

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 Mihai DUMEA, Secretary of state, 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

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

Souad AlSerkal, Founder and CEO of CommCation Consultancy

Bianca Simionescu-Rîmniceanu, representative of the Bucharest Hospitals and Medical Services Administration

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" - "Stress, prediabetes and cognitive decline - a three-dimensional relationship?"

11:45 - 12:00

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 - "Prediabetes, depression and stress"

12:00 - 12:15

Dr. Angela Laur, dermatologist – "Stress aromatherapy"

12:15 - 12:35

Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" U.M.F. "Carol Davila" Bucharest - "The benefits of citicoline in neurocognitive disorders and cognitive decline"
"The impact of stress on cardiovascular pathology"

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 - 13:15

Madlen Șerban, Secretary General of the Romanian National Commission for UNESCO - "Let's give years to life... Ana Aslan, UNESCO 2024"

13:15 – 13:40

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

13:40 - 14:00

Dr. Alexandra Dobre, President of the Romanian Institute for Active Ageing - "Cultural Heritage in the UNESCO Anniversary Year: Valorizing Heritage for the Future"

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 - 15:25 **Dr. Dominik Thor**, President of the Geneva College of Longevity Science (GCLS) and Professor of Pharmacy - "Rationale for Longevity Education"
- 15:25 - 15:45 **Dr. Emilia Vitale**, Senior Scientist, Group Leader, NeurOMICS-IBBC-CNR, University of Naples Federico Due, Italy - "Can Stress Be a Risk Factor for Alzheimer's Disease?"
- 15:45 - 16:05 **Prof. Ulyses Cortez**, Polytechnic University of Catalonia - Super AI Computer Center – „AI for All: Ensuring Trust and Well-Being in Healthy Ageing for Seniors”
- 16:05 - 16:20 **Ramona Pavel Szekeres**, Physiotherapist, Vestibular physiotherapy, cognitive and integrative neurosciences - "The role of the vestibular system in cognition, the creation of mental maps and spatial navigation, chronological evolution"
- 16:20 - 16:30 **Mădălina Argăseală**, Senior Expert - RoHealth - Health and Bioeconomy Cluster - "Education and digital technologies for longevity"

16:30 - 16:45

PAUSE

16:45 - 17:45

PANEL IV - Prevention in infectious diseases

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

- 16:45 - 17:05 **Prof. Univ. Dr. Luiza Spiru**, Chair Congress, U.M.F. "Carol Davila" - Prevention through tetravalent influenza vaccination
- 17:05 - 17:25 **Prof. Univ. Prof. Dr. Florin Mihălțan**, U.M.F. "Carol Davila" Bucharest, Primary Pulmonologist MD, PhD, FCCP, Head of Pulmonology "Marius Nasta" - "Pre COPD - a long way to go"
- 17:25 - 17:45 **Drd. 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 - *"Exploring the role of psychedelic-assisted psychotherapy in brain health, aging and longevity: a medical and scientific perspective on eight key substances"*

09:30 - 09:45

Dr. Drd. Mircea Mărzan, EMBA, Board Member Ana Aslan International Foundation - *Could the endocannabinoid system be the key to managing stress, trauma and addiction? How should we identify food supplements that effectively support this system?*

09:45 - 10:00

Dr. Dan Constantin, Primary Psychiatry, PhD assistant - Faculty of Medicine - University of Brasov – *Transcranial Magnetic Stimulation (TMS) in addictions*

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 - *"Sleep disorders in Parkinson's disease and dementia with Lewy bodies: a bidirectional relationship"*

10:40 - 10:55

Dr. Andreea Stamate, PhD Experimental Psychology and Cognitive Neuroscience, Res. – *"COMFORTage : Prediction, Monitoring and Personalized Recommendations for Prevention and Relief of Dementia and Frailty"*

10:55 - 11:10

Asist. Univ. Dr. Drd Amalia Vancea, Ovidius University Constanta - *"The impact of sleep quality on frailty syndrome and longevity"*

