,228 (according to *SCOPUS;* with >15,000 citations for the year 2021), 49,601 (according to *ResearchGate)*, and 60,099 (according to *Google Scholar;* with >21,000 citations for the year 2021), Hirsch's Index = 75 (*WoS/Publons*), 75 (*SCOPUS*), 88 (*ResearchGate*) and 93 (i10-index: 599) (*Google Scholar*). He is within 1% of the highest cited scientists in the world (in the research area of Clinical Medicine and Pharmacology and Toxicology) according to *Essential Science Indicators* by Clarivate (with 39 TOP Papers). Professor Banach is also within top 10 experts in the world according to *ExpertScape* in the field of lipids (9), statins (2), dyslipidemias (6), cholesterol (5), lipoproteins (12), LDL cholesterol (9), lipoproteins LDL (6), HDL cholesterol (5), and dietary supplements (15). He is within the top 1% of reviewers in the areas of Clinical Medicine and Cross-Field (for 2018 and 2019) by Publons/Clarivate and Publons Academy Mentor.

BOOKS

Author and co-author of 30 books (author and co-author of >100 chapters): (1) *The role of trimetazidine in the treatment of heart diseases* (Termedia Publishing House, Poznań 2006); (2) *Metabolic syndrome – prevention and treatment* (Medycyna PLUS Publishing House, Warsaw 2006), (3) *Polish Risk Score of operating treatment of coronary heart disease (Polish Score)* (Medycyna PLUS Publishing House, Warsaw 2006), (4) *Current state of knowledge about statins* (Termedia Publishing House, edited by Banach M, Opolski G, Filipiak KJ, Poznań 2008); (5) *Complications of the arterial hypertension* (Termedia Publishing House, Poznań 2007); (6) *Metabolic syndrome – prevention and treatment* (2nd Edition, Medical Academy Publishing House, Warsaw 2007), (7) *Complications following coronary angiography and angioplasty* (Termedia Publishing House, Poznań 2007); (8) *Complications of the arterial hypertension* (2nd Edition, Termedia Publishing House, Poznań 2009); (9) *Trimetazidine* (Termedia Publishing House, Poznań 2009); (10) *Simvastatin* (Via-Medica Publishing House, Gdańsk 2009); (11) *Ezetimibe* (Via-Medica Publishing House, Gdańsk 2010); (12) *Clinical Trials and Guidelines – Cardiology 2009* (Termedia Publishing House, Poznań 2010); (13) *Cardiology: Nebivolol* (Termedia Publishing House, Poznań 2010); (14) *Cardiology: Lisinopril* (Termedia Publishing House, Poznań 2010); (15) *Cardiology: Nebivolol* (Termedia Publishing House, 2nd Edition, Poznań 2010); (16) *Obesity and hypertension. Obesity and related comorbidities* (Polskie Towarzystwo Chorób Metabolicznych Łódź, Poland 2010); (17) *Cardiology: Irbesartan* (Termedia Publishing House, Poznań 2011); (18) *Ventricular Assist Devices* (Intech, USA, 2011); (19) *Practical Guidebook – how to use statins* (Polish Editor) (Termedia Publishing House, Poznań 2011); (20) *Arterial Hypertension Management 2012* (Cornetis Publishing House, Poland, 2012); (21) *Hypertension and Kidney. The management in hypertensive nephropathy* (Termedia Publishing House, Poznań 2012); (22) *Cardiology: Irbesartan* (2nd Edition, Termedia Publishing House, Poznań 2012); (23) *Current state of knowledge about statins* (2nd Edition, Termedia Publishing House, Poznań 2013); (24) *Tresch and Aronow's Cardiovascular Disease*

in the Elderly, Fifth Edition (CRC Press, Taylor and Francis Group, 2014); (25) *Combination Therapy in Dyslipidemia* – Edited by Maciej Banach, Springer 2015; (26) *Diabetes and Cardiovascular Disease: Evaluation, Prevention & Management* (Edited by: Nathan D Wong, Shaista Malik, JP Medical Ltd, 2015); (27) Pocket Book Version of *the PoLA/CFPiP/PCS guidelines on the management of lipid disorders for primary care physicians* (Termedia Publishing House, Poznań, 2017); (28) *Definition and Characteristics of Hypertension Associated with Chronic Kidney Disease: Epidemiological Data* (Edited by: Adrian Covic, Mehmet Kanbay, Edgar V. Lerma; Spinger, 2017), (29) *Management of statin intolerance* IN: Therapeutic Lipidology (Edited by: Michael H. Davidson, Peter P. Toth, Kevin C. Maki, 2nd Edition, Springer, 2021); (30) *Dyslipidemia and Diabetes* IN: Diabetes and Kidney Disease (Edited by: Edgar V. Lerma and Vecihi Batuman; 2nd Edition, Springer, 2022).

OTHER SCIENTIFIC ACTIVITIES

Reviewer of grant applications for the National Centre for Science (NCN), National Centre for Research and Development (NCRD) and the Foundation for Polish Science (FPS) (2010-), the EU COST Action (2013-), the EU Marie Currie Action (2015-), the EU 7th Framework Programme and Horizon 2020 and the Israeli Ministry of Science, Technology and Space (2017-), member of the Professorial Promotions Committee at the Johns Hopkins University School of Medicine (US) (2018-), and reviewer for the South Africa National Research Foundation (2018-), as well as the Slovak Research and Development agency (2019-).

Supervisor of 5 PhD theses (3 completed and 2 in progress); reviewer of 12 PhD theses, 6 habilitation applications and 2 applications for full professorship.

LECTURES AND CONFERENCES

Since 2006, Professor Maciej Banach has given over 700 lecturers at Polish and international conferences, including the leading conferences in the field of cardiology/preventive cardiology/lipidology, such as those organized by the European Society of Cardiology, European Atherosclerosis Society, American Heart Association and American College of Cardiology.

EDITORIAL ACTIVITIES

He is the founder (2005) and Editor-in-Chief of the *Archives of Medical Science* (IF2020 = 3.318), *Archives of Medical Science – Civilization Diseases, and Archives of Medical Science – Atherosclerotic Diseases*, Deputy Editor of the *European Heart Journal Open*, Editor-in-Chief of the Cardiology Section in the *Journal of Clinical Medicine*, Section Editor of *Current Atherosclerosis Reports*. He was Scientific Coordinator of the *HeartBeat Journal* (2012-2018) and Regional Associate Editor of the *European Heart Journal – Quality of Care and Clinical Outcomes*, Co-Founder and Deputy Editor of *Thyroid Research* (2007-2012). He is Associate/Section Editor of *BMC Medicine*, *Scientific Reports*, *Recent Patents on Cardiovascular Drugs Discovery & Biomed Research International*, and member of editorial and advisory boards in over 60 international medical journals. He was guest editor (2010-), among others, in *BMC Medicine*, *Expert Opinion on Pharmacotherapy*, *Nutrients*, *Current Hypertension Reports*, *Journal of Diabetes Research*, *Current Vascular Pharmacology*, *Current Pharmaceutical Design*, *Current Medicinal Chemistry* and *Frontiers in Digital Public.* He is also faculty member of *F1000 prime*. He serves as reviewer for over 80 international journals, including the *New England Journal of Medicine*, *EClinicalMedicine*, *European Heart Journal*, *JACC*, *Circulation*, *JAMA-Cardiology*, *JAMA Network Open*, *iScience*, *Lancet Diabetes & Endocrinology, Circulation Research*, and the *British Medical Journal*. He edited or authored 33 books (105 chapters). He was also scientific president (2016-2020) of the Termedia Publishing House, where he was responsible for indexation and development of over 50 scientific journals, including 9 journals with an IF.

AWARDS

He is a Fellow of the *Council* for High *Blood Pressure* Research of the American Heart Association (FAHA), National Lipid Association (FNLA), American Society of Angiology (FASA), European Society of Cardiology (FESC), Royal Society for Public Health (FRSPH) and Society of Geriatric Cardiology (FSGC; 2008-2010). He is a Core Working Group member of the Alliance for Biomedical Research of the European Council for Health Research (2011-2013 and 2016-, as an EAS representative). He was a member of the steering committee of the European Innovation Partnership in Active and Healthy Ageing (2010-2012) at the European Commission, a member of the European Commission Scientific Panel for Health (SPH) (2014-2017), and of the steering committee at the Centre for Good Aging / Healthy Ageing Research Center (HARC) at the Medical University of Łódź. Je is also a member of the Committee for Public Health of the Polish Academy of Sciences, a member of the Scientific Board of the Institute of Sport in Warsaw, Poland, and the Presiding Board of the Scientific Committee at the Polish Ministry of Health (2015-). He is an expert at the European Medicines Agency (EMA, 2018-), and a member of the prestigious EU Academy of Sciences (EUAS; 2018-).
He is a laureate of several prizes and awards, including: Doctor Honoris Causa from the Medical University in Košice, Slovak Republic (2020), on the Top-100 List of most influential scientists in medicine in Poland for the year 2020 (position 8), 2019 (10), and 2018 (9), Doctor Honoris Causa from the Carol Davila University of Medicine and Pharmacy in Bucharest, Romania, the winner of the *Gold Scalpel* distinction in 2019 for Innovation (*Smart Hospital*); honorary member of the Romanian Society of Cardiology (2019), Doctor Honoris Causa of the Institute of Cardiology in Kiev (2018), and the University of Medicine and Pharmacy Victor Babes in Timisoara (2017); the recipient of the Gold Honorary Medal for Scientific Achievements from the Medical Faculty of Medical University in Košice, Slovak Republic (2018), he was voted Manager of the Year 2016 for Public Entities (2017), *Innovator of the Year – Science Category* by the *Wprost* journal (2017); the recipient of the *Gold Scalpel* Distinction in 2016 for Innovation; named Person of the Year 2013 in Poland for the development of science in the field of healthcare – for the foundation of the *Heath Manager* journal (Termedia Publishing House), recipient of the *Super-Talent in Medicine 2012 Award* – the winner of a competition for young scientists in medicine (under the age of 40) founded

by the *Puls Medycyny* journal; the recipient of scientific awards of the Ministry of Health of the Republic of Poland for a cycle of publications (2009, 2011), recipient of over 40 individual and group scientific awards awarded by the President of Medical University of Łódź (2009-2020); recipient of the START Award (2008) and conference awards (2005, 2007) of the Foundation for Polish Science, the *Polityka* journal Award for Young Scientists (2006), as well as travel grants from the European Society of Hypertension (2007) and the Heart Failure Association of ESC (2005, 2007).

