

# Αρτηριακή Υπέρταση

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# **Beyond Knowledge: Wisdom, Values and Ethics for Europe**

**George N. Christodoulou**

*President of the Congress*

In an era characterised by unprecedented scientific advancement, accumulation of knowledge alone is no longer sufficient to address the complex challenges humanity is facing.

We must move beyond knowledge, towards guidance of knowledge by values-informed and ethics-informed wisdom.

Within this context, I suggest defining wisdom as a frame of mind shaped by values and ethics. Values referring to one's moral attitude on a personal level and ethics referring to the person's moral attitude on a social level (towards others).

In the spirit of the Hippocratic tradition, healing can become harmful if ethical boundaries are ignored. This ethical reservation became central in modern bioethics especially following the abuses of Medicine like the medical experimentations, eugenics etc during the 20th century and the abuse of Psychiatry that followed.

However, unethical use of scientific information is by no means limited to Medicine. Any discipline can potentially become subject of abuse.

A case of catastrophic use of knowledge is when modern technology is utilised to make armed conflict more "effective". Abuse of Artificial Intelligence is likely to expand this problem to unprecedented dimensions.

For the above reasons, the EAPE has produced a Position Statement for Preservation of Peace (July 2025) ( in line with the Athens anti-war Declaration, 2016) the main points of which I will summarise here:

War steals life, health and hope. It destroys economy, nutrition and ecosystems

It produces enormous human suffering (PTSD, depression, anxiety) and emotional disregulation, disruption of attachment and behavioral problems in children

Destroys societies from within

The trauma of war persists through transgenerational transmission and thus robs future generations.

In view of the above

We, the members of the EAPE declare the following:

We perceive it as an ethical obligation to raise our voice to condemn war and appeal for peace

Our appeal is not motivated by political or ideological considerations

We call for an immediate cessation of all wars in every land, under every flag, by all sides

We urge all leaders to act

Conclusion

In the name of human dignity

In the name of logos (reason)

In the spirit of shared responsibility

For the sake of generations to come

WE, THE PROFESSORS EMERITI OF EUROPE CALL FOR PEACE NOW

Given in Athens, 25 July 2025

## References

EAPE Position Statements

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Athens Anti-war Declaration (2016).



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**Thursday, 11 June 2026**

**Keynote Lecture**

Looking at the Solar System Planets close-up. What we learned and why it's important to use this knowledge ethically for Humanity's benefit

**Krimigis S. M.**

*Center for Space Research and Technology, Academy of Athens, Greece  
Head Emeritus, Space Exploration Sector, Johns Hopkins University, USA*

The Epoch of Space started on October 4, 1957 with the launch of the first satellite, Sputnik, by the then Soviet Union. Since that time, we have sent spacecraft to explore the Moon, the Sun, Asteroids, Comets, every planet in our solar system, and even crossed the border with the Galaxy with Voyager 1 & 2. Further, space-based telescopes such as Hubble and James Webb have revealed unimagined phenomena such as neutron stars and black holes, including the presence of galaxies within 300 million years after the Big Bang that theory tells us should not exist. This talk will focus on discoveries in our own solar system, the challenge of survival of spaceship Earth in light of this knowledge and its ethical use for humanity's benefit. Some important findings about the Universe will be described in the context of the probability of biological activity in other solar systems of our own galaxy, and the Cosmos at large.

**Friday, 12 June 2026**

**Invited Lecture**

## Mentorship and Leadership: An unbreakable Symbiotic Chemistry of Excellence and Virtue between Teacher and Student. Historical Account of European Tenacity and Friendship

**Soucacos, P. N.**

*Member of the Academy of Athens*

*Professor of Orthopaedic Surgery, University of Athens, School of Medicine*

**Key words:** mentorship, leadership, academic excellence, ethical values

This presentation emphasizes mentorship, academic synergy, and the “symbiotic chemistry” between teacher and student as essential elements for professional development. Constructive learning, critical reflection, and hands-on training are highlighted as superior to rote memorization.

Based on the Homer Odyssey, Mentor was a dear friend of Odysseus. When Odysseus was to leave for the Trojan War, he requested Mentor to be in charge of his son Telemachus. He chose Mentor, because he was a trusted friend, experienced chancellor and terrific teacher. He undoubtedly combined wisdom, friendship, nurturing, guidance and credibility.

Mentorship is a time-honored establishment that facilitates the transfer of knowledge from generation to generation on the one hand and plays an integral role in the successful acquisition of capabilities in the young student.

The fundamental characteristics of mentoring are to establish mutual trust and genuine devotion to task and inspiration to vision. Mentor is entitled to play an integral role as role model, door opener and leading actor. A mutual symbiotic chemistry, as the time goes by, is being built up between the mentor and the mentee.

Undisputable traits of leaderships are integrity, transparency, honesty and responsibility.

Leadership and mentorship are an essential part of team working philosophy and team sharing knowledge.

Mentorship is not an “One Done” situation but a built up and dynamic continuation of devotion and excellence.

The mediocre teacher simply speaks; the great teacher inspires.

As we are entering the Bio Intelligence Age, it is imperative to realize the rapid evolution of science which is related to issues such as education, learning, research and excellence.

Major obligation and task of mentor and leader, are to provide adequate environmental atmosphere which is suitable in preparing future leaders.

In many European and American Universities, devotion to noble principles and virtues of teaching is extremely acknowledged and held in the highest esteem.

Technical experience does not refer in excellence as a mentor and leader. Mentorship and leader-

ship need to provide guidance to areas such as devotion, honesty, integrity, inspiration and academic excellence.

The academic education has to be recognized and mandated for its humanitarian orientation, such as democracy, peace and speech freedom.

The philosophical and didactic filaments of academic excellence, honesty, devotion and ethics as they have been brought up and presented by Nelson Mandela (1918-2013) and Martin Luther King (1929-1968), underscore the major ethical parameters which are connecting “Mentor and Mentee” and represent the most powerful weapon and strong visional concept in changing and making the world better.

## Round Tables & Symposia

**Thursday, 11 June 2026**

### Varia. Medicine I

## The story of the Bartsocas-Papas syndrome (50 years)

### **Bartsocas, C.S.**

*University of Athens, Greece*

**Key words:** popliteal pterygia, Bartsocas-Papas syndrome, RIPK4

A female infant of consanguineous parents presenting multiple congenital anomalies was observed in 1970. Malformations included extensive popliteal pterygia and, therefore, it was classified within the multiple pterygia syndrome group. Other malformations of the proband included ankyloblepharon, filiform bands between the jaws, cleft lip and palate, absence of distal digits, and sparse hair. This case was presented at the IV International Congress of Human Genetics held in Paris, September 6-11, 1971. The coordinator of the session, when it was presented, was Widukind Lenz (from Münster), who noting the features of our patient, classified it as the Bartsocas-Papas syndrome (BPS). Our case was subsequently published in the *Journal of Medical Genetics* (9:222-226, 1972). The BPS incidence is estimated to: 1 in 1,000,000 births. More than 30 publications of the autosomal recessive BPS followed since the initial report, including the discovery of its genetic aetiology (RIPK4 gene on chromosome 21q22.3) as BPS1. Recently, cases of BPS2 with less severe malformations have been reported. This heterogeneity is attributed to a mutation of the CHUK gene. It is interesting to note that the majority of the BPS1 cases were reported from Mediterranean countries, e.g. Greece, Italy, Turkey, India, and the Arab countries (Kuwait and Egypt).

### References

Classifications: SNOMED CT (722376008), OMIM 263650, ORPHA 1234

Reference: Emery, A. H.: *Principles and Practice of Medical Genetics*, Volume 2, page 1002, Second Edition, 1990, Churchill Livingstone

## Socio-Cultural Aspects of Diabetic Foot in the South of Italy: An Ethnographic Study

### **Bracale G., De Pascale C., Ruggiero S., Ferrucci A., Bracale U. M.**

*University Federico II of Naples*

**Key words:** diabetic foot, qualitative research, ethnography, Italy, socio-cultural aspects, integrated model

**Background:** Diabetes mellitus is a forward-moving health problem worldwide, with a series of important complications such as diabetic foot ulcer (DFU) that can significantly impact the quality of life of affected patients. The prevalence of diabetic foot in the world is about 6%, and it is estimated that approximately one out of every six diabetic individuals will experience a foot ulcer in their life. In those individuals, DFU increases mortality and morbidity as well as the risk of going through amputation. Patients with DFU, especially if it does not heal or recurs, report poor quality of life. DFU is associated with frequent hospitalization and rising costs of treatment. This study aims to explore the socio-cultural aspects of patients with DFU, analyzing the following research question: “What are the socio-cultural aspects experienced by patients with DFU?” **Methods:** A qualitative design using an ethnographic approach was applied to investigate the social and cultural aspects of diabetic foot patients coming from South of Italy. **Results:** We included 30 key informants: 21 men and 9 women. Ages ranged from 50 to 79, with an average age of 61.66. The data analysis revealed five main themes: perceptions of diabetic foot, living with diabetic foot, impacts of culture and economic performance, barriers to health and diabetic foot, and home remedies and alternative medicine. **Conclusions:** This study provides a new perspective on the influence of social and cultural features on the health of DFU patients, showing various aspects related to a lack of knowledge and training, fear, and acceptance of diabetic foot. This study also presents a new integrated model which will allow patients and practitioners to act on the various critical issues that emerged from our research.

## A Short “Scrubbing” Prayer as a Potentially Valuable Addition to Preoperative Preparation

**Linus D., Angelos P., Papazoglou A.S.**

*Surgery Department, National and Kapodistrian University of Athens, Athens, Greece*

*Surgery and Surgical Ethics, MacLean Center for Clinical Medical Ethics, The University of Chicago, Chicago, IL, USA*

*Cardiology Department, Athens Naval Hospital, Athens, Greece*

**Key words:** perioperative practice, prayer, surgeon well-being, surgical quality

Surgeon well-being and patient safety remain central priorities in contemporary surgical practice. Many surgeons endorse spirituality-broadly defined-as an important component of personal resilience and professional purpose. We propose a brief moment of private reflective practice, adaptable to diverse belief systems, during the preoperative hand-scrubbing period. This “scrubbing reflection”, which may include silent prayer for those who choose, could promote focused attention, reduce stress, and cognitively reinforce essential information such as patient identity, diagnosis, and the planned procedure. As this pause occurs during an already standard process, it adds no operational delay while potentially supporting improved human performance and surgical safety. This perspective encourages consideration of simple, voluntary practices that may strengthen both caregiver well-being and patient protection.

