



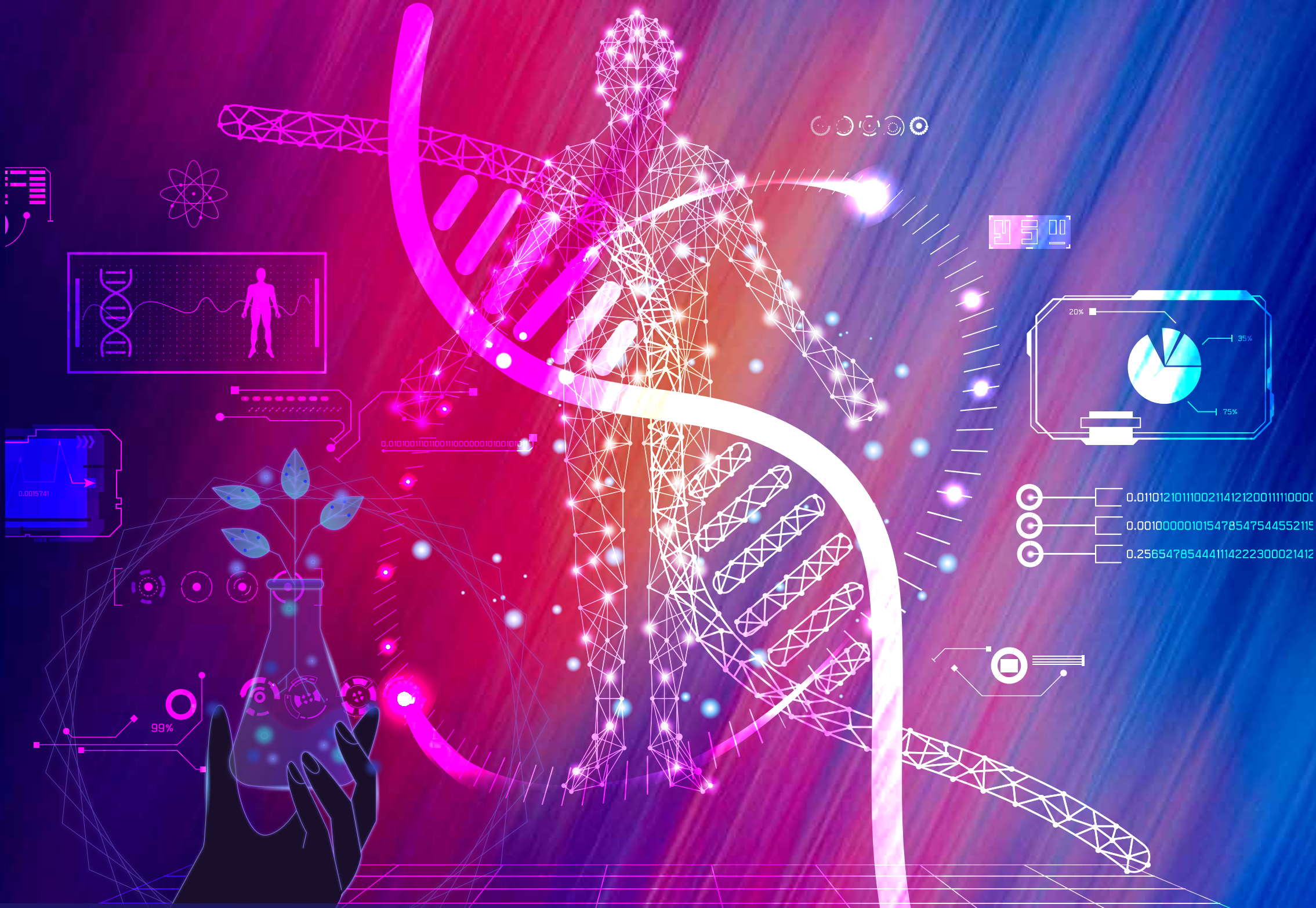
# LOWED

## 2<sup>ND</sup> 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	<b>SESSION 1:</b> <b>SYSTEMIC LONGEVITY: DYNAMICS OF LIFE EXTENSION BETWEEN BODY, MIND AND CELLS</b> <b>Session Chairs:</b> Hasan Serdar Gergerlioğlu, Bayram Özağaç	<b>SESSION 1: (CERTIFIED COURSE)</b> <b>UROSEX COURSE: Master Certification Course in Andrological and Urosexological Surgeries</b> <b>Session Chairs:</b> Eyüp Burak Sancak, Volkan Bulut	09:00–09:20 The Use of Acupressure for Wellness – <b>Duncan Lawler</b>
09:00–09:20	Longevity and Aesthetic Medicine: Is Youth Only About Appearance? – <b>Bayram Özağaç</b>	09:00–09:20 Functional Anatomy of Male Sexuality – <b>Çağrı Doğan</b>	09:20–09:40 How Can We Improve Longevity with Acupuncture? – <b>Isabel Giralt Sampedro</b>
09:20–09:40	Longevity and Female Sexual Health – <b>Erol Karakaş</b>	09:20–09:40 Functional Physiology of Male Sexuality – <b>Cem Başataç</b>	09:40–10:00 Exosomes in Regenerative Medicine, Aesthetics, and Longevity: A New Frontier– <b>Majid Ebrahimi Warkiani</b>
09:40–10:00	The Role of Hormones in Longevity: DHEA, Testosterone, Estrogen – <b>Burcu Çetinkaya</b>	09:40–10:00 Mechanism of Erectile Dysfunction, First-and Second-Line Treatments – <b>Tansu Turgut</b>	10:00–10:20 Using Acupuncture to Improve Long-Term Health And Develop Resilience – <b>Beverley De Valois</b>
10:00–10:20	Erasing the Marks of Time: Cellular Repair and Longevity with Exosomes – <b>Hasan Serdar Gergerlioğlu</b>	10:00–10:20 Mechanism of Premature Ejaculation, Medical Treatment Options – <b>Alper Dırık</b>	10:20–10:40 Five Reasons to Needle: An Anatomically Orientated Approach to Acupuncture – <b>Jonathan Hobbs</b>
10:20–10:40	Aging Cells, the Silent Threat: Shared Biological Grounds with Cancer – <b>Murat Baş</b>	10:20–10:40 Diagnosis and Treatment of Male Hypoactive Sexual Desire – <b>Yusuf Selim Kaya</b>	
10:40–11:00 EXHIBITION BREAK – COFFEE BREAK			
