

Preliminary program

International Longevity conference – „Live Longer, live Better“

Sofia, Bulgaria – 6–8 November 2026

DAY 1 – Friday – “Why longevity matters to us all”

Module 1 – “The numbers behind aging: what demographics mean for you”

- How the world’s population is changing and why it affects your pension, doctor’s waiting times and your family.
- Bulgaria’s demographic picture – what it means for health services and everyday life.
- The National Roadmap on Aging: Prevention, Policy and Public Health.
- A short, easy-to-understand overview of “gero-science” – the science that links age-related diseases to the biology of aging.

Module 2 – “Drugs That Can Help You Live Longer”

- GLP-1 drugs – what they do for the heart, liver and why they are referred to as “longevity pills”.
- Peptide therapies – short proteins that can help muscles, metabolism and skin; how they are used today.
- Metabolic health and sarcopenia – why muscle loss is important and what are the simple steps to protect yourself.
- Inflammation and joint health – why chronic low-grade inflammation damages the hip and knee joints and what you can do now.

DAY 2 – Saturday – “Heart, Brain and Hormones: Keeping the Body’s Engines Running”

Module 3 – “A Healthy Heart at Any Age”

- How the Heart Changes with Age and How to Recognize the Warning Signs.
- Menopause, Hormone Optimization and Heart Risk – The Real Story for Women.
- “Senolytics” – A New Term for Drugs That Get Rid of Old, Harmful Cells – What We Know So Far and What It Could Mean for You.

Module 4 – “Brain Power and Memory: Staying Mentally Active Throughout Your Life”

- How the Brain Ages and What You Can Do to Slow the Process.
- The Hidden Roles of Blood Sugar, Blood Pressure, Sleep and Inflammation on Memory.
- Quick and Free “Cognitive Tests” You Can Ask Your Doctor for.

- Why Good Sleep and a Regular Circadian Rhythm Are the Biggest Boosters for the Brain.
- The connection between hearing, vision, and thinking – and why you should check them regularly.

Module 5 – “What happens when the reproductive system ages?”

- What “ovarian aging” really means for women’s health.
- Menopause – myths versus facts and tools that can make the transition smoother.
- “Andropause” (male menopause) – symptoms, diagnosis and the role of testosterone replacement therapy.

Module 6 – “Bones, muscles and hormones: the trio that determines longevity”

- How hypothyroidism can sap energy and how to recognize it.
- Modern osteoporosis drugs – more than just strengthening bones
- Hormones, muscle mass and bone health as the three pillars of a long life.
- Easy “fragility tests” you can do at home – grip strength, walking speed and chair rise test.

DAY 3 – Sunday – “Skin, Lifestyle and Everyday Tricks for Longevity”

Module 7 – “Your Skin is the Body’s Calendar”

- Why Skin Tells Us a Lot About General Aging.
- Sunscreen, Pollution and the “Exposome” – Everyday Factors That Age Us Faster.
- ASIA Syndrome – What It Is and Why It’s Important
- Microplastics and Endocrine Disruptors – Are They a Real Risk? Simple Tips for Safer Cosmetics.

Module 8 – “Longevity as a Lifestyle: Nutrition, Supplements and Practical Tools”

- Supplements – What Works, What’s a Myth and How to Choose Wisely.
- Dietary Patterns Linked to a Longer and Healthier Life (Mediterranean, Plant-Based, Basics of Intermittent Fasting).
- Behavior Change Tricks – How to Stick to New Habits for Months, Not Weeks.
- NAD⁺ – myths and reality: why it is important and realistic ways to support it.
- Intravenous infusions – when are they medically useful, what are the risks and ethical considerations.
- Cancer prevention and early detection in the approach to longevity.