



Day 1 | 12th December 2025

Health Sciences Building - University of Aveiro

08:15 – 09:15

Registration

09:15 – 09:45

Welcome Session | Conference Auditorium (30A.2.01)

Paulo Jorge Ferreira, Rector | University of Aveiro

Artur Silva, Vice-Rector | University of Aveiro

Francisco Amado, Director | Department of Medical Sciences (DCM) - University of Aveiro

Rui Costa, Director | School of Health Sciences (ESSUA) - University of Aveiro

Ana Gabriela Henriques, Chair | Department of Medical Sciences (DCM) - University of Aveiro

09:45 – 11:25

SESSION I. Transforming Healthcare: Innovations & Challenges in Digital Health | Conference Auditorium (30A.2.01)

Chairs: Rui Costa, ESSUA; Francisco Amado, DCM; Odete da Cruz e Silva, DCM

Plenary lecture

09:45 – 10:15

Milestones in AI: From Early Models to Modern Breakthroughs

Paulo Jorge Ferreira, Rector | University of Aveiro

Invited speakers

10:15 – 10:50

Reimagining Care at a Distance: Keeping Quality, Safety, and the Patient at the Centre in the Digital Age

Ana Luísa Neves | Imperial College London

10:50 – 11:25

AI, Health & Science: Building a Secure and Ethical Future

Luís Monteiro, Unidade Local Saúde da Região de Aveiro | Department of Medical Sciences (DCM) - University of Aveiro

11:25 – 13:00

Poster Session

13:00 – 14:15

Lunch

14:15 – 14:20

Congress Photo

14:20 – 15:40

SESSION II. Basic, Clinical and Translational Health Research | Conference Auditorium (30A.2.01)

Chairs: Bruno Jesus, DCM; Sandra Rebelo, DCM

Oral Communications

14:20 – 14:30

OC1. Pulse Pressure as a predictor of cardiovascular events in different hypertensive phenotypes

Mariana Santos Silva | Unidade Local de Saúde Região de Aveiro

14:30 – 14:40

OC2. Hospital readmissions after acute coronary syndrome: clinical profiles analysis

Ana Jorge Gonçalves | Faculty of Medicine, University of Porto



14:40 – 14:50	OC3. The restrictive illusion: why spirometry alone can mislead André Veloso Unidade Local Saúde Algarve - Hospital de Faro
14:50 – 15:00	OC4. Mapping the burden of cough triggers and their impact on quality of life in chronic respiratory disease Ana Sofia Grave Lab3R, ESSUA and iBiMED, Department of Medical Sciences (DCM) - University of Aveiro, C-mo Medical Solutions
15:00 – 15:10	OC5. Prevalence os sentinel fragility vertebral fracture in patients with hip fracture - a retrospective study Inês Genrinho Centro Académico Clínico Egas Moniz Health Alliance; Rheumatology Unit - Unidade Local de Saúde Viseu Dão Lafões; Rheumatology Department - Unidade Local de Saúde da Região de Aveiro
15:10 – 15:20	OC6. Decoding pDC-mediated fibrosis: ER stress and mechanosensing as dual drivers in systemic sclerosis Mariana D. Machado iBiMED, Department of Medical Sciences (DCM) - University of Aveiro
Pitches	
15:20 – 15:25	Pitch1. Sex-specific 17 β -estradiol effects on human cardiac microvascular endothelial cells in HFPEF-related inflammation. Joana Relva-Pinto LAQV-REQUIMTE, Department of Chemistry - University of Aveiro; RISE-Health, Faculty of Medicine - University of Porto
15:25 – 15:30	Pitch2. Systemic lipids and obesogenic memory influence on mouse ipscs reprogramming and cardiac differentiation Carlota Tavares-Marcos iBiMED, Department of Medical Sciences (DCM) - University of Aveiro
15:30 – 15:35	Pitch3. Development of a new oxygen flowmeter and its application in respiratory rehabilitation programs Rui Carvalho Santos University of Aveiro
15:35 – 15:40	Pitch4. Genetic variants underpinning lung function decline in the lifelines cohort Rui Marçalo Genome Medicine Lab, iBiMED, Department of Medical Sciences (DCM); Lab3R, ESSUA - University of Aveiro
15:40 – 15:45	Pitch5. Navigating the treatment pathway for osteoporotic vertebral fractures: predictors of surgical decision-making Inês Genrinho Centro Académico Clínico Egas Moniz Health Alliance; Rheumatology Unit - Unidade Local de Saúde Viseu Dão Lafões; Rheumatology Department - Unidade Local de Saúde da Região de Aveiro
15:45-15:50	Pitch6. Mental up: an effective socio-emotional skills training program for adolescents in an academic health context Helena Loureiro Escola Superior de Saúde (ESSUA) - Universidade de Aveiro; Unidade Local Saúde da Região de Aveiro
15:50 – 16:30	Coffee Break
16:30 – 17:45	SESSION II. Basic, Clinical and Translational Health Research Conference Auditorium (30A.2.01) Chairs: Sandra Vieira, DCM; Pedro Sardo, ESSUA
Oral Communications	
16:30 – 16:40	OC7. A flexible wearable sensor for passive respiratory monitoring: validation in healthy adults Bernardo A. Vicente CICECO, Department of Materials and Ceramics Engineering (DEMaC) - University of Aveiro



