

# **Interdisciplinary Conference of the Latvian Medical Association “Epigenetics as a new vision for preventive and anti-ageing medicine”**

**7 November 2020**

**Moderators: Ilze Aizsilniece, President of the Latvian Medical Association (LĀB),  
Assoc. Prof. Natalja Kurjāne, Ilona Vilkoite, Inga Balcere**

- 9.30–9.35 Opening of the Conference**  
Ilze Aizsilniece, president of LĀB, general practitioner
- 9.35–10.10 Immunology – the Very Basics**  
Lota Ozola, paediatrician, paediatric pneumologist, immunologist
- 10.10–10.45 Laboratory Tests to Evaluate the Immune System**  
Jānis Stašulāns, laboratory doctor;  
Didzis Gavars, laboratory doctor
- 10.45–11.20 Preventive Approach to Immunology**  
Tatjana Ļiņova, dermatologist, immunologist
- 11.20–11.55 Coffee break**
- 11.55–12.30 The Concept of Epigenetics in Modern Medicine**  
Ilze Aizsilniece, president of LĀB, general practitioner
- 12.30–13.05 Epigenetics and Molecular Ageing Markers**  
Jana Janovska, dermatologist, specialist in preventive medicine
- 13.05–13.40 The Importance of Nutrition as an Epigenetic Factor**  
Ilona Vilkoite, gastroenterologist, specialist in gastrointestinal endoscopy
- 13.40–14.10 Coffee break**
- 14.10–14.45 Anti-ageing Medicine From the Point of View of a Gastroenterologist**  
Vita Skuja, gastroenterologist, internist
- 14.45–15.20 Anti-ageing Medicine From the Point of View of an Endocrinologist**  
Inga Balcere, endocrinologist
- 15.20–15.55 Anti-ageing Medicine From the Point of View of a Psychiatrist**  
Krista Mieze, psychiatrist
- 16.00–16.30 Discussion**

Programme is subject to change, and will be updated continuously up to the conference.

For participation in the conference, medical practitioners receive **12 continuing education points**, pharmacists and pharmacy assistants – **7.6 continuing education points**.