4th Edition

Global Longevity Federation 2026

March 23-24, 2026

www.longevityfederation.com

PROCEEDING BOOK

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Introduction

The 4th Global Longevity Federation 2026, organized by Sciinov Group, was successfully held on March 23-24, 2026. The event brought together leading researchers, clinicians, industry experts, and thought leaders from across the globe to explore advancements in longevity science, healthy aging, and age-related healthcare innovations. The conference served as a platform for both established and emerging voices, with participants from diverse backgrounds engaging in insightful discussions on biological, technological, anclinical aspects of aging. Key topics included extending healthspan, preventive healthcare strategies, and breakthroughs in age-related disease management.

Sciinov Group was proud to host this impactful event, which not only highlighted significant developments in longevity research but also encouraged collaboration and actionable solutions toward improving quality of life and promoting healthier aging worldwide.

Keynote Presentations

Lysosomal Dysfunction as a Central Driver of Age-Related Decline

Jon Brudvig

The University of South Dakota Sanford School of Medicine, USA

Abstract:

Long overlooked as simple recycling organelles, lysosomes are emerging as central drivers of cellular health and aging. As the field advances toward a systems-level understanding of aging, evidence increasingly points to lysosomal dysfunction as a unifying driver behind many cellular features of aging such as autophagic failure, mitochondrial dysfunction, chronic inflammation, and impaired metabolism. Rare lysosomal storage disorders caused by genetic deficiencies in lysosomal proteins offer striking models of premature aging, and unexpected clues for intervention and prevention. These conditions expose the downstream consequences of lysosomal collapse with striking clarity, and their effective rescue through pharmacologic and genetic interventions suggests untapped therapeutic potential for healthy aging. This presentation will explore strategies for restoration of lysosomal function through hormetic pathways, enhancement of turnover and substrate clearance, and improvement of catabolic efficiency.

Biography:

Dr. Jon Brudvig is a neuroscientist and translational drug developer with over a decade of experience turning lab discoveries into real-world therapies. Dr. Brudvig has led drug discovery and development programs at Sanford Research and Amicus Therapeutics, where he has focused on rare pediatric diseases that accelerate aging at the cellular level lysosomal storage disorders. His research spans basic lysosome biology, biomarker discovery, and therapies ranging from activators of the lysosomal stress response to gene therapies to small molecule chaperones and stabilizers of lysosomal enzymes. He has a deep interest in how drugs developed for targeted indications might be repurposed more broadly to optimize longevity in healthy individuals.

Brudvig has authored dozens of high impact publications journals such as Geroscience, JCI, and Molecular Therapy and has presented his work at hundreds of national and international conferences. He also serves on a diverse set of editorial and scientific advisory boards, contributes as a member of the International Rare Disease Research Consortium's Task Force on Preventive Medicines, and teaches graduate courses at the University of South Dakota Sanford School of Medicine.

Dr. Brudvig is a passionate advocate for systems-level approaches to aging, bridging rigorous science with practical strategies to extend healthspan with repurposed and novel therapeutics. At GLF 2026, he will share new insights from the intersection of lysosomal therapeutics and longevity science.

Transforming Longevity Science into Clinical Practice in the Post-Genomic Era

Vania Assaly

Instituto Assaly, Brazil

Abstract:

The convergence of genomic, multi-omics technologies, and systems biology has redefined the way we understand aging, not as a linear and passive decline, but as a dynamic, plastic, and modifiable biological process. In the post-genomic era, the paradigm of longevity has shifted. It is no longer solely about extending lifespan, but about expanding healthspan: the period of life characterized by vitality, functionality, purpose, and resilience. DECODE YOU is the clinical framework we have been implementing with patients to guide their journey toward personalized longevity.

It is a program rooted in the integration of cutting-edge biomarkers, genetic predispositions, and systems-level analysis. The aim is to identify the individual's biological inflection points—those moments when early imbalances or silent disruptions begin to shape long-term health trajectories. We explores how the science of longevity is now being translated into actionable, real-world strategies through precision care. By combining genomic interpretation with microbiome insights and metabolomic profiling, we can identify key regulatory nodes and design tailored interventions that anticipate and prevent the progression of age-related dysfunctions.. It requires shifting the role of the clinician from reactive diagnostician to proactive architect of cellular health and aging. This approach empowers both patients and practitioners to engage in co-creating a future in which aging is no longer feared, but understood, anticipated, and optimized.In this new era of medicine, longevity is not a luxury, but a practice. And through frameworks like DECODE YOU, we can ensure that it becomes accessible, strategic, and personal.

Biography:

Vania Assaly is a physician graduated in 1986 from the Universidade Estadual Paulista Júlio de Mesquita Filho (UNESP – Botucatu, Brazil). She completed specialization in Endocrinology and Metabolism at the University of São Paulo (USP), certification in Nutrology from the Brazilian Medical Association (AMB), and a postgraduate degree in Integrative Medicine from the Albert Einstein Israeli Institute. She serves as the Scientific Director of the Latin American Lifestyle Medicine Association (LALMA) and is an ambassador of the European Lifestyle Medicine Organization (ELMO). She is the founder of the Instituto Assaly – Personalized Prevention, a center dedicated to applying approaches for disease prevention, and longevity.

The New Clinical Leadership in Longevity Medicine: Strategic Training for Physicians in Personalized Health Journeys

Silvia Lagrotta

MD Founder of Take Care BR™, Brazil

Abstract:

The global healthcare system is facing exponential growth in demand for advanced longevity diagnostics and personalized therapeutic strategies. In this context, most healthcare professionals are still unprepared to navigate and lead this shift. Beyond acquiring knowledge in lifestyle and functional medicine, physicians must develop strategic competencies, including clinical coaching, behavioral change readiness assessment, and the ability to structure individualized health journeys.

This work presents a replicable model implemented at Take Care BR™, based on five pillars: (1) comprehensive diagnostic evaluation, (2) structured feedback and planning, (3) personalized interventions, (4) biohacking-based monitoring, and (5) measurable clinical and perceived outcomes. Physicians must master soft and inner skills, apply the Transtheoretical Model of Change, and stratify patients across prevention, promotion, treatment, or recovery stages. More than prescribers, physicians are called to become curators and co-creators of strategic health journeys. This model has shown potential for scalability and has been effective in preparing a new generation of clinical leaders aligned with the future of precision longevity care

Biography:

Silvia Lagrotta, MD, is a physician with over 25 years of clinical experience and founder of Take Care BR™, an advanced longevity and personalized lifestyle medicine clinic in Brazil. She is a board-certified specialist in geriatrics, gerontology, exercise and sports medicine. Dr. Lagrotta is the founding director and board advisor of the Brazilian College of Lifestyle Medicine and serves on the Medical Advisory Board of the International Longevity Alliance. She mentors physicians in building scalable, humanized health models and leads the development of integrative frameworks in precision longevity care, combining science, technology, and strategic patient-centered journeys

The role of neurodiversity in older people

Marios Kyriazis
National Gerontology Centre, Cyprus

Abstract:
The impact of neurodiversity conditions such as ASD (Autism Spectrum Disorder), and Attention Deficit Hyperactivity Disorder (ADHD) upon the older individual is considerable but not well studied. Chronic degenerative conditions which affect the brain, such as dementia, may share several symptoms with autism and ADHD, including behavioural, social and genetic elements.

Both autism and ADHD are portrayed in the medical literature as adverse conditions, as disorders which need medical treatment, and this is a valid consideration to a large extent. However, both have positive aspects which need to be encouraged in older people so that they can reach their full potential, and ensuring that a correct diagnosis is made. Here, we explore the links between these neurodiverse and neurodegenerative conditions, providing insights which may be useful in a clinical setting. While the available research is still not sufficient, it is nevertheless important to be aware of how one condition affects the other, and what are the similarities and differences which can confuse the clinician who may provide the wrong diagnosis and treatment approach

Biography:
Qualified as a medical doctor (MD) from the University of Rome, Italy, and worked in acute medicine in the USA, Cyprus, and the UK. He subsequently qualified as a Gerontologist with interest in the biology of aging and became a Chartered Member of the academic organisation 'Royal Society of Biology' in the UK. He also has a post-graduate qualification in Geriatric Medicine from the Royal College of Physicians of London, and a Doctor of Science (Medical Research) in 2022. He is the scientific director of the National Gerontology Centre (Cyprus) in association with the Ministry of Health. His recent publications include papers on the complexity of aging, technology and society, clinical geriatrics, as well as books on hormesis.

Epigenetic Reprogramming Without Dedifferentiation: In-Vivo Lineage Conversion and Rejuvenation Across the Lifespan

Ravi Kumar Chaudhary
Government Institute of Medical Sciences, India

Abstract:
Ageing is tightly coupled to progressive epigenetic drift; conversely, transient "partial reprogramming" can reset DNA-methylation patterns, improve tissue function, and reverse age-linked phenotypes while preserving somatic identity avoiding full pluripotency and associated risks. Evidence across models shows that short, cyclic expression of Yamanaka-factors rejuvenates transcriptomic and functional hallmarks, including neuronal and systemic tissues, without loss of lineage identity and with durable visual and metabolic benefits in vivo; these studies also establish DNA-methylation clocks as quantitative readouts of biological age reversal.

