



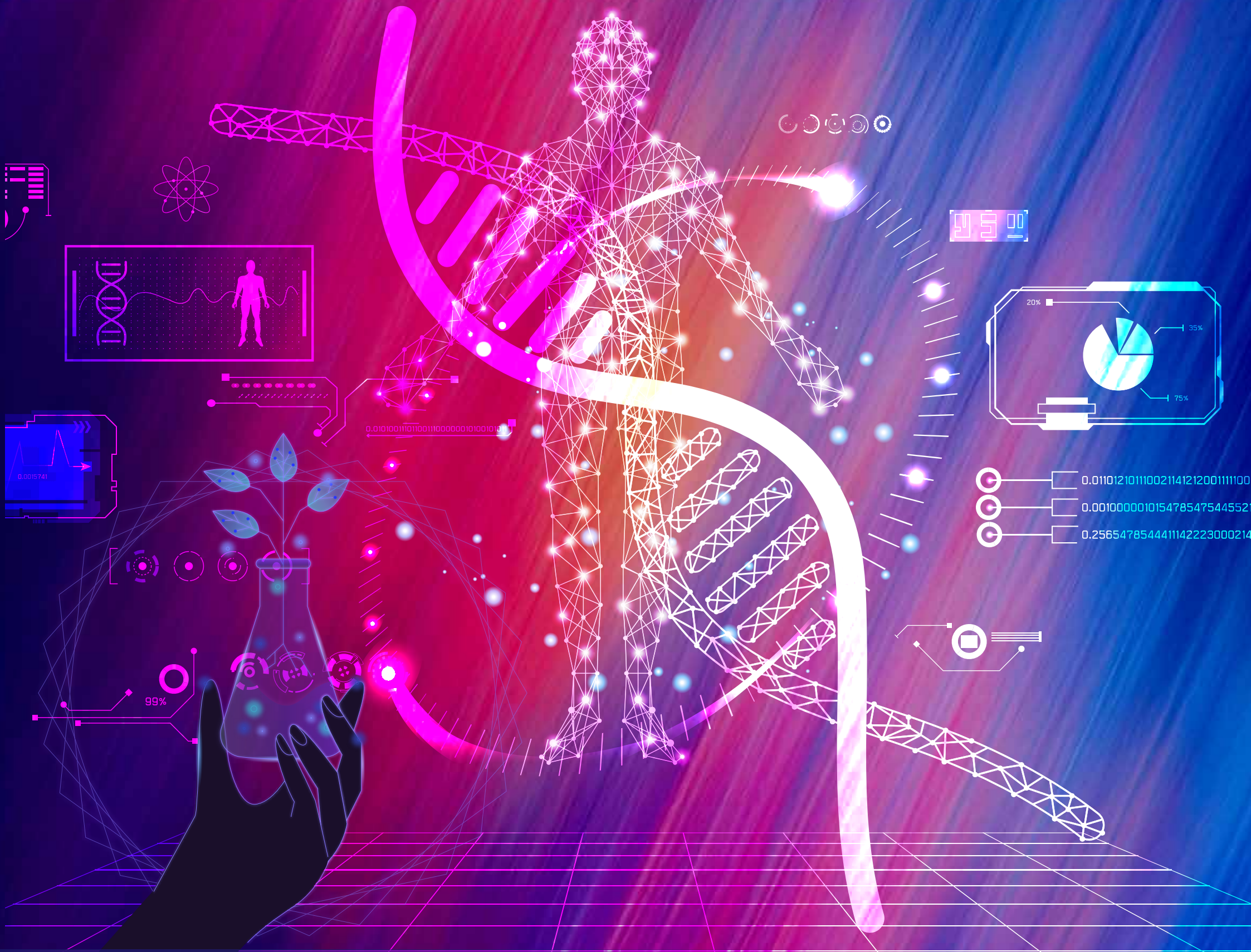
LOWED

2ND INTERNATIONAL CONGRESS ON LONGEVITY, REGENERATIVE THERAPIES & SUPPLEMENTS

Innovative and Academic Psychofunctional Medicine Congress

November 14-16, 2025

Wyndham Grand Levent Hotel
İstanbul/Türkiye



ORGANİZASYON SEKRETERYASI
FIGÜR KONGRE ORGANİZASYON SERVİSLERİ TİC. A.Ş.
19 Mayıs Mah. 19 Mayıs Cad. Nova Baran Center
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**14 NOVEMBER 2025 – FRIDAY**

