Prevention and Intervention  
from Molecular Biology to Clinical Perspectives

The workshop will be held from September 16th – 18th 2011  
at the Martin-Luther-University Halle-Wittenberg, Germany

The industrial countries are in a process of significant population ageing, which presents challenges especially for the health system due to increased pressure on budgets. The challenge for the future is to improve functional health among today’s elderly on the one hand and to promote healthier life trajectories for future elderly cohorts on the other hand. The health care system should therefore develop from a solely repair to a more preventive system. Life-long prevention should focus on established risk behaviors like physical inactivity or unhealthy diet. Active ageing can indeed enhance quality of life as people age. Preventive interventions should skew the aging rates and, as a major goal, compress the phase of high morbidity before death. Unfortunately, the ageing rate, measured as the decline of functional capacity and stress resistance, seems to be different in every individual. Biomarkers of ageing were developed to characterize this biofunctional age and may be used to evaluate the success of preventive measures. Beside the main theme – prevention and intervention - the purpose of this meeting is: to make the general public more aware of the problems of degenerative diseases, to promote greater communication among the worldwide community of individuals engaged in biomedical ageing research especially between basic scientists and clinicians and to stimulate translational research. The meeting is organized in cooperation with the German Academy of Sciences Leopoldina, the German Society of Cardiology (Working Group Heart Diseases in the Elderly), the German Society of Gerontology and Geriatrics and the German Society for Thoracic and Cardiovascular Surgery (Working Group for the Elderly Patient in Heart Surgery). The congress will continue meetings on ageing in Halle and thereby hopefully develop to a focus on ageing research in Europe. It will comprise invited talks and poster sessions. There will be no concurrent sessions. The number of participants will be restricted to 140 preferring active participants (poster presentation; poster submission deadline 31.07.2011). All questions should be directed to the main organizer, Andreas Simm. We look forward to welcoming you to Halle for a most exciting and enjoyable meeting.

Cordially,
Andreas Simm
Main Organizer
Friday September 16th 2011

18:00 Opening
Andreas Simm

Address
M. Gekle, Dean of the Medical Faculty
M. Gogol, German Society of Gerontology and Geriatrics
R.-E. Silber, Director of the Department of Cardiothoracic Surgery

Keynote lecture and Schober award
Laudation Kaisu Pitkälä by Thomas E. Johnson, Boulder, USA
Keynote lecture: Kaisu Pitkälä, Helsinki, Finland
"Effectiveness of Preventive Interventions on Older Populations"

20:00 Come Together

Saturday September 17th 2011

08:00 - 10:00 Session 1: “What are our goals - and how can we measure them?”
Chair: Kaisu Pikälä, Andreas Simm

The view of a basic Scientist  Tilman Grune  Jena, D
The view of a sports scientist  Nadja Schott  Stuttgart, D
The view of a medical scientist  Ursula Müller-Werdan  Halle, D
The view of a geriatrics  Angelo Scuteri  Rome, I

10:00 - 10:30 Coffee Break, Poster Session

10:30 - 12:30 Session 2: “Malnutrition or caloric restriction: positive or negative?”
Chair: Tilman Grune, Angelo Scuteri

Nopsi: a novel RNA methyl-transferase extending life span in worm and fly and its cross-talk to nutrition  Johannes Grillari  Wien, A
The obesity paradox in heart failure: Benefits of being overweight?  Stephan von Haeling  Berlin, D
Genetic Studies on Caloric Restriction in the Worm and in the Mouse: What Does It Tell Us?  Thomas E. Johnson  Boulder, USA
Diets in the (oldest) old: Why?  Cornel Sieber  Nürnberg, D

12:30 - 13:30 Lunch Break

13:30 - 15:30 Session 3: “Sports or activity: what is effective in an aged population?”
Chair: Manfred Gogol, Franklin Rosenfeldt

Can you run away from aortic valve stenosis and an abdominal aortic aneurysm?  Volker Adams  Leipzig, D
Does moderate activity positively influence biological age?  Alexander Navarrete Santos  Halle, D
Aging and Inactivity: Strategies for Reversal  LaDora Thompson  Minnesota, USA
Effects of a standardised physical training in frail older patients with dementia: can frailty be treated?  Klaus Hauer  Heidelberg, D

15:30 - 16:30 Poster Session / Coffee Break

16:30 - 18:30 Session 4: "Oxidative stress and antioxidants: re-evaluation of an old theory"
Chair: George Martin, Suresh Rattan

