

Prof. OKAN BÜLENT YILDIZ

Personal Information

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Biography

Bulent Yildiz earned his medical degree from Hacettepe University School of Medicine, and completed his residency in Internal Medicine, and a fellowship in Endocrinology and Metabolism at the same institution. He was a postdoctoral scholar at the Center for Pharmacogenomics and Interdepartmental Clinical Pharmacology Center, David Geffen School of Medicine at UCLA, Los Angeles, California, where he also completed a National Institutes of Health training program in translational investigation.

He is currently Professor of Medicine / Endocrinology and Metabolism at Hacettepe University School of Medicine, Ankara, Turkey. His clinical and research interests involve obesity, diabetes and androgen excess disorders in women including polycystic ovary syndrome. He has published over 120 original articles, reviews and book chapters, and delivered several presentations, lectures and conferences worldwide.

Dr. Yildiz is an associate editor of The Journal of Endocrine Society. He has served as an editorial board member of Journal of Clinical Endocrinology and Metabolism among several other highly ranked scientific journals. He was an Executive Committee Member and Officer of the European Society of Endocrinology, Board Member of Androgen Excess and PCOS Society and the General Secretary of the Society of Endocrinology and Metabolism of Turkey. He chaired the Program Organizing Committee of the 19th European Congress of Endocrinology (ECE2017) and co-chaired the Congress of the American Endocrine Society (ENDO2021). He is the founder and president of the EndoBridge®, a unique international educational initiative supported by Endocrine Society and the European Society of Endocrinology. He was selected in 2020 as the European Clinical Lead for the ESE Reproductive and Developmental Endocrinology Focus Area.

His awards include the Distinguished Young Scientist Award from Hacettepe University and the Turkish Academy of Sciences, the Young Scientist Award of The Scientific and Technological Research Council of Turkey, and the Eisenhower Fellowship for international leadership from The Eisenhower Foundation of the United States. Fellowship of Dr. Yildiz focuses on the academia-government-industry relations on research, public policy and healthcare delivery for the prevention and management of chronic diseases, specifically diabetes and obesity.

Education Information

Post Doctorate of Medicine, Hacettepe Üniversitesi, Tıp Fakültesi, Endokrinoloji Ve Metabolizma, Turkey 1999 - 2001

Expertise In Medicine, Hacettepe Üniversitesi, Tıp Fakültesi, İç Hastalıkları, Turkey 1994 - 1999

Research Areas

Medicine, Health Sciences, Internal Medicine Sciences, Internal Diseases , Endocrinology and Metabolic Diseases

Academic Titles / Tasks

Professor, Hacettepe Üniversitesi, Tıp Fakültesi, Dahili Tıp Bilimleri Bölümü, 2011 - Continues

Associate Professor, Hacettepe Üniversitesi, Tıp Fakültesi, Dahili Tıp Bilimleri Bölümü, 2005 - 2011

Assistant Professor, Hacettepe Üniversitesi, Tıp Fakültesi, Dahili Tıp Bilimleri Bölümü, 2004 - 2005

