

Assoc. Prof. Dr. Birkan İLHAN

Internal Medicine and Geriatrics

Medical Interests

- Polypharmacy and inappropriate medication use in elderly individuals,
- Malnutrition,
- Sarcopenia,
- Osteoporosis,
- Frailty,
- Dementia,
- Geriatric depression,
- Hypertension and management of diabetes.

Education

- 2000-2007, Faculty of Medicine, İnönü University, Faculty of Medicine (English), Bachelor's + Master's
- 2008-2013, Specialty in Medicine, Marmara University, Faculty of Medicine, Department of Internal Medicine Specialty in Internal Medicine
- 2013-2017, Minor Specialization in Medicine, İstanbul University Faculty of Medicine, Department of Internal Medicine, Geriatrics Department, Specialty in Geriatrics
- 2019, Associate Professor, Associate Professor

Experiences

- UHS Şişli Hamidiye Etfal Training and Research Hospital Internal Medicine and Geriatrics Clinic (2019-2022, Lecturer)
- Geriatrics Clinic Training and Administrative Head (2021-2022)
- Internal Medicine Clinic Training Head (2022)
- Gaziantep Dr. Ersin Arslan Training and Research Hospital (2017-2019, Specialist in Geriatrics, compulsory service)
- Malatya 112 Emergency Health Services (2007-2008, Practitioner, compulsory service)

Membershiip

- Turkish Medical Association
- Turkish Neurosurgery Association
- Turkish Neurosurgery Association Specialist Neurosurgeons Group (TURNUG)
- Turkish Neurosurgery Society Spinal and Peripheral Nerve Surgery Group
- Turkish Spine Association

Overseas Experience

2013, Research Fellow, Mayo Clinic, Department of Rheumatology, Rochester, Minnesota, USA (Research Fellow in Mayo Clinic Department of Rheumatology for 3 months)



