

## Prof.Dr. OKAN BÜLENT YILDIZ

### Kişisel Bilgiler

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### Uluslararası Araştırmacı ID'leri

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Yoksis Araştırmacı ID: 170351

### Eğitim Bilgileri

Tıpta Yandal Uzmanlık, Hacettepe Üniversitesi, Tıp Fakültesi, Endokrinoloji Ve Metabolizma, Türkiye 1999 - 2001

Tıpta Uzmanlık, Hacettepe Üniversitesi, Tıp Fakültesi, İç Hastalıkları, Türkiye 1994 - 1999

### Biyografi

Hacettepe Üniversitesi Tıp Fakültesi'ni bitirdikten sonra aynı üniversitede İç Hastalıkları ihtisasını 1999 yılında, Endokrinoloji ve Metabolizma Hastalıkları üst ihtisasını 2001 yılında tamamladı. 2002-2004 yılları arasında A.B.D.'de Kaliforniya Üniversitesi Los Angeles kampüsünde obezitede yağ dokusu fonksiyon bozuklukları, iştah hormonları, insulin direnci ve polikistik over sendromu alanlarında doktora sonrası çalışmalar yaptı. Aynı süreçte National Institutes of Health "Advanced Training Program in Translational Investigation" fellowship programını tamamladı. 2005 yılında doçent, 2011 yılında profesör oldu.

Uluslararası saygın dergilerde ve referans kitaplarında 130'un üzerinde makale, derleme ve kitap bölümü bulunan Dr. Yıldız, A.B.D. ve Avrupa ülkeleri başta olmak üzere birçok ülkede düzenlenen kongre ve konferanslarda davetli konuşmacı, panelist ve moderatör olarak yer almıştır. Porto ve Belgrad Üniversiteleri ziyaretçi profesörüdür. PKOS konusunda uluslararası tanı ve tedavi kılavuzlarının yazarıdır. Avrupa Parlamentosu'nda 2018 yılında ilk kez gerçekleştirilen endokrin oturumunda "hormonlar ve hastalıklar" konusunda bir konuşma yapmıştır. Hormon hastalıkları alanında dünyanın en büyük iki kuruluşu olan Amerika ve Avrupa Endokrin Derneklerini ilk kez bir araya getiren EndoBridge Uluslararası Kapasite Geliştirme Projesi'nin kurucusu ve başkanıdır.

Dr. Yıldız, aralarında JCEM'in de yer aldığı birçok dergide editör ve editörler kurulu üyesi olarak görev almıştır. Geçmişte Androjen Fazlalığı ve PKOS Derneği yöneticisi, Türkiye Endokrinoloji ve Metabolizma Derneği genel sekreteri ve 114 ülkeden beş binin üzerinde üyesi bulunan, çatısında 59 Ulusal, 13 Avrupa Alt uzmanlık derneğinin yer aldığı Avrupa Endokrinoloji Derneği'nin yönetim kurulu üyesi ve yöneticisi olarak görev yapmıştır. 2017 yılında Avrupa Endokrinoloji Kongresi Başkanlığı sonrası 2021 ve 2022 yıllarında Amerikan Endokrin Kongresi ENDO'nun eşbaşkanı olan Dr. Yıldız, bu görevlere seçilmiş ilk Türk bilim insanıdır.

Ulusal ve uluslararası birçok ödülü bulunan Dr. Yıldız'ın bu ödülleri arasında Amerikan Endokrinoloji Derneği "Hot Topics in Endocrinology" Seyahat Ödülü, Hacettepe Üniversitesi Bilim Teşvik Ödülü, Türkiye Bilimler Akademisi GEBİP Ödülü, TÜBİTAK Bilim Teşvik Ödülü, Avrupa Endokrinoloji Derneği Özel Tanınırlık Ödülü, Androjen Fazlalığı ve PKOS

Derneği Klinik Araştırma Mükemmeliyet Ödülü ve Eisenhower Vakfı Uluslararası Liderlik Ödülü bulunmaktadır. Dr. Yıldız'ın Eisenhower Fellowship programı kronik hastalık modeli olarak diyabet ve obezitede araştırma, hizmet ve sağlık politikalarının geliştirilmesinde akademi-hükümet-endüstri ilişkileri konusundadır.

