

# INTERNATIONAL CONGRESS

MEDICAL LONGEVITY  
AND HEALTHY AGING

3ª EDICIÓN  
2024

**Congreso  
Internacional**

Longevidad Médica  
y Envejecimiento Saludable

**3<sup>RD</sup> EDITION ALICANTE 2024**

## OFFICIAL PROGRAM 2024

SCIENCE

TECHNOLOGY

TRENDS

**SCIENCE AND RESEARCH, TECHNOLOGICAL  
DEVELOPMENT AND THE LATEST TRENDS.**

**THE SCIENCE OF  
LONGEVITY**

**DAY 1**  
**OFFICIAL PROGRAM LWF ALICANTE  
2024**

09:00 - 09:30	Registration and check-in	
09:30	Official opening	
09:30 - 10:00	Welcome	
10:00 - 11:00	<p><b>OPENING LECTURE:</b></p> <p><b>“DRUG DISCOVERY STRATEGIES TO TARGET THE HALLMARKS OF AGING”</b></p> <p><b>TOREN FINKEL,</b> UNIVERSITY OF PITTSBURG</p>	
<b>11:00 - 11:30 COFFEE</b>		
11:30 – 12:30	<b>RECENT RESEARCH ON THE MECHANISMS OF AGING AND IDENTIFICATION OF POSSIBLE STRATEGIES FOR ENHANCING LONGEVITY (SHORT TALKS)</b>	
	<b>SELECTIVE AUTOPHAGY: EXTENDING HEALTH-SPAN ONE PROTEIN AT A TIME</b>	<b>ANA MARÍA CUERVO</b> ALBERT EINSTEIN COLLEGE OF MEDICINE
	<b>KILLING YOUR CELLS TO LIVE (LONGER): THE AGE OF SENOTHERAPIES</b>	<b>SALVADOR MACIP,</b> UNIVERSITAT OBERTA DE CATALUNYA
	<b>IMMUNOLOGY AND LONGEVITY: TWO CONCEPTS THAT DO NOT ALWAYS GO WELL TOGETHER - CAN WE IMPROVE THE RELATIONSHIP?</b>	<b>JOSÉ SEMPERE,</b> UNIVERSIDAD DE ALICANTE
12:30 – 13:30	<b>ROUND TABLE: FROM MOLECULES TO PREVENTING AGING. MYTHS AND TRUES OF NEW MOLECULES TO CHANGE AGING.</b>	
	<b>HOST: MARI CARMEN ÁLVAREZ, TETRANEURON</b> PARTICIPANTS:	
	<b>TOREN FINKEL,</b> UNIVERSITY OF PITTSBURG	<b>ANA MARÍA CUERVO,</b> ALBERT EINSTEIN COLLEGE OF MEDICINE
	<b>SALVADOR MACIP,</b> UNIVERSIDAD OBERTA DE CATALUNYA	<b>JOSÉ SEMPERE,</b> UNIVERSIDAD DE ALICANTE
<b>13:30 - 15:00 LUNCH</b>		

**THE SCIENCE OF  
LONGEVITY**

**DAY 1**  
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15:00 - 15:30	<b>INTERVIEW ON INTERVENTION PROGRAMS AND TRANSLATION TO HEALTHY LONGEVITY</b>	
	<b>JOSÉ VIÑA,</b> UNIVERSITAT DE VALÈNCIA	<b>JAMES NELSON,</b> UT HEALTH SAN ANTONIO, GERONTOLOGICAL SOCIETY OF AMERICA
15:30 - 17:00	<b>RESEARCH AND STRATEGIES TO PROMOTE HEALTHY LONGEVITY AND PREVENT AGING (SHORT TALKS)</b>	
	<b>THE IMPORTANCE OF EXERCISE IN MAINTAINING OPTIMAL PHYSIOLOGICAL FUNCTION DURING AGEING</b>	<b>STEPHEN HARRIDGE,</b> KING 'S COLLEGE LONDON
	<b>NUTRITION IN LONGEVITY</b>	<b>RICARDO RAMOS,</b> IMDEA ALIMENTACIÓN
	<b>MICROBIOTA: A NEW TARGET FOR LONGEVITY</b>	<b>DÉBORA NUEVO,</b> OLYMPIA, GRUPO QUIRÓNSALUD
<b>17:00 - 17:30 BREAK</b>		
17:30 - 19:00	<b>DEBATE: NUTRITIONAL SUPPLEMENTS IN LONGEVITY. REALITY OF FICTION?</b>	
	<b>HOST: JOSÉ VIÑA, UNIVERSIDAD DE VALENCIA</b> <b>PARTICIPANTS:</b>	
	<b>VICENTE MERA,</b> SHA WELLNESS CLINIC	<b>DÉBORA NUEVO,</b> OLYMPIA, GRUPO QUIRÓNSALUD
	<b>RICARDO RAMOS,</b> IMDEA ALIMENTACIÓN	<b>STEPHEN HARRIDGE,</b> KING 'S COLLEGE LONDON
	<b>JAMES NELSON,</b> UT HEALTH SAN ANTONIO, GERONTOLOGICAL SOCIETY OF AMERICA	
19:00 - 19:20	<b>"PROMOTING HEALTHY LONGEVITY TO PREVENT AGING"</b> <b>BRYAN JOHNSON,</b> BLUEPRINT PROJECT	

