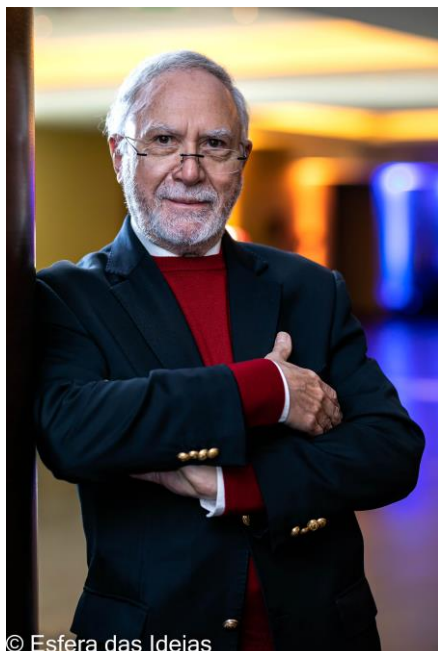


José Pereira Monteiro, o Presidente
José Pereira Monteiro, the President

José Barros

Centro Hospitalar Universitário do Porto & Instituto de Ciências Biomédicas Abel Salazar da Universidade do Porto, Porto, Portugal. Orcid ID: 0000-0001-6183-5050

Sinapse 2021; 21 (1): 8-10. DOI: <https://doi.org/10.46531/sinapse/PE/210021/202>



José Maria Pereira Monteiro (1945-2021) was the president of the Portuguese Neurology Society, the Portuguese Headache Society, and the Specialty College of Neurology of the Portuguese Medical Association, stemming from his persevering work as a neurologist, professor, and researcher, from his empathy with his peers, from his restlessness and enthusiasm, from personal pride, and from the ambition to improve medicine and society. José Pereira Monteiro was born months before the armistice of the Great War, in Porto, the city where he built his family, educational, and professional life. His academic titles and degrees were obtained at the University of Porto: aggregation (2006) and doctorate (1995) at the Abel Salazar Institute of Biomedical Sciences (ICBAS); undergraduate degree at the Faculty of Medicine (1971). His professional training began with a general internship at the São João School Hospital in 1971. He was formally admitted as a Neurology intern at the Santo António General Hospital

(HGSA) in 1972, already incorporated into the Portuguese Army, where he served for three and a half years, including as a medical militia ensign in Angola, before and after the Carnation Revolution (April 25th, 1974). He began his internship in mid-1975 at the Neurology Service of HGSA, still directed that year by Corino de Andrade (1906-2005), having taken final evaluation exams in January 1979, before a national jury composed of José Castro Lopes (1934-2022), António Bastos Lima, António Nunes Vicente (1920-1987), João Palmeiro, and António Magalhães (1933-2003). His career as a neurologist unfolded at HGSA: specialist (1979-1982), hospital assistant (1982-1989), department chief (1989), and graduate assistant (1989-2015). In the Neurology Service, he stood out for developing the headache specialty, having created a formal outpatient clinic in 1983, for organizing clinics, internships, scientific activities, and archives. And for trying to convince everyone of the primacy of his interns, even when the evidence wasn't quite robust. He was a guest lecturer in the Neurology and Neurosurgery discipline at ICBAS for over three decades: assistant (1981-1990), assistant professor (1990-2013), and associate professor (2013-2015). He was the head of the Curricular Unit from 2011 to 2014, restructuring it. He held various positions in headache-related organizations. He co-founded the Headache Studies Group, which he helped transform into the Portuguese Headache Society, serving as president from 1989-1991, 1997-2000 and 2006-2009. He was a founding member of the European Headache Federation (1989) and a member of the international council of the International Headache Society (1985-1993 and 1995-2003). He maintained a keen interest in genetic, trigemino-autonomic, vascular, cervicogenic, daily chronic, and medication-overuse headaches. He led the translation into Portuguese of two editions of the international headache classification and promoted consensus for therapeutic recommendations in primary headaches; these documents were published in Sinapse as supplements. He coordinated the Headache Unit at the CUF Porto. From 2011 to 2021, he was a project leader and honorary research of the Unit for Genetic & Epidemiological Research on

