

BOOK OF ABSTRACTS

3rd Scientific Conference "Lifestyle Medicine for Longevity. Blue Zones inspiration"

May 23-24, 2025 at Poznan University of Medical Sciences in Poznan, Poland.

PROGRAM FRIDAY 23/05/2025

Friday 23/5/2025 --> [Room: 1010 Centrum Biologii Medycznej, Rokietnicka Str. 8](#)

14.45 – 14.55 Opening Ceremony

Agnieszka Pluto-Pradzynska, PhD; Prof. Grzegorz Dworacki, MD, PhD

Session 1: Lifestyle across time and places – open to public

14.55- 15.15 Longevity factors in Blue Zones vs 6 pillars of Lifestyle Medicine.

Agnieszka Pluto-Pradzynska, PhD, Head of Lifestyle Medicine Lab, Poznan University of Medical Sciences

15.20 – 15.35 A prescription for longevity from the highlanders of Istebna, Jaworzynka and Koniaków, the area of the Silesian Beskid.

Elzbieta Legierska, MA Guide in The Beskydy Museum in Wisla

15.35 – 15.55 Senior Policy of the City of Poznan, Greater Poland Voivodship.

Lidia Płatek, Msc, Head of Family and Senior Programs Branch, Department of Health and Social Affairs of the Poznan City Hall

16.00 Closing the session

WATER & BODY MOVEMENT BREAK 16.00- 16.25

Session 2: Active & healthy – Sessions 2-6 for paid conference attendees only

16.25-16.45 Microbiota modulation as integral part of Lifestyle Medicine

Prof. Wojciech Marlicz, MD, PhD

16.45 - 17.00 Alpine skiing and its effect on the mental health of individuals with physical disabilities and PTSD.

Dr Barbara Hall, PhD

17.00 - 17.15 Sources of sustainable change – a perspective on a healthy lifestyle as a lifelong journey.

Ass. Prof. Klaudia Zuskova, PhD

17.15 – 17.30 Plastic surgery and a healthy lifestyle - how does it connect to a beautiful figure?

Joanna Kurmanow, MD, PhD

Optimizing Strengthspan, Enhancing Muscular Health and Longevity in Medical Practice.

Or Hever, MSc ^{on-line}

Direction: Longevity

Prof. Marek Postula, MD, PhD ^{on-line}

Discussion and closing

PROGRAM SATURDAY 24/05/2025

Session 3: Lifestyle Medicine in theory and practice

09.00 – 09.20 Legislative aspects of using AI in medical practice

Jan Maciejewski, MSc

09.20 – 9.50 Lifestyle Medicine, a new medical field and its importance to health and longevity

Ioannis Arkadianos M.D.

09.50 – 10.10 Lifestyle medicine in practice – Romanian experience

Anca Mihaela Hâncu, MD, PhD

10.10 – 10.30 Practicing Lifestyle medicine in Poland

Anna Paul, MD

10.30 – 10.45 Old wine in new bottles? Galenic origins of 6 pillars of Lifestyle Medicine.

Katarzyna Pekacka-Falkowska, PhD

Discussion

COFFEE BREAK 11.00 – 11.15

Session 4: Longevity & lifestyle

11.15 – 11.30 Why do we desperately need the positive impact of Art Therapy in longevity medicine?

Martyna Młynarczyk, MA

11.30 – 11.50 Clothing – the nearest human environment.

Prof. Malgorzata Zimniewska, Eng. PhD

11.50 – 12.05 Cardioprotective Effects of the Tsimane Tribe's Diet and Lifestyle – Implications for Longevity and Modern Nutrition.

Emil Gorski, MSc, Gabriela Mosior, MSc

12.05 – 12.20 Insulin-Like Growth Factor 1 and Lipid Profile in the Elderly.

Prof. Aleksandra Zebrowska, PhD

12.20.-12.35 in progress

12.35 – 12.50 Cancer in Blue Zones: Lessons for Prevention

Adnan Awad, MD, MBBS, DipIBLM on-line

Discussion

LUNCH 13.00 – 14.00

Session 5: Sleep & other lifestyle factors

14.00 – 14.15 Sleep, Depression and Obesity: 3 factors associated with lifestyle, longevity and quality of life.

Myrto Arkadianou, Biology Student

14.15 – 14.35 Sleep and circadian rhythm in the context of immune system efficiency.

Prof. Grzegorz Dworacki, MD, PhD

14.35 – 14.50 Prevention vascular dementia to live longer and better.

Prof. Roberto Volpe, MD, AMS, PhD

14.50 – 15.15 Agricultural system, genetic structure, and other factors influencing the exceptional longevity of inhabitants of city Teulada and the region, Sardinia, Italy"

Special guest: Salvatore Loi, MSc, ex- Mayor of Teulada ^{on-line}

Discussion

WATER & BODY MOVEMENT BREAK 15.20 – 15.30

Session 6: Coping with stress and burnout

15.30 – 15.45 When time is pressure

Anna Lengyel, MD

15.45 – 16.00 Positive bonuses of yoga practice.

