

SPEAKERS OF 2nd SCIENTIFIC CONFERENCE
“LIFESTYLE MEDICINE FOR LONGEVITY. BLUE ZONES INSPIRATIONS”
23-24 MAY 2024, POZNAŃ, POLAND

23 MAY 2024



Jen Baker-Porazinski, MD

Health and Performance Division of Canyon Ranch Wellness Resort, Tucson, USA

Dr Jen Baker-Porazinski graduated from PUMS' English-language medical program in 1997. She practiced primary care medicine for over 21 years in her rural community in New York where she also served as the school physician and nursing home doctor. In addition to Family Practice, she's received Board Certification in Acupuncture, Integrative Medicine, and Lifestyle Medicine.

As part of her passion for prevention, she recently embarked on a new career path at the Health and Performance Division of Canyon Ranch Wellness Resort in January 2022. In this role, she performs diagnostic medical services, consults with patients, and educates people how to decrease the near-decade gap between health span and lifespan. She also lectures on topics such as chronic disease prevention, sleep, brain health, menopause, breast cancer prevention, and the use of continuous glucose monitoring to understand metabolic health.

To reach a broader audience, Jen writes about medical issues in Canyon Ranch's health blog as well as sporadically on her own blog ([Pound of Prevention](#)). She also contributes pieces online ([KevinMD](#)) and in print ([Family Doctor, a journal for the New York State Academy of Family Physicians](#)) including two recent articles about Lifestyle Medicine "Lifestyle Medicine Treatment of Insomnia" (Fall 2023) and "Preventing Dementia through Lifestyle Modification" (Winter 2023). She is writing a book about her experience as a family doctor in the American healthcare system, including both her own story and the stories of her patients.

On a more personal note, Jen loves being out in nature and enjoys hiking, biking, sailing, kayaking, and camping with her family. She has a regular yoga and meditation practice. She lives in upstate New York where she and her husband of nearly 30 years have raised three sons.

*<https://study.gov.pl/interviews/1st-alumna-ever-graduate-pums-english-language-programs>



Prof. Michel Poulain, PhD – KEYNOTE SPEAKER

Emeritus Professor University of Louvain, Belgium, Senior Researcher Tallinn University, Estonia.

Michel Poulain was originally skilled in astrophysics at University of Liège (ULg) he received a PhD in demography at Université catholique de Louvain (UCL). As demographer, he is specialized in Longevity studies. Currently emeritus professor at UCL, he is also Senior Researcher at the Estonian Institute for Population Studies at Tallinn University (Estonia). He has been President of the Société Belge de Démographie (1984- 1990) and later of the Association Internationale des Démographes de Langue Française (AIDELF) (1988- 2000). Involved in centenarian's studies since 1992 he is active member of the International Database on Longevity (IDL) and the International Centenarian Consortium (ICC).

He validated the age of several supercentenarians including Antonio Todde, Johan Riudavets and Emma Moreno, each of them holding the Guinness record of longevity. He also invalidated the age of numerous others including the famous supercentenarians of the Caucasus. In 2000, he was involved in validation the age of the numerous centenarians in Sardinia in cooperation with Gianni Pes, a Sardinian Medical Doctor. In this framework, he introduced the concept of Blue Zone when identifying an exceptional longevity area in the mountainous part of Sardinia.

The original term Blue Zone was related to the blue pen that he used to shape the longevity area on the map of Sardinia. In two Sardinian villages, Villagrande and Seulo, he demonstrated with colleagues an exceptional situation where men live as long as women do, a unique situation in our modern societies. Thereafter in cooperation with Dan Buettner, he identified other Blue Zones in Okinawa, the Nicoya Peninsula (Costa Rica) and Ikaria (Greece). Michel Poulain delivered more than 100 speeches on exceptional longevity and Blue Zones on the 5 continents.

He disseminated the lessons of the Blue Zones to both scientific and general public in a very comprehensive way. The searches for new Blue Zones is going on and he is willing communicate his passion for this quest to everybody.