Dr. Yıldız 2020 yılında ESE Avrupa Üreme ve Gelişimsel Endokrinolojisi Klinik Lideri seçilmiştir.

Stanford Üniversitesi ve Elsevier/Scopus işbirliğiyle 2019 yılından bu yana yayımlanan "Dünyanın En Etkili Bilim İnsanları" listesinde dört yıldır yer almaktadır.

<https://universitem.hacettepe.edu.tr/dunyanin-en-etkili-hacettepeli-bilimcileri/>

Başlıca ilgi alanları polikistik over sendromu, obezite, vücut ağırlığı ve iştah kontrolünde hormonal mekanizmalar, insülin direnci ve metabolik sendromdur.

## Araştırma Alanları

Tıp, Dahili Tıp Bilimleri, İç Hastalıkları, Endokrinoloji ve Metabolizma Hastalıkları, Sağlık Bilimleri

## Akademik Unvanlar / Görevler

Prof.Dr., Hacettepe Üniversitesi, Tıp Fakültesi (Türkçe), Dahili Tıp Bilimleri Bölümü, 2011 - Devam Ediyor

Doç.Dr., Hacettepe Üniversitesi, Tıp Fakültesi (İngilizce), Dahili Tıp Bilimleri Bölümü, 2005 - 2011

Yrd.Doç.Dr., Hacettepe Üniversitesi, Tıp Fakültesi (İngilizce), Dahili Tıp Bilimleri Bölümü, 2004 - 2005

## SCI, SSCI ve AHCI İndekslerine Giren Dergilerde Yayınlanan Makaleler

- I. **Recommendations from the 2023 International Evidence-based Guideline for the Assessment and Management of Polycystic Ovary Syndrome**  
Teede H. J., Tay C. T., Laven J., Dokras A., Moran L. J., Piltonen T. T., Costello M. F., Boivin J., M. Redman L., A. Boyle J., et al.  
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- II. **Interleukin-22/Interleukin-22 binding protein axis and oral contraceptive use in polycystic ovary syndrome**  
Aksun S., ERSAL E., Portakal O., YILDIZ O. B.  
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- III. **Assessment of Type 2 Diabetes Risk in Young Women with Polycystic Ovary Syndrome**  
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- IV. **Endocrine Disorders and COVID-19**  
Oguz S. H., YILDIZ O. B.  
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- V. **Current and emerging drug treatment strategies for polycystic ovary syndrome**  
Helvacı N., YILDIZ O. B.  
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- VI. **Establishing Normative Values to Determine the Prevalence of Biochemical Hyperandrogenism in Premenopausal Women of Different Ethnicities from Eastern Siberia**  
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- VII. **Alterations of cardiometabolic risk profile in polycystic ovary syndrome: 13 years follow-up in an unselected population**  
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 Journal of Endocrinological Investigation, 2023 (SCI-Expanded)
- VIII. **Use of anti-Mullerian hormone for understanding ovulatory dysfunction in polycystic ovarian syndrome**  
 Mathyk B. A., Cetin E., YILDIZ O. B.  
 CURRENT OPINION IN ENDOCRINOLOGY DIABETES AND OBESITY, cilt.29, sa.6, ss.528-534, 2022 (SCI-Expanded)
- IX. **Impact of social isolation during COVID-19 pandemic on health behaviors and weight management in women with polycystic ovary syndrome**  
 EYÜPOĞLU N. D., Aksun S., Ozturk M., YILDIZ O. B.  
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- X. **The impact of ageing and menopause in women with polycystic ovary syndrome**  
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- XI. **Polycystic ovary syndrome and gut microbiota**  
 YILDIZ B.  
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- XII. **Aging versus youth: Endocrine aspects of vulnerability for COVID-19**  
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- XIII. **Investigation of taste function and eating behavior in women with polycystic ovary syndrome**  
 Cetik S., Acikgoz A., Yildiz B. O.  
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- XIV. **Glucagon-like peptide-1, a matter of taste?**  
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- XV. **PCOS Phenotype in Unselected Populations Study (P-PUP): Protocol for a Systematic Review and Defining PCOS Diagnostic Features with Pooled Individual Participant Data.**  
 Kiconco S., Mousa A., Azziz R., Enticott J., Suturina L. V., Zhao X., Gambineri A., Tehrani F. R., Yildiz B. O., Kim J., et al.  
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- XVI. **The interplay between metabolic dysregulations and non-alcoholic fatty liver disease in women after menopause**  
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- XVII. **One year of the pandemic - how European endocrinologists responded to the crisis : a statement from the European Society of Endocrinology**  
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- XVIII. **Integrating Transwomen and Female Athletes with Differences of Sex Development (DSD) into Elite Competition: The FIMS 2021 Consensus Statement.**  
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- XIX. **COVID-19 and endocrine and metabolic diseases. An updated statement from the European Society of Endocrinology**  
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- XX. **Publication outcome of research presented at the European Congress of Endocrinology: a web scraping-based analysis and critical appraisal.**