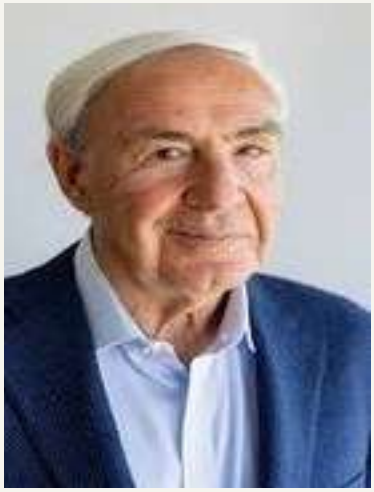
Building on this framework, we investigate direct, in-vivo lineage conversion (transdifferentiation) as a rejuvenation-compatible strategy that separates youthful chromatin remodeling from dedifferentiation. In zebrafish and complementary mammalian cell assays, heat-shock–driven co-expression of Oct4 and Sox32 rapidly extinguishes muscle identity and induces early endoderm gene programs (e.g., Sox17, Foxa2), producing induced endoderm-like progenitors. These conversions occur without a pluripotent intermediate, highlighting a route to functional identity reset that maintains tissue context and mitigates tumorigenicity concerns.

Biography:
Dr. Ravi Kumar Chaudhary is a biomedical researcher specializing in regenerative medicine, in vivo cellular reprogramming, and translational nanodiagnostics. He completed a PhD in Biotechnology and a postdoctoral fellowship at Sanford Burnham Prebys Medical Discovery Institute (USA). He serves as Senior Scientist in the Department of Medical Research at Government Institute of Medical Sciences (GIMS), India, and is the founder of Longevity Blueprint, advancing healthy aging through personalized medicine and integrative therapies. His work targets diabetes and age-related disorders, including AI-integrated microbiome diagnostics. An active member of global scientific societies, he publishes, speaks internationally, and contributes to peer-review and editorial activities.

The Role of Therapeutic Plasma Exchange in Longevity and Healthspan Optimization

Dobri Kiprov

Chief Medical Officer, President at Global Apheresis, United States



Abstract:

Aging is the primary biological driver of nearly all chronic diseases, including cardiovascular disease, neurodegeneration, metabolic dysfunction, and systemic inflammation. By 2030, individuals aged 65 and older will represent approximately 23% of the United States population. Without interventions targeting the biology of aging itself, healthcare expenditures are projected to rise by 75%, largely due to progressive loss of physiological resilience and functional independence. Modern longevity science suggests that extending healthspan requires either reducing the production of age-related molecular damage or enhancing its removal. Pharmacologic strategies aimed at reducing damage production have shown limited success due to the complexity of aging biology. Therefore, attention has shifted toward systemic damage removal and circulatory rejuvenation. A hallmark of aging is the accumulation of pro-inflammatory cytokines, senescence-associated secretory phenotype (SASP) factors, oxidized lipoproteins, protein aggregates, and other pro-aging mediators circulating in plasma. Parabiosis experiments in animal models demonstrate that modifying the aged circulatory milieu induces functional and structural regeneration across multiple organ systems. Translational human studies suggest similar regenerative potential through therapeutic plasma dilution strategies.

Biography:

Dobri Kiprov, MD, HP is internationally recognized as a pioneer and a leading expert in the field of Therapeutic Apheresis and longevity. Dr. Kiprov is the former Chief of the Division of lmmunotherapy at California Pacific Medical Center in San Francisco, California and the current Medical Director and President of Global Apheresis, Inc. He has worked in the field of therapeutic apheresis for more than 30 years and has published extensively on this subject. Dr. Kiprov served two terms on the American Society for Apheresis (ASFA) Board of Directors and is currenttly a member of the Boad of Directors of the International Society for Apheresis (ISFA). He serves as an Associate Editor of several apheresis and longevity journals. Dr. Kiprov's extensive experience with immune system disorders has led to the development of therapeutic programs that foster immune system health and longevity through his unique approach. He is co-founder of Circulate, a company involved in the development of longevity therapies. Dr. Kiprov is the recipient of multiple awards in recognition of his contribution to the field of apheresis and immunology and he is the first physician to be Board Certified in Hemapheresis. Dr. Kiprov is currently involved in several immunology clinical trials.

Why Some People Live Past 100 in Good Health: the Case of Semi- and Supercentenarians

Calogero Caruso
University of Palermo, Italy

Abstract:
Studies on centenarians, semi-centenarians (105–109 years), and supercentenarians (≥110 years) consistently indicate that exceptional longevity does not depend on a single protective factor, but rather on a favourable combination of genetic background, immune system remodelling, and environmental exposures throughout the life course. There is no single "secret" of longevity, as ageing trajectories are highly individual, reflecting the uniqueness of both genotype and exposome. From a genetic and epigenetic perspective, extreme longevity appears to be associated with variants and regulatory mechanisms that promote efficient DNA repair, resulting in increased resistance to oxidative and metabolic damage and in a more effective control of immune–inflammatory responses, which are also shaped by the individual immunobiography. In particular, long-lived individuals exhibit a distinctive balance between pro-inflammatory and anti-inflammatory mechanisms, often described as controlled inflamm-ageing. Although a low-grade chronic inflammatory state may be present, it is effectively counterbalanced by anti-inflammatory responses, thereby preventing progression toward frailty and major age-related diseases. Finally, studies on semi- and supercentenarians indicate that reaching extreme ages requires the absence or marked delay of major age-related diseases, including cancer, cardiovascular diseases, and neurodegenerative disorders. These individuals typically display a compression of morbidity, maintaining functional independence for most of their lifespan, followed by a relatively short terminal decline

Biography:
Calogero Caruso, MD. Formerly full professor of General Pathology, is Professor Emeritus of the University of Palermo. He was Coordinator of the PhD course in Molecular Medicine and Biotechnology. He directed the Immunopathology Laboratory and the Transfusion Medicine Unit of the Paolo Giaccone University Hospital.

The Travel Protocol: How Purposeful Travel Drives Biological Resilience and Intentional Longevity®

Silvia Triboni

Founder and CEO of Intergen Solutions, Portugal

Abstract:

Is travel the ultimate biohack? While often dismissed as mere leisure, international research now confirms that strategic travel is a potent intervention for healthspan. Returning to the Global Longevity Federation for the third time, I will present a compelling case for Travel as a Longevity Protocol, grounded in the framework of Intentional Longevity®. This session translates high-level scientific data into actionable lifestyle strategies, showing how the "Traveler's Mindset" actively combats the markers of aging.

Scientific & Strategic Pillars:

• Cardiovascular Protection: Analysis of the Framingham Heart Study, which reveals that frequent vacations can significantly reduce the risk of heart disease and all-cause mortality.

• Neuroplasticity & The Aging Brain: Evidence from neuropsychology (Dr. Paul Nussbaum) and neuroscience (Dr. Wendy Suzuki) on how navigating unfamiliar environments serves as "brain exercise," building cognitive reserve and delaying symptoms of Alzheimer's and dementia

Biography:

Silvia Triboni is an Italian-Brazilian lawyer with an MBA in Public Management from the Getúlio Vargas Foundation. She has a degree in Sustainability and Human Responsibility from the University of Lisbon and in Coaching and Mentoring from the Getúlio Vargas Foundation. Journalist, lecturer and consultant focusing on active longevity and generational harmony in companies. She is a columnist and international correspondent for companies linked to the interests of people 50+ in Brazil and Portugal. An activist against ageism, she is director of the StopIdadism Association in Portugal. A social entrepreneur, through her the Brazilian course Repórter 60+ was internationalised in Portugal, training reporters aged 60 and over in various regions of the country. She founded the Across the Seven Seas platform, whose aim is to disseminate information and stimuli that enable the inclusion and development of the 50+ audience. In her Centenarian Expedition project, she has explored the Blue Zones, regions where the inhabitants are exceptionally healthy and long-lived, in order to publicise them to her readers. A writer, she has launched the books Intentional Longevity® and Employability 50+ in Portugal and Brazil, with useful information and strategies for a successful career in maturity. She is responsible for the Longevity column in Viva Saúde magazine, available throughout all country Brazil.

Restoring Some Biological Honesty to Regenerative Medicine

Dr. Patrick Treacy

Founder and Medical Director of the
Ailesbury Clinics, Ireland

Abstract:

Peptides have emerged as a rapidly expanding class of biological agents within regenerative and longevity medicine, attracting significant interest for their potential roles in tissue repair, immunomodulation, metabolic regulation, and age-related degeneration. Their appeal lies in their specificity, relative safety profile, and capacity to influence complex biological pathways without the risks associated with cell-based therapies.

However, alongside genuine scientific promise, the peptide landscape has become increasingly crowded with unvalidated claims, inconsistent quality, and commercial overreach. This presentation critically examines the role of peptides in regenerative medicine through a clinician-scientist lens, distinguishing evidence-based therapeutic potential from marketing-driven hype. Mechanisms of action are explored, including receptor-mediated signalling, mitochondrial modulation, inflammatory control, angiogenesis, and interactions with endogenous repair pathways. Particular attention is paid to the differences between naturally occurring signalling peptides, synthetic analogues, and peptide fragments, as well as their relevance to dermatology, musculoskeletal regeneration, metabolic health, and post-inflammatory repair.

