



Birsen YILMAZ

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ABOUT ME

I am Birsen YILMAZ, PhD in the Nutrition and Dietetics Department in Gazi University, Turkey. I graduated from Gazi University, one of the distinguished universities in my field in Turkey, in 2013, with one of the highest grades in the Nutrition and Dietetics Department apart from an honour degree. Later on, I received my MSc degree in Nutrition and Dietetics from Gazi University, in 2017, with a high average. I also completed my PhD education at the same university and department in 2021.

WORK EXPERIENCE

Research assistant

Gazi University, Department of Nutrition and Dietetics [15/09/2014 – Current]

Address: Muammer Yaşar Bostancı St. No:16 06560 Beşevler /ANKARA, Ankara (Turkey) - <http://gazi.edu.tr/>

EDUCATION AND TRAINING

Doctor of Philosophy (Ph.D), Nutrition and Dietetics

Gazi University [01/02/2017 – 21/06/2021]

Address: Ankara (Turkey)

Master of Science (MSc), Nutrition and Dietetics

Gazi University [14/09/2014 – 26/01/2017]

Address: Ankara (Turkey)

Bachelor of Science (BS), Nutrition and Dietetics

Gazi University [18/10/2009 – 01/07/2013]

Address: Ankara (Turkey)

LANGUAGE SKILLS

Mother tongue(s):

Turkish

Other language(s):

English

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

Spanish

LISTENING A1 READING A1 WRITING A1

SPOKEN PRODUCTION A1 SPOKEN INTERACTION A1

PUBLICATIONS

Publications

- Yeşilyurt N, Yılmaz B, Ağagündüz D, Capasso R. Involvement of Probiotics and Postbiotics in the Immune System Modulation. *Biologics*. 2021; 1(2):89-110. <https://doi.org/10.3390/biologics1020006>
- Yılmaz B, Ağagündüz D (2020). Fractionated Palm Oils: Emerging Roles in the Food Industry and Possible Cardiovascular Effects. *Critical Reviews in Food Science and Nutrition*, DOI: [10.1080/10408398.2020.1869694](https://doi.org/10.1080/10408398.2020.1869694).
- Yılmaz B, Akbulut G. (2020). The Evaluation of the Nutritional Status in Patients with irritable Bowel Syndrome. *Clinical and Experimental Health Sciences (In press)*.
- Yılmaz B, Ağagündüz D. (2020). Bioactivities of hen's egg yolk phosphopeptides in food industry and health. *Journal of Food Science* 85 (10), 2969-2976.
- Ağagündüz D, Yılmaz B, Şahin TÖ. (2020). Evaluation of Ascorbic Acid Content and Total Antioxidant Status of Fresh-Squeezed Orange Juices. *Carpathian Journal of Food Science & Technology* 4(1), 17-25.
- Yılmaz B, Gezmen-Karadağ M. (2020). The current review of adolescent obesity: the role of genetic factors. *Journal of Pediatric Endocrinology & Metabolism: JPEM*.DOI: <https://doi.org/10.1515/jpem-2020-0480>
- Birsen Yılmaz, Nilüfer Acar-Tek, Saniye Sözlü (2017). Turkish cultural heritage: A cup of coffee. *Journal of Ethnic Foods* 4(213-220).
- Köksal E, Yardımcı H, Kocaadam B, Deniz Güneş B, Yılmaz B, Karabudak E. (2016). Relationship between dietary caffeine intake and blood pressure in adults. *International Journal of Food Sciences and Nutrition*.
- Yılmaz B, Efsun K. (2018). Diyet Kaynaklı İleri Glikasyon Son Ürünleri ve Sağlık Üzerine Etkileri. *ACU Sağlık Bil Derg*, 9(4)(349-356).
- Yılmaz B, Şanlıer N. (2017). Konjuge Linoleik Asidin Sağlık, Vücut Ağırlığı ve Vücut Bileşimi Üzerine Etkisi. *Türkiye Klinikleri Journal of Health Sciences*, 2(1)(47-54).
- Sözlü S, Yılmaz B, Acar-Tek N. (2017). Coffee Consumption and Relation with some Diseases. *Süleyman Demirel Üniversitesi Sağlık Bilimleri Dergisi*, 1(1-7).
- Yılmaz B, Karabudak E. (2016). Advanced Glycation End Products and Reduction Methods in Foods. *Beşenme ve Diyet Dergisi* ,
- Cetin I, Nalbantçılar MT, Yılmaz B, Tosun K, Nazik K. (2016). Correlation of trace element levels in drinking water with body composition of children. *Medical Journal of Selcuk*, 32(4)(1-5).
- Akbulut G, Yılmaz B. (2016). The Role of Food Services in Prevention of Hospital Malnutrition. *Türkiye Klinikleri J Nutr Diet-Special Topics*, 2(33-9).
- Çetin İ, Muhtaroğlu S, Yılmaz B, Kurtoğlu S. (2015). Evaluation of segmental body composition by gender in obese children using bioelectric impedance analysis method. *Dicle Tıp Dergisi* , 4(449-454).
- Çetin İ, Muhtaroğlu S, Yılmaz B, Kurtoğlu S. (2015). Evaluation of Small Dense LDL, Endothelin-1 And Lipocalin-2 Levels in Obese Children. *Batman Üniversitesi Yasam Bilimleri Dergisi*, 1(151-161).

HONOURS AND AWARDS

Honours and awards

Gazi University International Publication Award (2017)

Gazi University International Publication Award (2021)

ORGANISATIONAL SKILLS

Organisational skills

-Senior assistant; currently responsible in the food chemistry laboratory

-Good team-leading skills gained as a nature and food photographer

COMMUNICATION AND INTERPERSONAL SKILLS

Communication and interpersonal skills

I gained good communication skills through my experience as a research assistant. I work harmoniously in the laboratory as well as I am very eager to learn new knowledge and skills.