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- XXI. **Influence of ethnicity on different aspects of polycystic ovary syndrome: a systematic review.**  
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- XXII. **Characterization of gut microbiota in polycystic ovary syndrome: Findings from a lean population**  
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- XXIII. **An Update on Contraception in Polycystic Ovary Syndrome**  
Oguz S. H., YILDIZ O. B.  
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- XXIV. **Prevalence of Obesity and Its Impact on Outcome in Patients With COVID-19: A Systematic Review and Meta-Analysis.**  
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- XXV. **Polycystic Ovary Syndrome and Brain: An Update on Structural and Functional Studies.**  
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- XXVI. **Obesity and physical exercise.**  
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- XXVII. **Gut Microbiota and Oral Contraceptive Use in Overweight and Obese Patients with Polycystic Ovary Syndrome**  
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- XXVIII. **Polycystic ovary syndrome and aging: Health implications after menopause**  
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- XXIX. **Tissue fat quantification by magnetic resonance imaging: proton density fat fraction in polycystic ovary syndrome**  
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- XXX. **Adiponectin levels decrease independently of body mass index and diabetes type after the normalization of hyperglycemia**  
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- XXXI. **Circulating gut microbiota metabolite trimethylamine N-oxide and oral contraceptive use in polycystic ovary syndrome.**  
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- XXXII. **Recommendations for epidemiologic and phenotypic research in polycystic ovary syndrome: an androgen excess and PCOS society resource**  
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- XXXIII. **Anti-Mullerian hormone as a diagnostic tool for PCOS under different diagnostic criteria in an unselected population**  
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- XXXIV. **Is muscle mechanical function altered in polycystic ovary syndrome?**  
Caliskan Guzelce E., Eyupoglu D., Torgutalp S., Aktöz F., Portakal O., Demirel H., Yildiz B. O.  
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- XXXV. **Prevalence of Metabolic Syndrome and Its Relation to Physical Activity and Nutrition in Azerbaijan**  
Mammadova A., Isikhan S., AÇIKGÖZ A., Yildiz B. O.  
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- XXXVI. **Standards of care for hypoparathyroidism in adults: a Canadian and International Consensus**  
Khan A. A., Koch C. A., Van Uum S., Baillargeon J. P., Bollerslev J., Brandi M. L., Marcocci C., Rejnmark L., Rizzoli R., Shrayyef M. Z., et al.  
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- XXXVII. **Prevalence and predictors of gestational diabetes mellitus: a nationwide multicentre prospective study**  
Aydin H., ÇELİK Ö., Yazici D., Altunok C., Tarcin O., Deyneli O., Sancak S., Kiyici S., Aydin K., YILDIZ B., et al.  
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- XXXVIII. **Endocrinology of Hirsutism: From Androgens to Androgen Excess Disorders**  
Yilmaz B., Yildiz B. O.  
HYPERANDROGENISM IN WOMEN: BEYOND POLYCYSTIC OVARY SYNDROME, cilt.53, ss.108-119, 2019 (SCI-Expanded)
- XXXIX. **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 (TEMD Obesity Study)**  
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- XL. **Metabolic Syndrome During Menopause**  
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- XLI. **Turkish nationwide survey of glycemic and other Metabolic parameters of patients with Diabetes mellitus (TEMD study)**  
Sonmez A., Haymana C., BAYRAM F., Salman S., Dizdar O. S., GÜRKAN E., Carlioglu A. K., Barcin C., SABUNCU T., SATMAN İ., et al.  
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- XLII. **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**  
DeFina L. F., Radford N. B., Leonard D., Wilson R. K., Cooper T. C., Clark S. M., Willis B. L., Vega G. L., Barlow C. E., Farrell S. W., et al.  
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- XLIII. **Recommendations from the international evidence-based guideline for the assessment and management of polycystic ovary syndrome**  
