



RESEARCH INSTITUTE FOR LONGEVITY
AND PREVENTION OF AGING-RELATED DISEASES

A REALISTIC GOAL

Longevity

ΜΑΚΡΟΖΩΙΑ, ΕΝΑΣ ΠΡΑΛΙΣΤΙΚΟΣ ΣΤΟΧΟΣ

8-9/9/2017

ATHENS HILTON/GREECE



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FIVE "BLUE ZONE" CITIES

SCIENTIFIC PROGRAMME



SCIENTIFIC PROGRAMME

WELCOME NOTE

Dear friends and colleagues,

We welcome you to attend the international conference on Longevity, **“Longevity: A Realistic Goal”**, which is held in Athens, at the Hilton Hotel, on **September 8th to 9th, 2017**.

Tackling aging-related diseases and achieving longevity has always been the goal of medical research. During the last decades, pharmaceutical and invasive developments in cardiovascular medicine have led to the reduction of cardiovascular mortality, the world’s first cause of mortality, improving the survival of cardiac patients and promoting longevity. Moreover, the discovery of newer chemotherapeutic and immunosuppressive medication has improved the prognosis of cancer patients and patients with chronic autoimmune diseases, diseases that until some years ago were considered incurable, thus approaching the goal of longevity.

In the recent years, there has been significant research about the long-lived populations around the world. The “blue zones” refer to the five areas on the planet with the highest longevity rates. Greece is among them and more specifically Ikaria, a small island in eastern Aegean Sea.

The Research Institute for Longevity and Prevention of Aging-Related Diseases has held annual conferences on this subject over the last years.

The present conference will be attended by a large number of scientists of various specialties, since the treatment of aging-related diseases covers all fields of laboratory and clinical Medicine.

We warmly welcome you all to attend the conference.

President of the Organizing Committee



Christodoulos Stefanadis
Professor of Cardiology



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ORGANIZING COMMITTEE

PRESIDENT

Christodoulos Stefanadis

MEMBERS

Dimitrios Tsiachris

Christina Chrysohoou

George Lazaros

Gerasimos Siasos

SCIENTIFIC PROGRAMME COORDINATOR

Panagiota Pietri

INTERNATIONAL INVITED SPEAKERS

Giovanni Mario Pes

Assistant Professor, Department of Clinical and Experimental Medicine,
University of Sassari, Italy

Michel Poulain

Professor Emeritus, Demographer, Université catholique de Louvain of Belgium,
Tallinn University of Estonia

CONGRESS HIGHLIGHTS

Distinguished Lecture: Living a long life in a suffering land

Speaker: **Manolis Glezos**

Symposium of Medicine and Philosophy: To be or not to be?

Speakers: **Rev. Bishop of Messinia, Chrysostomos**

Pavlos Toutouzas, Emeritus Professor of Cardiology

Theodorios Pelegrinis, Emeritus Professor of Philosophy

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FRIDAY SEPTEMBER 8, 2017

08:45 - 09:00 CONGRESS OPENING - WELCOME ADDRESSES

C. Stefanadis / President of the Organizing Committee

C. Tsioufis / President of the Hellenic Society of Cardiology

E. Patsouris / Dean, School of Health Sciences, University of Athens

C. Kalogirou / Regional Governor of North Aegean

09:00 - 09:15 LECTURE

Chairperson: **E. Patsouris**

The impact of social health insurance on the healthy aging of the population

S. Bersimis

09:15 - 10:45 ROUND TABLE 1

Cardiovascular health and longevity I

Chairpersons: **C. Pitsavos, E. Tsiamis**

The elderly hypertensive patient

C. Tsioufis

Comment: **S. Pagoni**

Cholesterol and longevity: How closed is their relationship?

C. Vlachopoulos

Comment: **J. Skoumas**

Obesity, cardiovascular morbidity and mortality

Th. Psaltopoulou

Comment: **K. Aggeli**



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Smoking: The foe of longevity

D. Tsekoura

Comment: **S. Stabola**

10:45 - 11:45

LECTURES

Chairperson: **C. Stefanadis**

The origin of the laws of physics and the human being

D. Nanopoulos

Stress, cardiovascular disease and longevity

G. Chrousos

11:45 - 12:00

Coffee Break

12:00 - 13:30

ROUND TABLE 2

Cardiovascular health and longevity II

Chairpersons: **S. Defteraios, A. Spanos**

Transcatheter aortic valve implantation: Current perspectives

E. Vavouranakis

Comment: **S. Vaina**

Interventional treatment of coronary artery disease in the elderly patients

K. Toutouzas

Comment: **A. Synetos**

Ablation of atrial fibrillation: Is there an age limit?

