

NUTRITION & DIET



Esin Aydoğan, Dietitian

Acibadem Maslak Hospital, İstanbul · Nutrition & Diet · Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE

LANGUAGES
Turkish · English

CONSULTS
Video · On-site

PATIENTS
90+ countries

PROFILE
Verified

SPECIALTY
Nutrition & Diet

FOCUS
Weight management in children and...

HOSPITAL
Acibadem Maslak Hospital, İstanbul

DEPARTMENT
Nutrition & Diet

CLINICAL FOCUS

One of Esin Aydoğan's main areas of expertise is weight management in children and adolescents. In this age group, dietary guidance has to take growth and development into account, and plans are typically built around the family's eating habits, the child's daily routine and gradual, realistic changes rather than restrictive dieting.

Her practice further includes nutrition for oncology patients and nutrition for bedridden patients. In oncology, dietary support is often directed at maintaining weight and strength during treatment, managing side effects that affect appetite or eating, and adapting food choices as treatment progresses.

Weight management in children and adolescents

Nutrition for bedridden patients

Nutrition for oncology patients

Iron deficiency

INTERNATIONAL PATIENTS

Esin Aydoğan speaks Turkish and English, and interpreters can be arranged for patients who prefer another language. Before a visit, the international patient team coordinates the collection of prior reports and relevant documents, such as laboratory results, discharge summaries, previous treatment records and any imaging reports, and arranges the appointment and hospital visit.

CONDITIONS TREATED

Weight management in children and adolescents

Nutrition for bedridden patients

Nutrition for oncology patients

Iron deficiency

EDUCATION & TRAINING

2024 Acibadem Mehmet Ali Aydınlar University

PROFESSIONAL EXPERIENCE

2024 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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FREE CONSULTATION
Ask Esin Aydoğan about your case
Reply within 24 hours