

INTERNATIONAL CONFERENCE

„Towards healthy longevity“

 **Venue:** Parliament of the Republic of Lithuania, Building III, Conference Hall, Gedimino Ave. 53, Vilnius
Date and time: Friday, 19 September 2025, 8:30 - 16:30



Time	Session / presentation	Time	Session / presentation
09:00 - 09:30	Press conference	13:55 – 14:05	Can Biomonitoring Contribute to the Health of the Lithuanian Population – A Toxicologist's Perspective. Prof. Dr. Robertas Badaras, Head of the Toxicology Centre at Vilnius University Hospital Santaros Clinics
08:30 – 9:45	Registration & Welcome coffee	14:05 – 14:20	SuPAR: The Universal Biomarker to Predict Longevity and Healthspan. Dr. Jesper Eugen-Olsen, immunologist and researcher, the inventor of the SuPAR biomarker, the founder and Chief Scientific Officer at ViroGates, Denmark
9:45 – 10:00	Welcome address Prof. dr. Saulius Čaplinskas, member of the Health Affairs Committee of the Seimas of the Republic of Lithuania (moderator) Dr. Juozas Olekas, First Deputy Speaker of the Seimas of the Republic of Lithuania Dr. Marija Jakubauskienė, Ministry of Health of the Republic of Lithuania	14:20 – 14:35	Regulatory Pathways for Emerging Longevity Therapies. Prof. Richard W. Barker –Professor at King's College London, founder of innovative health technology enterprises, and former senior executive in leading global pharmaceutical and technology companies.
10:00 – 11:45	SESSION I: The Concept of Longevity: Achievements and Future Perspectives	14:35 – 14:40	Health Break
10:00 – 10:15	Strengthening Research, Development, Education and Policy in the Field of Healthy Longevity. Dr. Ilia Stambler, Chief Science Officer and Chairman of Vete (Seniority) Association – the Movement for Longevity and Quality of Life, Israel; Bar-Ilan University	14:40 – 15:15	Roundtable Panel Discussion II An open session for sharing best practices, lessons learned, and ideas, including audience questions and the development of policy recommendations.
10:15 – 10:25	From Universal Newborn Genetic Testing to Healthy Ageing: What Can We Learn Across the Life Course? Prof. dr. Algirdas Utkus, Chairman of the National Health Council, Lithuania		Moderator Laura Dabulytė How Much Does Longevity Cost? Dr. Rima Balanaškienė, physician, creator of No AGE, owner of ACONITUM
10:25 – 10:30	Common Approaches to Disability and Degenerative Ageing. Alex Friedman. Chairman „Disabled, Not Half a Person Association“, Israel		Personalized Medical Prevention Can Rewrite Your Health Story. Violeta Jurgaitienė, founder and owner of AUM Wellness Clinic
10:30 – 10:45	Modulating the Biological Clock through Psychological and Biomolecular Factors – The Lithuanian Experience. Prof. dr. Danielius Serapinas, LSMU Department of Family medicine clinic, geneticist, Lithuania		How Endobiogeny, as Part of Complementary and Alternative Healthcare, Helps Prevent Disease: A New Approach to Longevity. Gintarė Jarašiūnė, Endobiogeny Institute (VšĮ)
10:45 – 11:05	Longevity: From Molecular Mechanisms to Breakthroughs in Rejuvenation Technologies. Dr. Mindaugas Valius, Head of the Proteomics Center, Institute of Biochemistry, Vilnius University Life Sciences Center, Lithuania		Private Investment in Health Prevention – Luxury or Necessity? Evalda Šiškauskienė, co-owner of EVA Academy (UAB)
11:05 – 11:20	The Code of Heart Longevity: Is it Possible to Reverse the Biological Clock? Prof. dr. Jurgita Plisišienė, LSMU professor, Head of the Department of Consultation and Diagnostics, Cardiologist at the Hospital of LSMU Kaunas Clinics, Lithuania	15:15 – 16:00	Biomechanical Self-Healing: The Way to Healthy Longevity. Rūta Feldmanaitė-Čaikovskienė, Saulius Daunoras, Motus Regularis (VšĮ)
11:20 -11:30	From Assessment to Value: The Importance of Cognitive function Evaluation in Longevity Medicine. Doc. Silvija Valdonė Alšauskė, PhD Candidate and Medicine Resercher at LSMU, Family physician at Kaunas Clinics, Lithuania	15:15 – 15:20	Status Quo