Agnieszka Pluto-Pradzynska, PhD

16.00 – 16.15 Lifestyle Medicine's perspective on self-care for healthcare professionals.

Sunil Kumar, MD, MBBS, MRCA, FCAI, FRSA, FBSLM, DipIBLM ^{on-line}

16.15 – 16.30 The Hidden Cardiovascular Toll of Fast-Paced Lives and High-Stress Careers **Svetlana Chamoun, MD, PhD, FACC, DipABLM** ^{on-line}

16.30 – 16.45. Nature Based Lifestyle Medicine Toolbox ^{on-line}

Ziya Altug, PT, DPT, MS, DipACLM, OCS

Discussion and summary of the Conference

17.30 Conference closing

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ABSTRACTS:

FRIDAY 23/05/2025

Session 1: Lifestyle across time and places – open to public

Longevity factors in Blue Zones vs 6 pillars of Lifestyle Medicine.

Agnieszka Pluto-Pradzynska, PhD

Head of LM Lab, Dep. Of Immunology, Chair of Pathomorphology and Clinical Immunology, Poznan University of Medical Sciences in Poznan, Poland

Founder of 'Lifestyle Medicine for Longevity. Blue Zone inspiration' Scientific Conference, LM Coach, Ambassador European Lifestyle Medicine Organization in Poland

This study explores the overlap and distinctions between longevity factors observed in Blue Zones—regions with the highest concentration of centenarians—and the six pillars of Lifestyle Medicine. Blue Zones, such as Okinawa, Sardinia, Ikaria, Nicoya, and Martinique, demonstrate unique cultural and environmental characteristics that contribute to exceptional longevity.

Key factors include a plant-based diet, natural physical activity, strong social networks, stress reduction practices, and a sense of purpose. These align closely with the six pillars of Lifestyle Medicine: healthy eating, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connections. While both frameworks emphasize prevention and holistic well-being, Blue Zones offer insights into how traditional lifestyles and community structures naturally embody these principles. This comparative analysis highlights the importance of integrating evidence-based medical approaches with culturally embedded practices to promote healthy aging. Understanding the synergy between these two models provides a comprehensive roadmap for individuals and public health initiatives aiming to extend healthspan and lifespan globally.

A prescription for longevity from the highlanders of Istebna, Jaworzynka and Koniaków, the area of the Silesian Beskid.

Elżbieta Legierska-Niewiadomska, Guide in The Beskydy Museum in Wisla

1. Historical and geographical sketch of Istebna, Jaworzynka and Koniaków located in the Silesian Beskid, including ethnographic description of nomadic Romanian Vlach shepherds as autochthones of this region.
2. the former way of life of the highlanders affecting their longevity.
 - a) Type of work in the Wallachian economy and land cultivation
 - b) Household occupations
 - c) Folk culture of the Tri-village highlanders (Istebna, Jaworzynka and Koniaków)
 - family and annual customs and rituals
 - folklore of the highlanders (outline of music, dancing and singing)
 - d) Religious and spiritual life as the norm of life of this community
 - d) The diet of the Beskydy highlanders

- everyday and festive dishes, including simple recipes for making them
- folk herbalism and its importance in the life of the highlanders

Senior citizens' policy of Poznan in Greater Poland region of Poland.

Lidia Płatek, Msc, Head of Family and Senior Programs Branch, Department of Health and Social Affairs of the Poznan City Hall

The senior citizens' policy implemented by the city of Poznań, located in the Greater Poland region of Poland, focuses on promoting active and healthy aging. As the population ages, Poznań has developed a comprehensive strategy addressing the needs of its older residents through social, health, and civic engagement programs. Key initiatives include the Senior Card program, support for senior centers, accessible public transport, intergenerational integration projects, and digital literacy training. These actions aim to reduce social isolation, enhance mobility, and improve the overall quality of life for older adults. The policy aligns with national and European frameworks for aging, emphasizing inclusion, dignity, and lifelong participation. Poznań serves as a model for other municipalities in Poland seeking to respond to demographic shifts with sustainable and inclusive urban policies. This analysis underscores the importance of local government initiatives in shaping age-friendly environments and fostering well-being among senior citizens.