Neurological Disorders at the Institute of Molecular and Cellular Biology of the University of Porto, dedicating himself particularly to the genetic epidemiology of migraine and other primary headaches, in shared projects with Carolina Lemos, Jorge Sequeiros, and their young researchers. On June 30, 2000, he was elected president of the Portuguese Society of Neurology (SPN), at the time a section of the Lisbon Society of Medical Sciences, by one vote of advantage, accompanied on the Board by João Ramalho Fontes, João de Sá, Isabel Fineza Cruz, and Manuela Palmeira. They began a short mandate aimed at endowing the SPN with independence, legal personality, and tax registration, culminating in the election of the social bodies for the 2002-2004 triennium. The same were elected, in a single list, now with Orlando Leitão (1931-2014) and Carlos Garcia (1936-2004) presiding over the General Meeting and the Fiscal Council. José Pereira Monteiro and colleagues opened a new phase in the organization of Portuguese Neurology, highlighting administrative consolidation, the creation of a logo and corporate identity, the opening of headquarters, communication (website, Sinapse, NeuroAlmanaque 2002 Directory 2003), regular national meetings, and timely preparation, PROFIN courses, and asset enhancement. He promoted aggregation and affability among all of us, highlighting tributes to personalities, the involvement of colleagues who had distanced themselves or whom we had forgotten, the mobilization of young neurologists, interns, as well as clinicians and researchers from related areas, in a family atmosphere. In fact, the "Jogo do Luso" stemmed from his desire to enliven the evenings at the "Grande Hotel", for whose hospitality and restaurant he had a remarkable preference. He maintained support for the NeuroNotícias bulletin, edited by Carlos Garcia and Francisco Pinto, even preserving old issues on DVD. He promoted the digital edition, official recording, and dissemination of the film "The Neurological Examination," by Carlos Garcia, from the original 1972 film, offered to the SPN by Maria Helena Coelho (1937-2015). José Pereira Monteiro served on the College of Neurology Specialty Board of the Portuguese Medical Association for three terms, with the functions of delegate to the European Union of Medical Specialists (2003-2012) and president (2009-2012); the work is published in some Sinapse issues. José Pereira Monteiro looked up to José Castro Lopes, his Service Director, and Ottar Sjaastad (1928-2022), with whom he interned at the University of Trondheim, greatly admiring other personalities and often evoking João Resende (1913-2004), whom he had known since childhood, and the neurosurgeon Luís de Carvalho (1933-2016). He married Lídia Pereira Monteiro (1945-2017) at the age of 26, a brilliant endocrinologist at the São João Hospital, who actively participated in many of our meetings, indifferent to the physical limitations of an intriguing illness. His daughters mingled with many of us: Mariana Pereira Monteiro, full professor of Anatomy at ICBAS, endocrinologist, Honorary Senior Clinical Lecturer at the University College of London, and especially Isabel Pereira Monteiro, a marketing specialist and graphic designer, responsible for the image of the SPN for the past 23 years. The grandchildren are five, one boy and four girls. I met José Pereira Monteiro for the first time as a Neurology assistant; we were 23 and 39 years old. We shared periods of intense collaboration and complicity, with interruptions throughout life, oblivious to the various perceptions we had of politics, soccer, and otherworldly things. He would often call me on Sunday nights. I couldn't even imagine the three ideas he had during the weekend! He would list two; we would talk about one. Then, it would materialize or not...

José Pereira Monteiro was genuinely happy with others' success, with institutional progress, and with behavioral evolution. We could have done many things; had I followed the enthusiasm and optimism of the most modern conservative I knew more often.

Article updated on May 01, 2024