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- XLIV. **Recommendations from the international evidence-based guideline for the assessment and management of polycystic ovary syndrome**  
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HUMAN REPRODUCTION, cilt.33, sa.9, ss.1602-1618, 2018 (SCI-Expanded)
- XLV. **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.  
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- XLVI. **Recommendations from the international evidence-based guideline for the assessment and management of polycystic ovary syndrome**  
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- XLVII. **Androgen Excess- Polycystic Ovary Syndrome Society: position statement on depression, anxiety, quality of life, and eating disorders in polycystic ovary syndrome**  
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- XLVIII. **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.  
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- XLIX. **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.  
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- L. **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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- LI. **An International Consortium Update: Pathophysiology, Diagnosis, and Treatment of Polycystic Ovarian Syndrome in Adolescence**  
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- LII. **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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- LIII. **Obesity, type 2 diabetes mellitus and cardiovascular disease risk: an uptodate in the management of polycystic ovary syndrome**  
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- LIV. **The prevalence and phenotypic features of polycystic ovary syndrome: a systematic review and meta-analysis**  
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- LV. **Polycystic ovary syndrome**  
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- LVI. **REPRODUCTIVE ENDOCRINOLOGY Contraceptives, exercise and diet - are all three needed in PCOS?**  
Yildiz B. O.  
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- LVII. **Evolutionary determinants of polycystic ovary syndrome: part 1**  
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- LVIII. **Oxidative Stress and Periodontal Disease in Obesity**  
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- LIX. **Response to the Letter by Alireza A., et al.**  
Yildiz B. O.  
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- LX. **Gut-Brain Axis and Metabolism in Polycystic Ovary Syndrome**  
SAYDAM B., Yildiz B. O.  
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- LXI. **Weight-sparing effect of insulin detemir: A consequence of central nervous system-mediated reduced energy intake?**  
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- II. **Gut - brain axis and metabolism in PCOS**  
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- III. **Microbiota and metabolic disorders**  
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- IV. **Prevalence and predictors of gestational diabetes mellitus: a nationwide multicenter prospective study**  
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- V. **Current and evolving concepts in PCOS**  
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- VI. **Quantitative evaluation of certain bacterial groups in patients with polycystic ovary syndrome**  
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- VII. **Quantitative evaluation of certain bacterial groups in patients with polycystic ovary syndrome**  
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- VIII. **Prevalence of metabolic syndrome and its relation to physical activity and nutrition in Azerbaijan**  
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- IX. **Comparison of morphological findings by two- and three-dimensional ultrasound in patients with polycystic ovary syndrome and otherwise healthy women**  
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- X. **A look at the Past: History of Rimonabant**  
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- XI. **Investigating of oral contraceptive effects on weight gaining mechanisms in polycystic ovary syndrome (PCOS) patients**  
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YILDIZ O. B., EYÜPOĞLU N. D., Yükseköğretim Kurumları Destekli Proje, Polikistik Over Sendromlu Kadınların İntestinal Aracılı Kardiyovasküler Risk Faktörlerinin Belirlenmesi, 2018 - 2020

