

Under the patronage of the Municipality of Milan



March 14-27, 2024

THE AGING REVOLUTION

Then the LORD said, "My Spirit shall not abide in man forever, for he is flesh: his days shall be 120 years."

(Genesis 6:3).

THE AGING REVOLUTION

A project by **Viviana Kasam**

Organized by **BrainCircle Italia**

in partnership with

MUSADOC

ACADEMY FOR HEALTH AND LIFESPAN RESEARCH (AHLR)

LONGEVITY BIOTECHNOLOGY ASSOCIATION (LBA)

BRAIN HEALTH INITIATIVE (BHI)

HEBREW UNIVERSITY OF JERUSALEM

ELSC

MEET Digital Culture Center | FONDAZIONE CARIPLO

FONDAZIONE PRADA

FONDAZIONE GIOVANNI LORENZINI

FONDAZIONE GIANNINO BASSETTI

FONDAZIONE AEON

FONDAZIONE SOLONGEVITY

HUMAN TECHNOPOLE/MIND

FONDAZIONE TRIULZA

TEATRO FRANCO PARENTI

The Project

Is it possible and ethical, to engage in a chase for eternal youth and extend life expectancy? The world's cutting-edge scientific research says it is. This is a true revolution in the way we approach aging and Milan is to spearhead it by hosting this unique two-week-long international scientific Summit. The event, which will take place in different venues across the city, will be open to the general public, scholars, policy makers, doctors and health workers, industry representatives and students and will involve the participation of the city's most important Institutions that will join in a dialogue on today's "hottest" themes in research and investments: Healthy Aging and Longevity.

Thirty among the most famous and established scientists, real stars in this field, from David Sinclair to Juan Carlos Belmonte, from Laura Niedernhofer to Nic Palmarini, from Ana Maria Cuervo to Nir Barzilai, will talk about the cutting edge research to slow down the aging process.

Demographic change requires a holistic approach based on new social paradigms about welfare policies, economy, work, cities' organization, which will require the development of political and administrative awareness. Therefore the Summit will feature roundtables with demographers, investors, startup entrepreneurs and mayors of some of the cities that are currently experimenting new social organizational models based on demographic change.

The Milan Longevity Summit will highlight the role of Milan as an International cutting-edge scientific hub and aims to draw up the Milan Longevity Program, a ten-point document to help policy makers, the industry and the general audience improve their lifestyles thus adding life to years.

The conferences will be held in English and Italian. Simultaneous translation will be provided in both languages.

The conferences will be livestreamed.

MARCH 14
18:30 - 21:00

MEET THEATRE
VIA VITTORIO VENETO 2
MILANO

MEET DIGITAL
CULTURE
CENTER

Fondazione
CARIPLO

SUMMIT PRESENTATION AND OPENING OF THE EXHIBITION

FOREVER YOUNG: THE DORIAN GRAY SYNDROME

Co-curated

Maria Grazia Mattei, *President and Founder MEET Digital Culture Center*

Clément Thibault, *Directeur des arts visuels et numérique Le Cube Garges*

18:30

Opening Addresses

MARIA GRAZIA MATTEI, *President and Founder MEET*

CLÉMENT THIBAUT, *Directeur des arts visuels et numérique Le Cube Garges*

VIVIANA KASAM, *President BrainCircle Italia*

AUTHORITIES MILAN MUNICIPALITY

ARTISTS

19:00

21:00

Inauguration

The project consists of organizing and launching/disseminating the digital art exhibition “Forever Young: the Dorian Gray Syndrome,” in collaboration with Le Cube Garges, which will have with a duration of 3 months on the occasion of the Milan Longevity Summit. The exhibition will display works by the following artists, among others: Inès Alpha, Inès Sieulle, Al-bertine Meunier, Gabriel Léger, Ethel Lilienfeld, Chris Salter, and Mauro Martino. Through experiential installations, leading toward a deep immersion in the digital world, the artists explore new imagery in representing the theme of longevity, regarding three perspectives in particular:

1) **The Dorian Gray Paradox**

the dream of eternal youth and the possibilities of beautification in the digital world-as an inverted Dorian Gray who ages in reality, but whose digital image remains young-and related social and psychological implications;