Biography:

Professor Dr. Patrick Treacy is an internationally esteemed Irish/British dermatological surgeon, distinguished for his advanced expertise and specialised training in dermatopathology and aesthetic medicine. Renowned across the global medical community, he has established himself as a leading authority in these fields Dr Patrick Treacy is a globally acclaimed Irish Cosmetic Physician and internationally recognised as a pioneer in aesthetics medicine with a remarkable career spanning over three decades. In this time, he has received critical acclaim for his pioneering work in medical research, his trailblazing advancements in dermatological treatments and his unwavering patient care. He has been described as someone who symbolises a harmonious blend of medical expertise, compassionate outreach and a commitment to setting new standards of excellence in the realms of aesthetics and healthcare. Dr Treacy opened Ireland's first dedicated medical aesthetics clinic in 2002 and remains at its helm today as the Medical Director of the multi-award-winning doctor-led Ailesbury Clinics in Dublin and Cork. He was inspired to pursue a career as a doctor after he won both the British Amateur Young Scientist Award and the Aer Lingus Biochemist of the Year Award while still in his teenage years. He then undertook a Molecular Biology degree in Queen's University Belfast and a Medical Degree at the Royal College of Surgeons in Dublin and Dermatology at U.C.D. Dublin Throughout his career, he has worked as a doctor in the UK, Ireland, Gibraltar, New Zealand, Australia, South Africa, California and Iraq, and as a ship's surgeon in the United States. Dr Patrick is a Visiting Professor of Dermatology at Isra University in Pakistan and was awarded an Honorary Fellowship in Cosmetic Surgery in 2022 by the Australian College of Cosmetic Surgery and Medicine. Dr Treacy served as the chief cosmetic doctor overseeing Michael Jackson dermatological and aesthetic treatments when the legendary artist lived in Ireland. Among the many notable humanitarian figures he has met or worked with in his long career are Nelson Mandela, Mother Theresa, Bono, John Lennon and Jay Z. He is a committed humanitarian and has made vital contributions to projects in Africa on AIDS helping to pioneer new surgeries to help people living with HIV.

Unleashing Superhumanity

Leo Nissola

FIRSTBIO Research, United States

Abstract:

The convergence of biotechnology, cybernetics, and cognitive science is transforming human potential beyond the boundaries of traditional longevity. While decades of gerontology have extended lifespan and healthspan incrementally, emerging bioenhancement technologies offer exponential gains—upgrading physiology, cognition, and resilience at the cellular, systemic, and even existential levels. This keynote presents a strategic framework for accelerating the evolution of Homo sapiens into Homo optimus, leveraging genetic optimization, epigenetic modulation, advanced brain-computer interfaces, nanotechnology integration, and regenerative therapeutics. Drawing from proprietary market research across four continents, clinical trial leadership experience, and real-world translational science, the presentation will outline actionable pathways for engineering superhuman capabilities: enhanced neural processing speed, superior sensory acuity, immune system programmability, and environmental adaptability. These interventions are not speculative—they represent an imminent shift from disease management to human capacity maximization. By coupling scientific rigor with practical implementation strategies, "Unleashing Superhumanity" charts the trajectory from incremental health improvements to a paradigm where enhanced cognition, biological resilience, and self-directed evolution define the human experience.

Biography:

Dr. Leo Nissola, MD is an award-winning immunologist, clinical scientist, and international bestselling author specializing in drug development and human enhancement biotechnologies. He has led pioneering immunotherapy clinical trials at the Parker Institute for Cancer Immunotherapy, served as principal physician for multi-billion-dollar oncology assets in the pharmaceutical industry, and advised regulatory agencies including the FDA. Dr. Nissola's work spans advanced cancer immunotherapy, biotechnology strategy, and translational research, with contributions presented at major conferences such as ASCO, invited to NATO and frequently seen on TV. He is an advisor to the Enhanced Games. His recent focus integrates biotechnology, cybernetics, and cognitive science to accelerate the evolution of human potential, positioning him as a leading voice in the emerging field of Superhumanity.

Harnessing State-of-the-art Technologies to Protect Against Alzheimer's Disease and Improve Human Longevity

Anthony Tsarbopoulos

Professor at the Medical School National and Kapodistrian University of Athens, Greece

Abstract:

In our ageing society, neurodegenerative disorders such as Alzheimer's Disease (AD) and Parkinson's Disease are persistent progressive diseases, and they have a major impact on human health along with immense societal impact and important economic consequences. AD is the most common form of senile dementia, affecting over 55 million people globally in 2023, a number expected to rise to 153 million by 2050, and it is the sixth leading cause of death in the USA. As the life expectancy increases, it is projected that the number of people > 65 years with AD in the United States will at least triple to 15 million by 2050 from 5 million currently affected, thus presenting a major public health problem for which there is currently no disease modifying treatment. AD has definitely a great impact on human longevity, although the decrease in life expectancy varies significantly by age at diagnosis and individual factors such as genetics, lifestyle, vascular health and stress.

Ageing initiates functional decline of the brain and is the primary risk factor for several neurodegenerative conditions, such as AD. The etiology of AD and the understanding of the molecular mechanisms that cause functional decline of the brain during ageing remains elusive. Nevertheless, it is widely believed that senile plaques, composed mainly of amyloid β (Aβ) deposits and neurofibrillary tangles, composed of tau protein, are the two key pathological hallmarks of AD.

Biography:

Anthony Tsarbopoulos, is a Professor at the Medical School National and Kapodistrian University of Athens, Greece. He is also the Director of the Bioanalytical Department at The Goulandris Natural History Museum. He received his BS degree in Chemistry from University of Athens and his PhD in Analytical Chemistry from Michigan State University. He was a Senior Research Fellow at the Mayo Medical School, and then a Group Leader in the Structural Chemistry Department of Merck/Schering-Plough Research Institute. Dr. Tsarbopoulos has a long experience in the area of complex sample analysis by modern chromatographic and mass spectrometric methods

Are We Defining New Boundaries on Treatments? From Old Dogmas to New Frontiers in Longevity Medicine

Francisco Martinez Peñalver
Founder of LiLibe Health, Spain

Abstract:
Longevity medicine is entering a decisive transition driven by the re-evaluation of long-standing therapeutic assumptions and the emergence of precision biological tools. For two decades, misinterpretations of historical data—particularly surrounding hormone replacement therapy (HRT)—have limited the use of interventions with proven metabolic, cardiovascular, skeletal, and cognitive benefits.

Modern evidence now demonstrates that bioidentical hormonal strategies, when initiated in the appropriate therapeutic window, offer a markedly superior safety and efficacy profile compared with synthetic formulations. This shift reframes HRT from symptomatic relief to a foundational pillar of preventive and regenerative care.

Simultaneously, the rise of peptide-based therapeutics represents a new frontier in clinical modulation. Peptides function as highly specific signaling molecules capable of influencing receptor activity, cellular pathways, and downstream clinical outcomes with unprecedented precision. This presentation explores the expanding peptide landscape—including regenerative agents (BPC-157, TB-500), metabolic modulators (GIP/GLP dual agonists, 5-Amino-1MQ, Amlexanox), mitochondrial enhancers (MOTS-c, SS-31), cognitive modulators (Semax, Selank), immune regulators (Thymosin α1), and targeted senolytics (FOXO4-DRI).

Biography:
Dr. Francisco Martínez-Peñalver is the Medical Director of Tiara Health in Marbella and a leading specialist in Age Management and Longevity Medicine. With a background in Internal Medicine and extensive expertise in hormone optimization, peptide therapy, and metabolic health, he integrates cutting-edge scientific evidence with personalized clinical care. Dr. Martínez-Peñalver is also the founder of LILIBE, contributing to the development of advanced protocols in preventive and regenerative therapeutics. He is a frequent lecturer at national and international forums, where he advocates for precision-based approaches that redefine the boundaries of modern longevity medicine.

Sexual Wellness from the BioPsychoSocial Approach: A New Frontier in Longevity Medicine

Ashley Madsen

LUMARA Collective, Longevity + Biohacking Consultancy, USA

Abstract:

Sexual wellness remains an underappreciated cornerstone of healthy aging, yet it is intimately connected to lifespan, healthspan, and quality of life. In this lecture, Ashley Madsen, a leading clinician in longevity and sexual medicine, will explore the evolving science of sexual health through the lens of the BioPsychoSocial model—

an integrated framework addressing the dynamic interplay between biology, psychology, relational dynamics, and social determinants of health. Drawing on clinical case studies, emerging research, and cutting-edge therapies, this presentation will illuminate how sexual wellness serves as both a barometer and a driver of systemic health.

Topics will include:

• Hormonal optimization across the lifespan

• Neurological, vascular, and mitochondrial contributions to sexual function

• The impact of culture, trauma, stress, and relational health on desire and satisfaction

• Targeted peptide, regenerative, and lifestyle therapies for revitalizing intimacy

• Cultural taboos and their impact on diagnosis, dialogue, and treatment compliance With applications in both women's and men's health, this session aims to reframe sexual wellness not as an isolated concern—but as a vital sign of healthspan. Attendees will leave with actionable strategies and a renewed perspective on integrating sexual health into personalized, whole-body care models.

Biography:

AAshley Madsen is a board-certified physician associate, international speaker, and educator in functional medicine, longevity science, and performance optimization. With advanced clinical training from Stanford University, the Institute for Functional Medicine, and the American Board of Anti-Aging Medicine, she blends cutting-edge science with precision based care to help individuals extend their healthspan, reclaim vitality, and thrive at every stage of life. A sought-after voice in both women's and men's health, Ashley is especially known for her integrative approach to sexual wellness through a biopsychosocial lens—exploring the dynamic interplay of biology, psychology, environment, and intimacy across the lifespan. Her clinical expertise spans hormone optimization, sexual wellness, genomics, cellular medicine, peptide therapeutics, and IV nutrient therapy, all delivered through a personalized, data-driven approach. As Co-Founder of LUMARA Collective, Ashley leads the clinical strategy and design of bespoke health programs for high-performing individuals, elite athletes, executive leaders, global medical clinics, and destination wellness resorts.orts.

