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WDA

HEALTHY LONGEVITY SYMPOSIUM

PRAGUE, 23 MAY 2025



WDA Healthy Longevity Symposium

Healthy Longevity in Europe – Perspectives and Actions from the Czech Republic and Switzerland

Healthy ageing and prolonging active life are key challenges for contemporary medicine, demography, and public policy. The prestigious WDA Healthy Longevity Symposium, held in collaboration with the World Demographic & Ageing Forum (WDA), will bring together experts from the Czech Republic and Switzerland to present the latest scientific findings, compare the situations in both countries, and discuss strategies that can promote healthy longevity.

Distinguished international speakers will address the scientific aspects of longevity, cardiometabolic risks, and the role of the kidneys in the ageing process. A panel discussion focusing on the responsibilities of health policy makers, insurers, and care providers in supporting healthy ageing will also be an important part of the event.

Come and be inspired and participate in this important debate!

When:

23 May 2025, 10.00–14.30

Where:

Galerie Café Louvre, Národní 22, Prague 1

Please note that the symposium will be held in English.

Please register to attend by May 15 at this address: kotorova@tribune.cz

This event is sponsored by Boehringer Ingelheim, spol. s r.o.



PROGRAM

9.30 **Arrival of Participants**

10.00–10.15 **Welcome and Introduction**

10.15–10.45 **Evidence-Based Concepts to Expand Healthy Longevity**

Prof. Christoph Wanner, Past President ERA, Universities of Würzburg, DE and Oxford, UK

10.45–11.00 **Healthy Longevity Across Europe – How Do the Czech Republic and Switzerland Compare?**

Dr. Hans Groth, President World Demographic & Ageing Forum (WDA Forum), St. Gallen, Switzerland

11.00–12.00 **Pathophysiology of a Longer Life – The Role of the Kidneys**

Prof. Vreni Briner, Luzern, Switzerland

Heart Failure and Ageing

Prof. Aleš Linhart, Head of the 2nd Department of Internal Cardiovascular Medicine, General University Hospital in Prague, 1st Faculty of Medicine, Charles University, Prague, Czechia

Cardio-Renal-Metabolic Risks for Longevity

Prof. Michal Vrablík, 1st Faculty of Medicine, Charles University, Prague, Czechia

Role of Geriatric Medicine in Healthy Longevity

Prof. Eva Topinková, 1st Faculty of Medicine, Charles University in Prague and General Faculty Hospital, Institute of Postgraduate Education in Health Care, Czechia

PROGRAM

12.00–12.15 **Coffee Break**

12.15–13.30 **Healthy Longevity: The Responsibility of Policy Makers, Health Insurers and Providers**

Expert Panel Discussion

Moderator: Dr. Heiner Sandmeier, MPH, Basel, Switzerland

1. *Prof. Verena Briner, President Academia Engelberg, Luzern, Switzerland*
2. *Prof. Aleš Linhart, Head of the 2nd Department of Internal Cardiovascular Medicine, General University Hospital in Prague, the 1st Faculty of Medicine, Charles University, Prague, Czechia*
3. *MUDr. Alena Šteflová, member of the board of Czech Medical Association of Jan Evangelista Purkyně, Prague, Czechia*
4. *Prof. MUDr. Ondřej Viklický, CSc., Vice-president of the Czech Nephrology Society, Prague, Czechia*
5. *Prof. Michal Vrablík, Deputy Head of the 3rd Department of Internal Medicine, 1st Faculty of Medicine, Charles University, Prague, Czechia*
6. *Prof. Christoph Wanner, Past President ERA, Universities of Würzburg, DE and Oxford, UK*

13.30–13.45 **What Did We Learn? What Are the Next Steps?**

Dr. Hans Groth, President World Demographic & Ageing Forum (WDA Forum), St. Gallen, Switzerland

13.45 **Lunch**

WDA FORUM

The WDA Forum (World Demographic & Ageing Forum) is an international platform focused on demography, ageing and intergenerational relations. It provides a space for coordinating activities and research in these areas, addressing experts from economics, politics, NGOs, research and the general public. It is based in St. Gallen, Switzerland, and operates as a think-tank that addresses the challenges of demographic change and promotes research activities in this field.



Prof. Verena Briner

Highly respected physician and academic, specializing in Internal Medicine and Nephrology, professor of Internal Medicine at the University of Basel and Visiting Professor at the University of Lucerne. She was Chief Physician and head of the Department of Medicine, CMO, and a member of the hospital's management team and since 2016 consultant at the Lucerne Cantonal Hospital. She is a member of various medical commissions including the Senate of the Swiss Academy of Medical Sciences. In April 2017, she was elected President of the Board of Trustees of the Academia Engelberg Foundation.

