

NUTRITION & DIET



Nilsu Küçük, 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
Nutrition for Bedridden Patients · ...



HOSPITAL
Acibadem Maslak Hospital, İstanbul



DEPARTMENT
Nutrition & Diet



CLINICAL FOCUS

Nutrition for bedridden patients is one of her main areas of work. Patients who are confined to bed for extended periods, whether at home or in hospital, may face changes in appetite, weight, muscle mass, and digestion, and their nutritional needs can differ from those of mobile patients.

She also works on nutrition in cardiovascular diseases, where dietary habits are one component of the overall management plan set by the treating physician. Her role is to translate medical recommendations into a daily eating pattern the patient can realistically maintain. A third area is iron deficiency anemia;

Nutrition for Bedridden Patients

Nutrition in Cardiovascular Diseases

Iron Deficiency Anemia



INTERNATIONAL PATIENTS

Nilsu Küçük consults in Turkish and English, and interpreters can be arranged for patients who speak other languages. Before a visit, the international patient team coordinates the collection of prior reports, such as laboratory results, discharge summaries, and any relevant imaging reports, and arranges the appointment and hospital visit.



CONDITIONS TREATED

Nutrition for bedridden patients

Nutrition in cardiovascular diseases

Iron deficiency anemia



EDUCATION & TRAINING

2025 Acibadem Mehmet Ali Aydınlar University



PROFESSIONAL EXPERIENCE

2025 Acibadem Healthcare Services



PROCEDURES PERFORMED

Anemia treatment



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 Nilsu Küçük about your case
Reply within 24 hours