AREAS OF EXPERTISE

His main areas of scientific interest concern various aspects of hypertension (risk stratification, prehypertension, new biomarkers, optimal level of the BP - J-curve phenomenon, pharmacotherapy/combined therapy, prevention, complications), lipid disorders (risk stratification, new biomarkers, diagnosis, rare diseases), dyslipidemia therapy (statins, new drugs, combined treatment) and new drugs in CVD therapy.

Program

(11 H, AULA MAGNA, THE UNIVERSITY OF ZAGREB)

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HONORARY DOCTORATE AWARD CEREMONY

Georg Friedrich Händel: Canticorum iubilo

INTRODUCTORY ADDRESS
Professor Damir Boras
Rector of the University of Zagreb

PROMOTOR'S ADDRESS
željko Reiner, Fellow of the Croatian Academy

HONORARY DOCTORATE CONFERRAL
AND PRESENTATION OF THE DIPLOMA

ACKNOWLEDGMENT SPEECH
Professor Maciej Banach

Gaudeamus igitur

(MALA VIJEĆNICA ASSEMBLY HALL, reception)
Vivat, vivat

Music program:
The *Celeste* ensemble
Artistic director: Professor Jasenka Ostojić
University of Zagreb Academy of Music

Introductory address by Rector Damir Boras

Dear Professor Banach,

It is my great pleasure and privilege to extend my warmest welcome to you on behalf of the members of the Senate of the University of Zagreb, the chair and the members of the Honorary Doctorate Committee, the Vice Rectors, Deans, professors at faculties and academies of the University of Zagreb, your collaborators and friends at the University of Zagreb and in the Republic of Croatia, as well as on my own behalf.

Awarding an honorary doctorate is a memorable and momentous occasion. It marks the day when we express our deepest gratitude and appreciation to prominent individuals – scholars, artists and all those whose activities have contributed to the development of the university, science, art, culture and society in general – and, by conferring the degree of Doctor Honoris Causa, we strengthen our mutual bonds and include these individuals more fully in our alma mater.

Since 1913, when the University of Zagreb awarded its first honorary doctorate to Tadija Smičiklas, a renowned Croatian historiographer, the University has granted this honorary degree to only one hundred outstanding individuals from Croatia and abroad. Therefore, Your Excellencies and distinguished guests, ladies and gentlemen, it is my great

pleasure to award the one hundred and first honorary doctorate from the University of Zagreb to Professor Maciej Banach, a dear colleague from the Medical University of Łódź in Poland, who has made a significant contribution to the development of research in the fields of biomedicine and healthcare at our University.

Chair of the Honorary Doctorate Committee, Professor Željko Reiner, Fellow of the Croatian Academy and Professor Banach's close colleague will present the laureate's brilliant career, his scholarly achievements, academic and professional activities as well as the Committee's report, and what I would like to draw special attention to is that Professor Banach's collaboration with the School of Medicine has been a long-standing one. It has resulted in many scientific articles published in prestigious international scholarly journals, thus contributing greatly to the internationalization of the University of Zagreb, its international recognition, and further development of cardiology as a scientific discipline at the School of Medicine.

For its part, the University of Zagreb which was founded as far back as 1669 – as the largest higher education institution in the Republic of Croatia – takes particular pride in the fact that the School of Medicine has been one of its constituent parts for over one hundred years, more precisely since 1917, founded as the first institution of its kind in the country after decades of research in the field of medicine. Cooperation with leading scholars from the entire world – at a time when fast-paced development of medical science presents great challenges to the field and the global society particularly in the last several years – is a *conditio sine qua non*, without which it remains impossible to develop modern medicine or preserve the health of the world's population. To play their part in these processes, the University and the academic community must work diligently to improve and further develop higher education, establish new collaborations on research projects with partner institutions throughout the world, strengthen existing ones, and above all, insist on excellence.

World-class scientists are set apart by their willingness to put their knowledge and expertise at the disposal of the society at large and its institutions – not only in their own home country, but also through international professional associations and bodies, and this is a quality which stands out in our laureate's résumé.

In addition to having published over 1200 scientific articles, review articles, editorials and chapters in books in the areas of cardiology, arterial

hypertension, dyslipidemia and risk of cardiovascular diseases, which places him in the top one percent of the most prominent reviewers in the areas of clinical and translational medicine, Professor Banach has served in many public and professional capacities: at his home university in Łódź, to the Secretary of State and Deputy Minister of Science and Education of the Republic of Poland from 2012 to 2014, to numerous positions in international associations and bodies, such as, inter alia, the European Atherosclerosis Society (EAS) and the Scientific and Health Policy Advisory Group of FH Europe, an organization devoted to familial hypercholesterolemia.

In accordance with the decision passed by the University of Zagreb Senate on 25 January 2022 at its 5th regular session in the 353rd academic year (2021/2022), and taking into account Professor Banach's exceptional professional and scientific achievements, particularly his contribution to the scientific excellence of the University of Zagreb in the area of biomedicine and healthcare made in collaboration with a research group active at the University of Zagreb School of Medicine, it is my pleasure to award Professor Maciej Banach with the degree of Honorary Doctor of the University of Zagreb.

Dear Professor Banach, on behalf of the entire academic community, I would like to extend my heartfelt gratitude for your collaboration with the University of Zagreb and the School of Medicine, and congratulate you from the bottom of my heart.

Przemówienie wprowadzające Magnificencji Rektora, Profesora Damira Borasa

Szanowny Panie Profesorze Banach,

mam zaszczyt i przyjemność serdecznie powitać Pana w imieniu członków Senatu Uniwersytetu w Zagrzebiu, przewodniczącego oraz członków Komisji ds. Nadania Tytułu Doktora Honoris Causa, w imieniu Prorektorów, Dziekanów i profesorów wydziałów i akademii Uniwersytetu w Zagrzebiu oraz Pańskich współpracowników i przyjaciół na Uniwersytecie w Zagrzebiu i w Republice Chorwacji, a także we własnym imieniu.

Przyznanie doktoratu honoris causa to uroczyste i ważne wydarzenie w każdej społeczności akademickiej. Jest to akt, którym pragniemy podziękować wybitnym osobom – naukowcom i artystom oraz osobom, których praca i działalność przyczyniła się do rozwoju uczelni, nauki, sztuki, kultury i społeczeństwa jako całości – nadając im tytuł doktor honoris causa naszej Almae Matris.

Patrząc na historię, od 1913 roku, kiedy to pierwszy doktorat honoris causa Uniwersytetu w Zagrzebiu otrzymał wybitny chorwacki historyk Tadija Smičiklas, nasz Uniwersytet wypromował do tego wysokiego tytułu tylko sto wybitnych osobistości z kraju i zagranicy. Dlatego też, Szanowni Ekscelencje i Goście, Szanowni Państwo, Drodzy Goście, dziś szczególnie miło mi wręczyć pierwszy doktorat honoris causa Uniwersytetu w Zagrzebiu

prof. Maciejowi Banachowi, drogiemu koledze z Uniwersytetu Medycznego w Łodzi, który dokonał znaczący wkład w rozwój badań naukowych w dziedzinie biomedycyny i zdrowia na naszym Uniwersytecie.
Przewodniczący Komisji ds. Nadania Tytułu Doktora Honoris Causa, członek Chorwackiej Akademii Nauk, profesor Željko Reiner, bliski współpracownik prof. Banacha, opowie szczegółowo o bogatej biografii dzisiejszego laureata, jego dorobku naukowym oraz pracy naukowej i zawodowej, a także przedstawi sprawozdanie Komisji. Współpraca Profesora Banacha z naszym Wydziałem Medycznym trwa już wiele lat. W tym okresie zaowocowała szeregiem prac naukowych opublikowanych w prestiżowych międzynarodowych czasopismach naukowych, które mocno przyczyniły się do umiędzynarodowienia Uniwersytetu w Zagrzebiu, jego międzynarodowego uznania i dalszego rozwoju kardiologii jako dyscypliny naukowej na Wydziale Medycznym. W tym okresie zaowocowała szeregiem prac naukowych opublikowanych w prestiżowych międzynarodowych czasopismach naukowych, które mocno przyczyniły się do umiędzynarodowienia Uniwersytetu w Zagrzebiu, jego międzynarodowej rozpoznawalności i dalszego rozwoju kardiologii jako dyscypliny naukowej na Wydziale Medycznym.
Rzeczywiście, założony w 1669 r. Uniwersytet w Zagrzebiu jako największa uczelnia wyższa w Republice Chorwacji, jest szczególnie dumny z faktu, że od ponad stu lat, dokładniej od 1917 r., działa w jego obrębie Wydział Medyczny jako pierwsza taka instytucja w kraju, której historia została poprzedzona dziesięcioleciami nauczania i badań w dziedzinie medycyny. Współpraca z wybitnymi naukowcami z całego świata jest zatem - w czasach szybkiego rozwoju nauk medycznych i wielkich wyzwań stojących przed tą dziedziną, ale także społeczeństwem jako całością, globalnie, zwłaszcza w ostatnich latach - conditio sine qua non, bez której nie jest możliwy ani rozwój współczesnej wiedzy naukowej ani zachowania zdrowia światowej populacji. Patrząc na uczelnię i społeczność akademicką, warunkiem wstępnym dla wszystkich tych procesów jest z pewnością ofiarna praca nad doskonaleniem i dalszym rozwojem kształcenia uniwersyteckiego, nawiązywanie nowych kontaktów i współpraca z instytucjami partnerskimi na całym świecie w celu realizacji wspólnych projektów, a przede wszystkim stawianie na doskonałość.
Gotowość najlepszych ekspertów do udostępnienia swojej wiedzy i doświadczenia społeczeństwu i jego instytucjom, nie tylko w ich

