

A FUTURE **BEYOND**

SEPTEMBER 13TH TO 15TH 2019 · SITGES (BARCELONA)

 INTERNATIONAL
TELOMERE
SYMPOSIUM



Conferences

Speakers



Dr. Gloria Sabater

SPECIALIST IN ANTI-AGING
MEDICINE AND TECHNICAL
DIRECTOR OF SALENGEI

"Latest
advances on
aging and
the telomere
theory."

Saturday 14th, from 10:30 to 11:00 am

Dr. Sabater received her PhD in Pharmacy in 1998, and in 2002 she specialized in analysis and control of Medicines and Drugs at the University of Barcelona. In 2005 she obtained a diploma in Anti-Aging from the University of Charleroi CUNIC. She is a member of the Royal Academy of Pharmacy of Catalonia since 2007.

She holds a Diploma in Genetics in the field of personalized preventive medicine, including nutrigenetics, dermagenetics, pharmacogenetics, psychogenetics and anti-aging genetics, by the European Institute of Personalized Prevention (2008) and is co-author, with her father, Dr. Juan Sabater Tobella, of the book 'Postgenomic Personalized Medicine'.

Between 1989 and 2012 she worked at Sabater Analysis Labs. Currently, Dr. Sabater collaborates with the medical teams at Quale-Vita and SHA Wellness Clinic, as a coach and health adviser, helping patients improve their health through changes in lifestyle and eating habits.

In 2010, she founded SALENGEI with her sister Cristina. SALENGEI is an anti-aging supplement distribution company, with a point of sale in Barcelona, called ANTIAGING SHOP. Convinced that the first and most important part of health is based on a personalized healthy diet, in 2013 she began to develop and manufacture her own brand of premium functional foods, called "Active Foods", as well as the innovative line of supplementation, "Active Supplements", under the SALENGEI brand.



Dr. Hakan Cangül

HONORARY PROFESSOR
OF THE CENTER OF
RARE DISEASES AND
PERSONALIZED MEDICINE

"Importance of
telomere for health
and longevity."

"Scientific studies
about TA-65."

**Saturday 14th, from 11:00
to 12:00 pm and from 4:40 to 5:30 pm**

Dr. Hakan Cangül received his Doctorate in Medicine in 1991, from the Faculty of Medicine of the University of Uludag Bursa (TURKEY). Later in 1998, he completed a second PhD at the Institute of Health Sciences of the University of Uludag, in Bursa, with a GPA (Grade Point Average) rating of 93.4% in Atherogenesis. In 2002 he finished his third doctorate in Carcinogenesis at the University of New York, College of Arts and Sciences, with a GPA of 3.58 on a 4.0 scale.

Member of the Faculty Board, division head and department of the Istanbul Medipol University, specifically the Division of Internal Medicine of the International School of Medicine of the Department of Medical Genetics.

Honorary Professor of the Center for Rare Diseases and Personalized Medicine, Department of Medical and Molecular Genetics, School of Clinical and Experimental Medicine, University of Birmingham.

Dr. Hakan Cangül has participated in over 33 publications and books, supervised and administered more than 10 educational activities and organization of congresses, and coordinated and financed 14 research projects.



Dr. Lissette Otero

CHIEF MEDICAL OFFICER
AND LABORATORY DIRECTOR
OF LIFE LENGTH

"Telomere
associated variables,
age and cancer."

Saturday 14th, from 12:00 to 12:50 pm

Dr. Lissette Otero is Chief Medical Officer and Laboratory Director of Life Length, the world leader in telomere measurement.

She is a specialist in Clinical Analysis and completed her MIR training period at La Paz University Hospital in Madrid. She has extensive experience as a Medical Consultant in molecular diagnosis of sexually transmitted diseases, genetic screening for predisposition to obesity, prostate, breast and cervix cancer, and prenatal diagnosis. Dr. Otero holds an MBA from the University of Barcelona / EAE Business School

She also holds a Master in Aesthetic and Anti-Aging Medicine from the Complutense University of Madrid and a Master in Phlebology and Lymphology from the International University of Andalusia. She is accredited as Internal Auditor of Requirements of Management Systems for Clinical Laboratories ISO 15189: 2012.



Dr. Francisco Carreño

DOCTOR IN EXERCISE
PHYSIOLOGY

"Preventive and clinical utility of exercise on telomere health".

"Practical aspects in exercise and nutrition to improve body composition".

Saturday 14th, from 12:50 am to 1:40 pm and from 3:50 to 4:40 am

A perpetual student - as he describes himself - Dr. Carreño is passionate about health, nutrition, exercise and everything that happens in the fields of anti-aging medicine, longevity, metabolic optimization and performance improvement.

A PhD in exercise physiology from the universities of Granada and Pablo de Olavide, with research experience under the tutelage of his mentors Dr. Ángel Gutiérrez Sáinz and Manuel Castillo Garzón. He has a practical background resulting from his over 15 years of experience as a trainer and nutritional consultant. Dr. Carreño is also certified in cellular nutrition, strength and physical conditioning, as well as nutritional coaching.

He currently resides in New York, where he offers his services to private clients through different clinics and specialized centers, where exercise is considered an essential tool for the success of therapeutic interventions. He's an inveterate reader and lover of any knowledge and source of inspiration that can help to improve his clients programs, and the team work with his colleagues.



Dr. Ángel Durántez

PIONEER MEDICAL IN SPAIN
OF PROACTIVE PREVENTIVE
MEDICINE AND AGE
MANAGEMENT MEDICINE

“Clinical utility of
the telomeric study
in the field of Age
Management
Medicine”.

Saturday 14th, from 3:00 to 3:50 pm

A graduate in Medicine and Surgery from the Autonomous University of Madrid, Dr. Ángel Durántez specialized in Physical Education and Sports Medicine. He is a doctor “Cum Laude” of Medicine and Surgery by the Autonomous University of Madrid and holds numerous international accreditations, such as Age Management Medicine by the CERF (Genegenics Education and Research Foundation) in the United States, and BHRT Certification (Advanced Bioidentical Hormonal Replacement Therapy Certification).

He is the pioneer in Proactive Preventive Medicine and Age Management Medicine in Spain. He has participated as an attendee and invited speaker in over 300 conferences, courses, congresses and symposia related to his specialty, and is the author of hundreds of informative articles in all types of media. He is also a member of SEMAL (Spanish Society of Anti-Aging and Longevity Medicine), member of SEMED (Spanish Society of Sports Medicine), AMMG (Age Management Medical Group) and AEEM (Spanish Association for the Study of Menopause), and he has been scientific adviser to the Illustrious Official College of Physicians of Madrid in his specialty, and to Ganasalud Forum, of the General Directorate of Sports of the Community of Madrid.

Currently, he manages his clinic in Madrid, where he treats his patients in an integrative manner, applying the latest advances in the Medicine of the “Ps”: Preventive, Proactive, Participatory, Predictive, Personalized and Pleasant.



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