



ACIBADEM LIFE CLINICAL SERVICE

Belinda İrem Ardal, MD

Acibadem Atasehir Hospital, İstanbul · Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE



LANGUAGES

Turkish · English



CONSULTS

Video · On-site



PATIENTS

90+ countries



PROFILE

Verified



SPECIALTY

Acibadem Life Clinical
Service

FOCUS

Clinical nutrition counseling
· ...

HOSPITAL

Acibadem Atasehir
Hospital, İstanbul

DEPARTMENT

Acibadem Life Clinical
Service

CLINICAL FOCUS

Dr. Ardal's listed areas of expertise cover the main components of nutrition care in a hospital environment. In clinical nutrition counseling, she reviews a patient's dietary habits, medical background, and current needs, and explains how nutrition relates to the patient's overall health situation.

Medical nutrition therapy refers to nutrition care that forms part of the management of a diagnosed medical condition. In this setting, dietary recommendations are aligned with the patient's treatment plan and adjusted over time as the patient's condition or clinical results change.

Clinical nutrition counseling

Personalized meal planning

Medical nutrition therapy

Lifestyle behavior change counseling



INTERNATIONAL PATIENTS

Dr. Ardal consults in Turkish and English, and interpreters can be arranged for patients who speak other languages. Before the visit, the international patient team coordinates the collection of prior reports and imaging, including laboratory and pathology results, MRI, CT, X-ray or ultrasound reports, operative notes, and discharge summaries, and arranges appointments and the hospital...



CONDITIONS TREATED

Clinical nutrition counseling

Personalized meal planning

Lifestyle behavior change counseling



EDUCATION & TRAINING

2023

Bahcesehir University

2019

Bahcesehir University



PROFESSIONAL EXPERIENCE

2024

Acibadem Health Group



PROCEDURES PERFORMED

Medical nutrition therapy

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 Dr. Ardal about your case

Reply within 24 hours