Publications

A. Articles published in international peer-reviewed journals: 39 articles

- İlhan B, Bahat G, Saka F, Kılıç C, Merve Oren M, Karan MA. A new screening tool for self-neglect in community-dwelling older adults: IMSelf-neglect questionnaire. *Aging Male*. 2020 Dec;23(5):388-395. doi: 10.1080/13685538.2018.1499083. Epub 2018 Oct 5.
- Tufan A, Tufan F, Akpınar TS, İlhan B, Bahat G, Karan MA. Low glomerular filtration rate as an associated risk factor for sarcopenic muscle strength: is creatinine or cystatin C-based estimation more relevant? *Aging Male*. 2017 Jun;20(2):110-114. doi: 10.1080/13685538.2016.1225032. Epub 2016 Sep 20.
- İlhan B, Bahat G, Oren MM, BKılıç C, Durmazoglu S, Karan MA. Reliability and validity of Turkish version of the Simplified Nutritional Appetite Questionnaire (SNAQ). *J Nutr Health Aging*. 2018;22(9):1039-1044. doi: 10.1007/s12603-018-1051-3.
- İlhan B, Can M, Alibaz-Oner F, Yilmaz-Oner S, Polat-Korkmaz O, Ozen G, Mumcu G, Maradit Kremers H, Direskeneli H. Fatigue in patients with Behçet's syndrome: relationship with quality of life, depression, anxiety, disability and disease activity. *Int J Rheum Dis*. 2018 Dec;21(12):2139-2145. doi: 10.1111/1756-185X.12839. Epub 2016 Feb 23.
- İlhan B, Bahat G, Erdoğan T, Kılıç C, Karan MA. Anorexia Is Independently Associated with Decreased Muscle Mass and Strength in Community Dwelling Older Adults. *J Nutr Health Aging*. 2019;23(2):202-206. doi: 10.1007/s12603-018-1119-0.
- Tufan A, İlhan B, Bahat G, Karan MA. An under-diagnosed geriatric syndrome: sleep disorders among older adults. *Afr Health Sci*. 2017 Jun;17(2):436-444. doi: 10.4314/ahs.v17i2.18.
- Bahat G, İlhan B, Bay I, Kilic C, Kucukdagli P, Oren MM, Karan MA. Explicit versus implicit evaluation to detect inappropriate medication use in geriatric outpatients. *Aging Male*. 2020 Sep;23(3):179-184. doi: 10.1080/13685538.2018.1464552. Epub 2018 Apr 19.
- Bahat G, Muratlı S, İlhan B, Tufan A, Tufan F, Aydın Y, Erten N, Karan MA. Body mass index and functional status in community dwelling older Turkish males. *Aging Male*. 2015;18(4):228-32. doi: 10.3109/13685538.2015.1061493. Epub 2015 Jul 1.
- Toptas T, İlhan B, Bilgin H, Dincses E, Ozdogan O, Kaygusuz-Atagunduz I, Odabasi Z, Kortten V, Firatli-Tuglular T. Miliary Tuberculosis Induced Acute Liver Failure. *Case Rep Infect Dis*. 2015;2015:759341. doi: 10.1155/2015/759341. Epub 2015 Sep 7.
- Yilmaz N, Can M, Oner FA, Kalfa M, Emmungil H, Karadag O, Yildiz F, Kimyon G, Yilmazer B, Gerdan V, Bilge SY, İlhan B, Cobankara V, Kasifoglu T, Cefle A, Kisacik B, Onat AM, Akar S, Onen F, Erken E, Kiraz S, Aksu K, Keser G, Mumcu G, Direskeneli H. Impaired quality of life, disability and mental health in Takayasu's arteritis. *Rheumatology (Oxford)*. 2013 Oct;52(10):1898-904. doi: 10.1093/rheumatology/ket238. Epub 2013 Jul 19.
- Alibaz-Oner F, Can M, İlhan B, Polat O, Mumcu G, Direskeneli H. Presence of fibromyalgia in patients with Takayasu's arteritis. *Intern Med*. 2013;52(24):2739-42. doi: 10.2169/internalmedicine.52.0848.
- Myasoedova E, Chandran A, İlhan B, Major BT, Michel CJ, Matteson EL, Crowson CS. The role of rheumatoid arthritis (RA) flare and cumulative burden of RA severity in the risk of cardiovascular disease. *Ann Rheum Dis*. 2016 Mar;75(3):560-5. doi: 10.1136/annrheumdis-2014-206411. Epub 2015 Jan 30.
- Yilmaz-Oner S, İlhan B, Can M, Alibaz-Oner F, Polat-Korkmaz O, Ozen G, Mumcu G, Kremers HM, Tuglular S, Direskeneli H. Fatigue in systemic lupus erythematosus: Association with disease activity, quality of life and psychosocial factors. *Z Rheumatol*. 2017 Dec;76(10):913-919. English. doi: 10.1007/s00393-016-0185-0.
- Bahat G, İlhan B, Tufan A, Karan MA. Blood Pressure Goals in Functionally Limited Elderly Patients. *Am J Med*. 2017 Jul;130(7):e319-e320. doi: 10.1016/j.amjmed.2016.12.045.
- BAHAT-OZTÜRK GULISTAN, ILHAN BIRKAN, TUFAN FATİH, KARAN MEHMET AKIF (2015). Possible Limitations of STOP/START criteria for potentially inappropriate prescribing in older people: version 2. *AGE AND AGEING*
- Tufan A, İlhan B, Bahat G. Queries raised about MNA for frail older hospital patients. *Clin Nutr*. 2015 Dec;34(6):1282. doi: 10.1016/j.clinu.2015.07.021. Epub 2015 Aug 7.
- Bahat G, İlhan B, Tufan A, Karan MA. Intensive Blood Pressure Treatment in Adults Aged 60 Years or Older. *Ann Intern Med*. 2017 Aug 15;167(4):288. doi: 10.7326/L17-0287.