11:30 – 11:40	Challenges and Opportunities in Regenerative Surgery: From Theory to Clinical Practice. Prof. Dr. Rytis Rimdeika, Plastic and Reconstructive Surgeon at the Hospital of Lithuanian University of Health Sciences Kaunas Clinics, President of the Lithuanian Society of Plastic and Reconstructive Surgery	15:20 – 15:25	Study on the Impact of Healthcare Reform on the Residents and Medical Professionals of the Šiauliai Region. Prof. Dr. Natalja Istomina, Vice-Dean for Research, Faculty of Public Governance and Business, Mykolas Romeris University
11:45 – 12:15	Roundtable Panel Discussion I Progress in Implementing Strategic Goals and Ambitions for Public Health Set Out in Lithuania's Strategic Governance Planning Documents and Healthy Ageing The discussion will invite the participation of Ministers, public institutions, associations, citizens and political parties Moderator: Lina Šukytė-Korsakė, Chair of the Committee on Health Affairs of the Seimas of the Republic of Lithuania	15:25 – 15:30	University of the Third Age – Academy for Healthy Ageing. Prof. dr. Zita Žebrauskienė, Rector of the Medardas Čobutas Third Age University, President of the Lithuanian Association of third Age Universities, Lithuania
12:15 – 13:15	Lunch break	15:30 – 15:45	Activities of Public Health Bureaus in the Context of Health Ageing. Andrius Busila, Deputy Chair of the Health Affairs Committee of the Seimas of the Republic of Lithuania
13:15 - 14:40	SESSION II Bridging the Gap: Advocacy, Financing, Local and International Cooperation	15:45 - 16:00	The Health of Older Adults in Lithuania in the European Union Context: Insights from the Survey of Health, Ageing and Retirement in Europe (SHARE). Prof. dr. Antanas Kairys, Associate Professor of Psychology at VU and Lithuanian coordinator of the Survey of Health, Ageing and Retirement in Europe (SHARE), Lithuania
13:15 – 13:30	The European Health Data Space and Data Sharing to Promote Longevity. Didier Coeurnelle, Co-Chair of HEALES, Belgium	16:00 – 16:30	Longevity Medicine: From Premium Clinic to Democratic Approach. Prof. dr. HP. Marek Postula, President of the Polish Society of Longevity Medicine, Head of the Pharmacogenomics Laboratory at the Medical University of Warsaw, Poland
13:30 – 13:45	Targeted Physical Activity as a Novel Therapeutic Strategy for Healthy Longevity. Yuri Ostrinski, Visiting Researcher, Institute of Microbiology and Virology Riga Stradiņš University, Riga, Latvia; Sheba Global International Projects, Sheba Medical Center, Israel.	16:30	Roundtable discussion involving all conference participants. An open session for sharing best practices, lessons learned, and ideas, including audience questions and the development of policy recommendations.
13:45 – 13:55	From Prevention to Longevity – Medical Well-Being as a Sustainable Health Strategy. Doc. dr. Kęstutis Skauminas, Head of the Laboratory of Molecular Neuro-Oncology LMSU; Head of the Physical Medicine and Rehabilitation Center, Eglės Sanatorium Ltd., Lithuania		Moderator Laura Dabulytė Closing Remarks Prof. dr. Saulius Čaplinskas, member of the Health Affairs Committee of the Seimas of the Republic of Lithuania (moderator)
			Networking Reception (buffet) "Science at the Bar" - Informal Networking and Partnership Building

ADDITIONAL INFORMATION

- Participation is free of charge; pre-registration is required (the online registration form: <https://www.lrs.lt/registracija>)
- Entry to the Seimas is permitted with personal identification
- Participants will be able to park their cars free of charge in the parking lot located at A. Tumėno Street, next to the Seimas Building II
- All presentations will be delivered live; the event will be photographed and filmed, and a recording will be published on the Seimas website
- Simulations interpretation in Lithuanian and English will be provided
- Participants will receive certificates
- The organizers retain the right to modify the program as necessary, taking into account the schedules of invited speakers and Members of the Seimas.