



STRESS CONGRESS 2025 SCIENTIFIC PROGRAM

DAY 1 | THURSDAY, October 9, 2025

08:30 – 08:55	PRESS CONFERENCE
08:55 - 09:00	OFFICIAL OPENING OF THE CONGRESS
09:00 - 11:00	ROUND TABLE: <i>Moderator: Prof. Univ. Dr. Luiza Spiru, Chair Congress, UMF “Carol Davila” Bucharest</i> Prof. Univ. Dr. Emil Constantinescu , President of Romania between 1996-2000 Prof. Univ. Dr. Viorel Jinga , Rector, UMF “Carol Davila” Bucharest Florin Manole , Minister, Ministry of Labor, Family, Youth and Social Solidarity - TBC Nicolae Păun , President of the Commission for Human Rights, Religions and National Minority Issues Dr. Alexandru Florin Rogobete , Minister, Ministry of Health Prof. Univ. Dr. Daniel David , Minister of Education and Research of Romania; Babeș-Bolyai University, Cluj-Napoca – TBC László Borbély , State Counselor, Coordinator of the Department for Sustainable Development, Government of Romania Prof. Univ. Dr. Nick Guldemon d, Expert Member, World Health Organization Regional Office for Europe Souad AlSerkal , Founder, CEO – Comm-Cation Consultancy Prof. Univ. Dominik Thor , President, Geneva College of Longevity Science (GCLS) Attila Cseke , Minister of Development, Public Works and Administration of Romania- TBC Professor Carmen Orban , UMF “Carol Davila” Bucharest, Senator, Parliament of Romania Oana Sivache , Director of the ASSMB Project Management Department UMFCD Choir - 2 pieces
11:00 – 11:15	BREAK

11:15 - 13:15

PANEL I – Mental health and addictions

Moderator: Associate Professor Mihnea Manea, Primary Physician in Psychiatry, Chief Physician at the "Prof. Dr. Alexandru Obregia" Clinical Hospital of Psychiatry, Bucharest, "Carol Davila" University of Medicine and Pharmacy, Bucharest

11:15 - 11:35

Dr. Horațiu Miclea, Primary Physician, Psychiatry

11:35 - 11:55

Cătălin Baci, Director of Teen Challenge - TBC

11:55 - 12:15

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

12:15 - 12:35

Asst. Univ. Dr. Iulia Raluca Darie, Specialist Physician in Anesthesia and Intensive Care, U.M.F. "Carol Davila" Bucharest

"Neurocognitive effects of synthetic cannabinoids" Asst. Univ. Dr. Iulia Raluca Darie, Prof. Dr. Radu Țincu

12:35 - 12:55

Associate Professor Mihnea Manea, Primary Physician in Psychiatry

12:55 - 13:15

Alina Robu, Clinical Psychologist, PhD Student in Psychology, Integrative Psychotherapist, Co-founder of the BrainMap Institute/ **Dr. Diana Nemeș**, General Practitioner, PhD Student in Psychology, Bowen Therapist, Integrative Psychotherapist, Co-founder of the BrainMap Institute

"Stress footprint on the brain: neurophysiological data and validated solutions for longevity"

13:15- 14:30

PANEL II – Education in Longevity Sciences

Moderator: Prof. Univ. Dominik Thor, President, Geneva College of Longevity Science (GCLS)

13:15 - 13:35

Prof. Univ. Dominik Thor, President, Geneva College of Longevity Science (GCLS)

13:35 - 13:50

Prof. Univ. Dr. Cristian Falup-Pecurariu, Clinical Department of Neurology, Transilvania University, Brașov – online

"Sleep disorders in the neurodegenerative process in Parkinson's disease"

13:50 - 14:10

Prof. Univ. Dr. Luiza Spiru, Chair Congress, UMF "Carol Davila" Bucharest

14:10 - 14:20

Prof. Univ. Dr. Cristina- Elena Dinu- Pîrvu, Director of C.S.U.D (council for doctoral studies), "Carol Davila" University of Medicine and Pharmacy in Bucharest.

