



III INTERNATIONAL CONFERENCE WITH STUDENT SESSION
Healthy aging Transforming Science into Impact
23-24 April 2026

CONFERENCE ORGANISERS



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Juliana Woszczyło, MD PhD

SCIENTIFIC COMMITTEE

Jayadevan Sreedharan, Prof., PhD.

STUDENTS ORGANIZING COMMITTEE

Zeeshan Zulfiqar, Mateusz Trubalski



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Co-organizers

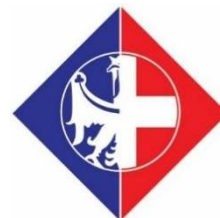
Metabolic Disease Section PTOiTr

Mini Intervention Procedures Section PTReh

Metabolic Bone and Joint Diseases Section PTReh

Department of Clinical Physiotherapy USK4 in Lublin

PATRONAGE



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Zdrowia

Patronat Honorowy



Wiceprezes Rady Ministrów
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MEDIA:





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Scientific committee:

Prof., MD, MSc, PhD Tatjana Ille
Prof., MD, PhD Tomasz Blicharski
Prof., MD, PhD Mirosław Jabłoński
Prof. MD, PhD Rafał Patryn
Prof. MD, PhD Agnieszka Mądro
Prof., PhD Jayadevan Sreedharan
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PhD Monika Wojciechowska
PhD Janusz Jaroszyński
MD Natalia Fedorenko
MA Anna Mazurek

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Muttappallymyalil
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PhD Magdalena Sobiech

PhD Agnieszka Kowalska - Olczyk
PhD Michał Popajewski
PhD Ilona Stolarz
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MSc Kamila Kwiatkowska
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***Dear Sirs and Madams,
Colleagues,***

Dear Colleagues, Ladies and Gentlemen,

It is with great honor and genuine enthusiasm that we invite you to participate in the upcoming edition of the *Healthy Aging* International Conference, which will once again gather outstanding experts, researchers, and clinicians from around the world.

Building on the success of last year's meeting, this year's conference is organized under a new and inspiring theme: **"Transforming Science into Impact."** Our goal is not only to advance knowledge but also to translate scientific achievements into tangible benefits for patients, healthcare systems, and society as a whole.

This edition of *Healthy Aging* will be particularly exceptional, as it coincides with the **60th Anniversary of the Department of Rehabilitation at the University Clinical Hospital No 4 in Lublin**. For six decades, our Clinic has been at the forefront of rehabilitation medicine in Poland, shaping standards of care, fostering education, and driving innovation. The jubilee will provide a unique opportunity to reflect on our history, celebrate achievements, and set directions for the future.

The conference program will include lectures by internationally renowned speakers, interactive sessions, student presentations, and practical workshops. Together, we will explore modern strategies in rehabilitation, geriatrics, medical technology, nutrition, and preventive medicine—fields that directly shape the quality of life and independence of aging populations.

We look forward to welcoming you to Lublin, a city that fosters innovation and collaboration, for what promises to be a memorable and inspiring scientific event.

With best regards,

Prof. Tatjana Ille, MD, MSc, PhD

Prof. Tomasz Blicharski, MD, PhD, MBA

Chairmans of the Organizing Committee

We look forward to see at Lublin





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About the Conference

- Comprehensive approach to healthy aging – from prevention and lifestyle medicine to advanced rehabilitation, technology, and clinical interventions.
- Dialogue between science and practice – an opportunity to interact with visionaries from academia, healthcare, and industry.
- Solutions for real-world challenges – sessions designed to provide both cutting-edge evidence and practical take-home messages.
- High-quality scientific program – carefully structured agenda including keynote lectures, panel discussions, and thematic sessions.
- Platform for young researchers – poster presentations and student sessions encourage new voices and innovative ideas.
- Exhibition and industry showcase – presentation of the latest technologies, medical devices, and solutions supporting rehabilitation and healthy longevity.
- Celebration of tradition and progress – this year's edition is enriched by the 60th Anniversary of the Department and Clinic of Rehabilitation, Medical University of Lublin, marking six decades of excellence in clinical care, education, and innovation.

What Makes the Healthy Aging Conference Unique?

- Truly global perspective – experts representing leading international societies share their knowledge and clinical experience.
- Renowned speakers and thought leaders – the conference hosts internationally acclaimed scientists, clinicians, and innovators shaping the future of medicine and rehabilitation.
- Support for the next generation – dedicated sessions and mentoring opportunities for students and early-career researchers help them build careers in academic and clinical medicine.
- Dynamic exchange of ideas – interactive discussions, debates, and workshops foster creativity and interdisciplinary collaboration.
- Unparalleled networking – a unique environment to connect with colleagues, partners, and decision-makers from across the world.



