



Longevity Assembly 2026

LSMU INTERNATIONAL SCIENTIFIC CONFERENCE "LONGEVITY FORWARD 2030: EVIDENCE-BASED MEDICINE FOR HEALTHY AGEING"

LSMU MLK, Room 103 (Z. Januškevičius Conference Room), Kaunas

9 June 2026

08:30 – 09:30 WELCOME COFFEE. REGISTRATION, PRESENTATION OF HEALTH AND LONGEVITY SPONSORS, AND LIFESTYLE MEDICINE PROGRAMME

09:30 – 09:40 OPENING CEREMONY AND WELCOME ADDRESS

09:40 – 12:00 FROM THE CELL TO PRACTICE

Moderated by Prof. Saulius Čaplinskas and Prof. Leonas Valius

09:40 – 09:55 **SuPAR and the Biology of Aging: Turning Chronic Inflammation Into a Tool for Individual Empowerment** (in English)

Dr Jesper Eugen-Olsen, Copenhagen University Hospital Herlev, Department of Cardiology

09:55 – 10:10 **Cell Ageing and Longevity: From Molecular Mechanisms to Drugs that Eliminate Old Cells** (in Lithuanian)

Dr Mindaugas Valius, Life Sciences Centre, Vilnius University

10:10 – 10:25 **The Triangle of Neurotransmitters, Stress and Neuroplasticity: How is the Longevity of our Brain Formed?** (in Lithuanian)

Prof. Dr Danielius Serapinas, LSMU Department of Family Medicine

10:25 – 11:30 **Factors of Longevity:**

10:25-10:45 **Lifestyle Medicine for Longevity: An Evidence-Based Nutritional Strategy** (in Lithuanian)

Lina Paulauskienė, Department of Preventive Medicine, LSMU Faculty of Public Health

10:45-11:05 **Psychosocial Factors of Longevity: Impact on Quality of Life and Health Outcomes** (in Lithuanian)

Dainius Jakučionis, LSMU Department of Family Medicine

11:05-11:30 **Targeted Physical Activity as a Novel Strategy for Healthy Longevity** (in English)

Yuri Ostrinski, Riga Stradins University

11:30 – 11:45 **Good practices in healthy longevity medicine** (in English)

Dr Ilia Stambler, the Movement for Longevity and Quality of Life Association

11:45 – 12:00 **Reworking current available tools for longevity practices – converting from reactive to proactive healthcare** (in English)

Dr Tamara Pheiffer, International Longevity Alliance

12:00 – 13:00 LUNCH, NETWORKING, AN EXHIBITION FEATURING HEALTH AND LONGEVITY PROMOTERS, AND LIFESTYLE MEDICINE PROGRAMME

A

SCIENCE-BASED LONGEVITY: MANAGING THE RISKS OF AGEING TO BRAIN, CARDIOVASCULAR AND METABOLIC HEALTH

Moderator: Prof. Dr Jūratė Macijauskienė

- 13:00 – 13:15 **Science-Based Longevity: Managing the Risks of Ageing to Brain, Cardiovascular and Metabolic Health** (in Lithuanian)
Prof. Dr Jūratė Macijauskienė, Department of Geriatrics, Kauno Klinikos, Faculty of Nursing, LSMU Medical Academy
- 13:15 – 13:30 **Reducing the Risk of Neurodegeneration and Promoting Longevity through Sleep** (in Lithuanian)
Dr Evelina Pajedienė, Department of Neurology, Faculty of Medicine, LSMU Medical Academy
- 13:30 – 13:45 **Epigenomic marks point to the outsize role of the brain in biological aging and can serve as predictors of cognitive decline and Alzheimer's disease** (in English)
Prof. S. Michal Jazwinski, Tulane University, Center for Aging
- 13:45 – 14:00 **Heart Health and Longevity: Prevention of the Risk of Silent Cardiovascular Diseases** (in Lithuanian)
Prof. Dr Jurgita Plisienė, Heart Centre, LSMU Hospital Kauno Klinikos, LSMU Medical Academy
- 14:00 – 14:15 **Improving Myocardial Functional Capacity in Heart Diseases: A Metabolic Approach** (in Lithuanian)
Dr Rasa Ordienė, Heart Centre, LSMU Hospital Kauno Klinikos, LSMU Medical Academy
- 14:15 – 14:30 **The Microbiome-Retrobiome Axis: A Hidden Regulator of Human Longevity** (in English)
Dr. Ugis Kletnieks, Longevity Alliance Baltics
- 14:30 – 14:45 **The Impact of Obesity on Longevity** (in Lithuanian)
Paulius Orda, Klaipėda University Hospital
- 14:45 – 15:00 **Dietary Supplements in Clinical Practice: A Laboratory Evidence-Based Approach to Healthy Ageing** (in Lithuanian)