2) **The Digital Beyond.**

the frontiers of the beyond and the possibilities of eternal presence opened up by the digital, through the perpetuation of our images, voice, up to the simulation of our thought-ro generated by AIs trained to interpret us (the digital as a bridge between five gener- ations compared and social media as digital immortality);

3) **Extended Presence**

the new dimensions of identity and bodies in digital space and time, the theme of extended presence, between real and virtual;

MARCH 21
18:00 - 20:30

MEET THEATRE
VIA VITTORIO VENETO 2
MILANO

MEET DIGITAL
CULTURE
CENTER | Fondazione
CARIPLO

19:00
20:30

Longevity & Innovation

JAMIE METZL, *novelist, futurist and AI and biotechnology expert, author of “Hacking Darwin”*

How Technology Will Transform Our Lives

JAMIE METZL is a leading global voice on the big-picture implications of the genetics, AI, and biotechnology revolutions and the ethical imperative to deploy revolutionary technologies wisely. Metzl helped establish the WisdomTree BioRevolution Exchange Traded Fund where he serves as Special Strategist. He also sits on the advisory boards of Exponential Medicine, Genomic Prediction, Harvard Medical School Preventive Genomics, the Lake Nona Impact Forum, NextMed Health, the Dubai Future Forum, and Walmart’s new Intelligent Retail Lab – IRL. He is the author of the international bestseller “Hacking Darwin”, appears regularly on national and international media; his work has been featured by 60 Minutes, the New York Times, and most major media outlets across the globe.. Jamie Metzl’s new book, “Superconvergence: How the Genetics, Biotech, and AI Revolutions Will Transform Our Lives, Work, and World” will be published in May 2024 by Timbre/Hachette.

MARCH 22
9:00 - 18:30

AUDITORIUM
FONDAZIONE PRADA
LARGO ISARCO 2, MILANO

Fondazione Prada

BRAIN LONGEVITY

9:00

Opening Addresses

MIUCCIA PRADA, *Prada Foundation*

GIANCARLO COMI, *Scientific Director of Human Bains Project-Prada Foundation*

VIVIANA KASAM, *President Brain CircleItalia*

AUTHORITY MUNICIPALITY OF MILAN

9:30

11:00

Epidemiology

I

Chair Prof. **CARLO FERRARESE**

Key note address

Title to be defined

Prof. **CARLO CALTAGIRONE**

Cognitive decline and longevity

Prof. **DANIELE VIGNOLI**

Prof. **MARTA GARO-PASCUAL**

Brain structure and phenotypic profile of superagers compared with age-matched older adults: a longitudinal analysis from the Vallecas Project

11:00

12:30

II

Dissecting the mechanisms of longevity

Chair Prof. **MONICA DI LUCA**

Key note address Prof. **SOFIYA MILLMAN**, *Einstein Institute*

Discovering Biological Mechanisms of Exceptional Human Health Span and Life Span

Prof. **CARINA C. KERN**

Clostridium: an elegant model of ageing

Prof. **CLAUDIO FRANCESCHI**

Immunology and aging

Prof. **YAQUN HUANG**

Longevity-Associated Transcription Factor ATF7 Promotes Healthspan by Suppressing Cellular Senescence and Systemic Inflammation

13:30
15:10

III

Interventions-Prevention

Chair **PROF. NIR BARZILAI** *director Institute for Aging Research, Albert Einstein College of Medicine, NY*

Key note address **PROF. MILES D. WITHAM**

Strategies to prevent/revert senescence

Prof. MARIA M. MIHAYLOVA

Diet and aging

Prof. ANDREA MEIER

Physical activity levels in cognitively normal and cognitively impaired oldest-old and the association with dementia risk factors: a pilot study

Prof. MITCHELL B. LEE

The million-molecule challenge: a moonshot project to rapidly advance longevity intervention discovery

Prof. LETIZIA LEOCANI

Neuromodulation/pre habilitation

Prof. YUXUAN ZHANG

The role of stem cells in anti-aging process

16:30
18:00

IV

The role of institutional stakeholders

Chair **PROF. GIANCARLO COMI**, *President Human Brain Scientific Committee, Prada Foundation*; **Viviana Kasam**, *President BrainCircleItalia*

