



STRESS
CONGRESS
2023
EDIȚIA A VI-A



PROVOCĂRILE DIGITALIZĂRII ÎN MANAGEMENTUL MEDICAL AL STRESULUI

28 - 30 Septembrie
Palatul Parlamentului
București, România

Chair Stress Congress 2023
Prof. Univ. Dr. Luiza SPIRU

www.stresscongress.org

INVITATION TO REGISTER AND PARTICIPATE IN STRESS CONGRESS 2023, with the theme: "The Challenges of Digitization in Medical Stress Management", 28 - 30 September 2023, Palace of Parliament

Doctors, academics, PhD students, scientific researchers, physiotherapists, psychologists, students, pharmacists, nurses and any interested person are invited to register and participate in the 6th edition of **Stress Congress 2023**, with the theme: "*The Challenges of Digitisation in Medical Stress Management*", which will take place from **28 to 30 September 2023**, in hybrid format: physically, at the **Palace of Parliament**, in the "C.A. Rosetti" Hall, but also with the alternative of online participation.

STRESS CONGRESS is a **National event with International participation**, organized annually under the **High Patronage of the University of Medicine and Pharmacy "Carol Davila" Bucharest**, in collaboration with Ana Aslan Foundation International, being credited with **18 CME credits** for physicians and **10 CME credits** for nurses.

The event will provide an **interdisciplinary approach to stress**, with a complex program of excellence (**15 panels, 2 round tables, an international forum, an e-posters competition**), including topics on stress induced by the digital environment, chronic stress in neuropsychiatric pathology, effects of Long-Covid syndrome on mental health, applications of artificial intelligence in medicine, stress prevention and reduction techniques, stress pathophysiology, mitochondrial stress, biomarkers, microbiota, risk factors, precision medicine, longevity medicine, stress induced by the digital environment and Artificial Intelligence, innovative technologies and active ageing, alternative perspectives on the causes and management of stress, classical and alternative perspectives in dealing with stress, medical recovery, scientific research and advanced technology for safe and independent living.

STRESS CONGRESS 2023 means:

- **3 days** of congress, with approx. **24 hours** dedicated to multidisciplinary stress analysis;
- **Interdisciplinary approach to stress and a comprehensive programme of excellence**, structured in **15 panels, 2 round tables, an international forum, an e-poster competition**;
- More than **50 Romanian and international lecturers** from various specialties and fields of expertise, with presentations of high scientific and academic level;
- **Diploma of participation**, with confirmation of **professional credits** for doctors (**18 CME credits**) and nurses (**10 CME credits**);
- **Diploma of participation** for students and other participants;
- **Correlation between stress and different pathologies**, between medicine, psychology, scientific research, innovation, with analysis of the challenges of digitalisation in medical stress management;
- A special **session dedicated to scientific research**, presenting information of interest, funding opportunities, difficulties, including proposals for improving procedures, best practices, ongoing research programmes;
- National, European and international **news** in the areas covered by Stress Congress 2023.

The lecturers at Stress Congress 2023 are well-known names in Romanian medicine (Prof. Univ. Dr. Viorel Jinga, Rector, University of Medicine and Pharmacy "Carol Davila" Bucharest, Prof. Univ. Dr. Luiza Spiru, University of Medicine and Pharmacy "Carol Davila" Bucharest, Prof. Univ. Dr. Adrian Streinu Cercel, Member of the Romanian Senate, Acad. Prof. Univ. Dr. Alexandru Vladimir Ciurea, Prof. Univ. Dr. Irina Dumitru, Conf. Univ. Carmen Buşneag, Conf. Univ. Dr. Radu Ciprian Țincu, Conf. Dr. Licu Monica, Conf. Univ. Dr. Răzvan Hainăroşie, etc.), but also **top international specialists** (Prof. Dr. Amos Korczyn, **Israel**, Dr. Mihaela Ruşitoru, **France**, Prof. Univ. Dr. Nick Guldemon, **Netherlands**, Prof. Univ. Dr. Steven Sclan, **U.S.A.**, Prof. Univ. Dr. Bengt Winblad, **Sweden**, Prof. Univ. Dr. Kazumasa Yamada, **Japan**, Prof. Univ. Dr. Horace Roman, **France**, Prof. Univ. Dr. Alina Solomon, **Finland**, Prof. Univ. Dr. Luigi Gallo, Prof. Univ. Dr. Filippo Cavallo and Prof. Univ. Dr. Giuseppe de Pietro, **Italy**).

At the opening of Stress Congress 2023, a **round table** on "*Stress management and public policies in the context of digitisation*" is scheduled, to which the media will have access, **and representatives of the competent public authorities at the highest level** (minister, rector, MEP, senator, etc.) will be invited to participate.

The Stress Congress 2023 programme includes a **special day dedicated to scientific research**, presenting information of interest to academics, PhD students, scientific researchers, students, funding opportunities, challenges, including proposals for improving procedures, best practices, ongoing research programmes, research ethics, supported by a grant from the Ministry of Research, Innovation and Digitisation, CNCS/CCCDI - UEFISCDI, project code PN-III-P3-3.6-H2020-2020-0174, from PNCDI III.

For the first time in Romania, during Stress Congress 2023 there will be an **extraordinary interactive session with Michel Odoul**, founder of the French Shiatsu Institute and author of the bestseller "Dis où tu as mal, et je te dirai pourquoi" ("Tell me where it hurts, and I'll tell you why"), on the topic of stress in the context of traditional Chinese medicine.

Further information on the Stress Congress programme: <https://stresscongress.org/#program>

Please register here: <https://stresscongress.org/inscrieri/> .

Places for physical participation at the Palace of Parliament in the "C.A. Rosetti" Hall are **limited** and will be provided on a first-come, first-served basis.

We look forward to seeing you at Stress Congress 2023!

With best wishes,



Prof. Luiza SPIRU, MD, PhD

Chair Stress Congress 2023

Professor of Geriatrics and Gerontology, University of Medicine and Pharmacy "Carol Davila" Bucharest

President "Ana Aslan Internațional" Foundation

EPMA – National Representative (www.epmanet.eu)

2020-2024 "GoodBrother" - CA19121 – National Manager & EU WG 3 Coordonator

2020-2024 "Net4Age-Friendly" - CA19136 – National Manager & EU WG 4 Coordonator

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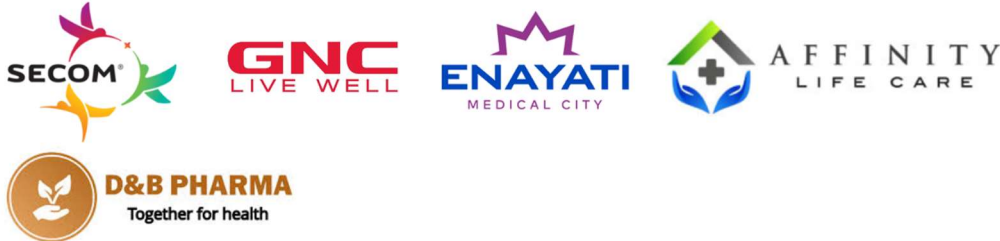
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