- İlhan B, Tufan F, Bahat G, Karan MA. Possible effect of decreased insulin resistance on ferritin levels after Nordic Walking training. *Clin Interv Aging*. 2016 Feb 16;11:149. doi: 10.2147/CIA.S103634.
- İlhan B, Tufan F, Bahat G, Karan MA. Underestimated factors may also precipitate delirium and can lead to the misinterpretation of frailty in these patients. *Clin Interv Aging*. 2016 Jun 7;11:761-5. doi: 10.2147/CIA.S108822.
- İlhan B, Tufan F, Bahat G, Karan MA. Potential underdiagnosis of osteoporosis in repeated vertebral augmentation for new vertebral compression fractures. *Clin Interv Aging*. 2015 Sep 14;10:1475-6. doi: 10.2147/CIA.S93068.
- Tufan A, İlhan B, Bahat G, Karan MA. Possible side effects of metoclopramide. *Clin Nutr*. 2016 Aug;35(4):975. doi: 10.1016/j.clnu.2016.03.014. Epub 2016 Apr 7. PMID: 27087649
- Bahat G, Kilic C, İlhan B, Karan MA, Cruz-Jentoft A. Association of different bioimpedanciometry estimations of muscle mass with functional measures. *Geriatr Gerontol Int*. 2019 Jul;19(7):593-597. doi: 10.1111/ggi.13668. Epub 2019 Apr 21.
- İlhan B, Bahat G, Erdogan T, et al. Chronic pain: prevalent and independently associated with frailty and female gender in geriatric outpatients. *Eur Geriatr Med* (2019) 10: 931. <https://doi.org/10.1007/s41999-019-00235-8>
- Bahat G, İlhan B, Erdogan T, et al. Turkish inappropriate medication use in the elderly (TIME) criteria to improve prescribing in older adults: TIME-to-STOP/TIME-to-START. *Eur Geriatr Med*. 2020;11(3):491-498. doi:10.1007/s41999-020-00297-z
- Erdogan T, Bahat G, İlhan B, Karan MA. A Challenging Hypoactive Delirium Case with Multiple Etiological Considerations. *Eur J Geriatr Gerontol* 2019;1(2):67-69
- Bahat G, İlhan B, Karan MA. The concept of frailty should not be limited to malnutrition. *Clin Nutr*. 2020;39(1):325. doi:10.1016/j.clnu.2019.10.007
- Bahat G, İlhan B, Karan MA. Reply - Letter to the Editor - The concept of frailty should not be limited to malnutrition. *Clin Nutr*. 2020;39(6):1980. doi:10.1016/j.clnu.2020.04.009
- Bahat G, İlhan B, Karan MA. Comment on: "Pharmacological Management of Osteoporosis in Rheumatoid Arthritis Patients: A Review of the Literature and Practical Guide". *Drugs Aging*. 2020;37(3):237-238. doi:10.1007/s40266-020-00752-3
- Seppala LJ, Petrovic M, Ryg J, Bahat G, Topinkova E, Szczerbińska K, van der Cammen TJM, Hartikainen S, İlhan B, Landi F, Morrissey Y, Mair A, Gutiérrez-Valencia M, Emmelot-Vonk MH, Mora MÁC, Denkinger M, Crome P, Jackson SHD, Correa-Pérez A, Knol W, Soulis G, Gudmundsson A, Ziere G, Wehling M, O'Mahony D, Cherubini A, van der Velde N. STOPPFall (Screening Tool of Older Persons Prescriptions in older adults with high fall risk): a Delphi study by the EuGMS Task and Finish Group on Fall-Risk-Increasing Drugs. *Age Ageing*. 2020 Dec 22:afaa249. doi: 10.1093/ageing/afaa249.
- İlhan B, Tufan A, Can B, Bahat G, Karan MA. What is the Role of the Geriatrician in Home Health Care?: An Overview Through an International Survey. *Eur J Geriatr Gerontol* 2020;2(3):83-86.
- Bahat G, İlhan B, Tufan A, Muratli S, Ozkaya H, Kilic C, Oren MM, Dogan H, Karisik E, Karan MA, Benetos A. Hypotension in Nursing Home Residents on Antihypertensive Treatment: Is it Associated with Mortality? *J Am Med Dir Assoc*. 2021 Apr 10:S1525-8610(21)00300-5. doi: 10.1016/j.jamda.2021.03.004. Epub ahead of print.
- Bahat G, İlhan B, Tufan A, Dogan H, Karan MA. Success of Simpler Modified Fried Frailty Scale to Predict Mortality among Nursing Home Residents. *J Nutr Health Aging*. 2021;25(5):606-610. doi: 10.1007/s12603-020-1582-2. PMID: 33949626.
- Bahat G, İlhan B, Erdogan T, Oren MM, Karan MA, Burkhardt H, Denkinger M, Garfinkel D, Cruz-Jentoft AJ, Morrissey Y, Onder G, Pazan F, Tommelein E, Topinkova E, van der Velde N, Petrovic M. International Validation of the Turkish Inappropriate Medication Use in the Elderly (TIME) Criteria Set: A Delphi Panel Study. *Drugs Aging*. 2021 Jun;38(6):513-521. doi: 10.1007/s40266-021-00855-5. Epub 2021 Apr 13.
- Delibas DH, Esku N, İlhan B, Erdogan E, Top Kartı D, Yılmaz Kusbeci O, Bahat G. Clarifying the relationship between sarcopenia and depression in geriatric outpatients. *Aging Male*. 2021. doi: 10.1080/13685538.2021.1936482.
- Bahat G, Erdogan T, İlhan B. SARC-F and other screening tests for sarcopenia. *Curr Opin Clin Nutr Metab Care*. 2022 Jan 1;25(1):37-42. doi: 10.1097/MCO.0000000000000801.

- Ploegmakers KJ, Medlock S, Linn AJ, Lin Y, Seppälä LJ, Petrovic M, Topinkova E, Ryg J, Mora MAC, Landi F, Thaler H, Szczerbińska K, Hartikainen S, Bahat G, İlhan B, Morrissey Y, Masud T, van der Velde N, van Weert JCM; European Geriatric Medicine Society (EuGMS) Task and Finish group on Fall-Risk Increasing Drugs (FRIDs). Barriers and facilitators in using a Clinical Decision Support System for fall risk management for older people: a European survey. *Eur Geriatr Med.* 2022 Jan 15. doi: 10.1007/s41999-021-00599-w. Epub ahead of print.