Articles Published in Journals That Entered SCI, SSCI and AHCI Indexes

- I. **The interplay between metabolic dysregulations and non-alcoholic fatty liver disease in women after menopause**
Robeva R., Mladenovic D., Veskovc M., Hrcnc D., Bjekic-Macut J., Stanojlovic O., Livadas S., YILDIZ O. B. , Macut D.
MATURITAS, vol.151, pp.22-30, 2021 (Journal Indexed in SCI)
- II. **One year of the pandemic - how European endocrinologists responded to the crisis : a statement from the European Society of Endocrinology**
Giustina A., Marazuela M., Reincke M., YILDIZ O. B. , Puig-Domingo M.
EUROPEAN JOURNAL OF ENDOCRINOLOGY, vol.185, no.2, 2021 (Journal Indexed in SCI)
- III. **Integrating Transwomen and Female Athletes with Differences of Sex Development (DSD) into Elite Competition: The FIMS 2021 Consensus Statement.**
Hamilton B. R. , Lima G., Barrett J., Seal L., Kolliari-Turner A., Wang G., Karanikolou A., Bigard X., Löllgen H., Zupet P., et al.
Sports medicine (Auckland, N.Z.), vol.51, pp.1401-1415, 2021 (Journal Indexed in SCI)
- IV. **The impact of ageing and menopause in women with polycystic ovary syndrome**
Helvacı N., YILDIZ O. B.
CLINICAL ENDOCRINOLOGY, 2021 (Journal Indexed in SCI)
- V. **COVID-19 and endocrine and metabolic diseases. An updated statement from the European Society of Endocrinology**
Puig-Domingo M., Marazuela M., YILDIZ O. B. , Giustina A.
ENDOCRINE, vol.72, no.2, pp.301-316, 2021 (Journal Indexed in SCI)
- VI. **Publication outcome of research presented at the European Congress of Endocrinology: a web scraping-based analysis and critical appraisal.**
Saygılı E. S. , Yildiz B. O.
Endocrine, vol.72, pp.385-391, 2021 (Journal Indexed in SCI)
- VII. **Influence of ethnicity on different aspects of polycystic ovary syndrome: a systematic review.**
Sendur S. N. , Yildiz B. O.
Reproductive biomedicine online, vol.42, pp.799-818, 2021 (Journal Indexed in SCI)
- VIII. **An Update on Contraception in Polycystic Ovary Syndrome**
Oguz S. H. , YILDIZ O. B.
ENDOCRINOLOGY AND METABOLISM, vol.36, no.2, pp.296-311, 2021 (Journal Indexed in SCI)
- IX. **Aging versus youth: Endocrine aspects of vulnerability for COVID-19**
Oguz S. H. , KOCA M., YILDIZ O. B.
REVIEWS IN ENDOCRINE & METABOLIC DISORDERS, 2021 (Journal Indexed in SCI)
- X. **Prevalence of Obesity and Its Impact on Outcome in Patients With COVID-19: A Systematic Review and Meta-Analysis.**
Helvacı N., Eyupoglu N. D. , Karabulut E., Yildiz B. O.
Frontiers in endocrinology, vol.12, pp.598249, 2021 (Journal Indexed in SCI)

- XI. **Polycystic Ovary Syndrome and Brain: An Update on Structural and Functional Studies.**
Ozgen Saydam B., Yildiz B. O.
The Journal of clinical endocrinology and metabolism, vol.106, 2021 (Journal Indexed in SCI)
- XII. **Gut Microbiota and Oral Contraceptive Use in Overweight and Obese Patients with Polycystic Ovary Syndrome**
EYÜPOĞLU N. D. , ERGÜNAY K., AÇIKGÖZ PINAR A., AKYÖN YILMAZ Y., Yilmaz E., Yildiz B. O.
JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM, vol.105, no.12, 2020 (Journal Indexed in SCI)
- XIII. **Obesity and physical exercise.**
Celik O., Yildiz B. O.
Minerva endocrinologica, 2020 (Journal Indexed in SCI Expanded)
- XIV. **Glucagon-like peptide-1, a matter of taste?**
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- XV. **Characterization of gut microbiota in polycystic ovary syndrome: Findings from a lean population**
Mammadova G., ÖZKUL KOÇAK C., YILMAZ İŞIKHAN S., AÇIKGÖZ A., YILDIZ O. B.
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- XVI. **Polycystic ovary syndrome and aging: Health implications after menopause**
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MATURITAS, vol.139, pp.12-19, 2020 (Journal Indexed in SCI)
- XVII. **Tissue fat quantification by magnetic resonance imaging: proton density fat fraction in polycystic ovary syndrome**
OĞUZ BAYKAL S. H. , İdilman I., HELVACI N., ÇALIŞKAN GÜZELCE E., Eyupoglu D., KARÇAALTINCABA M., Yildiz B. O.
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- XVIII. **Adiponectin levels decrease independently of body mass index and diabetes type after the normalization of hyperglycemia**
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- XIX. **Circulating gut microbiota metabolite trimethylamine N-oxide and oral contraceptive use in polycystic ovary syndrome.**
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- XX. **Recommendations for epidemiologic and phenotypic research in polycystic ovary syndrome: an androgen excess and PCOS society resource**
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- XXI. **Anti-Mullerian hormone as a diagnostic tool for PCOS under different diagnostic criteria in an unselected population**
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- XXII. **Is muscle mechanical function altered in polycystic ovary syndrome?**
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ARCHIVES OF GYNECOLOGY AND OBSTETRICS, vol.300, no.3, pp.771-776, 2019 (Journal Indexed in SCI)
- XXIII. **Prevalence of Metabolic Syndrome and Its Relation to Physical Activity and Nutrition in Azerbaijan**
Mammadova A., Isikhan S., AÇIKGÖZ A., Yildiz B. O.
METABOLIC SYNDROME AND RELATED DISORDERS, vol.17, no.3, pp.160-166, 2019 (Journal Indexed in SCI)
- XXIV. **Standards of care for hypoparathyroidism in adults: a Canadian and International Consensus**
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- XXV. **Prevalence and predictors of gestational diabetes mellitus: a nationwide multicentre prospective study**