The proposed scrubbing prayer is as follows:

Lord (or Allah or Other)

As I wash my hands before the surgery of your child (NAME) suffering from (DIAGNOSIS)

I ask for your mercy and assistance.

Guide my hands during the (SURGICAL PROCEDURE) and protect us from all complications.  
For you are the God of Love, now and ever and into the Ages of Ages Amen

## Frailty in CKD and in Patients Undergoing Chronic Haemodialysis

**Resic H. Halima**

*University of Sarajevo, Sarajevo, Bosnia and Herzegovina*

**Key words:** frailty, hemodialysis, inflammatory markers, frailty phenotype

**Background:** Frailty, a syndrome of reduced physiological reserve and increased vulnerability to stressors, is common among patients receiving chronic hemodialysis and may be influenced by nutritional status, inflammation and mineral bone disorder. This study examined demographic characteristics and the relationships between selected biochemical, nutritional and inflammatory markers and the frailty phenotype in a maintenance hemodialysis population.

**Methods:** We evaluated 281 adult patients on maintenance hemodialysis (112 female, 169 male; mean age  $54.2 \pm 11.9$  years; median dialysis duration  $60.5 \pm 39.2$ ). Frailty was assessed with the Fried phenotype, classifying patients as frail (three or more criteria), pre-frail (two criteria) or robust (zero to one criterion). Blood tests included intact parathyroid hormone, bone alkaline phosphatase, calcium, phosphate, potassium, C-reactive protein and albumin. Statistical significance was defined as  $p < 0.05$ .

**Results:** Frailty was identified in 126 patients (44.8%); 58 were pre-frail and 97 were robust. More than half of frail patients were older than 65 years, and frailty correlated significantly with age ( $p < 0.05$ ). Dialysis duration longer than five years was associated with greater frailty burden ( $p = 0.019$ ). Vascular access type influenced frailty: patients with arteriovenous fistula demonstrated greater frailty than those with central venous catheters ( $p = 0.009$ ). Higher serum potassium and elevated bone alkaline phosphatase were associated with frailty (potassium  $p < 0.05$ ; alkaline phosphatase  $p = 0.026$ ). Intact parathyroid hormone and calcium showed no significant association; phosphate tended to be higher in frail patients but not significantly. Lower albumin and higher C-reactive protein were significantly associated with frailty, implicating malnutrition and inflammation.

**Conclusions:** Frailty is common in patients receiving chronic hemodialysis and is associated with older age, longer dialysis duration, vascular access type, malnutrition and systemic inflammation. Early identification and targeted interventions addressing nutrition, inflammation and functional status are recommended to mitigate frailty in this population.

**Varia. Medicine II**

## Is aging an accident? A philosophy and biology essay

**Dan G.A.**

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**Key words:** ageing, cellular senescence, inflammaging

Aging is a universal biological process resulting from the interaction between evolutionary constraints and cumulative molecular and cellular dysfunction. From an evolutionary perspective, aging is not a directly selected trait but emerges from declining selective pressure after reproduction, allowing late-life deleterious mutations and antagonistic pleiotropic effects to persist. Consequently, lifespan extension is constrained by fundamental biological limits despite increases in life expectancy.

At the mechanistic level, aging reflects a complex network of processes including genomic instability, mitochondrial dysfunction, telomere attrition, epigenetic drift, loss of proteostasis, impaired autophagy, and dysregulated systemic signaling. These changes promote cellular senescence and chronic low-grade inflammation (“inflammaging”), contributing to progressive organ dysfunction and age-related diseases, particularly cardiovascular and neurodegenerative disorders.

Recent advances suggest that aging is at least partially modifiable. Emerging strategies such as senolytics, senomorphics, metabolic interventions, partial cellular reprogramming, and organ-specific protective therapies aim to extend healthspan rather than maximal lifespan. Thus, aging is best understood as an emergent, multifactorial process that is neither purely accidental nor fully programmed, but increasingly amenable to targeted intervention.

## What can children receive and give to their grandparents?

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**Key words:** children, grandparents, relationship, intergenerational connection

The relationship between children and their grandparents represents a meaningful intergenerational bond built on mutual exchange and emotional connection. Grandparents provide children with unconditional love, guidance, and a sense of security that supports healthy development. Through storytelling and shared traditions, they pass down family history, cultural values, and life lessons that shape a child’s identity and understanding of the world. In return, children contribute joy, vitality, and renewed purpose to their grandparents’ lives. Their curiosity, energy, and affection help reduce feelings of loneliness and encourage continued engagement with family and society.

This reciprocal relationship fosters emotional well-being for both generations while strengthening family ties. By bridging age differences, children and grandparents create a supportive environment where wisdom meets innocence and experience blends with discovery.

An intergenerational connection, not only a family one, has positive effects for both parties. This is proven by many studies conducted in recent years, e.g. a study from 2022 (1) which evaluated the effects of the Building a Community Legacy Together (BCLT) program. The study found positive effects for young participants (increased sense of purpose in life, improved attitudes toward elders) and supports the further development of programs that focus on transferring wisdom from elders to younger people. A systematic review of 13 studies of intergenerational programs (2) showed clear benefits for both parties: improved physical, psychosocial, and cognitive status of older adults, and increased self-awareness and skill acquisition in adolescents.

Ultimately, this intergenerational connection between young and old enriches individuals on both sides.

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## Treatment of hypertension and kidney outcomes: the value trial

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**Key words:** blood pressure, cardiovascular disease, hypertension, kidney disease

The Valsartan Antihypertensive Long-term Use Evaluation (VALUE) Trial was a double-blinded prospective randomized outcome trial that compared treatment with valsartan, an angiotensin receptor blocker, with amlodipine, a calcium antagonist. N=15,245 high risk patients with essential hypertension participated. The primary cardiac endpoint and other secondary cardiovascular endpoints were similar between the two treatment arms after an average of 4.2 years.

Because of a paucity of kidney data in the treatment of hypertension, we analyzed the secondary kidney endpoints in the VALUE Trial. Worsened kidney function (WKF) was defined as a 50% increase in se-creatinine at two occasions with at least 4 weeks apart and end-stage kidney disease (ESKD) as the need for dialysis and/or transplantation. While ESKD did not show any difference between the two arms, WKF appeared much less on amlodipine treatment (1). Patients who achieved average systolic blood pressure (SBP) below 135 mmHg (n=5036) had major reductions in the kidney endpoints compared to patients who achieved average SBP above 135 mmHg (1).

Patients with diabetes mellitus (type 2 DM) made up one third of the VALUE population. The kidney outcomes regarding drug treatment and achieved average SBP were comparable in DM and in non-DM patients in the VALUE Trial (2). Patients who had proteinuria at baseline (n=3065) had major benefits in preventing kidney endpoints from aggressive lowering of SBP compared to patients who did not have proteinuria at baseline (3).

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## Social gerontology born in France in 1970 at the Chu of Grenoble following the doctoral thesis on the ladder of ages of the French philosopher Michel Philibert

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**Key words:** gerontology, CHU Grenoble, philosophy, Michel Philibert, the ladder of ages

The study enlightens the contribution of the French philosopher Michel Philibert (1921-1999) to the birth of social gerontology at Grenoble University. Doctor in Humanities, Philibert taught philosophy at the high schools of Metz and Grenoble, became a full university professor. With Robert Hugonot, geriatrist at CHU of Grenoble, he founded and directed the Multidisciplinary Center for Gerontology.

A doctoral thesis 'L'échelle des âges / The Ladder of Ages' made him famous. The book, 424 pages, Paris: Seuil, 1968, 141mm × 205mm, is now rare. Philibert analyzed aging, departing from the fact that 'we are afraid to grow old since we become aware of the natural process of deterioration and deconstruction and identify age with incapacity.' He cited the works of 42 philosophers, 223 essayists and scientists, 53 poets, 14 theologians, 16 Biblical authors, and 8 authors with other qualifications. He also mentioned 11 biologists, 17 psychologists and sociologists, and 6 poets without citing their works. The book demonstrates that 'Philosophy can discuss both on the birth of men and on their decline' (Montaigne, Essays I, XXVI). Philibert, working in a city with a rich cultural life in the Post-Liberation era, founded the University of the Third Age, directed Gerontologie, presided over the Grenoble House of Culture, and collaborated extensively with Esprit. Indeed, 'he overturned the cliché of old age as a shipwreck, as modernity understands it' (Le Monde, 2.8.1969).

## Symposium of EAPE Section on Culture "Sleep and Dreaming"

### Sleep and Dreams. Sleep and Death. In ancient and Byzantine Greece, and in its neighboring countries

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**Key words:** Mamou, Ptolemy the Savior, visions, Oneirocriticon

Introduction: The sleep was considered in Antiquity as the brother of Death and the Dream son of Night. Many artworks echo these symbolisms. Christianity, however, considered death not just a brother of sleep but sleep itself (Thessalonians 4:13-14). Dreams have been the starting point of multiple religious, philosophical, national, psychological and psychopathological discussions from early antiquity to the present day. The dreams may be classified as: 1. Apocalyptic 2. Symptomatic 3. Fortune-telling 4 Predicting the future. All three categories with their subdivisions coexisted in all the eras and in all the areas to be discussed.