własnym kraju, ale także w międzynarodowych organizacjach i organach zawodowych, jest szczególną cechą wyrażoną w życiorysie naszego nowego doktora honoris causa.

Oprócz opublikowania ponad 1200 artykułów naukowych, artykułów przeglądowych, artykułów wstępnych i rozdziałów w książkach z dziedziny kardiologii, nadciśnienia tętniczego, dyslipidemii i ryzyka sercowo-naczyniowego, co czyni go jednym z najwybitniejszych recenzentów w dziedzinie medycyny klinicznej i translacyjnej, profesor Banach ma - i nadal pełni - liczne obowiązki publiczne i zawodowe: od tych na macierzystej uczelni w Łodzi, poprzez obowiązki Sekretarza Stanu i Wiceministra Nauki i Edukacji RP w latach 2012-2014, po liczne stanowiska w międzynarodowych stowarzyszeniach i organach takich jak Europejskie Towarzystwo Miażdżycy (EAS) oraz Grupa Doradcza Lipid and Blood Pressure Meta-analysis Collaboration (LBPMC) w dziedzinie hipercholesterolemii rodzinnej.

Zgodnie z decyzją Senatu podjętą na V zwyczajnej sesji Senatu Uniwersytetu w Zagrzebiu w 353 roku akademickim (2021/2022), która odbyła się 25 stycznia 2022 r., i biorąc pod uwagę wyjątkową ścieżkę zawodową i naukową dzisiejszego laureata, a zwłaszcza jego wkład w doskonałość naukową Uniwersytetu w Zagrzebiu w dziedzinie biomedycyny i zdrowia, osiągniętą we współpracy z grupą pracującą na Wydziale Medycznym, mam zaszczyt promować prof. Macieja Banacha tytułem doktora honoris causa Uniwersytetu w Zagrzebiu.

Szanowny Panie Profesorze Banach, w imieniu całej społeczności akademickiej, bardzo serdecznie dziękuję za współpracę z Uniwersytetem w Zagrzebiu i Wydziałem Medycznym i z całego serca gratuluję!

Report of the Honorary Doctorate Committee to the Senate of the University of Zagreb

Pursuant to Article 21 and Article 76 of the University of Zagreb Statute, the Senate of the University of Zagreb at its 4th regular session in the 353rd academic year (2021/2022) held on 14 December 2021, initiated the procedure to award an Honorary Doctorate to Professor Maciej Banach from the Medical University of Łódź, Poland. At the same session, the following Committee was appointed to evaluate the honorary doctorate nomination:

1. Željko Reiner, F.C.A., Chair
2. Vida Demarin, F.C.A., member
3. Davor Miličić, F.C.A., member

Having considered the nomination detailing Professor Maciej Banach's scientific, educational and social achievements including all the relevant elements, submitted by the Rector, the Committee hereby submits to the Senate of the University of Zagreb for the session in the 353rd academic year (2021/2022) in 2022 this:

Report and recommendation

THE NOMINEE'S SHORT CURRICULUM VITAE

Professor Maciej Banach was born in Płock in Poland in 1977. He graduated from the second oldest secondary school in Poland and received his medical degree from the Medical University of Łódź in 2002, with honors. In 2003 he enrolled in the cardiology specialization program at the Clinic of Cardiology and Cardiac Surgery at the same university, which he completed in due course. In 2006 he defended his doctoral dissertation at the same university and became Assistant Professor there. He defended his habilitation in 2008, and later that year was appointed Associate Professor. He was appointed Full Professor of Cardiology at the University of Łódź in 2014. From 2008 until 2009 Professor Banach was Head of the Department of Molecular Cardionephrology and Hypertension, and in 2009 he became Head of the Department of Nephrology, Hypertension and Family Medicine at the same university. He became Professor of Internal Medicine at the same university in 2010. From 2010 until 2012 Professor Banach was Undersecretary of State (Deputy Minister) at the Ministry of Science and Higher Education of the Republic of Poland, and from 2012 until 2014 he was Head of the Foreign Affairs Office at the Medical University of Łódź, Poland. In 2014 he was Visiting Professor at the University of Alabama at Birmingham, USA and the University of Medicine and Pharmacy Victor Babes in Timisoara, Romania. Upon his return to Poland, he was elected President of the Polish Mother Memorial Hospital and Research Institute in Łódź. He held this position until 2021, when he became Head of the Department of Preventive Cardiology and Lipidology at the Medical University of Łódź. In 2021 he was also Visiting Professor at the University of California at Irvine, USA. Since 2017 he has also been professor at the Zielona Góra University in Poland.

INVOLVEMENT IN NATIONAL AND INTERNATIONAL ASSOCIATIONS

Professor Banach is Secretary of the European Atherosclerosis Society (EAS) (2021-2024) and member of the Scientific and Health Policy Advisory Group in FH Europe, an organization devoted to familial hypercholesterolemia. He is the founder of the Lipid and Blood Pressure Meta-Analysis Collaboration (a group of around 150 experts in the field from around the world) and the founder of ILEP (International Lipid Expert Panel) – an international group of over 50 experts from the entire world which has been working since 2015 on preparing and issuing recommendations in the area of preventive cardiology. He is a member of two largest databases in the world – the Global Burden of Disease based at the University of Washington in Seattle, USA and Non-Communicable Diseases Risk Factor Collaboration based at the Imperial College London, UK. He is the founder and president of the Polish Lipid Association (established in 2011).

PROFESSOR BANACH'S SCIENTIFIC CONTRIBUTION

Professor Banach is one of Europe's foremost scientists and experts in the area of cardiovascular disease prevention, and his main scientific interests are in serum lipoprotein disorders and their treatment, arterial hypertension and risk factors for cardiovascular diseases and their treatment. He has published over 1200 original articles, reviews, editorials and book chapters in the field of cardiology, arterial hypertension, dyslipidemia and risk of cardiovascular disease. The combined impact factor of his original research is over 10,000 pts, and he has 39,237 citations according to Web of Science Core Collection/Publons, with over 14,000 citations in 2021; 40,228 citations according to SCOPUS, with over 15,000 citations in 2021; 49,601 citations according to ResearchGate and 60,099 according to Google Scholar, with over 21,000 citations in 2021, with a Hirch index of 75 (WoS/Publons), 75 (SCOPUS), 88 (ResearchGate) and 93 (i10 index: 599) (Google Scholar). His extraordinary scholarly and publishing activities rank him among the top 1% of most highly cited scientists in the world (in the field of Clinical Medicine and Pharmacology and Toxicology) according to Clarivate Essential Science Indicators (with 39 TOP papers). According to ExpertScape, Professor Banach is among the top 10 most influential world experts in the

field of statins (2), dyslipidemias (6), cholesterol (5), lipoproteins (12), LDL cholesterol (9), HDL cholesterol (6), and dietary supplements (15). According to Publons/Clarivate and Publons Academy Mentor, Professor Banach is one of the top 1% of reviewers in the field of Clinical Medicine and Translational Medicine.

Professor Banach has authored or co-authored 30 books (authoring or co-authoring over 100 book chapters) published by some of the most eminent Polish and international publishers (Springer, CRC Press, Taylor and Francis Group, etc.).

Professor Banach has reviewed grant applications for Polish scientific institutions (National Centre for Science, National Centre for Research and Development, Foundation for Polish Science), European institutions such as the EU 7th Framework Programme and Horizon 2020, as well as other international institutions such as the Israeli Ministry of Science and Technology, South Africa's National Research Foundation, Slovakia's Research and Development Agency as well as Professorial Promotions Committee at the Johns Hopkins University School of Medicine, USA.

In the last fifteen or so years, Professor Banach has given over 700 lectures at congresses and symposia (many of them invited) in Poland and internationally, including all of the most significant European, American and world congresses in the fields of cardiology and atherosclerosis.

