

Organized by:

Fondazione SoLongevity.

In collaboration with:
ECM Office, University of Pavia.

UNIVERSITÀ DI PAVIA | PROVIDER ECM n.49

76h+40h
ASYNCHRONOUS TEACHING

+45
PROFESSORS & INDUSTRY EXPERTS

2+1
MODULES + 1 WEEK OPTIONAL INTERNSHIP

30+30
ECM CREDITS · 60 IN TOTAL

OPEN BADGE
EUROPEAN OPEN BADGE · UNIV. OF PAVIA

EN
COURSE IN ENGLISH

European Advanced Specialization Course

LONGEVITY MEDICINE

Foundations for professional practice.

From the biological mechanisms of aging to personalized diagnostic assessment and clinical intervention — a complete, English-taught curriculum for health professionals.

fondazionesolongevity.org/iscriviti

About the Course

Longevity medicine is one of the fastest-growing frontiers of clinical practice: understanding **why and how we age**, detecting individual aging signatures early, and intervening to preserve — or restore — the patient's **physiological and cognitive reserve**. This specialization course delivers the complete skill set, from scientific foundations to clinical application, under a high-profile Scientific Committee.

The course at a glance

- 116 total hours of asynchronous teaching, in English
- **30 professors and industry experts**, backed by a high-profile Scientific Committee
- Two progressive modules: **biology & diagnostics**, then **therapeutics & interventions**
- Optional **1-week (40-hour) internship** in Longevity Clinics, available upon completion of both modules
- **30 ECM credits per module** — 60 credits in total for the full course, · ECM Office, University of Pavia (AGENAS Provider N. 49)
- **European Open Badge** issued by the University of Pavia on successful completion

YOUR LEARNING JOURNEY

MODULE 1 DIAGNOSTICS
Biology of Aging & Assessment
42 h
30 ECM CREDITS

PATH →

MODULE 2 THERAPEUTICS
Interventions & Clinical Care
34 h
30 ECM CREDITS

OPT ⇢

OPTIONAL
Internship In Longevity Clinics
1 WEEK · 40 h

Who it is for. Medical professionals who wish to qualify as specialists in Longevity Medicine — with comprehensive diagnostic and therapeutic training focused on early diagnosis and prevention. A medical degree (LM-41) is required for admission.

THE COURSE IN NUMBERS

COURSE RECAP · A.Y. 2026

116 h ASYNCHRONOUS TEACHING, IN ENGLISH	30 PROFESSORS & INDUSTRY EXPERTS	30+30 ECM CREDITS · 60 IN TOTAL (AGENAS N. 49)	Badge EUROPEAN OPEN BADGE · UNIV. OF PAVIA

M1 **Biology of Aging & Diagnostic Assessment** — 42 H · DIAGNOSTICS → M2 **Therapeutics & Interventions** — 34 H · AFTER M1 ⇢ OPT **Internship in Longevity Clinics** — 1 WEEK · 40 H · OPTIONAL

Module 1 — Biology of Aging & Diagnostic Assessment · 42

TEACHING HOURS

Entirely dedicated to the **biological mechanisms of aging** and the skills needed for a thorough, **personalized diagnostic assessment** of the patient: the clinical use of precision-medicine methods in assessing aging hallmarks, individual risk stratification, and physiological and cognitive reserve.

SIX AREAS OF STUDY

AREA 01 · M1
Introduction to Longevity Medicine

AREA 02 · M1
The Foundations of Aging
metabolism · genetics · immunity

AREA 03 · M1
Human Physiology & Aging
cardiovascular · neurologic · muscle · adipose tissue · skin · other

AREA 04 · M1
Biological Markers of Aging
epigenetics · proteomics · microbiome · inflammaging

AREA 05 · M1
Physiological Markers
CPET · ECG · HRV · body composition · wearables

AREA 06 · M1
Imaging Technologies
MRI · photon-counting CT · ultrasound

TOPICS INCLUDE: the milestones of aging · metabolic pathways of longevity (α-klotho) · genetics of longevity · immunosenescence · cardiovascular pathophysiology · cognitive decline & neuroplasticity · respiratory, muscle and adipose physiology · reproductive systems · sensory organs · hormonal homeostasis · skin-aging markers · non-canonical blood chemistry · mitochondrial activity · neuropsychological assessment.