Material, Method, Results: Using textual and archeological material we classified dreams in:

a) Dreams in Eastern Civilizations: 1. Sumerians, 2. Assyrians, 3. Babylonians, 4. Hittites. 5. Egyptians. These people worshipped Mamou as the god of their dreams. The most famous Egyptian dream was about "The Seven Fat and Seven Lean Cows", where Joseph prevailed over the priests of Pharaoh who were unable to explain them.

b) Ptolemaic Egypt. Ptolemy the Savior (367 BC – 282 BC) saw in his dream a huge statue of Pluto of Sinope. There the explainers of the sacred law convinced Ptolemy that Pluto, although a Greek god, was in fact the Egyptian god Serapis, and this Egyptization of a Greek dynasty kept the Ptolemies on the throne for about four centuries.

c) Old Testament: Dreams Outside the Circle of Joseph and the Circle of Daniel, The dreams in the Daniel cycle.

d) Dreams in Homeric and Ancient Greek Mythology, Poetry, Tragedy.

e) 1. Philosophy: Plato (5th/4th century BC). He didn't not reject prophetic dreams, he believed more in physical ones. 2. Aristotle (4th century BC). He categorically rejects prophetic dreams. He has written an extensive work "On Dreams". 3. Artemidorus the Dream-Critic (2nd century AD). He wrote in five volumes the only surviving Oneirocriticon of Ancient Greece, although he mentions 16 earlier dreamers.

f) Medicine 1. Hippocrates (5th century). "Whenever dreams are God-sent they have explainers who possess the art of dealing with such matters. But when the soul foretells physical- then these species also have explainers who sometimes succeed in their interpretation."

g) Christianity:

1. Matthew's dreams of Joseph the suitor, before, after and long after the birth of Jesus. 2. Matthew's dreams other than Joseph the suitor. 3. The dream and vision "in hoc signo vinces" (in this sign, you will conquer) seen by Constantine the Great became a point of reference in the history of Europe and its art.

Epilogue. Were all these dreams an illusion, a deception, a self-suggestion? There are two types of answers: Yes, it was based on the group psychosis of populations, on their need to hope and believe

in something. No, centuries after the Fall of Constantinople in the 15th century, dreams still dominate our lives.

## Dreaming During General Anesthesia: Navigating the Interface of Consciousness

### **Dougenis D.**

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**Key words:** dreaming, anesthesia, surgery, awareness

**Background:** Dreaming during anesthesia is a frequent but often misunderstood phenomenon, frequently conflated with intraoperative awareness. While awareness involves “connected consciousness” (memory of environmental events), dreaming represents “disconnected consciousness.” This presentation explores the neurobiological nature, clinical predictors, and psychological implications of anesthetic dreaming.

**Methods:** This review synthesizes findings from recent prospective cohort studies and clinical protocols. Data were analyzed regarding the incidence of dreaming, the influence of anesthetic agents (e.g., Propofol vs. Volatiles), and the correlation between Bispectral Index (BIS) values and dream recall. Assessment techniques, primarily the Modified Brice Questionnaire, were evaluated for clinical efficacy.

**Results:** Reported incidence of dreaming varies between 1% and 22%, significantly higher than the incidence of intraoperative awareness. Dreaming is most common during emergence and is often characterized as pleasant and unrelated to surgical stimuli. Propofol-based maintenance is associated with higher dream frequency and patient satisfaction. Notably, studies indicate that lower BIS values during maintenance do not reliably eliminate dream recall, suggesting dreaming may occur during lighter phases of anesthesia or recovery.

**Conclusion:** Dreaming is a benign feature of anesthesia rather than a marker of inadequate depth. Distinguishing dreaming from awareness is critical for preventing postoperative psychological distress. Clinicians should incorporate preoperative counseling and structured postoperative debriefing to improve patient experience and clarify the nature of their subjective perioperative memories and dreams.

**Varia - Technical topics**

## Nature Restoration in the Marine Environment

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**Key words:** marine restoration, sustainable shipping, nature-based solutions, climate adaptation, biodiversity recovery, reductions of emissions, oil spills

Marine ecosystems are among the most biodiverse and productive habitats on Earth, yet they are increasingly degraded by anthropogenic stressors such as overfishing, pollution, and climate-induced ocean warming. Restoration of marine habitats particularly coral reefs has become a global priority within the framework of the UN Decade on Ecosystem Restoration (2021-2030). This presentation reviews the principles, methodologies, and challenges of marine ecosystem restoration, with emphasis on sustainable shipping. Integrated strategies are needed combining biotechnology, engineering, community engagement, marine transport control and adaptive management to ensure long-term resilience of restored marine environments.

## Scientific discoveries with ambiguous results of their applications, which benefited the society but also harmed the natural ecosystems (The case of the fixation of atmospheric nitrogen and the industrial synthesis of ammonia)

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**Key words:** fixation of atmospheric nitrogen, fertilizers, eutrophication, climate change

In 2019, chemistry celebrated the 160th anniversary of a great discovery by the Russian Professor Mendeleev, the law of periodicity of chemical elements and the invention of the periodic table. This was one of the greatest discoveries for chemistry of the 19th century, which provoked the discovery of about 30 new chemical elements in the following years. In 1911, Marie Curie was awarded the Nobel Prize in Chemistry for the discovery of radioactivity and the chemical elements radium and polonium.

The discovery of the periodic law of the chemical elements not only increased the knowledge of chemical science, it provided solutions to problems that had been plaguing chemists for decades and created development goals for other sciences and for the society as a whole. Many discoveries followed with a positive sign for the environment but some of them with an ambiguous result after their application, which provoked damages in the environment and even caused disasters for humanity. For the sake of time, we will discuss and refer to such very important and very simple chemical reaction

discovered in 1913 by the German chemist Fritz Haber. This is the binding of atmospheric nitrogen with hydrogen, under specific conditions of pressure and temperature, leading to the industrial synthesis of ammonia ( $N_2 + 3H_2 = 2NH_3$ ), characteristic for its ambiguous properties.

Haber's discovery triggered the massive production of fertilizers, a real revolution in global agricultural production and a notable reduction of hunger and malnutrition. The increase in agricultural production was also characterized as the "detonator" of the global population explosion all over the planet.

In my opinion, this reaction of synthesis of ammonia describes one of the most significant discoveries in Chemistry, with a great beneficial impact to the agriculture and to the economy in general, but with negative effects on the global ecosystem, the world peace and the fight against terrorism, since ammonia is also a crucial molecule used to make almost all explosives and chemical warfare weapons.

Other discoveries or inventions that could be characterized as ambiguous after their application are: Petroleum, the Minimata Case, the pesticide DDT, the Bisphenol A found in 93% of people, the Dry Cleaning Problem, the Thalidomide Disaster.....

I hope we will be able to address some of them during the discussion.

## The influence of Alexandrian chemical technology in Italian renaissance - the drawing of Leonardo da Vinci

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**Key words:** Alembic, distillation, nitric acid, renaissance

Leonardo da Vinci a universal scholar of Italian Renaissance was influenced by the ancient Greco-Roman Art, Science and Technology. The works of Aristotle, Theophrastus, Archimedes, Vitruvius, Archytas and many others have inspired him. Surprise provokes a drawing of Da Vinci in Veneranda Biblioteca Ambrosiana (Milan, Italy) entitled "Fornacello dasstilare aqua forte" i.e. Stove for distilling strong water (aqua forte is the Italian name of nitric acid lat. aqua fortis). This drawing shows a distillation apparatus for the production of nitric acid which is similar to alembic (αλεμβικός) main device for distillation and other chemical processes dated from Hellenistic / Alexandrian era (ca. 300BC - ca. 300 AC) to Middle Ages Manuscripts of St Marc Library in Venice published in the emblematic book of Berthelot CAAG "Collection des anciens Alchemists Grecques edited in Paris 1887" contain many pictures of Alembic types that prove the knowledge of the technique of distillation in the Hellenistic era (2). By comparison of the Da Vinci's drawing with the above-mentioned pictures we conclude that Vinci's design is inspired by the Hellenistic technology with innovative elements like two stills, extraction of corrosive gas, thermal efficiency of stove etc. The second distiller is probably intended to produce hydrochloric acid by adding ammonium chloride to nitric acid and then in aqua regia by mixing the two acids (nitric/hydrochloric 3/1).

Finally Da Vinci's drawing reinforces our insight (2) that the invention of nitric acid was an achievement credited to the Hellenistic period (ca. 300 BC-300 AC) and not to the Arabic Alchemy, as some scholars claim based on a recipe of nitric acid from the book "On the invention of truth" attributed to the Alchemist Geber (721-815 AD).

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## Possible changes in the crystallinity and chemistry of stones before and during the movement from the kidney to the bladder

### **Vgenopoulos A.**

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**Key words:** crystallinity, kidney stones, minerals, bladder

In kidney stones and bladder stones, we determined with XRD and FTIR their mineralogical composition and in some of them with XRF their chemistry qualitatively. In XRD diagrams, it was found that there was a difference in the crystallinity of the stones, due to the influx of new chemical elements both in the stones in the kidneys and during the movement to the bladder, resulting in the change of the original mineralogical status of the original stone(s) into a new mineral(s). In oxalic minerals whewellite-weddellite, several trace elements such as S, P, Cl, K, Mg, Na were determined with qualitative XRF apart from the main elements. In addition to the mentioned trace elements, an increased content of Ca was determined in the ammonium magnesium struvite mineral. The influx of trace elements into oxalates probably favored their microcrystallinity, facilitating their movement towards the bladder and their partial conversion through increased oxidation into the ammonium magnesium mineral struvite, with a simultaneous change in the balance of chemical elements. It is known that the substitution of calcium by other divalent cations, e.g. Mg, Sr, Ba, in the crystal lattice is favored by equivalent divalent elements with smaller radii. Resulting in an increase in magnesium and nitrogen both in the kidneys and during movement to the bladder, affecting the metasomatization of oxalates into ammonium magnesium mineral(s).

Furthermore, based on the number of analyses performed mainly on kidney stones from various patients, and on the mineralogical composition of each analyzed stone, indications arise for further development of additional diseases that may be avoided with just some dietary changes.

## Bioprocesses for the recovery of critical metals from industrial by-products

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**Key words:** bioprocesses, critical metals, recovery, bauxite residue, rare earths

Sustainable development and zero-waste production are major priorities for the global community. The reuse of industrial by-products as secondary raw materials can contribute significantly to resource conservation and environmental protection. Rare earth elements (REEs), particularly neodymium (Nd), are essential in modern technologies due to their use in high-performance permanent magnets and other advanced applications [1]. Because of their high economic importance and supply risk, the European Commission has classified REEs among the most critical raw materials (CRMs).

