

This symposium brings together national and international experts to discuss the latest advances in research on the pathological mechanisms of aging-related diseases and the most recent therapeutic options. This sixth edition will feature both innovative and natural therapeutic approaches to these conditions.

Keynote Speakers



Carlos Pérez Medina, PhD
CNIC, Madrid



Rose Davidson, PhD
University of East Anglia, UK

Organisers

M^a Carmen de Andrés González
Diego Marcos Pérez
Francisco J. Blanco García

Grupo de Investigación en Reumatología (GIR)



Grupo de Investigación
de Reumatología



Mechanisms of age-related diseases:

Where are we now and where are we going?



VI Scientific Symposium Grupo de Investigación en Reumatología (GIR)

21st November 2025
09:45-14:00

Complejo Hospitalario Universitario de A Coruña

Registration:

<https://forms.gle/x1G2MqE4S9e1WqBh6>

09:45 - 10:00

OFFICIAL OPENING

10:00-11:30 **SESSION I. Innovative therapeutic approaches for age-related diseases**

Moderator: Juan Fafián Labora, UDC.

10:00-10:25 **Nanomedicine for cardiovascular disease**

Keynote Speaker. **Carlos Pérez Medina, PhD.** Nanomedicine and Molecular Imaging. Centro Nacional de Investigaciones Cardiovasculares (CNIC), Madrid, Spain.

10:25-10:50 **Bacteria in colorectal cancer**

Speaker: **Margarita Poza Domínguez, PhD.** Microbiome and Health Group (meiGAbiome), Microbiology Research Group, Institute of Biomedical Research (INIBIC).

10:50-11:15 **Frailty in older adults: physiopathology and development of biomarkers for its early identification**

Speaker: **Blanca Laffon Lage, PhD.** Universidade da Coruña, Grupo DICOMOSA, Centro Interdisciplinar de Química e Bioloxía - CICA, Departamento de Psicología.

11:15-11:30 **Extracellular vesicles in ageing related diseases and cancer**

Speaker: **Sergio Lucio Gallego.** Grupo de Terapia Celular y Medicina Regenerativa. Dpto. de Fisioterapia, Medicina y Ciencias Biomédicas. Universidade da Coruña.

11:30-12:00 **Coffee break**

12:00-13:30 **SESSION II. Searching for more natural approaches to target age-related diseases**

Moderator: M^a José López Armada, INIBIC.

12:00-12:25 **“Let Food be Thy Medicine” Preventing Osteoarthritis**

Keynote Speaker. **Rose Davidson, PhD.** Lecturer in Nutrition and Biomedicine, Norwich Medical School. University of East Anglia, United Kingdom.

12:25-12:50 **Antidiabetic potential of Galician olive oils**

Speaker: **Beatriz Cancho Grande, PhD.** Coordinadora do grupo Food and Health Omics, Universidad de Vigo, Campus de Ourense.

12:50-13:15 **How natural product chemistry can help us delay aging**

Speaker: **Carlos Jiménez González, PhD.** CICA-Centro Interdisciplinar de Química e Bioloxía, Departamento de Química, Facultade de Ciencias, Universidade da Coruña.

13:15-13:30 **Searching for Therapeutic Agents against Osteoarthritis from Marine Resources**

Speaker: **Carlos Vaamonde García, PhD.** Investigador principal de la Unidad de Medicina Regenerativa. GIR, INIBIC.

13:30 **Closing Symposium**

Dra. M^a Carmen de Andrés González
Dr. Francisco J. Blanco García