Oral Presentations

Longevity Is Not Gender Neutral - Reframing Strategies to Align with Women's Physiology and Priorities

Lore Dikovsky

HEBE Longevity, Israel

Abstract:

The field of women's longevity is critically overlooked. Research, strategy, funding, and approach reveal significant gaps. Although women consistently outlive men, most longevity strategies and interventions rely on gender-neutral or male-default frameworks, limiting their efficiency and relevance for women. Women's hormonal cycle extends beyond reproduction. It's a whole-body everyday experience of a complex regulatory system that impacts immunity, metabolism, cognition, mood, cardiovascular health and more. For women of reproductive age, longevity interventions and regimens must be aligned with hormonal cycle fluctuations. Moreover, some interventions that benefit men may be ineffective or even harmful for women, and vice versa. Psychosocial drivers of aging such as stress and depression play an outsized role in women's healthspan and are often underestimated in longevity paradigms.

Menopause is a powerful accelerator of aging. Research shows accelerated epigenetic aging, telomere shortening, cardiovascular vulnerability, and increased risk of diseases and mental health disorders. Therefore, the hormonal fluctuations and decline during perimenopause and menopause should be considered as women-specific hallmark of aging. These, unique to women's physiology periods, serve as critical time-windows to gender-specific interventions such as HRT. Hormonal-based longevity diagnostics and aging clocks must be developed to monitor these transitions with precision. Finally, women and men envision longevity differently: while men may lean toward tech based solutions and rigid protocols, women prioritize more holistic approach that includes emotional well being, family, community support and aligning with intrinsic rhythms. To extend healthspan effectively we must integrate female physiology and lived experience into every stage of longevity field.

Biography:

Lore Dikovsky holds an M.Sc. in Medical Sciences from the Technion. With extensive experience in biomedical research, holistic medicine, entrepreneurship, and 15+ years of personal longevity practice, she founded HEBE Longevity to design personalized longevity blueprints that empower health-conscious individuals to extend healthspan and vitality. HEBE is evolving into a premium longevity sanctuary where cutting-edge science will intertwine with holistic wisdom, offering state-of-the-art diagnostics, interventions, and lifestyle practices under one roof. Lore is a passionate advocate

Gene Addition Therapy for Longevity: A Multi-Target Approach to Age Reversal Using AAV-Delivered Longevity Genes

Patrick E. Sewell

Founder, CEO, and Chief Scientist, Triple Helix Science Corp, Mexico

Abstract:

Using adeno-associated virus (AAV) vectors optimized for tissue-specific tropism, our N-of-1 personalized gene addition platform delivers longevity-associated transgenes via in vivo administration. Key gene targets include: Klotho, an anti-aging hormone that declines with age and is implicated in renal, cardiovascular, and neurodegenerative disease protection; Follistatin (FST), which antagonizes myostatin to preserve skeletal muscle mass and combat sarcopenia; human telomerase reverse transcriptase (hTERT), which maintains telomere length and replicative capacity; Sirtuin 1 (SIRT1), a NAD^+-dependent deacetylase central to metabolic regulation, DNA repair, and caloric restriction–mediated lifespan extension; peroxisome proliferator-activated receptor gamma coactivator 1-alpha (PGC-1α), a master regulator of mitochondrial biogenesis and oxidative metabolism; and vascular endothelial growth factor (VEGF), which promotes angiogenesis and tissue perfusion. Each target addresses a distinct hallmark of aging, and in combination they constitute a comprehensive multi-pathway intervention.

Aging is a multifactorial process driven by the progressive decline of key regenerative, metabolic, and protective gene pathways. While gene addition therapy has achieved landmark regulatory approvals for monogenic diseases including spinal muscular atrophy (SMA), β-thalassemia, Leber's congenital amaurosis, and hemophilia, its application to the biology of aging represents a transformative frontier. Unlike gene editing or gene silencing, gene addition therapy supplements endogenous gene function by delivering functional transgenes via viral or non-viral vectors, enabling sustained protein expression and restoration of declining cellular functions.

Biography: :

Dr. Sewell currently has an international medical practice specializing in regenerative medicine, gene therapy, stem cell therapy, PRP therapy, and innovative cancer therapies, all utilizing traditional medical therapy methods as well as minimally invasive image guided therapy methods. His background includes over 20 years of cancer research and innovative cancer therapy development, including groundbreaking development of minimally invasive cancer surgeries and treatment and cutting-edge stem cell procedures, both in humans and in the world of veterinary medicine. Formally his training includes internal medicine, Diagnostic Radiology, Interventional Radiology, and Cross-sectional imaging. He pioneered radiation reduction imaging with the first private commercial endeavor of this technology. He has trained at leading medical institutions including UCLA. He was recruited to work with NASA where he designed and developed a remote robotic surgery system for the international space station. For the last several years his primary focus has been on gene therapy.

Longevity-Driven Hospitality: pioneering the next era of luxury wellness

Luigi Caterino

Co-Founder & CEO The Longevity Suite – Italy

Abstract:

We are living through a pivotal shift in the hospitality landscape. As the global wellness tourism market approaches the $1 trillion mark, the definition of luxury is evolving: from indulgence and relaxation to healthspan, purpose, and deep personal transformation. This session investigates how the science of longevity is radically reshaping five-star travel experiences, making regenerative wellbeing the new benchmark of excellence. No longer a supplementary service, wellness is becoming the core value proposition. Travelers today seek more than opulence, they are driven by a desire to optimize their health, extend their vitality, and engage in meaningful rituals that enhance their lives. In this new paradigm, hotels, resorts, and retreats are transforming into immersive longevity destinations, where every touchpoint - from spa rituals to nutrition, diagnostics, and spatial design - is engineered to promote wellbeing and slow biological aging. We will explore how biomarker-driven diagnostics, hyper-personalized health protocols, and evidence-based regenerative therapies, including Cryotherapy, IV Therapy, Photobiomodulation, and Biohacking technologies, are converging within hospitality settings to create end-to-end longevity journeys. Inspired by the world's longest-living populations in the Blue Zones, these experiences blend science with emotional resonance, positioning luxury brands as partners in life enhancement. Moreover, we'll analyze the strategic advantages of embracing longevity-driven hospitality: higher guest capture rates, extended revenue streams, brand differentiation, and alignment with the growing expectations of a high-value, health-conscious audience. Ultimately, this session will show why longevity is not just a trend, but a transformational shift, one that redefines not only how we travel, but how we aspire to live. For visionary hospitality leaders, longevity is the most powerful expression of 21st-century luxury.

Biography:

Luigi Caterino is a chemical engineer and visionary entrepreneur in the field of longevity and wellness. After 15+ years in the pharmaceutical industry—serving as HR Director at Chiesi Farmaceutici and Marketing Director at Coswell—he founded Inuvance Healthcare, a company specializing in natural supplements and cosmetics that exceeded €33M in revenue in just seven years. He also co-founded Activaction, a telemedicine platform for pharmacies. In 2019, he launched The Longevity Suite, Europe's most innovative network of anti-age and biohacking centers, combining cutting-edge technologies, scientific diagnostics, and personalized protocols to enhance cellular health and human performance. With over 40 locations across Italy, Switzerland, Spain, Turkey, and the Middle East, TLS is redefining the future of health optimization. He also developed The Longevity Kitchen and The Longevity Spa, in partnership with luxury hotels. Luigi is the author of Medical Patient Communication, The Longevity Kitchen, and Notes for the Revolution, blending inspiration and strategy for personal growth.

Inefficiency in Longevity: The Philosophical and Practical Application of Information Theory, Bayesian Statistics, and Self-Interest to the Longevity Problem

Nolan Shafik
Longevity Biotech Fellow , USA

Abstract:
Misunderstandings of systems are extraordinarily dangerous to effiency, and can be mitigated through the optimization of informatics systems. Presently, strategies for attempting to solve aging are belabored by inefficiencies which result from an imprecise definition of what problems need to be solved, which emerges from inconsistencies in the data set. This inconsistency has resulted from a misalingment of incentive structures which plague the current markets, wherein the better-informed are incentivized to optimize for short term gains, such as capital generation, or the publication of another paper. While this may warrant immediate stimulus-responsegratification, it contributes to the obfuscation of the problems which they are claiming to solve. In the current landscape, there is a widespread injection of AI-verifiably contradictory papers being published, whilst the private sector often promotes snake-oil like products, hiding behind the veil of consumer ignorance, and the credibility appeal of corrupt endorsements. I am here to suggest an alternative philosophical consideration for our audience; I suggest that, rather than appealing to altruism, credibility, or the philanthropic morality of yesteryear, we shouldacknowledge the self-interested optimizations of the existent parties, and should consider appealing to them. We can assist them to identify a higher-resolution pattern; the reality that these are relatively short-term optimizations, which are causing a delay in the progression towards the solution of the aging problem. This can be solved through aligning the philosophical interests of the involved parties, by enlightening them to this realization; they can start trends of transparency and open-source informatics systems, as well as a more transparent display of resulting conclusions, which can enable all of us to have the opportunity to maximize thelikelihood of reaching a longevity escape velocity

Biography:
Nolan Shafik has been a leading figure in conflict resolution, and systems optimization through his alleigence to first-principles reasoning, and the utilization of information theory and philosophy to his systems. He has played professional soccer, studied International and Public Law at UCSD, has been involved with NOAA and SIO, isa serial entrepreneur, is a Vitalist, and investor in the Longevity space. He has written countless papers challenging revising inefficiencies in systems that currently exist, and isa life-long longevity advocate. You can reach him at longevitylogician.com of East Anglia on 1st May 2024, where she engaged in rigorous academic discourse and exchanged ideas with fellow scholars.