Industrial by-products such as bauxite residue (BR) and waste electrical and electronic equipment (e-waste) contain significant concentrations of critical metals, including REEs, which could potentially be recovered and reused. BR is the highly alkaline by-product generated during alumina production through the Bayer process, with a global annual production exceeding 120 million tons. Its continuous accumulation poses serious environmental challenges. However, BR contains valuable metals, including scandium, Nd and other REEs, making it a promising secondary resource. E-waste, particularly spent lithium-ion batteries, represents one of the fastest-growing waste streams worldwide. These batteries contain critical metals such as cobalt (Co), nickel (Ni) and lithium (Li) that are essential for modern energy technologies and are classified as CRMs due to supply risks and increasing demand.

Conventional recovery methods, such as hydrometallurgy and pyrometallurgy, are often energy-intensive and may involve hazardous chemicals, raising environmental concerns. Bioprocesses, particularly bioleaching, have emerged as promising alternatives for metal recovery from secondary resources [2]. These processes employ microorganisms or biologically produced metabolites to mobilize metals under relatively mild operating conditions, offering lower energy consumption and reduced environmental impact.

The present study focuses on experimental results for the recovery of critical metals from the industrial by-products, BR for REEs and e-waste for Co, Ni and Li using bioprocesses. Developing efficient bio-based extraction methods could provide an economically viable and environmentally friendly alternative to traditional mining and metallurgical practices while supporting circular economy principles through the valorization of industrial waste streams.

### Acknowledgements

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## Digital product passport: A tool for the circular economy

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**Key words:** digital product passport (DPP), traceability, circular economy, sustainability, ecodesign regulation (ESPR)

**Introduction:** The Digital Product Passport (DPP) is a digital tool that accompanies each product and records information throughout its lifetime. It includes data on materials, production processes, reparability, recyclability, and environmental footprint. Its aim is to improve resource management, strengthen the circular economy, and ensure transparency in the value chain. Access to the DPP is granted to the general public, the competent authorities, and any natural or legal person with a legitimate interest.

**Material and Methods:** For the purposes of this study, a literature review of scientific literature was conducted and the following were also taken into account: European institutional framework, technologies, technical standards and specifications. Within the framework of the Green Deal and the Regulation on the Ecodesign of Sustainable Products (ESPR), the European Commission plans to make the use of DPP mandatory for all product groups by 2030. For certain sectors (e.g., textiles), this obligation will apply from 2027. Technologies such as blockchain enhance data security, while artificial intelligence helps to optimize information. The relevant standards are developed by the EU, specifically by CEN and CENELEC. Specifications include GS1 Digital Link, OPC UA, ECLASS, UNSPSC, and ISO.

**Results:** The implementation of the DPP can significantly contribute to improving product traceability and information management throughout the entire life cycle. In addition, it leads to optimal waste management and utilization by providing information on the composition of materials and the possibilities for reuse, repair, recycling, and recovery. This saves valuable resources/raw materials and implements the circular economy.

**Discussion:** The DPP is expected to bring transparency to value chains, improve product quality and sustainability, reduce emissions, and boost recycling. At the same time, it can strengthen consumer confidence and create new business opportunities in the circular economy.

**Conclusion:** In conclusion, the DPP is an essential tool for European sustainability policy, facilitating product tracking and strengthening the circular economy.

**Friday, 12 June 2026****Mentoring: Workshop of the EAPE Section on Education Reform**

## Mentoring in Learning & Learning in Mentoring: A Student-Professor Workshop Discussion

**Mjelde Liv., Zlabinger G.***Oslo Metropolitan University, Norway**University of Vienna, Austria with participation of Students from Universities, Athens***Key words:** critical pedagogy, fields and professions, work of hand and mind

Sophisticated technology has changed our everyday life as well as our ways of thinking and communicating knowledge. Traditional teaching practices with the master-teacher up front and the passive learner absorbing the words conceptually have been criticized for decades for being based on an atomistic view of both learning and being. Individual learners in schools have been disciplined by clock hours and graded in accordance with what they slavishly commit to memory and reproduce. In the past decades new praxis and concepts have developed in education, among them: *hands on learning, critical pedagogy, learning through activity and cooperation*. Developments in both natural and social sciences have challenged the traditional division of knowledge and the divisions between fields and professions, the relation between the work of hand and mind, between intellectual and manual labor as it has developed in industrial times. New social and scientific questions are being posed whether you are training to be a carpenter, a surgeon, a hairdresser or a dentist with hands on learning on phantom heads in dentistry or hairdressing to simulators replicating visits in space and nature. Mentoring and the social relations between the master, journeymen and apprentices are central in this regard. Aspects of ancient Hellenic thinking, *the Socratic turn* implied turning away from mere perceptual knowledge and attempting more complex comparative explanation of connections between culture and nature, between action and their consequences. *The Socratic turn* involved respect for competence and the work of practitioners in various walks of life. Mentoring in educational theory is closely related to *the Socratic Method*. The dialectics in mentoring and learning, learning and mentoring are at the center of our workshop discussion in Athens. *Students in different professions and Professors Emeriti will enter with their own experiences and will interact through discussion and inspiration towards a new pedagogy of questioning and cooperation.*

## Education

### Learning a new language in later life as cognitive training

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**Key words:** multilingual competence, cognitive training in older age, cognitive impairment, therapeutic intervention

In our complex, heterolingual, and multicultural world, we develop and use multilingual abilities throughout our lives. In recent years, numerous studies have shown that lifelong bilingual speakers experience a four- to five-year delay in the onset of cognitive impairment due to Alzheimer's disease (e.g., Alladi et al., 2013; Woumans et al., 2015; Pot, 2019). This delay in memory decline significantly impacts the quality of life for older people, even when factors such as socioeconomic status, cultural differences, immigrant status, level of education, and occupational status are excluded.

Learning a new language, especially switching between languages, engages additional cognitive processes, with simultaneous activation during listening, speaking, and reading. Switching between two languages is a key factor in enhancing cognitive abilities and delaying the onset of dementia (Green and Abutalebi, 2016). Learning a new language also serves as cognitive training that helps prevent the decline of executive functions, such as difficulty completing a message within the expected time, misunderstanding alternative meanings of words, abandoning a task without justification, difficulty participating in group activities, impulsivity, and risky behaviour in response (Paap, K. R., and Greenberg, Z. I., 2013). Preventive exercises include language switching within time limits, role-playing, recognising similarities between languages in phonology and morphology, identifying coherent sequences of content, excluding irrelevant information from a message, determining target solutions, and conducting goal-oriented searches for solutions in a narrative.

Emotions underpin cognitive responses and memory, shaping emotional reactions and the evaluation of situations we encounter – a process known as “stimulus evaluation”. Individuals develop a form of emotional memory that acts as a filter for assessing current stimuli, influenced by novelty, mood, the significance of goals or needs, coping mechanisms, and self-image (Schumann, 1997, p. 36). Therefore, it is important that language exercises take place in a relaxed environment and are combined with physical activities such as music, dance, or pantomime – forms of learning that accelerate the consolidation of new knowledge into long-term memory. Treating active language learning in older age as a therapeutic intervention, alongside other methods of memory loss prevention, not only reduces the costs associated with dementia and cognitive decline but also provides a pleasant opportunity for socialisation among peers.

## Gender differences in the publication behavior of medical students' diploma theses

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**Key words:** diploma thesis, publication rate, gender gap

The acquisition of scientific competencies is essential in modern medical curricula (1,2). Given the persistent gender gap in medicine across different phases of academic science (3), it is of great interest to examine the publication behavior of female and male students, in early and formative phases of their scientific training.

This retrospective study includes 6,018 diploma theses approved by the end of September 2018. A follow-up period extending to the end of 2023 was used to check whether one or more publications could be found in publication databases under the authorship of the diploma students and their supervisor. Publication rate was analyzed in relation to students' gender, duration of the thesis and the students' position in the author list.

For 737 (23.5%) of the theses by female students ( $n = 3132$ ), at least one publication congruent with the thesis topic could be identified, while this was the case for 865 of the 2886 male students (30%) ( $p < 0.0001$ , Fisher's exact test). Female students were listed as first authors in 21.4% of publications and male students in 25.1% (n.s.). Duration of the thesis was significantly shorter for both female and male students, if the thesis resulted in a publication ( $p < 0.0001$  each, Mann-Whitney-U). Female and male students did not differ in the duration of the process if a publication resulted. Non-publishing male students, however took significantly longer to complete their thesis than the female counterpart ( $p < 0.0001$ , Mann-Whitney-U).

The lower publication rate of female students could indicate that conditions for the gender gap observed in later career stages develop already during their studies or even in earlier education. These findings might suggest that structural aspects in the preparation for diploma theses should also be reconsidered in order to identify potentially hindering factors for female students in assuming their role as co-/authors of ensuing publications.

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## Ethics

### Ethics principles in science

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*EAPE former President.*

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**Key words:** virtue ethics, casuistry, deontology, utilitarianism, principlism, hippocratic ethics code, Helsinki Declaration

The most influential Ethics theories are: Virtue Ethics, Casuistry, Deontological Theory, Utilitarianism and Principlism. It is pointed out that these theories are complementary and not antithetical and should be considered as such.

The theory of Principlism (Beauchamp and Childress, 1994) consisting of the conceptual quartet of Non-maleficence, Beneficence, Autonomy and Justice is widely accepted although there are some reservations concerning its wider application, especially concerning the concept of Autonomy.

The Hippocratic Code of Ethics is an important ethics guide for the medical profession. In it the Co-existence of Asclepian Medicine (based on Faith) with Rational Medicine (as expressed by Hippocrates) is implicitly considered as possible. Worth mentioning is the dictum of Hippocrates in the “Precepts” that “when there is love for Man there is also love for the art of Medicine”. Many other codes of Ethics concerning Medicine make explicit or implicit reference to the Hippocratic Code.

The Declaration of Helsinki (2024 revision) of the World Medical Association, signed by 35 Countries, deserves special mention as it is widely accepted as an Ethics guide in scientific research. It prioritizes participant welfare over scientific interests and has been updated to address contemporary ethics challenges, like e.g. artificial intelligence.

The topic of Ethics is in line with the overall topic of the 4th European Association of Professors Emeriti Congress (“Beyond knowledge: Wisdom, Values and Ethics for Europe”). Values is a concept reflecting wisdom in the singular (one’s own self) while Ethics refers to wisdom in the plural (for the benefit of society and its members).