HALL A		HALL B	HALL C: LOWED INTERNATIONAL
09:00–10:40	SESSION 1: SYSTEMIC LONGEVITY: DYNAMICS OF LIFE EXTENSION BETWEEN BODY, MIND AND CELLS Session Chairs: Hasan Serdar Gergerlioğlu, Bayram Özağaç	SESSION 1: (CERTIFIED COURSE) UROSEX COURSE: Master Certification Course in Andrological and Urosexological Surgeries Course Coordinator: Eyüp Burak Sancak Session Chairs: Eyüp Burak Sancak, Volkan Bulut	09:00–18:20 INTERNATIONAL PRESENTATIONS Gynecologic Longevity: What Can a Gynecologist Do? Plasmaporation for Gynecologic Conditions – Red Alinsod The Magical Fluid (Amniotic Fluid) and Baby Cord Cream – Ihsan Alnaimat Unsuture Labialplasty – Wisanu Prasertsom Robotic Sacrocolpopexy – Jennifer Marie B. Jose Basics to Innovations in Cosmetic Gynecology: A 360 degree Overview – Chandani Jaiprakash Kharat
09:00–09:20	Choosing the Right Supplement with AI and Genetic Testing – Kadir Demircan	09:20–09:40 Functional Physiology of Male Sexuality – Cem Başataç	The Magical Fluid (Amniotic Fluid) and Baby Cord Cream – Ihsan Alnaimat
09:20–09:40	Longevity and Female Sexual Health – Erol Karakaş	09:40–10:00 Mechanism of Erectile Dysfunction, First-and Second-Line Treatments – Sıtkı Ün	Unsuture Labialplasty – Wisanu Prasertsom
09:40–10:00	Sexuality and Health: The Contribution of Regular Sex to Well-Being and Longevity – Nurgül Ulusoy	10:00–10:20 Mechanism of Premature Ejaculation, Medical Treatment Options – Alper Dirik	Robotic Sacrocolpopexy – Jennifer Marie B. Jose
10:00–10:20	Erasing the Marks of Time: Cellular Repair and Longevity with Exosomes – Tunç Akkoç	10:20–10:40 Diagnosis and Treatment of Male Hypoactive Sexual Desire – Yusuf Selim Kaya	Basics to Innovations in Cosmetic Gynecology: A 360 degree Overview – Chandani Jaiprakash Kharat
10:20–10:40	Cellular Youth Through Nutrition: Metabolic Health and Longevity Strategies – Ece Sarı		
10:40–11:00 EXHIBITION BREAK – COFFEE BREAK			
11:00–13:00	SESSION 2: LONGEVITY THROUGH PERSONAL CODES Session Chairs: Fatma Coşar, Gülsemin Ertürk Çelik, İdil Topaloğlu	SESSION 2: (CERTIFIED COURSE) UROSEX COURSE: Master Certification Course in Andrological and Urosexological Surgeries Course Coordinator: Eyüp Burak Sancak Session Chairs: Sıtkı Ün, Özer Ural Çakıcı	How Can We Improve Longevity with Acupuncture? – Isabel Giralte Sampedro Exosomes in Regenerative Medicine, Aesthetics, and Longevity: A New Frontier–Majid Ebrahimi Warkiani Using Acupuncture to Improve Long-Term Health And Develop Resilience – Beverley De Valois Five Reasons to Needle: An Anatomically Orientated Approach to Acupuncture –Jonathan Hobbs Targeting Inflammation with Cannabinoids: Emerging Therapeutics and Translational Insights – David Hogg Myofascial Trigger Points, Central Sensitization and Neuro-musculoskeletal Pain – Jay Shah Mental Healthspan: The Missing Pillar in Longevity Medicine – Rahul Kackar Acupuncture-Based Immunomodulation: Mechanisms and Interventions – Miltiades Y. Karavis Dr. Unconscious: How Hypnosis Rewires the Brain for Lasting Change – Tobias Schwartz Blass Erectile Dysfunction in the Aging Male: Andrological Treatment Modalities – Vusal Pirverdiyev Pharmacogenetics/Pharmacogenomics: Transforming Therapy Through Individualized Medicine – Hanifi Soylu
11:00–11:20	Satellite Symposium A New Era in Holistic Health: Longevity, Oncoprotective, and Antiviral Effects of S-Mix – Selin Aktar Kiremitci	11:00–11:30 Cosmetic Urology (Filler Applications Under Local Anesthesia: Glans Penis Augmentation, Penile Girth Enhancement) – Taner Çavumirza	Investing in Longevity: An Assessment of the Landscape and the Potential – Ben Lenail