14:20 - 14:30

Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" Bucharest
"The Benefits of Citicoline in Neurocognitive Disorders and Cognitive Decline"

14:30 – 15:30

LUNCH BREAK

15:30- 18:05

PANEL III – Digital education in longevity and stress reduction strategies

Moderator: Dr. Alexandra Dobre, President of the Romanian Institute for Active Aging

15:30 - 15:45

Dr. Mircea Mărzan, MD, PhD, EMBA, Board Member Ana Aslan International Foundation – Vitalitate 65+

15:45 - 16:00

Dr. Michel Deriaz, Professor, Geneva School of Business Administration; University of Applied Sciences of Western Switzerland: Visiting Professor UMF “Carol Davila”

16:00- 16:15

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

16:15 - 16:30

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

16:30 - 16:50

Flaviana Rotaru, Senior Expert - RoHealth - Cluster for Health and Bioeconomy

16:50 - 17:10

Dr. Carina Dantas - CEO SHINE 2Europe; NET4Age Chair; Director SHAFE Foundation; Portuguese National Cancer Hub- online

17:10 - 17:30

Dr. Thierry Gricourt/ Dr. Horatiu Miclea - Primary care physician Psychiatry

17:30 – 17:50

Teofil Sturzoiu, CEO Eldie, Global Shaper

17:50 - 18:05

TBA

18:05 – 18:15

BREAK

18:15- 20:00 **PANEL IV – Lifestyle medicine in the context of longevity science**
Moderators: Prof. Univ. Dominik Thor, President, Geneva College of Longevity Science (GCLS)
Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" Bucharest

18:15 - 18:25	Prof. Univ. Dr. Luiza Spiru , Chair Congress, U.M.F. "Carol Davila" Bucharest
18:25 - 18:35	Dr. Emanuela Mercore-Huțanu , DiplBLM-President, Romanian Society of Lifestyle Medicine Trustee; European Lifestyle Medicine Council; Founder of the Moldovan Society of Lifestyle Medicine; Founder World Lifestyle Medicine Organization
18:35 - 18:50	Dr. John H. Kelly , MD, MPH, Founding President, American College of Lifestyle Medicine (USA)
18:50 - 19:05	Dr. George E. Guthrie , MD, MPH, Past President, American College of Lifestyle Medicine (USA)
19:05 - 19:20	Prof. Doina Adina Todea , Coordinator, Master Program in Lifestyle Medicine, UMF "Iuliu Hațieganu" Cluj-Napoca; Vice-President, RSLM Senate
19:20 – 19:45	Prof. Univ. Dr. Iliescu Mădălina – Gabriela , Primary Medical Rehabilitation Physician, Ovidius University of Constanta; Techergiol Balneary and Rehabilitation Sanatorium/ Assoc. Prof. Univ. Dr. Liliana Stanciu , Ovidius University of Constanta; Techergiol Balneary and Rehabilitation Sanatorium.
19:45 – 20:00	Prof. Univ. Dominik Thor , President, Geneva College of Longevity Science (GCLS)

20:00 **Closing Day 1 Stress Congress 2025**

SCIENTIFIC PROGRAM
DAY 2 | FRIDAY, October 10, 2025

09:00 – 10:35	PANEL I – Stress and cardiovascular health Moderators: Associate Professor Dr. Alexandru Scafa Udriște, Cardiologist, Head of the Cardiology Department at the Bucharest - Floreasca Emergency Clinical Hospital
09:00 - 09:20	Conf. Univ. Dr. Alexandru Scafa Udriște , Cardiologist, Head of the Cardiology Department at the Bucharest - Floreasca Emergency Clinical Hospital
09:20 - 09:40	Dr. Răzvan Fodoriu , obstetrics-gynecology specialist
09:40 - 09:55	Prof. Dr. Sorin Băilă , primary physician in vascular surgery, doctor of medical sciences
09:55 -10:15	Dr. Toni Feodor , primary care physician in general surgery, vascular surgery specialist, founder of the Vascular Medicine Clinic – VascularTE
10:15 -10:35	Prof. Univ. Dr. Luiza Spiru , Chair Congress, U.M.F. "Carol Davila" Bucharest <i>"Influenza – a constant seasonal challenge. The importance of protection beyond the flu."</i>
10:35 – 10:45	BREAK
10:45 - 12:20	PANEL II - Stress, dementia, frailty, longevity Moderators: Dr. Valentin-Veron Toma, MD, PhD, doctor of medical sciences, specialty Psychiatry, medical anthropologist, within "Francisc I. Rainer" Institute of Anthropology of the Romanian Academy in Bucharest AND Prof. Univ.Dr. Steven Sclan, Institute for Severe Behavioral & Emotional Disturbances, S.U.A
10:45 - 11:05	Cătălina Constantin , Director, National Centre for Mental Health and Drug Control (CNSMLA)
11:05 - 11:25	Mihaela Rușitoru , University of Strasbourg (Doctor in Lifelong Education Policies), Associate Researcher, University of Helsinki <i>Reading therapy and graphotherapy – educational recipes for mental health and longevity</i>
11:25 - 11:45	Dr. Valentin-Veron Toma, MD, PhD , doctor of medical sciences, specialty Psychiatry, medical anthropologist, within the "Francisc I. Rainer" Institute of Anthropology of the Romanian Academy in Bucharest
11:45 – 12:05	Dr. Irina Ruxandra Grecea , Primary care physician in pediatrics, neonatology specialist – SANADOR
12:05 - 12:20	Prof. Univ. Dr. Steven Sclan , Institute for Severe Behavioral & Emotional Disturbances, USA
12:20 - 12:35	BREAK