B

ADVANCED HEALTHCARE AND LONGEVITY TECHNOLOGIES: THE USE OF DATA IN CLINICAL PRACTICE

Moderator: Doctor Silvija Valdonė Alšauskė

- 13:00 – 13:20 **LungX-AI chatbot to strengthen care-seeking behavior** (in English)
Marcus Hoglund, MSD, Digital Health Scaling Accelerator
- 13:20 – 13:40 **AI and Longevity - challenges and opportunities** (in English)
Prof. Pedro Barata, European Underwater and Baromedical Society
- 13:40 – 14:00 **The predictive power of AI** (in English)
Prof. Richard Barker, New Medicine Partner
- 14:00 – 14:15 **Technologies for Enhancing Quality of Life in Older Adults** (in English)
Dr Yael Benvenisti, Mediterranean Towers Ventures
- 14:15 – 14:30 **Continuous Glucose Monitoring in Longevity Medicine: Interpreting Metabolic Signals for a Healthy Lifespan** (in Lithuanian)
Assoc. Prof. Dr Rūta Navardauskaitė, Department of Endocrinology, LSMU Hospital Kauno Klinikos, LSMU Medical Academy
- 14:30 – 14:45 **Longevity at the Speed of Innovation: Can Innovation Keep Pace with Scientific Evidence?** (in Lithuanian)
Viktorija Butrimaitė, Innovation Development Department, Innovation Agency
- 14:45 – 15:00 **The Potential of Artificial Intelligence in Clinical Decision-Making** (in Lithuanian)
Dr Kristijonas Valius, UAB Teleklinika

15:30 – 17:00 II. SESSIONS

C HORMONES, AGEING AND LONGEVITY: EVIDENCE-BASED STRATEGIES FOR HEALTHY AGEING

Moderator: Prof. Dr Kristina Jarienė

- 15:30 – 15:45 **HPV Infection, Cancer and Life Expectancy: Can Vaccination Contribute to Longevity?** (in Lithuanian)
Prof. Dr Daiva Vaitkienė, Department of Obstetrics and Gynaecology, LSMU Hospital Kauno Klinikos, LSMU Medical Academy
- 15:45 – 16:00 **Women's Longevity and Sexual Health: Myths and Facts in the Doctor's Practice** (in Lithuanian)
Ramona Urbonienė, Menopause Clinic
- 16:00 – 16:15 **Healthy Ageing during (Peri)Menopause: An Integrated Approach from HRT to Phytotherapy** (in Lithuanian)
Dr Gabrielė Balčiūnaitė-Murzienė, Institute of Pharmaceutical Technologies, LSMU Faculty of Pharmacy
- 16:15 – 16:30 **Personalised Testosterone Therapy: From Indications to Long-Term Care** (in Lithuanian)
Prof. Dr Birutė Žilaitienė, Department of Endocrinology, LSMU Hospital Kauno Klinikos, LSMU Medical Academy
- 16:30 – 16:45 **The Interaction Between Oral and Systemic Health in Longevity Medicine: The Role of Oral Health in Healthy Ageing** (in Lithuanian)
Rūta Turčinskienė, Baltic Sports Dentistry & Medicine Association
- 16:45 – 17:00 **Strategies for Skin Longevity: How to Manage the Exposome and Slow Down the Biological Clock?** (in Lithuanian)
Agnė Panavienė, Department of Skin and Venereal Diseases, LSMU Hospital Kauno Klinikos

D MOVE4LIFE: PHYSICAL ACTIVITY AS A REMEDY FOR HEALTHY LONGEVITY

Moderator: Prof. Dr Laimonas Šiupšinskas

- 15:30 – 15:50 **The Trajectory of Physical Activity: Laying the Foundations for Maintaining Health From Youth to Old Age** (in Lithuanian)
Prof. Dr Arūnas Emeljanovas, Lithuanian Sports University
- 15:50 – 16:05 **The Musculoskeletal System – An Indicator of Longevity: Striking a Balance Between Moderation and Overload** (in Lithuanian)
Eglė Sakalaitė-Stankūnė, Health Therapy Centre
- 16:05 – 16:25 **Evidence-Based Physiotherapy for Longevity: From Mechanisms to Daily Clinical Practice** (in Lithuanian)
Assoc. Prof. Dr Vilma Juodžbalienė, LSU Department of Health Promotion and Rehabilitation
- 16:25 – 16:40 **The Influence of Biomechanical Factors on a Healthy Lifestyle: The Role of Balance, Muscle Asymmetry and Computerised Testing** (in Lithuanian)
Assoc. Prof. Dr Aurelijus Domeika, Biomechatronics Laboratory, Kaunas University of Technology
- 16:40 – 17:00 **Assessment of Physical Fitness in Clinical Practice: The Significance of Functional Indicators for Healthy Longevity** (in Lithuanian)
Prof. Dr Laimonas Šiupšinskas, Department of Sports Medicine, LSMU Hospital Kauno Klinikos

17:00 – 17:30 **COFFEE BREAK, NETWORKING, AN EXHIBITION FEATURING HEALTH AND LONGEVITY PROMOTERS, AND LIFESTYLE MEDICINE PROGRAMME**

17:30 – 18:00 **CLOSE OF SESSION: FROM TREATMENT TO HEALTH MAINTENANCE: TRANSLATING LONGEVITY SCIENCE INTO CLINICAL PRACTICE**

Moderator: Dr. Tamara Pheiffer, International Longevity Alliance
Prof. Leonas Valius, LSMU, Family Medicine Clinic, Zenfira Gadimova, Institute of Physiology, Ministry of Science and Education of Azerbaijan, Alexander Tietz-Latza, The PRIMA Longevity Policy Institute, Didier Coeurnelle, Healthy Life Extension Society



Vilnius University