A. Papers presented in international scientific meetings and published in proceeding books: 28 papers

- İLHAN BIRKAN, TURKBEYLER İBRAHİM HALİL (2019). FREQUENCY OF ANEMIA AND ITS RELATION TO FUNCTIONALITY IN ELDERLY PATIENTS. ZEUGMA II. INTERNATIONAL MULTIDISCIPLINARY STUDIES CONGRESS, 1, 775-779., (Entire text paper), (Control No: 4938185)
- İLHAN BIRKAN, BAHAT-OZTURK GULISTAN, TUFAN CİNCİN ASLI, Muratlı Sevilay, OZKAYA HİLAL, TUFAN FATİH, DOĞAN HAFİZE, kilic cihan, KARISIK ESAT, CELEN NEVIN, KARAN MEHMET AKİF (2015). Hypotension in nursing home residents on antihypertensive treatment: How significant is it? 11th International Congress of the European Union Geriatric Medicine Society, 6, 10-11., Doi: 10.1016/S1878-7649(15)30034-6, (Summary paper), (Control No: 4938433)
- BAHAT-OZTURK GULISTAN, Muratlı Sevilay, İLHAN BIRKAN, TUFAN CİNCİN ASLI, TOPCU YILDIRAY, YILMAZ OZLEM, ERODĞAN TUGBA, KUCUKDAGLI PINAR, kilic cihan, KARAN MEHMET AKİF (2017). Restless leg syndrome and associated factors. INTERNATIONAL ACADEMIC GERIATRICS CONGRESS 2017, (Summary Paper), (Control No: 4930687)
- İLHAN BIRKAN (2019). GERIATRIC SYNDROMES IN ELDERLY PATIENTS THAT APPLIED TO A GERIATRICS OUTPATIENT CLINIC IN GAZİANTEP. The International Hippocrates Congress on Medical and Health Sciences, 269-269., (Summary paper), (Control No: 4938160)
- BAHAT-OZTURK GULISTAN, İLHAN BIRKAN, BAY İLKER, AVCI SUNA, TUFAN FATİH, kilic cihan, KARAN MEHMET AKİF (2017). COMPARING THE EXPLICIT TOOLS VS. IMPLICIT EVALUATION AMONG TURKISH GERIATRIC OUTPATIENTS. 21st International Association of Gerontology and Geriatrics (IAGG) World Congress, 1(suppl_1), 1048-1048., Doi: 10.1093/geroni/igx004.3830, (Summary paper), (Control No: 4939216)
- SAFAK FİLİZ, İLHAN BIRKAN, BAHAT-OZTURK GULISTAN, kilic cihan, Muratlı Sevilay, TOPCU YILDIRAY, YILMAZ OZLEM, KUCUKDAGLI PINAR, ERDOĞAN TUGBA, KARAN MEHMET AKİF (2017). PREVALENCE OF ABUSE AND NEGLECT, AND ASSOCIATED FACTORS IN COMMUNITY DWELLING OLDER ADULTS. INTERNATIONAL ACADEMIC GERIATRICS CONGRESS 2017, (Summary Paper), (Control No: 4930611)
- BAHAT-OZTURK GULISTAN, İLHAN BIRKAN, TUFAN CİNCİN ASLI, Muratlı Sevilay, OZKAYA HİLAL, DOĞAN HAFİZE, kilic cihan, KARAN MEHMET AKİF (2017). HYPOTENSION IN NURSING HOME RESIDENTS ON ANTIHYPERTENSIVE TREATMENT HOW SIGNIFICANT IS IT. INTERNATIONAL ACADEMIC GERIATRICS CONGRESS 2017, (Summary Paper), (Control No: 4930462)
- TUFAN CİNCİN ASLI, BAHAT-OZTURK GULISTAN, AYDIN YUCEL, Akpınar Timur Selcuk, Muratlı Sevilay, İLHAN BIRKAN, ERTEN SEBİLE NİLGÜN, KARAN MEHMET AKİF (2014). Correlates of mortality in the old community-dwelling outpatients: the value of functional assessment. 10th International Congress of the European Union Geriatric Medicine Society, (Summary paper), (Control No: 4944715)
- TUFAN CİNCİN ASLI, BAHAT-OZTURK GULISTAN, TUFAN FATİH, kilic cihan, İLHAN BIRKAN, Muratlı Sevilay, Akpınar Timur Selcuk, KARAN MEHMET AKİF (2015). Cut Off Points of Calf Circumference for Prediction of Low Muscle Mass in Turkish Older People. 37th ESPEN Congress, 34, 236, Doi: 10.1016/S0261-5614(15)30724-X, (Summary paper), (Control No: 4944868)
- DURMAZOĞLU SÜKRAN, İLHAN BIRKAN, TUFAN CİNCİN ASLI, Muratlı Sevilay, TURUNC GÖRKEM, TUFAN FATİH, BAHAT-OZTURK GULISTAN, kilic cihan, ERTEN SEBİLE NİLGÜN, KARAN MEHMET AKİF (2015). Comprehensive geriatric assessment in practice: From the point of patients. 11th International Congress of the European Union Geriatric Medicine Society, 68-68., (Summary paper), (Control No: 4938820)
- BAHAT-OZTURK GULISTAN, İLHAN BIRKAN, TUFAN CİNCİN ASLI, TUFAN FATİH, Muratlı Sevilay, Akpınar Timur Selcuk, KARAN MEHMET AKİF (2014). PREVALENCE OF SARCOPENIA IN COMMUNITY-DWELLING OUTPATIENT OLDER PEOPLE IN TURKEY AND ITS RELATION WITH FUNCTIONAL STATUS. 36th Congress of the European Society for Clinical Nutrition and Metabolism (ESPEN), 33, 252-253., Doi: 10.1016/S0261-5614(14)50662-0, (Summary paper), (Control No: 4944398)

