



CONFERENCES

LIFESTYLE MEDICINE FOR LONGEVITY

On June 2, 2023, the Scientific Conference "Lifestyle Medicine for Longevity. Blue Zones inspiration" (www.lm4l-poznan2023.pl) under the auspices of the European Lifestyle Medicine Organization and the Polish Society for Lifestyle Medicine. We were greatly honored by the active participation of board members of both societies.

TEXT: DR N. ABOUT. AGNIESZKA PLUTO-PRĄDZYŃSKA

▲ Speakers (from left): Wojciech Marlicz, MD, co-founder of Blue Zones Prof. Michel Poulain, MD, member of the Board of Directors of the European Lifestyle Medicine Organization (ELMO) Dr. Robert Kelly, MD, vice president of ELMO Ioan Hanes, MD, head of the Department of Pathomorphology and Clinical Immunology, UMP Prof. Grzegorz Dworacki, MD (photo: tricia.pl)

The conference combined two areas of research, showcasing what *lifestyle medicine (LSM), or lifestyle medicine, has to offer*, and inspiration from research on zones involving centenarians, the so-called *Longevity Blue Zones*.

There is a chance that by taking a broad look at the lifestyles of today's centenarians and implementing the changes in habits suggested by MSŻ (proper sleep, a restful diet, appropriate levels of physical activity, skillful stress management and stimulants, and healthy social relationships), we are able to get closer to achieving healthy and active longevity while living in the modern world of the 21st century.

The conference opened with a lecture on "Getting to the heart of the matter with lifestyle medicine" by Dr. Robert Kelly, MD, MBA, a cardiologist, one of the two keynote speakers at the conference

MSW. Dr. R. Kelly's day job is in Dublin, Ireland as Medical Director of Lifestyle Health & Wellbeing at Beacon Hospital, Ass. Professor of Clinical Medicine at UCD Beacon and Senior Lecturer of Lifestyle Medicine at RCSI University of Health Sciences. He is also a member of the Board

of Directors of the European Lifestyle Medicine Association (ELMO) and a motivational coach (Behaviour Designer & Habits Coach). He said, among other things, that "the challenge of lifestyle medicine is to get people to embrace treatment through healthy eating, at least 30 minutes of physical activity at a moderate pace each day, sleeping for 6-8 hours each night, invited as *visiting professor* in the

lowering daily stress, quitting smoking and keeping alcohol consumption to a minimum. Most people know this, but do nothing to make these changes in their lives, and remodeling habits can make life healthier and lighter." In his opinion, the key point should be to start-

area of doing small things step by step



TRICIA PHOTOGRAPHY
www.tricia.pl

in daily life for changing habits to health-promoting ones. Dr. R. Kelly also suggested getting out of negative thinking by learning self-control, such as using the phrase *opposite thinking*. A different, more positive outlook will have a better effect and improve well-being. Dr. R. Kelly also conducted a workshop on "Behavioral change," and here he highlighted the practice of gratitude, the positive effects of which he observes. In his patients. He compared it to a key that opens the door to a happier and healthy living by enjoying small things as "miracles" in the daily routine.

Corresponding with this was a later talk titled. "Subjective well-being and positive psychology," in which Dr. Klaudia Zuskova of the University of Košice, author of the health-promoting series "Toward happiness," made for Czech television, introduced the concept of subjective well-being (SWB). It is a phenomenon of positive psychology and one of the main indicators of quality of life. For example, the subjective nature of happiness assumes that people are the best judges of their own happiness. They may also be inspired by good examples from practices of others or educational programs in the mass media. When asked, she readily opened about her daily lifestyle

filled with physical activity, work, meditation, care for a balanced diet.

President and co-founder of the European Lifestyle Medicine Organization (ELMO) Dr. Ioannis Arkadianos, MD, with a lecture on. "Lifestyle medicine, a new field of medicine and the European perspectives," noted the historical background of the concept of lifestyle medicine. Although it was introduced with the beginning of the 21st century, it has its roots in ancient Greece. Even then, Hippocrates of Kos (460-370 BC) explained to his contemporaries that "to enjoy good health, one should avoid eating excessive amounts of food and exercise at least a little." Today, MSW in Europe is a new field of evidence-based medicine. It consists of several pillars including concern for proper sleep, balanced and varied physical activity, a largely plant-based diet, stress management, healthy social relationships and avoidance of stimulants.

On the other hand, ELMO Vice President Dr. Ioan Hanes, MD, presented "Aspects of sexual health in longevity" and showed a strong bidirectional relationship between lifestyle and sexuality, which in the long run can influence longevity. He presented data

scientific studies that show that regular sexual activity is part of living in longevity zones. He pointed out that some lifestyle-related chronic diseases can be diagnosed early through sexual dysfunction and prevented through regular sexual activity. Dr. I. Hanes also led a workshop on "How to structure a lifestyle medicine consultation?", in which, after the theoretical part, the audience was invited to a practical part with a case study, where they could apply the knowledge they had gained.

The president of the Polish Society for Lifestyle Medicine and co-author of the first Polish textbook on the subject at the Warsaw Medical University (year of publication 2018), Dr. Daniel Slizn presented a series of data and subpoints on "What good quality and quantity of sleep really means?". He drew attention to the consequences of sleep disorders in the context of alcohol abuse. He showed the interplay between sleep and style life, which can serve both in the prevention and treatment of sleep-related disorders.

Slightly different attention was paid to circadian rhythm and sleep disorders by Prof. Grzegorz Dworacki, pathomorphologist and immunologist, head of the Department of Pathomorphology and Immunology



TRICIA PHOTOGRAPHY
www.tricia.pl

▲ From left: Dr. Joanna Bulak and event organizer Dr. Agnieszka Pluto-Prądzyska (photo tricia.pl).