24 MAY 2024

SESSION I: LIFESTYLE MEDICINE FOR LONGEVITY - NUTRITION



Ioannis Arkadianos, MD

*Certified Physician in General Medicine,
President and Co-founder at "European Lifestyle Medicine Organization"*

Dr. Ioannis Arkadianos is the President and co-founder at the [European Lifestyle Medicine Organization \(ELMO\)](#). He graduated from Athens University Medical School. He is certified in General Medicine with extra Post Graduate studies in Obesity, Nutrition and Nutrigenomics. He holds the **SCOPE Certification (Strategic Centre for Obesity Professional Education)** from "World Obesity Federation" (WOF). He is a pioneer Medical Doctor of Lifestyle Medicine in Europe, having practiced in this field for the last 30 years and was the President of the Organizing Committee of the five European Lifestyle Medicine Congresses organized by ELMO (2018-2023). He is Faculty Lecturer in [International MSc in Lifestyle Medicine](#), from Thessaly University, Greece, in the Postgraduate Program "Arterial hypertension and concomitant cardiovascular disease" of Medical School of Athens University, Greece and in the Postgraduate Program "Nutrition, Well-being and Public Health" of the University of Aegean, Greece. He is also Instructor in [The European Certificate in Lifestyle Medicine](#) organized by the European Lifestyle Medicine Organization (ELMO) He is an active member of the: European Lifestyle Medicine Organization, Athens Medical Association, Hellenic Medical Association for the study of Obesity, World Obesity Federation, European Association for the study of Obesity, American Society for Nutrition, Obesity Canada, European Association of Preventive Cardiology and the Mediterranean Lifestyle Medicine Institute. He is also a Council Member of the [True Health Initiative](#). He has over 100 attendances at conferences dealing with Obesity, Lifestyle Medicine, Nutrition, Internal Medicine, diabetes, metabolic diseases, Lipids Disorders, hypertension, nutrigenomics, etc. and has participated as a speaker, oral presentations, posters, chairing and coordinating presentations in many Greek and international scientific conferences. His medical practice is in Athens, Greece (web site: www.arkadianos.net).



Alicja Baska, MD

Polish Society of Lifestyle Medicine; Centre of Postgraduate Medical Education; European Lifestyle Medicine Council Trustee; medical doctor; IBLM Diplomate

Public health resident doctor certified by International Board of Lifestyle Medicine (IBLM Diplomate). Executive Director and co-founder of the Polish Society of Lifestyle Medicine.

Teaching-research assistant at Centre of Postgraduate Medical Education (CMKP) - Department of Lifestyle Medicine/School of Public Health.

European Lifestyle Medicine Council Vice-President. Advisory Board Member at the Global Positive Health Institute.

Co-author of "Lifestyle Medicine" handbook (2018, PZWL). Enthusiast and propagator of culinary medicine, whole-food, plant-based nutrition and planetary health diet.

Medical University of Warsaw graduate (2018/2019).

Martyna Mrozik, MSc

Medical University of Lodz

graduate of the master's degree in dietetics at the Medical University of Lodz and postgraduate studies in psychodietetics at WSB Merito University in Gdansk.

Professionally associated with the Medical University of Lodz. Since 2021, she has been educating patients of the Cardiovascular and Metabolic Disease Prevention Clinic of the Central Clinical Hospital of the Medical University of Lodz in dietoprophylaxis and diet therapy of chronic diseases.

From 2022 to 2023, she coordinated the study, "Evaluation of the relationship between diet and selected cardiometabolic indices in adults."

Privately, she is a wife and mother, a lover of yoga and healthy lifestyle.

SESSION II: LIFESTYLE MEDICINE FOR LONGEVITY - PHYSICAL ACTIVITY PART 1



Or Hever, MSc

is a dedicated physiotherapist based in Warsaw, Poland. Born in Israel and raised with a deep appreciation for the intersection of science and human physiology, Or has committed himself to improving the lives of his patients through personalized care and evidence-based practice.

After completing his education in physiotherapy, embarked on a journey to make a difference in the lives of others. His professional journey has been characterized by a commitment to continuous learning and professional development. He stays abreast of the latest advancements in physiotherapy techniques and research to ensure that his

patients receive the highest standard of care. With a holistic approach to treatment, Or believes in addressing the root cause of his patients' conditions to facilitate long-term recovery and wellness. His empathetic nature and strong communication skills enable him to build meaningful connections with his patients, empowering them to take an active role in their rehabilitation journey. Or is dedicated to sharing his expertise with the global physiotherapy community. He actively participates in international conferences, workshops, and seminars, where he collaborates with fellow professionals to exchange knowledge and best practices. In addition to his clinical work, Or is passionate about mentoring aspiring physiotherapists, guiding them on their path to becoming compassionate and skilled healthcare professionals. Driven by his mission to improve the quality of life for individuals of all ages and backgrounds, Or Hever continues to inspire and uplift those around him through his unwavering dedication to the field of physiotherapy.