D. Tsiachris

Comment: **A. Kordalis**

The aging of the cardiac conduction system: Experience from the new-generation pacemakers

P. Dilaveris

Comment: **G. Giannopoulos**

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FRIDAY SEPTEMBER 8, 2017

13:30 - 14:00

LECTURES

Chairpersons: **J. Goudevenos, J. Lekakis**

Aging and heart failure

F. Triposkiadis

Dealing with platelets and thrombi in the elderly patients

D. Alexopoulos

14:00 - 15:00

Lunch break

15:00 - 16:30

ROUND TABLE 3

Longevity: Data from the birth onwards

Chairpersons: **G. Kreatsas, E. Salamalekis**

Pregnancy and normal labor: Does it have any effect on the mother's life expectancy?

E. Salamalekis

Comment: **A. Dimitrakaki**

Assisted Reproductive Technology: Does it have an impact on longevity?

C. Pantos

Comment: **M. Liberi**

Embryonic and parental factors of longevity

E. Petridou

Comment: **S. Brill**

The anatomy of aging

E. Johnson

Comment: **Ch. Spiliopoulou**



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FRIDAY SEPTEMBER 8, 2017

16:30 - 18:00

ROUND TABLE 4

Aging-related diseases

Chairpersons: **C. Papageorgiou, G. Petrikkos**

Distinctive features of infections in the elderly patients

G. Petrikkos

Comment: **V. Gennimata**

Kidney failure

J. Boletis

Comment: **G. Stavgianoudakis**

Dementia

K. Karageorgiou

Comment: **M. Kosmidis**

Depression

M. Malliori

Comment: **G. Balta**

18:00 - 18:30

Coffee Break

18:30 - 19:00

LECTURES

Chairpersons: **Ch. Boudoulas, G. Filippatos**

Molecular mechanisms of aging and longevity

N. Tavernarakis

Cellular senescence and longevity

K. Evangelou

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FRIDAY SEPTEMBER 8, 2017

19:00 - 19:30 **LECTURES OF PHILOSOPHY**

Chairperson: **H. Karamalegou**

Speakers: **P. Pantazakos, G. Vassilaros**

Commentator: **G. Rentifis**

19:30 - 19:45 **LECTURE**

Chairperson: **A. Linou-Papadimitriou**

Impact of aging on the Greek population:

From epidemiological point of view

D. Panagiotakos

19:45 - 20:15 **DISTINGUISHED LECTURE**

Chairperson: **P. Tsapanidou**

Living a long life in a suffering land

Manolis Glezos



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SATURDAY SEPTEMBER 9, 2017

09:00 - 10:00 **ROUND TABLE 5**

Highlights from the “IKARIA” Study

Chairpersons: **N. Zakopoulos, S. Toumanidis**

Environmental-genetic factors and longevity

C. Chrysohoou

Lifestyle behaviors and longevity

G. Siasos

Arterial function and longevity

P. Pietri

Experience from the IKARIA study

G. Lazaros

10:00 - 10:30 **LECTURE**

Chairperson: **E. Efstathopoulos**

Geophysical factors and longevity

E. Lekkas

10:30 - 11:00 **LECTURES**

Diet and Longevity

Chairperson: **D. Panagiotakos**

The endocrinologist’s point of view

G. Mastorakos

The surgeon’s point of view

E. Menenakos

11:00 - 11:30 **Coffee break**

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SATURDAY SEPTEMBER 9, 2017

11:30 - 11:50

LECTURE

Chairperson: **E. Georgiou**

Increasing age, diminishing ovarian reserve and pregnancy complications- Novel methods for prolonging ovarian reserve

D. Loutradis

11:50 - 13:00

ROUND TABLE 6

Skin: Delaying the traces of aging

Chairpersons: **A. Katsambas, A. Stratigos**

Mechanisms of the aging of skin

E. Papadavid

Skin cancer

O. Papadopoulos

Skin and systemic disorders

A. Katoulis

Dermatology: The past

M. Karamanou

13:00 - 13:30

LECTURE

Chairperson: **E. Christoforatu**

Face lifting, botox, laser therapies: What is the best to choose?

