



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

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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)
Eglė Simaškienė, Meliva

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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



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



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, Motus Vita
- 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



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