Prof. (Assoc.) PhD. Anna Kopiczko

Józef Piłsudski University of Physical Education in Warsaw, Faculty of Physical Education, Department of Human Biology, Warsaw, Poland.

ORCID ID: <https://orcid.org/0000-0002-1222-113X>, anna.kopiczko@awf.edu.pl

Postdoctoral degree in medical and health sciences and a doctorate in physical culture. Research and teaching assistant professor at the Józef Piłsudski University of Physical Education in Warsaw, Department of Human Biology, Section of Anthropology.

Expert of the National Center for Nutrition Education in the panels of physical activity and bone diseases.

Member of the European Society of Anthropology, International Society for Bone and Soft Tissue Pathology, Polish Anthropological Society and Polish Society of Lifestyle Medicine.

The thematic area of research is the determinants of bone mineral density and especially the impact of lifestyle on bone health.



Izabela Różycka, MSc

My name is Izabela Różycka, I am a master's degree in physiotherapy working at the Rehabilitation Clinic Nad Łażnią and AWF Poznań, branch in Gorzów Wlkp. as an assistant and acting as the Dean's Representative for Internships.

I am a graduate of UM in Poznan and postgraduate education at PUM in Szczecin.

I develop my passion in physiotherapy scientifically in the field of biological regeneration.

I am the supervisor of the scientific circle Holistic Physiotherapy. I try to expand the methods of physiotherapy in sports, wellness and work with seniors. For me, physiotherapy is the pleasure of working with patients and the satisfaction of passing on new trends to students.

That is why I am here with my 4th year physiotherapy students: Klaudia Radomska and Patrycja Dymarczyk:



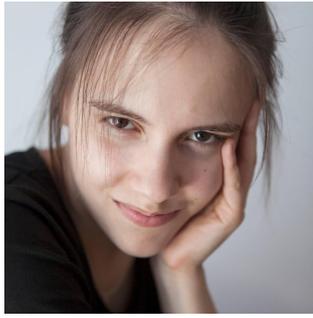
Patrycja Dymarczyk, Klaudia Radomska – students

My name is **Patrycja Dymarczyk**, I am a student of the 4th year of physiotherapy AWF Poznan, Branch in Gorzow Wielkopolski.

My interest is widely understood as "sport". As a child I rode horses, swam, played volleyball. As a physiotherapist, I also want to find myself in these fields. I am a member of the Holistic Physiotherapy study circle, which is led by Ms. Izabela Różycka, MA. Thanks to her, we have the opportunity to develop as future physiotherapists to improve ourselves in many fields.

My name is **Klaudia Radomska**, currently studying Physiotherapy at the Eugeniusz Piasecki University of Physical Education in Poznan, Gorzow Wielkopolski branch.

For as long as I can remember, the human body has been an object of my interest. Neurological physiotherapy is the field that interests me the most and in this direction I would like to develop in the future. I belong to the scientific circle "Holistic Physiotherapy" led by Izabela Różycka, M.Sc. belonging to the circle gives me many opportunities for development and opens new paths in my further adventure in physiotherapy.



Hanna Chowanec, MD

She is a physician who has recently graduated from Poznań University of Medical Sciences.

In 2021 she started working in PUMS Department of Immunology and has been working there ever since, specialising in flow cytometry and hematopathology.

Hanna is passionate about healthy and balanced lifestyle.

To help her balance theoretical job and learning, at the weekends she is working as indoor skydiving instructor.

SESSION II: LIFESTYLE MEDICINE FOR LONGEVITY - PHYSICAL ACTIVITY PART 2



Linda Mizun, MD

Co-Founder of Hero of Health App - Which builds Integrated GP Neighbourhoods that reduce GP presentations by up to 44%.

Emergency Medicine & Board Certified Lifestyle Doctor & expert at population scale disease reversal. On a mission to decentralize medicine to fight health inequality by reconnecting 10 million neighborhoods that nurture real-life connections where everyone can share in healthy lifestyle habits that are easy to access, follow, and deliver by all for all.

Democratising medicine to reduce health inequality, chronic diseases, and GP presentations by 50%.