C. Megapanos

13:30 - 14:30

Lunch break



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SATURDAY SEPTEMBER 9, 2017

14:30 - 16:30

ROUND TABLE 7

Surgery and Longevity

Chairpersons: **G. Zografos, C. Liapis, P. Skandalakis**

Robotic surgery

N. Nikiteas

Comment: **E. Leandros**

Orthopedic surgery: New techniques

S. Pnevmatikos

Comment: **G. Babis**

Longevity and adrenal tumors

D. Linos

Comment: **J. Giotakis**

Urological interventions

C. Stravodimos

Comment: **S. Vlachou**

Biotechnology: How much has it contributed to longevity?

Th. Papaioannou

Comment: **G. Latsios**

16:30 - 18:00

ROUND TABLE 8

Hormonal and biochemical mechanisms of aging-related diseases

Chairpersons: **K. Konstantopoulos, S. Dourakis, J. Paraskevaïdis**

Insulin and aging

G. Dimitriadis

Comment: **C. Pittaros**

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SATURDAY SEPTEMBER 9, 2017

Stress hormones

A. Karabinis

Comment: **G. Gerolouka - Kostopanagiotou**

Estrogens versus testosterone

P. Pietri

Comment: **K. Dimitriadis**

Low-grade inflammation and cardiovascular disease

K. Aznaouridis

Comment: **E. Oikonomou**

18:00 - 18:30 **Coffee break**

18:30 - 19:00 **LECTURES**

Chairpersons: **K. Gatzoulis, C. Chrysohoou**

Biomarkers of exceptional longevity in the Sardinian Blue Zone

G.M. Pes

Spatial pattern of longevity in Greece

M. Poulain

19:00 - 19:15 **LECTURE**

Chairperson: **C. Stefanadis**

Telomeres and aging

D. Tousoulis

19:15 - 19:30 **LECTURE**

Chairperson: **D. Tousoulis**

The contribution of the evolution of surgery in longevity

O. Zoras



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SATURDAY SEPTEMBER 9, 2017

19:30 - 20:30 SYMPOSIUM OF MEDICINE & PHILOSOPHY

To be or not to be?

Chairperson: **A.M. Dimopoulos**

Religion

Rev. Bishop of Messinia, Chrysostomos

Medicine

P. Toutouzas

Philosophy

Th. Pelegrinis

20:30 - 20:45 LECTURE

Longevity: Future perspectives

A.M. Dimopoulos

CONGRESS CLOSING

FACULTY

- Rev. Bishop of Messinia, Chrysostomos** / Professor of Theology, University of Athens, Greece
- G. Pes** / Assistant Professor, Department of Clinical and Experimental Medicine, University of Sassari, Italy
- M. Poulain** / Professor Emeritus, Demographer, Université catholique de Louvain of Belgium, Tallinn University of Estonia
- K. Aggeli** / Associate Professor of Cardiology, University of Athens, “Hippokratio” General Hospital, Greece
- D. Alexopoulos** / Professor of Cardiology, University of Athens, “Attiko” Hospital, Greece
- K. Aznaouridis** / PhD, Consultant Cardiologist, University of Athens, “Hippokratio” General Hospital, Greece
- G. Babis** / Professor of Orthopedics, University of Athens, Director, “Konstantopoulio” General Hospital of New Ionia, Greece
- G. Balta** / PhD, Psychiatrist - Psychotherapist, Athens, Greece
- S. Bersimis** / Assistant Professor, Department of Statistics and Insurance Science, University of Piraeus, Greece
- I. N. Boletis** / Professor of Pathology - Nephrology, University of Athens, Director, “Laiko” Hospital, Greece
- H. Boudoulas** / Professor of Medicine, Cardiovascular Medicine and Pharmacy, The Ohio State University, USA, Honorary Professor, Academician (an. mem.)
- S. Brili** / PhD, Cardiologist, Director, University of Athens, “Hippokratio” General Hospital, Greece
- E. Christoforatos** / PhD, Cardiologist, “Hippokratio” General Hospital, Scientific Director of the Pacemaker’s Dept, Athens Bioclinic, Greece
- G. Chrousos** / Professor of Pediatrics and Endocrinology, University of Athens, Director, “Agia Sophia” Pediatric Hospital, Greece
- Ch. Chrysohoou** / PhD, Cardiologist, University of Athens, Heart Failure Unit, “Hippokratio” General Hospital, Greece
- S. Deftereos** / Associate Professor of Cardiology, University of Athens, “Attiko” Hospital, Greece
- P. Dilaveris** / Cardiologist, Director, University of Athens, “Hippokratio” General Hospital, Greece
- A.-I. Dimitrakaki** / Cardiologist, Deputy Director, “Metropolitan” Hospital, Athens, Greece
- G. Dimitriadis** / Professor of Internal Medicine, University of Athens, Director, “Attiko” Hospital, Greece



