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He is born in Istanbul in 1961. He finished Istanbul University, Cerrahpaşa Faculty of Medicine in 1985 . He completed Internal Medicine Specialty in 1991. He completed Endocrinology and Metabolism Specialty in 1995. He earned Associate Professorship in 1996. He became Professor in 2009.

Currently, since 2009, he is a teaching staff member of Internal Medicine, Endocrinology and Metabolism at University Of Health Sciences Turkey, Faculty of Medicine, Sisli Hamidiye Etfal Teaching and Research Hospital.

His areas of Interest are as follows ; Diabetes, Obesity, thyroid, bariatric Insulin Resistance and Nutrition.

He is the director of Turkish Endocrinology and Metabolism Association, Medical Nutrition and Exercise Work group.

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