### Hubris and Power: From Ancient Greece to Modern Leadership

#### **Bouras N.**

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**Key words:** hubris, leadership, overconfidence, personality

Power has long been recognised as a force that can distort judgment, inflate self-perception, and ultimately corrupt. In Ancient Greece, this distortion was captured in the concept of hubris a grave moral transgression rooted in excessive pride and contempt for the gods. Classical writers, including Aristotle, referred frequently to hubris, and the behaviour of figures such as Alcibiades stands as a vivid historical example. In Greek thought, hubris was often followed by nemesis, the retributive

force that restores balance.

In modern times, hubris has re-emerged as a subject of serious study across psychology, political science, business, and organisational leadership. Psychology, in particular, has long been interested in the manifestations of hubris and the neuropsychological mechanisms that may underpin it. Evidence suggests that individuals in positions of power face fewer constraints and enjoy greater autonomy, which can lead them to rely on fast, intuitive decision-making driven by overconfidence. Power tends to heighten self-regard, increase social distance, and encourage risk-taking, often with diminished sensitivity to the emotions and perspectives of others.

Personality structures are complex, and a growing body of research links certain personality traits to hubristic tendencies. These traits may be associated with alterations in prefrontal cortical functioning, suggesting that hubris is not merely a moral failing but may also have identifiable neuropsychological correlates. In contemporary discourse, the term “hubris” is increasingly invoked to describe extravagant, grandiose, or reckless behaviour.

The conditions of modern society may further amplify hubristic tendencies. Rapid communication, the rise of populism and nationalism, and the pervasive influence of social media combined with unprecedented access to large audiences create fertile ground for both individual and collective forms of hubristic decision-making. When hubris converges with mass irrationality, the consequences can be profound and hazardous.

Despite growing interest in the topic, relatively little is known about how hubris can be prevented or mitigated. Hubris syndrome, as described in the literature, appears to be an acquired personality change triggered by the prolonged possession of power. Its features include narcissistic behaviour, a messianic style, excessive confidence, and a progressive loss of contact with reality

## Consequences of euthanasia legalization in the era of artificial intelligence

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*Department of Medicine / Department of Medical Ethics, Faculty of Medicine, University of Ljubljana*

**Key words:** euthanasia, medical assistance in dying, artificial intelligence

Euthanasia defined as the act of the active, intentional termination of a patient’s life by a doctor who thinks that death is a benefit to that patient was legal in ten countries worldwide by the end of 2024. The procedure is typically performed via intravenous administration of an anesthetic (usually a barbiturate), followed by a paralytic agent, and, if necessary, potassium chloride. The pharmacological protocols are similar to lethal injection methods introduced for capital punishment in the United States. In Canada, the term Medical Assistance in Dying (MAiD) is used.

From legalization until the end of 2023/2024, approximately 200,000 individuals were euthanized in 3 countries (the Netherlands, Belgium and Canada). In Quebec (population 9 million) death from euthanasia represented 7.4% of all deaths in 2024. Euthanasia for minors is legal in the Netherlands, Belgium, and Colombia.

Artificial intelligence (AI) is increasingly integrated into healthcare, including end-of-life care. Large language models have been trained on Dutch euthanasia cases exploring role of AI as a partner

in shared decision-making. Emerging proposals include AI-supported assessment of euthanasia requests, procedural assistance, and retrospective review processes aiming to decrease burden to review committees, in parallel with a steady rise in euthanasia cases.

In some jurisdictions (reports from 6 countries), individuals undergoing euthanasia, typically without terminal illness, have become a valuable source of organs for transplantation. In this context, patients euthanized for psychiatric conditions are medically preferable, being younger and healthier than those euthanized for somatic disease.

To conclude, contrary to initial assurances that legalization would remain strictly limited, current trends suggest progressive expansion in eligibility criteria and practice. The integration of artificial intelligence into this domain may further accelerate this trajectory.

## Ageing with dignity – Human rights and social obligation

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*University of Niš, Faculty of Philosophy, Niš, Serbia  
Centre for Balkan Studies, Niš, Serbia*

**Key words:** ageing, human rights for elderly, Intergenerational relations

This study provides a comparative-historical analysis of elder care and the position of the third and fourth generations across different societal contexts: traditional, industrial, and the emerging digital civilization. The primary focus is on the status of the older population in contemporary society, with particular attention given to Serbian society during its transition period. The aim of this study is to identify potential problem areas, improve elder care strategies, reshape public policy, and expand awareness of the younger generations. The need for the multidisciplinary approach to the study of aging, and their integration into existing curricula is also emphasized.

## Nanoethics: A societal reflection

**Van de Voorde, M.; Ciambelli, P.**

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University of Salerno, Department of Industrial Engineering, Fisciano (SA), Italy  
Narrando, Salerno, Italy*

**Key words:** nanotechnology, ethics, societal Impact, interdisciplinarity

One is now looking back at over 25 years of social reflection on nanotechnology. Gaining legitimate trust is vital for the nanotechnology community. That is why nanotechnologists engage in public discussions, social engagement and interdisciplinary nano ethical research. Ensuring safety is an important element in ensuring trust. The transformative potential of nanotechnology, however, becomes apparent in its convergence with other emerging technologies.

The notion of converging technologies helps to explore this potential. It opens a new perspective

for nanoethics and helps to identify societal challenges that need to be on the agenda of societies. The ethical issues raised by nanobiology, nanomedicine and nanophysics and technology illustrate these challenges: from nanobiology to the discussion on synthetic biology, from nanomedicine, nano pharmacy, nanofood sciences to the discussion on human enhancement, and from nanoelectronics, photonics, magnetism to the discussion on artificial intelligence. In all these areas, similar structures are shown: (1) development in these fields is impossible without nanotechnology, (2) these fields raise fundamental and relevant normative issues, and (3) a nanoethics cannot confine itself to the direct and strict impact of nanotechnology itself, but needs to open up to the broader questions raised by the interaction between nanotechnology and other emerging technological fields. This shows us the challenge for nanoethics: it needs to orient societal reflection on the impact of nanotechnology, and in doing so it cannot confine itself to the direct consequences of specific nanotechnologies. Nanoethics needs to orient the societal reflections and discussions on where to go (direction), what to protect and whom to empower in order to protect themselves (protection), and on practical ways to govern these developments (administrative organization).

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## Forum on "Economics and Sustainable Development"

### Social Aspects of Sustainable Development and the role of Human Resource Management

**Papalexandris Nancy**

**Key words:** corporate sustainability, sustainable development goals, sustainable HRM

Over the past two decades the concept of sustainability has attracted continuous attention by economists, ecologists and policy makers. Sustainable Development is an important issue in the field of management research. However, its link with Human Resource Management (HRM) is only recently widely established in the literature.

HRM practices included in the CSR Programs of a company are often linked with sustainability, business ethics and workplace justice and appear often under the term of Sustainable HRM. Lately great emphasis has been placed on the U.N. Sustainable Development Goals (SDGs) and the dimensions of the Environment, Society and Governance (ESG) which form the criteria for documenting and reporting relevant practices implemented by business firms. HRM can play an important role in designing and implementing such practices especially those linked to society. Therefore, HRM is facing the challenge of active involvement mainly in social aspects of sustainability.

In view of the above, this paper is describing the progress made by various European countries and the obstacles in implementing social aspects of SDGs. It also examines special HR practices adding to corporate sustainability which have been applied by major companies operating in Greece for the benefit of their workforce and for the community in general. The main conclusions from our research, are that there is room for a wide range of policies and practices which can add to sustainability and this is an important challenge for Companies to achieve a higher reputation and an enhanced ethical profile.

### Underpopulation in Greece and the EU: Causes and remedies

**Christodoulakis N.**

*Professor Emeritus, Athens University of Economics & Business*

**Key words:** fertility rates, Eurostat statistics, educational activities

The paper presents the main stylized facts of fertility rates in the EU and examines the relationship to other economic and social factors. The analysis is conducted by using Eurostat statistics over the period 1995-2019, and the main findings are as follows:

1. There have been three distinct phases of falling fertility rates in the EU countries: in the rich north the fall took place between 1965-75, in the poorer south during 1975-90, and in the eleven ex-communist countries during 1990-2000. For most of them the decisive factor was the prospect of joining the EU, with the expectation of higher living standards and career opportunities.

2. In all EU countries fertility rates are positively correlated with household income and family transfers, and negatively so with direct taxation, inequality and risk of exclusion. Regarding social conditions, there is a strong negative correlation between fertility rates and housing availability as well as associated amenities. Finally, the women's employment participation rate and education activities are negatively correlated with fertility.

3. Some other interesting findings suggest that fertility rates across the EU rose with the intro-

duction of common currency in 2002, but later fell with the debt crisis in 2010 and the subsequent rise in unemployment.

Finally, population projections are presented until year 2050, taking into account birth and death rates, as well as net migration. Only six countries (excl. the very small ones) are found as likely to experience an increase in population, while the 21 others will either shrink or stagnate. Thus, inclusion policies ranging from the provision of housing and life quality to income improvements and employment security should play a crucial role in motivating fertility and shaping the future of the EU. Besides, migration is expected to play a substantial role in stabilizing or augmenting country populations. For example, in Greece it is found that a net migration influx of around 100,000 persons per year is needed for the population to stay in today's level by year 2050.

## The Optimum Population Size

**Lianos Th.P.**

**Key words:** world population, ecological equilibrium, per capita GDP

All available evidence, climate change, iceberg melting, pollution, deforestation, exhaustion of resources for agricultural production etc., suggests that Earth is overpopulated. The world population today (March 1, 2026) is 8.28 billion and it is expected to reach about 10 billion by 2080. Therefore it is of interest to try to estimate the optimum size of world population.

This can be done under two conditions. First, that ecological equilibrium is achieved and second that the per capita GDP is about 21000 euros. Defining ecological equilibrium as equality of ecological footprint with biocapacity and accepting that 84000 euros per family of four is a comfortable standard of living, it follows that the optimal world population size is approximately 2.9 billion people, about one third of the current size.

