



THE "VITALITY AND LONGEVITY" NATIONAL CONFERENCE
13th-15th NOVEMBER, 2024
THE ACADEMY OF ROMANIAN SCIENTISTS, 3rd Ilfov Street, Bucharest
1st EDITION

13th November 2024

09:00-09:30 Participant registration

09:30-10:30 Opening of the event

Foreword from the Manager of The "Ana Aslan" National Institute of Gerontology and Geriatrics Sergiu Pantea and from M.D. Antoaneta Bucur, Medical Director. Foreword from our partners: University Professor Dr. Eng. Doina Banciu, University Professor Dr. Viorel Jinga, University Professor Dr. Doru Delion, University Professor Dr. Daniel Cochior, University Professor Dr. Eng. Titi Paraschiv, Dr. Camelia Petrescu, Dr. Alina Epure, President of CNAS Valeria Herdea, INS Representative Dr. Gabriela Chițac

10:30-12:30 Session I: Symbols of Innovation for Vitality and Longevity

10:30-11:10 Neurocognitive Component of Frailty Syndrome

University Professor PhD M.D. Gabriel- Ioan Prada, University Assistant Lecturer M.D. Ovidiu Băjenaru, M.D. Chelu Gabriela Cristina, M.D. Badea Vlad Ionuț, M.D. Moscu Sînziana Georgeta, M.D. Peneș Nicolae-Ovidiu, University Lecturer PhD M.D. Anna Marie Herghelegiu, University Assistant Lecturer M.D. Cătălina Nuță

11:10-11:50 Advancing Cardiovascular Health and Longevity: The Impact of Telemedicine on Cardiac Rehabilitation in Romania

PhD M.D. Ștefan Sebastian Busnatu, Liviu Ionuț Serbanoiu, Andreea Elena Lacraru, Maria Alexandra Pana, Dragos Trache, Plesu Elena, Catalina Liliana Andrei

11:50-12:10 Emerging Technologies and Longevity

Dr. Eng. Titi Paraschiv

12:10-12:30 Transforming Ageing at Home: Insights from ALONE

Dr. Aileen O'Reilly

12:30-13:00 Lunch break





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13:00- 14:40 Session II: Mens Sana in Corpore Sano – Complementary Approaches

13:00-13:20 Interdisciplinary Research on Longevity and a Healthy Lifestyle

CEO Nutribalance Well S.R.L. Dr. Alina Epure, Dr. Camelia Petrescu, MSc ec. Daniel Gușe

13:20-14:00 Gemmotherapy in Anti-Aging

President of Planta Romanica Association Anca-Daniela Raiciu

14:00-14:40 Geriatric Rehabilitation – The “Key” in Longevity

M.D. Cristina Ghilimei, M.D. Liliana Cioc, M.D. Lavinia Șodrîngă

14:40-15:00 Coffee break

15:00-16:50 Session 3: Geriatrics and Gerontology – Fierce Advocates for Vitality and Longevity

15:00-15:40 The Pivotal Role of Geriatrics and Gerontology in an Aging Europe

University Lecturer PhD M.D. Anna Marie Herghelegiu, University Assistant Lecturer M.D. Cătălina Nuță, University Assistant Lecturer M.D. Ovidiu Băjenaru, University Professor PhD M.D. Gabriel- Ioan Prada

15:40-16:10 Psychological Reconfiguration – The Secret to Longevity

M.D. Lucia Bubulac

16:10-16:50 Gerontopsychological Perspectives of an Active Longevity

CSI PhD Psychologist Rozeta Drăghici, CSIII Psychologist Claudia Bălan, CSIII Psychologist Polixenia Stan, CSIII Psychologist Ioana Găiculescu, CSIII Psychologist Alexandra Rusu

16:50-17:00 Closing of the first day





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09:30-10:00 Participant registration

10:00-12:30 Session I: The Mission of N.I.G.G. "Ana Aslan" – The Institute's Involvement in Offering High-Quality Medical Services

10:00-10:20 The Rehabilitation Management of Geriatric Patients: Approaches and Strategies

M.D. Cristina Ghilimei, M.D. Liliana Cioc, M.D. Lavinia Șodrîngă

10:20-10:40 Specialized Outpatient Care: Blending Tradition with Cutting Age Innovation in Gerontology

M.D. Camelia Ichim

10:40-11:00 Key Features and Challenges of Chronic Kidney Disease in Elderly Patients

M.D. Moscu Sînziana Georgeta, University Assistant Lecturer M.D. CătălinaNuță, University Assistant Lecturer M.D. Ovidiu Băjenaru, M.D. Chelu Gabriela Cristina, M.D. Badea Vlad Ionuț, M.D. Peneș Nicolae-Ovidiu, University Lecturer PhD M.D. Anna Marie Herghelegiu, University Professor PhD M.D. Gabriel- Ioan Prada

