

SCIENTIFIC CONFERENCE ACTIVE HEALTHY AGING (AHA 2015)

Magdeburg, Germany, 2nd –5th September 2015

The International Scientific Conference Active Healthy Aging 2015 was held between 2nd and 5th September 2015 in Magdeburg (Germany) and was organized by the Otto von Guericke University Magdeburg in cooperation with the DZNE Magdeburg (German Center for Neurodegenerative Diseases within Helmholtz Association) and the city of Magdeburg.

The Conference included several interesting scientific topics such as “60 Is the New 40” and The Meaning of Active Aging in the 21st Century, Preserving Cognitive Functions, The Potentiating Effects of Physical and Cognitive Activity, Maintaining Independence through Assistive Technology Systems, Nutritional Interventions to Promote Healthy Aging, etc.

The AHA 2015 Congress participants had a great opportunity to listen and learn from several excellent scientists from different countries with special emphasis on AHA 2015 keynote speakers:

- Prof. Michael Falkenstein, Ph.D., (Leibniz Research Centre for Working Environment and Human Factors, University of Dortmund, Germany),
- Prof. Martin Lövdén, Ph.D., (Aging Research Center, Department of Neurobiology, Care Sciences and Society, Karolinska Institute, Stockholm, Sweden),
- Prof. Marco Narici, Ph.D., (School of Graduate Entry Medicine and Health, University of Nottingham, United Kingdom),
- Prof. Sandra Pais, Ph.D., (Center for Research and Development in Health, University of Algarve, Portugal),
- Prof. Rado Pišot, Ph.D., (Institute of Kinesiology Research, University of Primorska, Slovenia), and
- Prof. Claudia Voelcker-Rehage, Ph.D., (Jacobs Center on Lifelong Learning and Institutional Development, Jacobs University Bremen, Germany).

The interdisciplinary approach of the Congress covered several aspects of active and healthy aging phenomena, such as cognition, physical activity and nutrition.

The International Scientific Conference Active Healthy Aging 2015 was attended by three members of the Institute for Kinesiology Research, Scientific and Research Centre Koper, University of Primorska, Slovenia. Firstly, Rado Pišot, Ph.D., was invited as the keynote speaker and presented the results of the latest bed rest campaign with detailed insights of cognitive and functional decline that occur after a period of being immobilized or hospitalized. Secondly, Boštjan Šimunič, Ph.D., was chairing the symposium titled “Physical Activity and Nutrition for Healthy Aging” as well as he gave a talk regarding the use of Tensiography in the field of aging. In the same symposium, our third participant, Uroš Marušič, Ph.D., presented a computerized cognitive training approach for mitigating physical inactivity related negative effects.

Uroš Marušič

ZNANSTVENA KONFERENCA AKTIVNO ZDRAVO STARANJE (AHA 2015)

Magdeburg, Nemčija, 2.–5. september 2015

Mednarodna znanstvena konferenca Aktivno zdravo staranje (angl: Active Healthy Aging; AHA 2015) se je odvijala med 2. in 5. septembrom 2015 v Magdeburgu (Nemčija). Organizirana je bila v okviru magdeburške univerze Otto von Guericke v sodelovanju z DZNE Magdeburg (nemški center za nevrodegenerativne bolezni znotraj združenja Helmholtz) in mestom Magdeburg.

Znanstvena konferenca je zajemala številna znanstvena področja, kot so “60. in nova 40”. in pomen aktivnega staranja v 21. stoletju, ohranjanje kognitivnih funkcij, učinki telesne in kognitivne aktivnosti, ohranjanje neodvisnosti s pomočjo podpornih tehnoloških sistemov, prehranske intervencije za spodbujanje zdravega staranja itd.

Udeleženci konference AHA 2015 so imeli izjemno priložnost slišati številne odlične znanstvenike iz različnih držav, s posebnim poudarkom na vabljenih osrednjih govornikih AHA 2015 konference:

- prof. dr. Michael Falkenstein (Center za raziskave delovnega okolja in človeških vplivov Leibniz, Univerza v Dortmundu, Nemčija),
- prof. dr. Martin Lövdén (Center za raziskave staranja, Oddelek za nevrobiologijo, socialno varstvo in družbene vede, Karolinski inštitut, Stockholm, Švedska),
- prof. dr. Marco Narici (Fakulteta za medicinske in zdravstvene vede, Univerza v Nottinghamu, Velika Britanija),
- prof. dr. Sandra Pais (Center za raziskave in razvoj v zdravstvu, Univerza Algarve, Portugalska),
- prof. dr. Rado Pišot (Inštitut za kineziološke raziskave, Znanstveno-raziskovalno središče, Univerza na Primorskem, Koper, Slovenija) in
- prof. dr. Claudia Voelcker-Rehage (Center Jacobs za vseživljenjsko učenje in institucionalni razvoj, Univerza Jacobs, Bremen, Nemčija).

Interdisciplinarni pristop kongresa je zajemal več vidikov aktivnega in zdravega staranja, kot so kognicija, telesna aktivnost in prehrana v najširšem pomenu besede.

Mednarodne znanstvene konference Aktivno zdravo staranje 2015 smo se udeležili trije predstavniki Inštituta za kineziološke raziskave Znanstveno-raziskovalnega središča Univerze na Primorskem. Prof. dr. Rado Pišot je bil eden izmed osrednjih govornikov. Predstavil je rezultate zadnje študije večdnevnega horizontalnega ležanja s poudarkom na kognitivnem in funkcionalnem upadu, ki nastane po določenem času hospitalizacije. Izr. prof. dr. Boštjan Šimunič je vodil vabljeni simpozij z naslovom “Telesna aktivnost in prehrana za zdravo staranje” ter predstavil prispevek z naslovom “Uporaba tenziomiografije na področju staranja”. Na istem simpoziju sem sam predstavil pristope računalniško podprtega kognitivnega treninga za ublažitev negativnih posledic večdnevne fizične neaktivnosti.

Uroš Marušič