11:10 - 11:25

Prof. Univ. Dr. Ioana Micluția, Head of Discipline, Department of Psychiatry and Pediatric Psychiatry, UMF "Iuliu Hațieganu" Cluj-Napoca - *"Over/underdiagnosis and overtreatment in Psychiatry"*

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 - 12:20

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

12:20 – 12:40

Prof. Univ. Dr. Steven Sclan, Institute for Severe Behavioral & Emotional Disturbances," USA - Psychology, Psychiatry, Psychopathology and "Group Think"

12:40 – 13:00

Dr. Horațiu Miclea, Specialist in Psychiatry and Family Medicine, Cluj- Napoca – "Non-invasive brain neuromodulation and cognitive processes"

13:00 - 14:00

LUNCH BREAK

14:00 - 15:00

PANEL IV - Stress, interventional vascular imaging and longevity

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

14:00 - 14:15

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 - „Metabolic Imaging in Stress”

14:15 – 14:30

Dr. Toni Feodor, Senior General Surgeon, Specialist Vascular Surgery - "Microcirculation under stress"

14:30 - 14:45

Dr. Cristina Berceanu, Medical Director - Memorial Romania, Primary ITA Physician, Doctor of Medicine – "AI in mental health : opportunities and challenges in developing intelligent digital therapies"

14:45 - 15:00

Conf. Univ. Dr. Alexandru Scafa UDRISTE, Primary Cardiologist, Head of the Cardiology Department at the Bucharest - Floreasca Emergency Clinical Hospital – „Applications of artificial intelligence in 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. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" Bucharest, Corresponding Member of the Romanian Academy, U.M.F. "Iuliu Hațieganu", Cluj-Napoca – "Pharmacologic approach to the affected areas in cognitive impairment"

15:30 - 15:50

Dr. Roxana Cârnu, Primary Specialist Dermato-Venerology – "How stress affects our skin"

15:50 - 16:10

Cleo Roșculeț, MD, PhD, Senior Infectious Diseases Physician, National Institute of Infectious Diseases "Prof. Dr. Matei Balș – "When is the right time for effective prevention of infectious diseases?"

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 -
"Active Aging in the Digital Age: The Challenges of Technostress and Pathways to Healthy Longevity"
- 16:45 – 16:55 **Conf. Univ. Dr. Maria-Cristina Marinescu**, UPC & BSC (Barcelona Supercomputing Center), Barcelona, Spain – "Improving brain health through non-intrusive real-time emotion prediction based on artificial intelligence"
- 16:55 - 17:05 **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 -
"The impact of technology in the life of cardiovascular patients - stress or eustress?"
- 17:05 - 17:15 **Dr. Drd. Răzvan Trașcu**, PhD Candidate U.M.F. "Carol Davila" U.M.F. "Carol Davila" Bucharest – "Technostress and healthy ageing: understanding the impact of technology on older adults"
- 17:15 - 17:30 **Dr. Ing. Adrian-Victor Vevera**, General Director ICI Bucharest "The supporting role of digital technologies in active longevity"
- 17:30 - 18:45 **Dr. Michel Deriaz**, Professor, Geneva School of Business Administration; University of Applied Sciences of Western Switzerland: Visiting Professor U.M.F. "Carol Davila" – "AI and Aging: Innovations in Supporting Healthy Aging"
- 17:45 - 18:00 **Prof. Univ. Dr. Nick Guldemand**, Expert Member, World Health Organization Regional Office for Europe – "A decade of EU healthy ageing policies - Where do we stand - What to do next"

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

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

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

Maria Ţoghină, producer of "Night Service", Radio Romania Actualități

Mihaela Bîrzilă, producer of "News Magazine", journalist Antena 3 CNN

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

Ciprian Stancu, Republica Bio

Covali Mihai, Umami – Pro TV

Monica Ancuța, Producer of the show "A doctor for you", TVR

Souad AlSerkal, Founder and CEO of CommCation Consultancy

Anca Grădinaru, Digi World producer, "How to reach 100"

Adriana Apostol, Digi World producer, "How to reach 100"

19:00

Closure Stress Congress 2024

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