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BAYRAKTAR M., ERBAŞ A. T., GÜRLEK Ö. A., DAĞDELEN S., YILDIZ O. B., Yükseköğretim Kurumları Destekli Proje, 2. Erişkin Metabolik Hastalıklar Sempozyumu, 2017 - 2019

YILDIZ O. B., Yükseköğretim Kurumları Destekli Proje, PKOS ailelerinde genotipin global fenotipik ekspresyonu, 2017 - 2018

YILDIZ O. B., AKYÖN YILMAZ Y., ZENGİN M., MAMMADOVA G., ERDOĞDU C., Yükseköğretim Kurumları Destekli Proje, Polikistik over sendromlu ve sağlıklı kadınlarda bağırsak mikrobiyota üyelerinden Prevotella melaninogenica ve Ruminococcus torques karşılaştırılması, 2016 - 2017

YILDIZ O. B., Yükseköğretim Kurumları Destekli Proje, Polikistik Over Sendromu Tanılı Hastalarla Polikistik Over Sendromu Tanısı Olmayan Sağlıklı Kadınların Beyin Yapısal Manyetik Rezonans Görüntülerinin Karşılaştırılması, Vücut Kitle İndeksi ile ve Hormon Düzeyleri ile İlişkilerinin Belirlenmesi, 2015 - 2015

## Bilimsel Dergilerdeki Faaliyetler

ENDOCRINE, Editörler Kurulu Üyesi, 2017 - Devam Ediyor

Journal of Endocrine Society, Yardımcı Editör/Bölüm Editörü, 2017 - 2021

JOURNAL OF ENDOCRINOLOGICAL INVESTIGATION, Editörler Kurulu Üyesi, 2015 - 2018

## Bilimsel Kuruluşlardaki Üyelikler / Görevler

Avrupa Üreme ve Gelişim Endokrinolojisi Grubu, Eşbaşkan, 2020 - Devam Ediyor , Birleşik Krallık

Avrupa Endokrinoloji Derneği, Yönetim Kurulu Üyesi, 2014 - 2020, Birleşik Krallık

Türkiye Endokrinoloji ve Metabolizma Derneği, Genel Sekreter, 2011 - 2015, Türkiye

Androgen Fazlalığı ve PKOS Derneği, Yönetim Kurulu Üyesi, 2011 - 2015, Türkiye

## Bilimsel Hakemlikler

EUROPEAN JOURNAL OF ENDOCRINOLOGY, SCI Kapsamındaki Dergi, Haziran 2020

HUMAN REPRODUCTION, SCI Kapsamındaki Dergi, Mayıs 2020

FERTILITY AND STERILITY, SCI Kapsamındaki Dergi, Mart 2020

CLINICAL ENDOCRINOLOGY, SCI Kapsamındaki Dergi, Ocak 2020

## Etkinlik Organizasyonlarındaki Görevler

Yıldız O. B., ENDO 2022 - Amerikan Endokrin Derneği Yıllık Kongresi, Bilimsel Kongre / Sempozyum Organizasyonu, Georgia, Amerika Birleşik Devletleri, Haziran 2022

Yıldız O. B., ENDO 2021 - Amerikan Endokrin Derneği Yıllık Kongresi , Bilimsel Kongre / Sempozyum Organizasyonu, California, Amerika Birleşik Devletleri, Mart 2021

Yıldız O. B., 19. Avrupa Endokrinoloji Kongresi, Bilimsel Kongre / Sempozyum Organizasyonu, Lisbon, Portekiz, Mayıs 2017

## Metrikler

Yayın: 172

Atf (WoS): 9591

Atf (Scopus): 11715

H-İndeks (WoS): 36

H-İndeks (Scopus): 41

## Kongre ve Sempozyum Katılımı Faaliyetleri

Androjen Fazlalığı ve PKOS Derneği 18. Yıllık Kongresi, Davetli Konuşmacı, California, Amerika Birleşik Devletleri, 2020