The Representational Challenge for Designing and Managing 5P Medicine Ecosystems

Bernd Blobel
University of Regensburg, Medical Faculty,
Germany

Abstract:
Health and social care systems around the world undergo a transformation towards personalized, preventive, predictive, participative precision medicine (5PM), considering the individual health status, conditions, genetic and genomic dispositions in personal, social, occupational, environmental and behavioral context from the perspective of multiple domains. For enabling communication and cooperation between actors from different domains using different methodologies, languages and ontologies based on different education, experiences, etc., we have to advance design and management of the resulting complex and highly dynamic ecosystem from data to knowledge level. The challenge is the consistent, correct and formalized representation of the transformed health ecosystem use-case specifically from the perspectives of all domains involved including the legal and ethical ones, representing and managing them based on related ontologies. The resulting business view of the real-world ecosystem must be interrelated using the ISO/IEC 21838 Top Level Ontologies standard. Thereafter, the outcome can be transformed into implementable solutions. The different viewpoints are represented using viewpoint-specific ICT ontologies, thereby extending the views defined in ISO/IEC 10746 through the real-world business view. The solution is a system-oriented, architecture-centric, ontology-based, policy-driven, interdisciplinary ecosystem design and management approach as standardized in ISO 23903 Health informatics - Interoperability and Integration Reference Architecture, developed by the author. The standard is meanwhile used at ISO, CEN, OMG, IEEE, HL7, etc., and is mandatory for all projects covering more than just one domain. For any use-case, comprehensive communication and cooperation between all actors and systems through mutual understanding by knowledge system mapping, but also the correct adaption of any system component in any viewpoint such as for re-using standards, specifications and products, is enabled. Following the proposed model and framework, we can enable integration and interoperability between any ecosystem component as well as communication and cooperation between all actors from all domains including the subject of care, but also between any existing ICT components.

Biography:
Prof. Blobel studied Mathematics, Technical Cybernetics and Electronics, Theoretical Physics, Biocybernetics, Informatics, and Medicine at different universities in East Germany. He received the PhD degree in Physics with the PhD thesis "About the mechanism of information processing and energy transformation in bioreceptors – a general and membrane structure related transducer model". Furthermore, he received a habilitation in Medicine with a postdoctoral thesis "Implications of physical environmental factors on health", and a habilitation in Medical Informatics with a postdoctoral thesis "Analysis and Design for Secure and Interoperable Distributed Health Information Systems". He was Head of the Physical Laboratory in Environmental Medicine at the Medical University Magdeburg and thereafter Head of the Medical Informatics Department and then Director of the Institute for Biometrics and Medical Informatics at the Medical Faculty of the Otto-von-Guericke University Magdeburg. In 2004, he became Founder and Head of the Health Telematics Project Group at Fraunhofer Society, Institute of Integrated Circuits (IIS), Erlangen, and thereafter Head of the German National eHealth Competence Center (eHCC) and Head of the globally unique International Interdisciplinary PhD and PostDoc College at the University of Regensburg. He is author of more than 600 scientific publications. Furthermore, he is still engaged in international higher education.

Gut microbiome signatures in centenarians: microbial profiles, metabolites, and pathogen-associated molecular patterns as potential modulators of longevity

Andreea Nitescu
Vexa Health Ltd, United Kingdom

Abstract:
Centenarians provide a unique model for the exploration of the biological factors that underpin exceptional longevity in humans. Growing evidence suggests that gut microbiota composition can modulate host metabolism, immune tone, and systemic inflammation across the lifespan. In order to better characterize microbial signatures associated with exceptional longevity, recent studies comparing the gut microbiota of centenarians with those of younger and elderly cohorts were examined. Comparative analysis revealed that aging is accompanied by a restructuring of the gut ecosystem, with centenarians exhibiting profiles that diverge from both younger and elderly groups while retaining certain youth-associated microbial features, such as increased species evenness and diversity, enrichment in Bacteroides, Akkermansia, Bifidobacterium, and Christensenella spp., as well as depletion of potential pathobionts. Functional analysis indicated an upregulation of short-chain fatty acid biosynthesis and altered profiles of pathogen-associated molecular patterns (PAMPs)—including lipopolysaccharides, lipoteichoic acid, and peptidoglycans—that may collectively shape immune signaling and inflammatory balance. Integrating these observations highlights the possibility that specific microbial profiles and metabolites may act as modulators of metabolic resilience and host longevity. This synthesis underscores the need for standardized analytical frameworks and translational approaches. These will be key for interpreting gut microbiome data in aging populations and linking microbial and immune patterns with diet, genetics, and lifestyle to inform precision-health strategies that promote healthy lifespan extension.

Biography:
Andreea Nitescu is a UK-registered dietitian (HCPC) with a master's degree in molecular biology from Staffordshire University, United Kingdom, and a member of the British Dietetic Association. Her work focuses on longevity, the gut microbiome, and precision nutrition, integrating genomic and metagenomic data to inform personalized health strategies. She is the founder of VEXA HEALTH LTD, a London-based company dedicated to precision-health approaches that combine microbiome insights derived from shotgun metagenomic testing with genetic and metabolic data to support lifespan extension and sustained vitality.

The Future of Healthspan Investing: Current Landscape and Emerging Opportunities in the Precision Economy

Ivan Marandola
PRC/IX Capital Fund, USA

Abstract:

The convergence of biotechnology, artificial intelligence, and consumer wellness has given rise to what I define as the Precision Economy—a new paradigm in which health optimization, personalized prevention, and performance enhancement merge into a scalable, data-driven industry. This presentation explores the transition from "sick care" to "life care," a shift that is transforming healthcare from a reactive system to a precision-driven ecosystem anchored in bio-data, diagnostics, and personalized intervention.

Through the lens of PRC/IX Capital Fund's investment model, we examine the evolution of Healthspan Investing, where the focus is on extending the quality—not merely the length—of human life. The analysis highlights high-growth verticals such as longevity retail, mobile wellness, regenerative medicine, and AI-enhanced diagnostics, which collectively form the foundation of a trillion-dollar market by 2030.

While longevity science continues to advance from genomic and cellular reprogramming breakthroughs toward ready-to-market applications, the Precision Economy integrates the latest scientific knowledge with data-driven consumer behavior. This talk provides a framework for identifying scalable models within this fragmented market, mitigating the risk of "snake oil" trends, and anchoring investment strategy into categories with demonstrable health impact and economic traction.

Ultimately, The Future of Healthspan Investing argues that the next frontier of healthcare lies not in treating disease but in optimizing human potential—emotionally, cognitively, and metabolically—alongside the unprecedented proliferation of personal bio-data platforms.

Biography:

Ivan Maranciola is the Co-Founder and CEO of PRCNX Capital Fund, a private investment firm focused on the Precision and Longevity Economy With over 25 years of experience at the intersection of biotechnology, molecular wellness, and preventive healthcare, he has founded and led pioneering ventures much as Pylife Group, Gematama, Asper Biotech, and Longevity Gate Hish, Longevity Advisers. Seats on the Board Blevw, Elisir Clinic and MyShinlat. Aroong others be has been an early stage Investor in NAJClinic, Prion Peptides and Youn life. His work bridges science, consumer health, and investment strategy, redelining the future of healthspan thermagh scalable innovation and sustainable impact across Europe and the Middle East.

Musculoskeletal health as one pillar of the longevity concept

Zsuzsanna Schmidt
Semmelweis Univ, Dept. Rheumatology Immunology, Hungary

Abstract:
The world's population is aging. The number of elderly people will double by the end of the 2050s. The aging population is significantly more prone to illnesses, disability and mortality, all of which increase the burden on both society and public health services. The concept of longevity comes into focus in modern medicine, one of whose five core pillars is physical activity. Therefore, prevention and treatment of musculoskeletal diseases in the elderly, geriatric rheumatology will certainly become one of the most important medical fields in the near future.

Musculoskeletal diseases in the elderly are discussed. In addition to osteoarthritis (OA), older age onset arthritides*, polymyalgia rheumatica (PMR), and the closely related giant cell arteritis (GCA) are also described, with emphasis on the exclusion of latent malignancies or infections. The elderly rheumatic patient generally presents co-morbidities and polypharmacy with multiple side effects often complicates treatment. Geriatric syndromes associate and roll up in the so-called „spaghetti model" of managing the aged multimorbid patient.

How much better it would be to preserve our musculoskeletal health with regular physical activity

Biography:
Member of the Hungarian Association of Rheumatologists, Member of the EULAR/ACR Study Group on PMR/GCA, Consultant Rheumatologist, Expert in PMR, Department of Rheumatology Immunology, Semmelweis University,Head of a Private Rheumatology Clinic "Med Palace" Specialized in Elderly Onset Arthritides, Budapest, Hungary
Her major publications over the last 5 years:

- Schmidt Zs: Polymyalgia rheumatica, in: Szekanecz Z, Nagy G: Textbook of Rheumatology, 2nd ed., in press (Hungarian)

-Schmidt Zs: Aging society, physical activity and the BEMER, keynote lecture, Jubilee Congress, Budapest, May 24, 2025.

- Schmidt Zs: Giant cell arteritis (GCA), a disease complex – paradigm shift in clinical practice, Postgraduate Medicine, XXXI.(6), 20-33, 2024. (Hungarian)

- Zsuzsanna M. Schmidt: Progress in PMR, NOVA Science Publishers, Inc.
New York, 2024. ISBN: 979-8-89113-635-9 Scopus ID: 64452637
doi: https://doi.org/10.52305/VFRV1601

-Z. M. Schmidt., G. Poór: Polymyalgia Rheumatica, an Age-Related Rheumatic Disease,
OBM Geriatrics (Open Access), 6 (3), 3-15, 2022. https://doi:org/10.21926/obm.geriatr.2203202

Longevity by Design: The Five Pillars of a Thriving Life

Carly Poth
Founder of Eterna Method, USA

Abstract:
Longevity science has advanced rapidly in recent years. Researchers are uncovering powerful insights through genetics, biomarkers, and medical innovation that are transforming how we understand aging. At the same time, the way we live each day remains one of the most influential drivers of long-term health. Our daily choices around how we move, nourish ourselves, think, recover, and connect with others play a meaningful role in shaping how we age and how we feel along the way.