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Some moments of previous conference and workshops:





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About registration:

Conference Registration is free and includes:

- Conference Program e-Book
- Conference Tag
- e-Certificate of Participation
- Conference Bag
- Conference Abstract e-Book
- Conference Proceedings e-Book

Conference Venue

Collegium Novum, Medical University of Lublin

Al. Raławickie 1 street, 20-059 Lublin



No doubt you have lots of queries...

Why not get in touch..!

Drop us your query with details.



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Program for the 60th Anniversary Celebration

23 April 2026

Venue: Chapel University Hospital No 4 in Lublin

7:30- 8:00 Holly Mass

Venue: Collegium Novum

09:00 – 09:30 Official Opening Ceremony

09:30 – 10:30 Presentation of the History and Future of the Rehabilitation Clinic

10:30 – 13:00 Award Ceremony

13:00 – 13:30 Lunch break

13:30 – 14:30 Discussion: The Future of Polish Rehabilitation

14:30 – 15:00 Closing of the Ceremony

Conference schedule

24 April 2026

Venue: Collegium Novum

9:00 – 9:30 Inauguration ceremony

9:30 – 10:00: Keynote address: From Longevity to Healthy Ageing: Public Health Challenges in the 21st Century

Chairperson: Natalia Fedorenko, Jayadevan Sreedharan, Jayakumary Muttappallymyalil, Paweł Kamiński

- 1. Sleep, Longevity and Wearables: Hype or Real Clinical Value in 21st Century.** Anastasiia Tsyhanii
- 2. Stroke Care in Ukraine During Wartime.** Dmytro Hrynykha
- 3. Hialuronic Acid in Prevention and Treatment of Osteoarthritis.** Adrian Możdżeń

10:00 – 11:30 Session I. Pain, Functional, Cognitive, and Psychosocial Dimensions of Aging

Chairperson: Prof. Jayadevan Sreedhara, Dr. Anusha Sreejith, Katarzyna Jóźwik

- 1. Hearing Loss Across the Aging Continuum: Demographic Characteristics and Etiological Patterns.** Sofia Ali, Saba Ali, Adhya Tom, Jagat Gopinath, Izzah Tamseel Khanum, Jayakumary Muttayapalli.



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2. **Rheumatoid Arthritis in the Era of Healthy Aging: Patterns of Joint Damage and Comorbidities in a UAE Population.** **Ishan Anil Cherian**, Shahnaz Mohamed Wazil, Kessha Jahangeer, Prasanna Appiya Premvignesh, Sandhra Treesa Santhosh, Amit Chaturvedi, Jayakumary Muttappallymyalil.
3. **Are Acute Health Events Early Warning Signs of Aging? Exploring Frailty and Functional Decline in Older Adults.** **Abdul Raheem Ghulam Farid**, Prasanna Appiya Premvignesh, Rayyan, Rupika Nirmalkumar, Mohammed Nayeem Shaji, Sumayyah Subakathulla, Richu Elsa Shaju, Farhana Jahubar Ali, Ibrahim Topiwala, Abubakker Siddiq Mohamed Hameed, Padma Vasanth Kumar Shetty, Jayadevan Sreedharan, Jayakumary Muttappallymyalil.
4. **Ageing and Varicose Veins: Prevalence, Associated Factors, and Quality of Life Impact Among Adults in the United Arab Emirates.** **Riya Inder Sevhani**, Vivek Vasudevan, Diya Harish Vanjani, Dhyan Shah, Shahnaz Mohamed Wazil, Kashish Devnani, Prasanna Appiya Premvignesh, Aashna Anuraag Mewada, Anusha Sreejith
5. **Adult Perception on Determination of Longevity and Cognitive Health Among the Elderly Population.** **Simrah Iman**, Walaa Abdelaziz Hassan Taha, Fatema Aziz Adenwala, Zahabiyah Aliasgar Saifee, Syeda Amreen Fatima, Shahnaz Mohamed Wazil, Jayakumary Muttappallymyalil.
6. **The Psychological Impact of Grandparent–Grandchild Bonding on Elderly Well-Being.** **Syeda Amreen Fatima**, Zahabiyah Aliasgar Saifee, Simrah Iman, Fatema Aziz Adenwala, Walaa Abdelaziz Hassan Taha, Shahnaz Mohamed Wazil, Jayakumary Muttappallymyalil.
7. **Community Perceptions and Practices of Dementia Prevention Strategies: A Cross-Sectional Study among Adults in the UAE.** **Clara Hippler**, Vedika Mundhra, Sara Salah Al Azawi, Syed Shaheer Ali¹, Nikkitha Sivarajan, Jayadevan Sreedharan, Brijesh Sathian, Jayakumary Muttappallymyalil
8. **Hearing Aid Adoption in Elderly population: Barriers, Facilitators, and Implications for Healthy Aging.** **Rabbia Asghar**, Hasna Fathima, Anusha Sreejith.

