

# International Medical Longevity Conference Sofia

Bulgaria, Sofia, 6–8 November 2026

## Day 1 — Friday

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| <b>10:30–11:30</b>                                                                                                   | <i>Registration &amp; Welcome Coffee</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>11:30–12:30</b>                                                                                                   | <b>Official Opening</b><br><i>Organizing Committee &amp; Host Institutions: Dominik Thor – President, Geneva College for Longevity Sciences; Rocio Salas-Whalen – New York, USA</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>12:30–14:30</b>                                                                                                   | <b>Module 1: The Longevity Imperative — From Demographics to Medicine</b><br><i>Chair: Alexander Simidchiev</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 12:30-12:50<br>12:50-13:10<br>13:10-13:25<br>13:25-13:45<br>13:45-14:05<br>14:05-14:25<br>14:25-14:30                | <ul style="list-style-type: none"> <li>Global demographic trends &amp; longevity outlook <a href="#">Kancho Stoychev, Georgi Bardarov</a></li> <li>Demographic status of Bulgaria: aging population, morbidity, system challenges <a href="#">Arkadi Sharkov</a></li> <li>The way we think about old age becomes the way we age <a href="#">Stefania Gabrovska</a></li> <li>Who determines how long we will live? <a href="#">Slaveyko Djambazov</a></li> <li>National strategy on aging &amp; longevity — prevention, policy &amp; population health <a href="#">Alexander Simidchiev</a></li> <li>Human biological aging and precision geroscience <a href="#">Sara Hagg</a></li> <li>Q&amp;A session</li> </ul> |
| <b>14:30–15:20</b>                                                                                                   | <i>Lunch &amp; Networking</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>15:20–17:00</b>                                                                                                   | <b>Module 2: Longevity of the Heart</b><br><i>Chair and moderators: Tsvetomir Loukanov</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 15:20-15:35<br>15:35-15:50<br>15:50-16:05<br>16:05-16:20<br>16:20-16:35<br>16:35-17:05<br>17:05-17:20<br>17:20-17:30 | <ul style="list-style-type: none"> <li>The Heart <a href="#">Tsvetomir Loukanov</a></li> <li>Cardiometabolic aspects of aging <a href="#">Krasimira Hristova</a></li> <li>Vessels' ageing in the concept of longevity <a href="#">Milena Staneva</a></li> <li>AI-assisted thermography for early detection of cardiovascular diseases <a href="#">Ivo Petrov</a></li> <li><i>Topic to be confirmed</i> <a href="#">Taner Shahin</a></li> <li>Arterial Hypertonia (<i>topic and speaker TBD</i>) (<i>supported lecture</i>)</li> <li>Old Cells, New Targets: Inflammaging and Senolytics in Osteoarthritis <a href="#">Victoria Sarafian</a></li> <li>Q&amp;A session</li> </ul>                                    |
| <b>17:30–18:00</b>                                                                                                   | <i>Scientific Symposium</i> <b>Metabolic Health as a Foundation for a Better Future</b><br><a href="#">Rayna Stoyanova</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>18:00–19:00</b>                                                                                                   | <b>Book presentation: "Weightless", author Rocio Salas-Whalen</b><br><i>* translated into Bulgarian with the assistance of BLA</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