In this talk, Carly Poth, founder of Eterna, introduces a lifestyle framework for longevity built on five interconnected pillars: mindset, nutrition, movement, recovery, and community. Rather than viewing health as a collection of isolated habits, this approach recognizes the human body as an integrated system. Energy, resilience, and vitality emerge when these pillars are aligned and intentionally cultivated.

Drawing from emerging longevity science and practical behavioral strategies, Carly explores how mindset influences physiology and long-term health. She highlights how movement supports metabolic strength, mitochondrial function, and cognitive performance. She examines how nutrition fuels cellular processes and helps regulate inflammation while recovery restores the nervous system and allows the body to repair and rebuild. Just as essential, she demonstrates how meaningful community and social connection strengthen both emotional wellbeing and lifespan.

Participants will leave with a practical framework they can immediately apply to daily life. The goal is not simply to extend years, but to support the strength, clarity, and energy that allow people to fully participate in the lives they want to live. Longevity is shaped not only in laboratories and clinics, but also in the everyday choices that support a healthier and more vibrant life over time.

Biography:
Carly Poth is the founder of Eterna, a wellness platform dedicated to helping individuals build strength, vitality, and resilience across the lifespan. Her work focuses on translating the science of longevity and disease prevention into practical lifestyle strategies that support long-term health, energy, and performance. Originally trained in design, Carly brings a systems-oriented perspective to human health. She believes the body functions much like a well-designed structure. When the right foundations are in place, it performs with strength, efficiency, and adaptability over time.

Carly has spent years working in nutrition coaching, performance training, and lifestyle optimization. A lifelong athlete with a deep interest in human performance, she has helped individuals strengthen the foundations of their health through movement, nutrition, recovery, and mindset. She is a certified longevity expert and the creator of the Eterna Method, a framework built around five pillars of wellbeing: mindset, movement, nutrition, recovery, and community. Through Eterna's programs, corporate experiences, and her immersive Longevity Lab, Carly works with individuals and organizations to translate longevity science into practical, evidence informed strategies that support metabolic health, cognitive function, and long term vitality. Her work emphasizes the role of daily lifestyle choices in preventing chronic disease and sustaining performance throughout life

Therapeutic Potential of MSC Secretomes Across Distinct Neurodegenerative Pathologies: Evidence from Alzheimer's and Motor Neurone Disease Models

Dr. Robert Mitchell
Micregen Ltd , United Kingdom

Abstract:
Dementia remains a growing global health burden with limited therapeutic options capable of halting neurodegeneration. Current treatments for Alzheimer's disease (AD) offer only symptomatic relief, while disease-modifying agents targeting amyloid pathology provide modest benefit and remain under evaluation. Given the complex and overlapping nature of neurodegenerative pathologies, there is a critical need for interventions that act on multiple mechanisms simultaneously. Multipotent stromal cell (MSC) secretomes represent a promising biologic platform with demonstrated paracrine effects on inflammation, regeneration, and neuronal health.

In this study, we evaluated a Good Manufacturing Practice (GMP)-validated MSC secretome in two murine models of neurodegenerative disease representing distinct protein aggregation pathologies: amyloid-beta (Alzheimer's model) and TDP-43 (motor neurone disease, MND model). Treatments were administered at disease stages associated with established behavioural and pathological deficits. The MSC secretome improved cognitive performance in the AD model and slowed motor decline in the MND model. These functional improvements were accompanied by a significant reduction in neuroinflammatory markers in the MND model and by sex-dependent alterations in inflammatory cytokine signatures in both models. Complementary ex vivo studies using human blood demonstrated broad anti-inflammatory activity, supporting the translational potential of the secretome's immunomodulatory profile.

These findings underscore the therapeutic versatility of MSC secretomes across distinct neurodegenerative mechanisms and support further development of this acellular biologic as a multimodal therapy for dementias and related neurological disorders.

In the given perspective, a pilot project aimed at assessing the pattern of degenerative ageing in late age was undertaken on randomised elderly population (n=67) comprised of both the genders inhabiting urban Darbhanga and its suburbs

Biography:
Robert obtained his PhD at the University of Reading, UK with his thesis specialising on the regenerative capabilities of the adult stem cell secretome, with a particular emphasis on its effect on skeletal muscle. Robert is a co-founder of Micregen and currently Director of R&D. Since 2019 Robert has managed and coordinated Micregen's clinical manufacturing programme, preparing Micregen's first therapeutic to enter a combined phase I/II clinical trial in the UK.

Quantum Physics of Longevity Based on Tao Science

Rulin Xiu
Director of Hawaii Theoretical Physics Research Center, USA

Abstract:
The pursuit of longevity has traditionally been approached through biological and clinical frameworks that, while valuable, often overlook the fundamental nature of life and consciousness. This presentation introduces a novel paradigm for understanding longevity, grounded in a new quantum theory of life derived from Tao Science. We propose that life is fundamentally a quantum information system defined by its capacity to maintain, enhance, and transmit "positive information"—a measure of the connection, order, and harmony within a system.

Drawing from our recently published paper, "A New Proposal of Quantum Theory of Life Based on Tao Science" (Reports in Advances of Physical Sciences, 2025), we posit that the aging process and the onset of disease can be understood as an accumulation of "negative information," or a degradation of the system's inherent order and connectivity. From this perspective, longevity is not merely the extension of biological function but the sustained enhancement of positive information at the quantum level.

This framework offers a new lens through which to view health and wellness, suggesting that interventions designed to increase quantum coherence and reduce informational entropy could be key to extending human life span. We will discuss the theoretical underpinnings of this model, its alignment with principles of quantum physics, and present practical techniques and technologies based on the quantum physics of longevity to prolong life. These innovative approaches include methods to enhance positive information and reduce negative information at the quantum level. Participants will have an opportunity to experience these transformative techniques firsthand, gaining insights into how quantum-based interventions can be applied to promote radical longevity and well-being.

Biography:
Dr. Rulin Xiu is a pioneering quantum physicist and string theorist at the forefront of a revolutionary scientific paradigm. As co-founder of Tao Science and Research Director of the Hawaii Theoretical Physics Research Center, Dr. Xiu earned her PhD in Theoretical Physics from the University of California, Berkeley, specializing in string theory and grand unification. She completed postdoctoral research at the Houston Advanced Research Center and Harvard University's Lyman Laboratory of Physics. With over 20 scientific papers published in reputed journals, Dr. Xiu has developed groundbreaking work on the quantum theory of consciousness, quantum theory of life, and quantum approaches to mental health, bridging the mystical and the measurable through rigorous mathematical frameworks.

DEATH PERCEPTION: BIOGERONTOLOCAL PERSPECTIVE

Bhaweshwar Singh
LN Mithila University, India

Abstract:

Death has ever baffled mankind and spread negativity. Prevalence of vague and non-specific ideas about dying could be attributed to lack of scientific explanation of biological death in the remote past. End of life, in every likelihood, was assumed as an act of punishment for any wrong committed during the present or past life in ancient society mostly pervaded by superstitious beliefs. Adding altogether a new dimension to dying, mythology viewed death as a landmark step towards salvation allowing invisible soul either to commence a new beginning of life or undertake infinite journey of eternity. Of late, Biogerontology has afforded scientific explanation of inescapable death setting aside all kinds of misconceptions. Abrupt rise in pathophysiologic perturbations in older adults is believed to cause multiple cognitive deficits and difficulties in performing daily life activities. Senility is, beyond doubt, the most crucial phase of the life span marked by diversified functional disabilities. There is every reason to believe that genetically programmed and environmentally modulated constraints of late life, in no case, arise suddenly. Hapless elders invariably succumb to miserable death consequent upon systemic collapse. Advanced ageing studies may help understand life conditions impacting senescence and introspect connect between ecological equilibrium and universal death more explicitly.

In the given perspective, a pilot project aimed at assessing the pattern of degenerative ageing in late age was undertaken on randomised elderly population (n=67) comprised of both the genders inhabiting urban Darbhanga and its suburbs. This preliminary study investigated the present age, marital status, food habit, BMI-linked obesity, degree of mobility and the pattern of chronic diseases.

Biography:

The author having accomplished teaching and research at the University Department of Zoology, L.N. Mithila University, Darbhanga and additionally contributed to successful implementation of elderly-centric academic courses at the Institute of Gerontology and Geriatrics, LNMU till his superannuation on Feb 28,2022 as founder director is still committed to keep his passion for ageing studies alive through continued participation in conferences and publication of books and research articles.

DECREASING BIOLOGIC AGE FOR ALL

Tom Weldon
Ponce de Leon Health, Inc., USA

Abstract:

Ponce De Leon Health has developed a commercially available longevity product, Rejuvant, which is the only product out of over 80 drugs, compounds, and combination products, that has been shown to reduce biologic age in an independent human trial with over 3,000 subjects, with statistical significance. The study showed that there were no significant longevity benefits (as measured by DNA methylation testing) for any of the other products, including NMN, NR, carotenoids, metformin, and all other forms of CaAKG and AKG.