EDITORIAL ACTIVITIES

Professor Banach serves as editor in a number of eminent international scholarly journals. In 2005 he founded and has been the Editor-in-Chief of Archives of Medical Science (IF 2020 = 3.318), he is the Deputy Editor of the European Heart Journal Open, Editor-in-Chief of the Cardiology Section at the Journal of Clinical Medicine and Current Atherosclerosis Reports, the Regional Associate Editor of the European Heart Journal – Quality of Care and Clinical Outcomes, the Section Editor at BMC Medicine, Scientific Reports, Recent Patents on Cardiovascular Drugs Discovery & Biomed Research International, and a member of editorial boards of over 60 leading international medical journals. He acts as a reviewer in 80 or so leading medical journals, including the New England Journal of Medicine, Clinical

Medicine, European Heart Journal, JACC, Circulation, JAMA-Cardiology, JAMA Network Open, iScience, Lancet Diabetes & Endocrinology, Circulation Research, and the British Medical Journal. He was guest editor in a number of journals including BMC Medicine, Expert Opinion on Pharmacotherapy, Nutrients, Current Hypertension Reports, Journal of Diabetes Research, Current Vascular Pharmacology, Current Pharmaceutical Design, Current Medicinal Chemistry and Frontiers in Digital Public.

AWARDS AND HONORS

Professor Banach has received many awards and honors recognizing his scientific and academic achievements, and only the most prestigious international ones will be mentioned here: Doctor Honoris Causa from the Medical University Pavol Jozef Šafárik in Košice, Slovakia (2020), Doctor Honoris Cause from the Carol Davila University of Medicine and Pharmacy in Bucharest, Romania, Doctor Honoris Cause from the University of Medicine and Pharmacy Victor Babes in Timisoara, Romania (2017) and Doctor Honoris Cause from the Institute of Cardiology in Kiev, Ukraine (2018). He is an Honorary Member of the Romanian Society of Cardiology, he was awarded the Honorary Gold Medal for scientific achievements by the Medical University in Košice, Slovakia, the *Golden Scalpel* Award in Poland in 2016, he was named Person of the Year in 2013 in Poland for his contribution to the development of science, he was on the Top 100 list of the most influential medical scientists in Poland for years 2020 (position 8), 2019 (position 10) and 2018 (position 9). He is a regular fellow of all the leading scholarly associations in the areas of his expertise, having been elected after complex procedures presided over by eminent scholars. He is a Fellow of the EU Academy of Sciences, a Fellow of the Council for High Blood Pressure Research of the American Heart Association (FAHA), a Fellow of the National Lipid Association (FNLA), a Fellow of the American Society of Angiology (FASA), a Fellow of the European Society of Cardiology (FESC), a Fellow of the Royal Society for Public Health (FRSPH) and a Fellow of the Society of Geriatric Cardiology (FSGC; 2008-2010). He is a Core Working Group member of the Alliance for Biomedical Research of the European Council for Health Research (2011-2013 and EAS representative as of 2016), he was a member of the Steering Group of the European Innovation Partnership

on Active and Healthy Ageing (2010-2012) at the European Commission, he was a member of the European Commission Scientific Panel for Health (SPH) (2014-2017), and a member of the Committee for Public Health of the Polish Academy of Sciences, and is currently a member of the Healthcare Committee of the Polish Ministry of Health (since 2015) and an expert at the European Medicines Agency (EMA, since 2018).

RECOMMENDATION OF THE COMMITTEE

Professor Maciej Banach is a world-renowned scientist in the field of preventive cardiology, especially arterial hypertension (prehypertension, new biomarkers, pharmacotherapy, prevention, complications), serum lipid disorders (new biomarkers, risk assessment, rare dyslipidemias) and treatment of dyslipidemia (new drugs, combination therapy). Long-standing cooperation with the University of Zagreb School of Medicine, especially the group led by Željko Reiner, F.C.A. has resulted in a number of joint scientific publications, which contributed to the internationalization of the University of Zagreb, promoting its position within the European Higher Education Area.
Given what has been said above, Professor Maciej Banach fully meets all the requirements to be awarded an honorary doctorate from the University of Zagreb. Therefore, the Committee recommends that the Senate of the University of Zagreb award the title of honorary doctor from the University of Zagreb to Professor Maciej Banach.

Members of the Committee:
Željko Reiner, F.C.A.
Vida Demarin, F.C.A.
Davor Miličić, F.C.A

Sveučilište u Zagrebu

The Senate

Class: 602-04/21-04/08
No. 380-020/284-22-4
Zagreb, 25 January 2022

Pursuant to Article 59 of the Law on Scientific Activity and Higher Education and Article 76 of the University of Zagreb Statute, based on the recommendation of the Honorary Doctorate Committee composed of Željko Reiner, F.C.A., Vida Demarin, F.C.A., and Davor Miličić, F.C.A., the Senate of the University of Zagreb at its 5th regular session in the 353rd academic year (2021/2022) held on 25 January 2022 in electronic form, passed this

DECISION TO AWARD AN HONORARY DOCTORATE TO PROFESSOR MACIEJ BANACH FROM THE UNIVERSITY OF ŁÓDŹ

I.

An honorary doctorate from the University of Zagreb is hereby awarded to Professor Maciej Banach, the University of Łódź, Poland for his contribution to the development of research at the University of Zagreb in the field of biomedicine and healthcare, the internationalization of the University of Zagreb, and promoting its position within the European Higher Education Area.

II.

This Decision shall enter into force upon its adoption.

Rector
Professor Damir Boras

Promotor's address by Željko Reiner, Fellow of the Croatian Academy

Dear Professor Maciej Banach,
Dear Rector of the University of Zagreb,
Distinguished guests, dear colleagues!

It is a particular honor and pleasure for me to be the promotor at this honorary doctorate conferral ceremony, and to have the pleasure of presenting to you our laureate, Maciej Banach Professor at the University of Łódź.

At its 5th session in the 353rd academic year (2021/2022) held on 25 January 2022, upon nomination submitted by the Rector and based on the recommendation of the Honorary Doctorate Committee composed of Željko Reiner, F.C.A, Vida Demarin, F.C.A., and Davor Miličić, F.C.A, the Senate of the University of Zagreb passed a decision to award an honorary doctorate from the University of Zagreb to Professor Maciej Banach for his contribution in the field of preventive cardiology, especially arterial hypertension, serum lipid disorders and treatment of dyslipidemia and long-standing cooperation with the University of Zagreb.
Professor Banach was born in Płock, Poland, graduated from the second oldest high school in Poland, and his desire for knowledge and keen interest in scientific research in the field of biomedicine led him to study at the Medical University of Łódź, where he graduated with honors in 2002. He completed a specialization in cardiology at the same university, defended his dissertation in 2006, and was appointed Assistant Professor. In 2008, after defending his habilitation, he was appointed Associate Professor, and in 2014 Full Professor of Cardiology at the University of Łódź, where

he has also held the position of Professor of Internal Medicine since 2010. Since 2017 he has also held a professorship at the Zielona Góra University in Poland. From 2010 until 2012 he was Undersecretary of State (Deputy Minister) at the Ministry of Science and Higher Education of the Republic of Poland. He was a visiting professor at numerous universities in Europe and the United States of America.

Professor Banach is one of Europe's foremost scientists and experts in the area of cardiovascular disease prevention, and his main scientific interests are in serum lipoprotein disorders and their treatment, arterial hypertension and risk factors for cardiovascular diseases and their treatment. He is one of the scientists whose research is characterized by a refined talent for detecting significant phenomena, which have sometimes been neglected by other scholars, or have merely been mentioned without examining their implications for the prevention, diagnosis and treatment of cardiovascular diseases, and is furthermore characterized by an ability to provide profound insight into the observed phenomena and their application in everyday clinical practice. He has made an outstanding contribution to explaining the beneficial effect of nutraceuticals on factors influencing the development of cardiovascular diseases, such as inflammation in the development of atherosclerosis and especially coronary heart disease. Also significant is his contribution to the study of intolerance to statins, the most widely used drugs for the treatment of hypercholesterolemia and prevention of cardiovascular diseases. A case in point is a meta-analysis that he published this year, with a total of over four million statin-treated patients, which clearly showed that the intolerance is rare but often mistakenly overestimated, as various non-statin-related symptoms were explained by it. This study has great practical significance, like many other studies by Professor Banach, whose research never stops only at the theoretical observation of the investigated phenomena. In fact, the results of his research usually have practical clinical application.

To turn to Professor Maciej Banach's contribution to international scientific and academic organizations, his professional service in a number of such organizations is notable, of which I would like to highlight only three. Firstly, Professor Banach's involvement with the European Atherosclerosis Society, where he is currently serving as Secretary and as a member of the Scientific and Health Policy Advisory Group in FH Europe, an organization devoted to

familial hypercholesterolemia. Secondly, his involvement in the Lipid and Blood Pressure Meta-Analysis Collaboration (a group of around 150 experts in the field from around the world). The third, the International Lipid Expert Panel, is an initiative that he himself founded as an international group of over 50 world-leading experts who have been working together since 2015 to prepare and issue evidence-based recommendations in the area of preventive cardiology.

Being a distinguished scientist, Professor Banach is the editor of numerous eminent international scientific journals, of which I will again mention only three. In 2005, he started the journal Archives of Medical Science, where he is the editor-in-chief. He is the Deputy Editor-in-Chief of the European Heart Journal Open and Regional Associate Editor of the European Heart Journal – Quality of Care and Clinical Outcomes. He also serves as a member of editorial board in more than 60 leading international scientific journals, and is a reviewer for around 80 most prominent scientific medical journals.

Professor Banach has received many national and international awards and honors recognizing his scientific work and academic achievements, and I would like to mention only the ones that I consider particularly important: Doctor Honoris Causa from the Medical University Pavol Jozef Šafárik in Košice, Slovakia, Doctor Honoris Causa from the Carol Davila University of Medicine and Pharmacy in Bucharest, Romania, Doctor Honoris Cause from the University of Medicine and Pharmacy Victor Babes in Timişoara, Romania and Doctor Honoris Causa from the Institute of Cardiology in Kiev, Ukraine.