> **Prerequisite:** Module 1 must be completed before enrolling in Module 2 — the two modules build a progressive path from assessment to intervention.

Module 2 — Therapeutics & Interventions · 34 TEACHING HOURS

> Reserved for physicians who have completed Module 1, this course focuses on **therapeutic strategies and intervention techniques** to modulate the aging process, influence individual risk profiles, and promote the enhancement of the patient's **physiological and cognitive reserve**.

FIVE INTERVENTION PILLARS

TX 01
Precision Nutrition
9 h

TX 02
Physical, Breathing & Sleep Education
4 h

TX 03
Longevity Pharmacology
4 h

TX 04
Regenerative Medicine
3 h

TX 05
Biohacking Technologies
6 h

A Faculty Built on Evidence

The curriculum is delivered by a high-profile Scientific Committee of university professors, leading clinicians and industry experts — including some of **Europe's foremost researchers on the biology of aging**.

AB — Alberto Beretta
Physician-scientist and immunologist
Longevity medicine, from fundamental biology to clinical practice

CF — Claudio Franceschi
Inflammaging & immunosenescence — new paradigms of assessment

PG — Paolo Garagnani
Associate Professor of General Pathology, University of Bologna
Genetics & epigenetics of longevity

AC — Andrea Cossarizza
Full Professor of General Pathology, University of Modena
Immunosenescence and its assessment

DP — Daniela Perani
Professor Emeritus of Neuroscience, Vita-Salute San Raffaele
Neurology · cognitive decline · neuroimaging

NT — Nicola Triglione
Cardiologist, Ospedale Niguarda, Milan
Cardiovascular pathophysiology · wearable biomarkers

HC — Hellas Cena
Full Professor, Department of Public Health
Precision nutrition

RN — Rossella Nappi
Full Professor of Obstetrics and Gynecology (OB/GYN)
Female reproductive physiology · HRT — women

FO — Filippo Ongaro
Flight Surgeon, European Space Agency (2000–2007)
Patient-engagement techniques

PB — Pedro Bastos
Expert in the biology of aging
The milestones of aging

FS — Fabio Sallustio
Associate Professor of Biotechnology, Sapienza University
Metabolic pathways of longevity · α-klotho

NS — Nicola Scichilone
Respiratory physiology

GC — Giuseppe Coratella
Muscle physiology & prevention

SC — Saverio Cinti
Full Professor of Human Anatomy, University of Ancona
Physiopathology of the adipose organ

AG — Alberto Gheza
Specialist Urologist and Andrologist
Male reproductive physiology

FB — Francesca Baglio
Medical Neurologist and Researcher
Cognitive domains & aging

SBa — Stefano Barabino
Professor of Ophthalmology
The aging eye

MRo — Mario Rotondi
Full Professor of Endocrinology and Metabolic Diseases
Hormonal homeostasis · HRT — men

SG — Stefania Guida
Assistant Professor of Dermatology, Vita-Salute San Raffaele
Markers of skin aging

DC — Davide Cacchiarelli
'Rita Levi-Montalcini' Professor of Molecular Biology
Epigenetics & epigenomics

AA — Austin Argentieri
Associate Principal Scientist, Data Science, AstraZeneca
Proteomics in precision medicine

EB — Enrico Bevacqua
Medical Doctor, PsychoNeuroEndocrinoImmunology
Microbiome assessment

GCa — Giuseppe Cardillo
Clinical Biochemist, PhD in Biotechnological Sciences
Non-canonical blood chemistry

CM — Chiara Macchi
Researcher in Pharmacology, University of Milan
Mitochondrial activity

