

NUTRITION & DIET



Zehra Mevce Abatay Bıkmaz, Dietitian

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

MEDICALLY VERIFIED PROFILE



EXPERIENCE
4+ years



LANGUAGES
Turkish · English



CONSULTS
Video · On-site



PATIENTS
90+ countries



SPECIALTY
Nutrition & Diet



FOCUS
Diet therapy for psychiatric
disorders · ...



HOSPITAL
Acibadem Kartal Hospital,
İstanbul



DEPARTMENT
Nutrition & Diet



CLINICAL FOCUS

Her areas of expertise include diet therapy for psychiatric disorders and nutrition programmes for eating disorders, where dietary planning is coordinated with the patient's wider medical care.

Additional areas include nutrition for bedridden patients, sports nutrition, menopause nutrition and longevity nutrition. In each case, the dietary plan is adapted to the individual's medical condition, dietary requirements and treatment goals, and may be reviewed over time as the patient's situation changes.

Diet therapy for psychiatric disorders

Wilson disease nutrition

Nutrition for bedridden patients

Nutrition programmes for eating disorders

Sports nutrition



CONDITIONS TREATED

Nutrition for bedridden patients

Nutrition programmes for eating disorders

Nutrition for metabolic diseases

Carbohydrate counting



EDUCATION & TRAINING

2022

Muğla Sıtkı Koçman University



PROFESSIONAL EXPERIENCE

2026

Acibadem Healthcare Services

2024–2026

Prof. Dr. Samet Yardımcı

2022–2024

Hermes Clinic



PROCEDURES PERFORMED

Diet therapy for psychiatric disorders

Eating disorders treatment

Longevity

Gout treatment



ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



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WEBSITE
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Ask Zehra Mevce Abatay Bıkmaz
about your case
Reply within 24 hours