He began collaborating with the University of Zagreb School of Medicine a number of years ago, which has resulted in numerous joint publications, thus contributing to the internationalization of the University of Zagreb and promoting its position within the European Higher Education Area. In this way, Professor Maciej Banach made a lasting and significant contribution not only to the development of two universities in his native Poland, where he has been a Full Professor for years, but also a significant contribution to the University of Zagreb and its international recognition, which makes this honorary doctorate an important recognition of his numerous successful activities to the pride of these Polish universities, as well as the University of Zagreb.

RES PUBLICA CROATIA

UNIVERSITAS STUDIORUM ZAGRABIENSIS

RECTOR

DAMIR BORAS

PROFESSOR ORDINARIUS

ET

PROMOTOR

ŽELJKO REINER

ACADEMIAE SOCIUS

PRONUNTIANT

SENATUM UNIVERSITATIS STUDIORUM ZAGRABIENSIS
IN SUO CONSESSU V ANNO ACADEMICO CCCLIII (ANNO MMXXI/MMXXII)
DIE XXV MENSIS IANUARII ANNI MMXXII HABITO, RELATIONEM CONSILII,
IN QUO ACADEMIAE SOCIUS ŽELJKO REINER, PRAESES, ET
ACADEMIAE SOCIA VIDA DEMARIN ET ACADEMIAE SOCIUS DAVOR MILIČIĆ,
MEMBRA FUERUNT, APPROBAVISSE ATQUE DECREVISSE,
UT IN VIRUM ILLUSTREM

MACIEJ BANACH

TITULUS ACADEMICUS DOCTORIS HONORIS CAUSA
UNIVERSITATIS STUDIORUM ZAGRABIENSIS
CONFERRETUR.

PROF. DR. SC. MACIEJ BANACH, UNIVERSITATIS MEDICINAE LODZIENSIS IN RE PUBLICA POLONICA PROFESSOR, GRADU DOCTORIS HONORIS CAUSA UNIVERSITATIS STUDIORUM ZAGRABIENSIS ORNATUR, QUIA DE INDAGATIONIBUS SCIENTIFICIS IN UNIVERSITATE STUDIORUM ZAGRABIENSI, PECULIARITER IN BIOMEDICINA ET SANITATIS REBUS IN MAIUS PROVEHENDIS EXIMIE MERUIT, QUIA UNIVERSITATI STUDIORUM ZAGRABIENSI INTER GENTES CONFIRMATAE NEC NON
ERUDITIONIS ALTI GRADUS SPATIO EUROPAEO PATEFACTAE OPERAM NAVAVIT.

CUIUS REI IN FIDEM HOC DIPLOMA RITE SUBSCRIPTUM
ET UNIVERSITATIS SIGILLO MUNITUM EDITUM EST.

ZAGRABIAE, DIE IX MENSIS IUNII ANNI MMXXII.

NUM. IL

PROMOTOR
ŽELJKO REINER
ACADEMIAE SOCIUS

RECTOR
DAMIR BORAS
PROFESSOR ORDINARIUS

Mowa promotora Profesora Željko Reinera, Członka Chorwackiej Akademii Nauk

Szanowny Profesorze Banach,
Szanowny Panie Rektorze Uniwersytetu w Zagrzebiu, Profesorze Boras,
Drodzy goście, drodzy koledzy!
Jako promotor doktoratu honoris causa Uniwersytetu w Zagrzebiu mam szczególny zaszczyt i przyjemność przedstawić dzisiejszego laureata, profesora Uniwersytetu Łódzkiego Macieja Banacha.
Senat Uniwersytetu w Zagrzebiu na swoim zwyczajnym posiedzeniu w 353 roku akademickim (2021/2022), które odbyło się 25 stycznia 2022 r., z sugestii rektora i na podstawie sprawozdania Komisji ds. Nadania Tytułu Doktora Honoris Causa, złożonej z Profesora Željko Reinera, Profesora Davora Miličicia oraz Pani Profesor Vidy Demarin, członków Chorwackiej Akademii Nauk, postanowił przyznać doktorat honoris causa Uniwersytetu w Zagrzebiu prof. Maciejowi Banachowi za wkład w dziedzinie kardiologii prewencyjnej, zwłaszcza nadciśnienia tętniczego, zaburzeń lipidowych w surowicy i leczenia dyslipidemii oraz za wieloletnią współpracę z Uniwersytetem w Zagrzebiu.
Profesor Banach urodził się w Płocku. Ukończył drugie najstarsze gimnazjum w Polsce, a pragnienie wiedzy i duże zainteresowanie badaniami naukowymi w dziedzinie biomedycyny skłoniło go do podjęcia studiów na Uniwersytecie Medycznym w Łodzi, które ukończył w 2002 roku ze szczególnym uznaniem za sukcesy naukowe. Następnie ukończył specjalizację z kardiologii na tej samej uczelni. W 2006 roku na tej samej uczelni obronił pracę doktorską, w tym samym roku został wybrany adiunktem, a w 2008 roku, po obronie pracy habilitacyjnej, został wybrany na profesora nadzwyczajnego tej uczelni. W 2014 roku został wybrany na profesora zwyczajnego kardiologii na Uniwersytecie Łódzkim, od 2010

roku jest profesorem chorób wewnętrznych tego Uniwersytetu, a od 2017 roku profesorem Uniwersytetu Zielonogórskiego. W latach 2010-2012 był Sekretarzem Stanu (Wiceministrem) Ministerstwa Nauki i Szkolnictwa Wyższego RP. Był profesorem wizytującym na wielu uniwersytetach w Europie i USA.

Profesor Banach jest jednym z najwybitniejszych europejskich i światowych naukowców i ekspertów w dziedzinie profilaktyki chorób układu krążenia, a jego główne zainteresowania badawcze to zaburzenia lipoprotein w surowicy i ich leczenie, nadciśnienie tętnicze oraz ogólne czynniki ryzyka chorób układu krążenia i ich leczenia. Jest jednym z naukowców, których badania odznaczają się wyrafinowanym darem obserwacji ważnych zjawisk, które czasami były pomijane przez innych naukowców lub po prostu rejestrowane bez implikacji dla profilaktyki, diagnozowania i leczenia chorób układu krążenia, ale także umiejętnością wyjaśniania obserwowanych zjawisk i ich zastosowanie w codziennej praktyce klinicznej. Jego wkład w wyjaśnienie zjawiska korzystnego wpływu nutraceutyków na zjawiska związane z rozwojem chorób układu krążenia, takie jak stany zapalne w rozwoju miażdżycy, a zwłaszcza choroby wieńcowej, jest ogromny. Znaczący jest również jego wkład w badanie zjawiska nietolerancji statyn, najczęściej stosowanego leku na hipercholesterolemię i zapobieganie chorobom układu krążenia. To właśnie w tym roku opublikował on metaanalizę ponad czterech milionów pacjentów leczonych statynami, która wyraźnie wykazała, że ta nietolerancja jest rzadka, ale często przeceniana, ponieważ tłumaczy się nią różne objawy niezwiązane ze statynami. Badania te mają duże znaczenie praktyczne, podobnie jak szereg innych badań profesora Banacha, który w swoich badaniach naukowych nigdy nie skupia się wyłącznie na teoretycznej obserwacji pewnych zjawisk, ale wyniki jego pracy naukowej mają zwykle praktyczne zastosowanie kliniczne.

Mówiąc o wkładzie prof. Macieja Banacha w międzynarodowe organizacje naukowe i akademickie, należy podkreślić jego pracę w wielu tego typu organizacjach, z których chciałbym wskazać tylko trzy. Pierwszym z nich jest Europejskie Towarzystwo Miażdżycy (European Atherosclerosis Society), gdzie obecnie pełni funkcję sekretarza i członka Naukowej i Zdrowotnej Grupy Doradczej w dziedzinie hipercholesterolemii rodzinnej w Europie. Druga to grupa Lipid and Blood Pressure Meta-analysis Collaboration (LBPMC) (do tej grupy należy około 150 najważniejszych światowych

naukowców w tej dziedzinie). Trzecia została założona przez niego pod nazwą ILEP (International Lipid Expert Panel) i jest międzynarodową grupą ponad 50 ekspertów z całego świata, którzy współpracują ze sobą od 2015 roku i publikują naukowe wytyczne oparte na wiedzy z dziedziny kardiologii prewencyjnej.

Jako wybitny naukowiec Profesor Banach jest redaktorem wielu renomowanych międzynarodowych czasopism naukowych, z których ponownie wspomnę tylko o trzech. W 2005 roku założył Archives of Medical Science, którego jest redaktorem naczelnym, jest także zastępcą redaktora naczelnego European Heart Journal Open oraz redaktorem regionalnym European Heart Journal – Quality of Care and Clinical Outcomes. Jest także członkiem redakcji około 60 najwybitniejszych międzynarodowych czasopismach naukowych oraz recenzentem w około 80 najbardziej prestiżowych naukowych czasopismach medycznych.

Za swoją pracę naukową i osiągnięcia w nauce profesor Banach otrzymał liczne krajowe i międzynarodowe wyróżnienia i nagrody, z których niektóre zasługują na szczególną uwagę: doktorat honoris causa Uniwersytetu Medycznego im. Pavola Jozefa Szafarika w Koszycach na Słowacji, doktorat honoris causa Uniwersytetu Medycznego oraz farmacji Carol Davila w Bukareszcie, Rumunia, doktorat honoris causa Uniwersytetu Medycyny i Farmacji im. Victora Babesa w Timisoarze, Rumunia, oraz doktorat honoris causa Instytutu Kardiologii Kijów, Ukraina.