WATER & BODY MOVEMENT BREAK 16.10- 16.25

Session 2: Active & healthy – Sessions 2-6 for Conference participants only

Microbiota modulation as integral part of Lifestyle Medicine

Prof. Wojciech Marlicz, MD, PhD, FACP, FRCPE

Microbiota modulation is emerging as a cornerstone of Lifestyle Medicine, offering a holistic approach to preventing and managing chronic diseases. *Akkermansia muciniphila*, a mucin-degrading bacterium, has garnered attention for its role in maintaining gut integrity and modulating immune responses. Prof. Wojciech Marlicz's research highlights *A. muciniphila*'s potential in treating non-communicable diseases, including obesity, diabetes, and inflammatory bowel disease. Its mechanisms involve enhancing the gut barrier, reducing inflammation, and influencing metabolic pathways. Lifestyle interventions—such as a fiber-rich diet, regular physical activity, and stress management—can promote the growth of beneficial microbiota like *A. muciniphila*. Incorporating microbiota-focused strategies into Lifestyle Medicine underscores the importance of personalized, sustainable interventions that restore microbial balance and foster long-term well-being. This integrative approach aligns with the principles of Lifestyle Medicine, emphasizing the synergy between lifestyle factors and microbiota in achieving optimal health.

Alpine skiing and its effect on the mental health of individuals with physical disabilities and PTSD.

Dr Barbara Hall, PhD¹, Aleksandra Zebrowska¹

¹Institute of Sports Science, The Jerzy Kukuczka Academy of Physical Education, Katowice, Poland.

Key words: alpine skiing, mental health, disability

Alpine skiing is a popular winter sport characterized by complex movements in constantly changing terrain conditions. Beyond its physical benefits, skiing fosters mental well-being through exposure to nature, social interaction, and a sense of freedom and joy. Advances in sports equipment, instruction, and training methods have made alpine skiing accessible to individuals with disabilities.

In this talk, I will present the characteristics of para-alpine skiing and the profile of elite para-alpine skiers from Poland and Great Britain. I will then discuss the findings of a study assessing the impact of skiing on the mental health of elite British para-alpine skiers, including those with PTSD, and compare the results with existing literature.

Positive bonuses of yoga practice.

Agnieszka Pluto-Pradzynska, PhD in Health Sc.

Head of LM Lab, Dep. Of Immunology, Chair of Pathomorphology and Clinical Immunology, Poznan University of Medical Sciences in Poznan, Poland

Founder of 'Lifestyle Medicine for Longevity. Blue Zone inspiration' Scientific Conference, LM Coach, Ambassador European Lifestyle Medicine Organization in Poland

Yoga, an ancient practice rooted in mindfulness, flexibility, and breathwork, has evolved to become an integral part of modern wellness routines. This abstract explores the various positive bonuses of yoga practice, emphasizing its profound impact on physical, mental, and emotional health. Through a synthesis of current research and experiential insights, we will discuss how regular yoga practice can enhance flexibility, improve overall health reducing the risk of chronic illnesses by fostering a holistic approach to well-being. The mental benefits of yoga are equally significant, with studies highlighting its ability to reduce stress, anxiety, and depression, while promoting cognitive clarity and emotional regulation. Yoga's focus on mindfulness and breath control fosters resilience and a greater sense of presence, which can improve overall quality of life. Furthermore, yoga promotes self-awareness and mindfulness, helping individuals to connect more deeply with their bodies, fostering self-compassion, and enhancing overall self-esteem. The emotional and psychological advantages of yoga are discussed in relation to the growing body of evidence showing its effectiveness as a tool for promoting mental well-being and emotional stability. Yoga's capacity to facilitate a deep sense of calm, balance, and connection has been documented in diverse populations, from athletes to individuals in high-stress environments.

Drawing on my dissertation and other evidence, I will provide insights into the science and meaning of yoga practice, illustrating the transformative benefits it offers in promoting balanced, healthy and harmonious lives for individuals and communities.

Plastic surgery and a healthy lifestyle - how does it connect to a beautiful figure?

Joanna Kurmanow, MD, Private Practice

Plastic surgery is increasingly being seen not only to improve appearance, but also as a boost to a healthier lifestyle. Key elements such as regular physical activity, a balanced diet, stress reduction and adequate sleep play an important role in maintaining the effects of the surgery and improving patients' wellbeing. After body contouring procedures, such as liposuction or abdominoplasty, people undergoing surgery often change their eating habits and undertake physical activity to prevent the recurrence of fat and to promote body conditioning.

A healthy lifestyle after surgery also promotes improved mental health - stress reduction, adequate recovery and sleep affect overall quality of life, including intimate life. Increased self-confidence and improved physical wellbeing often translate into greater satisfaction in interpersonal relationships, as well as a more active and satisfying sex life. Plastic surgery, combined with a healthy lifestyle, thus becomes not only a path to a beautiful figure, but also to taking care of oneself more fully and consciously.

Optimizing Strengthspan, Enhancing Muscular Health and Longevity in Medical Practice.