## The rise of the startup ecosystem and the case of Greece

**Pepelasis Ioanna Sapfo**

*Professor Emerita AUEB*

**Key words:** startups, business organization, innovation, disruption

Startups are attracting a growing amount of interest in public discourse and academia worldwide. This paper opens with an explanation of why the startup is a disruptive form of business organization; followed by a sketch of its birth in Silicon Valley in the mid 20th century and its global spread from the 1970s onwards.

The main focus is on the case of Greece:

The conditions leading to the birth of the startup ecosystem during the deep 2009+ economic crisis; a brief mapping of findings regarding the 15 year evolution in the numbers, size, sectoral structure, geographical spread of startups; and the key features of their founders. Reference is also made to founder/startup features contributing to the survival/success in this young ecosystem.

The paper closes with references to the following two themes:

Why the startup ecosystem is a driving force in the quest for reindustrialization?

What lessons this form of business organization offers in the long duration history of business evolution?

## Presidents Forum

### The past, the present and the future of EAPE

#### **Cokkinos D.V.**

*Emeritus Professor of Cardiology, University of Athens  
First and Founding President of EAPE*

**Key words:** scientific association, Academic societies, citizen bodies, University students

Our Association was born through the friendly discussing of its founding members. It was based on the assumption that it would be democratic, representative and renewable.

It can be said with confidence that EAPE has fulfilled its hopes and aspirations. It has managed one Founding and 3 International Biannual Congresses.

Our sections have organized very interesting webinars with a satisfactory number of attendants. The Newsletter and Bulletin have attained regularity and excellent quality.

EAPE faces many challenges. I believe that the three main problems are:

Wide visibility and outreach. To this effect we must not confine ourselves only to Professors Emeriti but also retired and active colleagues. Collaboration with Scientific Societies is very important. Moreover, we must reach out to university students. Also the information dissemination to the public is invaluable.

Like many Academic Societies do, EAPE consists of many experts who can give valid opinions to the government and members of legislative bodies, acting as policy leaders. We must also join forces with citizen and patient organizations.

Financial independence. Subscriptions are not adequate. We must try to obtain funding from non-profit organizations while also participating in international scientific programs. Also we can participate in citizen projects.

The way to realize all these goals is growth.

### The future of professors emeriti: a prophecy based on personal experience and articles appeared in NATURE in the last 20 years

#### **De Santo NG**

*University of Campania Luigi Vanvitelli, Naples*

**Key words:** nature, emeriti, the future, prophecy

The President of European Association of Professors Emeriti has enrolled the first four presidents and incoming president of EAPE to foresee the future of emeriti taking into account their personal experience.

Nature, has positively debated emeriti's life-long vocation to teach, to research and to build (if needed), professional skills when in good health and creative.

Excerpts: "Need to bring new blood shouldn't force out talented old researchers prematurely" (436/2005). "Retire retirement"(551/2015). "A grand exit"(521/2015). "The joys of research in retirement (522/2015). After meeting EAPE Amber Dance wrote "Stick retirement! Scientists who step back from fulltime work can find plenty of ways to remain active in their research field"(539/2018). "Meet the retired scientists who collaborate with younger colleagues"(2024). "Should professors be forced to retire?" showing reduced enrolment of new blood after forced retirement (Jan/2026). Etcetera.

My experience started in scientific journals with an inquiry in 20 countries of low, average and high GDP (QJM/2014) followed by papers in JGG (2017a,b), Bull Acad Natle Méd (2017), IJGG (2025/2026), (J. Pediatrics, Ital J. Pediatr, in collaboration with Professor Jochen Erich), countless articles in Bull Eur Assoc Profs Emer (2020-2025), 4 monographs, contributions to international publications, presentations at international congresses from 2012 onward and the active EAPE participation to the World Day of Older Persons.

The debate in Nature indicated that emeriti have talents, experience and wisdom to promote appreciated "interdisciplinarity as a cross-cutting, collaborative vision of knowledge, internationalisation as education for diversity and innovation, conceived as humanisation" in the generative universities of the future (Andrea Prencipe, Generative University, 2024). A bright future that needs facilitation.

## A vision of EAPE in the future

**Ebdon, L.**

*University of Bedfordshire, University Square, Luton, Bedfordshire, LU1 3JU, UK*

**Key words:** future, vision, service, professional society

In only ten years EAPE has established itself as the leading professional society in Europe for retired professors who want to continue to learn and to contribute their knowledge. In an age where information is not only commonplace but also readily accessed and systematised using artificial intelligence, the wisdom of learned individuals will become increasingly valuable. EAPE has shown, through its successful programme of in person Congresses and specialist webinars organised by the sections, that Professors Emeriti are prepared to share their knowledge across subject and national boundaries. If we are to be more than a forum for the dissemination of knowledge, we must find means of serving more widely the citizens of Europe.

In this contribution, some ways in which EAPE could be a serving community will be explored. In particular, ways in which retired professors can mentor school children, students and early career academics will be discussed. An attempt will also be made to suggest how Professors Emeriti can stem and even reverse the tide of anti-intellectualism which is rising in Europe. Sustaining and advocating for the importance of ethical standards in academic rigour will be increasingly important as these values come under threat from knowledge-based systems not driven by these established values but by concepts of profit and control. Here indeed is a role for those with experience, wisdom and ethical values of service in which EAPE must have the vision to make a vital contribution.

## EAPE: An opportunity to integrate the Wisdom of the Past with the Thrust of the Present to develop a better Future

### **Christodoulou G.**

*National and Kapodistrian University of Athens.*

*EAPE former President.*

*President of the 4th EAPE Congress.*

**Key words:** scientific sections, position statements, artificial intelligence peace, academic freedom, publications, collaboration with younger colleagues

If I want to be frank, what I think would be required for the future of EAPE is to basically keep moving along the lines of the past, including the two years during which I had the honor and privilege to serve as President of our Association. This may not sound as particularly modest but it surely stands for all of us, former Presidents. I think we all did our best, with dedication and loyalty to our community of Emeriti Professors. The present and future leaderships of EAPE would strongly benefit from the experience of the past.

Here are some of the activities of the last two years that I consider worth retaining in the years to come.

From the organizational point of view, we drafted an Action Plan partly based on a survey that we had prepared.

We followed our Action Plan and fulfilled most obligations arising from it.

I would strongly recommend following this scheme in the future.

Empowering the Sections (the scientific arm of our Association) to deliver basic and advanced scientific information through meetings and webinars was a major scope of my presidency that I believe proved successful. Every single month we had a webinar, the Sections increased to nine and intersectional collaboration was established and promoted.

Another area that was utilised and promoted was the area of Position Statements. We created three Position Statements:

1. On Continuation of academic activities (including informed use of AI) by Emeriti Professors
2. On Preservation of Peace (an issue of major importance in view of the continuous violation of Peace by armed conflicts)
3. On Academic Freedom (a democratic function that is being threatened in contemporary times).

Mental Health in particular was especially promoted in line with the expected bias arising from the President's occupation. The World Mental Health Day each year was celebrated with the participation of international experts and a book entitled "Is Work a Blessing or a Curse?" published by Cambridge Scholars on the basis of papers presented at one of the celebrations for the World Mental Health Day will appear soon.

Speaking about media, I should highlight the achievements of our three EAPE media (Website, Bulletin, Newsletter) and congratulate the respective Editors. In addition to them I developed a habit to write a letter to the Membership every single month during the two years of my tenure.

I am not sure about the way our members responded to this initiative but if you ask me I greatly enjoyed writing these letters!

The 4th Congress of EAPE is being organized in Athens. An Anniversary Congress to celebrate the 10 years of productive work by our Association! In spite of the limited economic resources, I be-

lieve that we will have a very successful meeting. We all look forward to the Keynote lecture of Academician Professor Stamatis Krimizis and to welcoming all of you to our Congress.

Space does not allow reference to the rest of our activities. We should, however, mention the areas that did not go well or remain pending. These are the following:

1. Membership. There has been an increase but we should expect greater increase of members and greater ethnic and professional diversity.

2. We should work towards greater participation of younger colleagues, emeriti and non-emeriti. How can we function as Mentors without Mentees? It obviously takes two to tango! Working in isolation serves no purpose. The wisdom of the Past should be offered as a gift to the younger generation of scientists. But in order to do this we need recipients of this offer. We need to invite younger academics and scientists to participate in our webinars, our publications and the rest of our activities. We will all benefit from this interaction. A win-win situation.

Lastly, allow me to thank all of you for your collaboration during my term. Former Presidents, Board, Membership, Secretariat, Technical editor. I am grateful for your assistance and friendship.

To the upcoming President Giancarlo Bracale best wishes for a productive and pleasant term. I will be by your side, Giancarlo.

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<http://europemeriti.org>

## My personal vision about the future of EAPE

### Bracale G.

*University Federico II of Naples*

**Key words:** main topics, economic stability, increasing participation, role of Emeriti

The problems that emerged during this long period are:

1. Increasing participation and making scientific and cultural meetings more numerous;
2. Securing funds to provide stability to the association for better economic and financial management;
3. Continuous comparison to define a uniform role of Emeriti in Europe;
4. Relations with other National or International Associations such as that of Joze Grigar.

While keeping the webinars proposed by the various sections, I propose the following solutions:

1. Choosing topics of broad interest with the participation not only of professionals but also of the general public, university students and high school students, by organizing conferences, seminars, debates and presentations with the aid of movies and slides;

2. Organizing meetings together with other scientific societies.

The proposed topics, in order of preference, could be:

- A) The sea in the broadest sense of the word;
- B) Health and Active Aging in a changing society (together with the Age.it research group);
- C) Improving quality of life through urban planning adjustments;
- D) New frontiers in oncology: prevention, sports activity, nutrition care, correction of risk factors, environmental care, psychological aspects, therapeutic innovations, and care models;

- E) Lights and shadows of AI;
- F) Fighting youth crime;
- G) The role of European Emeriti.

The format will be hybrid: both in-person and remote. Meeting venues: the hall of the Circolo Canottieri Napoli and a dedicated lecture hall at the Federico II Polyclinic. The best solution for simultaneous translation is under consideration to permit the participation of more and more people.

As for the problem of economic and financial stability, the following options may be considered:

1. Systematically collecting annual membership fees;
2. Increasing the number of members by motivating them with active participation in scientific sessions;
3. Contributions from companies, institutes, foundations, banks, European funds and research projects.

