

STRESS CONGRESS 2024 SCIENTIFIC PROGRAM

C.A. Rosetti Hall of the Parliament Palace, Bucharest

THURSDAY, October 10, 2024

DAY 1

08:30 - 08:55

PRESS CONFERENCE

08:55 - 09:00

OFFICIAL OPENING OF THE CONGRESS

09:00 - 11:00

ROUND TABLE:

Moderator: Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" Bucharest

Prof. Univ. Dr. Emil Constantinescu, President of Romania between 1996-2000

Prof. Univ. Dr. Viorel Jinga, Rector, U.M.F. "Carol Davila" U.M.F. "Carol Davila" Bucharest

Natalia-Elena Intotero, Minister, Ministry of Family, Youth and Equal Opportunities

Dr. Rafila Alexandru, Minister, Ministry of Health

Bogdan Ivan, Minister, Ministry of Research, Innovation and Digitization

Dr. Silvia Gatscher, Health Operations Manager, World Health Organization

Dr. Cristian Buşoi, MEP, European Parliament Health Committee

Dr. Dina Mergeani, President, National Society of Family Medicine

Mircea Timofte, President, Order of General Medical Assistants, Midwives and Medical Assistants from Romania - OAMGMAMR

Conf. Univ. Dr. Busnatu Ştefan-Sebastian, Prorector for the development of information infrastructure, digitization and innovative technologies, U.M.F. "Carol Davila" Bucharest

Dr. Wargha Enayati, Cardiologist, Founder of Regina Maria Network and Enayati Medical City

11:00 - 11:15

PAUSE

11:15 - 12:35

PANEL I - Brainstress and the link with prediabetes

Moderator: Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" Bucharest

11:15 - 11:30

Dr. Iulia Țincu, Senior Pediatric Gastroenterology Physician at MedLife Clinic - Food additives and altered gut microbiota in pediatric inflammatory bowel disease: friend or foe?

11:30 - 11:45

Dr. Oana-Andreea Parlițeanu, PhD, Specialist in Diabetes Mellitus, Nutrition and Metabolic Diseases, National Institute of Pulmonology "Marius Nasta"

11:45 - 12:00

Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" Bucharest - Siegfried SHINE Study

12:00 - 12:15

Ace. Univ. Dr. Emil Aurelian Ranetti, Head of Endocrinology Section, S.C.U.M.C. "Dr. Carol Davila" S.C.U.M.C. "Dr. Carol Davila" Bucharest

12:15 - 12:35

Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" U.M.F. "Carol Davila" Bucharest

12:35 - 12:50

PAUSE

12:50 - 14:00

PANEL II - Ana Aslan - UNESCO Anniversary Year

Moderator: Dr. Nina Diaconescu, Specialist in Internal Medicine, Geriatrics and Gerontology

12:50 - 13:05

Madlen Șerban, Secretary General of the Romanian National Commission for UNESCO

13:05 - 13:20

Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" U.M.F. "Carol Davila" Bucharest

13:20 - 13:45

Dr. Alexandra Dobre, President of the Romanian Institute for Active Ageing

13:45 - 14:00

Dr. Nina Diaconescu, GerontoLifeMed

14:00 - 15:00

LUNCH BREAK

15:00 - 16:30

PANEL III - Education and international strategies in longevity

Moderator: Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila"

15:00 - 15:30

Dr. Dominik Thor, President of the Geneva College of Longevity Science (GCLS) and Professor of Pharmacy

15:30 - 15:45

Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila"

15:45 - 16:05

Prof. Univ. Dr. Nick Guldemond, Expert Member, World Health Organization Regional Office for Europe

16:05 - 16:25

Dr. Emilia Vitale, Senior Scientist, Group Leader, NeurOMICS-IBBC-CNR, University of Naples Federico Due, Italy

16:25 - 16:40

PAUSE

16:40 - 17:45

PANEL IV - Prevention in infectious diseases

Moderator: Prof. Univ. Dr. Florin Mihălțan, U.M.F. "Carol Davila" Bucharest

16:40 - 17:00

Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" - Prevention through tetravalent influenza vaccination

17:00 - 17:15

Cleo Roșculeț, MD, PhD, Senior Infectious Diseases Physician, National Institute of Infectious Diseases "Prof. Dr. Matei Balș"

17:15 - 17:30

Prof. Univ. Prof. Dr. Florin Mihălțan, U.M.F. "Carol Davila" Bucharest, Primary Pulmonologist MD, PhD, FCCP, Head of Pulmonology "Marius Nasta",

17:30 - 17:45

Drd. Dr. Cristian Petru - The impact of mass media on anti-smoking campaigns

17:45

Closing Day 1 Stress Congress 2024

SCIENTIFIC PROGRAM
FRIDAY, October 11, 2024

DAY 2

09:00 - 10:20

PANEL I - Stress, trauma, addiction

Moderators: Conf. Univ. Dr. Radu Ciprian Țincu & Prof. Univ. Dr. Luiza Spiru,
U.M.F. "Carol Davila" Bucharest

09:00 - 09:15

Conf. Univ. Dr. Radu Ciprian Țincu, Senior Physician Anesthesia and Intensive Care, Toxicology, U.M.F. "Carol Davila" Bucharest - Effects of synthetic cannabinoids on the human body

09:15 - 09:30

Dr. Vlad-Petru Nuțu, General Practitioner, founding member of SSCC (Scientific Society for Cannabinoid Research in Romania) and of JayaCan

09:30 - 09:45

Dr. Drd. Mircea Mărzan, EMBA, Board Member Ana Aslan International Foundation

09:45 - 10:00

Dr. Dan Constantin, primary psychiatry physician, PhD assistant - Faculty of Medicine - Transilvania University of Brasov

