

אדריכלות גיל
ARCHITECTURE OF AGE

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NANOPEP

**MEDITERRANEAN SCHOOL «ARCHITECTURE OF AGE» (ISRAEL)
NANOPEP Company (Italy)**

**are pleased to invite you to the educational online program
from September 25 to October 10, 2022**

Aminoacides, Peptides & Aging

Dear friends!

We live in a unique time. The fact that people which born today will live for more than 100 years. It is not a myth, but the near future. And now, more than ever before, a person wants to be young, beautiful and functional as long as possible. After all, investing in your health is the best way to invest in your future.

The world has come to the need to train age management consultants, specialists in the field of PRO AGE, preventive gerontology, who could accompany a person from a young age to old years. Physicians, biologists, psychologists, fitness instructors, spa specialists, cosmetologists, nutritiologists, etc. can become such an expert-level consultant!

Aminoacides and peptides are the basis of bioregulation of aging. For the first time, our training is based on the domain principle. You will learn how, by influencing the psychological, physical, sensory, vital, cognitive domains by different methods, including peptides and aminoacides, it is possible to effectively build modern prevention programs.

The program provides for the development of the following sections:

Diet and Physical activity as a new drug

In our time we have new paradigm of medicine which was appeared due to increasing of expected length of life during last decades. Because of additional years to life new diseases appeared, for example frailty, anorexia of aging, elderly foot, loneliness, primary (associated with age) sarcopenia and others. This diseases, syndromes and conditions are under complex study, especially concerning early diagnosing, biomarkers and biochemical indicators of all stages of pathological process, including early stages, possibilities of instrumental revealing and treatment. But till now many measures of pharmacological intervention are in the different pre-clinical phases and may be years and decades will pass before their introducing to clinical practice. Nevertheless, in gerontology and preventive medicine there are many information and scientific-based data about non-pharmacological methods of prevention and treatment of age-associated pathology. They give possibility to discuss the modification of life style, including diet and physical activity as a new, non-pharmacological drug. And peptides with aminoacides, which are obligatory component of food and diet, new medication of new era of increasing of length of life. In this lecture you will have possibility to understand new trends of prevention of age-related pathology, schemes of modification of life style, including consumption of peptides and nutraceuticals on the base of natural peptides.

Hallmarks of Aging and Peptide Bioregulation during life course

Aging is a complex process which include several changes in cells, such as genomic instability, telomere attrition, epigenetic alterations, loss of proteostasis, deregulated nutrient-sensing, mitochondrial dysfunction, cellular senescence, stem cell exhaustion, and altered intercellular communication. One of important trends of preventive medicine is to work out possible intervention to reverse biological age to prevent early onset on age-

associated diseases. Dominating theory in this field is Peptide bioregulation of aging, which gives key to scientific-based usage of new class of pharmaceuticals and nutraceuticals known as peptide bioregulators for prevention and treatment age-associated conditions and treatment of premature aging. Classification, experimental data, results of clinical trials of peptide bioregulators and recommendations for their prescribing will be presented.

Inflammaging, Health and Aminoacides: Reserving Biological Age

Inflammation is universal defense mechanism which allow to limit of spreading of pathological agent and its negative influence. Theory of inflammation started in infection disease, but today inflammation changes recognize as important general reaction of body during development of chronic non-infectious pathology. Inflammation has complex influence on inner organs and functionality and increases with age. Correlation of aging with age-related pathology is released due to inflammation and is called inflammaging. Life style modification, pharmacological possibilities, including aminoacides and peptides, to coup inflammaging and to synchronize chronological and biological ages will be discussed.

Cognitive continuum, Aminoacides and Peptides: State of Arts

Due to the increasing of length of life many people receive additional years for life, but have additional diseases which are more often in elderlyhood, such as dementia. Dementia is an umbrella which cover many pathological conditions with different mechanisms and clinical manifestations. But in old ages we usually observe neudegenerative dementias which developed for many years, started in middle ages. According to modern level of scientific knowledge neudegenerative and vascular dementias can be prevented in 40% of cases by complex measures, from normalization of blood pressure till cleaning of polluted environment. From this lecture you will understand what is cognitive continuum, what is the range of preventive possibilities of different types of cognitive impairments and dementias and what is he role of aminoacides peptides in this part of preventive medicine.

Chronobiology: Review of modern ChronoDiets

Chronobiology is the base of active developed chapter of preventive medicines – chronotherapy, which includes also proper nutrition. Violation of rhythms of food consumption leads to fostering of development of cardiovascular, oncological, metabolic pathology and depression. We will discuss seasonal and daily peculiarities of usage of different food, ingredients of food, including aminoacides and peptides, modern chronodiets in prevention, diagnosing of disturbances on circadian rhythms and complex measures of their treatment.

Sarcopenia: Moving Better

Sarcopenia is relatively new pathological condition, it was firstly mentioned in 1992 as decreasing of muscle function and mass. It is divided on primary (associated with age) and secondary, which accompanied by several conditions, for example, chronic obstructive pulmonary disease, heart failure, AIDS, intensive smoking, alcoholization, deficiency of vitamins and minerals. diabetes and others. It is very important to preserve muscle function and structure because it help to support good level of functionality in every age, especially in elderly. According to the results of European study PROMISS important part of prevention of frailty is proper consumption of proteins, especially being older. In this presentation you will get full information about sarcopenia, its diagnosis, treatment and prevention by proteins and peptides as the best their source.

Liver, Gut and Digestion: Beauty is Inside

Modern technologies in cosmetology and plastic surgery are very effective in improving of skin and combating with wrinkles. Neverseless healthy look of skin depends upon general health, including digestion, function of liver and situation with the gut. Healthy skin and general health are correlated with each other and named Beauty inside. How to recognize disturbances of liver activity, diagnose the stage of gut, function of

digestive tract, what are main preventive and hygiene measures, what are main principles of creating beauty inside you will know from this presentation.

Sleep & Peptides

Sleep is one of most important function of organism which have several physiological meanings, from restoring of mental abilities to scanning of body internal impairments and their correction. In literature was described that during sleep is increased anti-inflammatory, pro-oxidant, hormone-regulative activity. So, normal sleep is important for health, good mood and prevention of disease, for example, dementia, oncological pathology, metabolic diseases. In this chapter of educational course, you will receive information about normal sleep and its parameters, variants of sleep disturbances and possible scientific-based ways of their treatment and prophylactics, including peptides.

Some features of our educational project:

!!! Speakers and experts from Israel, Great Britain, Italy.

!!! The convenient online learning platform with the possibility of direct and delayed communication with speakers

!!! The ability to repeatedly review webinars in the record

!!! The entire training period is curated chat with support

!!! International certificate

!!! The possibility of methodological support after graduation

!!! Discounts on next educational programs

The price of program is 150 Euro.

Please send the registration form to one of the next contacts:

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Best regards



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SEE YOU SOON!