- KUCUKADALI PINAR, BAHAT-OZTURK GULISTAN, kilic cihan, ERDOGAN TUGBA, YILMAZ OZLEM, TOPCU YILDIRAY, ILHAN BIRKAN, Muratlı Sevilay, KARAN MEHMET AKIF (2017). Frailty and chronic pain: A novel association. 13th International Congress of the European Union Geriatric Medicine Society, 102-102., (Summary paper), (Control No: 4938866)
- BAHAT-OZTURK GULISTAN, Muratlı Sevilay, TUFAN CINCIN ASLI, kilic cihan, AYKIN SEVILAY, ILHAN BIRKAN, Akpınar Timur Selçuk, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF (2014). DATA OF SOCIAL STATUS POPULATION OVER 75 YEARS OLD, WHO APPLIED TO ISTANBUL MEDICAL FACULTY, POLYCLINIC OF GERIATRICS. 10th International Congress of the European Union Geriatric Medicine Society, (Summary paper), (Control No: 4944793)
- ILHAN BIRKAN, BAHAT-OZTURK GULISTAN, kilic cihan, TUFAN CINCIN ASLI, Muratlı Sevilay, Akpınar Timur Selçuk, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF (2014). ASSESSMENT OF FREQUENCY AND PREDICTORS OF DEPRESSION IN ELDERS OLDER THAN AGE 75. 10th International Congress of the European Union Geriatric Medicine Society, (Summary paper), (Control No: 4944463)
- Muratlı Sevilay, BAHAT-OZTURK GULISTAN, ILHAN BIRKAN, TUFAN CINCIN ASLI, TOPCU YILDIRAY, YILMAZ OZLEM, ERDOGAN TUGBA, KUCUKDAGLI PINAR, kilic cihan, KARAN MEHMET AKIF (2017). Restless leg syndrome and associated factors. 13th International Congress of the European Union Geriatric Medicine Society, 8, 82-82., (Summary paper), (Control No: 4939063)
- ILHAN BIRKAN, BAHAT-OZTURK GULISTAN, kilic cihan, TUFAN CINCIN ASLI, AYKIN SEVILAY, Muratlı Sevilay, Akpınar Timur Selçuk, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF (2014). Frequency of frailty syndrome in elders older than 75 years of age according to the FRAIL criteria. 10th International Congress of the European Union Geriatric Medicine Society, (Summary paper), (Control No: 4944555)
- BAHAT-OZTURK GULISTAN, ILHAN BIRKAN, CAPAN NALAN, kilic cihan, YASA, GUNGOR UGURLUCAN FUNDA, PERSİL OZKAN OZLEM, KARAN MEHMET AKIF, KARAN AYSE (2018). Glutamine supplementation for urinary incontinence: a prospective, randomized, controlled double-blind study. 14th International Congress of the European Geriatric Medicine Society, 9(S1), 1-367., Doi: 10.1007/s41999-018-0097-4, (Summary paper), (Control No: 4941869)
- ILHAN BIRKAN, BAHAT-OZTURK GULISTAN, kilic cihan, TUFAN CINCIN ASLI, AYKIN SEVILAY, Muratlı Sevilay, Akpınar Timur Selçuk, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF (2014). An underdiagnosed geriatric syndrome: a survey of chronic pain in an elderly population. 10th International Congress of the European Union Geriatric Medicine Society, (Summary paper), (Control No: 4944739)
- BAHAT-OZTURK GULISTAN, TUFAN FATİH, kilic cihan, ILHAN BIRKAN, TUFAN CINCIN ASLI, KARAN MEHMET AKIF (2016). RELATIONSHIP BETWEEN SARCOPENIA AND METABOLIC SYNDROME. 12th International Congress of the European Geriatric Medicine Society, (Summary paper), (Control No: 4939276)
- ILHAN BIRKAN, SAKA FILİZ, BAHAT-OZTURK GULISTAN, kilic cihan, Muratlı Sevilay, TOPCU YILDIRAY, YILMAZ OZLEM, KUCUKDAGLI PINAR, ERDOGAN TUGBA, KARAN MEHMET AKIF (2017). Prevalence of abuse and neglect, and associated factors in community dwelling older adults. 13th International Congress of the European Union Geriatric Medicine Society, 80-80., (Summary paper), (Control No: 4938983)
- BAHAT-OZTURK GULISTAN, OZKAYA HILAL, kilic cihan, Muratlı Sevilay, ILHAN BIRKAN, TUFAN CINCIN ASLI, TUFAN FATİH, HORASAN ZEYNEP, DOĞAN HAFİZE, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF, GARFINKEL DORON (2015). Efficacy and safety of training program concentrating on the Garfinkel method as a tool for reducing polypharmacy in nursing home residents. 11th International Congress of the European Union Geriatric Medicine Society, 6, 68- 68., (Summary paper), (Control No: 4938780)
- BAHAT-OZTURK GULISTAN, ILHAN BIRKAN, TUFAN CINCIN ASLI, Muratlı Sevilay, DOĞAN HAFİZE, kilic cihan, KARAN MEHMET AKIF (2017). Hypotension in nursing home residents on antihypertensive treatment: risk of mortality and hospitalization. 13th International Congress of the European Union Geriatric Medicine Society, 66-66., (Summary paper), (Control No: 4938914)
- TUFAN CINCIN ASLI, BAHAT-OZTURK GULISTAN, kilic cihan, ILHAN BIRKAN, Muratlı Sevilay, Akpınar Timur Selçuk, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF (2014). SIMPLIFIED NUTRITIONAL APPETITE QUESTIONNAIRE (SNAQ): AN ALTERNATIVE TEST FOR NUTRITIONAL ASSESSMENT. 10th International Congress of the European Union Geriatric Medicine Society, (Summary paper), (Control No: 4944762)