Growth hormone, methionine and aging  Holly Brown-Borg  Grand-Forks, USA
<table>
<thead>
<tr>
<th>Title</th>
<th>Speaker</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Epithelial stress and aging in the evolution of Lung Fibrosis</td>
<td>Andreas Günther</td>
<td>Giessen, D</td>
</tr>
<tr>
<td>The effects of antioxidants on lifespan and disease</td>
<td>Flint Beal</td>
<td>New York, USA</td>
</tr>
<tr>
<td>Mitochondrial theory of Aging: From mtDNA mutations to protein turnover</td>
<td>Alexandra Trifonovic</td>
<td>Köln, D</td>
</tr>
</tbody>
</table>

20:00 Gala-Dinner (Moritzburg)

Sunday September 18th 2011

08:30 - 10:30 Session 5: "Preventive interventions in clinical settings"
Chair: Rolf-Edgar Silber, Ursula Müller-Werdan

<table>
<thead>
<tr>
<th>Title</th>
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<th>Location</th>
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<tbody>
<tr>
<td>Perspectives of preconditioning prior cardiac surgery – an overview</td>
<td>Ivar Friedrich</td>
<td>Trier, D</td>
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<tr>
<td>Preventive Implications in Cardiac Surgery of the Elderly under Gender-Specific View</td>
<td>Sandra Eifert</td>
<td>Leipzig, D</td>
</tr>
<tr>
<td>Metabolic therapy and oxidative stress in cardiac surgery and cardiovascular disease</td>
<td>Franklin Rosenfeldt</td>
<td>Melbourne, AUS</td>
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<tr>
<td>Ageing at heart: Too frail for intervals?</td>
<td>Øyvind Ellingsen</td>
<td>Trondheim, N</td>
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</table>

10:30 - 11:30 Poster Session / Coffee Break

11:30 - 11:45 Posterprice

11:45 - 13:45 Session 6: "Mild stress can help: the hormesis concept"
Chair: Cornel Sieber, Flint Beal

<table>
<thead>
<tr>
<th>Title</th>
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<tbody>
<tr>
<td>Hormesis: Its Significance for Toxicology, Pharmacology and Risk Assessment</td>
<td>Edward Calabrese</td>
<td>Amherst, USA</td>
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<tr>
<td>On the Quasi-Stochastic Distributions of Major Geriatric Pathologies</td>
<td>George Martin</td>
<td>Seattle, USA</td>
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<tr>
<td>Applying hormesis in ageing research and interventions</td>
<td>Suresh Rattan</td>
<td>Aarhus, DK</td>
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<tr>
<td>Promoting lifespan and metabolic health by increasing oxidative stress: mitochondrial hormesis</td>
<td>Michael Ristow</td>
<td>Jena, D</td>
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</tbody>
</table>

13:45 – 14:15 Farewell
Keynote-speaker
Kaisu Pitkälä
University Helsinki, Finland

Speakers (with linked CV)

Volker Adams
Leipzig, D

Flint Beal
New York, USA

Holly Brown-Borg
Grand-Forks, USA

Edward Calabrese
Amherst, USA

Sandra Eifert
München, D

Øyvind Ellingsen
Trondheim, N

Ivar Friedrich
Trier, D

Johannes Grillari
Wien, A

Tilman Grune
Jena, D

Andreas Günther
Giessen, D

Klaus Hauer
Heidelberg, D

Stephan von Haselung
Berlin, D

Thomas E. Johnson
Boulder, USA

George Martin
Seattle, USA

Ursula Müller-Werdan
Halle, D

Alexander Navarrete Santos
Halle, D

Suresh Ratten
Aarhus, DK

Michael Ristow
Jena, D

Franklin Rosenfeldt
Melbourne, AUS

Nadja Schott
Stuttgart, D
<table>
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<tr>
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<tr>
<td>Angelo Scuteri</td>
<td>Rome, I</td>
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<tr>
<td>Cornel Sieber</td>
<td>Nürnberg, D</td>
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<tr>
<td>Andreas Simm</td>
<td>Halle, D</td>
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<tr>
<td>LaDora Thompson</td>
<td>Minnesota, USA</td>
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<tr>
<td>Alexandra Trifonovic</td>
<td>Köln, D</td>
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Please download the registration form here:

- Rich Text (rtf), can be edited
- zipped rtf-file (if rtf-download don't work)
- pdf-file

and send it by fax to:

Martin-Luther-University of Halle-Wittenberg
Department of Cardio-Thoracic Surgery
Fax: +49 (0) 345 557 5224

or by e-mail to: daniela.mueller@uk-halle.de

- early registration fee until 30th June 2011: 100 € / 50 € (students)
- late fee: 150 € / 75 € (students)

