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| ***Item-uri*** | ***Cerinţe*** |
| **Lecture title** | Anti-ageing strategies |
| **Objectives** | To improve ageing and anti-ageing knolege considering the increased life span and ageing population.To learn new information abeut succefull ageing, anti ageing therapies and prevention medicine. |
| **Aim group** | 2ndyear |
| **Participants** | 30-70 participants |
| **Topics** | 1. Perspectives in anti-ageing
2. Healthy ageing compounds
3. Nutrition and anti-ageing
4. Physical activites and anti-ageing
5. Anti-stress therapies and anti-ageing
6. Prevention of ageing risk factors
7. Anti-ageing: new directions and perspectives
 |
| **Bibliography** | * S Langley-Evans. Nutrition health and disease- A Lifespan Approach, 2nd ed, Wilwy BlAckwell, 2009.
* Brocklehurst's Textbook of Geriatric Medicine and Gerontology, 8th Edition, 2017
 |
| **Competences (abilities acquired)** | 1. Complex knolege about healthy lifestyle, nutrition and succesfull ageing in a multicultural society
2. New information about a very important part of modern medicine: ageing process.
3. Multidisciplinary approach of methods about how to live a healthy way of life how to have a sucesfull ageing
4. How to galance anti-ageing strategies in an multicultural society
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| **Teaching methods and lecture notes** | Powerpoint presentations, interactive |
| **Responsable** | Prof. Dr. Alexa Ioana Dana |
| **Associated lecturer** | Lecturer dr Ilie Adina Carmen, Lecturer dr Pîslaru Anca Iuliana |
| **Keywords** | Ageing, anti-ageing, succcefull ageing |

**OPTIONAL DISCIPLINES - OFFER**

**UNIVERSITY YEAR 2020-2021**