

Friday 14 October, 2022

**Introduction**

**The future potential of stem cells and peptides for age reversal in precision medicine**

*Claus Muss*

*Mike Chan*

09:00 – 09:30

**Regenerative biomedicine and Xenogeneic Cell Therapy in Immune Rejuvenation**

*Roni Lara Moya*

09:30 – 10:00

**A stress-induced cellular anti-aging model of fetal stem-cell peptides of Mito Organelles from lung and placenta on HEK and HEPG2 cells in senescence in vitro model**

*Thomas Skutella*

10:00 – 10:30

**Slowing down the aging process using peptides, detoxifiers and anti-glycation agents**

*David Gorgiladze*

10:30 – 11:00

**COFFEE BREAK**

11:00 – 11:30

**A possible neuroregeneration on ASIA-A scale using a Medtronic Neurostimulator and combinatorial biologics**

*Joel Osorio*

11:30 – 12:00

**Corona Virus – new Diagnostics and Therapy Options**

*Ursula Jacob*

12:00 – 12:30

**Cleaning the teeth and the oral cavity-The first step in Anti-Aging Medicine**

*Tilman Fritsch*

12:30 – 13:00

**LUNCH**

13:00 – 14:00

**Mitochondrial Cell Therapy in Anti-Aging Practice**

*Roni Lara Moya*

14:00 – 14:30

**TBA**

*Robert Baring*

14:30 – 15:00

**TBA**

*Ioannis Papatiriu*

15:00 – 15:30

**COFFEE BREAK**

15:30 – 16:00

<p><b>TBA</b>  <i>Kohei Homma</i>  16:00 – 16:30</p>
<p><b>TBA</b>  <i>Bukhard Schütz (Michelle Passage)</i>  16:30 – 17:00</p>
<p><b>Non-Invasive and Painfree Stem cell Peptides for Hair Loss, Face, Neck, V-Line &amp; Hands</b>  <i>Mike Chan</i>  17:00 – 17:30</p>
<p><b>Discussion - Closing</b>  17:30 – 18:00</p>

Saturday 15 October 202

<p><b>Introduction – Welcome</b>  <i>Marios Kyriazis</i>  09:00 – 09:30</p>
<p><b>Active, Healthy, and Dignified Ageing</b>  <i>Demos Antoniou</i>  09:30 – 10:00</p>
<p><b>Addressing aging as a medical condition: Methodology and Policy</b>  <i>Ilia Stambler</i>  10:00 – 10:30</p>
<p><b>How important are genes to achieve longevity?</b>  <i>Calogero Caruso</i>  10:30 – 11:00</p>
<p><b>COFFEE BREAK</b>  11:00 – 11:30</p>
<p><b>MIND Diet for better brain aging</b>  <i>Eleni Andreou</i>  11:30 – 12:00</p>
<p><b>Does dietary restriction really attenuate age-related changes?</b>  <i>Aleksandra Mladenovic</i>  12:00 – 12:30</p>
<p><b>Mediterranean Diet in ageing and longevity</b>  <i>Ceren Gezer</i>  12:30 – 13:00</p>
<p><b>Discussion</b>  13:00 – 13:15</p>
<p><b>LUNCH</b>  13:15 – 14:30</p>

**How to diagnose and modify fatigue or burnout with an integrative approach**

*Mario Krause*

14:30 – 15:00

**Redox modulation of stress resilience mechanisms in Aging and Neurodegenerative Disorders**

*Vittorio Calabrese*

15:00 – 15:30

**Aging and the media**

*Lama Sawas*

15:30 – 16:00

**COFFEE BREAK**

16:00 – 16:30

**Depression in later life**

*George Mikellides*

16:30 – 17:00

**Health care for older people**

*George Mitrou*

17:00 – 17:30

**Discussion**

17:30 – 18:00

**ESSAAM Board Meeting**

18:00

Sunday 16 October 2022

**Welcome**

*ESAAM*

09:00 – 09:30

**Communication between the older patient and his or her physician**

*Alexia Papageorgiou*

09:30 – 10:00

**Assistive technology for active ageing**

*Sotiria Moza*

10:00 – 10:30

**Development of innovative personalized anti-aging protocols based on molecular and cellular analyses**

*Efstathios Gonos*

10:30 – 11:00

**COFFEE BREAK**

11:00 – 11:30

**Anti-Ageing Medicine through hormesis and hormetins**

*Suresh Rattan*

11:30 – 12:00

**Peptidergic regulation of aging: Introduction to short chain peptides as a gene switches**

*Yuri Titovets*

12:00 – 12:30

**Enhancing innate Immunity with biological compounds**

*Claus Muss*

12:00 – 13:00

**Discussion**

13:00 – 13:15

**LUNCH**

13:15 – 14:30

**The Target Protocol plus**

*Michael Papacharalambous*

14:30 – 15:00

**ESAAM 2030: history and future of Anti-Aging Medicine in Europe**

*Arseniy Trukhanof*

15:00 – 15:30

**Discussion**

15:30 – 16:30

**Concluding Comments**

16:30