- ILHAN BIRKAN (2017). Bedside Elderly Evaluation: Cognitive Evaluation, Psychiatric Evaluation. INTERNATIONAL ACADEMIC GERIATRICS CONGRESS 2017, (Control No: 4973159)
- BAHAT-OZTURK GULISTAN, Muratlı Sevilay, TOPCU YILDIRAY, kilic cihan, ILHAN BIRKAN, TUFAN CINCIN ASLI, KARAN MEHMET AKIF (2017). Muscle mass adjusted for body mass index reveals better efficacy in relation of sarcopenia with functional measures. INTERNATIONAL ACADEMIC GERIATRICS CONGRESS 2017, 51-51., (Summary Paper), (Control No: 4973029)
- 15th International Congress of the European Union Geriatric Medicine Society. 25-27 September 2019, Krakow, Poland, Poster Presentation: P-183. Birkan Ilhan, Oguz Kagan Bakkaloglu. Frailty and cancer screening rates in geriatric outpatients in East Turkia. Eur Geriatr Med (2019) 10 (Suppl 1):S1-S325 <https://doi.org/10.1007/s41999-019-00221-0>
- 15th International Congress of the European Union Geriatric Medicine Society. 25-27 September 2019, Krakow, Poland, Poster Presentation: P-507. Gulistan Bahat1, Birkan Ilhan2, Tugba Erdogan1, Meltem Halil3, Sumru Savas4, Filiz Akyuz5, Ahmet Kaya Bilge6, Sibel Cakir7, Kutay Demirkan8, Mustafa Erele9, Kerim Guler10, Hasmet Hanagasi11, Belgin Izgil2, Ates Kadioglu13, Ayse Karan14, Isin Baral Kulaksizoglu15, Ali Mert16, Savas Ozturk17, Ilhan Satman18, Mehmet Sukru Sever19, Tufan Tukek10, Yagiz Uresin20, Onay Yalcin21, Nilufer Yesilot11, Mehmet Akif Karan1. Turkish Inappropriate Medication Use in the Elderly (TIME) criteria. Eur Geriatr Med (2019) 10 (Suppl 1):S1-S325. <https://doi.org/10.1007/s41999-019-00221-0>
- 15th International Congress of the European Union Geriatric Medicine Society. 25-27 September 2019, Krakow, Poland, Poster Presentation: P-833. Birkan Ilhan, Oguz Kagan Bakkaloglu. Lower vaccination rates in a geriatric outpatient clinic in East Turkia.