Notes:
Registration fee have to be paid only after confirmation of acceptance! The Registration is complete after the registration fee has been received at our office (Central Office) or has been credited to the conference account. For invited speakers congress-fee is waived!
Prof. Dr. med. Rolf Edgar Silber
Department of Cardio-Thoracic Surgery
Martin-Luther-University of Halle-Wittenberg
Ernst-Grube-Str. 40
D-06120 Halle/Germany

Prof. Dr. rer. nat. Andreas Simm
Department of Cardio-Thoracic Surgery
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Tel: +49 (0) 345 557 2647
Fax:+49 (0) 345 557 7070
e-mail: andreas.simm@medizin.uni-halle.de

Prof. Dr. med. habil. Ursula Werdan
Department of Internal Medicine III
Martin-Luther-University of Halle-Wittenberg
Ernst-Grube-Str. 40
D-06120 Halle/Germany
The meeting takes place in the lecture rooms of the lion building.

Löwengebäude
Universitätsplatz 11
06099 Halle (Saale)

Google Maps: link

Kartengrundlage:
Stadt Halle (Saale)
FB Vermessung und Geodaten
Kopie mit Genehmigung
### Recommended Hotels for Ageing 2011

<table>
<thead>
<tr>
<th>Category</th>
<th>Hotel</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Single Room</th>
<th>Double Room</th>
<th>Booking Keyword for Reduced Prices</th>
<th>Distance to Meeting Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Dorint Charlottenhof (all speakers are in this hotel)</td>
<td>Dorotheenstr. 12</td>
<td>+49(0)345-2923-0</td>
<td>+49(0)345-2923-100</td>
<td>79,00</td>
<td>104,00</td>
<td>Ageing</td>
<td>1,00 km</td>
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<tr>
<td>I</td>
<td>DOMERO Hotel Rotes Ross</td>
<td>Leipziger Str. 76</td>
<td>+49 (0) 345 - 233 43 - 0</td>
<td>+49 (0) 345 - 23 34 43 - 699</td>
<td>69,00</td>
<td>88,00</td>
<td>Ageing</td>
<td>1,07 km</td>
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<tr>
<td>I</td>
<td>Ankerhof</td>
<td>Ankerstr. 2 a</td>
<td>+49 (0) 345 - 23 23 - 200</td>
<td>+49 (0) 345 - 23 23 - 219</td>
<td>65,00</td>
<td>85,00</td>
<td>Ageing</td>
<td>1,50 km</td>
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<tr>
<td>II</td>
<td>City-Hotel am Wasserturm</td>
<td>Lessingstr. 9</td>
<td>+49 (0) 345 - 298 20</td>
<td>+49 (0) 345 - 512 65 43</td>
<td>66,00</td>
<td>79,00</td>
<td>Ageing</td>
<td>0,71 km</td>
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<tr>
<td>II</td>
<td>Hotel Maritime</td>
<td>Rebeckplatz 4</td>
<td>+49 (0) 345 - 51 01 - 0</td>
<td>+49 (0) 345 - 51 01 - 777</td>
<td>63,00</td>
<td>93,00</td>
<td>MLU-Ageing</td>
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<tr>
<td>II</td>
<td>Apart-Hotel</td>
<td>Kahlshütterstr. 5/6</td>
<td>+49 (0) 345 - 52 59 - 0</td>
<td>+49 (0) 345 - 52 59 - 200</td>
<td>59,00</td>
<td>79,00</td>
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<tr>
<td>III</td>
<td>Hotel Esprit</td>
<td>Torstr. 7</td>
<td>+49 (0) 345 - 21220 - 0</td>
<td></td>
<td>43,00</td>
<td>62,00</td>
<td>Ageing</td>
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<tr>
<td>III</td>
<td>Hotel am Steintor</td>
<td>Krukenbergstr. 29</td>
<td>+49 (0) 345 - 500 960</td>
<td>+49 (0) 345 - 500 9613</td>
<td>35,50</td>
<td>48,00</td>
<td>Ageing</td>
<td>0,78 km</td>
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### Thank’s to our sponsors
(in alphabetical order)

<table>
<thead>
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<th>Boston Scientific</th>
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<td>Op-TiMiERT</td>
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<td>Getinge Group</td>
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<td>Sorin Group</td>
<td>St. Jude Medical</td>
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Do you have any questions? Please contact:

Prof. Dr. Andreas Simm

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