Health Congress Congresso de Saúde

16:40 – 16:50	OC8. Aging promotes the pathoadaptive evolution of gut bacteria Ana Sousa iBiMED, Department of Medical Sciences (DCM) - University of Aveiro
16:50 – 17:00	OC9. Role of fiberoptic endoscopic evaluation of swallowing in guiding enteral feeding: retrospective cohort study Daniela Ferreira Unidade Local de Saúde de Entre Douro e Vouga
17:00 – 17:10	OC10. ATR-FTIR reveals spectroscopic signatures related to improved recovery and healthier status following rehabilitation in spinal cord injury patients Bárbara M. De Sousa iBiMED, Department of Medical Sciences (DCM) - University of Aveiro

Pitches

17:10 – 17:15	Pitch7. Upskilling the healthcare workforce: designing and evaluating hybrid training programs for clinical research literacy Ricardo Racha-Pacheco Q2Science
17:15 – 17:20	Pitch8. Fatigue impacts the quality of life of patients with myositis, regardless of age, sex, and muscle strength Maria Diana Pascoal Rheumatology Department - Unidade Local de Saúde Região de Aveiro; Centro de Investigação em Reumatologia de Aveiro, Centro Académico Clínico Egas Moniz Health Alliance
17:20 – 17:25	Pitch9. Phenotypic heterogeneity in cancer stem cells of non-muscle invasive bladder cancer Catarina Mestre University of Coimbra, iCBR, CIMAGO, Institute of Biophysics, CiBB; CACC; Hospitais CUF Coimbra
17:25 – 17:30	Pitch10. Identification of novel BRCA2 epistatic interactions Rui Gonçalo Martinho iBiMED, Department of Medical Sciences (DCM) - University of Aveiro; Faculty of Medicine and Biomedical Sciences, University of the Algarve
17:30 – 17:35	Pitch11. A biomechanical–mathematical model linking brain impact biomechanics to tau protein accumulation in chronic traumatic encephalopathy José González-Cabrero TEMA, Department of Mechanical Engineering, - University of Aveiro; Department of Cell Biology, Genetics and Physiology, Instituto de Investigacion Biomedica de Malaga - IBIMA, Faculty of Sciences, Malaga University; CIBERNED; Department of Neurology, The University of Texas Health Science Center at Houston, LASI
17:40 – 17:45	Pitch12. Retinoid modulation attenuates amyloidogenic processing and restores mitochondrial function in an in vitro model of Alzheimer's disease José João Vitória iBiMED, Department of Medical Sciences (DCM) - University of Aveiro

19:30

21:45

Networking Dinner

Party & Awards



Day 2 | 13th December 2025
Health Sciences Building - University of Aveiro

08:30 – 09:30

Registration

9:30 – 12:20

SESSION III. Innovations in Healthcare | Conference Auditorium (30A.2.01)

Chairs: Ana Rita Pinheiro, ESSUA; Rita Ferreira, DQ; Mário Lopes, ESSUA; Francisco Amado, DCM

Invited Speakers

9:30 – 10:05

Robot-assisted neurorehabilitation: from clinic to home to maximise therapy dose

Olivier Lambercy | Federal Institute of Technology, Zurich

10:05 – 10:40

Human ingredients for tissue engineering

João Mano | Chemistry Department - University of Aveiro

10:40 – 11:10

Coffee break

11:10 – 11:45

From Algorithms to Engagement: Gamified Intelligence in Digital Health

Ricardo Queirós | Instituto Politécnico do Porto

11:45 – 12:20

Plenary lecture

Research for action: how can we move it faster and further?