JOB-RELATED SKILLS

Job-related skills

-Mentoring skills (as an internship supervisor, I am responsible for the training and induction of students)

-In my department, I am responsible for the preparation of documents related to the Evaluation and Accreditation of Health Sciences Education Programs. As well as, I am a member of the Erasmus Agreement process.

COURSES

Courses

During my professional experience, I also took online courses about nutrition at FutureLearn in collaboration with UK universities and the British Dietetics Association (BDA), which was an online learning platform, and upon successful completion received a certificate. Also, I attended face-to-face courses on HPLC, ELISA, spectrophotometer, and microbiota analysis. I successfully completed and received the certificates from all of them. On the other hand, I went to Spain as an Erasmus student in 2019. I completed my internship in an endocrinology laboratory. I was a part of all the studies performed there. I developed my skills, especially in ELISA, Western Blot and molecular biology analysis (mainly PCR).

Moreover, I attended numerous national and international conferences, congresses, and workshops with oral and poster presentations in the field of food and nutritional sciences. I had also respectable experience as a reviewer and editorial team member in national and international prestigious journals.

Now, I keep improving my skills and learning new techniques.

Presentations

- AĞAGÜNDÜZ, D., YILMAZ, B., YEŞİLYURT, N., YÜKSEL, M., YAZICI, F., YIKAR, H., ... YILMAZ, E.(2021). *Lakt ozsuz gıdalara tüketicilerin bakış açısı: Bilgi, davranış ve tutumlarının değerlendirilmesi* . 2. Uluslararası Sürdürülebilir Yaşam Kongresi, Ankara, Turkey
- AĞAGÜNDÜZ, D., YILMAZ, B., & YÖRÜSÜN, T. Ö. , (2021). *Thermo-oxidative alterations during repeated domestic deep-frying of potatoes: Palm oils and sunflower oils*. 9th International Singapore Lipid Symposium – online, Singapore
- AĞAGÜNDÜZ, D., YÖRÜSÜN, T. Ö. , & YILMAZ, B., (2020). *Organik Ve Organik Olmayan Çay İnfüzyonlarının Toplam Fenolik Madde Miktarlarının Değerlendirilmesi* . 9. Ulusal Sağlıklı Yaşam Kongresi, Turkey
- AĞAGÜNDÜZ, D., YILMAZ, B., & YÖRÜSÜN, T. Ö. , (2020). *Ülkemizde piyasada bulunan organik besinler ve bunlara ilişkin bazı özelliklerin değerlendirilmesi* . 3rd International Eurasian Conference on Biological and Chemical Sciences (EurasianBioChem 2020)
- YILMAZ, B., AKBULUT, G., & YURTDAŞ, G., (2019). *LIFE QUALITY OF PATIENTS WITH IRRITABLE BOWEL SYNDROME*. 41st ESPEN Congress on Clinical NutritionMetabolism
- YILMAZ, B., AKBULUT, G., & YURTDAŞ, G., (2019). *EVALUATION OF DIETARY FIBER INTAKE AND GASTROINTESTINAL SYMPTOMS OF PATIENTS WITH IRRITABLE BOWEL SYNDROME*. 41st ESPEN Congress on Clinical NutritionMetabolism
- AĞAGÜNDÜZ, D., YILMAZ, B., & YÖRÜSÜN, T. Ö. , (2019). *Yetişkin BireylerinMeyve Suyu Satın Alma ve Tüketim Alışkanlarının Değerlendirilmesi* . 2nd International Eurasian Conference on Biological and Chemical Science
- Yılmaz B, Gezmen-Karadağ M, Yıldiran H., 2018. *Do Eating Disorders Affect Eating Habits in Adult Males?*, 25th European Congress on Obesity Vienna, Austria
- Gezmen-Karadağ M, Yıldiran H, Yılmaz B., 2018. *Do Eating Disorders Affect the Waist-Hip Ratio in Adult Males?*, 25th European Congress on Obesity Vienna, Austria
- Yıldiran H, Gezmen-Karadağ M, Yılmaz B., 2018. *Is Orthorexia Tendency Affecting their Eating Habits in Males?*, 25th European Congress on Obesity Vienna, Austria
- Gezmen-Karadağ M, Yıldiran H, Yılmaz B., 2018. *Does Orthorexia Tendency Affect Waist-Hip Ratio in Males?*, 25th European Congress on Obesity Vienna, Austria
- Yılmaz B, Gezmen-Karadağ M, Yıldiran H., 2018. *Is Body Mass Index Effective on Diet with Low Energy Products?*, 25th European Congress on Obesity Vienna, Austria
- Yılmaz B, Akbulut G , 2017. *Evaluation of Sitophobia and Gastrointestinal System Symptoms in Irritable Bowel Syndrome Patients*, INTERNATIONAL HEALTHY NUTRITION CONGRESS: GASTROINTESTINAL DISEASES İzmir
- Yılmaz B, Akbulut G , 2017. *Evaluation of Nutritional Status in Patients with Irritable Bowel Syndrome* , INTERNATIONAL HEALTHY NUTRITION CONGRESS: GASTROINTESTINAL DISEASES İzmir
- Yılmaz B, Akbulut G, Acar-Tek N. , 2017. *Rosemary (Rosmarinus Officinalis L.): Its composition and clinical properties*, 1st INTERNATIONAL CONGRESS ON MEDICINAL AND AROMATIC PLANTS May, 09-12 2017 Konya