

BULGARIAN
LONGEVITY
— ASSOCIATION —

in partnership with



B A B A

International Medical Longevity Conference Sofia

Bulgaria, Sofia, 6-8 November 2026

DAY 1 Friday

10:30– 11:30

Registration & Welcome Coffee

11:30 – 12:30

Official Opening

- Organizing Committee & Host Institutions
[Swiss Embassy \(TBD\)](#), [Dominik Thor](#) – President, Geneva College for Longevity Sciences; [Rocio Salas-Whalen](#) – New York, USA

12:30 – 14:00

Module 1: The Longevity Imperative — From Demographics to Medicine

Chair and moderator: [Alexander Simidchiev](#)

- Global demographic trends & longevity outlook
[Kancho Stoychev](#), [Georgi Bardarov \(TBD\)](#)
- Demographic status of Bulgaria: aging population, morbidity, system challenges
[Arkadi Sharkov](#), [Slavi Djambazov](#)
- National strategy on aging & longevity — prevention, policy & population health
[Alexander Simidchiev](#)
- Longevity science in medicine: geroscience in clinical practice
[Sara Hagg \(KI\)](#)

14:00 – 15:00 Lunch & Networking

15:00 – 17:00

Module 2: Metabolic Therapeutics & Longevity

Chair and moderator: [Rayna Stoyanova](#)

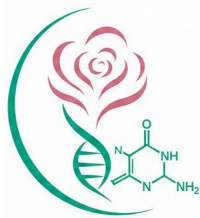
- GLP-1 / incretin therapies: cardiometabolic, hepatic & longevity implications
[Rocio Salas-Whalen](#) – New York, USA
- Peptides in clinical practice (Evidence-based longevity interventions: prevention, biomarkers, risk stratification, lifestyle, early detection)
[Dean Berman](#)
- MASLD, sarcopenia risk & long-term metabolic planning
[Milen Vasilev](#)
- Old cells, new targets: inflammaging and osteoarthritis
[Victoria Sarafian](#)

17:00– 18:00

Industrial Symposium

18:00 – 20:00

Networking & welcome cocktail



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Day 2 Saturday

9:30– 11:00

Module 3: Longevity of the Heart

Chair and moderator: **Tsvetomir Loukanov** (University of Heidelberg)

- Cardiometabolic aspects of aging
Krasimira Hristova
- Menopause, hormone optimization therapy & cardiovascular risk
- Cardiac health, inflamaging, and senolytics

11:00- 11:30

Industrial Symposium II

11:30– 12:00

Coffee & Networking

12:00-13:30

Module 4: Neurodegeneration & Cognitive Longevity

Chair and moderators: **Nikolay Gabrovski** (Pirogov Emergency Hospital), **Lachezar Traykov** (Sofia Medical University)

- Brain aging & neurodegeneration prevention
Lachezar Traykov, Shima Mehrabian
- Metabolic, vascular, sleep & inflammatory drivers
Ivan Koichev
- Cognitive screening in longevity practice
- Sleep, circadian rhythm & longevity
Milena Nikolova (National Sports Academy, physiologist),
Matthew Walker, Russel Foster
- Hearing, vision, movement & cognition connection
Dr. Desislava Dimova (ophthalmologist)

13:30-14:30

Business lunch

14:30-16:00

Module 5: Reproductive Ageing

Chair and moderator: **Yana Balnikova**

- Ovaries' ageing
Maria Marinova
- Menopausal health
Louise Newson, Maria Yunakova, Malina Petkova
- Andropause: diagnosis & management + testosterone replacement therapy (TRT)
Zdravko Kamenov

16:00-16:30

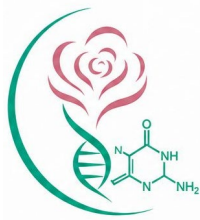
Coffee&networking

16:30- 18:30

Module 6: Endocrinology&Aging

Chair and Moderator: **Alexander Shinkov**

- Thyroid hypofunction & aging
Alexander Shinkov
- Osteoporosis medications & longevity outcomes
- Hormones, muscle & bone as longevity axes.\



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Paul Lee (joint and cartilage regeneration)

- Sarcopenia & frailty screening (grip strength, gait speed, chair-stand)
Brad Currier

18:30- 20:00

Cocktail & Networking

Day 3 - Sunday

9:00-11:00

Module 7: Dermatology & Longevity

Chair and Moderator: Radina Denkova

- Skin aging as a systemic aging biomarker
Melanie Angelova
- Prevention, protection & exposome-aware dermatology
- ASIA syndrome
Martin Genov
- Microplastics & endocrine disruptors: real risks, patient counseling
- Cosmetics free from endocrine disruptors: practical recommendations

11:00-13:00

Module 8: Medical Interventions & Lifestyle Longevity

Chair and Moderator: Georgi Momekov

- Supplementation & longevity: evidence vs hype
Georgi Momekov, Ekaterina Kurteva
- Diet and longevity
Anelia Bivolarska, Teodora Darlenska
- Longevity as a lifestyle: behavior change & adherence
- NAD⁺ mechanisms, biomarkers, clinical relevance
Morten
- IV infusions — indications, risks & ethical standards
Kamen Shoylev, Kalina Mihaylova
- Cancer prevention & early detection in longevity medicine
Jelyazko Arabadjiev, Vanya Mitova

13:00– 14:00

Business lunch

14:00-15:30

Closing Session: Longevity as a Lifestyle

Chair and Moderator: Dominik Thor

- Translating medical longevity into daily life
- Public education, misinformation resistance & sustainable habits

16:00-17:00

Industrial Symposium III

Skin longevity innovation

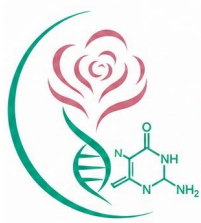
17:00 – 18:30

Optional Advanced Workshop (Highly Recommended)

What Is Longevity Medicine & How to Become a Longevity Physician

Lead: Andrea Gartenbach & Geneva College for Longevity Sciences, Dean Berman, Rocio Salas-Whalen

- Definition, scope & ethics of longevity medicine
- Core clinical toolkit: biomarkers, imaging, function & cognition



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- Building a longevity practice
- Presentation of the CME specialization program

Excellence in Longevity Medicine (CELM) or Longevity Care Centre (LCC)