Wiele lat temu profesor Banach nawiązał współpracę z Wydziałem Medycznym Uniwersytetu w Zagrzebiu, co zaowocowało dużą liczbą wspólnie opublikowanych prac naukowych i przyczyniło się do wzmocnienia współpracy międzynarodowej Uniwersytetu w Zagrzebiu oraz jeszcze bardziej udanego otwarcia na europejski obszar szkolnictwa wyższego i nauki. W ten sposób prof. Maciej Banach wniósł trwały i znaczący wkład nie tylko w rozwój dwóch uniwersytetów w swojej ojczystej Polsce, gdzie od lat jest profesorem zwyczajnym, ale także wybitny wkład w rozwój Uniwersytetu w Zagrzebiu i jego międzynarodowe uznanie. Dlatego przyznanie doktoratu honoris causa jest uznaniem dla jego wielu udanych działań zarówno na cześć tych polskich uniwersytetów, jak i na cześć Uniwersytetu w Zagrzebiu.

Address by Professor Maciej Banach

Your Magnificence Rector of the University of Zagreb, members of the Senate, ladies and gentlemen, dear Professor Reiner,

It is indeed a great honor for me to be awarded today the title of *doctor honoris causa* from your University. This also means a great responsibility and obligation for me to continue my hard work to promote science, particularly the field that I represent – preventive cardiology and lipidology, in Poland, Central and Eastern Europe, Europe and worldwide, and especially in places with largest unmet needs, without suitable diagnostics, drug availability, without medical resources and knowledge. In this address I would like to focus on several things that I find important so as to show that everyone can be successful, in any place in the world, as long as a few simple conditions satisfied – you need to be ambitious, efficient, always look for solutions, raise questions and collaborate with others. Today I often repeat to my mentees, associates, and colleagues two important statements that have accompanied me during my entire professional life: "unless you try you will never succeed" and "you might fail, even many times, but if you have tried your best, you will eventually prevail it is only a matter of time".

First, I would like to briefly focus on the issue of mentorship. I have never had a real mentor. Fortunately, not being afraid to ask questions, I met great people on my professional path, including, among others, Professor Dimitri P. Mikhailidis from the University College of London, with whom I have been collaborating for the last 20 years, and Professor Marian Zembala, an outstanding cardiac surgeon, a former Minister of Health in Poland, who unfortunately passed away 3 months ago. Both of them showed me that if you work very hard, if you leave your failures behind you, and especially if you can learn from your failures, everything is indeed possible – simply keep going and don't look back. They are examples of great mentors that I wish everyone to have. Why is it so important to be a mentor? Because

you might create a group of people who are very dedicated to joint work, because you might help your younger colleagues to avoid the mistakes you made, you might also show them the best way for their scientific and professional development, finally you might learn from them as much as they learn from you. Please note that we live in the era of internet, social media, artificial intelligence, machine learning, deep learning, business intelligence, gamification, etc. Are you sure you know more about this than your students who have been using these tools almost since their birth? Only together, joining inter-generation forces, can you and your team achieve great success! This is the reason why you need to be the best mentor possible, but please remember that if you would like to be a good mentor you must also learn to be a mentee from time to time. Why did I start this speech with the issue of mentorship? Because, in fact, there is no tradition of mentorship in Poland and many European, mainly Central and Eastern European countries, but also Southern European countries – however I know what a fantastic example of a mentor Professor Željko Reiner in Croatia is. Why is there a problem with mentorship? Because there is always a kind of irrational fear that our younger associate might replace us as the head of department, division, that he will be a better practitioner, that he will have more patients, better articles and grants, etc. Therefore, we usually surround ourselves with much weaker people, because we are afraid of those who are or might be better than we are! And this is why universities from this part of the world are usually low in world rankings. If you see that someone in your environment is very ambitious and promising, try to shape him professionally, strongly support him, collaborate with him, do not be afraid of him, and do not try to limit him because you have a better position. Only when you are working with real leaders will you also be a leader, and, vice versa, if you are working with average people, you will be a 'leader' only in your own department. This is particularly important now, when fewer and fewer young people are keen to stay at universities and focus on science.

An equally important issue, and in fact closely related to mentorship, is effective collaboration. From my point of view collaboration is the key to success, the key to develop ourselves, the key to effectively realize our ideas. From the very beginning I have had a very wide scientific and professional collaboration. Now, after many years, my colleagues often

ask me how it is possible that I am so well-recognized everywhere in the world, from the US, Canada through France, the UK, Bulgaria, and Norway, to Kosovo, Estonia, Uzbekistan, Taiwan and Japan. In fact, I do not know the real answer to this question, as it is so normal for me to collaborate with everyone, to gather people around myself, to always look for new people to collaborate in new projects. I remember when I tried to apply for my first grant from the Polish National Centre for Science 20 years ago and was not able to find an expert in Poland to help me to prepare the methodology. I wrote about 100 e-mails to experts whom I simply found in Medline, whom I knew only from scientific papers, people who were indeed highly recognized internationally. Why 100 e-mails – because I simply wanted to get an answer from at least one of them to support me with this grant application, and I was so surprised when I saw responses from almost 30 of them! With most of them I still collaborate very closely, and I am good friends with a few of them. So don't ever be afraid of asking, most people will be very open to support you! It is also the mentality that needs to be changed in our countries! We need to be much more open to collaboration, because if you would like to do research in your department only – you are doomed to failure! Only joint ideas, multi-center projects, give you the pleasure of scientific work with the outcomes that are sometimes difficult to predict, obviously from a positive point of view. Considering the place where I have just achieved this outstanding honor – *doctorate honoris causa*, I also checked when I started my collaboration, and I am sure I can say friendship, with Professor Željko Reiner. It was in June 2013 during the International Hyperlipidemia Forum in Barcelona. Since that time, we have had a very extensive and fruitful collaboration, and what is equally important we know that we can always count on each other. And you know that this is not very common in the world today. Thus, please remember – multi-department, multi-center and finally international collaboration is a key to success in every area!

Finally, I'd like to convince you that if you would like to be successful, you need to have concrete aims, and simply be brave when achieving them! Remember, what I myself have established multiple times – *nothing is impossible.* What is the definition of courage in our professional life? It is the ability to make difficult decisions and solve problems, it is the ability to take on even (nearly) impossible tasks, it is the ability to change the place of your work in order to develop yourself further, it is the ability to sometimes

go against the current. It is simply the ability of *making a difference.* That is why, to my best knowledge, I was the youngest associate professor of medicine at the age of 30 and full professor at the age of 36 in Poland, the youngest Undersecretary of the State in the Polish Government working at the Ministry of Science and Higher Education at the age of 33, that is why I founded the Polish Lipid Association (PoLA) in 2011, now with almost 1,000 members, and next the Lipid and Blood Pressure Meta-Analysis Collaboration (LBPMC) Group in 2012 – a group of over 150 world experts, which aims to investigate the most important issues in the field of lipid disorders, hypertension, nutrition and cardiovascular risk, and next, in 2015, the International Lipid Expert Panel (ILEP), which was founded to prepare practical recommendations in the area of preventive cardiology in the most debatable issues that have not been covered in the existing guidelines. I would like to emphasize that Professor Željko Reiner is a steering committee member in both the LPBMC Group and ILEP. Finally, this is why, in 2013, I also took up the gauntlet and ran for president of the second largest hospital and research institute in Poland – the Polish Mother's Memorial Hospital – Research Institute (PMMHRI), despite everyone who said to me that this was a kind of "mission impossible". Moreover, this is why, in 2017, at the Institute, I founded the *Innovation for Health* think tank, which gathers six main health research institutes from Poland and over 50 of the largest medical business representatives from Poland with the main aim to develop innovations in the field of medicine in Poland. Already after two years, the think tank was considered one of the most important stakeholders in the field of medicine and innovation in Poland. I am saying this and giving these examples only to show that you cannot be afraid to realize your professional plans and dreams. You might fail, sometimes it may be necessary to wait, but if you really want something and if you work hard, if you have a great team of engaged people, if you listen to your mentors and try to be the best mentor to your colleagues, if you have wide international collaboration, you will always succeed, it is only a matter of time.

Always believe in yourself and keep trying to realize all your plans and professional dreams! It is much better to be a dreamer who is wrong than someone whose ambition is unfulfilled.

Thank you once again! It is indeed a great honor to be here.

Wasza Magnificencjo, Panie Rektorze Uniwersytetu w Zagrzebiu, Członkowie Wysokiego Senatu, Szanowni Państwo, Szanowny Profesorze Reiner!

Doprawdy to dla mnie ogromny zaszczyt osiągnąć dzisiaj tytuł doktora honoris causa Waszej Uczelni. Dla mnie to także wielka odpowiedzialność i zobowiązanie do dalszej ciężkiej pracy na rzecz promocji nauki, głównie tej, którą reprezentuję – kardiologii profilaktycznej i lipidologii, w Polsce, w Europie Środkowo-Wschodniej, w Europie i na świecie, a szczególnie w miejscach o największych niezaspokojonych potrzebach, bez odpowiedniej diagnostyki, dostępności leków, bez zasobów medycznych i wiedzy. W tym wykładzie chciałbym skupić się na kilku dla mnie ważnych rzeczach, aby ostatecznie potwierdzić, że każdy może odnieść sukces, w każdym miejscu na świecie, ale jest kilka prostych warunków do spełnienia – trzeba być ambitnym, operatywnym, zawsze szukać rozwiązań, zadawać pyta i współpracować. W dzisiejszych czasach moim podopiecznym, współpracownikom i kolegom często powtarzam dwa ważne stwierdzenia, które towarzyszyły mi przez całe życie zawodowe: „jeśli nie spróbujesz, to nigdy nie będziesz" oraz „możesz zawieść, nawet wiele razy, ale jeśli dałeś z siebie wszystko, w końcu wygrasz - to tylko kwestia czasu".