11:00–13:00	<b>SESSION 2:</b> <b>LONGEVITY THROUGH PERSONAL CODES</b> <b>Session Chairs:</b> Fatma Coşar, İdil Topaloğlu	<b>SESSION 2: (CERTIFIED COURSE)</b> <b>UROSEX COURSE: Master Certification Course in Andrological and Urosexological Surgeries</b> <b>Session Chairs:</b> Tansu Turgut, Özer Ural Çakıcı	11:00–11:20 Targeting Inflammation with Cannabinoids: Emerging Therapeutics and Translational Insights – <b>David Hogg</b>
11:00–11:20	Human Factory Settings (HFS) and Longevity – <b>Sinan Canan (Keynote Speaker)</b>	11:00–11:40 Cosmetic Urology (Filler Applications Under Local Anesthesia: Glans Penis Augmentation, Penile Girth Enhancement) – <b>Taner Çavumirza</b>	11:20–11:40 Myofascial Trigger Points, Central Sensitization and Neuro-musculoskeletal Pain – <b>Jay Shah</b>
11:20–11:40	Love in the Time of Cholera or Nuclear Life – <b>Uğur Batı (Keynote Speaker)</b>	11:40–12:20 Cosmetic Urology (Surgical Procedures: Phalloplasty, Suspensory Ligament Release, Injection of Abdominal Fat Tissue Beneath Penile Skin) – <b>Özer Ural Çakıcı</b>	11:40–12:00 Mental Healthspan: The Missing Pillar in Longevity Medicine – <b>Rahul Kackar</b>
11:40–12:00	Acupuncture and Libido in Longevity – <b>Murat Topoğlu (Keynote Speaker)</b>	12:20–13:00 Three-Piece Inflatable Penile Prosthesis and Revision Surgery – <b>Eyüp Burak Sancak</b>	12:00–12:20 Acupuncture-Based Immunomodulation: Mechanisms and Interventions – <b>Miltiades Y. Karavis</b>
12:00–12:20	From Silent Trauma to Biological Damage: How Do Cells Remember, How Does the Body Heal? – <b>Fatma Coşar (Keynote Speaker)</b>		12:20–12:40 Dr. Unconscious: How Hypnosis Rewires the Brain for Lasting Change – <b>Tobias Schwartz Blass</b>
12:20–12:40	Self-Continuity and Psychodynamic Longevity: Is It Possible to Break Repeating Patterns? – <b>Cem Keçe (Keynote Speaker)</b>		
12:40–13:00	Satellite Symposium		
13:00–14:20 EXHIBITION BREAK – LUNCH BREAK			