11:00-11:30 Management and Effects of Chronic Kidney Disease in Elderly

M.D. Chelu Gabriela Cristina, University Assistant Lecturer M.D. CătălinaNuță, University Assistant Lecturer M.D. Ovidiu Băjenaru, M.D. Badea Vlad Ionuț, M.D. MoscuSînzianaGeorgeta, M.D. Peneș Nicolae-Ovidiu, University Lecturer PhD M.D. Anna Marie Herghelegiu, University Professor PhD M.D. Gabriel- Ioan Prada

11:30-12:00 The Risk of Osteoporosis Complications in Elderly Individuals with Frailty Syndrome

University Assistant Lecturer M.D. CătălinaNuță, University Assistant Lecturer M.D. Ovidiu Băjenaru, M.D. Chelu Gabriela Cristina, M.D. Badea Vlad Ionuț, M.D. MoscuSînzianaGeorgeta, M.D. Peneș Nicolae-Ovidiu, University Lecturer PhD M.D. Anna Marie Herghelegiu, University Professor PhD M.D. Gabriel- Ioan Prada

12:00-12:30 Strategies for Preventing Neurocognitive Disorders in the Elderly

University Assistant Lecturer M.D. Ovidiu Băjenaru, M.D. Chelu Gabriela Cristina, M.D. Badea Vlad Ionuț, M.D. MoscuSînzianaGeorgeta, M.D. Peneș Nicolae-Ovidiu, University Lecturer PhD M.D. Anna Marie Herghelegiu, University Assistant Lecturer M.D. CătălinaNuță, University Professor PhD M.D. Gabriel- Ioan Prada

12:30-13:00 Lunch break





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13:00-15:00 Session II: Alternative Strategies for Vitality and Longevity

13:00-13:30 Neurofeedback Brain Regulation Optimising Neuroplasticity in the Elderly
Representative of Neurofeedback Romania Psychologist Adina Escu

13:30-14:00 Psychology and Teaching – Why is it Important for Teachers to Consider their Students’ Levels of Self-Esteem, Motivation and Anxiety
PhD History and Psychologist Ioana Rieber

14:00-14:30 Ageless Youth: The Art of Considering One’s Mind, Body and Soul for a Healthy Life
President of the “Frumosul Românesc” Association Iustin Oprea

14:30-15:00 The EndoCaNNabioid System and the Maintenance of Homeostasis
Dr. Mircea Dogaroiu

15:00-15:20 Coffee break

15:20-16:30 Session III: Women’s Health and its Links with the Family’s Longevity

15:20-15:40 Preventing Respiratory Diseases in the Elderly – Immunomodulation, Immunostimulation and Immunosenescence
President of AREPMF Raluca Ghionaru

15:40-16:00 Discussion with Gynecologist Elena Părpău

16:00- 16:15 Discussion with Mammologist Diana Sochircă

16:15-16:30 Discussion with Neonatologist Anastasia Team

16:30-17:30 Session IV: Mindful Health for Our Guests. Art Exhibition

17:30 Closing of the second day





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Young Researchers and Their Future Projects – Where We are Now and What is Next

09:00-09:15 Participant registration

09:15-09:30 Foreword by Dr. Camelia Petrescu

09:30-09:45 Stress, Ally or Enemy in Performance: An Interdisciplinary Perspective on Performance Anxiety

PhD Student Laura-Maria Vlădoiu, PhD Student Andrada-Elena Stan, PhD Student Cristian-Nicolae Constantin

09:45-10:00 Art Therapy in Support of the Psychiatric Population

PhD Student Cristian-Nicolae Constantin, PhD Student Laura-Maria Vlădoiu, PhD Student Andrada-Elena Stan

10:00-10:30 New Avenues for Clinical Practice in Psychology: Facing Death Anxiety

PhD Student Andrada-Elena Stan, PhD Student Cristian-Nicolae Constantin, PhD Student Laura-Maria Vlădoiu

10:30-11:00 The Gut Microbiome and Cognition: Epigenetic Precursors to Longevity and Vitality

M.D. Karim-Daniel Cherry

11:00-11:30 The effects of ILF Neurofeedback and Mindfulness-based interventions on the occupational stress of Romanian social workers: preliminary results of an RCT

Florin Lazăr, Anca Mihai, Ovidiu Pop, Lucian Alecu, Daniela Niță (Gaba), Adrian Luca, Georgiana Cristina Rentea, Silvana Elen Crivoi

11:30-12:00 Conclusions from the organisers and closing of the event