3. Uluslararası PKOS ve Kadın Sağlığı Sempozyumu, Davetli Konuşmacı, Belgrade, Sırbistan, 2020

Uluslararası Belarus Endokrinoloji ve Metabolizma Derneği Toplantısı, Davetli Konuşmacı, Minsk, Belarus, 2020

## Davetli Konuşmalar

Keynote lecture - Microbiota and PCOS, Konferans, Belgrade University, Sırbistan, Ekim 2022

Award Lecture - PCOS and Microbiota, Konferans, Androgen Excess and PCOS Society, Amerika Birleşik Devletleri, Ekim 2022

Microbiota and PCOS, Konferans, FEBS - Biochemistry Global Summit, Portekiz, Temmuz 2022

Brain and PCOS, Konferans, Androgen Excess and PCOS Society, Amerika Birleşik Devletleri, Haziran 2022

ESE Spotlight on Science - COVID19 and Endocrine and Metabolic Disorders, Seminer, European Society of Endocrinology, İngiltere, Mart 2022

Oral contraceptives beyond contraception, Konferans, Portugese Society of Endocrinology, Diabetes and Metabolism, Portekiz, Şubat 2022

PKOS tanısında güçlükler, Konferans, 3. Sırbistan Üreme Endokrinolojisi Derneği Sempozyumu, Sırbistan, Ekim 2021

PKOS, spor ve atletik performans, Konferans, 36. Uluslararası Spor Hekimliği Kongresi, Yunanistan, Eylül 2021

PKOS, menopoz ve kardiyovasküler sağlık, Konferans, 13. Avrupa Menopoz ve Andropoz Kongresi, İtalya, Eylül 2021

Yaşlanma ve polikistik over sendromu, Konferans, 48. Helenik Endokrin Derneği Kongresi, Yunanistan, Temmuz 2021



Hirşutizm değerlendirme ve tedavisi, Konferans, 24. Ulusal Lübnan Endokrinoloji ve Diyabet Derneği Kongresi, Lübnan, Haziran 2021

Obezite ve polikistik over sendromu, Konferans, 23. Avrupa Endokrinoloji Kongresi , Çek Cumhuriyeti, Mayıs 2021

Vücut ağırlığı kontrolü ve yağ dokusu: Tüm yağ hücreleri aynı mı?, Seminer, 8. ESPEN Obezite ve Malnütrisyon Sempozyumu, İtalya, Nisan 2021

Polikistik over sendromu, Konferans, Porto Üniversitesi, Portekiz, Nisan 2021

Obezite kontrolü ve kanser, Çalıştay, Uluslararası Kanser Kontrol Çalıştayı, Türkiye, Nisan 2021

Polikistik over sendromu - 2021, Konferans, HOPE 2021 - Filipinler Endokrinoloji, Diyabet ve Metabolizma Kongresi, Filipinler, Mart 2021

Polikistik Over Sendromu, Seminer, The University of Birmingham, Birleşik Krallık, Eylül 2020

COVID19 ve Obezite, Konferans, Avrupa Endokrinoloji Derneği, Birleşik Krallık, Mayıs 2020

Hormonlar ve Hastalıklar, Konferans, Avrupa Parlamentosu, Belçika, Mart 2018

## Ödüller

Yıldız O. B., Walter Futterweit Klinik Mükemmeliyet Ödülü, Androgen Excess And Pcos Society, Ekim 2022

Yıldız O. B., Avrupa Özel Tanınırlık Ödülü, Avrupa Endokrinoloji Derneği, Mayıs 2022

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

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

Yıldız O. B., En İyi Genç Araştırmacı Ödülü, Türkiye Endokrinoloji Ve Metabolizma Derneği, Ekim 2005

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

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

## Akademi Dışı Deneyim

Laboratory for Pharmacogenomics, Interdepartmental Clinical Pharmacology Center, David Geffen School of Medicine at UCLA, Los Angeles, CA

K30 Graduate Training Program in Translational Investigation, David Geffen School of Medicine at UCLA, Los Angeles, CA