



ACIBADEM LIFE CLINICAL SERVICE

Zehra Elban, MD

Acibadem Atasehir Hospital, İstanbul · Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE

EXPERIENCE

3+ years

LANGUAGES

Turkish · English

CONSULTS

Video · On-site

PATIENTS

90+ countries



SPECIALTY

Acibadem Life Clinical Service



FOCUS

Medical nutrition therapy · Personalized...



HOSPITAL

Acibadem Atasehir Hospital, İstanbul



DEPARTMENT

Acibadem Life Clinical Service



CLINICAL FOCUS

Dr. Elban's listed areas of expertise are medical nutrition therapy, personalized nutrition planning, clinical dietetics, evidence-based nutrition counseling, lifestyle behavior change counseling, and general wellness nutrition. Medical nutrition therapy involves assessing a patient's nutritional status and adjusting dietary intake as part of the wider management of a medical condition, in coordination with the treating...

Her counseling is described as evidence-based, meaning that recommendations are grounded in current scientific understanding of nutrition rather than short-lived dietary trends. Lifestyle behavior change counseling addresses the practical side of dietary change, helping patients identify realistic adjustments to eating habits and daily routines that can be maintained over time.

Medical nutrition therapy

Personalized nutrition planning

Clinical dietetics

Evidence-based nutrition counseling

Lifestyle behavior change counseling



INTERNATIONAL PATIENTS

Dr. Elban 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, including laboratory and pathology results, previous medical reports, discharge summaries and any relevant imaging reports, so that the necessary background is available in advance.



CONDITIONS TREATED

Personalized nutrition planning

Evidence-based nutrition counseling

Lifestyle behavior change counseling



EDUCATION & TRAINING

2022 Istanbul Okan University Faculty of Health Sciences

2021 Istanbul University



PROFESSIONAL EXPERIENCE

2024 Acibadem Health Group

2023-2024 Mita Healthy Clinic



PROCEDURES PERFORMED

Medical nutrition therapy



ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



PHONE

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Tap to call



WHATSAPP

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Tap to chat



WEBSITE

acibademinternational.com

Open the site



FREE CONSULTATION

Ask Dr. Elban about your case

Reply within 24 hours