



### Welcome message from the Congress Chair – Stress Congress 2026

Dear friends,

With an open heart and the same excitement I feel at the start of every congress, I welcome you to the ninth edition of the Stress Congress. The fact that we are gathering this year at the Casino in Constanța holds special significance for me — it is the city where I was born, and this building is a symbol of resilience full of elegance: it has stood the test of time, the wind and the waves without losing its beauty. There is perhaps no more fitting metaphor for our theme, because this is precisely what we will be discussing together: how we can live longer, but above all, how we can live beautifully.

The theme of this edition — **Brain • Heart • Longevity Healthspan** — places at the centre of the debate the axis that largely determines both the duration and the quality of our lives. Contemporary research shows us ever more clearly that **the brain and the heart** form a unique, interconnected neuro-cardiovascular system, in which heart rate variability, autonomic regulation and vascular health directly shape cognitive function and cerebral reserve.

In this ongoing dialogue, chronic stress — the central theme of our congress since its very first edition — acts as a factor in biological wear and tear. Through allostatic load and the low-grade inflammation it sustains, stress accelerates ageing processes at the cellular and vascular levels. Understanding and managing it is no longer, today, an option, but an essential component of longevity medicine.

That is why the paradigm I propose for your consideration goes beyond the mere extension of life. Our common goal is not just lifespan, but healthspan — those years lived with a clear mind, a strong heart and genuine autonomy. Healthy longevity is built at the intersection of neuroscience, cardiology, geriatrics and the science of resilience, and this congress is, by definition, the place where these disciplines come together.

I invite you, over the course of two days, to be not just colleagues in the conference hall, but a community that thinks, asks questions and explores together. The finest ideas often arise not in presentations, but during coffee breaks, in chance encounters, and in the glances that recognise a shared passion. Let us turn knowledge into action and dialogue into new avenues of research and medical practice.

Thank you from the bottom of my heart for choosing to be here. I hope you have a congress that will remain in your minds — and in your hearts.

With warm regards and the highest esteem,

**Prof. Luiza SPIRU, MD**

*Founder and President, Stress Congress*



Professor, Department of Geriatrics and Gerontology II, 'Carol Davila' University of Medicine and Pharmacy, Bucharest

'Sfântul Luca' Clinical Hospital

Director of Doctoral (PhD) Programs in Longevity Sciences and Visiting Professor, Geneva College of Longevity Science ([www.gcls.study](http://www.gcls.study))

Visiting Professor, Geneva School of Business Administration

University of Applied Sciences of Western Switzerland ([www.hesge.ch](http://www.hesge.ch))

President of the "Ana Aslan International" Foundation

Centre of Excellence in Memory, Brain Health and Longevity Medicine

National Representative, EADC (European Alzheimer's Disease Consortium) <https://eadc.online/>

EPMA – National Representative ([www.epmanet.eu](http://www.epmanet.eu))

2023–2027: CA 22103 "Net4Brain" – COST Action CA 22103 – Co-National Manager for Romania Global

Ambassador for EWA (European Women's Association)

[www.EuropeanWomenAssociation.co](http://www.EuropeanWomenAssociation.co)