Or Hever, MSc

Physical Therapists, Health & Wellness Coach / Medical Concierge

Introduction to Strengthspan

Definition and importance of strengthspan

Differentiating strengthspan from lifespan and healthspan

The Science Behind Strengthspan

Understanding muscle physiology and its role in overall health

The impact of aging on muscle mass and strength

Clinical Assessment of Muscular Health

Tools and techniques for evaluating muscle strength and mass

Interpreting assessment results and identifying at-risk patients

Strategies to Enhance Strengthspan

Evidence-based interventions: resistance training, nutrition, and lifestyle changes

Role of medications and supplements in maintaining muscular health

Implementing Strengthspan Protocols in Clinical Practice

Developing personalized strengthspan enhancement plans

Case studies and success stories

Monitoring progress and adjusting treatment plans.

Direction: Longevity

Prof. Marek Postula, MD, PhD on-line

SATURDAY 24/05/2025

Session 3: Lifestyle Medicine in theory and practice

Legislative aspects of using AI in medical practice

Maciejewski, Msc, Attorney at law, Head of Competition and Consumer Protection at Modrzejewski & Wspólnicy Law Office, ensuring that companies comply with EU regulatory matters,

Lifestyle Medicine, a new medical field and its importance to health and longevity

Ioannis Arkadianos M.D. President and co-founder at "European Lifestyle Medicine Organization"

Lifestyle medicine is a proactive approach to health that emphasizes the power of daily habits in preventing and managing chronic diseases. Key pillars of this approach include a nutritious diet, regular physical activity, sufficient sleep, stress management, and avoiding harmful behaviors like smoking and excessive alcohol use. Research consistently shows that adopting these healthy habits can not only reduce the risk of conditions like heart disease, diabetes, and cancer but also promote healthier aging. By focusing on prevention, lifestyle medicine helps individuals live longer, more vibrant lives while reducing healthcare costs. These habits improve physical health, boost mental well-being, and enhance quality of life. Embracing lifestyle medicine can lead to a longer lifespan and, more importantly, a life filled with vitality and energy. By prioritizing good health today, we set the foundation for a longer and more fulfilling future.

Lifestyle medicine in practice - Romanian experience

Anca Mihaela Hâncu, MD, PhD, President Medical Association for prevention through lifestyle medicine, Romania General secretary, Board member in European Lifestyle Medicine Organization European certificate in lifestyle medicine

The concept of lifestyle medicine was firstly implemented in medical practice in Romania by the

program " Better Me by MedLife " founded by Dr Anca Hancu in 2023. Actually 4 Centers are the practice solutions, bringing together nutrition, physical activity, mindfulness, sleep advice , all in scientific evidence based manner. Examples of successful approaches in obesity or overweight, but also medical nutrition therapy applied in chronic diseases will be part of the presentation. How MNT can be applied in irritable bowel syndrome, Crohn's disease, cardiovascular disease in an evidence-based way? How is the LM consultation done in practice? How motivational interview is applied and what results can be expected? Together with the whole concept of LM, organized in University Courses, the Concept evolved into a realistic tool for medical doctors, but meanwhile for dietitians and psychologists. Results are revealing clinical results.

Practicing Lifestyle medicine in Poland

Anna Paul, MD

How is lifestyle medicine practiced in Poland?

Lifestyle medicine (LM) is an interdisciplinary field aimed at preventing and treating chronic diseases through modifications in key lifestyle factors such as diet, physical activity, sleep, stress management, and social relationships. In highly developed countries, LM is gaining increasing recognition within healthcare systems, complementing traditional pharmacological therapies.

In Poland, lifestyle medicine is becoming more prominent, yet its implementation faces multiple challenges. Despite a growing number of educational initiatives and health promotion programs, LM is not widely integrated into the healthcare system. Medical education still lacks comprehensive training in effective lifestyle interventions, and patients often do not receive adequate support in changing their habits. Systemic barriers, including limited consultation time within the public healthcare system and insufficient funding for health promotion services, further hinder progress.

In clinical practice, the effective application of LM requires strong communication strategies and interdisciplinary collaboration between physicians, dietitians, psychologists, and health coaches. Key elements include the use of motivational interviewing techniques, digital tools for tracking progress, and personalized intervention plans. There are already notable successes in LM implementation, both on an individual level—where patients achieve medication reduction and health improvements—and on an institutional level, through preventive programs and public health campaigns.

The future of LM in Poland depends on further advancements in education, the integration of lifestyle interventions into standard medical care, and systemic support. The use of modern technology, telemedicine, and ongoing scientific research could significantly contribute to the broader adoption of LM in everyday medical practice.

Old wine in new bottles? Galenic origins of 6 pillars of Lifestyle Medicine.