Małgorzata Jusiakowska-Piputa, PhD

Faculty of Health Sciences and Physical Culture at the Witelton Collegium State University in Legnica

She is graduate of the Faculty of Biology at the Adam Mickiewicz University in Poznan. Specialist in human biology. Assistant Professor at the Faculty of Health Sciences and Physical Culture at the Witelton Collegium State University in Legnica.

She is passionate about developing her interest in reproductive endocrinology and the health of Polish women, what is evidenced by her cooperation with the Department of Infertility and Reproductive Endocrinology of the Gynecological and Obstetrical Clinical Hospital of the Karol Marcinkowski Poznan University of Medical Sciences.

She sees didactics as a mission. For years she has been promoting the "Healthy aging" trend and a healthy lifestyle. Organizational abilities and health promotion are confirmed by numerous initiatives such as meetings, seminars and conferences carried out both independently and in cooperation with recognized partners.



Agnieszka Pluto-Pradzynska, PhD

Lifestyle Medicine Lab, Chair of Pathomorphology and Clinical Immunology, Poznan University of Medical Sciences

Member of Polish Lifestyle Medicine Society, European Lifestyle Medicine Organization Member and Ambassador in Poland

In 2023 I initiated and organized in Poznan, Poland, first Scientific Conference “Lifestyle Medicine for Longevity. Blue Zones Inspirations” (www.lm4l-poznan2023.pl), which sum up my work interests and experiences: I began my journey with Lifestyle Medicine (LM) in 2018 and acquired my Lifestyle Medicine Coach certificate in 2019. It was a natural consequence of my previous interest in lifestyle and immunity. In the same time grew up my interest into longevity Blue Zones – observing centenarians I saw that a lot of their life habits are expressed in LM tools. I understood that centenarians set an example and LM offers us tools for healthy and active longevity, like taking care of good-quality nocturnal sleep, respect to tradition, outdoors

activities like walking, gardening, healthy social relationships and avoid stress and overeating. As a teacher, I share my knowledge with MD students in Immunology Course, at Poznan University of Medical Sciences in Poznan (PUMS), where I defended PhD thesis at the Faculty of Health Sciences on the topic of 'Yoga, physical activity and quality of life' in 2020. My prior education includes a postgraduate degree in Hospitals Management (2014), and MSc in Management and Economics. I am also a Slavic Gymnastic for Women and yoga instructor, and have been practicing yoga since 2006. The most important value in my career has always been working with people. I help them to maintain a life-work balance, improve health, immunity and social relationships.



Joanna Bensch

Founder and CEO of the Longevity Center

Joanna Bensch is entrepreneur with many years of experience in top leadership roles of international companies, including Fortune 500 across Europe. After years in corporate structures, she decided to follow her passion and build her own business path at the crossroad between healthcare, human potential, wellness and performance.

As a co-founder of the International Institute of Longevity and Chairwoman of the Longevity Vaduz Roundtable, Joanna promotes knowledge about the sector by working with international experts in the field of age sciences, health prevention and longevity economics.

SESSION IV: LIFESTYLE MEDICINE FOR LONGEVITY - HEALTHY RELATIONSHIPS



Piotr Rzymiski, Prof. PhD

Professor at Poznan University of Medical Science

Environmental and medical biologist, researcher, co-author of hundreds of scientific publications, academic lecturer, and popularizer of science.

Editor of several peer-reviewed journals, scientific director of the Universal Scientific Education and Research Network, an EU Research Executive Agency expert, and external expert of the World Health Organization. Expert in research funding agencies in Chile, France, the Czech Republic, Serbia, Sweden, and Hungary.

Awarded with scholarships by the Foundation for Polish Science and the Polish Ministry of Science and Higher Education.

Advisor to Polish Ministry of Health. In 2021, awarded the title of Leader of the Year in Healthcare in Poland. Awarded with Grand Prize in 'Popularizer of Science' contest.

Since 2020, classified within the World's Top 2% of Scientists by Stanford University and Elsevier.



Grzegorz Dworacki, Prof. MD, PhD

Department of Immunology, Head of the Chair of Pathomorphology and Clinical Immunology, Poznan University of Medical Sciences, Poznan, Poland

Grzegorz Dworacki, MD, PhD. Professor of Pathology and Immunology, Head of the Department of Pathomorphology and Clinical Immunology at the University of Clinical Sciences in Poznań. Specialist in oncohaematology and flow cytometry. Research and scientific interests include the tumour microenvironment and tumour-derived immunosuppressive mechanisms and, more recently, lifestyle interventions in immune system health, recovery and relevance to longevity.