TBC Key note address **Prof. MARIO DRAGHI**

Prof. GIOVANNI AZZONE, *Presidente Fondazione CARIPLO*

Prof. FRANCESCO BILLARI, *Rettore Bocconi*

Prof. RYM AMADI, *Founder and President Euro-Mediterranean Economists Association EMEA*

FRÉDÉRIQUE DESTREBECQ, *General Director European Brain Council*

NIC PALMARINI, *Director UK National Innovation center for Ageing (NICA)*

MARCH 23
10:00 - 16:00

TEATRO
FRANCO PARENTI
VIA PIER LOMBARDO 14, MILANO



THE FUTURE OF AGING WELL

10:00

Opening Addresses
VIVIANA KASAM, *President, BrainCircle Italia*
RISA STARR, *Executive Director, AHLR and LBA*
AUTHORITY MUNICIPALITY OF MILAN

10:30
12:00

How to die young at a very old age

Prof. NIR BARZILAI, *Director of the Institute for Aging Research at the Albert Einstein College of Medicine and the author of the book "Age Later"*.

Aging later: is there a hope?

I

Prof. VALERIO ORLANDO, *Professor of Epigenetics, Head of KAUST Environmental Epigenetics Research Program, King Abdullah University of Science and Technology KAUST Saudi Arabia.*

Good news from the dark side of genome, novel RNA targets and tools for antiaging and tissue regeneration

Prof. JUAN CARLOS IZPISUA-BELMONTE, *Director, Altos Labs, San Diego, California.*

Stem cells: Making old cells young again

14:00
16:00

Maximizing a healthy lifespan

Prof. VERA GORBUNOVA, *Doris Johns Cherry Professor at the University of Rochester, USA.*

Novel links between Genome Stability, Diet and Longevity in evolution

Dr. LUIGI FERRUCCI, *Chief of the Longitudinal Studies Section at NIA and Director of the Baltimore Longitudinal Study on Aging*

Delaying aging in humans

Dr. ANTONELLA SANTUCCIONE CHADA, *Founder and President, Women's Brain Project.*

What we can learn from differences in aging between men and women

II

MARCH 24
10:00 - 16:00

TEATRO
FRANCO PARENTI
VIA PIER LOMBARDO 14, MILANO



10:00
12:00

Changing the hallmarks of aging

III

Prof. FABRIZIO D'ADDA DI FAGAGNA, *Director research unit IFOM (Institute of Molecular Oncology) Milan, CNR Pavia*

Telomeres: markers and tools in aging

Prof. LAURA NIEDERNHOFER, *Director of the Institute on the Biology of Aging and Metabolism, University of Minnesota*

Clearing senescent 'zombie' cells resets features of aging

Prof. ANA MARIA CUERVO, *Professor and Co-director Institute for Aging Research, Albert Einstein College of Medicine*

Activating cellular garbage disposal protects from aging and age-related diseases

14:00
16:00

The Peter Pan effect: forever young

IV

Prof. NAOMI HABIB, *Goren-Khazzam Senior Lecturer in Neuroscience. Edmond and Lily Safra Center for Brain Sciences. The Hebrew University of Jerusalem, Israel*

Hacking the Brain: new technologies for healthy aging

TBC MEHMOOD KHAN, *CEO Hevolution Foundation*

Prof. DAVID SINCLAIR, *Professor in the Department of Genetics and President of The Academy for Health & Lifespan Research, author of "Lifespan: why we age and we don't have to".*

Every session ends with a
ROUNDTABLE DISCUSSION WITH THE SPEAKERS

MARCH 25
9:30 - 13:30

TEATRO
FRANCO PARENTI
VIA PIER LOMBARDO 14, MILANO

 **SoLongevity.**
Lifescience for Healthy Aging

AGING INTELLIGENCE IN EVERY DAY LIFE

9:00

Opening Addresses
ALBERTO BERETTA, *President Solongevity*
VIVIANA KASAM, *President BrainCircleItalia*
AUTHORITY MUNICIPALITY OF MILAN

