



NUTRITION & DIET

Bensu Enyüksek, Dietitian

Acibadem Taksim 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
Dietary assessment · Meal planning



HOSPITAL
Acibadem Taksim Hospital, İstanbul



DEPARTMENT
Nutrition & Diet



CLINICAL FOCUS

A consultation with Bensu Enyüksek usually begins with a dietary assessment. This involves reviewing what the patient currently eats, how meals are organised during the day and which medical or lifestyle factors may influence nutritional needs.

On the basis of this assessment, she prepares individual meal planning recommendations. Plans are adapted to the patient's health needs, daily routine and food preferences, and they are intended to be practical to follow at home. Lifestyle counseling forms a further part of her work, addressing everyday habits that affect eating patterns and supporting patients in maintaining changes over time.

Dietary assessment

Meal planning

Lifestyle counseling

Evidence-based nutrition care



INTERNATIONAL PATIENTS

Bensu Enyüksek consults in Turkish and English, and interpreters can be arranged for patients who speak other languages. Before a visit, the hospital's international patient team coordinates the collection of prior reports and relevant records, such as laboratory results, discharge summaries and notes from previous treatments, and arranges the appointment and the hospital visit.



CONDITIONS TREATED

Dietary assessment

Meal planning

Lifestyle counseling

Evidence-based nutrition care



EDUCATION & TRAINING

2023

Acibadem Mehmet Ali Aydınlar University Faculty of Health Sciences



PROFESSIONAL EXPERIENCE

2023

Acibadem Healthcare Services



ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



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WHATSAPP
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WEBSITE
acibademinternational.com
Open the site



FREE CONSULTATION
Ask Bensu Enyüksek about your case
Reply within 24 hours