Katarzyna Pękacka-Falkowska, PhD, Chair of History and Philosophy of Medical Sciences, Poznan University of Medical Sciences, Poznan, Poland

Modern healthcare is increasingly burdened by chronic diseases driven by lifestyle factors, necessitating a shift toward prevention-focused approaches. Lifestyle Medicine (LM) addresses this challenge through six core pillars: nutrition, physical activity, stress management, sleep hygiene, substance avoidance, and social connectedness. Notably, these same principles are deeply rooted in Galen's *Res Non Naturales* ("non-natural things"), a six-part framework that guided health optimization and disease prevention from antiquity through the early modern period. In my presentation, I will explore the striking conceptual alignment between LM and *Res Non Naturales*, demonstrating how ancient Greco-Roman medical wisdom laid the foundation for modern evidence-based interventions. Rather than a novel paradigm, LM represents a refined adaptation of enduring principles that have long shaped European medical thought.

Session 4: Longevity & lifestyle

Why do we desperately need the positive impact of Art Therapy in longevity medicine?

Martyna Młynarczyk, MA

Aging introduces a range of physical, cognitive, and emotional challenges, necessitating holistic approaches to preserve dignity and promote overall well-being. Art therapy has demonstrated its effectiveness as a powerful modality for improving the quality of life for both adults and children. It fosters cognitive function, emotional resilience, and sensory engagement. Creative activities such as painting, acting, or any music activate multiple senses, improving fine motor skills, sensory awareness, and neuroplasticity. And what's so important in longevity- sense of community. Artistic sensory stimulation can help counteract age-related sensory decline, enhancing perception, coordination, and overall bodily awareness. Additionally, art therapy provides a safe space for exploring identity and self-expression, including aspects of sexuality—an often-overlooked dimension of aging. Through artistic creation, older adults can reconnect with their bodies, desires, and self-perception, fostering self-acceptance and emotional intimacy. Engaging in art also reduces anxiety, combats loneliness, and strengthens social bonds, contributing to a sense of purpose and belonging. By integrating art therapy into elder care, society can promote dignity, autonomy, and holistic well-being in later life. Recognizing the value of creative therapies is essential in fostering fulfillment, sensory vitality, and emotional wellbeing.

Clothing – the nearest human environment.

Prof. Malgorzata Zimniewska, PhD

World President of The Textile Institute; Natural Fibres and Circular Bioeconomy Expert; European Innovation Council Expert <https://www.researchgate.net/profile/Malgorzata-Zimniewska>

Everyday clothing determines conditions of the nearest environment of human by direct fabric contact

with the skin. Parameters of the clothing/skin environment depend on type of raw materials used to textile manufacture as well as appropriateness of garment selection to the level of physical activity of the wearer and ambient climatic conditions.

Three groups of raw materials are address textiles: natural fibres, manmade fibres based on natural resources such viscose and synthetic fibres based petroleum such polyester, whereby clothing made of these materials influence human body in different way due to diversity of their biophysical properties. Comparative analysis of effect of clothing made of different type of fibres on human body proved that linen and hemp in opposite to synthetic fibres, guarantee the most favourable condition to the skin thanks to their properties such high hygroscopicity, ability to water retention, air permeability that ensure breathability to the skin, potential to absorb of ultraviolet radiation. The inherent antibacterial and antioxidant features of lignocellulosic fibres like flax/linen and hemp give them advantage over other type of fibres in term of clothing pro-healthy effect to the skin.

Second key aspect of textile influence on human health is related to microplastic crisis. Textile sector is one of the biggest producer of waste and microplastic. Microplastics have huge ability to penetrate living organism, are present in soil, oceans, water and air. Textiles based on polyester and acrylic fibres deliver about 35% of the microplastic pollution found in the world's oceans what make textile sector the largest known source of marine microplastic pollution.

Cardioprotective Effects of the Tsimane Tribe's Diet and Lifestyle – Implications for Longevity and Modern Nutrition

Emil Górski; MSc, Psychodietetic, Gabriela Mosior, MSc, Psychodietetic,

The Tsimane tribe, indigenous to the Bolivian Amazon, exhibits the lowest prevalence of coronary artery disease worldwide. Their exceptional cardiovascular health is attributed to a diet rich in unprocessed plant-based foods, high dietary fiber, and omega-3 fatty acids, alongside an active lifestyle. Their macronutrient composition—approximately 64% carbohydrates, 21% protein, and 15% fats—resembles cardioprotective dietary patterns such as the DASH diet and those observed in Blue Zones, regions known for exceptional longevity.

This study explores the Tsimane tribe's dietary habits, food sources, and nutritional composition, drawing comparisons with global dietary guidelines for healthy aging. The research highlights how their reliance on natural, locally sourced foods, minimal intake of saturated fats, and high physical activity levels contribute to their longevity and overall health. Additionally, we discuss the challenges faced by the Tsimane, such as parasitic infections and limited medical access, which influence their health outcomes.