Dr. Hans Groth, MBA, President World Demographic & Ageing Forum

Distinguished expert in global demographic change and its impact on economic development, German-Swiss physician, demographer and university lecturer whose research focuses on using economic and social prosperity to address population problems. He also has more than 20 years of experience in the pharmaceutical industry where he has held various senior positions in marketing, sales and management.



Prof. MUDr. Aleš Linhart, DrSc., FESC, FCMA

Prominent Czech cardiologist, since 2005 Head of the 2nd Internal Cardiology and Angiology Clinic of the 1st Faculty of Medicine of the Charles University in Prague, former President and now Vice-President of the Czech Society of Cardiology. His scientific activity focuses on research on atherosclerosis, changes in heart muscle and rare metabolic heart diseases. His scientific papers have been cited more than 38 000 times. Under his leadership, a major document, the National Cardiovascular Plan of the Czech Republic for 2025-35, was created, which is one of the first such plans in the EU





Dr. Heiner Sandmeier, MPH

Leading expert in health policy, pharmaceutical market access, and healthcare innovation, experienced consultant in the field of public health and pharmaceutical industry based in Basel, Switzerland. He studied molecular biology at the Biozentrum of the University of Basel and public health at the Universities of Zurich, Bern and Basel with a focus on health economics. He is a member of several professional organizations, including the Swiss Society for Health Policy (SGGP) and the Swiss Medical Board.

MUDr. Alena Šteflová, Ph.D., MPH

Czech physician and specialist in public health. From 2003 - till 2017 she had held the position of Director of the WHO Country Office in the Czech Republic. She has been also the elected member of the Presidium of the Czech Medical Association of J. E. Purkyne and since 2025 she has been the director of Czech Health Literacy Institute. In the recent decades, she became one of the experts developing the field of public health, mental health care and primary care in the Czech Republic in their modern form. Preventive medicine, health literacy and increasing responsibility of citizens for their own health have become her lifelong professional mission and a matter of the heart.



Prof. MUDr. Eva Topinková, CSc.

Leading Czech geriatrician. She is the head of the Geriatric Clinic at the First Faculty of Medicine of Charles University in Prague for twenty years. Since the late 1990s, she has also been the head of the Department of Gerontology and Geriatrics at the Institute for Postgraduate Medical Education, where she has trained more than 300 current Czech geriatricians. In her clinical practice, she focuses on individualized care for the elderly and studies differences in the efficacy and safety of drugs in seniors. She was the first person in the Czech Republic to introduce a doctoral program in gerontology at Charles University. Her work has been cited in more than 28,000 professional publications. She has written 23 monographs and textbooks, many of them foreign.





Prof. MUDr. Ondřej Viklický, CSc.

Renowned Czech nephrologist and transplant specialist. Since 1991 he has been working at the Institute of Clinical and Experimental Medicine (IKEM), currently he is the Head of the Department of Nephrology and Transplant Centre. He is active in domestic and foreign professional societies, e.g. he is a member of the regional committee of the International Society of Nephrology, he is on the board of the Czech Society of Nephrology and the Society for Organ Transplantation of the Czech Society of Nephrology. He has played a key role in the development of transplantation technologies in the Czech Republic and ensuring a high level of care for patients after transplantation.

Prof. MUDr. Michal Vrablík, Ph.D., MHA

Leading expert, Czech physician and scientist specializing in lipidology and preventive cardiology. He works at the 3rd Internal Medicine Clinic of the 1st Faculty of Medicine of Charles University and the General University Hospital in Prague, where he is also Deputy Head of the Inpatient Department. His research focuses on genetic determination of dyslipidemias and response to hypolipidemic treatment. Since 2011 he has been the President of the Czech Society for Atherosclerosis and an active lecturer at the 1st Faculty of Medicine of Charles University. He is involved in early diagnosis of familial hypercholesterolemia – FH (The Medped project) and efforts to introduce universal childhood screening for FH.



Prof. Christoph Wanner, Past President ERA, Universities of Würzburg and Oxford

Globally recognized expert in nephrology and internal medicine, with a distinguished career dedicated to advancing research in diabetic kidney disease, lipid disorders, and rare kidney conditions. He serves as a Senior Professor of Medicine at the University Hospital of Würzburg and a Visiting Professor of Renal Medicine at the University of Oxford. Throughout his career, Prof. Wanner has contributed extensively to clinical studies and epidemiology, focusing on improving cardiovascular and kidney disease management. From 2020 to 2024, he served as President of the European Renal Association (ERA). With over 950 scientific publications, Prof. Wanner continues to influence the field of nephrology, driving innovation in kidney health and disease prevention.