10:00 - 10:20

Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" U.M.F. "Carol Davila" Bucharest - Cannabinol (CBN), a new therapeutic solution in brain health: implications in addiction management

10:20 - 10:25 PAUSE

10:25 - 11:45

PANEL II - Stress, dementia, frailty, longevity

Moderator: Prof. Univ. Dr. Cristian Falup-Pecurariu, Faculty of Medicine, Transilvania University, Brașov

10:25 - 10:40

Prof. Univ. Dr. Cristian Falup-Pecurariu, Faculty of Medicine, Transilvania University, Brașov

10:40 - 10:55

Dr. Andreea Stamate, PhD in Experimental Psychology and Cognitive Neuroscience, Researcher Ana Aslan International Foundation

10:55 - 11:10

Asist. Univ. Dr. Drd Amalia Vancea, Ovidius University Constanta

11:10 - 11:25

Prof. Univ. Dr. Ioana Micluția, Head of Discipline, Department of Psychiatry and Pediatric Psychiatry, UMF "Iuliu Hațieganu" Cluj-Napoca

11:25 - 11:40

Dr. Cristian Cobilinschi, Specialist in Anaesthesia and Intensive Care - Aspects of acute post-traumatic brain injury stress management

11:45 - 12:00

PAUSE

12:00 - 13:00

PANEL III - Stress, infertility and mental health

Moderator: Dr. Horațiu Miclea, Specialist in Psychiatry and Family Medicine

12:00 - 12:15

Dr. Liana Rada Borza, MD, Psychiatry Specialist

12:15 - 12:30

Dr. Marilena Băluță, Specialist Gynecology-Obstetrics, PhD in Medical Sciences

12:30 - 12:45

Prof. Univ. Dr. Steven Sclan, Institute for Severe Behavioral & Emotional Disturbances, USA

12:45 - 13:00

Dr. Horațiu Miclea, Specialist in Psychiatry and Family Medicine, Cluj- Napoca

13:00 - 14:00

LUNCH BREAK

14:00 - 15:00

PANEL IV - Stress, interventional vascular imaging and longevity

Moderator: Dr. Cristina Berteanu, Medical Director - Memorial Romania, Primary ITA Physician, Doctor of Medicine

14:00 - 14:20

Dr. Raluca Mititelu, MD in Nuclear Medicine, PhD in Medical Sciences, Head of the Nuclear Medicine Department of the "Carol Davila" University of Medicine and Pharmacy, Bucharest, Romania

14:20 - 14:40

Dr. Toni Feodor, Senior General Surgeon, Specialist Vascular Surgery

14:40 - 15:00

Dr. Cristina Berteanu, Medical Director - Memorial Romania, Primary ITA Physician, Doctor of Medicine

15:00 - 15:10

PAUSE

15:10 - 16:10

PANEL V - Brain health and the aesthetics of longevity

Moderator: Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" Bucharest

15:10 - 15:30

Prof. Univ. Dr. Dafin F. Mureșanu, Corresponding Member of the Romanian Academy, U.M.F. "Iuliu Hațieganu", Cluj-Napoca

15:30 - 15:50

Dr. Roxana Cârнару, Primary Specialist Dermato-Venerology

15:50 - 16:10

Ramona Pavel Szekeres, Physiotherapist, Vestibular physiotherapy, cognitive and integrative neurosciences

16:10 - 16:25

PAUSE

16:25 - 18:00 **PANEL VI: Active and healthy ageing/technostress and longevity**
Moderator: Dr. Alexandra Dobre, President of the Romanian Institute for Active Ageing

- 16:25 - 16:35 **Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" U.M.F. "Carol Davila" Bucharest - Project "Vitality 65+"**
- 16:35 - 16:45 **Dr. Alexandra Dobre, President of the Romanian Institute for Active Ageing**
- 16:45 - 17:00 **Conf. Univ. Dr. Maria-Cristina Marinescu, UPC & BSC (Barcelona Supercomputing Center), Barcelona, Spain**
- 17:00 - 17:15 **Conf. Univ. Dr. Busnatu Ștefan-Sebastian Ștefan-Sebastian, Prorector for the development of information infrastructure, digitization and innovative technologies, U.M.F. "Carol Davila" Bucharest**
- 17:15 - 17:30 **Dr. Drd. Răzvan Trașcu, PhD Candidate U.M.F. "Carol Davila" U.M.F. "Carol Davila" Bucharest**
- 17:30 - 17:45 **Dr. Ing. Adrian-Victor Vevera, General Director ICI Bucharest**
- 17:45 - 18:00 **Dr. Michel Deriaz, Professor, Geneva School of Business Administration; University of Applied Sciences of Western Switzerland: Visiting Professor U.M.F. "Carol Davila"**

18:00 - 19:00 **PANEL VIII: Media, health and stress: the role of journalists, information/education campaigns, impact and results/good practices in 2024**

Moderator: Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" Bucharest

Elvira Gheorghiuță, moderator, program "Cherish your health", Trinitas TV

Carla Tănăsie, "Patient in Romania", journalist Digi 24

Ela Crăciun, "Numai de bine" program, Antena 3 CNN journalist

Val Vâlcu, doctor, journalist DC News

Diana Brâncuși, TVR journalist, winner of the Health Gala

Eugenia Foarfecă, journalist Medika TV, producer of the program "Medikal System"

Claudia Nicola, Director General Agerpres

Sorin Oprea, Managing Director Sănătatea Press Group - RoHealth Review magazine

19:00 **Closure Stress Congress 2024**