By analyzing the Tsimane diet and lifestyle, this presentation aims to identify dietary strategies that could be adapted to modern societies to enhance cardiovascular health and promote longevity. The findings suggest that incorporating whole, plant-based foods, maintaining a high physical activity level, and minimizing processed food consumption could significantly reduce the prevalence of cardiovascular diseases in developed nations. Further research is needed to explore the long-term implications of these dietary patterns and their feasibility in different cultural contexts.

Insulin-Like Growth Factor 1 and Lipid Profile in the Elderly.

Prof. Aleksandra Zebrowska, PhD¹, Barbara Hall, PhD¹

¹Institute of Sports Science, The Jerzy Kukuczka Academy of Physical Education, Katowice, Poland.

Key words: IGF-1 pathway, insulin resistance, lipid profile, longevity, life style

Lifestyle interventions can help prevent metabolic syndrome and key cardiovascular risk factors, including obesity, high blood pressure, hyperglycemia, and dyslipidemia. While body mass index and adiposity measures are standard diagnostic criteria, lipid ratios and insulin-like growth factor-1 (IGF-1) with its binding proteins may serve as alternative markers for metabolic syndrome and cardiovascular risk prediction. Evidence suggests an age-related decline in IGF-1 levels, reducing its cardioprotective effects. This study aimed to examine the association between lipid ratios, IGF-1 decline, and metabolic risk factors in older Polish adults using data from the nationwide, multicenter PolSenior Study. The anthropometric and biochemical data of nearly eight hundred (n = 799) individuals (females n = 427, males n = 372) aged 77.3 ± 10.9 years were assessed and analysed using the Statistica package v. 12 (StatSoft Poland, 12.0). Metabolic syndrome was observed in 54.3% of females and 42.0% of males. Serum IGF-1 levels declined significantly with age (F = 5.7, p < 0.001), with males exhibiting higher IGF-1 and lower IGFBP-3 levels than females. Significant correlations were found between age and IGF-1 (r = -6.9, p < 0.000), IGF-1 and LDL (r = 3.6, p < 0.001). Individuals with higher IGF-1/IGFBP-3 ratio (p < 0.05) and higher serum IGF-1 contents were characterized by lower HOMA-IR levels. In conclusion, our study suggests that IGF-1 deficiency and reduced IGF-1 bioavailability are key factors in identifying an increased risk of metabolic disorders in older adults and could serve as biomarkers of personalized lifestyle intervention effectiveness.

Personalised Longevity: Using Functional Testing to Optimise Health Span

Katarzyna Walusiak, Msc, BSc Nutritional Therapist, Dip Naturopath, mANP

As we strive for longer, healthier lives, the focus is shifting from simply increasing lifespan to enhancing **health span**—the years we live with vitality and resilience. Functional testing offers a **data-driven approach** to longevity, helping identify and optimise key biomarkers that influence ageing. In this session, we will explore four cutting-edge functional tests:

- **TruAge (Epigenetic Biological Age Testing):** Measures biological age vs. chronological age, with in-depth epigenetic reports and advanced algorithms, revealing the impact of lifestyle and interventions on ageing.
- **DUTCH Test (Hormonal Balance & Stress Resilience):** Assesses sex and adrenal hormones, and their metabolites, to optimise hormonal health, metabolic and stress responses.
- **Organic Acids Test (Mitochondrial & Gut Health):** Evaluates mitochondrial function, neurotransmitters, and gut and detoxification health for energy and cognitive longevity.
- **Cardiometabolic Panel (Cardiovascular & Metabolic Health):** Identifies cardiovascular and metabolic risks, assessing atherogenic lipoprotein subspecies, apolipoproteins, and arterial inflammation, alongside comprehensive metabolic markers.

By leveraging these biomarker assessments, we can move from **reactive healthcare to proactive longevity strategies**. Attendees will gain insights into **how functional testing can personalise interventions**, slow biological ageing, and optimise long-term well-being.

This talk is ideal for health professionals or anyone looking to take **a science-backed approach to longevity**.

Cancer in Blue Zones: Lessons for Prevention

Adnan AwadMD, MBBS, DipIBLM

Oncology Resident - Oncology Centre, Al Mana Hospital - Dammam, Saudi Arabia

Cancer is one of the leading causes of death and reduced quality of life worldwide. However, many cases can be avoided through evidence-based lifestyle strategies.

Centenarians in Blue Zones have lower cancer rates than general populations in many areas. The presentation will explain the cancer prevention recommendations and explore the key factors that contribute to centenarians' longevity and assess their alignment with these recommendations.

Additionally, it will examine how different populations' lifestyles adhere to these recommendations and their corresponding cancer incidence.