Clinical Sciences of our university. In a lecture entitled "Does lifestyle counts for immunity?" he presented the relationship between lifestyle and immune system fitness. Particular emphasis was placed on the mechanisms of changes in lymphocyte activity over the course of a day depending **o n t h e d i u r n a l** rhythm. This is also linked to physical activity and stress.

Diet is also an important element, which, being a pattern of foreign antigens, is an important part of the "education" of the cells of the immune system, which allows the body to distinguish between its own and foreign antigens, and among foreign antigens - those that are harmful and those that are harmless.

We could hear more extensively about "Lifestyle and microbiome" in a presentation by Dr.

n. med. Wojciech Marlicz from the Pomeranian Medical University. The speaker showed many correlations, referring to both publications and clinical context. The diet of modern man is based primarily on processed foods and is far from what the digestive system has been naturally adapted to. Hence many health problems that go beyond the digestive system, such as dermatological problems, mental disorders and neurological, infertility, which are often associated with an abnormal microbiome.

The lunch break at the "Charles" was an

opportunity for our guests to reminisce about their student days. It also provided an opportunity

free conversation around the table, exchange insights and ask questions of the speakers.

The session on longevity opened with a lecture by Professor Michel Poulain, professor emeritus at the University of Louvain Belgium and Senior Researcher Tallinn University in Estonia. Prof. Poulain was invited as a special guest of the conference, a *visiting professor* in the area of *l o n g - l i f e* research, and one of the key speakers of the event. Prof. Poulain is the co-creator of the Blue Zones name and concept. He is an astrophysicist and demographer by training. For more than 30 years he has been searching, analyzing, searching cemeteries, national archives and ecclesiastical in various corners of the world, studying the locations of the highest percentage of centenarians per number of births. So far, five such enclaves on earth have been described and established, and they mainly include the islands: parts of Italy's Sardinia and Japan's Okinawa, Greece's Ikaria, France's Martinique, As well as Nikoja in Costa Rica. We were very fortunate to be able to host Prof. Poulain in Pooknow and listen to an interesting lecture by this extraordinary scientist and very kind man. During his *l e c t u r e*, he presented many unusual photographs from the zones under study, showing the closeness of relationships established between spouses, good neighborly relations and friendships built on mutual care, assistance and diligence. He also stressed that "it is not an

art to move to the zones of centenarians, but

transfer what is most relevant from the lifestyles of their inhabitants to the places where we live every day." I encourage you to read the information and scientific publications available at www.longevitybluezone.com as well as an interview with Prof. M. Poulain on the pages of this issue of UMP Facts.

A perfect extension of the Blue Zones theme was the presentation "Mediterranean diet for longevity" by Dr. Kalliopi Kalaitzi, MD, who specializes in Mediterranean diet treatment and runs the MSZ clinic in Athens. What particularly memorable was the realization that many people believe that they only need to reach for a Mediterranean diet to expect a healthful effect. Dr. Kalaitzi stresses that it's more than just a diet, as the Mediterranean lifestyle should also be taken into account, which includes preparing meals and eating them together, and spending time at the table talking, singing and dancing With family or friends. These are, in fact, values that we are slowly moving away from in the busyness of life, but which are still upheld in Greece, including in Ikaria, one of the designated Blue Zones longevity zones.

Meanwhile, charismatic speaker Prof. Marek Postula, a cardiologist from the Warsaw Medical University, recognized in the world of science, as well as through the program Direction of Longevity on Radio Three, presented "Modern prevention as a part of the of healthy aging." Recognizing that aging is

a gradual and irreversible pathophysiological process and manifests itself in a decline in tissue and cellular function and a significant increase in the risk of developing various diseases, including neurodegenerative, metabolic and cardiovascular diseases, it is necessary to move toward properly targeted prevention. This will make it possible not only to extend life expectancy, but also to achieve "healthy" life expectancy. The development of knowledge and molecular capabilities allows the development of increasingly accurate risk scales that also use genetic information, exposure to environmental and lifestyle factors. According to Prof. M. Postula, on the basis of the pre-presented data, disease prevention in the 21st century will increasingly depend on our ability to use new technologies in developing preventive strategies and analyzing data and converging medical research and health care.

The whole thing was summarized in her speech by Dr. Agnieszka Pluto-Prądyńska from the Department of Immunology at our university, Lifestyle Medicine Coach (certified by the American College of Lifestyle Medicine), originator of the idea of the and organizer of this conference. At the same time, she drew attention to the need to undertake balanced physical activity in nature, since man has always been on the move and spent a lot of time in forests and in contact with natural bodies of water. Layout The immune system has not evolved as much as technology and needs stimulation for its efficiency, including through contact with phylogenetic bacteria, essential oils and other compositions available in nature.

The day was filled with conversations, knowledge sharing, exchange of experiences and networking. The vast majority of participants were students, who actively participated in the discussion and workshops, boldly asking the speakers questions in English.

As an organizer, I would especially like to thank the Vice Chancellor for Science and cooperation with foreign countries of the UMP Prof. Dr. Michał Nowicki, who agreed to pay our university's with visiting professor funds for the stay of two of our key guests, and to Director of Administrative Affairs Dr. Paul Uruski for a large discount on the room fee.

Finally, I would like to quote the words of Professor Michel Poulain, with which he closed the "workshop" discussion: "I want to give you an important piece of information that I myself heard 23 years ago from a friend of mine. He told me at the time: Michel, there is only one thing you have to do in life to do - you have to be happy." Perhaps these words will also be remembered by you.