## Day 2 — Saturday

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| <b>9:00–11:00</b>                                                                                             | <b>Module 3: Neurodegeneration &amp; Cognitive Longevity</b><br><i>Chairs: Nikolay Gabrovski, Lachezar Traykov</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 9:00–9:15<br>9:15–9:30<br>9:30–9:45<br>9:45–10:00<br>10:00–10:15<br>10:15–10:30<br>10:30–10:45<br>10:45–11:00 | <ul style="list-style-type: none"> <li>Brain aging &amp; neurodegeneration prevention <a href="#">Lachezar Traykov, Shima Mehrabian</a></li> <li><i>Topic to be confirmed</i> <a href="#">Nikolay Gabrovski</a></li> <li>Decoding brain development and aging using MRI technology <a href="#">Marin Penkov</a></li> <li>Approaches to Dementia Secondary Prevention <a href="#">Ivan Koychev</a></li> <li>Sleep, circadian rhythm &amp; longevity <a href="#">Milena Nikolova</a></li> <li>How to measure our sleep? <a href="#">Kiril Terziyski</a></li> <li>Hearing, vision, movement &amp; cognition connection <a href="#">Desislava Dimova</a></li> <li>Q&amp;A session</li> </ul> |
| <b>11:00–11:20</b>                                                                                            | <i>Coffee &amp; networking</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>11:20–12:20</b>                                                                                            | <b>Scientific symposium Live LIGHTER with Wegovy®</b><br>Chair: <a href="#">Rayna Stoyanova</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>12:20–13:30</b>                                                                                            | <b>Module 4: Metabolic Therapeutics &amp; Longevity</b><br><i>Chair: Rayna Stoyanova</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 12:10–12:30<br>12:30–12:45<br>12:45–13:00<br>13:00–13:15<br>13:15–13:30                                       | <ul style="list-style-type: none"> <li>GLP-1 / incretin therapies: cardiometabolic, hepatic &amp; longevity implications <a href="#">Rocio Salas-Whalen</a> — New York, USA</li> <li>Peptides in clinical practice (evidence-based longevity interventions: prevention, biomarkers, risk stratification, lifestyle, early detection) <a href="#">Dean Berman</a></li> <li>The Gut-Inflammation Axis: A Central Determinant Of Chronic Disease And Sub-Optimal Health <a href="#">Godfrey Grech</a></li> <li>MASLD, sarcopenia risk &amp; long-term metabolic planning <a href="#">Milen Vasilev</a></li> <li>Q&amp;A session</li> </ul>                                                  |
| <b>13:30–14:20</b>                                                                                            | <i>Lunch break &amp; networking</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>14:20–15:45</b>                                                                                            | <b>Module 5: Reproductive Ageing</b><br><i>Chair: Yana Balnikova</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 15:00–15:15<br>15:15–15:30<br>15:30–15:45<br>15:45–16:00<br>16:00–16:15<br>16:15–16:20                        | <ul style="list-style-type: none"> <li>Ovaries' ageing <a href="#">Maria Marinova</a></li> <li>Women's Hormone Health <a href="#">Louise Newson, Maria Yunakova, Tiana Presolska</a></li> <li>The FDA Removes Its “Black Box” Warning on Hormone Therapy: What Does It Mean for Longevity? <a href="#">Malina Petkova</a></li> <li>Andropause: diagnosis &amp; management + testosterone replacement therapy (TRT) <a href="#">Zdravko Kamenov</a></li> <li>Health and vitality for men over 55 <a href="#">Branimir Raduilov</a></li> <li>Q&amp;A session</li> </ul>                                                                                                                    |
| <b>16:20–16:40</b>                                                                                            | <i>Coffee &amp; Networking</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>16:40–18:15</b>                                                                                            | <b>Module 6: Endocrinology, Oncology &amp; Aging</b><br><i>Chair and moderators: Alexander Shinkov</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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| 16:40-16:55          | <ul style="list-style-type: none"> <li>Thyroid hypofunction &amp; aging <a href="#">Alexander Shinkov</a></li> </ul>                                                                                       |
| 16:55-17:10          | <ul style="list-style-type: none"> <li>Exposomics of stress and biological aging: opportunities for multiomics profiling in hair <a href="#">Milen Bogdanov</a></li> </ul>                                 |
| 17:10-17:25          | <ul style="list-style-type: none"> <li>Sarcopenia &amp; frailty screening <a href="#">Brad Currier</a></li> </ul>                                                                                          |
| 17:25-17:40          | <ul style="list-style-type: none"> <li>Hormones, muscle &amp; bone as longevity axes <a href="#">Paul Lee</a></li> </ul>                                                                                   |
| 17:40-17:55          | <ul style="list-style-type: none"> <li>From Mechanical Signaling to Healthy Aging: The Role of Fascia in Muscle Function and Tissue Adaptation <a href="#">Sheila Veronese</a></li> </ul>                  |
| 17:55-18:10          | <ul style="list-style-type: none"> <li>Glycation end-products (AGEs) and biological aging (title TBC) <a href="#">Vessela Mihneva</a>, <a href="#">Ivaylo Bogomilov</a></li> </ul>                         |
| 18:10-18:15          | <ul style="list-style-type: none"> <li>Cancer prevention &amp; early detection in longevity medicine <a href="#">Jelyazko Arabadjiev</a>, <a href="#">Vanya Mitova</a></li> <li>Q&amp;A session</li> </ul> |
| <b>18:15 – 18:45</b> | Cancer and Longevity: New opportunities for modern medicine - <i>Industrial symposium</i>                                                                                                                  |
| <b>20:00 – 23:00</b> | <i>Charity Dinner</i>                                                                                                                                                                                      |