Biography:

Thomas Weldon has been a pioneer in health care for three decades and holds 30 patents for medical devices. Mr. Weldon's expertise is envisioning new market opportunities, driving businesses to become more successful and getting them to a liquidity event. He has cofounded more than a dozen companies including: Novoste (NOVT), AcuFocus, AqueSys, Liposonix, and Neuronetics (STIM), which in total have created more than $2.7 billion in shareholder value. In addition, Tom has served on the board of numerous public and private companies, Universities and Foundations including Novoste, Respicardia, Mednova, MyoScience, Liposonics, the Weldon School of Biomedical Engineering at Purdue Iniversity, and Brenau University. Today, he is the founder, chairman and CEO of Ponce De Leon Health, which focuses on increasing human health span. Rejuvant, the product he helped develop, is available for sale at Rejuvant.com. He also recently served as Chairman and Managing Director of Accuitive Medical Ventures, a venture capital fund with over $230M of AUM. Prior to his current position, Mr. Weldon was a cofounder, CEO and chairman of Novoste Corporation, where he grew the business from its inception through its IPO with a peak market cap of $1.2B. Mr. Weldon is a frequently interviewed expert for his industry and has been written about multiple times by Inc. Magazine. In addition, he has spoken for: • JPMorgan • Piper Jaffray • Robertson Stephens • Cowen & Co • Several MedTech Strategist Conferences Tom holds a B.S. in Industrial Engineering from Purdue University and an M.B.A. in Operations and Systems Management from Indiana University. He has received numerous awards including: • The Distinguished Engineer Alumni Award (Purdue) • The Outstanding Industrial Engineer Award (Purdue) • The Burton Morgan Entrepreneurship Award (Indiana University) • The Junior Achievement IMPACT Award Tom volunteers his time as an Advisory Board member for the National University of Singapore, the Purdue University Weldon School of Biomedical Engineering, and the Weldon Foundation.

Beyond Lifespan: Preventive and Holistic Strategies for Healthspan Extension

Silvia Candamil Neira

Vice President- Global Initiative on Ageing & Longevity, UAE

Abstract:

The global longevity challenge is no longer defined solely by how long people live, but by how well they live across extended lifespans. Despite advances in biomedical science, the prevalence of chronic disease, multimorbidity, and functional decline continues to rise, revealing the limitations of reactive and fragmented healthcare models. This presentation advocates for a preventive and holistic approach to healthspan extension that integrates biological, behavioral, psychosocial, and environmental determinants of aging. The talk examines chronic inflammation and stress as central mechanisms accelerating biological aging and increasing vulnerability to age-related diseases. Drawing on evidence from preventive and lifestyle medicine, it explores how interconnected factors, including nutrition, physical activity, sleep, emotional regulation, and social connection, shape long-term metabolic, cognitive, and functional health. Emphasis is placed on early and sustained interventions across the life course that can meaningfully alter aging trajectories. Beyond individual behaviors, the presentation highlights the importance of supportive systems, education, and policy frameworks that enable healthier choices and promote resilience at scale. Purpose, meaning, and social engagement are discussed as essential yet often overlooked contributors to longevity and well-being.

Biography:

Silvia Candamil Neira is Vice President of the Global Initiative on Ageing & Longevity (GIA Longevity), supported by the United Nations, and serves on the Board of Directors of CIFAL Málaga–UNITAR (United Nations Institute for Training and Research). She is also an Associated Fellow of UNITAR, a member of the World Economic Forum's Longevity Working Group and Steering Committee, and part of the Catalyst Program at the Stanford Center on Longevity and judge to Stanford Design Challenge. With a background as a tenured professor in the natural medicine industry, she has published numerous articles and contributed extensively to advancing education and practice in the field. She is also an entrepreneur in alternative medicine, a partner in a private venture capital and investment management firm, and an advisor and collaborator to various NGOs focused on education, health, and diversity.

Testosterone Augmentation Without Suppression: Clinical Protocols for Optimizing Androgens While Preserving Fertility

Gabriel Alizaidy
Maximus, USA

Abstract:
TTestosterone therapy has long carried concerns around hypothalamic-pituitary-gonadal axis suppression, testicular atrophy, and infertility. These concerns have limited its adoption in younger men and those seeking optimization rather than true replacement. The assumption that exogenous testosterone inevitably suppresses endogenous function deserves reexamination. Suppression is not binary. It depends on two factors: magnitude of exposure and duration of exposure. This pharmacokinetic reality opens the door to testosterone augmentation, a distinct clinical approach from traditional replacement.

Oral testosterone formulations, with their short half-lives and pulsatile absorption, produce only modest reductions in LH and FSH as monotherapy. When paired with enclomiphene, a selective estrogen receptor modulator that preserves hypothalamic and pituitary signaling, gonadotropins remain intact. Topical testosterone creates longer exposure windows and requires higher enclomiphene doses to maintain axis function. Injectable testosterone, with sustained supraphysiologic levels, overwhelms SERM co-therapy entirely.

Clinical data from protocol implementation demonstrate preserved LH and FSH across oral and topical testosterone regimens combined with enclomiphene. Clinicians can now offer testosterone optimization to patients who previously faced an all-or-nothing choice between hormonal benefits and reproductive function.

Biography:
Gabriel Alizaidy, MD, MS, is the Scientific Director at Maximus, where he leads clinical research and scientific development in men's health, including metabolic function, vitality, sexual health, and healthy aging. He directs the design of clinical protocols and scientific communications, working across product, analytics, and clinical teams to translate emerging research into practical, evidence-based solutions. Before assuming this role, he served as Clinical Research Team Lead and Clinical Research Scientist at Maximus and previously coordinated CAR-T therapy trials in hematology and oncology at UChicago Medicine. He holds a Master of Science in Precision Health from the University of Chicago and a MD from Dow University of Health Sciences.

Accepted Abstracts

The secretome of human trophoblast stem cells attenuates senescence-associated traits

Kotb Abdelmohsen
NIH, USA

Abstract:
Senescent cells display indefinite growth arrest and a pro-inflammatory senescence-associated secretory phenotype (SASP). As the accumulation of senescent cells in tissues with age plays detrimental roles in age-related pathologies, there is much interest in finding therapeutic strategies to eliminate them or suppress the SASP. In this study, we investigated the impact of the secretome and extracellular vesicles (EVs) derived from human trophoblast stem cells (hTSCs) on senescent human fibroblasts. We found that the hTSC conditioned medium (hTSC-CM), and in particular specifically the EVs (hTSC-EVs), significantly reduced the levels of mRNAs encoding SASP factors, and the secretion of SASP factors including CXCL1, IL8 CXCL8 , and GDF15. Proteomic analysis of hTSC-CM and EVs indicated an enrichment in proteins involved in cell adhesion, tissue repair, and remodeling of the extracellular matrix (ECM). Furthermore, incubation of senescent cells with hTSC-EVs attenuated DNA damage and inflammatory signaling, at least in part by suppressing the function of NF-κB, a major transcriptional regulator of the SASP program. Our findings underscore the value of hTSC-CM and EVs therein in therapeutic approaches directed at senescent cells.

Biography:
Dr. Abdelmohsen is a Staff Scientist in the RNA regulation section in the Laboratory of Genetics and Genomics at the National Institute on Aging, NIH. The focus of Dr. Abdelmohsen is post-transcrptional gene regulation via ribonucleoptrotein complexes (RNPs). These complexes are usually formed between RNA binding proteins (RBPs) and various RNA biotypes including mRNAs, microRNAs, long-noncoding RNAs (lncRNAs), or circular RNAs (CircRNAs). They are involved in several processes like proliferation, senescence, and aging.

Autistic Spectrum Disorder and Anaesthesia

Maria I. Dalamagka
General Hospital of Larisa, Greece

Abstract:
One of the groups of patients which may require the greatest flexibility of approach is those with autistic spectrum disorder (ASD). ASD is a lifelong developmental disability, affecting four times as many males than females, which affects how a person communicates with, and relates to, other people and the world around them. Challenging behaviors may be triggered by the unfamiliar perioperative environment and may make anesthesia related procedures difficult or impossible. Children with more severe ASD may exhibit verbal or physical aggression, antisocial or disruptive behavior, temper tantrums, screaming, panic attacks, and self-injurious behavior, and may have aberrant responses to sensory stimuli. Although anaesthesia and sedation do not present a problem for most children with ASD, unpredictable regression in skills and behaviour is noted in a small number of patients after general anaesthesia.A 10-year-old child, 53 kg, with autism under treatment, came for a dental abscess and related dental work under general anaesthesia. The pediatric neurological assessment indicated hyperactivity and lack of cooperation. Post-operatively, during resuscitation, the child showed agitation and an attempt to withdraw oxygen, with the physical presence of his family environment.

Biography:
Maria Dalamagka currently works at the Department of Anesthesia, General University Hospital of Larissa. Maria does research in acupuncture and Anaesthetics. She is PhD medicine , doctor of pain , MD. Editorial board member :Scifed Journal, Pain Medicine and Management, Enliven, Cient Periodique, Journal of Pain Management and Medicine _Longdom, Anesthesia &Pain Research _Scivision, GJNFS, Journal if Pain and Relief.

Renal Aging Unveiled: Controversial Insights and Practical Pearls for Non-Nephrologists

Claudio Corradino
Hospital Durand de Buenos Aires, Argentina

Abstract:
The presentation explores renal aging as a physiological process distinct from chronic kidney disease (CKD). It examines the structural and functional changes that occur in the kidneys with age, emphasising the importance of differentiating normal aging from pathology to prevent misdiagnosis and unnecessary treatments. The talk highlights current controversies regarding glomerular filtration rate (GFR) equations, which are essential for assessing renal function in older adults, and discusses their limitations and practical applications.

A key focus is on adapting medication dosing and risk management for geriatric patients, taking into account the unique renal physiology of aging. The presentation also stresses the need to avoid overtreatment by recognising cases of successful renal aging, where intervention may be more harmful than beneficial.

