

Welcome to the International Association of Gerontology and Geriatrics European Region Congress 2019

23rd – 25th May 2019 in Gothenburg, Sweden



On behalf of the **International Association of Gerontology and Geriatrics – European Region** we welcome you to Gothenburg and the 9th IAGG-ER congress to present and share findings, ideas and innovations on multidisciplinary perspectives of ageing and the life-course.

The congress theme is '**Towards Capability in Ageing – from cell to society**'. The theme emphasizes our ability to perform actions in order to reach valued goals within the macro, meso, and micro contexts.

The congress is the natural meeting place for researchers and professionals engaged in various scientific enquires and aging matters; whether in biological science, medical and health sciences, social sciences, in humanities or aging services. The main track of the congress includes sessions on multidisciplinary aspects of



The congress is arranged in collaboration with the local Centre for Ageing and Health (AgeCap) at the University of Gothenburg, the two Swedish national associations; Swedish Gerontological Society (SGS), Geriatric Medicine in Sweden (SGF), both also members of the Nordic Gerontological Federation (NGF).

We look forward to meeting you in **Gothenburg May 23-25, 2019**

On behalf of the local Organizing Committee and IAGG-ER

*Boo Johansson Congress president, Ingmar Skoog Secretary General
Marie Kivi Deputy Secretary General and Clemens Tesch-Römer IAGG-ER
president*



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[PO.T:22] Eptide Increases Pineal Gland Activity in Seniors

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Decrease in synthesis of molecules regulating circadian rhythms reflects the physiological mechanisms of age involution in the pineal gland. "Eptide" - peptide complex, isolated from the pineal gland, restores melatonin synthesis in the pineal gland. The aim of this research work is to study the molecular mechanisms of "Eptide" biological activity in seniors. The object of the research - the buccal epithelium (BE) of seniors - allows the in vivo assessment of the expression of molecules characterizing the functional activity of the pineal gland.

The patients took "Eptide" daily, sublingually by one orogranule in the mornings for 30 days. Patients in the control group took placebo - orogranules without the active ingredient. Immunofluorescence analysis of the BE was performed using antibodies to Melatonin, CLOCK, BMAL-1 (1: 100, Abcam). Images obtained using confocal microscopy were analyzed in the "Videotest Morphology 5.2" in terms of the expression area. Statistical data processing was carried out using "Statistica 7.0". Expression of Melatonin, CLOCK and BMAL-1 in individuals taking "Eptide" increased by 31%, 18% and 16%, respectively, as compared to the control group. "Eptide" did not cause any allergic and adverse reactions in patients. The results of the research indicate the prospects of using "Eptide" to restore the functions of the pineal gland during aging.

Objectives: pineal gland peptide "Eptide"; regulation of pineal gland ageing; regulation of Melatonin, CLOCK, BMAL-1 expression.