MV — Marco Vecchiato
Associate Professor of Sport Sciences
CPET & longevity

SPa — Stefano Palermi
Associate Professor of Sport and Exercise Medicine
ECG & heart-rate variability

ACe — Alberto Cerasari
Sports Medicine Physician and Longevity Doctor
Body composition analysis · ethical-professional approach

GI — Giuseppe Iannoccari
Contract Professor of Socio-Psycho-Pedagogical Sciences
Neuropsychology & cognitive stimulation

NM — Nagaia Madini
Dietitian and Research Technologist
Nutrition in cardiovascular risk & obesity

CRR — Cecilia Ricciardi Rizzo
Research Fellow, Laboratory of Dietetics and Clinical Nutrition
Nutrition in neurodegenerative risk

RDG — Rachele De Giuseppe
Assistant Professor, Laboratory of Dietetics and Clinical Nutrition
Omic sciences · caloric restriction

SZ — Silvano Zanuso
Adjunct Associate Professor, Edith Cowan University
Therapeutic physical activity

DM — Dario Morelli
Head of Respiratory Area and Sport Practice, SoLongevity
Respiratory-capacity rehabilitation

UF — Ugo Faraguna
Associate Professor of Human Physiology, University of Pisa
Stress management & sleep quality

PF — Paolo Fiorina
Associate Professor of Endocrinology, University of Milan
Metabolism & obesity

VS — Valerio Solari
Longevity Doctor, SoLongevity Clinic, Milan
Molecules of the future

MAS — Maria Alba Stigliano
Director, UOC SIMT and Blood Component Production Center
Plasmapheresis & pro-aging factors

EC — Eugenio Caradonna
American Board of Regenerative Medicine
Mesenchymal stem cells · PRP

PCa — Paolo Capodaglio
Associate Professor of Physical Medicine and Rehabilitation
Photobiomodulation · cryotherapy · hyperbaric oxygen

CT — Claudio Tavera
Sports Medicine Physician
Ozone therapy

RCo — Roberta Costanzo
Medical Doctor, Functional and Regenerative Medicine
Infusion therapies

LL — Livio Luzi
Full Professor of Endocrinology, University of Milan
Transcranial magnetic stimulation

VB — Virginia Boccardi
Professor and Senior Researcher, Institute of Gerontology
Longevity leadership

SK — Sujoy Kar
Chief Medical Information Officer & Vice President
AI applied to clinics

LB — Luca Bianchi
Chief Technology & Innovation Officer (CTIO), MESA Group
AI for early diagnosis, personalization & prediction

Investment & How to Enroll

Register for the complete programme or for a single module. Fees:

MODULE 1 ALONE
Biology of Aging & Diagnostic Assessment

€2,500

BOTH MODULES TOGETHER
Instead of €5,000 — a 10% discount

€4,500

SINGLE INSTALLMENT
5% additional discount on the combined fee

€4,275

Can I enroll in a single module? Yes, but only Module 1, dedicated to Diagnostics. Module 2, dedicated to Therapeutics, may be accessed only after completion of the first module.

Payment options — Payment in a single installment, or alternatively **3 monthly installments at no extra cost** (no interest). Discount available for **doctors currently in specialty training** (documentation required).
For every question on fees, installments or enrollment: **academy@fondazionesolongevity.org**
WhatsApp: **+39 342 092 5129**

How to enroll

1. Review the complete curriculum and entry requirements.
2. Choose the module(s) you wish to attend and complete the online enrollment form.
3. Pay online when signing the enrollment contract; the Academy team confirms your place.

Admission: medical degree (LM-41) required. **Delivery:** asynchronous online, in English — platform: ecmunipv.it.

Certifications upon completion

- **30 ECM credits per module — 60 in total**, accredited by the ECM Office of the University of Pavia (AGENAS Provider N. 49)
- **Certificate of Completion** issued by FONDAZIONE SOLONGEVITY and the University of Pavia
- **European Open Badge** issued by the University of Pavia