## Day 3 — Sunday

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| <b>9:00 – 10:30</b>                                                                                                                                            | <b>Module 7: Dermatology &amp; Longevity</b><br><i>Chair and moderators: <a href="#">Radina Denkova</a></i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 9:00–9:15<br>9:15–9:30<br>9:30–9:45<br>9:45–10:00<br>10:00–10:10                                                                                               | <ul style="list-style-type: none"> <li>Skin aging as a systemic aging biomarker <a href="#">Melanie Angelova</a></li> <li>Prevention, protection &amp; exposome-aware dermatology; ASIA syndrome <a href="#">Martin Genov</a></li> <li>Hormones, Skin &amp; Aging: The Missing link <a href="#">Andre-Robert Rotmann</a></li> <li>Cosmetics free from endocrine disruptors: practical recommendations (<i>TBD</i>)</li> <li>Q&amp;A session</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>10:10 – 10:30</b>                                                                                                                                           | <i>Coffee &amp; networking</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>10:30–12:45</b>                                                                                                                                             | <b>Module 8: Medical Interventions &amp; Lifestyle Longevity</b><br><i>Chair: .....</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 10:30–10:45<br>10:45–11:00<br>11:00–11:15<br><br>11:15–11:30<br>11:30–11:45<br><br>11:45–12:00<br><br>12:00–12:15<br>12:00–12:15<br>12:15–12:30<br>12:30–12:45 | <ul style="list-style-type: none"> <li>How to measure longevity? <a href="#">Rayna Stoyanova</a> (<i>supported lecture</i>)</li> <li>Longevity Diet <a href="#">Teodora Handzhieva-Darlenska</a></li> <li>Nutrition and Longevity: From Molecular Mechanisms to Clinical Practice <a href="#">Anelia Bivolarska</a></li> <li>Longevity through Wellness: Where science meets practice <a href="#">Fahri Saatcioglu</a></li> <li>Personalised photobiomodulation: from patent toward translational longevity medicine <a href="#">Milena Draganova</a></li> <li>Burnout and Anxiety in the Ageing Brain: Chronic Stress, Cognitive Vulnerability and the Loss of Resilience <a href="#">Silvia Koumanova</a></li> <li>Longevity as a lifestyle: behavior change &amp; adherence</li> <li>NAD<sup>+</sup> mechanisms, biomarkers, clinical relevance <a href="#">Morten Scheibye-Knudsen</a></li> <li>IV infusions — indications, risks &amp; ethical standards <a href="#">Kamen Shoylev</a>, <a href="#">Kalina Mihaylova</a></li> <li>Q&amp;A session</li> </ul> |
| <b>12:45–13:45</b>                                                                                                                                             | <i>Lunch break &amp; networking</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

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| <p><b>13:45–14:45</b></p> | <p><b>Closing Session: Longevity as a Lifestyle</b><br/> <i>Chair and moderators: Guido Axmann, Luiza Spiru</i></p> <ul style="list-style-type: none"> <li>• Translating medical longevity into daily life</li> <li>• Public education, misinformation resistance &amp; sustainable habits</li> </ul>                                                                                                                                                                                                                                                                            |
| <p><b>14:45–16:30</b></p> | <p><b>Optional: Advanced Workshop (Highly Recommended) What Is Longevity Medicine &amp; How to Become a Longevity Physician — Lead: Geneva College for Longevity Sciences</b><br/> <i>Chair: Geneva College for Longevity Sciences</i></p> <ul style="list-style-type: none"> <li>• Definition, scope &amp; ethics of longevity medicine</li> <li>• Core clinical toolkit: biomarkers, imaging, function &amp; cognition</li> <li>• Building a longevity practice</li> <li>• Presentation of the CME specialization program — Excellence in Longevity Medicine (CELM)</li> </ul> |
| <p><b>16:30–17:30</b></p> | <p><b>BLA General Assembly</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |