

STRESS CONGRESS® 2026 — 9th Edition

Brain · Heart · Longevity Healthspan

7–8 October 2026 · Constanța Casino, Romania · CME-accredited program

- hybrid event -

DAY 1 — Wednesday, 7 October 2026 *Foundations · Stress, the heart and the mind*

08:30 Registration & welcome coffee · Press conference/ round table

09:00 Official opening — addresses by invited officials/ Moderator Prof. Luiza Spîru

PANEL 1 — STRESS, BRAIN - HEART, LONGEVITY · 09:45–11:10

Moderator: Prof. Luiza Spîru

09:45 Prof. Luiza Spîru — The Ageless Mind and Heart.

10:05 Dr. Dominik Thor — Governance, Evidence and Ethics in Longevity Practice.

10:20 Dr. Mircea - Dan Mărzan — The Resilience Advantage: why the ability to bounce back matters more than slowing down aging.

10:35 Prof. Irinel - Raluca Parepa — Stress on trial at the court of longevity: the cardiologist's verdict.

10:55 Dr. Sabine Kroczyk- Wilhelm — Stress as a longevity variable: a multidomain protocol for brain health and healthspan.

11:10 Coffee break

PANEL 2 — LONGEVITY MEDICINE: FROM STRESS TO QUALITY OF LIFE · 11:30–13:25

Moderator: Lecturer Dr. Laura Condur

11:30 Prof. Mădălina Iliescu et al. — Personalized intervention for optimizing healthy longevity within the functional anti-aging concept.

11:50 Claudia Benea — Hydration and natural mineral waters — the bridge between brain, heart and healthy longevity.

12:05 Prof. Nosheen Khan, RD — Stress Decoded. The epigenetic journey from trauma to gut disease — and what it means for precision longevity.

12:20 Dr. Ligia Moşneaga — Beyond stress. Passiflora: tradition, balance, and contemporary relevance.

12:35 Lecturer Dr. Laura Condur — Beyond fatigue: Arginine and the support of energy metabolism during periods of stress.

12:50 Lecturer Dr. Laura Condur — From stress management to active longevity: early detection of cardio-cerebral decline.

13:10 Dr. Bianca Păţac — Recalibrating the stress system: evidence for a new direction in personalized preventive medicine.

13:25 Lunch

PANEL 3 — HORMONES, BIOLOGICAL AGING, AND HEALTHSPAN · 14:25–15:45

Moderator: Assoc. Prof. Sorina Ispas

14:25 Assoc. Prof. Sorina Ispas — From cellular stress to "cellular burnout": adaptation mechanisms, loss of resilience, and the role of lifestyle medicine in healthy longevity.

14:40 Prof. Constantine A. Stratakis (keynote) — Biological age and hormones.

15:00 Dr. Miruna Muha — Hormones and longevity: endocrine mechanisms of aging .

15:55 Dr. Cătălina Panaiteşcu — Prisoners of wakefulness: stress as a disruptor of sleep.

15:30 Dr. Anca Hâncu — A healthy lifestyle: from trend to evidence & clinical concept.

15:45 Coffee break

PANEL 4 — INTERDISCIPLINARY PANEL— STRESS IN THE MEDICAL WORLD. CONDITIO SINE QUA NON
· 16:00–17:20

Moderators: Prof. Liviu Lucaci & Assoc. Prof. Alexandru Scafa-Udriște

- 16:00** **Assoc. Prof. Alexandru Scafa-Udriște** — Stress among doctors: a new problem or an everyday reality?
- 16:20** **Lecturer Dr. Bogdan Mustață** — Sensory immersion in cinema: neurophysiological responses and the impact on stress.
- 16:35** **Lecturer Dr. Diana Păcurar** — Emotional immersion in theater: neurobiological responses and impact on stress.
- 16:50** **Atty. Dr. Daniel Ionașcu** — Professional Stress and Technostress from the Perspective of Medical Protocols and Hospital Management.
- 17:30** **Prof. Luiza Spiru** — Sermion in neurocognitive disorders.

PANEL 5 — PERSONALISED PREVENTION AND METABOLIC HEALTH · 17:20–19:10

Moderator: Prof. Luiza Spiru

- 17:20** **Lecturer Dr. Oana Parlițeanu** — Healthy longevity begins with metabolic health: diabetes and the brain & heart.
- 17:40** **Prof. Adela Ciobanu** — Leptin at the interface between metabolism and emotions.
- 18:00** **Dr. Koehl Robinson** — The power of peptides.
- 18:15** **Dr. Rodica Tănăsescu** — Risk factors in somatoform disorders in family-medicine practice.
- 18:35** **Lecturer Dr. Lucia Bubulac** — Biological resilience and longevity: from psycho-neuro-immuno-endocrino-metabolic convergence to telomere homeostasis.
- 18:55** **Prof. Fady Hannah-Shmouni** — Evidence-Based Agentic Medicine: orchestrating AI agents for clinical evidence synthesis.

DAY 2 — Thursday, 8 October 2026 *Brain and mind: the science of longevity and the future*

08:45 Welcome coffee

PANEL 1 — STRESS, BRAIN & MENTAL HEALTH · 09:00–11:00

Moderators: Prof. Univ. Dr. Luiza Spiru & Lecturer. Dr. Adriana Cotel

09:00 Assoc. Prof. Dr. Monica Licu — The ethical and behavioural dimension of mental health in ageing .

09:15 Lecturer Dr. Adriana Cotel — Burnout & Well-being in the Digital Era: implications for brain and heart health and the longevity of healthcare professionals.

09:30 Dr. Horațiu Miclea — The new integrative paradigm in psychiatry: from categorical diagnosis to the connectome, predictive processing, and precision medicine.

09:45 Prof. Cristian Falup-Pecurariu — Exercise improves brain health and cognition in Parkinson's disease.

10:05 Prof. Doina Adina Todea — Sleep and the Mediterranean diet: partners for brain and heart health.

10:25 Dr. Daciana Toma — Who takes care for the caregiver? Stress and vulnerabilities among family caregivers of people with Alzheimer's disease.

10:45 Prof. Luiza Spiru — Influenza prevention in older adults: evidence strengthened by the FLUNITY-HD study.

11:00 Coffee break

PANEL 2 — LONGEVITY MEDICINE: PERSONALISED EVALUATIONS & INTERVENTIONS · 11:15–12:35

Moderator: Prof. Liliana Tuță

11:15 Prof. Liliana Tuță — Beyond the brain–heart axis: the role of the kidney in healthy longevity.

11:35 Dr. Kenny Wu — Brain Health in Longevity Medicine — from precision assessment to personalized intervention.

11:55 Assoc. Prof. Emma Gheorghe — Cutaneous inflammaging: the skin as a source, sensor, and therapeutic window into systemic aging.

12:15 Lecturer Dr. Laura Gavrilăș — Supporting the body's natural detoxification processes: between myth and scientific truth.

12:35 Lunch

PANEL 3 — DIGITAL HEALTH · 13:35–15:20

Moderator: Dr. Răzvan-Ioan Trașcu

13:35 Prof. Nick Guldemon — Digital health & health systems .

13:55 Prof. Carmen Busneag — The relationship between mobile health (mhealth) applications and anxiety, depression, and stress through ("perceived health competence").

14:15 Dr. Omar Saleem — Agentic AI in medicine (Hormonaly.ai).

14:30 Assistant Dr. Alexandra Constantin — From brain health to healthspan: how to protect cognitive reserve in patients with chronic diseases.

14:50 Dr. Andreea Stamate — Are older adults ready for digital health? From perceived competence to actual use.

15:05 Pharm. Andreea Ivan — The impact of stress and cognitive overload on memory, attention, and cognitive performance.

15:20 Coffee break

PANEL 4 — FRONTIERS IN LONGEVITY SCIENCE · 15:35–17:10

Moderator: Lecturer Dr. Ioana Ioancio

- 15:35 Lecturer Dr. Ioana Ioancio** — The Kanagawa Wave and the longevity of a patient who didn't miss a single illness!
- 15:55 Dr. Răzvan-Ioan Trașcu** — Geriatric technostress: tools for longevity healthspan.
- 16:15 Assoc. Prof. Milana Frenkel-Morgenstern** — The role of vitamin D in autoimmune diseases and aging.
- 16:30 Assistant Dr. Amalia Vancea** — The vagus nerve: the bridge between the brain, body, and longevity.
- 16:50 Dr. Ana Bahmuțan** — Life in balance. New insights into managing stress from first steps to the golden age.

PANEL 5 — SOCIETY & INNOVATION · 17:10–18:30

Moderator: Alexandra Dobre

- 17:10 Alexandra Dobre** — The Silent Epidemic: chronic stress and its impact on demographics, families, and the economy.
- 17:25 Dr. Michel Deriaz & Dr. Jonathan Bertolaccini** — SOFIA — Empowering people for healthy longevity.
- 17:45 Dr. Thierry Gricourt** — Positive emotions, stress and brain health: towards an immersive and personalised approach to preventive medicine.
- 18:00 E-poster session**

18:30 · Conclusions and closing of Stress Congress® 2026 — Prof. Univ. Dr. Luiza Spiru

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