

INTERNATIONAL CONFERENCE

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

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

THE CONFERENCE IS ORGANISED BY



## PROGRAMME

- 11.00–11.10 **Opening ceremony and welcome addresses**  
**Vytautas Nekrošius**, president of the Lithuanian Academy of Sciences  
**Ilija Stambler**, chair of Vetek (Seniority) Association – the Movement for Longevity and Quality of Life  
**Saulius Čaplinskas**, member of the Seimas of the Republic of Lithuania  
**Limas Kupčinskas**, chair of the Division of Biological, Medical, and Geosciences of the Lithuanian Academy of Sciences

### Session 1. Basic mechanisms of ageing

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

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

### Coffee break

**Chairpersons:** Sonata Jarmalaitė (Lithuania), Uģis Klētnieks (Latvia)

- 12.50–13.10 Human Microbiota and Ageing. Darja Nikitina, Jurgita Skiecevičienė (Lithuania)  
13.10–13.30 The Microbiome–Retrobiome Axis: A Hidden Regulator of Human Longevity.  
Uģis Klētnieks (Latvia)  
13.30–13.50 **PANEL DISCUSSION.** Sonata Jarmalaitė (Lithuania), Uģis Klētnieks (Latvia),  
Limas Kupčinskas (Lithuania), Artūras Petronis (Lithuania / Canada),  
Darja Nikitina (Lithuania), Ilija Stambler (Israel), Aurelija Žvirblienė (Lithuania)



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## Lunch break

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

**Chairpersons:** Yuri Ostrinski (Israel), Elizabete Ārgale (Latvia)

- 14.40–15.00 Beyond Hallmarks of Aging: Biological Age and Emergence of Aging Networks.  
Michal Jazwinski (USA)
- 15.00–15.20 Proactive Healthcare in Developing Nations: Pipe Dream or Opportunity.  
Tamara Pheiffer (South Africa)
- 15.20–15.40 Longevity in Azerbaijan: Physiological Characteristics of Long-Livers and Current Trends.  
Zenfira Gadimova (Azerbaijan)
- 15.40–16.00 Ovarian Ageing: An Obstetrician / Gynaecologist's View. Elizabete Ārgale (Latvia)

## Coffee break

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

- 16.20–16.40 suPAR as a Biomarker of Chronic Inflammation: From Basic Research to Clinical Practice.  
Jesper Eugen-Olsen (Denmark / Latvia)
- 16.40–17.00 Targeted Physical Activity as a Novel Strategy for Healthy Longevity.  
Yuri Ostrinski (Israel)
- 17.00–17.20 Oxygen Ozone Evidence-Based Scientific Medical Protocols: A New Chapter in Medicine.  
Georgios Mitrou (Cyprus)
- 17.20–17.40 Sharing Health Data for Clinical Trials for Healthy Longevity. Didier Coeurnelle (Belgium)
- 17.40–18.00 **PANEL DISCUSSION.** Alexander Tietz-Latza (Germany), Michal Jazwinski (USA),  
Tamara Pheiffer (South Africa), Jesper Eugen-Olsen (Denmark / Latvia),  
Didier Coeurnelle (Belgium), Zenfira Gadimova (Azerbaijan), Elizabete Ārgale (Latvia)  
Georgios Mitrou (Cyprus), Shai Efrati (Israel)
- 18.00–18.10 **Closing remarks.** Ilia Stambler (Israel), Saulius Čaplinskas (Lithuania),  
Limas Kupčinskas (Lithuania)

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