Najpierw chciałbym skupić się przez chwilę na kwestii mentoringu. Nigdy nie miałem prawdziwego mentora. Na szczęście nie bojąc się zadawać pytań, na swojej drodze zawodowej spotkałem wspaniałych ludzi, w tym m.in. prof. Dimitri P. Mikhailidisa z University College of London, z którym współpracuję już od 20 lat, oraz prof. Mariana Zembalę, wybitnego kardiochirurga, poprzedniego Ministra Zdrowia Polski, który niestety zmarł 3 miesiące temu, a którzy obaj pokazali mi, że jeśli pracujesz bardzo ciężko to zostaw niepowodzenia za sobą, a jeśli potrafisz się na nich uczyć, wszystko jest rzeczywiście możliwe – po prostu idź dalej i nie oglądaj się za siebie. Istnieją przykłady wspaniałych mentorów, których życzę wszystkim. Dlaczego bycie mentorem jest tak ważne? Ponieważ możesz stworzyć grupę ludzi, którzy są bardzo oddani wspólnej pracy, ponieważ możesz pomóc młodszym kolegom uniknąć błędów, których doświadczyłeś, możesz też pokazać im najlepszą drogę do ich naukowego i zawodowego rozwoju, w końcu możesz uczyć się od nich tyle, ile oni uczą się od ciebie. Proszę zauważyć; żyjemy w erze internetu, mediów społecznościowych, sztucznej inteligencji, uczenia maszynowego, głębokiego uczenia się, inteligencji biznesowej, grywalizacji itp. Czy na

pewno wiesz o tym więcej niż Twoi uczniowie, którzy korzystali z tych narzędzi niemal od urodzenia? Tylko razem, łącząc siły międzypokoleniowe, Ty i Twój zespół możecie odnieść wielki sukces! To jest powód, dla którego musisz być najlepszym mentorem, ale pamiętaj, że jeśli chcesz być dobrym mentorem, musisz od czasu do czasu nauczyć się bycia mentorem. Dlaczego od samego początku zacząłem od mentoringu? Bo tak naprawdę nie ma tradycji mentoringu w Polsce i wielu krajach Europy, głównie Europy Środkowo-Wschodniej, ale także krajów Europy Południowej – wiem jednak, jakim wspaniałym przykładem mentora jest prof. Zeljko Reiner w Chorwacji. Dlaczego jest to problem z mentoringiem? Bo zawsze istnieje/zawsze był jakiś irracjonalny strach, że może mnie zastąpić młodszy współpracownik na stanowisku kierownika oddziału, wydziału, że będzie lepszym praktykiem, będzie miał więcej pacjentów, lepsze papiery, stypendia itp. Dlatego zazwyczaj otaczamy się znacznie słabszymi osobami, ponieważ boimy się tych, którzy są lub mogą być lepsi od nas! I właśnie dlatego uczelnie z tej części świata są zazwyczaj nisko w światowych rankingach. Jeśli widzisz, że ktoś wokół Ciebie jest bardzo ambitny i obiecujący, postaraj się go profesjonalnie kształtować, mocno go wspieraj, współpracuj, nie bój się go i nie próbuj go ograniczać, biorąc pod uwagę fakt, że masz lepszą pozycję. Tylko wtedy, gdy pracujesz z prawdziwymi liderami, również będziesz liderem, a w konsekwencji, jeśli pracujesz z przeciętnymi ludźmi, będziesz „liderem" tylko we własnym dziale. To tak ważne teraz, kiedy coraz mniej młodych ludzi chce pozostać na uczelniach i skupić na nauce.

Równie ważną kwestią, w istocie ściśle związaną z mentoringiem, jest efektywna współpraca. Z mojego punktu widzenia współpraca jest kluczem do sukcesu, kluczem do rozwoju siebie, kluczem do efektywnej realizacji naszych pomysłów. Od samego początku miałem bardzo szeroką współpracę naukową i zawodową. Teraz, po wielu latach, moi koledzy często pytają mnie, jak to możliwe, że jesteście rozpoznawalni na całym świecie, od USA, Kanady przez Francję, Wielką Brytanię, Bułgarię, Norwegię, po Kosowo, Estonię, Uzbekistan, Tajwan, Japonię. Właściwie nie znam prawdziwej odpowiedzi na to pytanie, bo to normalne, że współpracuję ze wszystkimi, skupiam wokół siebie ludzi, zawsze szukam nowych ludzi do współpracy przy nowych projektach. Pamiętam, jak 20 lat temu próbowałem ubiegać się o mój pierwszy grant w Narodowym Centrum Nauki i nie mogłem znaleźć w Polsce eksperta, który pomógłby mi w przygotowaniu metodyki. Napisałem około

100 e-maili do ekspertów, których znalazłem w Medline, a których znałem tylko z prac naukowych, ludzi rzeczywiście wysoko uznanych na arenie międzynarodowej. Dlaczego 100 e-maili – bo po prostu chciałem otrzymać odpowiedź od przynajmniej jednego z nich, aby wesprzeć mnie w tym wniosku o dotację, i byłem tak zaskoczony, widząc odpowiedź od prawie 30 z nich! Z wieloma z nich nadal mamy bardzo silną współpracę, a z kilkoma z nich jesteśmy dobrymi przyjaciółmi. Więc nigdy nie bój się pytać, większość ludzi jest bardzo otwarta na wsparcie! To także mentalność, którą trzeba zmienić w naszych krajach! Musimy być znacznie bardziej otwarci na współpracę, bo jeśli chcesz prowadzić badania tylko w swoim dziale - jesteś skazany na porażkę! Tylko wspólne pomysły, wieloośrodkowe projekty dają przyjemność pracy naukowej z czasami trudnymi do przewidzenia wynikami, oczywiście z pozytywnego punktu widzenia. Mając na uwadze miejsce, w którym właśnie osiągnąłem to wybitne wyróżnienie – doktorat honoris causa, sprawdziłem też, kiedy rozpoczynałem współpracę i jestem pewien, iż mogę powiedzieć, że była to przyjaźń z Profesorem Zeljko Reinerem. Było to w czerwcu 2013 roku podczas Międzynarodowego Forum Hiperlipidemii w Barcelonie. Od tego czasu mamy bardzo szeroką i owocną współpracę, a co równie ważne – wiemy, że zawsze możemy na siebie liczyć. A przecież widomo, że nie jest to takie powszechne w otaczającym świecie. Dlatego proszę pamiętać – wielooddziałowa, wieloośrodkowa i wreszcie międzynarodowa współpraca to klucz do sukcesu w każdej dziedzinie!

Na koniec chciałbym Państwa przekonać, że aby odnieść sukces, trzeba mieć konkretne cele i być po prostu odważnym w ich realizacji! Proszę pamiętać, co sam wielokrotnie sprawdzałem - nie ma nic niemożliwego. Jaka jest definicja odwagi w naszym życiu zawodowym? To umiejętność podejmowania trudnych decyzji i rozwiązywania problemów, to umiejętność podejmowania nawet (prawie) niemożliwych zadań, to umiejętność zmiany miejsca pracy w celu dalszego rozwoju, to czasami umiejętność wyjazdu pod wiatr. To po prostu umiejętność dokonywania zmian. Dlatego opierając się na mojej najlepszej wiedzy byłem najmłodszym 30-letnim profesorem nadzwyczajnym i 36-letnim profesorem zwyczajnym medycyny w Polsce, najmłodszym Podsekretarzem Stanu w Rządzie RP pracującym w Ministerstwie Nauki i Wykształcenia Wyższego w wieku 33 lat, dlatego w 2011 roku założyłem Polskie Towarzystwo Lipidowe (PoLA) liczące już prawie 1000 członków, a następnie w 2012 roku Grupę Metaanalizy Lipidów i Ciśnienia Krwi (LBPMC)

- grupę ponad 150 światowych ekspertów która miała na celu zbadanie najważniejszych zagadnień z zakresu zaburzeń lipidowych, nadciśnienia tętniczego, żywienia i ryzyka sercowo-naczyniowego, a następnie w 2015 roku Międzynarodowy Panel Ekspertów Lipidowych (ILEP), który został powołany w celu przygotowania praktycznych rekomendacji w zakresie kardiologii profilaktycznej w najbardziej dyskusyjnych kwestiach, które nie zostały ujęte w dotychczasowych wytycznych. Chciałbym podkreślić, że zarówno w Grupie LPBMC, jak i ILEP prof. Zeljko Reiner jest członkiem komitetu sterującego. W końcu dlatego też podjąłem wyzwanie i w 2013 roku wystartowałem w konkursie na prezesa drugiego największego szpitala w Polsce i instytutu badawczego – Instytutu Centrum Zdrowia Matki Polki – (ICZMP), mimo że wszyscy mi mówili, iż jest to swojego rodzaju „misja niemożliwa", a w 2017 roku założyłem w Instytucie Think-Tank „Innowacje dla Zdrowia", który skupia sześć głównych instytutów badań nad zdrowiem w Polsce oraz ponad 50 największych przedstawicieli polskiego biznesu medycznego, których głównym celem jest wprowadzanie innowacji w obszarze medycznym w kraju. Już po 2 latach Think-Tank zaczął być i jest obecnie uważany za jednego z najważniejszych interesariuszy w dziedzinie medycyny i innowacji w Polsce. Mówię o tym i podaję te przykłady tylko po to, aby pokazać, że nie można się bać realizacji własnych planów i marzeń zawodowych. Możesz zawieść, czasami też trzeba poczekać, ale jeśli naprawdę chcesz i ciężko pracujesz, masz świetny zespół zaangażowanych ludzi, słuchasz swoich mentorów i starasz się być najlepszym mentorem dla swoich kolegów, prowadząc szeroką współpracę międzynarodową, zawsze odniesiesz sukces – to tylko kwestia czasu.