Ioan Hanes, MD

Military Hospital in Brussels, vice-chairman of the European Lifestyle Medicine Organization

Dr. Ioan Hanes is one of the pioneers in the field of lifestyle medicine in Europe. Since 2018, Dr. Hanes has been a board member and vice-chairman of the European Lifestyle Medicine Organization (ELMO). He is also the founder of the Belgian Lifestyle Medicine Organization (BELMO) which, together with ELMO, led to a joint action for the development of the first European Lifestyle Medicine Certificate: Health and Fitness Lifestyle Advisor. The certificate he developed and coordinated has trained more than 400 health professionals from Europe and

around the world to acquire the practical skills to prevent and treat lifestyle-related chronic diseases (<https://www.eulm.org/elmo> certificate). Since 2019 Dr. Hanes has been the organizer and member of the Scientific Committee of the ELMO Congress. He is the coordinator and author of the first European e-book on lifestyle medicine, "Lifestyle Medicine and Chronic Diseases: Prevention and Treatment". He coordinates the Sexual Health and Lifestyle Medicine module in the first European MSc Lifestyle Medicine, University of Thessaly, Greece.

He is trained in Lifestyle Medicine at Harvard University, Boston, USA, and in Motivational Interviewing at Massachusetts University Hospital, USA. In Belgium he is certified as a clinical sexologist at the ULB and graduated with a Master's degree in human sexuality and family studies at KU Leuven. He is also a member of the Société Belge des Médecins Nutritionnistes and graduated with a Master's degree in food sciences and nutrition at Ghent University. He speaks five languages fluently: English, French, Dutch, Romanian and Hungarian.

He works as a nutritionist in the Military Hospital in Brussels. He is also a medical expertise doctor for various governmental agencies.



Anna-Barbara Patallas, MSc, Eng. Dip. NT

Jaremi and Barbara Grześkowiak Therapy Center s. c., Poznan, Poland

I am qualified Nutritional Therapist (College of Naturopathic Medicine in Bristol, UK) passionate about helping clients discover their healthy and happy self.

I offer empathy along with professional expertise. In my practice I promote an integrated approach to health by implementing optimal lifestyle and nutritional changes. Both are based on *Evidence Based Medicine – knowledge based on the latest scientific research*. I offer personalized therapy combining nutrition, lifestyle, and physical activity and stress management.

I provide comprehensive support during consultations, also guiding clients in making informed consumer decisions to determine the optimal nutritional choices tailored to their individual needs. This includes food, skincare, cleaning products that align with their goals for best health and overall well-being.

My office is a safe space where my clients can share their worries, ask questions; it is a place where we work together to create health & happy plan to suit their needs and lifestyle. It is a place, where with my support, my clients go through a journey to be in control of their body and mind.

Through full support and empathy in therapy and the entire process of collaborative work in regaining or maintaining the highest quality of life, I focus on identifying the root causes of health issues and eliminating them to achieve long-term improvements in well-being and health for my young and adult clients.

WORKSHOPS



Marlena Mielcarek, MSc

Yoga and Sport teacher at *Physical Education and Sport Department, Poznan University of Medical Sciences, Poznan, Poland*

Employee of the Studio WFIS UMP, specializes in Hatha - yoga, Ashtanga Vinyasa , Fascial stretching and dance and fitness.

I gained my skills and experience in international schools: Open Mind, Yoga Academy and at numerous workshops, conventions and trainings.

Currently, I am conducting classes for UMP students.

Agnieszka Pluto-Pradzynska, PhD *(info above in speakers part)*



Ania Dąbrowska

BSc Desire2study Ltd

Psychologist in Management with passion for mentoring and supporting aspiring medical professionals.

Graduated from WSB Merito University in Poznan, Poland in 2006.

Over 20 years' experience in Business. For 17 years worked for technology and electronic companies in the United Kingdom. Gained professional experience supporting global clients, managing the commercial team but also training and mentoring Account Managers.

From 2020 Managing Director of Desire2study Ltd, Admission Agency representing Medical and Veterinary Universities across Europe. Certified British Council Education Agent.

Expert Educational Consultant who works with applicants to Medicine, Dentistry and Veterinary supporting their application to Medical Universities in Europe. My focus when supporting our candidates is providing mentoring to ensure they have the right mindset, not only for the entrance examination but also for the medical studies ahead. With this their medical career begins.