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- XXVI. **Metabolic Syndrome During Menopause**
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- XXVII. **Impact of Obesity on the Metabolic Control of Type 2 Diabetes: Results of the Turkish Nationwide Survey of Glycemic and Other Metabolic Parameters of Patients with Diabetes Mellitus (TEMDO Obesity Study)**
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- XXVIII. **Endocrinology of Hirsutism: From Androgens to Androgen Excess Disorders**
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- XXIX. **The association of cardiorespiratory fitness, body mass index, and age with testosterone levels at screening of healthy men undergoing preventive medical examinations: The Cooper Center Longitudinal Study**
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- XXX. **Turkish nationwide survey of glycemic and other Metabolic parameters of patients with Diabetes mellitus (TEMDO study)**
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- XXXI. **Diabetes mellitus and insulin resistance in mothers, fathers, sisters, and brothers of women with polycystic ovary syndrome: a systematic review and meta-analysis**
YILMAZ B., Vellanki P., Ata B., Yildiz B. O.
FERTILITY AND STERILITY, vol.110, no.3, pp.523-547, 2018 (Journal Indexed in SCI)
- XXXII. **Androgen Excess- Polycystic Ovary Syndrome Society: position statement on depression, anxiety, quality of life, and eating disorders in polycystic ovary syndrome**
Dokras A., Stener-Victorin E., Yildiz B. O., Li R., Ottey S., Shah D., Epperson N., Teede H.
FERTILITY AND STERILITY, vol.109, no.5, pp.888-899, 2018 (Journal Indexed in SCI)
- XXXIII. **Metabolic syndrome, hypertension, and hyperlipidemia in mothers, fathers, sisters, and brothers of women with polycystic ovary syndrome: a systematic review and meta-analysis**
YILMAZ B., Vellanki P., Ata B., Yildiz B. O.
FERTILITY AND STERILITY, vol.109, no.2, pp.356-396, 2018 (Journal Indexed in SCI)
- XXXIV. **Polycystic ovary syndrome and the risk of obstructive sleep apnea: a meta-analysis and review of the literature**
Helvacı N., KARABULUT E., DEMİR A. U., Yildiz B. O.
ENDOCRINE CONNECTIONS, vol.6, no.7, pp.437-445, 2017 (Journal Indexed in SCI)
- XXXV. **An International Consortium Update: Pathophysiology, Diagnosis, and Treatment of Polycystic Ovarian Syndrome in Adolescence**
Ibanez L., Oberfield S. E., Witchel S. F., Auchus R. J., Chang R. J., Codner E., Dabadghao P., Darendeliler F., Elbarbary N. S., Gambineri A., et al.
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- XXXVI. **Structural imaging of the brain reveals decreased total brain and total gray matter volumes in obese but not in lean women with polycystic ovary syndrome compared to body mass index-matched counterparts**
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- XXXVII. **Suppressed Adiponectin Levels and Increased Adiponectin Response to Oral Glucose Load in Lean Women with Severe Acne Normalizes after Isotretinoin Treatment**
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- XXXVIII. **The prevalence and phenotypic features of polycystic ovary syndrome: a systematic review and meta-analysis**
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- XXXIX. **Obesity, type 2 diabetes mellitus and cardiovascular disease risk: an uptodate in the management of polycystic ovary syndrome**
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- XL. **Polycystic ovary syndrome**
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- XLI. **REPRODUCTIVE ENDOCRINOLOGY Contraceptives, exercise and diet - are all three needed in PCOS?**
Yildiz B. O.
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- XLII. **Evolutionary determinants of polycystic ovary syndrome: part 1**
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- XLIII. **Oxidative Stress and Periodontal Disease in Obesity**
DURSUN E., Akalin F. A., Genc T., Cinar N., Erel O., Yildiz B. O.
MEDICINE, vol.95, no.12, 2016 (Journal Indexed in SCI)
- XLIV. **Response to the Letter by Alireza A., et al.**
Yildiz B. O.
The Journal of clinical endocrinology and metabolism, vol.101, 2016 (Journal Indexed in SCI Expanded)
- XLV. **Gut-Brain Axis and Metabolism in Polycystic Ovary Syndrome**
SAYDAM B., Yildiz B. O.
CURRENT PHARMACEUTICAL DESIGN, vol.22, no.36, pp.5572-5587, 2016 (Journal Indexed in SCI)
- XLVI. **Weight-sparing effect of insulin detemir: A consequence of central nervous system-mediated reduced energy intake?**
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- XLVII. **New insights into the mechanisms of diastolic dysfunction in patients with type 2 diabetes**
Bayraktar A., Canpolat U., Demiri E., Kunak A. U., ÖZER N., AKSÖYEK S., ÖVÜNÇ K., Ozkan A., YILDIZ O. B., ATALAR E.
SCANDINAVIAN CARDIOVASCULAR JOURNAL, vol.49, no.3, pp.142-148, 2015 (Journal Indexed in SCI)
- XLVIII. **Comparison of adrenocortical steroidogenesis in women with post-adolescent severe acne and polycystic ovary syndrome**
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JOURNAL OF THE EUROPEAN ACADEMY OF DERMATOLOGY AND VENEREOLOGY, vol.29, no.5, pp.875-880, 2015 (Journal Indexed in SCI)
- XLIX. **Approach to the Patient: Contraception in Women With Polycystic Ovary Syndrome**
Yildiz B. O.
JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM, vol.100, no.3, pp.794-802, 2015 (Journal Indexed in SCI)