Zawsze wierz w siebie i staraj się realizować wszystkie swoje plany i marzenia zawodowe! O wiele lepiej być niepoprawnym marzycielem niż ambitnie niespełnionym.

Dziękuję raz jeszcze! To naprawdę wielki zaszczyt być tutaj.

Popis počasnih doktora Sveučilišta u Zagrebu

Ime i PREZIME, godina dodjele doktorata

1. Tadija SMIČIKLAS, 1913.
2. Eugen HABSBURŠKI, 1916.
3. Svetozar BOROEVIĆ, 1916.
4. Matija STEPINAC, 1918.
5. R. W. SEATON WATSON, 1920.
6. Milan ROJC, 1920.
7. Tomáš G. MASARYK, 1921.
8. Frano BULIĆ, 1921.
9. Vladimir MAŽURANIĆ, 1925.
10. Nikola TESLA, 1926.
11. Antun AKŠAMOVIĆ, 1926.
12. Dragutin GORJANOVIĆ KRAMBERGER, 1927.
13. Slobodan JOVANOVIĆ, 1927.
14. Đuro ARNOLD, 1930. (zlatni doktorat)
15. Milan JOVANOVIĆ BATUT, 1931.
16. Slavko ZIMMERMAN, 1934.
17. Nikola JAGIĆ, 1936.
18. Lavoslav RUŽIČKA, 1940.
19. Vladimir NAZOR, 1946.
20. Vladimir PRELOG, 1952.
21. Stjepan P. TIMOŠENKO, 1956.
22. Niels Henrik David BOHR, 1958.
23. Robert ROBINSON, 1960.
24. Mislav DEMEREC, 1960.
25. Alfons KAUDERS, 1960.
26. *Božo MILANOVIĆ, 1962.
27. *Pavao BUTORAC, 1964.
28. Sarvepalli RADHAKRISHNAN , 1965.

29. Julije BUDISAVLJEVIĆ, 1968.
30. Fran KOGOJ, 1968.
31. Josip BROZ TITO, 1969.
32. Lev ANDREJEVIČ ARCIMOVIČ, 1969.
33. Ernest BLOCH, 1969.
34. David CUTHBERTSON, 1969.
35. Giacomo DEVOTO, 1969.
36. Werner Karl HEISENBERG, 1969.
37. Dorothy CROWFOOT HODGKIN, 1969.
38. Roman JACOBSON, 1969.
39. György LUKÁCS, 1969.
40. Nikolaus PEVSNER, 1969.
41. André VAILLANT, 1969.
42. *Franjo KUHARIĆ, 1970.
43. *Franz KÖNIG, 1970.
44. *Karlo BALIĆ, 1970.
45. *Vilim KEILBACH, 1970.
46. *Ivan OSTOJIĆ, 1970.
47. *Mijo ŠKVORC, 1970.
48. *Antun ZANINOVIĆ, 1970.
49. Đorđe MANO-ZISI, 1970.
50. Anton SLODNJAK, 1970.
51. Vjekoslav ŠTEFANIĆ, 1970.
52. Fran BOŠNJAKOVIĆ, 1970.
53. Stanko ŠILOVIĆ, 1970.
54. Anton DOLENC, 1970.
55. Josip LONČAR, 1970.

56. Željko KOVAČEVIĆ, 1970.
57. Vinko MANDEKIĆ, 1970.
58. Albert OGRIZEK, 1970.
59. Alois TAVČAR, 1970.
60. Charles Herbert BEST, 1976.
61. Karol BORSUK, 1976.
62. Heinz ELLENBERG, 1976.
63. Henri LEFEBVRE, 1976.
64. Vladimir BAKARIĆ, 1977.
65. Jean-Marie PÉRES, 1978.
66. Helmut WOLF, 1981.
67. Jakov BLAŽEVIĆ, 1981.
68. *Branko FUČIĆ, 1986.
69. Jean DAUSSET, 1986.
70. Victor PAPANEK, 1986.
71. Ermin TEPLY, 1987.
72. Primo NEBIOLO, 1987.
73. Cornelis C. A. VOSKUIL, 1987.
74. *Stefan LÁSZLÓ, 1987.
75. *Marija A. PANTELIĆ, 1988.
76. Rudolf Karl ZAHN, 1988.
77. Linus PAULING, 1988.
78. *Ćiril KOS, 1989.
79. *Živan BEZIĆ, 1989.
80. Herman Northrop FRYE, 1990.
81. Alois MOCK, 1993.
82. Johann G. REISSMÜLLER, 1995.

83. Paško RAKIĆ, 1997.
84. Süleyman DEMIREL, 1997.
85. Egon MATIJEVIĆ, 1998.
86. William J. PERRY, 1998.
87. Margaret THATCHER, 1998.
88. Kathleen VAUGHAN WILKES, 2001.
89. Robert BADINTER, 2003.
90. Jacques FRIEDEL, (**1995), 2008.
91. Albert FERT, 2008.
92. Branko LUSTIG, 2009.
93. Zdenko RENGEL, 2010.
94. Mladen VRANIĆ, 2011.
95. Josip BOZANIĆ, 2012.
96. Mirjan DAMAŠKA, 2012.
97. Milko KELEMEN, 2014.
98. Stanko LASIĆ, 2015.
99. Dragan ČOVIĆ, 2018.
100. Daniel HAGÈGE, 2018.
101. Maciej Banach, 2022.

** Zvjezdicom su označeni počasni doktori promovirani na Katoličkom bogoslovnom fakultetu u vrijeme kada taj fakultet nije smio biti u sastavu Sveučilišta. Ugovorom između Sveučilišta i kbf-a od 11. ožujka 1996. priznate su sve diplome kbf-a kao sveučilišne.*

*** Odluka Senata Sveučilišta u Zagrebu o dodjeli počasnog doktorata donesena je u akademskoj godini 1994./1995.*

List of honorary doctors of the University of Zagreb

First and LAST NAME, year of conferral of honorary doctorate

1. Tadija SMIČIKLAS, 1913
2. Eugen HABSBURŠKI, 1916
3. Svetozar BOROEVIĆ, 1916
4. Matija STEPINAC, 1918
5. R. W. SEATON WATSON, 1920
6. Milan ROJC, 1920
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9. Vladimir MAŽURANIĆ, 1925
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11. Antun AKŠAMOVIĆ, 1926
12. Dragutin GORJANOVIĆ KRAMBERGER, 1927
13. Slobodan JOVANOVIĆ, 1927
14. Đuro ARNOLD, 1930 (gold doctoral degree)
15. Milan JOVANOVIĆ BATUT, 1931
16. Slavko ZIMMERMAN, 1934
17. Nikola JAGIĆ, 1936
18. Lavoslav RUŽIČKA, 1940
19. Vladimir NAZOR, 1946
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21. Stjepan P. TIMOŠENKO, 1956
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29. Julije BUDISAVLJEVIĆ, 1968
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31. Josip BROZ TITO, 1969
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33. Ernest BLOCH, 1969
34. David CUTHBERTSON, 1969
35. Giacomo DEVOTO, 1969
36. Werner Karl HEISENBERG, 1969
37. Dorothy CROWFOOT HODGKIN, 1969
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39. György LUKÁCS, 1969
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42. *Franjo KUHARIĆ, 1970
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87. Margaret THATCHER, 1998
88. Kathleen VAUGHAN WILKES, 2001
89. Robert BADINTER, 2003
90. Jacques FRIEDEL, (**1995), 2008
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92. Branko LUSTIG, 2009
93. Zdenko RENGEL, 2010
94. Mladen VRANIĆ, 2011
95. Josip BOZANIĆ, 2012
96. Mirjan DAMAŠKA, 2012
97. Milko KELEMEN, 2014
98. Stanko LASIĆ, 2015
99. Dragan ČOVIĆ, 2018
100. Daniel HAGÈGE, 2018
101. Maciej Banach, 2022

** Honorary doctorates marked with an asterisk were conferred by the Catholic Faculty of Theology when the Faculty was not permitted to be part of the University. Pursuant to the agreement between the University and the Catholic Faculty of Theology of 11 March 1996, all diplomas granted by the Catholic Faculty of Theology were recognized as university diplomas.*
*** Decision of the University of Zagreb Senate on the conferral of honorary doctorate passed in the academic year 1994/1995.*

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Iva Budimir, prof.
Ivanka Šenda, prof.
Bojana Tončić

PRIJEVOD
Projectus grupa d. o. o.

LEKTURA
Ivanka Šenda, prof.

TISAK
Sveučilišna tiskara

Zagreb, lipanj 2022.