12:35 - 13:50 **PANEL III – Stress, infertility and brain health**
Moderator: Dr. Anca Hâncu, General Practitioner, Doctor of Medical Sciences, Nutritionist, Secretary General of the Board of the European Organization of Lifestyle

- 12:35 - 12:50 **Miruna Muha**, Endocrinology Specialist, Master in Longevity Geneva College of Longevity Science (GCLS)
- 12:50 – 13:05 **Head of Works Dr. Emil Aurelian Ranetti**, Head of the Endocrinology Department, S.C.U.M.C „Dr. Carol Davila” Bucharest
- 13:05 – 13:20 **Dr. Anca Hâncu**, General Practitioner, Doctor of Medical Sciences, Nutritionist “Lifestyle Medicine - Clinical Concept”
- 13:20 - 13:35 **Claudia Benea**, ambassador of Romania's water resources, hydration specialist
- 13:35 - 13:50 **Dr. Claudia Ciocan**, General Practitioner, Master in Nutrition and Food Safety at UMF "Carol Davila" Bucharest
- Essential Nutrients for Vitality and Longevity*

13:50 - 14:50 **LUNCH BREAK**

14:50 – 17:40 **PANEL IV – 4P Medicine in Longevity**
Moderator: Prof. Univ. Dr. Luiza Spiru, Chair Congress, U.M.F. "Carol Davila" Bucharest

- 14:50 - 15:10 **Professor Univ. Dr. Luiza Spiru**, Chair Congress, U.M.F. “Carol Davila” Bucharest
- 15:10 - 15:30 **Prof. Univ. Dr. Carmen Orban**, U.M.F. "Carol Davila" Bucharest, Senator, Parliament of Romania
- 15:30 – 15:50 **Dr. Elena Marincea**, Primary Physician, Plastic-Aesthetic-Reconstructive Surgery
- 15:50 - 16:10 **Dr. Cristian Boru**, primary physician general surgery
Obesity as a driver of chronic diseases and the impact of bariatric surgery on life expectancy and longevity
- 16:10 - 16:25 **Chris Simion – TBC**
- 16:25 - 16:35 **TBA**
- 16:35 - 16:50 **Elisabeta Lipă**, Member of Parliament, Parliament of Romania
- 16:50 - 17:05 **Alina Epure**, Founder of Nutribalance, Doctor of Medicine, Nutritional Therapist – TBC
- 17:05 – 17:20 **Nicki Matei**, Posturologist and Fitness Expert, Human Fitness Clinic
- 17: 20- 17:40 **Romeo Popescu**, School of Numerology”

17:40 - 17:50 **BREAK**

17:50 – 19:10

PANEL V: Active and healthy aging / technostress and longevity

Moderator: Dr. PhD. Răzvan Traşcu, PhD student, UMF “Carol Davila” Bucharest

17:50 - 18:10

Dr. Eng. Adrian-Victor Vevera, General Manager of ICI Bucharest

18:10 - 18:30

As. Univ. Dr. Amalia Vancea - Specialist in Physical Medicine and Rehabilitation, Constanta

18:30 – 18:50

Dr. PhD. Răzvan-Ioan Traşcu, PhD student, UMF “Carol Davila” Bucharest

18:50 - 19:10

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

19:10 – 19:40

PANEL VI: Awards for Excellence in Romanian Documentary Journalism

Moderator: Prof. Univ. Dr. Luiza Spiru, Chair Congress, UMF “Carol Davila” Bucharest

Carmen Gabriela Avram, Journalist - TBC

Iuliana Marciuc, director, presenter, moderator and producer of shows and series

Alice Năstase Buciuta, Editor-in-Chief of Marea Dragoste magazine - TBC

Anca Grădinaru, Digi World producer, “How to Catch 100” -

Greta Dan, Director

19:40 - 20:00

PANEL VII: ePoster AWARD FESTIVAL

19:40 - 20:00

Prof. Univ. Dr. Luiza Spiru, Chair Congress, "Carol Davila" University of Medicine

and Pharmacy Bucharest

20:00 Closing Stress Congress 2025