



**Università
degli Studi
di Palermo**



Universidad de Alicante

1° International Congress on Life-style Modulation and Healthy Long-life LIF-ELONG (onsite & online)

www.lif-elong.com

Palermo, 05/10/2023

Sala delle Capriate, Complesso Monumentale dello Steri

Piazza Marina, 60, 90133 Palermo PA

Aging is one of the main health-related challenges in the world.

The healthcare costs in many countries are very high because of the increased number of unhealthy populations and the consequent increase of severe age-related disabilities. This is a challenging problem for society, especially for the cost of the health-care system and the difficulty in social engagement.

The gerontologists distinguish two ways to become old: without success (unsuccessful aging, UA) and with success (successful aging, SA). UA is manifested by people that develop one or more age-related diseases and frailty. Regarding SA, the World Health Organization defines it as «the process of developing and maintaining the functional ability, which enables well-being in older age». The best model of SA is represented by centenarians that are a very selected and rare group of people. They live 100 years or more in relatively good health status, escaping fatal or strongly invalidating diseases lifelong. Thus, they are a concrete example of resilience.

Thus, the goal for the next future should be how to achieve the so-called “health-span” (healthy life-span) more than the treatment of age-related disease to prevent the collapse of the health system and the unsustainability of the society. It is well noted that some aspects of life-style like nutrition, physical and psychosocial activities can modulate the aging rate and can improve the lifespan, as demonstrated by a huge amount of scientific evidence.

In order to find possible solutions, it is necessary to identify the best life-style(s) to reach and maintain a healthy long-life by possible strategies for improving daily habits. This point will be discussed during this congress, hosting international researchers.

Scientific board: Anna Aiello, Giulia Accardi, Calogero Caruso, Francisco Javier Ferrandez Pastor, Giuseppina Candore, Maria Loreto Macià Soler (University of Palermo-Italy; University of Alicante-Spain).

Organizing board: Edoardo Ricci, Vito Parrinello, Francisco Miguel Escandell Rico, Manuel Platero Horcajadas, Dario Saguto (University of Palermo-Italy; University of Alicante-Spain).

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Program

8:15, Arrival and registration of participants

09:00, Welcome and institutional greetings

09:30, Antonia Trichopoulou, University of Athens (Greece)

Lectio magistralis. Mediterranean Diet, longevity and sustainable food culture.

Morning session: The biology of aging and longevity

Chairpersons: Giuseppina Candore, Anna Aiello, Giulia Accardi, Calogero Caruso

10:00, Danay Saavedra Hernandez, Institute of Medical Sciences of Havana (Cuba)

Opening lecture. Immunosenescence and inflammatory markers in Cuban centenarians: implications for survival.

10:20, Annibale Alessandro Puca, University of Salerno (Italy)

LAV-BPIFB4, a Longevity Associated Variant with potential therapeutic applications.

10:40, Ciriaco Carru, Donatella Coraduzza, University of Sassari (Italy)

The Sardinian Centenarians study. An update.

11:00, Calogero Caruso, University of Palermo (Italy)

The Sicilian Centenarians.

11:20, Coffee break

12:00, Francesco Cacciabauda, University of Palermo (Italy)

Gut microbiota and longevity.

12:20, Mattia Emanuela Ligotti, University of Palermo (Italy)

Immunonutrition: a way to reach longevity.

12:40, Pablo Álvarez-Heredia, University of Cordoba-IMIBIC (Spain)

Lifestyle impact in immunosenescence and aortic stenosis.

13:00, Panel discussion and debate

13:30, Lunch

Afternoon session: Health management of elderly

Chairpersons: Giuseppina Candore, Anna Aiello, Giulia Accardi, Calogero Caruso

14:30, Macià Soler Loreto, University of Alicante (Spain)

Management of health.

14:50, Francisco Miguel Escandell Rico, University of Alicante (Spain)

Enabling technologies to improve nutrition in the elderly.

15:10, Manuel Platero Horcajadas, University of Alicante (Spain)

Digital assistants to combat loneliness and promote a personalised Mediterranean diet in the elderly.

15:30, Francisco Javier Ferrandez Pastor, University of Alicante (Spain)

Higher Polytechnic School. Adaptation of advanced technologies to improve the nutrition of the elderly.



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