14:40–16:20	<b>SESSION 3:</b> <b>BIOLOGICAL FOUNDATIONS OF LONGEVITY: MICROBIOTA, CELLULAR CLEANING, AND REGENERATION</b> <b>Session Chairs:</b> Melih Gündüz, Yaşam Kemal Akpak	<b>SESSION 3: (CERTIFIED COURSE)</b> <b>WEKOSDER COURSE</b>	
14:20–14:40	Satellite Symposium	14:40–15:00 Psychosocial Longevity: Meaning, Connection, and Loneliness – <b>Tuna Tüner</b>	
14:40–15:00	Prebiotics, Probiotics, Postbiotics, and Synbiotics – <b>Yaşam Kemal Akpak (Keynote Speaker)</b>	15:00–15:20 Self-Awareness as a Key to Longevity – <b>Melis Aygen</b>	
15:00–15:20	Clinical Updates in Stem Cells and Regenerative Medicine – <b>Emrah Töz</b>	15:20–15:40 The Invisible Dimension of Longevity: Spiritual Regulation, Acceptance and Inner Peace – <b>Deniz Arslan</b>	
15:20–15:40	Telomeres and Lifespan: Science Fiction or Reality? – <b>Ahkam Göksel Kanmaz</b>	15:40–16:00 When Should I Train? & The Biological Clock: Understanding the 24-Hour Rhythm – <b>Emrah Özdemir</b>	
15:40–16:00	Microbiota and LGG: 2025 Update – <b>Ahmet Demir</b>	16:00–16:20 – <b>Güçlü Metin</b>	
16:00–16:20	Functional Gynecology – <b>M. Ferdi Kıncı</b>		
16:20–16:40 EXHIBITION BREAK – COFFEE BREAK			
16:40–18:20	<b>SESSION 4:</b> <b>SUPPORTIVE APPROACHES IN LONGEVITY: FUNCTIONAL, PHARMACEUTICAL, AND BIOCHEMICAL STRATEGIES</b> <b>Session Chairs:</b> Reyhan Aliusta, Belma Gümüşel	<b>SESSION 4: (CERTIFIED COURSE)</b> <b>PARENTERAL TREATMENTS COURSE</b>	
16:40–17:00	Physical Activity, Exercise, and Longevity – <b>Serap Özgül</b>		
17:00–17:20	Functional Medicine Approaches in Children: Microbiota, Nutrition, and Epigenetics – <b>Reyhan Aliusta</b>		
17:20–17:40	Managing Longevity with Cellular Support Products (Curcumin, Coenzyme Q10, PQQ) – <b>Belma Gümüşel</b>		
17:40–18:00	Iodine and Longevity – <b>Hasan Hüsnü Eren</b>		
18:00–18:20	Longevity Pharmacy: Personalized–Magistral Product Preparation Processes and Regulations – <b>İsmail Aslan</b>		