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- K. Dimitriadis** / PhD, Consultant Cardiologist, University of Athens, “Hippokratio” General Hospital, Greece
- M.-A. Dimopoulos** / Rector of University of Athens, Professor of Oncology, “Alexandra” General Hospital, Greece
- S. Dourakis** / Professor of Internal Medicine, University of Athens, Director, “Hippokratio” General Hospital, Greece
- E. Efsthathopoulos** / Professor of Medical Physics, University of Athens, Greece
- K. Evangelou** / Professor of Anatomy - Histology - Embryology, University of Ioannina, Greece
- G. Filippatos** / Professor of Cardiology, University of Athens, President of Heart Failure Association, “Attiko” Hospital, Greece
- K. Gatzoulis** / Associate Professor of Cardiology, University of Athens, “Hippokratio” General Hospital, Greece
- V. Gennimata** / Professor of Microbiology, Laboratory of Microbiology, University of Athens, Greece
- E. Georgiou** / Professor, Nuclear Medicine Physician, Head of Medical Physics Laboratory & Medical Simulation Centre, University of Athens, Greece
- G. Gerolouka - Kostopanagiotou** / Professor of Anesthesiology, University of Athens, “Attiko” Hospital, Greece
- G. Giannopoulos** / PhD, Consultant Cardiologist, “G. Gennimatas” General Hospital, Athens, Greece
- I. Giotakis** / Professor of Otolaryngology, University of Athens, “Attiko” Hospital, Greece
- M. Glezos** / Journalist, Author, Politician, Athens, Greece
- J. Goudevenos** / Professor of Cardiology, University of Ioannina, Elected President of the Hellenic Society of Cardiology, Greece
- E. Johnson** / Professor of Descriptive Anatomy, University of Athens, Greece
- C. Kalogirou** / Regional Governor of North Aegean, Greece
- A. Karabinis** / Professor of Pathology, University of Athens, “Alexandra” General Hospital, Greece
- K. Karageorgiou** / Neurologist, Director of the Neurological Dept, Athens Medical Center, Greece
- E. Karamalegou** / Professor of Philosophy, Dean of Philosophical School, University of Athens, Greece
- M. Karamanou** / Dermatologist - Venereologist, Associate Professor (elected) of History of Medicine, University of Crete, Greece
- A. Katoulis** / Associate Professor of Dermatology, University of Athens, “Attiko” Hospital, Greece

