

JSMM Minisymposium – Healthy Ageing



October

08
Thursday

Healthy ageing means developing and maintaining the functional ability that enables well-being in older age, as defined by the World Health Organization. [1] But what does this mean in practice, and how can we promote health and wellbeing in old age? These questions and more will be addressed at our next minisymposium, entitled 'Healthy Ageing', which will feature scientists from Jena, Halle and Olsztyn. You are cordially invited to attend!

¹ <https://www.who.int/news-room/questions-and-answers/item/healthy-ageing-and-functional-ability>

Program

13:00	Registration
13:25	Welcome
13:30 – 13:45	What is healthy ageing? Tino Prell <i>Department of Geriatrics, Jena University Hospital (JUH), Jena</i>
13:45 – 14:15	Socioeconomic inequalities in healthy ageing: Pathways and mechanisms Anja Knöchelmann <i>Institute of Medical Sociology, Interdisciplinary Centre for Health Sciences, Martin Luther University Halle-Wittenberg, Halle</i>
14:15 – 14:45	Nutrigenomics of healthy ageing: How nutrition shapes the epigenome and immune system Carsten Carlberg <i>Institute of Animal Reproduction and Food Research, Polish Academy of Sciences, Olsztyn</i>
14:45 – 15:30	Coffee Break
15:30 – 16:00	Micronutrients in the redox regulation of ageing-related signaling processes Lars-Oliver Klotz <i>Institute of Nutritional Sciences, Nutrigenomics Section, Friedrich Schiller University (FSU) Jena, Jena</i>
16:00 – 16:30	Dietary restriction in old age to improve health and lifespan Lenhard Rudolph <i>Research Group on Stem Cell and Metabolism Aging, Leibniz Institute on Aging, Fritz Lipmann Institute (FLI) & Medical Faculty, JUH, FSU, Jena</i>
16:30	Concluding remarks

Venue

Lecture Hall 2,
Jena University Hospital
Am Klinikum 1
07747 Jena

Organizers

Prof. Dr. Regine Heller
Spokesperson of the JSMM
IZKF Chair
Vice Dean for the Promotion of
Young Researchers

Prof. Dr. Tino Prell
Department of Geriatrics

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Registration