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## 15 NOVEMBER 2025 - SATURDAY

### HALL A

09:00-10:40	<b>SESSION 5:</b> <b>SEXUALITY AND EMOTIONAL HEALTH IN LONGEVITY: LOVE, ATTACHMENT, AND WELL-BEING</b> Session Chairs: Merve Olgun, Oğuz Çelik
09:00-09:20	Orgasm and Longevity – <b>Merve Olgun</b>
09:20-09:40	Sexuality and Health: Contributions of Regular Sex to Well-Being and Longevity – <b>Nurgül Ulusoy</b>
09:40-10:00	Attachment, Passion, and Communication in Marriage and Their Effects on Well-Being – <b>Bilge Uzun</b>
10:00-10:20	The Neurobiology of Love: Dopamine, Oxytocin, and Attachment – <b>Tuna Tüner (Keynote Speaker)</b>
10:20-10:40	Fracture in the Mirror: Resistance to Time, Aesthetic Interventions, and Dysmorphic Perception – <b>Fatma Coşar</b>

### 10:40-11:00 EXHIBITION BREAK – COFFEE BREAK

11:00-13:00	<b>SESSION 6:</b> <b>COGNITIVE PERFORMANCE AND NEUROTECHNOLOGY: THE NEUROBIOLOGICAL PATHWAY OF LONGEVITY</b> Session Chairs: Eyüp Burak Sancak, Oğuz Çelik
11:00-11:20	The Formula of the Future: Therapeutic Potentials of Nanoparticles – <b>Gökçe Özdemir</b>
11:20-11:40	Neurotechnologies and Cognitive Performance: Neurofeedback, tDCS, and Beyond – <b>Sabri Yurdakul</b>
11:40-12:00	Neuroplasticity and Longevity – <b>Sinan Canan</b>
12:00-12:20	Brain-Gut-Microbiota Interaction: Mood and Neuropsychiatric Health – <b>Hülya Kayhan</b>
12:20-12:40	Psychodynamic Longevity: Understanding the Past, Reestablishing Well-Being – <b>Cem Keçe</b>
12:40-13:00	Satellite Symposium

### 13:00-14:20 EXHIBITION BREAK – LUNCH BREAK

14:20-16:20	<b>SESSION 7:</b> <b>CLINICAL REFLECTIONS OF LONGEVITY: FROM FUNCTIONAL INDICATORS TO REGENERATIVE TREATMENTS</b> Session Chairs: Alper Dırık, İlker Çelen
14:20-14:40	Satellite Symposium
14:40-15:00	Longevity Assessment in Clinical Practice: Functional Laboratory Parameters – <b>Zafer Yönden</b>
15:00-15:20	Regenerative Cardiology: Reprogramming Heart Cells – <b>Nevrez Koylan</b>
15:20-15:40	Testosterone in Women: Endocrine Function, Clinical Reflections, and Longevity Context – <b>Alper Dırık</b>
15:40-16:00	Regenerative Neurology: Promising Developments in Alzheimer's and Parkinson's Disease – <b>Gökçen Hatipoğlu</b>
16:00-16:20	Regenerative Urology and Longevity: Regenerative and Exosome-Based Applications in Sexual Health – <b>İlker Çelen</b>

### 16:20-16:40 EXHIBITION BREAK – COFFEE BREAK

16:40-18:20	<b>SESSION 8:</b> <b>FUNCTIONAL NUTRITION AND PERSONALIZED SUPPLEMENTATION STRATEGIES</b> Session Chairs: Özlem Demirci, Ece Evcil
16:40-17:00	Longevity, Obesity, and Supplements Used in Obesity Treatment – <b>Can Keçe (Keynote Speaker)</b>
17:00-17:20	Chronobiological Nutrition: Supplementation Planning Based on Circadian Rhythm – <b>Murat Baş</b>
17:20-17:40	Supplement Use in Pediatric Age: Supporting Healthy Growth with Functional Foods – <b>Melike Yücel</b>
17:40-18:00	Choosing the Right Supplement with AI and Genetic Testing – <b>Kadir Demircan</b>
18:00-18:20	Leaky Gut Syndrome: Food Sensitivities in Modern Life – <b>Zeynep Paylı</b>

### HALL B

#### SESSION 5: (CERTIFIED COURSE) NEURAL THERAPY COURSE – Mustafa Karakan

#### SESSION 6: (CERTIFIED COURSE) THE EFFECT OF ACUPUNCTURE ON OBESITY Murat Topoğlu

#### SESSION 7: (CERTIFIED COURSE) ECDER COURSE Session Chair: Reyhan Aliusta

14:20-15:20	Homeopathy and Individual Healing: Macro Effects of Microdoses – <b>Sebati Bilgiç</b>
15:20-15:40	Safe Use and Compounding of Bioidentical Hormones: The Pharmacist's Role – <b>Öznur Parlak</b>
15:40-16:00	The Rising Role of the Pharmacist in Personalized Health: A Longevity Perspective – <b>Şule Erdoğan</b>
16:00-16:20	Effective Management and Counseling Strategies in Sexual Health Product Category in Pharmacy – <b>Ahmet Altınbaş</b>