Session 4: Sleep & other lifestyle factors

Sleep, Depression and Obesity: 3 factors associated with lifestyle, longevity and quality of life

Myrto Arkadianou¹, Evgenia Maria Athanasopoulou², Ioannis Arkadianos³

¹Student of Biology in University of Athens

²Student of Psychology in the American College of Greece

³Dr. Arkadianos' Clinic Athens Greece, European Lifestyle Medicine Organization, Geneva

Introduction: A survey done to reveal the correlation between hours of night's sleep, BMI (Body Mass Index) and depression in a one-year period through statistics of Dr. Arkadianos' clinic patients. The survey aims to describe the effect of sleep and depression in men and women in total and separately, in association with the obesity status.

Method: A total of 40 patients (20 men – 20 women) completed a cross-sectional survey which contained 3 parts: the BMI, the night hours of sleep and a depression evaluating test (Patient Health Questionnaire – PHQ-9). The participants completed the survey during their first appointment in Dr. Arkadianos' clinic in the span of a year (October 2023- October 2024).

Results: In general, the average BMI of the 40 patients was 38.9 (second degree of obesity in the upper level), the average depression score was 10 (moderate) and the majority (70%) slept less than 7 hours during the night. The survey showed that in men the average BMI was 39.8 (second degree of obesity), the average depression scores was 9 (mild) and the majority (80%) slept less than 7 hours. In women the average BMI score was 38 (second degree obesity), the average depression score was 11 (moderate) and the majority (60%) slept less than 7 hours.

Conclusion: The survey indicates that the BMI, the depression score and the night hours of sleep, three

vital factors of lifestyle and longevity, greatly affect a person's quality of life. In order to improve the life-quality, it is important to take these factors into consideration.

Sleep and circadian rhythm in the context of immune system efficiency.

Prof. Grzegorz Dworacki, MD, PhD, The Head of the Chair of Pathomorphology and Clinical Immunology, Poznan University of Medical Sciences, Rokietnicka 10, 60-806 Poznan, Poland

Sleep and circadian rhythms are fundamental biological processes that play a critical role in regulating immune system efficiency. Emerging evidence indicates that both the quantity and quality of sleep directly influence immune responses, including the production and activity of cytokines, natural killer cells, and T lymphocytes. Circadian rhythms, governed by the central clock in the suprachiasmatic nucleus, coordinate immune function with daily environmental cycles, optimizing defense mechanisms during periods of anticipated pathogen exposure. Disruptions to sleep or circadian alignment—due to factors such as shift work, jet lag, or chronic sleep deprivation—can impair immune surveillance, reduce vaccine efficacy, and increase susceptibility to infections and inflammatory diseases. Understanding the interplay between sleep, circadian biology, and immunity is essential for developing preventative health strategies and improving clinical outcomes. This paper highlights current research on the bidirectional relationship between sleep and immune function, emphasizing the need for circadian-aligned behaviors as part of lifestyle medicine and public health interventions.

The prevention of vascular dementia

Roberto Volpe, MD, AMS, PhD

Prevention Unit, Italian National Research Council (CNR), Rome, Italy

A growing elderly population has become a challenge to our society. However, cognitive impairment, or worse, dementia, are not always caused by Alzheimer's disease or are the consequence of major ischemic or haemorrhagic stroke. They often are due to micro-infarcts and/or micro-haemorrhages ("mini-strokes") at the level of small cerebral vessels, which can cause alterations in brain mass (at magnetic resonance we have white matter hyperintensities, cerebral microbleeds, lacunar infarcts or enlarged perivascular spaces). Moreover, cerebrovascular disease and Alzheimer's disease often coexist. Therefore, if vascular disease is a major cause of (vascular) dementia, by treating cardiovascular risk factors such as atrial fibrillation, arterial hypertension, hyperlipidemia, diabetes, smoking, physical inactivity, alcohol abuse, obesity and sleep apnea, we have the opportunity to prevent and reduce vascular dementia in older people. In addition, the cardio-cerebral prevention must be based also on a healthy lifestyle. Moderate and regular physical activity and a healthy diet can also have a beneficial effect on brain structure and activity and, consequently, on cognition. In conclusion, we can not only increase life expectancy, but also mental, cognitive and physical health and wellbeing and, at the same time, containing health expenditure.

Agricultural system, genetic structure, and other factors influencing the exceptional longevity of inhabitants of city Teulada and the region, Sardinia, Italy

Special guest: Salvatore Loi, MSc, Municipal Councillor for Culture in Teulada^{on-line}

The distribution of longevity before and after World War II and aspects of the concentration of people over 100 in some family groups more than in others seem interesting. The context of daily work, nutrition and disease.

I will try to make as understandable as possible the reality of the agricultural and pastoral community, which presents non-trivial.