- L. **The polycystic ovary syndrome: a position statement from the European Society of Endocrinology**
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- LI. **European survey of diagnosis and management of the polycystic ovary syndrome: results of the ESE PCOS Special Interest Group's Questionnaire**
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- LII. **Fasting and post-prandial glucagon like peptide 1 and oral contraception in polycystic ovary syndrome**
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- LIII. **Oral contraceptives in polycystic ovary syndrome**
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- LIV. **Insulin sensitivity, androgens and isotretinoin therapy in women with severe acne**
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- LV. **Vitamin D status and seasonal changes in plasma concentrations of 25-hydroxyvitamin D in office workers in Ankara, Turkey**
Cinar N., HARMANCI A., Yildiz B. O. , BAYRAKTAR M.
EUROPEAN JOURNAL OF INTERNAL MEDICINE, vol.25, no.2, pp.197-201, 2014 (Journal Indexed in SCI)
- LVI. **Effects of L-Thyroxine on Gastric Motility and Ghrelin in Subclinical Hypothyroidism: A Prospective Study**
CANPOLAT A. G. , KAV T., SİVRİ B., YILDIZ B. O.
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- LVII. **Basal and Meal-Stimulated Ghrelin, PYY, CCK Levels and Satiety in Lean Women With Polycystic Ovary Syndrome: Effect of Low-Dose Oral Contraceptive**
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- LVIII. **Interventions for the metabolic dysfunction in polycystic ovary syndrome**
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- LIX. **Referral Bias in Defining the Phenotype and Prevalence of Obesity in Polycystic Ovary Syndrome**
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- LX. **Effects of L-Thyroxine Therapy on Circulating Leptin and Adiponectin Levels in Subclinical Hypothyroidism: A Prospective Study**
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- LXI. **25-OH-Vitamin D and procalcitonin levels after correction of acute hyperglycemia**
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- LXII. **Ethinyl estradiol-drospirenone vs ethinyl estradiol-drospirenone plus metformin in the treatment of lean women with polycystic ovary syndrome**
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- LXIII. **The Efficacy and Safety of Triple vs Dual Combination of Angiotensin II Receptor Blocker and Calcium Channel Blocker and Diuretic: A Systematic Review and Meta-Analysis**