B. National/international books or chapters in books written:

C2. Chapters written in national/international books: 6 chapters

- RHEUMATOLOGY ÖZEL, Geriatric Rheumatology, Chapter Name: (Physiological and Immune System in Elderly Changes) (2019), ILHAN BIRKAN, SAKA BULENT, Turkish Clinics, Editor: KOBAK SENOL, Issue: 1, Pages: 88, ISBN: 978-605-7597-44-1, Turkish (Scientific Book), (Control No: 4870597)
- GERIATRICS - Geriatric Oncology, Chapter name: (Perioperative Care in Elderly Oncologic Patients) (2019), ILHAN BIRKAN, KARAN MEHMET AKIF, Turkish Clinics, Editor: SAKA BULENT, Issue: 1, Pages: 116, ISBN: 978-605-7505-15-6, Turkish (Scientific Book), (Control No: 4870628)
- Scales in the Practice of Geriatrics, Chapter name: (Nutrition Scales) (2017), TUFAN CINCIN ASLI, TUFAN FATIH, ILHAN BIRKAN, Muratlı Sevilay, TOPCU YILDIRAY, YILMAZ OZLEM, BAHAT-OZTURK GULISTAN, ISTANBUL TIP KITABEVLERI, Editor: ISIK AHMET TURAN, SOYSAL PINAR, Issue: 1, Pages: 238, ISBN: 978-605-4949-69-4, Turkish (Scientific Book), (Control No: 4940985)
- BATES Guide to Physical Examination and Taking Anamnesis, Translation, Chapter name: (Anus Rectum and Prostate) (2015), ILHAN BIRKAN, Buraniqi Ersida, BAKKALOGLU OGUZ KAGAN, NOBEL TIP KITABEVLERI, Editor: KARAN MEHMET AKIF, BICKLEY LYNN S., Issue: 11, Pages: 994, ISBN: 978-605-335-143-6, Turkish (Scientific Book), (Control No: 4941052)
- GERIATRICS ELDERLY HEALTH AND DISEASES Assistant Editor and Chapter Writer: Chapter name: (Hypertension) (2015), KUCUKDAGLI PINAR, ILHAN BIRKAN, Editor: Zekeriya Ulger, U. Deniz Erdinciler, Mehmet Akif Karan, Issue: 1, Pages: 972, ISBN: 9786257399036, Turkish (Scientific Book)
- GERIATRICS ELDERLY HEALTH AND DISEASES Assistant Editor and Chapter Writer: Chapter name: (Vitamin B12 Deficiency) (2015), OZKOK SERDAR, ILHAN BIRKAN, Editor: Zekeriya Ulger, U. Deniz Erdinciler, Mehmet Akif Karan, Issue: 1, Pages: 972, ISBN: 9786257399036

C. Articles published in national peer-reviewed journals: 13 articles

- ILHAN BIRKAN, BAKKALOGLU OGUZ KAGAN (2019). Vaccination Rates in Geriatric Outpatient Clinic in Gaziantep Dr. Ersin Arslan Training and Research Hospital. Vaccination Rates in Geriatric Outpatient Clinic in Gaziantep Dr. Ersin Arslan Training and Research Hospital. The Medical Bulletin of Haseki, Doi: 10.4274/haseki.galenos.2019.4794, (Control No: 4929139)

- ILHAN BIRKAN, BAKKALOGLU OGUZ KAGAN (2019). Frailty and cancer screening rates in older adults. J Ist Faculty Med 2019;82(1):24-8. doi: 10.26650/IUITFD.2018.0030.
- BAHAT-OZTURK GULISTAN, ILHAN BIRKAN, KARAN MEHMET AKIF (2015). HAS-BLED SCORE: LIMITATIONS DUE TO UNDERESTIMATION OF BLEEDING RISK IN THE ELDERLY. Nobel Medicus, 11(2), 101-102., (Control No: 4885129)
- ILHAN BIRKAN, BAHAT-OZTURK GULISTAN (2015). Elderly and Rational Drug Use. Turkey Clinics J Geriatr-Special Topics. 2015;1(1):1-7. (Control No: 4883833)
- BAHAT-OZTURK GULISTAN, ILHAN BIRKAN (2015). Practical Points in Treatment of Malnutrition Product Selection in Nutritional Support Therapy. Actual Medicine, 23(05), 36-41., (Control No: 4883496)
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- ILHAN BIRKAN, BAHAT-OZTURK GULISTAN (2018). Respiratory Problems in Elderly Under Palliative Care. Turkish Clinics, 4(1), 25-31., (Control No: 4883826)
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D. Papers presented in national scientific meetings and published in proceedings books: 32 papers