**TECH AND TRENDS**

**DAY 2**  
OFFICIAL PROGRAM LWF ALICANTE  
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<p>09:30 - 10:20</p>	<p><b>LECTURE:</b> <b>“GENE THERAPY IN LONGEVITY”</b></p> <p><b>LIZ PARRISH,</b> BIOVIVA SCIENCE</p>	
<p>10:20 - 11:00</p>	<p><b>TECHNOLOGIES AND DEVELOPMENT IN LONGEVITY (SHORT TALKS):</b></p>	
	<p><b>BEYOND LIFESPAN: THE CRITICAL ROLE OF TELOMERES &amp; TELOMERASE IN HEALTHSPAN.</b></p>	<p><b>ENRIQUE SAMPER</b> LIFE LENGTH</p>
	<p><b>INSIDE OUT: IMAGING OUR INNER HEALTH</b></p>	<p><b>ÁNGEL ALBERICH,</b> QUIBIM</p>
<p><b>11:00 - 11:30 COFFEE</b></p>		
<p>11:30 - 12:30</p>	<p><b>LECTURE:</b> <b>“WHAT DOES DNA METHYLATION TEACH US ABOUT MAXIMUM LIFESPAN?”</b></p> <p><b>STEVE HORVATH,</b> ALTOS LABS</p>	
<p>12:30 - 13:30</p>	<p><b>LECTURE:</b> <b>“THE ECONOMICS OF AGEING: WHAT ARE WE FACING?”</b></p> <p><b>MERCEDES AYUSO,</b> UNIVERSIDAD DE BARCELONA</p>	
<p><b>13:30 - 15:00 LUNCH</b></p>		

**TECH AND TRENDS**

**DAY 2**  
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15:00 - 16:30	<b>WEARABLE TECHNOLOGIES AND APPLICATIONS IN AGEING AND LONGEVITY (SHORT TALKS)</b>	
	<b>UNLOCKING THE SECRETS OF AGING THROUGH LIFE'S NATURAL RHYTHMS</b>	<b>FILIFE BARATA,</b> ETH ZURICH
	<b>TECHNOLOGICAL INNOVATIONS FOR HEALTHY LONGEVITY</b>	<b>DAVID GARRIDO JAÉN,</b> INSTITUTO DE BIOMECÁNICA DE VALENCIA
	<b>THE SECRET OF LONGEVITY IS IN YOUR WRIST</b>	<b>MIGUEL ANGEL COBOS GIL,</b> HOSPITAL CLÍNICO SAN CARLOS
16:30 - 17:30	<b>ROUND TABLE: OPORTUNITIES AND CHALLENGES IN THE DEVELOPMENT OF STARTUPS IN HEALTH AND AGING</b>	
	<b>HOST: MANUEL PÉREZ ALONSO, UNIVERSITAT DE VALÈNCIA</b> PARTICIPANTS:	
	<b>ENRIQUE SAMPER,</b> LIFE LENGTH	<b>DAVID GARRIDO JAÉN,</b> INSTITUTO DE BIOMECÁNICA DE VALENCIA
	<b>ANTONIO URBANO</b> NUUMA GENETICS	<b>ÁNGEL ALBERICH,</b> QUIBIM