#### SESSION 8: (CERTIFIED COURSE) AROMATHERAPY COURSE Session Chairs: Hülya Kayhan, Kevser Köş





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## 16 NOVEMBER 2025 - SUNDAY

HALL A		HALL B	
09:00–10:40	<b>SESSION 9:</b> <b>EXTENDING LIFE WITH MIND AND BODY: HOLISTIC APPROACHES TO LONGEVITY</b> <b>Session Chairs: Mustafa Çay, Recep Dursun</b>	<b>SESSION 9: (CERTIFIED COURSE)</b> <b>RETEN COURSE: Cosmetic and Aesthetic Applications Course – Alparslan Tekiner</b>	
09:00–09:20	Aging or Growing Wise? Psychological Age and the Search for Meaning – <b>Bengisu Olgun</b>		
09:20–09:40	Identity and Roles in Old Age: Parenthood, Productivity, Freedom – <b>Arzu Hisarvant</b>		
09:40–10:00	The Power of Hypnotherapy on the Well-Being Journey: Spiritual and Mental Transformation – <b>Recep Dursun</b>		
10:00–10:20	The Effects of Chronic Stress on Hormones and Personalized Longevity – <b>Tijen Ataçağ</b>		
10:20–10:40	Narrative Therapy: Rewriting Our Life Story – <b>Mustafa Çay</b>		
10:40–11:00 EXHIBITION BREAK – COFFEE BREAK			
11:00–13:00	<b>SESSION 10:</b> <b>LONGEVITY FROM SCIENCE TO CLINIC: INTEGRATION OF REGENERATIVE AND FUNCTIONAL APPROACHES</b> <b>Session Chairs: Nurgül Ulusoy, Fatma Eskicioğlu</b>	<b>SESSION 10: (CERTIFIED COURSE)</b> <b>PSIKODER COURSE: Family Constellation Course – Tuna Tüner</b>	
11:00–11:20	Satellite Symposium		
11:20–11:40	Stem Cells and Ten-Pass Ozone for Longevity – <b>Hasan Hüsnü Eren</b>		
11:40–12:00	Clinical Approaches to Senolytic Interventions Based on Personalized Risk Profiling – <b>Asuman Kaplan Algin</b>		
12:00–12:20	Integrative Oncology: Mind-Body Medicine, Quality of Life, and Hope – <b>Murat Baş</b>		
12:20–12:40	Microbiota-Based Personal Support Strategies: From Science to Personalization – <b>Meltem Yalınay</b>		
12:40–13:00	Satellite Symposium		
13:00–14:40 EXHIBITION BREAK – LUNCH BREAK			
14:40–16:20	<b>SESSION 11:</b> <b>CLINICAL NUTRITION, METABOLIC HEALTH AND LONGEVITY STRATEGIES</b> <b>Session Chairs: Reyhan Aliusta, Atıl Aktaş</b>	<b>SESSION 11:</b> <b>COSMETIC GYNECOLOGY APPLICATIONS (Video-Supported Course)</b>	
14:20–14:40	Satellite Symposium	<b>PART 1: Cosmetic Gynecology and Sexology</b> <b>Session Chairs: Hüseyin Cengiz, Cihan Kaya</b>	
14:40–15:00	Staying Young or Living Long Healthily? Ethical and Clinical Boundaries – <b>Atıl Aktaş</b>	14:40–14:55 Intervention on Risky Ground: Planning Cosmetic Gynecological Procedures in Patients with STIs – <b>Ozan Doğan</b>	
15:00–15:20	Nutrition Models Supporting Longevity: Scientific Foundations and Clinical Practices (Caloric Restriction, Intermittent Fasting, mTOR Suppression, Metabolic Responses) – <b>Murat Baş</b>	14:55–15:10 The Border Between HPV and Aesthetics: When, How Much, and How? – <b>M. Murat Nak</b>	
15:20–15:40	The Role of Functional Foods in Cellular Repair: Polyphenols, Omega-3, Coenzyme Q10 – <b>Burcu Demir</b>	15:10–15:25 Beyond the Fistula: Sexual Dysfunction and Cosmetic Approaches After Vesicovaginal and Rectovaginal Fistulas – <b>Eray Çalışkan</b>	