FACULTY

- A. Katsambas** / Emeritus Professor of Dermatology, University of Athens, Greece
- K. Konstantopoulos** / Professor of Pathology, University of Athens, Director, “Laiko” Hospital, Greece
- A. Kordalis** / Cardiologist-Electrophysiologist, Athens Medical Center, Greece
- M. Kosmidis** / PhD, Neurologist, Athens Medical Center, Greece
- G. Kreatsas** / Professor of Obstetrics and Gynecology, University of Athens, “Aretaeio” Hospital, Greece
- G. Latsios** / PhD, Consultant Interventional Cardiologist, University of Athens, “Hippokratio” General Hospital, Greece
- G. Lazaros** / PhD, Cardiologist, Director, University of Athens, “Hippokratio” General Hospital, Greece
- E. Leandros** / Professor of Surgery, University of Athens, “Hippokratio” General Hospital, Greece
- I. Lekakis** / Professor of Cardiology, University of Athens, “Attiko” Hospital, Greece
- E. Lekkas** / Professor of Dynamic Tectonic Applied Geology and Natural Disaster Management, Faculty of Geology & Geoenvironment, University of Athens, President of Earthquake Planning and Protection Organization, Greece
- Ch. Liapis** / Emeritus Professor of Vascular Surgery, University of Athens, Director, Vascular & Endovascular Surgery Clinic, Athens Medical Center, Greece
- M. Liberi** / Professor of Physiology, University of Athens, Greece
- D. Linos** / Professor of Surgery, National & Kapodistrian University, Athens Medical School, Past President, International Association of Endocrine Surgeons, Governor, American College of Surgeons / Greek Chapter
- A. Linou – Papadimitriou** / Professor of Epidemiology and Prevention of Chronic and Occupational Diseases, University of Athens, Greece
- D. Loutradis** / Professor of Obstetrics and Gynecology, University of Athens, Director, “Alexandra” General Hospital, Greece
- M. Malliori** / Professor of Psychiatry, University of Athens, “Aiginiteio” Hospital, Greece
- G. Mastorakos** / Professor of Endocrinology, University of Athens, “Aretaeio” Hospital, Greece
- Ch. Megapanos** / Plastic Surgeon, Athens, Greece
- E. Menenakos** / Associate Professor of Surgery, University of Athens, “Hippokratio” General Hospital, Greece



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D. Nanopoulos / Professor of High Energy Physics, Texas A & M University, Member of the Academy of Athens, Greece

N. Nikiteas / Professor of Surgery, National & Kapodistrian University of Athens, Greece

E. Oikonomou / PhD, Consultant Cardiologist, University of Athens, “Hippokratio” General Hospital, Greece

S. Pagoni / Internal Medicine, Coordinating Director, “G. Gennimatas” General Hospital, Greece

D. Panagiotakos / Professor of Biostatistics and Epidemiology, Department of Dietetics and Nutrition Science, “Harokopio” University, Greece

P. Pantazakos / Professor of Philosophy, University of Athens, Greece

K. Pantos / Gynecologist, Director, Genesis Clinic, Athens, Greece

E. Papadavid / Associate Professor of Dermatology, University of Athens, “Attiko” and “Andreas Syngros” Hospitals, Greece

O. Papadopoulos / Emeritus Professor of Plastic Surgery, University of Athens, Greece

Ch. Papageorgiou / Professor of Psychiatry, University of Athens, “Aiginiteio” Hospital, Greece

Th. Papaioannou / Associate Professor in Biomedical Engineering, University of Athens, “Hippokratio” General Hospital, Greece

J. Paraskevaidis / Associate Professor of Cardiology, University of Athens, “Alexandra” General Hospital, Greece

E. Patsouris / Dean of the School of Health Sciences, Professor of Pathological Anatomy, University of Athens, Director, “Laiko” Hospital, Greece

Th. Pelegrinis / Emeritus Professor of Philosophy, University of Athens, Deputy Minister of Education, Research and Religious Affairs, Greece

E. Petridou / Professor of Epidemiology and Preventive Medicine, Laboratory of Hygiene, University of Athens, Greece

G. Petrikos / Emeritus Professor of Internal Medicine and Infectious Diseases, University of Athens, Greece, Professor of Immunology, Clinical Microbiology and Infectious Diseases, Dean of Medical School, European University Cyprus

P. Pietri / PhD, Cardiologist, Director of Hypertension Unit, Athens Medical Center, Greece

Ch. Pitsavos / Emeritus Professor of Cardiology, University of Athens, Greece

Ch. Pittaros / PhD, Pathologist, Director of Pathology Department, Director of Medical Service, Athens Medical Center, Greece

S. Pnevmatikos / Professor of Orthopedics, University of Athens, Director, “KAT” General Hospital, Greece

Th. Psaltopoulou / Associate Professor of Epidemiology and Preventive Medicine, University of Athens, Greece

FACULTY

G. Rentifis / Doctor of Philosophical School, National & Kapodistrian University of Athens, Greece

E. Salamalekis / Emeritus Professor of Obstetrics and Gynecology, University of Athens, Greece

G. Siasos / Associate Professor of Cardiology, University of Athens, "Hippokratio" General Hospital, Greece, Cardiovascular Division, Brigham and Women's Hospital, Harvard Medical School, Boston, USA

P. Skandalakis / Professor of Anatomy - Anatomy Surgery, University of Athens, Director of Anatomy Workshop, Director of Anatomy Museum, Greece

