



## Successful Aging, 3-4 October 2005

<http://www.ptbun.org.pl/aging/>

### Revised Programme

venue: International Centre of Biocybernetics  
(Ochota Research Campus, next to the Nencki Institute of Experimental Biology)

#### Monday, October 3, 2005

8:30-9:00 **Registration and coffee**

9:00-9:15 **Opening of the conference**

**Session 1: *Aging and Longevity*** chair: Leonard Hayflick

09:15-10:00 Tom Kirkwood: *Evolutionary control of lifespan*

10:00-10:45 Rudi Westendorp: *Explaining health and disability in old age*

10:45-11:30 Katarzyna Broczek: *Health Status of Polish Centenarians*

11:30-12:00 **coffee and refreshments**

**Session 2: *Aging of the Immune System*** chair: Rudi Westendorp

12:00-12:45 Graham Pawelec: *Immunosenescence: a disease of chronic antigenic stimulation?*

12:45-13:30 Calogero Caruso: *Inflammation and life span.*

13:30-14:15 Jacek Witkowski: *Normal and pathological rhythms of T cell aging*

14:15-15:30 **lunch**

**Session 3a: *Aging of the Brain*** chair: Jacek Kuznicki

15:30-16:15 Maria Barcikowska: *Alzheimer disease*

16:15-17:00 Cezary Zekanowski: *Alzheimer's disease biomarkers*

17:00-17:30 Signing of the Polish translation of Tom Kirkwood's book "Time of our lives" by the author

17:30 **Evening Reception**

#### Tuesday, October 4, 2005

**Session 3b: *Aging of the Brain*** chair: Suresh Rattan

09:00-09:45 Andrzej Friedman: *Is Parkinson's disease a disease of the aging population?*

09:45-10:30 Vittorio Calabrese: *Redox Regulation of Cellular Stress Response in Aging and Neurodegenerative Disorders*

10:30-11:00 **coffee and refreshments**

**Session 4: *Anti-aging Medicine*** chair: Tom Kirkwood

11:00-11:45 Leonard Hayflick: *How to increase Human Longevity*

11:45-12:30 Suresh Rattan: *The Science and Nonsense of Anti-Aging Therapies*

12:30-13:15 Claudio Franceschi: *The genetics of longevity and the rationale for anti-aging strategies in humans*

13:15-13:30 **Closing of the conference**