PROGRAMME
November 14-15, 2013

1st Barcelona International Conference on Healthy Ageing
Hesperia Tower Hotel – Barcelona

Supported by:

www.healthyageingbarcelona.com
Dear colleagues,

The Health Campus of Barcelona University (HUBc), is pleased to invite you to the 1st Barcelona International Conference on Healthy Ageing, to be held in Barcelona, Spain, on 14th and 15th November 2013.

As all you know, the western population is progressively aging with subsequent changes of most health and sociological parameters. Healthy ageing has therefore become a chief priority for health professionals and policy-makers.

In this context, the HUBc has organized a meeting aimed to examine the most significant issues in biological, medical and technological innovation on healthy ageing. For this purpose, we have selected abroad representation of professionals from several European countries with recognized expertise in this topic.

We look forward to seeing you in Barcelona.

Yours sincerely,

Dr Alfonso López Soto
Scientific Committee President
1st Barcelona Conference on Healthy Ageing

Dr Josep Samitier
Organizing Committee President
Thursday, November 14th 2013

13:00 – 15:00 h  Opening of the registration desk
15:00 – 16:00 h  Opening ceremony
16:00 – 17:30 h  Opening lecture

Healthy ageing in a new century
• Chair: Dr. A. Cruz-Jentoft (Hospital Universitario Ramón y Cajal, Madrid – Spain)
• Prof. J-P. Michel (Geneva University & EUGMS President)

17:30 – 18:00 h  Coffee break
18:00 – 19:30 h  Round table 1: Molecular basis of ageing
  Chair:  J. Yagüe (Department of Immunology, Hospital Clinic. University of Barcelona)
  • Epigenetic and healthy ageing
    Dr. M. Esteller (IDIBELL. Barcelona)
  • Immunosenescence
    Dr. R. Pujol (Department of Immunology. Hospital Universitari Vall d’Hebron. UAB)
  • Molecular basis of sarcopenia and frailty
    J. Viña (Universidad de Valencia-Spain)

19:30 h  Cocktail

Friday, November 15th 2013

08:45 – 10:15 h  Round table: Preventive actions to promote healthy ageing
  Chair:  A. López Soto (Department of Internal Medicine and Geriatric Medicine. Hospital Clinic. University of Barcelona)
  • Exercise and healthy ageing
    JA. Serra Rexach (Hospital General Universitario Gregorio Marañón, Madrid)
  • Effects of Mediterranean diet on ageing
    R. Estruch (Hospital Clinic, Barcelona)
  • Prevention of cardiovascular disease in old age
    T. Strandberg (Department of Medicine, Geriatric Clinic, University of Helsinki, Finland)

10:15 – 10:45 h  Coffee break
10:45 – 12:15 h  Round table: Use of technologies to promote healthy ageing and improve disability
  Chair:  A. Rodríguez Molinero (Gerontechnology research line manager. Fundació Hospital Comarcal Sant Antoni Abat. Adjunct Professor of Gerontechnology. School of Engineering and Informatics. NUI Galway)
  • The European Network for Fall Prevention, Intervention and Security
    A. Catalá (Technical Research Center for Dependency Care and Autonomous Living. Universitat Politècnica de Catalunya)
  • Telehealthcare for older people: barriers to large-scale roll-outs
    Maged N. Kamel Boulos (University of Plymouth, Plymouth, United Kingdom)
Friday, November 15th 2013

12:15 – 13:45 h Round table: Mental disorders and ageing
Chair: A. Zabalegui (Hospital Clinic, University of Barcelona)
- Can dementia be prevented?
  Jose L. Molinuevo (Department of Neurology. Hospital Clinic. University of Barcelona)
- Mixed methods for generating Best Practice Strategies in Dementia Care: A European project
  G.Meyer (Martin-Luther-University Halle-Wittenberg Institute for Health and Nursing Science Faculty of Health, School of Nursing Science. Halle, Germany)
- Impact of ageing on mental disorders
  J.M. Haro. (Director of Teaching, Research and Innovation at Parc Sanitari Sant Joan de Déu/University of Barcelona)

13:45 - 15:00 h Working lunch

15:00 – 16:30 h Round table: What are longitudinal studies on ageing teaching us?
Chair: F. Formiga (Department of Internal Medicine and Geriatric Medicine. Hospital Universitari de Bellvitge – University of Barcelona)
- The Spanish experience (Octabaix study/NonaSanfeliu study)

16:30 – 18:00 h Face to Face: Does frailty come before disability?
Chair: D. Ruiz (Department of Internal Medicine and Geriatric Medicine. Hospital of Sant Pau. Autonomous University of Barcelona)
Favour: L. Rodríguez Mañas (Geriatric Department, Hospital of Getafe. Madrid)
Against: M. Inzitari (Department of Geriatrics and Palliative Care, Parc Sanitari Pere Virgili, Barcelona)

18:00 – 18:30 h Coffee break

18:30 – 19:30 h Closing Lecture: “The challenge of Healthy Ageing in Europe: The European Commission perspective”
Chair: J Samitier (Director of Campus HUBc. University of Barcelona)
Maria Iglesia Gómez (Head of Unit Strategy and Analysis. DG Health and Consumers, European Commission)

19:30 – 19:45 h Closing Ceremony