CARMED		11:30–12:00 Cosmetic Urology (Surgical Procedures: Phalloplasty, Suspensory Ligament Release, Injection of Abdominal Fat Tissue Beneath Penile Skin) – Özer Ural Çakıcı	Longevity and Hypnotherapy in the Age of Artificial Intelligence – Fabio Carnevale
11:20–11:40	Osteopathic Approach in Regenerative Medicine – Gülsemin Ertürk Çelik	12:00–12:30 Three-Piece Inflatable Penile Prostheses and Revision Surgery – Eyüp Burak Sancak	Peptide Therapy in Anti-Aging and Regenerative Medicine – Kalpana Shekhawat
11:40–12:00	Acupuncture and Libido in Longevity – Murat Topoğlu (Keynote Speaker)		Personalised Epigenetics & Nutrigenomics – Payal Mahapatra
12:00–12:20	From Silent Trauma to Biological Damage: How Do Cells Remember, How Does the Body Heal? – Fatma Coşar (Keynote Speaker)		Footsteps to Longevity: Understanding Reflexology’s Role in Lifelong Health – Spiros Dimitrakoulas
12:20–12:40	Satellite Symposium Aromatherapy and Longevity: Long and Healthy Life Rituals with Artue – Kevser Köş		Role of Bioregulatory Peptides in Longevity – Ashwani Garg
İla TRANSFERİ Hilmiye Kızıyan			Drugs Against Time: Geroprotectors, Senolytics & Future Anti-Aging Therapies – Dalila Čamdžić
12:40–13:00	Amor Fati and Spiritual Longevity – Cem Keçe (Keynote Speaker)		Longevity and Well Aging – Uma Senthilkumar
13:00–14:20 EXHIBITION BREAK – LUNCH BREAK			
14:20–16:20	SESSION 3: BIOLOGICAL FOUNDATIONS OF LONGEVITY: MICROBIOTA, CELLULAR CLEANING, AND REGENERATION Session Chairs: Melih Gündüz, Yaşam Kemal Akpak	SESSION 3: (CERTIFIED COURSE) WEKOSDER COURSE Course Coordinator: Tuna Tüner	The Role of Traditional and Complementary Medicine Practices in Women’s Health on Psychological Well-Being” – Serpil Duran
14:20–14:40	Satellite Symposium Phytotherapeutic Modulation of the Orgasm, Erection, and Ejaculation Cycle through the Formulations of HerbaClimaX, HerbaHardLift, and Herbalong – Fatma Coşar	14:20–15:00 Psychosocial Longevity: Meaning, Connection, and Loneliness – Tuna Tüner	Sexual Education – Dilek Sarpkaya Güder
avecaso pharma		15:00–15:20 Self-Awareness as a Key to Longevity – Melis Aygen	Traditional and Complementary Medicine (TCM) Practices – Özlem Akalpler
14:40–15:00	Prebiotics, Probiotics, Postbiotics, and Synbiotics – Yaşam Kemal Akpak (Keynote Speaker)	15:20–15:40 The Invisible Dimension of Longevity: Spiritual Regulation, Acceptance and Inner Peace – Deniz Arslan	
15:00–15:20	Clinical Updates in Stem Cells and Regenerative Medicine – Emrah Töz	15:40–16:00 When Should I Train? & The Biological Clock: Understanding the 24-Hour Rhythm – Emrah Özdemir	
15:20–15:40	Telomeres and Lifespan: Science Fiction or Reality? – Ahkam Göksel Kanmaz	16:00–16:20 Oral Presentation – 1 SS-01 Leveraging AI and Bioinformatics For Transition From Harsh To Smart Biomimetic Senolytics In Triple Smart Nanodrone Design for Preventive and Therapeutic Beta-Amyloidosis Via BBB Transcytosis – Peyman Keyhanvar	
15:40–16:00	Microbiota and LGG: 2025 Update – Ahmet Demir		
16:00–16:20	Functional Gynecology – M. Ferdi Kinci		
16:20–16:40 EXHIBITION BREAK – COFFEE BREAK			
16:40–18:20	SESSION 4: SUPPORTIVE APPROACHES IN LONGEVITY: FUNCTIONAL, PHARMACEUTICAL, AND BIOCHEMICAL STRATEGIES Session Chairs: Reyhan Aliusta, Murat Kartal	16:40–18:20 SESSION 4: (CERTIFIED COURSE) ACUPRESSURE TECHNIQUES FOR PHYSICAL AND PSYCHOLOGICAL WELLNESS COURSE Course Coordinator: Duncan Lawler Translation: Evren Kul Panza	
16:40–17:00	Physical Activity, Exercise, and Longevity – Serap Özgül		
17:00–17:20	Functional Medicine Approaches in Children: Microbiota, Nutrition, and Epigenetics – Reyhan Aliusta		
17:20–17:40	ManTracing Botanical Quality in Longevity Products – Murat Kartal		
17:40–18:00	Iodine and Longevity – Hasan Hüsnü Eren		
18:00–18:20	Longevity Pharmacy: Personalized–Magistral Product Preparation Processes and Regulations – İsmail Aslan		