9:30

11:00

THE CITIES OF LONGEVITY

ROUNDTABLE

Chair **Prof. NIC PALMARINI**, *Director of Nica, UK's Innovation Center fo Ageing.*
Keynote address

HARRIS EYRE, *Leader Brain Capital Alliance*

International Experiences: the Mayors of Barcelona, Bergamo, Berlino, Newcastle, Tel Aviv

I

11:30

13:00

LONGEVITY: A MULTILEVEL RESPONSABILITY

II

Prof. TZIPI STRAUSS, *Director, Department of Neonatology*
Edmond & Lily Safra Children Hospital, Sheba Medical Center

Bringing longevity to all

TINA WOODS, *British Society for Research on Aging, Founder and CEO Collider Health*
and Business for Health

ROUNDTABLE

The actors in the longevity scene

Chair **Prof. NIC PALMARINI**, *Director of Nica, UK's Innovation Center fo Ageing*
Stakeholders Large retail chains, Pharmacies, Insurance Companies, Fitness, corporate welfare

14:30
16:30

NEW FRONTIERS IN LONGEVITY MEDICINE

III

Chair **Prof. MAGO CLERICI**, *Immunology and Immunopathology, Università degli Studi, Milano*

Prof. STEVE HORVATH, *Genetist and biostatistician, UCLA, principal investigator Altos Lab, co-founder of Clock Foundation*

TBC Dr. DAVID FURMAN, *Director of the Stanford 1000 Immunomes Project, Chief of the Center for AI and Data Science of Aging at the Buck Institute for Research on Aging*

Prof. SOFYA MILMAN, *Associate Professor of Medicine in the Divisions of Endocrinology and Geriatrics and Director of Human Longevity Studies at Einstein's Institute for Aging Research*

Dr. SIMA DUBNOV, *Phd, ELSC, Hebrew University of Jerusalem*

Klotho: a promise for rejuvenation?

TBC JOAN MANNICK, *CEO Tornado Therapeutics*

Healthy longevity medicine - restoring the biological age of optimal performance

Prof. ALBERTO BERETTA, *Scientific Director SoLongevity*

The aging hallmarks as a novel framework for precision medicine

17:00
18:00

Femgevity: Why women age differently

ROUNDTABLE

SPEAKERS TO BE CONFIRMED

IV

18:30

Happy hour "Femgevity"

TO BE CONFIRMED

MARCH 26
10:00 - 18:00

FONDAZIONE AEON



THE LONGEVITY REVOLUTION: ITALY AT THE HEART OF CHANGE

9:30

Opening Addresses

NICOLA MARINO, *Founder and director Fondazione AEON*

VIVIANA KASAM, *President BraincircleItalia*

9:30
11:00

Title to be confirmed

I

TBC PETER ATTIA, *Founder of Early Medical, and NIH-trained physician focused on the applied science of longevity*

ROBERTO BERNABEI, *Full Professor of Internal Medicine at Università Cattolica del Sacro Cuore di Milano and Chair of Department of Aging*

Prof. ELSA FORNERO, *Professore di Economia, Università di Torino*

Il problema delle pensioni in una società più longeva

ELENA BONETTI, *Associate Professor of Mathematical Analysis at the University of Milan and former Minister for Equal Opportunities and Family 2019-2021*

Prof. SILVIO GARATTINI, *Founder, Mario Negri Institute*

Dott. FRANCESCO PRIORE, *Bologna Business School*

A Bologna un master in economia della Longevity

ANDREA MEIER, *Founding president of the Healthy Longevity Medicine Society*

ALEX ZHAVORONKOV, *Founder and CEO at Insilico Medicine and founder of Deep Longevity*

TBC TIM SPECTOR, *King's College London*

TBC Carla FERRERI, *INSOF CNR*

MARCH 26
10:00 - 18:00

AUDITORIUM
SIA DI MIND
MILANO INNOVATION DISTRICT

FONDAZIONE TRIULZA,
AUSER LOMBARDIA,
ANTEAS LOMBARDIA

LONGEVITY: IMPATTO SOCIALE E RETI TERRITORIALI

9:30

Opening Addresses

9:30
12:30

TBC Key note address

I

ROUND TABLE:

Chair: **PAOLA TESTORI COGGI**, professor of EU Health policy at the Master Studies of the European College of Parma

TOPICS

- *Impact, transferability and implementation of the Italian territorial association model through the telling of concrete projects:*
- *Prevention through concrete active aging actions and initiatives that impact socialization, lifestyle, culture and wellness, help for frail people*
- *Collaboration and grounding of concrete technological and research projects (examples telemedicine or research projects with Bicocca University)*
- *Social and economic value of active volunteering*
- *New needs and new areas to implement: technology transition*
- *Welfare and the fears to poverty and non-self-sufficiency*
- *Owners of one's own life: limitations and opportunities of social-health/ residential services and people's home care*
- *Role and connections with other territorial networks : Pharmacies*

PROGRAM AND SPEAKERS TO BE CONFIRMED

MARCH 27
10:00 - 18:00

**UNIVERSITÀ DEGLI STUDI
DI MILANO STATALE**
AULA MAGNA



**UNIVERSITÀ
DEGLI STUDI
DI MILANO**

THE CHALLENGES OF AN AGING POPULATION

Organized by Università degli Studi di Milano Statale, HEBE Project, Giovanni Lorenzini Foundation and BrainCircle Italia

10:00

Opening Addresses

VIVIANA KASAM, *President BrainCircle Italia*
EMANUELA FOLCO, *CEO, Lorenzini Foundation*
AUTHORITY MUNICIPALITY OF MILAN

10:30
13:00

Health and scientific humanism

The Questions:

- *Is it ethical to extend our lifespan?*
- *How does an aging population affect younger generations?*
- *What are the implications for the labor market if workers lead longer and healthier lives?*
- *How to reorganize society in light of a longer lifespan?*

I

ROUNDTABLE

Chair **ELIA BIGANZOLI**, *Progetto HEBE UNIMI*

Prof. MARIA PIA ABBRACCHIO, *Full professor of pharmacology at the University of Milan, where she serves as Vice-Chancellor and Vice Rector for Research and Innovation*

Research Challenges in a multidisciplinary university

Prof. ELIO FRANZINI, *Rector, University of Milan*

The relationship between aesthetic philosophy and health

PROF. CLAUDIO FRANCESCHI, *Professor Emeritus University Alma Mater, Bologna*

Targeting inflammation of aging

PROF. EVA CANTARELLA

Title to be defined

PROF. HANNAH MONYER, *Università di Vienna*

Aesthetic, neurosciences and healthy aging

Testimonial **PIERO BASSETTI**, *Entrepreneur*

14:00

16:30

II

Healthy aging begins in the womb Epigenetics and brain in longlife health

ROUNDTABLE

Chair **MAGO CLERICI**, *Progetto HEBE UNIMI*

Prof. SERGIO PECORELLI, *President Giovanni Lorenzini Medical Foundation New York, Professor and Chancellor Emeritus University of Brescia, TED Speaker*

Healthy Aging: a lifelong task

Prof. MICHELA MATTEOLI, *Director, Institute of Neuroscience (CNR), Full Professor of Pharmacology at Humanitas University and Director of the Neuroscience Program at the Humanitas Research Hospital*

Neurogenesis and preservation of cognitive functions

Prof. MARCELLO MASSIMINI, *Neurophysiologist, University of Milan*

What Neurosciences can tell about well being

Prof. VALENTINA BOLLATI, *Associate Professor at the University of Milan*

The epigenetic mechanisms on health and aging. The Project HEBE

TBC Prof. AVIV MEZER, *Leader Human Brain Biophysics lab, ELSC, Hebrew University of Jerusalem*

16:30

17:00

III

HEBE Poster Discussion

ROUNDTABLE

Chair **DANIELA LUCINI**, *Sport Medicine Professor, UNIMI*

SPEAKERS TO BE CONFIRMED

17:00

18:00

IV

Health, Beauty and Brain

ROUNDTABLE

Chair **VIVIANA KASAM**, *President BrainCircle Italia*

SPEAKERS TO BE CONFIRMED

20:30

Brain Wellness Concert

TO BE CONFIRMED



milanlongevitysummit.org

