

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
09:45 – 10:15	Plenary lecture Milestones in AI: From Early Models to Modern Breakthroughs Paulo Jorge Ferreira, Rector University of Aveiro
10:15 – 10:50	Invited speakers 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	<i>Lunch</i>
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
14:20 – 14:30	Oral Communications 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

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 Investigación Biomedica de Málaga - IBIMA, Faculty of Sciences, Málaga 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	Networking Dinner
21:45	Party & Awards

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

08:30 – 09:30	Registration
9:30 – 12:20	<p>SESSION III. Innovations in Healthcare Conference Auditorium (30A.2.01)</p> <p>Chairs: Ana Rita Pinheiro, ESSUA; Rita Ferreira, DQ; Mário Lopes, ESSUA; Francisco Amado, DCM</p> <p>Invited Speakers</p> <p>9:30 – 10:05 Robot-assisted neurorehabilitation: from clinic to home to maximise therapy dose Olivier Lamercy Federal Institute of Technology, Zurich</p> <p>10:05 – 10:40 Human ingredients for tissue engineering João Mano Chemistry Department - University of Aveiro</p> <p>10:40 – 11:10 <i>Coffee break</i></p> <p>11:10 – 11:45 From Algorithms to Engagement: Gamified Intelligence in Digital Health Ricardo Queirós Instituto Politécnico do Porto</p> <p>11:45 – 12:20 Plenary lecture Research for action: how can we move it faster and further? Rita Sá Machado Direção Geral da Saúde</p>
12:20 – 14:00	<i>Lunch</i>
14:00 – 16:30	<p>Parallel Session IV. Cardiovascular and Respiratory diseases: New Frontiers in the Diagnosis and Treatment Conference Auditorium (30A.1.47)</p> <p>Chairs: José António Santos, ULS Região Aveiro; Sandrina Pereira, DCM</p> <p>Invited Speakers</p> <p>14:00 – 14:30 Heart and Lung: dangerous liaisons Cristina Gavina Portuguese Society of Cardiology; Cardiology Department – Unidade Local de Saúde de Matosinhos</p> <p>14:30 – 15:00 Advances in Heart Failure Therapy Over the Past Decade Rui Baptista Unidade Local de Saúde de Entre Douro e Vouga</p> <p>15:00 – 15:30 Translational research in cardiovascular diseases Adelino Leite-Moreira School of Medicine - University of Porto</p> <p>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</p>

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