

NUTRITION & DIET



Ekin Sayer, Dietitian

Acibadem Eskisehir Hospital · Nutrition & Diet · Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE

EXPERIENCE
5+ yearsLANGUAGES
Turkish · EnglishCONSULTS
Video · On-sitePATIENTS
90+ countriesSPECIALTY
Nutrition & DietFOCUS
Functional MedicineHOSPITAL
Acibadem Eskisehir
HospitalDEPARTMENT
Nutrition & Diet

CLINICAL FOCUS

Ekin Sayer is a dietitian at Acibadem Eskişehir Hospital, serving in the Nutrition and Diet and Functional Medicine units. She provides nutrition support for metabolic and cardiovascular conditions, oncology patients, and athletes, with additional interests in pregnancy, menopause, gout, iron deficiency, and weight management for children and adolescents.

Ekin Sayer is a dietitian at Acibadem Eskişehir Hospital, working in the Nutrition and Diet and Functional Medicine units. Her professional interests include nutrition for athletes, oncology patients, metabolic conditions, cardiovascular health, pregnancy, menopause, gout, iron deficiency, and weight management in children and adolescents.

Sports nutrition

Nutrition for bedbound patients

Oncology nutrition

Nutrition for metabolic diseases

Menopause nutrition



CONDITIONS TREATED

Nutrition for bedbound patients

Nutrition for metabolic diseases

Functional nutrition and functional foods



EDUCATION & TRAINING

- 2023** Functional Medicine Academy — Functional Medicine Dietitian Training – Functional Medicine Dietitian
- 2023** Anadolu University – Culinary Arts Associate Degree Program
- 2022** 5th Çukurova Congress of Gastrointestinal Diseases and Surgery – Gastroenterology Dietitian
- 2022** Yeditepe University



PROFESSIONAL EXPERIENCE

- 2025** Acibadem Healthcare Services
- 2023–2024** Private Gürlife Hospital — Dietitian
- 2022** İstanbul University ÇAPA Faculty of Medicine — Dietitian Intern
- 2022** NOA Nutrition and Diet Counseling Center — Dietitian Intern
- 2022** Yeditepe University İhtisas Hospital — Dietitian Intern
- 2022** Private Çakmak Erdem Hospital — Dietitian Intern

+5 earlier posts on the profile



PROCEDURES PERFORMED

Longevity

Gout treatment

ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE

PHONE
+90 535 876 04 89
Tap to callWHATSAPP
+90 536 904 82 62
Tap to chatWEBSITE
acibademinternational.com
Open the siteFREE CONSULTATION
Ask Ekin Sayer about your case
Reply within 24 hours