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15 NOVEMBER 2025 - SATURDAY

HALL A

09:00-10:40

SESSION 5:
SEXUALITY AND EMOTIONAL HEALTH IN LONGEVITY:
LOVE, ATTACHMENT, AND WELL-BEING
Session Chairs: Merve Olgun, Oğuz Çelik

09:00-09:20

Orgasm and Longevity – **Merve Olgun**

09:20-09:40

The Role of Hormones in Longevity: DHEA,
Testosterone, Estrogen – **Firengiz Mirzazade**

09:40-10:00

Attachment, Passion, and Communication in
Marriage and Their Effects on Well-Being – **Bilge Uzun**

10:00-10:20

The Neurobiology of Love: Dopamine, Oxytocin, and
Attachment – **Tuna Tüner (Keynote Speaker)**

10:20-10:40

Fracture in the Mirror: Resistance to Time, Aesthetic
Interventions, and Dysmorphic Perception –
Fatma Coşar (Keynote Speaker)

10:40-11:00

EXHIBITION BREAK – COFFEE BREAK

11:00-13:00

SESSION 6:
COGNITIVE PERFORMANCE AND NEUROTECHNOLOGY:
THE NEUROBIOLOGICAL PATHWAY OF LONGEVITY
Session Chairs: Eyüp Burak Sancak, Oğuz Çelik

11:00-11:20

Neurotechnologies and Cognitive Performance:
Neurofeedback, tDCS, and Beyond – **Sabri Yurdakul**

11:20-11:40

Exosomes and Brain Regeneration: The Role of
Cellular Communication in Cognitive Aging –
Gökçe Özdemir

11:40-12:00

Maintaining Balance: Holistic Lifestyle Approaches –
Oğuz Çelik

12:00-12:20

Brain-Gut-Microbiota Interaction: Mood and
Neuropsychiatric Health – **Hülya Kayhan**

12:20-12:40



Satellite Symposium
The Power of Prebiotic Acacia Gum: Therapeutic
Potential in Autoimmune Diseases – **Reyhan Aliusta**

12:40-13:00

The Compulsion to Repeat the Past and Psychodynamic Longevity – **Cem Keçe (Keynote Speaker)**

13:00-13:10

Opening Ceremony

13:10-14:20

EXHIBITION BREAK – LUNCH BREAK

14:20-16:20

SESSION 7:
CLINICAL REFLECTIONS OF LONGEVITY: FROM
FUNCTIONAL INDICATORS TO REGENERATIVE
TREATMENTS
Session Chairs: Alper Dırık, İlker Çelen

14:20-14:40



Satellite Symposium
“EnduraXMan”: Ejaculation Control and the
Psychology of Power – **Eyüp Burak Sancak**

14:40-15:00

Longevity Assessment in Clinical Practice: Functional
Laboratory Parameters – **Zafer Yönden**

15:00-15:20

Regenerative Cardiology: Reprogramming Heart Cells –
Nevrez Koylan

15:20-15:40

Testosterone in Women: Endocrine Function, Clinical
Reflections, and Longevity Context – **Alper Dırık**

15:40-16:00

Regenerative Neurology: Promising Developments in
Alzheimer's and Parkinson's Disease –
Gökçen Hatipoğlu

16:00-16:20

Regenerative Urology and Longevity: Regenerative
and Exosome-Based Applications in Sexual Health –
İlker Çelen