## Mental Health

### Working through the hidden early trauma located among families with a parent suffering from psychosis

**Panagiotopoulou K.**

*Ilioupolis Health Center*

**Key words:** early trauma, stigma, guilt, psychosis

The purpose of this paper is to shed light to the hidden unspoken early psychological trauma that occurs, in my opinion, in infants raised by a parent, especially mother, suffering from psychosis, as an analogue to other forms of traumatization, to the consequences of this trauma and the need for prevention.

A mother suffering from psychosis may be unwillingly 'absent' (directly or indirectly, fully or partially) from the usually expected interaction and emotion regulation of her infant, which experiences the void, an 'uncanny' feeling of alienation, a menacing feeling of the unknown, that occurs in a place and space supposedly safe: home.

Three different aspects may be influenced by this phenomenon: the relationship with one's self, with one's family, with one's social environment. The existence is permeated by trauma and solitude, resulting later on in life in depression, anxiety, stress, psychosomatic symptoms (for example allergies), borderline disorders, and so forth.

The trauma of not being seen by one's own mother resembles the estrangement from one's own unconscious and stimulates what was once unconsciously known. The deficit is scary and the burden unbearable.

The dread of psychosis occurring in our Greek community is connected with stigma, shame, guilt and separation anxiety as well as fear of death.

The question about being diagnosed with a mental health disease or not, could be included in the medical history information, of people coming at Primary Health Care Units, allowing the detection of parents at greater risk to have difficulties in raising their children. Moreover, screening psychological tests, addressed to parents and children, will reveal families that would benefit from the application of preventive interventions towards this serious issue, thus reducing future mental health problems and contributing to better quality of life.

### The role of the interdisciplinary psychoeducational team in kindergarten: a systemic model of awareness, support and prevention

**Christodoulou A., Doudoni E., Diamanti M., Botelli S.**

*John M. Carras Kindergarten, Athens College, Hellenic-American Educational Foundation*

**Key words:** developmental disorders, kindergarten, early Identification, prevention

The early years constitute a critical period for cognitive, social-emotional, communication, language and motor development, laying the foundations for later mental health and academic outcomes. Epidemiological data suggest that developmental disorders, including language and speech disorders, developmental coordination disorder and learning difficulties, affect approximately 5-10% of the child population, while a substantial proportion of children remain unidentified until school age. Delayed identification is associated with increased risk for subsequent learning and psychosocial difficulties, highlighting the importance of early identification within the school setting.

The present work describes the operation of an interdisciplinary psychoeducational team in a private kindergarten, comprising of psychologists, a speech and language therapist and an occupational therapist. The team functions systemically, collaborating closely with educators and parents, and is embedded in the daily life of a school community of 285 children, 570 parents and 52 educators. Its role extends beyond assessment to include the promotion of mental health and the sensitization and empowerment of educators and families. Furthermore it aims at the early identification of potential needs regarding cognitive, academic, social-emotional, communication, speech-language development, as well as the early identification of factors that affect the level of participation and performance of daily occupations.

Through continuous observation, consultation, and targeted support, the team contributes to the creation of an inclusive and supportive educational environment. Emphasis is placed on prevention and early intervention, reducing the risk of later difficulties and fostering children's overall development and well-being. The systemic nature of the model facilitates shared understanding, timely responses to emerging needs, and strengthens the capacity of the school community to support all children effectively.

**Symposium**

## RECOVERYTRSGR and RECOVERYTRSDGR: Evidence-based therapies

**Rakitzis S., Georgila P.**

*Private Practice, Athens, Greece*

**Key words:** schizophrenia, bipolar disorder, recovery, rehabilitation

One of the most difficult and severe chronic mental health disorders are treatment-resistant schizophrenia and treatment-resistant bipolar disorder, which are linked to a high risk of suicide, increased hospital admissions and relapses, and treatment-resistant cognitive dysfunctions. RECOVERYTRSGR introduces a newly developed evidence-based therapy for treatment resistant schizophrenia. RECOVERYTRSDGR presents also a newly developed evidence-based therapy for treatment resistant bipolar disorder. Both programs have been developed by our research recovery group in Athens Greece. Evidence-based pharmacotherapy for treatment resistant schizophrenia and bipolar disorder is going to be presented. Evidence-based psychotherapy in the context of RECOVERYTRSGR and RECOVERYTRSDGR will be raised and discussed. The ongoing research protocol regarding the effectiveness and efficacy of RECOVERYTRSGR and RECOVERYTRSDGR is going to be presented. Clinical and research implications along with case studies are going to be discussed.

Rakitzis, S., & Georgila, P. (2024). Treatment resistant schizophrenia. Evidence-based pharmacotherapy, cognitive behavioral psychotherapy and rehabilitation. Springer.

Rakitzis, S., & Georgila, P. (2024). Treatment resistant bipolar disorder. Evidence-based pharmacotherapy, cognitive behavioral psychotherapy and rehabilitation. Springer.

## Hot topics in Psychiatry

### The historiography of psychiatry: from historicism to utopia?

**Ikkos G.**

*Royal National Orthopaedic Hospital, UK*

**Key words:** history of psychiatry, philosophy of history, historicism, progress, dialectical pessimism

A recent review of a monograph on Asylums in Britain immediately after WWI (1) highlighted its historicist approach and indicated the availability of alternatives. Issues regarding historicism and its alternatives belong to the philosophy of history, the origins of which are credited to Giambattista Vico (1668-1774). Later, G.W.F. Hegel (1770-1831) introduced the idea of progress through dialectical processes towards a telos (purpose and end) of history. F. Nietzsche (1844-1900) distinguished between antiquarian, monumental and critical approaches to historiography and insisted on his genealogical approach as a method to critique contemporary morals and instrumentalise history to free the individual. K. Marx (1818-1883) proposed his dialectical materialist approach which highlighted the centrality of political economy and, echoing Hegel, conceived freedom as the telos of history. This, he thought, will be achieved through class struggle by the proletariat. Unorthodox Marxist W. Benjamin (1891-1940) was profoundly pessimistic, however, diagnosing the unfulfillment of the fantasmagorias of 19th century commodity capitalism and the 20th century's catastrophes of technologically enhanced wars and fascism (2). He sustained some hope, or its illusion at least, through utopian commitment. In this presentation, GI will refer to some such relevant issues to the study of the history of psychiatry in the light of the collaborative work of "The Power of Images: Emil Kraepelin, Walter Benjamin and the History of Psychiatry 1926-2026" (3) and other recent publications. He will explore dialectical thinking, its utility in the history and future of psychiatry and will advocate an outlook of dialectical pessimism as professional safeguard for our radically transformational and perilous ecological, geopolitical and technological circumstances. Dialectical pessimism can augment psychiatric professionalism as commonly understood through emphasis on social critique and activism, and an expanded understanding of psycho-pathology as logos about pathos (suffering). This last may sustain activism and facilitate an approach to clinical encounters nourished by micro-utopias.

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## The place of psychogenic explanations in contemporary child psychiatry – challenges in the age of neurodevelopmental disorders

**Botbol M.**

*University of Western Brittany, France*

**Key words:** neurodevelopmental disorders, child and adolescent psychiatry, psychogenic explanations, pluralistic approach, challenges

The increasing prominence of Neurodevelopmental Disorders (NDD) has significantly reshaped contemporary child and adolescent psychiatry. Conditions such as autism spectrum disorder, ADHD, and learning disorders are now widely conceptualized within a neurodevelopmental framework emphasizing biological and early developmental determinants. While this paradigm has improved diagnostic recognition and research coherence, it also raises questions about the place of psychogenic explanations in the field. Historically central to many approaches in child psychiatry, psychogenic perspectives have progressively lost visibility in etiological discussions and clinical narratives. This presentation examines the implications of this shift and asks whether the rise of neurodevelopmental models risks narrowing the understanding of childhood psychopathology. Drawing on conceptual and clinical considerations, the talk argues for maintaining a pluralistic approach that integrates neurodevelopmental vulnerabilities with psychological and relational processes. Such integration may help preserve the complexity of clinical practice and avoid reductionist interpretations of mental disorders in childhood.

## Climate change and mental health

**Christodoulou N.**

*University of Thessaly, Hellenic Psychiatric Association, Greece*

**Key words:** climate change, disaster, mental health, challenges, resilience

Climate change is undoubtedly the most important existential threat in the history of humanity. Such is the potential impact of this pending global disaster that its ramifications transcend disciplines and boundaries. Populations are likely to be affected directly in ways that are still being explored, and indirectly via the entirety of the biopsychosocial spectrum through societal change, population movements, geopolitical tension and resource scarcity, just to name a few. While these effects lie seemingly distal to psychiatry and in the political sphere, psychiatric notions such as mental and systemic resilience, informed disaster management, psychological preparedness and preventive mentality can prove vital in the effort to respond to the challenge. This presentation will review this major disaster and will focus on the aspects and solutions where psychiatry can play a role.

## What do we talk about when we talk about euthanasia

### **Lecic-Tosevski Dusica**

*Serbian Academy of Sciences and Arts, Belgrade, Serbia*

**Key words:** euthanasia, terminal illness, psychiatric disorders, bioethics

Euthanasia, the medical practice of intentionally ending life to avoid pain and suffering, is part of the so called “progressive values” of modern civilization and the result of major institutional and social changes, especially in the Western world. The demand for active and intentional hastening of death is a controversial phenomenon that follows views on how it is necessary to change social norms and value systems of a new person in a new society. Initially, euthanasia was only used for patients in the terminal stages of illnesses accompanied by unbearable suffering. In some countries, however, it is also allowed for people with psychiatric disorders, with the explanation that these disorders are chronic and the suffering they cause is longer lasting than in somatic diseases. The debate about euthanasia in the 21st century represents the most important topic of bioethics and a discussion about moral values and the condition of modern man. In the social act of euthanasia, the greatest responsibility is left to the doctors who are supposed to implement the euthanasia procedure, which is contrary to the basic principles of the medical profession and is the antithesis of treatment.