Rita Sá Machado | Direção Geral da Saúde

12:20 – 14:00

Lunch

14:00 – 16:30

Parallel Session IV. Cardiovascular and Respiratory diseases:

New Frontiers in the Diagnosis and Treatment | Conference Auditorium (30A.1.47)

Chairs: José António Santos, ULS Região Aveiro; Sandrina Pereira, DCM

Invited Speakers

14:00 – 14:30

Heart and Lung: dangerous liaisons

Cristina Gavina | Portuguese Society of Cardiology; Cardiology Department – Unidade Local de Saúde de Matosinhos

14:30 – 15:00

Advances in Heart Failure Therapy Over the Past Decade

Rui Baptista | Unidade Local de Saúde de Entre Douro e Vouga

15:00 – 15:30

Translational research in cardiovascular diseases

Adelino Leite-Moreira | School of Medicine - University of Porto

15:30 – 16:00

The Complexity of Patients on Prolonged Mechanical Ventilation: From Hospital to Home-based Respiratory Care

Miguel Gonçalves | School of Medicine - University of Porto



14:00 – 16:30

Parallel Session IV. Bone and Muscle Disorders: New Frontier in the Diagnosis and Treatment | Conference Auditorium (30A.2.01)
Chairs: José Alberto Duarte, CESPU; António Amaro, ESSUA

Invited Speakers

14:00 – 14:30 The paradigm of rheumatic diseases in Portugal
Tiago Meirinho | Serviço Reumatologia – Unidade Local de Saúde de Gaia e Espinho

14:30 – 15:00 Lesões Ligamentares e Meniscais no Alto Rendimento Desportivo
José Carlos Noronha | Federação Portuguesa de Futebol

15:00 – 15:30 The SPLIT programme: A stratified model of service delivery for managing patients with Low Back Pain in Primary Health Care
Eduardo Brazete Cruz | Escola Superior de Saúde - Instituto Politécnico de Setúbal

15:30 – 16:00 Rethinking brain disease in myotonic dystrophy: It's not all about neurons
Mário Gomes-Pereira | Myology Research Centre, Paris

16:00 – 16:30 Universal genomic newborn screening?
Laurent Servais | MDUK Oxford Neuromuscular Centre, Oxford

14:00 – 16:30

Parallel Session IV. Infection and Resistance: New Frontiers in the Diagnosis and Treatment | Conference Room (30A.3.41)
Chairs: Daniela Ribeiro, DCM; Ana Margarida Sousa, DCM

Invited Speakers

14:00 – 14:30 Host-directed medicine approaches in critical care
Agostinho Carvalho | ICVS, University of Minho

14:30 – 15:00 The Importance of Real-Time Genomics in Monitoring Antimicrobial Resistance in Healthcare Settings
Luís Malheiro | Unidade Local de Saúde Gaia e Espinho

15:00 – 15:30 Vectors, Viruses, and Vulnerabilities: Uncovering Arbovirus Public Health Risks in a Warming World
Líbia Zé-Zé | Instituto Nacional de Saúde Doutor Ricardo Jorge

15:30 – 16:00 Prevention of infection and antimicrobial resistance: two sides of the pandemic. Future challenges at national and international levels
Gianina Scripcaru | PPCIRA - Direção-Geral da Saúde

16:00 – 16:30 Infección en las heridas: controversias y desafíos en la práctica clínica
Jose Verdu Soriano | Universidad de Alicante, Spain



14:00 – 16:30

Parallel Session IV. Neurological Diseases: New Frontiers in the Diagnosis and Treatment | Conference Room (30A.3.39)
Chairs: Ramiro Almeida, DCM; Josefa Pandeirada, DEP

Invited Speakers

14:00 – 14:30	Current Challenges in Translational and Clinical Neuroscience Miguel Castelo-Branco CIBIT, University of Coimbra
14:30 – 15:00	Brain regional susceptibility to neurodegenerative disorders Tiago Oliveira , ICVS, School of Medicine - University of Minho
15:00 – 15:30	Cerebral venous thrombosis: recent advances and future directions Diana Dias de Sousa School of Medicine - University of Lisbon
15:30 – 16:00	Redefining Dementia Care: New Approaches for Diagnosis and Treatment Luís Ruano Unidade Local de Saúde Entre Douro e Vouga, University of Aveiro
16:00 – 16:30	The Role of Retinoic Acid and Metals towards Alzheimer's Disease Therapeutic Strategies Odete da Cruz e Silva iBiMED, Department of Medical Sciences (DCM), University of Aveiro

16:30 – 17:00

Farewell Drink