The target audience includes geriatricians, internists, and other non-nephrologist professionals caring for older adults, who will gain practical tools to optimise patient care. The format consists of 15 PowerPoint slides with graphics and tables, and the estimated duration is 20–30 minutes plus Q\&A. The relevance of the talk lies in the context of population aging, multimorbidity, and polypharmacy, providing practical evidence to improve comprehensive care for the elderly.

Biography:
Claudio Corradino received his medical degree from the Universidad de Buenos Aires and pursued a specialization in Geriatric Medicine through the Bienal Course of the Sociedad Argentina de Gerontología y Geriatría (2007–2008). In 2008, his monograph addressing renal aging theories was honored with the SAGG Award. Dr. Corradino has published twelve peer-reviewed articles in the field of geriatric nephrology. He currently holds key leadership roles as Director of the Nephrogeriatrics Committee for the Sociedad Latinoamericana de Nefrología e Hipertensión (SLANH), Director of the Nephrogeriatrics Council at the Asociación Nefrológica de Buenos Aires, and Secretary of the Nephrogeriatrics Task Force of the Sociedad Argentina de Nefrología. Additionally, he leads the Geriatric Nephrology Unit at Hospital Durand de Buenos Aires.

Accelerative Dynamics for Life and Thought

Vysak Venkateswaran
Biomonadic, United States

Abstract:
Recent advances in metabolic engineering have significantly expanded the potentiality space for life. Research into cognitive and neural processes have uncovered new horizons of potential through preserving the whole while expanding the periphery. Consciousness is an edge-of-chaos energetic material and informational process. We can engineer metabolic and cybernetic processes to support and sustain the edge-of-chaos. There is a new wave of therapeutics that resolve the metabolic paradox of inflammation. Biomonadic is developing technologies that empower and liberate cognition to enable us to maintain and transcend our way of life. We are specifically developing neuropeptide therapeutics to reduce inflammation in the brain and empower cognition, starting with the neuropeptide Klotho, which is associated with 6 pt IQ increases and 30% reduction in all cause mortality.

Biography:
Vysak completed his education at Duke University (BS Biology) and Northwestern University (MS Biotechnology) and explored a career in science (cancer research at Northwestern) and technology (Amazon) before founding Biomonadic to accelerate the commercialization of cognition and longevity empowering therapeutics

Peptides in Action: The Next Frontier of Longevity Medicine

Nikolas Psathas
founder and CEO of NP Labs, Greece

Abstract:
From tissue regeneration to mitochondrial optimization, peptides are redefining what is possible in anti-ageing practice. Evidence-based protocols reveal their role as precision tools that move longevity medicine into a new era of targeted, personalized care.

Peptides are transforming the field of longevity and functional medicine, offering precise, targeted interventions that influence fundamental biological processes. Acting as signaling molecules, they regulate cellular repair, mitochondrial performance, immune modulation, neuroprotection, and metabolic balance. A growing body of clinical evidence supports the use of peptides such as BPC-157, Thymosin Alpha 1, CJC-1295, and Epitalon in personalized protocols designed to optimize healthspan and resilience. This lecture will review the latest scientific data, safety considerations, and practical applications of peptide therapy, providing clinicians with the tools to translate research into evidence-based practice. Peptides are no longer experimental—they are the next frontier of precision medicine in the pursuit of longevity.

Biography:
Nikolaos Psathas stands out as a visionary leader in the pharmaceutical industry, leveraging his extensive expertise as both a pharmacist and an entrepreneur. As the CEO and Founder of NP LABS International Compounding Pharmacy, he has dedicated himself to advancing the field of personalized medicine through innovative compounding solutions. His commitment to anti-aging and functional medicine is underscored by his Board Certification in these specialized areas, enabling him to integrate cutting-edge research with practical applications in patient care.

At NP LABS, Nikolaos is at the forefront of several key projects aimed at enhancing therapeutic outcomes for patients. His strategic vision encompasses the development of bespoke pharmaceutical formulations that address complex health issues, particularly in pain management and cardiology. By formulating and implementing a robust strategic plan, he guides his team in navigating the challenges of the rapidly evolving biotechnology landscape, ensuring that NP LABS remains a leader in the compounding pharmacy sector.

Nikolaos is also a prominent figure in the global medical community, frequently sharing his insights at prestigious conferences such as AMWC, AMEC, and ICAD. His ability to communicate complex pharmaceutical concepts effectively has made him a sought-after speaker, further solidifying his reputation as an expert in pharmaceutics and business development. Through his leadership, NP LABS not only excels in delivering high-quality compounded medications but also plays an active role in civic and professional associations, fostering collaboration and innovation within the industry.

Global Health System Reform: Mandatory Integration of Geriatric Medicine as a Subspecialty of Family Medicine

Neşe Mehmetoğlu
Malatya Turgut Özal University School of Medicine, Department of Public Health, Malatya, Türkiye

Abstract:
Demographic aging on a global scale is driving a unique transformation that tests the resilience of all health systems. In both high-income and middle- to low-income countries, the growth of the older population reveals a systematic gap in primary care for managing geriatric syndromes—such as polypharmacy, frailty, and atypical clinical presentations. This structural void increases preventable morbidities and triggers unnecessary hospitalizations and emergency department use, thereby threatening the sustainability of healthcare expenditures.

The most effective response to this crisis is the mandatory integration of Geriatric Medicine as a subspecialty of Family Medicine. Family physicians, with their longitudinal care, holistic assessment of family and social determinants, and capacity to implement Comprehensive Geriatric Assessment (CGA), form the natural backbone of community-level geriatric care. Advanced competency/subspecialty models in Canada, Australia, the United Kingdom, and the United States demonstrate evidence-based success through Geriatric Medicine certifications built on Family Medicine—expanding capacity to manage frail older adults at home and in the community in a cost-effective manner.

Scaling this integration globally would not only improve individual clinical outcomes but also reduce population-level morbidity, lower hospital admissions, and maximize the efficiency of national health systems. Aligned with the World Health Organization's frameworks on Active Aging and Integrated, People-Centered Health Services, this reform is a critical policy lever for equitable resource allocation, continuity of care, and preserving the quality of life of older populations. When supported by health workforce planning, education accreditation, and reimbursement incentives, mandatory integration becomes the key to a sustainable era of aging.

Biography:
Assoc. Prof. Dr. Neşe Mehmetoğlu is a faculty member in Public Health at Malatya Turgut Özal University School of Medicine. She graduated from Hacettepe University in 2007 and earned her Ph.D. in Public Health from İnönü University in 2017. Her research centers on healthy aging, geriatric public health, and community-based interventions, with over 50 peer-reviewed publications. She serves as a journal editor and sits on multiple editorial boards. Dr. Mehmetoğlu has contributed to national and international projects on healthy aging. Bridging academic rigor with field practice, she focuses on strengthening elderly care in primary health services

Unlocking Neuroplasticity: The Missing Link in Longevity Medicine?

Federico Fedel
MLevitas Clinic/QMUL, United Kingdom

Abstract:
Longevity medicine has traditionally focused on preventive, regenerative, and lifestyle interventions to extend health span. At present, psychedelic integration in European clinics is largely limited to ketamine, used within psychiatric contexts for treatment-resistant depression. However, recent studies on psilocybin are generating significant interest, suggesting benefits for neuroplasticity, psychological resilience, and stress reduction—factors strongly associated with healthier aging and potentially increased lifespan. This proposal introduces a unique perspective: "Psychegevity", reframing psychedelics within longevity medicine, where their role is still at a primordial stage and only a few pioneering clinics have begun to explore their use. By reframing psychedelics not solely as psychiatric tools but as agents that may foster systemic balance and equilibrium, longevity medicine can broaden its scope to include wider populations beyond patients with mental health diagnoses. Central to this reframing is the concept of molecular, structural, and functional neuroplasticity. At the molecular level, psychedelics acting on the 5-HT2A receptor stimulate glutamatergic signalling, initiating cascades that promote synaptogenesis and dendritic growth. Structurally, these changes manifest as enhanced cortical connectivity and remodelling of neural circuits. Functionally, they translate into improved cognitive flexibility, emotional regulation, and adaptive responses to stress—capabilities that are critical for sustaining vitality in later life. Building on this foundation, we introduce the emerging class of neuroplastogens: molecules designed to safely and predictably enhance neuroplasticity without hallucinogenic eUects. Neuroplastogens represent a potential paradigm shift, ouering the therapeutic benefits of synaptic growth and resilience while minimizing barriers to clinical adoption. Their integration into longevity medicine could enable targeted interventions for cognitive decline, stress-related disorders, and age-associated rigidity of neural networks. By situating psychedelics and neuroplastogens within a holistic framework, longevity medicine may redefine its boundaries and attract attention across the broader health and wellness landscape. This poster highlights both the present and future potential of these agents in longevity medicine, alongside the ethical issues posed by their expansion to wider populations.

Biography:
Federico Fedel is a physician with five years of experience working at the intersection of longevity medicine and psychedelic science. His clinical practice explores how neuroplasticity-enhancing interventions can support resilience, adaptability, and healthier aging. Alongside this focus, he has trained extensively in intensive and emergency medicine, leading teams in high-pressure environments and developing expertise in acute care systems, patient flow optimization, and evidence-based triage. He has pursued academic training through an MSc at Queen Mary University of London, where his research interests center on human physiology and risk stratification in interhospital transfer medicine. His dual focus on acute medicine and longevity innovation positions him uniquely across both acute and preventive domains. He advocates for integrating psychedelics into holistic longevity frameworks, aiming to expand their role beyond psychiatric contexts. His interest highlights the potential of functional neuroplasticity as a therapeutic target for stress reduction, cognitive resilience, and sustained vitality. By combining clinical leadership, translational research, and visionary approaches, Federico contributes to redefining the boundaries of longevity medicine.

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