J. Skoumas / PhD, Cardiologist, Director, University of Athens, "Hippokratio" General Hospital, Greece

A. Spanos / Cardiologist, Coordinator Director of Cardiology Departments, Navy Hospital of Athens, Head Director of Medical Directorate HN, Greece

Ch. Spiliopoulou / Professor of Forensic Medicine - Toxicology, University of Athens, Greece

S. Stabola / Cardiologist-Electrophysiologist, Athens Medical Center, Greece

G. Stavgianoudakis / Nephrologist, Director, Nephrology Dept, Athens Medical Center, Greece

Ch. Stefanadis / Emeritus and Honorary Professor of Cardiology, University of Athens, Professor, Yale University and Emory University, USA, President of the Research Institute for Longevity and Prevention of Aging-Related Diseases, Greece

K. Stravodimos / Associate Professor of Urology, University of Athens, "Laiko" Hospital, Greece

A. Stratigos / Professor of Dermatology - Venereology, University of Athens, "Andreas Syngros" Hospital, Greece

A. Synetos / PhD, Consultant Cardiologist, University of Athens, "Hippokratio" General Hospital, Greece

N. Tavernarakis / Professor of Molecular Systems Biology, University of Crete, Chairman of the Board, Foundation for Research and Technology, Greece

S. Toumanidis / Cardiologist, Dpt. of Clinical Therapeutics, Medical School, Athens University, "Alexandra" GH, Athens, Greece

D. Tousoulis / Professor of Cardiology, University of Athens, Director, "Hippokratio" General Hospital, Greece

K. Toutouzias / Associate Professor of Cardiology, University of Athens, "Hippokratio" General Hospital, Greece



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- F. Triposkiadis** / Professor of Cardiology, University of Thessaly, Director, Larissa University Hospital, Greece
- P. Tsapanidou** / Journalist, Athens, Greece
- Th. Tsekoura** / PhD, Cardiologist, University of Athens, “Aretaeio” and “Eugenideio” Hospitals, Greece
- D. Tsiachris** / PhD, Cardiologist-Electrophysiologist, Director, Athens Medical Center, Greece
- E. Tsiamis** / Associate Professor of Cardiology, University of Athens, “Hippokratio” General Hospital, Greece
- K. Tsioufis** / Associate Professor of Cardiology, University of Athens, “Hippokratio” General Hospital, President of the Hellenic Society of Cardiology, Greece
- S. Vaina** / PhD, Consultant, Interventional Cardiologist, “Hippokratio” General Hospital, Greece
- G. Vasilaros** / Associate Professor of Philosophy, University of Athens, Greece
- E. Vavouranakis** / Professor of Cardiology, University of Athens, “Hippokratio” General Hospital, Greece, Adjunct Professor, Ohio State University, USA
- Ch. Vlachopoulos** / Associate Professor of Cardiology, University of Athens, “Hippokratio” General Hospital, Greece
- S. Vlachou** / FEBU, Surgeon - Urologist, Deputy Director, Urology Clinic, Athens Medical Center, Greece
- N. Zakopoulos** / Emeritus Professor of Therapeutics, University of Athens, Greece
- G. Zografos** / Vice Rector Health & Social Policy Issues of University of Athens, Professor of Surgery, University of Athens, Director, “Hippokratio” General Hospital, Greece
- O. Zoras** / Rector of University of Crete, Professor of Surgical Oncology, Heraklion University, Greece



**ΕΡΕΥΝΗΤΙΚΟ ΙΝΣΤΙΤΟΥΤΟ ΓΙΑ ΤΗ ΜΑΚΡΟΖΩΙΑ &
ΤΗΝ ΠΡΟΛΗΨΗ ΤΩΝ ΑΣΘΕΝΕΙΩΝ ΤΟΥ ΓΗΡΑΤΟΣ**

ΣΩΜΑΤΕΙΟ ΜΗ ΚΕΡΔΟΣΚΟΠΙΚΟ
Λεωφόρος Κηφισίας 25
ΤΚ: 11523 / Αθήνα

Πρόεδρος: **Καθηγητής Χριστόδουλος Στεφανάδης**

A blue-tinted image of an hourglass with sand falling from the top bulb to the bottom bulb. The background is a solid blue color. Two horizontal white lines are positioned above and below the text.

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www.longevity.gr