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## Health Promotion

### The molecular imprint of therapeutic exercise in human health

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**Key words:** exercise, epigenetics, chronic diseases

Physical Inactivity is currently the most important epigenetic factor in human health and has been recognized as the biggest public health problem in the 21st century. Recent studies have clearly documented the molecular offset of physical activity on human DNA and clinical studies have shown that supervised exercise significantly reduces the risk and severity of many chronic diseases. Therapeutic exercise improves cardiovascular health by lowering blood pressure, reducing cholesterol levels, enhancing circulation and collectively decreasing the likelihood of heart disease and stroke. In addition, supervised exercise protocols help to regulate blood sugar by increasing insulin sensitivity therefore it does prevent and contribute significantly to the management of type 2 diabetes. It also supports healthy weight maintenance, reducing strain on joints which in turn lowers the risk of obesity-related conditions. Moreover, exercise prevents several cancers while individuals with certain cancers, including breast, prostate and colon cancer, who followed supervised therapeutic protocols respond better to chemotherapy, lower recurrence rate, improving overall survival. Physical activity also benefits mental health by reducing symptoms of depression and anxiety, boosting mood and improving cognitive function. Overall, engaging in consistent moderate physical activity enhances quality of life, prolongs independence in older adults and promotes longevity by mitigating the effects of chronic diseases. Since 2018, in Greece “therapeutic exercise” has been officially recognized as a “complementary therapy” by the Ministry of Health and has adapted the guidelines for exercise protocols for patient suffering with chronic diseases issued by our department.

### Social determinants of health – the hidden hit

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**Key words:** SDOH framework, education, cardiovascular disparities, equity

Social determinants of health (SDOH) represent the social, economic, and environmental conditions that shape cardiovascular health across the life course. Introduced by the World Health Organization, the SDOH framework highlights how factors such as income, education, neighborhood environment, social support, and access to healthcare substantially influence cardiovascular disease (CVD) risk, morbidity, and mortality. Evidence consistently demonstrates that low socioeconomic status, limited educational attainment, adverse neighborhood conditions, food insecurity, and social isolation are associated with higher prevalence of traditional cardiovascular risk factors, reduced access to guideline-recommended therapies, and worse clinical outcomes, including premature mortality. Structural

inequities, discrimination, and implicit bias within healthcare systems further exacerbate these disparities. Emerging strategies to address SDOH include integration of social risk data into cardiovascular research and clinical decision-making, digital health solutions, community-engaged care models, and targeted interventions to improve health literacy and access to care. Achieving social justice through equitable healthcare access, resources, and outcomes is essential to reducing cardiovascular disparities. Addressing SDOH should therefore be considered a core component of cardiovascular prevention, clinical practice, and health policy aimed at improving population-level cardiovascular health and equity.

**e-POSTERS****EP1.****Implementation of Guideline Directed Medical Therapy for Heart Failure: Challenges and Successes****Starling R., Xanthopoulos A., Triposkiadis F.***Cleveland Clinic Lerner College of Medicine, Case Western Reserve University, University of Thessaly***Key words:** quadruple therapy, lack of use, implementation of therapy

Heart failure pharmacologic therapies have dramatically increased over the past 20 years. The advent of quadruple therapy including distinct classes (ARNi/ACEi/ARB, beta blockers, SGLT2i, MRA) have reduced heart failure hospitalizations and reduced cardiovascular mortality. All of these therapies have class 1 indications for use in American and European heart failure guidelines. The implementation of these proven medications is successful in a minority of patients in most global countries. The reasons for lack of use are multifactorial. Numerous efforts and demonstration trials have not been successful.

Our team has developed an automated scoring system, embedded in the electronic medical record, providing a score and hence identifying target patients needing attention to improve implementation of therapy. We have shown how this tool improves the use of SGLT2i in a large population using electronic medical therapy and automated triggers. We have also developed an educational module to train and enhance the utilization of medical therapy.

An ePoster summarizing our scalable approaches to enhancing implementation of medical therapy for heart failure will be prepared for presentation at the congress.

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Martyn T, Saef J, Khot UN, Martinez KA, Brophy TJ, West L, Cristiani C, Block-Beach H, Hohman JA, Sobol T, Brooksbank JA, Surratt MB, Babiuch C, Kapadia SR, Tang WHW, Estep JD, Starling RC. The utilization and impact of cardiovascular specialists on guideline-directed medical scores: An analysis of a diverse, multi-state, electronic health record-based registry. *Eur J Heart Fail.* 2023 Dec;25(12):2333-2336. doi: 10.1002/ejhf.3067.

**EP2.****Regular Screening of Cardiovascular Apparatus Will Increase Longevity and Life Quality****Thiene G.***Department of Cardiac, Thoracic, Vascular Sciences and Public Health, University of Padua - Italy***Key words:** longevity; non invasive diagnosis; prevention; screening;

Cardiovascular screening of aged, non symptomatic people is mandatory to discover functional and

structural concealed alterations.

Nowadays effective non invasive tools for diagnosis are available, thanks to science discoveries and technology inventions like electrocardiography, endomyocardial biopsy, echocardiography, magnetic resonance and axial tomography to improve diagnosis and cure early by adopting suitable therapy.

Disease like hypertension, coronary artery and ischemic heart diseases, atrial fibrillation, aneurysm of the aorta, genetically determined cardiomyopathies, all are at risk to short life and are easily diagnosed by screening.

Massive screening of aged people in the future will help to further increase longevity and life quality. Prevention of disease onset and complications is the future of Medicine. Longevity has increased by 10 years in the last half centuries, mostly by advancement in cardiovascular medicine field.

### EP3.

## Sociological Aspects of the "Third Age" Generation Problem, with Special Reference to the Processes of the Southeastern Serbia Population Aging

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**Key words:** aging, human rights for elderly, intergenerational relations

This study provides a comparative-historical analysis of elder care and the position of the third and fourth generations across different societal contexts: traditional, industrial, and the emerging digital civilization. The primary focus is on the status of the older population in contemporary society, with particular attention given to Serbian society during its transition period. The aim of this study is to identify potential problem areas, improve elder care strategies, reshape public policy, and expand awareness of the younger generations. The need for the multidisciplinary approach to the study of aging, and their integration into existing curricula is also emphasized.

### EP4.

## Greek Born Physicians Connected with Romanian History

**Dana Baran**

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**Key words:** Greek physicians, Romania, Moldavia, Wallachia, history

In the Black Sea Greek colonies, in the 5th-1st centuries BCE, Greek physicians practised medicine in temples, thermae and as a liberal profession. At Histria and Tomis, Apollo Ietros (Iatros) was

worshipped. Asklepios and other Olympians were also invoked to protect life, health and the biosphere. After the fall of Constantinople (1453), Greek intellectuals fled their occupied homeland, settling down in the Romanian Lands, the so called "Byzantium after Byzantium", favouring the indigenous population emancipation and organising their own fight against the Ottoman conquerors. Some Greek doctors coming to these Countries, usually trained in Italian Universities, taught iatrosophia in the Academies of Iasi and Bucharest. In the 18th century, the «early Enlightenment» developed in Wallachia and Moldavia. This "century of reforms" benefited from a few enlightened Phanariot Princes who mediated cultural and diplomatic relations with Constantinople and Western Europe. They encouraged French teaching as a diplomatic language, medical development and Greek Orthodox scholars to settle in these Lands. Doctors Pylarino and Timonis, e.g., pioneers of immunology, worked for a while in Bucharest and Iasi respectively. In the 19th century, political events brought Greeks and Romanians closer, even if conflicts occurred too. In 1812, when the Russo-Turkish War ended, the Peace of Bucharest stipulated Moldavia's Eastern part – then called Bessarabia – would be annexed by the Russian Empire. Ioannis Kapodistrias, the Greek skilled doctor and diplomat, representing the Russian Danube Army in Bucharest, was entrusted to organise Bessarabia administratively. He promoted a milder Russification and an autonomous statute. In 1821, the Greek Revolution started in Iasi. It failed in the Danubian Principalities, causing a disastrous rebellion. In 1859-1862, Dr. Arsakis (Arsache), an Aromanian/Greek, efficiently supported the Romanian Principalities Union. Greeks constantly found refuge in Romania during the 1913, 1922 and 1943-1949 wars and 1964-1974 events. Nowadays, European Union conventions further promote bilateral cooperation.

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## EP5.

### Transhumanism and Anthropological Challenges

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**Key words:** postmodernism, transhumanism, medicine, anthropology, ethics

In the postmodern (bio)technological and epistemological context, the subtlety of interpersonal human variations, a plurality of meanings, is considered. The necessity to individualise subjects, perceiving different nuances in health and disease, also requires more accurate, improved and enriched artificial intelligence (AI), robotics and automations. The DNA/RNA macromolecules are important, yet devoid of life outside living entities and depending on epigenetics. Postmodern medicine can cut living machines into pieces, interchange them; it can replace defective components, install and dismantle them. The "redeemed human", a cyborg or transhuman machine, can benefit from transplants, (bio)prostheses, in vitro fertilisation, embryo transfers, regenerative techniques, genetic bioengineering

etc. Recalling myths and legends, the human condition is anew projected against an ever more diversified anthropological background, subject to inclusion of complex medical truths, generally aiming at superlongevity, superintelligence, super well-being. Transhumanism cultivates the hybrid man, combining human bodies with each other, with “machines” or/and other species. Ethical and bioethical principles, progressively permissive, grow infinitely open to unknown perspectives. Today’s increasingly personalised medicine undoubtedly involves sophisticated approaches and higher costs. Social inequality could deepen between those who can allow themselves technological augmentations and those limited to their purely biological structures. As already warned, if viciously programmed and not strictly aligned with classical values of standard humanity, AI could endanger or destroy species, possibly entraining dramatic consequences. In 2025, a groundbreaking self-experiment was reported by Len Noe, “the first recognised augmented transhuman ethical hacker”, in his book “Human Hacked”. The author, “a techno-shaman” or “machine man”, had ten subdermal microchip implants with various capabilities: near-field communication devices, radio frequency identifiers, bio-sensing magnets. In such “sensitive” individuals, behavioural changes, implicitly moral decisions, could be modified, raising legal issues as well. While preparing posthumanism, human rights and an adapted Hippocratic Oath, the concepts of freedom, consciousness and emotivity remain under debate.

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