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- LXV. **Serum resistin and high sensitive CRP levels in patients with subclinical hypothyroidism before and after L-thyroxine therapy**
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- LXVI. **Oral contraceptive plus antiandrogen therapy and cardiometabolic risk in polycystic ovary syndrome**
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- LXVII. **Polycystic Ovary Syndrome Novel Insights into Causes and Therapy Preface**
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- LXVIII. **Combined Oral Contraceptives in Polycystic Ovary Syndrome - Indications and Cautions**
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- LXIX. **Adrenocortical steroid response to ACTH in different phenotypes of non-obese polycystic ovary syndrome**
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- LXX. **Family planning 2011: better use of existing methods, new strategies and more informed choices for female contraception The ESHRE Capri Workshop Group**
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- LXXI. **Prevalence, phenotype and cardiometabolic risk of polycystic ovary syndrome under different diagnostic criteria**
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- LXXIII. **Consensus on women's health aspects of polycystic ovary syndrome (PCOS): the Amsterdam ESHRE/ASRM-Sponsored 3rd PCOS Consensus Workshop Group**
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Supported Projects

- YILDIZ O. B. , EYÜPOĞLU N. D. , Project Supported by Higher Education Institutions, Polikistik Over Sendromlu Kadınların İntestinal Aracılı Kardiyovasküler Risk Faktörlerinin Belirlenmesi, 2018 - 2020
- YILDIZ O. B. , AÇIKGÖZ A., EYÜPOĞLU N. D. , YILMAZ IŞIKHAN S., ÖZKUL C., ÇALIŞKAN E., Project Supported by Higher Education Institutions, Polikistik Over Sendromlu Obez Kadınlarda İntestinal Mikrobiyotanın Reprodüktif Sistem ve Metabolizma Üzerine Etkilerinin İncelenmesi, 2018 - 2019
- BAYRAKTAR M., ERBAŞ A. T. , GÜRLEK Ö. A. , DAĞDELEN S., YILDIZ O. B. , Project Supported by Higher Education Institutions, 2. Erişkin Metabolik Hastalıklar Sempozyumu, 2017 - 2019
- YILDIZ O. B. , Project Supported by Higher Education Institutions, PKOS ailelerinde genotipin global fenotipik ekspresyonu, 2017 - 2018
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Activities in Scientific Journals

ENDOCRINE, Committee Member, 2017 - Continues

JOURNAL OF ENDOCRINOLOGICAL INVESTIGATION, Committee Member, 2015 - 2018

Memberships / Tasks in Scientific Organizations

ESE Reproductive and Developmental Endocrinology Focus Area , Co-chairman, 2020 - Continues, England

European Society of Endocrinology, Board Member, 2014 - 2020, England

Secretary General, 2011 - 2015, Turkey

Androgen Excess and PCOS Society, Board Member, 2011 - 2015, Turkey

Scientific Refereeing

EUROPEAN JOURNAL OF ENDOCRINOLOGY, SCI Journal, June 2020

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Edit Congress and Symposium Activities

18th Annual Meeting of the Androgen Excess and PCOS Society, Invited Speaker, California, United States Of America, 2020

3rd International Symposium on Advances in PCOS and Women's Health, Invited Speaker, Belgrade, Serbia, 2020

International Meeting of the Belarusian Society of Endocrinology and Metabolism, Invited Speaker, Minsk, Belarus, 2020

Citations

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Invited Talks

Polycystic Ovary Syndrome, Seminar, The University of Birmingham, England, September 2020

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Hormones and Diseases, Conference, European Parliament, Belgium, March 2018

Awards

Yıldız O. B. , TÜBİTAK Bilim Teşvik Ödülü, Tübitak, October 2008

Yıldız O. B. , TÜBA - GEBİP, Türkiye Bilimler Akademisi (Tüba), September 2006

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Yıldız O. B. , Hacettepe Üniversitesi Bilimde Teşvik Ödülü, Hacettepe Üniversitesi, October 2004

Yıldız O. B. , Hot Topics in Endocrinology, Amerikan Endokrin Derneği, September 2002