

Healthy Life and Longevity Centenarians in Italy and Israeli Lifestyle, Nutrition, Clinical, and Genetics

Monday 2nd December

The Steinhardt Museum of Natural History

Klausner St 12, Tel Aviv-Yafo

08:30 - 09:00 Welcome and registration

Opening remarks

09:00 - 09:30 The Italian Ambassador, Gianluigi Benedetti
Prof. Claudio Franceschi

Opening Session - Centenarian Genetics

Chair - Prof. Gil Atzmon

09:30 - 10:00 Prof. Claudio Franceschi - University of Bologna
"Biomarkers of biological age, chronic inflammation/inflammaging"

10:00 - 10:20 Dr. Miriam Capri - University of Bologna
"Circulating cell-free DNA and microRNAs"

10:20 - 10:40 Prof. Gabriella Marcon - University of Bologna
"Centenarians in Trieste Study: Protocol and first Data"

10:40 - 11:00 Prof. Giuseppe Passarino - University of Calabria
*"Longevity in Southern Italy at the crossroad of genetics,
demographic changes and cultural evolution"*

11:00 - 11:30 Prof. Gil Atzmon - University of Haifa
"Longevity epigenetic"

11:30 - 12:00 Panel discussion of all five presenters
Coordinate Prof. Claudio Franceschi.

12:00 - 13:30 Lunch break and poster session

2nd session - Longevity Lifestyle, Nutrition

Chair - Prof. Yael Netz

- 13:30 - 13:50 **Prof. Israel Doron** - University of Haifa
"Longevity lifestyle"
- 13:50 - 14:10 **Prof. Pierre Singer** - Tel Aviv University
"Clinical nutrition and longevity"
- 14:10 - 14:25 **Prof. Ciriaco Carru** - University of Sassari
"Gut microbiota"
- 14:25 - 14:40 **Dr. Aurelia Santoro** - University of Bologna
"The impact of Nutrition on Health and longevity"
- 14:40 - 15:00 **Prof. Yael Netz** - Wingate institute
"Physical exercise and longevity"
- 15:00 - 15:20 **Prof. Ron Cialic** - Tel Aviv Sourasky Medical Center
"Longevity and frailty"
- 15:20 - 15:30 Two student abstract blitz talk
- 15:30 - 16:00 **Panel discussion of all six presenters**
Coordinate Prof. Israel Doron
- 16:00 - 16:30 **Coffee break**

3rd session - Clinical Longevity

Chair - Prof. Michael Wolf

- 16:30 - 16:50 **Prof. Tzvi Dwolatzky** - Rambam Medical Center
"Longevity and cognition"
- 16:50 - 17:05 **Dr. Maria Conte** - University of Bologna
"Brain pathology"
- 17:05 - 17:25 **Prof. Michael Wolf** - Tel Hashomer Medical Center
"Hearing loss and longevity"
- 17:25 - 17:40 **Dr. Stefano Salvioli** - University of Bologna
"Mitokines and Volatile Organic Compounds (VOCs) in human aging and extreme longevity"

17:40 - 18:00	Dr. Lavy Klein - Shoham Medical Center <i>"Sleeping pattern and longevity"</i>
18:00 - 18:15	Prof. Daniela Monti - University of Florence <i>"Thyroid function in Longevity"</i>
18:15 - 18:25	Prof. Daniela Mari - University of Milan <i>"The book on centenarians"</i>
18:25 - 18:30	Student abstract blitz talk
18:30 - 19:00	Panel discussion of all four presenters Coordinate Prof. Tzvi Dwolatzky
Closing Remarks	
19:00 - 19:15	Prof. Atzmon and Prof. Franceschi