15:40–16:00	Macronutrients and Longevity: Balancing Proteins, Fats, and Carbohydrates (Animal vs. Plant-Based Proteins, Omega-3, Glycemic Load and Cellular Stress) – <b>Ece Sarı</b>	15:25–15:40 The Anatomy of Touch: The Effect of Genital Filler Applications on Sexual Quality – <b>Sevtap Hamdemir Kılıç</b>	
16:00–16:20	Cellular Balance Through Nutrition: Is It Possible to Manage Autoimmunity? – <b>Zühal Cevahir Taşkın</b>	15:40–15:55 Aesthetic Approaches to Dyspareunia: Aesthetics, Therapy, or Surgery? – <b>Pınar Kadiroğulları</b>	
16:20–16:40	EXHIBITION BREAK – COFFEE BREAK	15:55–16:05 EXHIBITION BREAK – COFFEE BREAK	
16:40–18:00	<b>SESSION 12:</b> <b>MIND-BODY UNITY AND PSYCHOSOCIAL LONGEVITY</b> <b>Session Chairs: İdil Topaloğlu, Mustafa Çay</b>	<b>PART 2: Non-Surgical Applications in Cosmetic Gynecology</b> <b>Session Chairs: Murat Yassa, Yusuf Başkıran</b>	
16:40–17:00	Stay in the Moment, Live Long: Longevity through Mindfulness – <b>Bilge Uzun</b>	16:05–16:20 Cervical Erosion and Aesthetic Surgery: Approach and Follow-Up – <b>Aşkı Ellibeş Kaya</b>	
17:00–17:20	The Future of Cognitive Longevity: Clinical Perspectives, Technology, and Human Experience – <b>Tuna Tüner</b>	16:20–16:35 Womanhood Perception After Difficult Births: Perineal Repairs and Aesthetic Approaches – <b>Sezen Bozkurt Köseoğlu</b>	
17:20–17:40	Longevity and Sleep: Melatonin, Circadian Rhythm, Mitochondrial Health – <b>Dilara Tekden Kırgız</b>	16:35–16:50 Biological Contributions of Genital PRP, Lase and Exosomes to Sexuality – <b>Kübra Bağcı</b>	
17:40–18:00	Societal Traumas and Body Memory: Clinical Effects of Osteopathic Interventions – <b>İbrahim Mayda</b>	16:50–17:05 From the G-Spot to the G-Shot: Myth or Medical Reality? – <b>Erhan Cömert</b>	
		17:05–17:15 EXHIBITION BREAK – COFFEE BREAK	
		<b>PART 3: Cosmetic Gynecology Video Session</b> <b>Session Chairs: Kerem Doğa Seçkin, Ayşegül Bestel</b>	
		17:15–17:30 Filler and PRP Applications in Sexual Dysfunction – <b>Sezen Bozkurt Köseoğlu</b>	
		17:30–17:45 Vaginoplasty and Labiaplasty: New Approaches in Aesthetics – <b>Erhan Cömert</b>	
		17:45–18:00 Revision Labiaplasty with Flap Surgery – <b>Pınar Kadiroğulları</b>	

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# Social Program

## 14 NOVEMBER 2025 - FRIDAY

20:15-20:30

Opening Remarks – Cem Keçe & Fatma Coşar

20:30-24:00

An Intimate Evening & Traditional Meyhane Night

## 15 NOVEMBER 2025 - SATURDAY

08:00-09:00

Longevity Exercises with Noyan Dülek – Noyan Dülek

20:15-20:30

Closing Remarks – Cem Keçe & Fatma Coşar

20:30-24:00

A Night at Dersaadet: LOWED 2nd Anniversary Party

## 16 NOVEMBER 2025 - SUNDAY

08:00-09:00

Longevity Exercises with Noyan Dülek – Noyan Dülek



## ORGANİZASYON SEKRETARYASI



**Figür Kongre Organizasyonları ve Tic. A.Ş.**

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