

INTERNATIONAL CONFERENCE

# Basic Mechanisms of Ageing and Clinical, Preventive, and Interventional Aspects of Longevity

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June 11, 2026, 11.00 Lithuanian Academy of Sciences, 3 Gedimino Ave, Vilnius

## PROGRAMME

11.00–11.10 **Opening ceremony and welcome address.**  
Vytautas Nekrošius, President of the Lithuanian Academy of Sciences,  
Ilia Stambler, Chairman of Vetek (Seniority) Association –  
the Movement for Longevity and Quality of Life,  
Saulius Čaplinskas, Member of the Lithuanian Parliament,  
Limas Kupčinskas, Chair of the Division of Biological, Medical, and Geosciences  
of the Lithuanian Academy of Sciences.

### Session 1. Basic mechanisms of ageing

**Chairpersons: Limas Kupčinskas (Lithuania), Ilia Stambler (Israel)**

11.10–11.30 Longevity from a Genetic Perspective. Sonata Jarmalaitė (Lithuania)  
11.30–11.50 Senescent Cells in Ageing: Where to Find Them and How to Deal with Them.  
Valery Krizhanovsky (Israel)  
11.50–12.10 Immunology of Senescence. Aurelija Žvirblienė (Lithuania)  
12.10–12.30 Epigenetics of Ageing. Artūras Petronis (Lithuania / Canada)

#### Coffee break

**Chairpersons: Sonata Jarmalaitė (Lithuania), Marios Kyriazis (Cyprus)**

12.50–13.10 Human Microbiota and Ageing. Jurgita Skiecevičienė (Lithuania)  
13.10–13.25 The Microbiome–Retrobiome Axis: A Hidden Regulator of Human Longevity.  
Ugis Kletnieks (Latvia)  
13.25–13.40 The Indispensable Soma Hypothesis in Ageing. Marios Kyriazis (Cyprus)  
13.40–14.00 **PANEL DISCUSSION.** Ugis Kletnieks (Latvia), Valery Krizhanovsky (Israel),  
Limas Kupčinskas (Lithuania), Artūras Petronis (Lithuania / Canada),  
Jurgita Skiecevičienė (Lithuania), Ilia Stambler (Israel), Aurelija Žvirblienė (Lithuania)

#### Lunch break



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## Session 2. Clinical, preventive, and interventional aspects of longevity

**Chairpersons: Pedro Barata (Portugal), Yuri Ostrinski (Latvia / Israel)**

- 14.40–15.00 Beyond Hallmarks of Aging – Biological Age and Emergence of Aging Networks. Michal Jazwinski (USA)
- 15.00–15.20 AI and Longevity – Challenges and Opportunities. Pedro Barata (Portugal)
- 15.20–15.40 Proactive Healthcare in Developing Nations – Pipe Dream or Opportunity. Tamara Pheiffer (South Africa)
- 15.40–15.55 Longevity in Azerbaijan: Physiological Characteristics of Long-livers and Current Trends. Zenfira Gadimova (Azerbaijan)
- 15.55–16.10 Ovarian Ageing: Obstetrician / Gynecologist view. Elizabete Argale (Latvia)

### Coffee break

**Chairpersons: Jesper Eugen-Olsen (Denmark / Latvia), Michal Jazwinski (USA)**

- 16.30–16.50 suPAR as a Biomarker of Chronic Inflammation: From Basic Research to Clinical Practice. Jesper Eugen-Olsen (Denmark / Latvia)
- 16.50–17.10 Targeted Physical Activity as a Novel Strategy for Healthy Longevity. Yuri Ostrinski (Latvia / Israel)
- 17.10–17.30 Oxygen Ozone Evidence-based Scientific Medical Protocols – A New Chapter in Medicine. Georgios Mitrou (Cyprus)
- 17.30–17.50 Sharing Health Data for Clinical Trials for Healthy Longevity. Didier Coeurnelle (Belgium)
- 17.50–18.10 **PANEL DISCUSSION.** Yael Benvenisti (Israel), Alexander Tietz-Latza (Germany), Michal Jazwinski (USA), Pedro Barata (Portugal), Tamara Pheiffer (South Africa), Jesper Eugen-Olsen (Denmark / Latvia), Didier Coeurnelle (Belgium), Zenfira Gadimova (Azerbaijan), Elizabete Argale (Latvia) Georgios Mitrou (Cyprus)
- 18.10–18.20 **Closing remarks.** Ilija Stambler (Israel), Saulius Čaplinskas (Lithuania), Limas Kupčinskas (Lithuania)
- 18.20–18.50 **Healthy Ageing and Longevity Award Ceremony**