

NUTRITION & DIET



Şeyda Sıla Bilgili Tokgöz, Dietitian

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

MEDICALLY VERIFIED PROFILE

EXPERIENCE
18+ years

LANGUAGES
Turkish · English

CONSULTS
Video · On-site

PATIENTS
90+ countries

SPECIALTY
Nutrition & Diet

FOCUS
Treatment of Obesity

HOSPITAL
Acibadem Bakirkoy
Hospital, İstanbul

DEPARTMENT
Nutrition & Diet

CLINICAL FOCUS

The central area of Şeyda Sıla Bilgili Tokgöz's practice is obesity treatment. Her approach is built on nutrition planning tailored to the individual: reviewing current eating patterns, health status and daily routine, and then preparing dietary guidance that the patient can realistically follow.

Beyond obesity, her expertise extends to clinical nutrition, including enteral and parenteral nutrition for patients who cannot meet their nutritional needs through ordinary food intake. In these situations, nutritional support is planned together with the treating medical team.

Obesity treatment

Nutrition planning

Dietary guidance

Sports nutrition

Clinical nutrition

INTERNATIONAL PATIENTS

Şeyda Sıla Bilgili Tokgöz consults in Turkish and English, and interpreters can be arranged for patients who speak other languages. Before a visit, the Acibadem international patient team coordinates the collection of prior reports and any relevant imaging, arranges appointments and organises the hospital visit.

CONDITIONS TREATED

Nutrition planning

Dietary guidance

EDUCATION & TRAINING

2014–2016 Anadolu University Pharmacy

2010–2011 Haw-Hamburg University –Ökotrophologie

2008–2013 Yeditepe University Faculty of Health Sciences

PROFESSIONAL EXPERIENCE

2016–2017 Beşiktaş Jimnastik Kulübü — Spor Diyetisyeni

2014–2016 Anadolu University — Lecturer

2013–2016 Ford Otosan İnönü Fabrikası — İşyeri Diyetisyeni

2013–2016 Acibadem Eskişehir Hospital — Dietitian

2013–2015 Eskişehir Spor Kulübü — Spor Diyetisyeni

2013 Acibadem Healthcare Services

PROCEDURES PERFORMED

Obesity treatment

Clinical nutrition

Enteral and parenteral nutrition

ACIBADEM HEALTHCARE GROUP Verified
network figures

45+
HOSPITALS & CLINICS

7
JCI-ACCREDITED

90+
COUNTRIES SERVED

20+
LANGUAGES IN-HOUSE

MEMBERSHIPS

- Türkiye Diyetisyenler Association
- Clinical Enteral Parenteral Nutrition Association

SELECTED PUBLICATIONS

Publications are listed on the online profile.

PHONE
+90 535 876 04 89
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WEBSITE
acibademinternational.com
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