

INTERNATIONAL CONFERENCE

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

INVITATION

You are kindly invited to attend the international conference

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

taking place on **June 11, 2026** at the **Lithuanian Academy of Sciences in Vilnius.**

The conference will bring together leading scientists, clinicians, and policymakers from around the world to discuss the latest advances in ageing research ranging from genetic and molecular mechanisms to innovative clinical and preventive strategies for healthy longevity. The program includes expert presentations, panel discussions and a special **Healthy Ageing and Longevity Award Ceremony.**

Join us for a day of insightful discussions, international collaboration, and forward-looking perspectives on extending human healthy lifespan.

Participation in the conference is free of charge.

[Registration](#)

THE CONFERENCE IS ORGANIZED BY



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Adobe Express illustr.

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

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PROGRAMME

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

Session 1. Basic mechanisms of ageing

Chairpersons: Limas Kupčinskas (Lithuania), 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.
Valery Krizhanovsky (Israel)
11.50–12.10 Immunology of Senescence. Aurelija Žvirblienė (Lithuania)
12.10–12.30 Epigenetics of Ageing. Artūras Petronis (Lithuania / Canada)

Coffee break

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

- 12.50–13.10 Human Microbiota and Ageing. Jurgita Skiecevičienė (Lithuania)
13.10–13.25 The Microbiome–Retrobiome Axis: A Hidden Regulator of Human Longevity.
Ugis Kletnieks (Latvia)
13.25–13.40 The Indispensable Soma Hypothesis in Ageing. Marios Kyriazis (Cyprus)



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13.40–14.00 **PANEL DISCUSSION.** Ugis Kletnieks (Latvia), Valery Krizhanovsky (Israel),
Limas Kupčinskas (Lithuania), Artūras Petronis (Lithuania / Canada),
Jurgita Skiecevičienė (Lithuania), Ilia Stambler (Israel), Aurelija Žvirblienė (Lithuania)

Lunch break

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

Chairpersons: Pedro Barata (Portugal), Yuri Ostrinski (Israel)

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

Coffee break

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

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

18.10–18.20 **Closing remarks.**
Ilia Stambler (Israel), Saulius Čaplinskas (Lithuania), Limas Kupčinskas (Lithuania)

18.20–18.50 **Healthy Ageing and Longevity Award Ceremony**