11:30 – 13:00 Session II. Nutrition, Microbiome, and Metabolic Pathways in Healthy Aging

Chairperson: Dr. Jayakumary Muttappallymyali, Dr. Hiba Ali Elzaki Hajomer, Agnieszka

Posturzyńska, Mateusz Trubalski

1. **How Thyroid Health Influences Aging: Metabolic Implications in Adult Populations.** Abubakker Siddiq Mohamed Hameed, **Mohammed Nayeem Shaji**, Ibrahim Topiwala, Maia Alfahel, Mustafa Sarmad Al Hamdani, Anugraha Lisa Ciju, Khadija Jalal, Sandhra Treesa Santhosh, Sneha Reji, Nelofer Sami Khan, Jayadevan Sreedharan, Jayakumary Muttappallymyalil.
2. **From Midlife to Healthy Longevity: Lifestyle and Biological Determinants of Diabetes in Women.** **Fajrul Sabana Jahubar Ali**, Abubakker Siddiq Mohamed Hameed, Prasanna Appiya



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Premvignesh, Saathvika Mohan, Bushra Alnuaimi, Sarah Imran Zahid, Sneha Reji, Savitran Eshwar, Mahir Khalil Ibrahim Jallo, Jayadevan Sreedharan, Jayakumary Muttappallymyalil.

- 3. Does Sleep Matter for Healthy Aging? Exploring the Role of Sleep Duration and Quality in Diabetes Risk.** *Savitran Eshwar, Saathvika Mohan, Bushra Alnuaimi, Sarah Imran Zahid, Sneha Reji, Fajrul Sabana Jahubar Ali, Prasanna Appiya Premvignesh, Abubakker Siddiq Mohamed Hameed, Mahir Khalil Ibrahim Jallo, Jayadevan Sreedharan, Jayakumary Muttappallymyalil.*
- 4. Early Metabolic Risk Factors for Non-Alcoholic Fatty Liver Disease and Their Implications for Healthy Aging.** *Bharath Sridhar, Arshia Ashiq Basha, Bhagya Suresh, Aashila Shaheen, Anna Augustine, Jooneka Doni Ezhil, Tatjana Ille, Sneha Reji, Hiba Ali Elzaki Hajomer, Liju Susan Mathew, Jayakumary Muttappallymyalil.*
- 5. Targeting Chrono-Metabolic Behaviour to Reduce Pre-Diabetes Risk and Support Healthy Aging.** *Aashila Shaheen, Anna Augustine, Jooneka Doni Ezhil, Bharath Sridhar, Arshia Ashiq Basha, Bhagya Suresh, Tatjana Ille, Sneha Reji, Hiba Ali Elzaki Hajomer, Liju Susan Mathew, Jayakumary Muttappallymyalil.*
- 6. Role of Diet and Gut Health in Mental Well-Being Among Middle-aged and Aged Populations: A Cross-sectional Study in the United Arab Emirates.** *Reet Oberoi, Diya Harish Vanjani, Afsara Asfaque, Kiruthu Ramprasad, Gobikashree Vijayakumar, Razim Mohamad, Sumayyah Subakathula, Fathima Zulfa, Anusha Sreejith.*
- 7. Hedgehog Signalling Across the Lifespan: Roles in Tissue Maintenance, Repair, and Disease.** *Abubakker Siddiq Mohamed Hameed, Prasanna Appiya Premvignesh, Ibrahim Mustufa Topiwala, Safaa Abd El Khalek, Latifa Nabeel Alsaad.*
- 8. Microenvironmental Drivers of Tissue Decline and Recovery: Insights from Cancer and Aging.** *Prasanna Appiya Premvignesh, Abubakker Siddiq Mohamed Hameed, Ibrahim Mustufa Topiwala, Latifa Nabeel Alsaad.*
- 9. Wnt Pathway Dynamics in Stem Cell Function, Aging, and Tissue Integrity.** *Ibrahim Mustufa Topiwala, Prasanna Appiya Premvignesh, Abubakker Siddiq Mohamed Hameed, Latifa Nabeel Alsaad.*