As for the explanation of "long life," I will present systematic knowledge over the centuries of the production system that may have contributed to the health of the Teulada people and the resulting longevity.

Session 6: Stress and burnout

When time is pressure

Anna Lengyel MD, Private practice

Have you ever felt that LSM is hard to incorporate in your daily work due to pressure of time?

Does your working place give you short time frames for a patient? Or are you a private practitioner and to pay the bills you have to cut the time short? Or the patient must hurry back to work and needs you to focus on just some details, bothering them most, but not giving you the time needed?

How can we proceed the best lifestyle care when the time is pressure?

I'm an occupational health physician, having 15 minutes per patient. I want to show you some tips and tricks to release the pressure of time and show you practical shortcuts I'm working with.

Sources of sustainable change – a perspective on a healthy lifestyle as a lifelong journey.

Ass. Prof. Klaudia Zuskova, PhD

Faculty of Medicine of Charles University in Hradec Králové, Czech Republic

Sustainable lifestyle change is a dynamic, lifelong process rooted in self-awareness, motivation, and adaptability. This paper explores the psychological and environmental sources that support long-term health behavior change, emphasizing the importance of intrinsic motivation, purpose, and social support. Rather than viewing healthy living as a temporary intervention, it is framed as an evolving journey shaped by individual values, habits, and life stages. Key elements include fostering self-efficacy, establishing meaningful goals, and creating supportive environments that make healthy choices accessible and enjoyable. The integration of evidence-based strategies from lifestyle medicine—such as nutrition, physical activity, stress management, and restorative

sleep—further reinforces long-term adherence. Barriers such as all-or-nothing thinking, perfectionism, and external pressure are addressed through mindful, compassionate approaches. This perspective advocates for a shift from outcome-focused health goals to process-oriented change, highlighting that sustainable well-being is cultivated through consistent, personalized, and flexible actions that align with one's evolving identity and life context.

Lifestyle Medicine's perspective on self-care for healthcare professionals.

Sunil Kumar, MD, MBBS, MRCA, FCAI, FRSA, FBSLM, DipIBLM, LM Physician

I will emphasize the following in my talk:

- The **importance of self-care in healthcare professionals**, highlighting its role in resilience and better patient outcomes.
- **Lifestyle Medicine is a framework** for burnout prevention, covering key pillars such as nutrition, physical activity, sleep hygiene, mindfulness, and social connection.
- **I offer health coaching strategies for doctors**, including practical, time-efficient self-care approaches, based on my experience working with healthcare professionals and conducting workshops.
- There is a need for a **culture shift in medicine**, advocating for structured self-care programs at both individual and institutional levels.

I will concentrate on **practical, evidence-based solutions** from a Lifestyle Medicine perspective.

The Hidden Cardiovascular Toll of Fast-Paced Lives and High-Stress Careers. (online)

Dr. Svetlana Chamoun, MD, PhD, FACC, DipABLM

Founder and CEO of CardioSeeds, LLC, USA

Burnout in healthcare is an increasingly recognized issue, with far-reaching consequences for both personal well-being and professional effectiveness. However, the often-overlooked impact of burnout on cardiovascular health presents a growing concern.

This presentation explores the hidden cardiovascular toll of fast-paced lives and high-stress careers in healthcare, focusing on the physiological mechanisms that link chronic stress to the development of heart disease. Healthcare professionals, due to their demanding schedules, high workloads, and emotional stressors, are particularly vulnerable to this hidden risk. The session will examine how burnout leads to increased blood pressure, higher levels of inflammation, and an elevated risk of developing chronic conditions such as coronary artery disease. Additionally, we will explore the psychosocial factors that contribute to these effects, including the stigma surrounding mental health in

healthcare settings.

The presentation will also discuss multi-level solutions for prevention, emphasizing self-care, systemic support, and organizational changes that can help mitigate the effects of stress. By understanding the links between burnout and cardiovascular health, healthcare professionals can take proactive steps to protect both their mental and physical well-being, leading to better outcomes for themselves and their patients.

This talk will focus on the root causes of physician burnout, its negative effects on the development of chronic illness, and multi-level solutions for prevention.

Nature Based Lifestyle Medicine Toolbox (online)

Ziya Altug, PT, DPT, MS, DipACLM, OCS

Physiopedia, and Luna Physical Therapy in Los Angeles, California, USA

Nature-based medicine is an emerging field that harnesses the therapeutic benefits of natural environments to enhance physical and mental well-being. This seminar explores the foundational concepts of nature-based medicine and therapy, highlighting its role in holistic healthcare. Participants will gain insights into evidence-based nature-based approaches for managing pain, anxiety, and stress. Practical applications in clinical settings will be discussed, providing healthcare professionals with strategies to integrate nature-based interventions into patient care.