SESSION 7: (CERTIFIED COURSE)
ECDER COURSE

Course Coordinator: Reyhan Aliusta
Session Chair: Reyhan Aliusta

14:20-15:20

Homeopathy and Individual Healing:
Macro Effects of Microdoses –
Öznur Parlak

15:20-15:40

The Rising Role of the Pharmacist in
Personalized Health: A Longevity
Perspective – **Şule Erdoğan**

15:40-16:00

Safe Use and Compounding of
Bioidentical Hormones: The Pharmacist's
Role – **Öznur Parlak**

16:00-16:20

Effective Management and Counseling
Strategies in Sexual Health Product
Category in Pharmacy – **Ahmet Altınbaş**

16:20-16:40

EXHIBITION BREAK – COFFEE BREAK

16:40-18:20

SESSION 8:
FUNCTIONAL NUTRITION AND PERSONALIZED
SUPPLEMENTATION STRATEGIES
Session Chairs: Nurgül Ulusoy, Ece Evcil

16:40-17:00

Longevity, Obesity, and Supplements Used in Obesity
Treatment – **Can Keçe (Keynote Speaker)**

17:00-17:20

Chronobiological Nutrition: Supplementation
Planning Based on Circadian Rhythm – **Murat Baş**

17:20-17:40

Supplement Use in Pediatric Age: Supporting Healthy
Growth with Functional Foods – **Melike Yücel**

17:40-18:00

The Role of Functional Foods in Cellular Repair:
Polyphenols, Omega-3, Coenzyme Q10 – **Burcu Demir**

18:00-18:20

Leaky Gut Syndrome: Food Sensitivities in Modern Life –
Zeynep Paylı

SESSION 8: (CERTIFIED COURSE)
AROMATHERAPY COURSE

Course Coordinator: Hülya Kayhan
Session Chair: Kevser Köş



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16 NOVEMBER 2025 - SUNDAY

HALL A

09:00–10:40

SESSION 9:
EXTENDING LIFE WITH MIND AND BODY: HOLISTIC APPROACHES TO LONGEVITY
Session Chairs: Mustafa Çay, Recep Dursun

09:00–09:20

Aging or Growing Wise? Psychological Age and the Search for Meaning – **Bengisu Olgun**

09:20–09:40

Identity and Roles in Old Age: Parenthood, Productivity, Freedom – **Arzu Hisarvant**

09:40–10:00

The Power of Hypnotherapy on the Well-Being Journey: Spiritual and Mental Transformation – **Recep Dursun**

10:00–10:20

The Effects of Chronic Stress on Hormones and Personalized Longevity – **Tijen Ataçağ**

10:20–10:40

Narrative Therapy: Rewriting Our Life Story – **Mustafa Çay**

10:40–11:00

EXHIBITION BREAK – COFFEE BREAK

11:00–13:00

SESSION 10:
LONGEVITY FROM SCIENCE TO CLINIC: INTEGRATION OF REGENERATIVE AND FUNCTIONAL APPROACHES
Session Chairs: Nurgül Ulusoy, Fatma Eskicioğlu

11:00–11:20

Clinical Approaches Based on Personal Risk Profiles in Senolytic Interventions – **Asuman Kaplan Algin**

11:20–11:40

Stem Cells and Ten-Pass Ozone for Longevity – **Hasan Hüsnü Eren**

11:40–12:00

Longevity 360°: Nutrition, Supplements, and Holistic Approaches in Cellular Regeneration – **Burak Aydın**

12:00–12:20

The Silent Power of Cellular Communication “Zinc” – **Reyhan Aliusta**

12:20–12:40

Microbiota-Based Personal Support Strategies: From Science to Personalization – **Meltem Yalınay**

12:40–13:00

Satellite Symposium
“MrMARS Plus”: The Psychodynamics of Masculine Energy and Conscious Manhood – **Alper Dırık**



13:00–14:40

EXHIBITION BREAK – LUNCH BREAK

14:40–16:20

SESSION 11:
CLINICAL NUTRITION, METABOLIC HEALTH AND LONGEVITY STRATEGIES
Session Chairs: Reyhan Aliusta, Atıl Aktaş

14:20–14:40

Satellite Symposium
“MsVENUS Plus”: The Psychodynamics of Feminine Energy and the Power of Sensuality – **Nurgül Ulusoy**



14:40–15:00

Staying Young or Living Long Healthily? Ethical and Clinical Boundaries – **Atıl Aktaş**

15:00–15:20

Nutrition Models Supporting Longevity: Scientific Foundations and Clinical Practices (Caloric Restriction, Intermittent Fasting, mTOR Suppression, Metabolic Responses) – **Murat Baş**