13:00-13:30 Lunch break

**13:30 – 14:30 Session III. Strategies for Prevention, Public Health, and Chronic Disease
Reduction in Healthy Aging**

Chairperson: Prof. Tatjana Ille, Dr. Alber Mariajohn Mathiarasu, Michał Bzoma, Aleksandra Kowalska

- 1. Advancing Healthy Aging Through Prevention: Cancer Screening Awareness and Uptake in Adult Populations.** *Aishah Amir, Abubakker Siddiq Mohamed Hameed, Neena Thomas Eapen, Preetha J. Shetty, Jayadevan Sreedharan, Jayakumary Muttappallymyalil.*



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2. **Medication Adherence in Chronic Disease Management Among the Elderly in the UAE: Evidence from the Literature.** Amir Ishaq Alshizawi, Tatjana Ille, Jayadevan Sreedharan.
3. **Elderly Care Competencies Among Healthcare Professionals in the UAE: A Knowledge, Attitudes, and Practices Study Supporting Healthy Aging.** Shahnaz Wazil, Hessa Bin Suroor, Shahwar Fatima Ansari, Shameema Alam, Faizah Oyeleke, Naveen kumar Munusamy, Treasha Swami, Samanway Arif, Zahra Hussain, Sneha Reji, Jayadevan Sreedharan, Maithah Ali Mohamed Albreiki, Mumtaz Meeran, Jayakumary Muttappallymyalil.
4. **Adult Vaccine Uptake and its Implications in Healthy Aging: A Cross-Sectional Study.** Areeba Irfan, Jinnu Jimmy, Zahraa Farhad, Anugraha Lisa Ciju, Reel Louai, Liju Susan Mathew, Sneha Reji, Jayakumary Muttappallymyalil.
5. **Age-Friendly Workplaces: Occupational Health Strategies to Support Healthy Aging at Work.** Mohammed Abdulrazzaq, Sara Esmaeili, Zahra Shahriyari Afshar.
6. **Healthy Ageing in a Changing Environment: How Air Quality, Climate, and Urban Design Shape Longevity and Well-Being in Older Adults.** Mohammed Abdulrazzaq, Safa Zia Ahmad.
7. **Understanding Constipation: Determinants, Risk Profiles, and Relevance to Healthy Aging in a Tertiary Care Setting in Ajman, UAE.** Benzil Binu, Mohammed Isham Shiju, Hygieia Rab Jacob, Aadith Soorya Arun Kumar, Samanway Arif, Abhinandh Uthaman, Jessica James Stanley, Abrar Allahyari, Zahra Hussain, Abdulsalam Al Mujammaee, Mohammed Ahmed Elshobary, Sneha Reji, Jayadevan Sreedharan, Jayakumary Muttappallymyalil.
8. **Modifiable and Non-modifiable Predictors of Chronic Liver Disease: Key Preventive Determinants for Promoting Healthy Aging.** Mohammed Isham Shiju, Benzil Binu, Hygieia Rab Jacob, Aadith Soorya Arun Kumar, Samanway Arif, Abhinandh Uthaman, Jessica James Stanley, Abrar Allahyari, Zahra Hussain, Abdulsalam Al Mujammaee, Mohammed Ahmed Elshobary, Sneha Reji, Jayadevan Sreedharan, Jayakumary Muttappallymyalil.
9. **Cultural Traditions, Healthy Aging, and NCDs: A Holistic Path to Preservation and Prevention.** Rehan Abdul Jaleel, Safa Shafeer, Amna Asahar, Raajeevi Ilavarasan, Fadeela Suhail Khan, Ahlam Jahedifard, Sneha Reji, Jayadevan Sreedharan, Ritwik Sankaran Kaimal, Jayakumary Muttappallymyalil

14:30 – 15:30 Session IV. Technology: Smart Solutions for Healthy Aging

15:30 Discussion and closing remarks.



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Venue: Collegium Novum

9:00 – 14:00 Student Satellite Session

9:00 – 15:00 Sponsor Spotlight

Venue: Collegium Novum

9:00- 13:00 Workshops

1. Point-of-Care MSK Ultrasound for Rehab and Ortho Specialists Comprehensive Life Support
Training for Older Adults- Małgorzata Kolano, Adrian Moździerz, Paweł Kuczyński
2. Smart Rehabilitations: Innovations in Physiotherapy
3. Mini-Interventions in Orthopedics: Modern Techniques in Outpatient Care
4. Activity-Based Rehabilitation: OT Strategies for Daily Function
5. Comprehensive Nursing Practices in Geriatrics and Orthopaedics
6. Senior Self-Defense
7. Healthy Aging Yoga
8. Active Years Pilates