

NUTRITION & DIET



Aylin Şaşmaz, Dietitian

Acibadem Dr. Sinasi Can (Kadikoy) Hospital, İstanbul · Nutrition & Diet · Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE



EXPERIENCE
3+ years



LANGUAGES
Turkish · English



CONSULTS
Video · On-site



PATIENTS
90+ countries



SPECIALTY
Nutrition & Diet



FOCUS
Diet therapy for psychiatric disorders · ...



HOSPITAL
Acibadem Dr. Sinasi Can (Kadikoy) Hospital, ...



DEPARTMENT
Nutrition & Diet

CLINICAL FOCUS

Aylin Şaşmaz provides diet therapy for psychiatric disorders and nutrition for metabolic diseases, including dietary support for patients with cardiovascular conditions. Her areas of expertise also include gout nutrition, where dietary choices are one part of the overall management, and celiac disease nutrition, which centers on planning a balanced diet that avoids gluten.

A further part of her practice concerns nutrition at different life stages. She offers weight management for children and adolescents, pregnancy nutrition, menstrual cycle nutrition and menopause nutrition. She also provides sports nutrition guidance for people who are physically active and wish to align their diet with their training and health goals.

Diet therapy for psychiatric disorders

Nutrition for metabolic diseases

Menopause nutrition

Cardiovascular nutrition

Gout nutrition

INTERNATIONAL PATIENTS

Aylin Şaşmaz speaks Turkish and English, and interpreters can be arranged for patients who prefer another language. The international patient team coordinates the collection of prior reports and imaging, such as laboratory and pathology results, MRI, CT, X-ray or ultrasound reports, operative notes and discharge summaries, and arranges appointments and the hospital visit.

CONDITIONS TREATED

Nutrition for metabolic diseases

Weight management for children and adolescents

EDUCATION & TRAINING

2023 Acibadem Mehmet Ali Aydınlar University



PROFESSIONAL EXPERIENCE

2024 Acibadem Healthcare Services

2023–2024 Online Diet Counseling



PROCEDURES PERFORMED

Diet therapy for psychiatric disorders

Gout treatment

Celiac disease treatment



ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



PHONE
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Tap to call



WHATSAPP
+90 536 904 82 62
Tap to chat



WEBSITE
acibademinternational.com
Open the site



FREE CONSULTATION
Ask Aylin Şaşmaz about your case
Reply within 24 hours