15:20–15:40

Longevity and Aesthetic Medicine: Is Youth Only About Appearance? – **Bayram Özağaç**

15:40–16:00

Macronutrients and Longevity: Balancing Proteins, Fats, and Carbohydrates (Animal vs. Plant-Based Proteins, Omega-3, Glycemic Load and Cellular Stress) – **Ece Sarı**

16:00–16:20

Cellular Balance Through Nutrition: Is It Possible to Manage Autoimmunity? – **Zühal Cevahir Taşkın**

16:20–16:40

EXHIBITION BREAK – COFFEE BREAK

16:40–18:00

SESSION 12:
MIND–BODY UNITY AND PSYCHOSOCIAL LONGEVITY
Session Chairs: İdil Topaloğlu, Mustafa Çay

16:40–17:00

Satellite Symposium
Saffron in Longevity (Safr’inside) – **Ahmet Aydinalp**



17:00–17:20

Stay in the Moment, Live Long: Longevity through Mindfulness – **Bilge Uzun**

17:20–17:40

The Future of Cognitive Longevity: Clinical Perspectives, Technology, and Human Experience – **Hasan Serdar Gergerlioğlu**

17:40–18:00

Longevity and Sleep: Melatonin, Circadian Rhythm, Mitochondrial Health – **Dilara Tekden Kirgiz**

18:00–18:20

Societal Traumas and Body Memory: Clinical Effects of Osteopathic Interventions – **İbrahim Mayda**

HALL B

SESSION 9: (CERTIFIED COURSE)
PSIKODER COURSE: Family Constellation Course
Course Coordinator: Tuna Tüner

SESSION 10: (CERTIFIED COURSE)
RETEN COURSE: Cosmetic and Aesthetic Applications Course
Course Coordinator: Alparslan Tekiner

SESSION 11:
COSMETIC GYNECOLOGY APPLICATIONS (Video-Supported Course)
Course Coordinator: Murat Yassa

PART 1: Cosmetic Gynecology and Sexology
Session Chairs: Hüseyin Cengiz, Cihan Kaya

14:40–14:55 Intervention on Risky Ground: Planning Cosmetic Gynecological Procedures in Patients with STIs – **Ozan Doğan**

14:55–15:10 Revision Labiaplasty with Flap Surgery – **Pınar Kadiroğulları**

15:10–15:25 Beyond the Fistula: Sexual Dysfunction and Cosmetic Approaches After Vesicovaginal and Rectovaginal Fistulas – **Eray Çalışkan**

15:25–15:40 The Anatomy of Touch: The Effect of Genital Filler Applications on Sexual Quality – **Sevtap Hamdemir Kılıç**

15:40–15:55 Aesthetic Approaches to Dyspareunia: Aesthetics, Therapy, or Surgery? – **Pınar Kadiroğulları**

15:55–16:05 EXHIBITION BREAK – COFFEE BREAK

PART 2: Non-Surgical Applications in Cosmetic Gynecology
Session Chairs: Murat Yassa, Yusuf Başkiran

16:05–16:20 Cervical Erosion and Aesthetic Surgery: Approach and Follow-Up – **Aşkı Ellibeş Kaya**

16:20–16:35 Womanhood Perception After Difficult Births: Perineal Repairs and Aesthetic Approaches – **Sezen Bozkurt Köseoğlu**

16:35–16:50 Biological Contributions of Genital PRP, Laser, and Exosomes to Sexuality – **Songül Aykul Alemdaroğlu**

16:50–17:05 From the G-Spot to the G-Shot: Myth or Medical Reality? – **Erhan Cömert**

17:05–17:15 EXHIBITION BREAK – COFFEE BREAK

PART 3: Cosmetic Gynecology Video Session
Session Chairs: Kerem Doğa Seçkin, Ayşegül Bestel

17:15–17:30 Filler and PRP Applications in Sexual Dysfunction – **Sezen Bozkurt Köseoğlu**

17:30–17:45 Vaginoplasty and Labiaplasty: New Approaches in Aesthetics – **Erhan Cömert**

17:45–18:00 The Border Between HPV and Aesthetics: When, How Much, and How? – **M. Murat Naki**

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Social Program

15 NOVEMBER 2025 - SATURDAY

19:30–23:00

A Night at Nomads

ORGANİZASYON SEKRETARYASI



Figür Kongre Organizasyonları ve Tic. A.Ş.

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