- KARAN MEHMET AKIF, BAHAT-OZTURK GULISTAN, TUFAN FATI, ILHAN BIRKAN, TOPCU YILDIRAY, Muratlı Sevilay, YILMAZ OZLEM (2016). Hypertension and Its Treatment in Elderly Patients. Traditional Internal Medicine Days, (Control No: 4930328)
- ILHAN BIRKAN (2018). FREQUENCY AND RELATION OF POLYPHARMACY IN ELDERLY THAT APPLY TO GERIATRICS OUTPATIENT CLINIC. 4th Medication and Treatment Congress, (Control No: 4938345)
- DURMAZOGLU SUKRAN, ILHAN BIRKAN, TUFAN CINCIN ASLI, Muratlı Sevilay, TUFAN FATI, BAHAT-OZTURK GULISTAN, TURUNC GORKEM, kilic cihan, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF (2015). Comprehensive Geriatric Evaluation in Practice: What Do Patients Say?. 8th ACADEMIC GERIATRICS CONGRESS, 17-18., (Control No: 4939289)
- BAHAT-OZTURK GULISTAN, ILHAN BIRKAN, CAPAN NALAN, kilic cihan, YASA CENK, GUNGOR UGURLUCAN FUNDA, PERSIL OZKAN OZLEM, ayvaciki gökçen, KARAN AYSE, KARAN MEHMET AKIF (2018). GLUTAMINE IN URINARY INCONTINENCE: PROSPECTIVE, RANDOMIZED, DOUBLE BLINDED, PLACEBO CONTROLLED STUDY. 11th ACADEMIC GERIATRICS CONGRESS, (Control No: 4931228)
- ILHAN BIRKAN (2018). PROBLEMS ENCOUNTERED IN APPLICATION OF PEG IN GERIATRICS WITH A CASE. 4th Medication and Treatment Congress, (Control No: 4938196)
- TUFAN FATI, Muratlı Sevilay, ILHAN BIRKAN, KARAN MEHMET AKIF (2015). Elderly Patient Protection and Support in Outpatient Clinic. Traditional Internal Medicine Days, (Control No: 4930273)
- ILHAN BIRKAN, BAHAT-OZTURK GULISTAN, TUFAN CINCIN ASLI, Muratlı Sevilay, OZKAYA HILAL, TUFAN FATI, DOGAN HAFIZE, kilic cihan, KARISIK ESAD, CELEN NEVIN, KARAN MEHMET AKIF (2015). Hypotension in Nursing Home Residents Receiving Hypertension Treatment: How Frequent? How Aware Are We?. 8th ACADEMIC GERIATRICS CONGRESS, 18-18., (Control No: 4939304)
- BAHAT-OZTURK GULISTAN, TUFAN FATI, kilic cihan, ILHAN BIRKAN, TUFAN CINCIN ASLI, KARAN MEHMET AKIF (2016). Are Sarcopenia and Metabolic Syndrome

- ILHAN BIRKAN (2018). FREQUENCY OF FALLING AND RELATED FACTORS IN ELDERLY THAT APPLY TO GERIATRICS OUTPATIENT CLINIC. 11th ACADEMIC GERIATRICS CONGRESS, (Control No: 4931021)
- KARAN MEHMET AKIF, BAHAT-OZTURK GULISTAN, ILHAN BIRKAN, ERDOGAN TUGBA (2019). WHY DO THE ELDERLY PATIENTS FALL? WHAT CAN THE INTERNAL MEDICINE SPECIALIST DO? Traditional Internal Medicine Days, 4-5., (Control No: 4938840)
- ILHAN BIRKAN (2014). Epidemiology and Features in Hypertension in the Elderly. 5th Rational Drug Use Symposium, (Control No: 4939195)
- BAHAT-OZTURK GULISTAN, ILHAN BIRKAN, BAY ILKER, kilic cihan, KUCUKDAGLI PINAR, Oren Meryem Merve, KARAN MEHMET AKIF (2018). EVALUATION OF INAPPROPRIATE MEDICATION USE IN THE ELDERLY: COMPARISON OF SCREENING CRITERIA AND CLINICIAN EVALUATION. 11th Academic Geriatrics Congress, 97-97., (Control No: 4939172)
- BAHAT-OZTURK GULISTAN, OZKAYA HILAL, kilic cihan, Muratlı Sevilay, ILHAN BIRKAN, TUFAN CINCIN ASLI, TUFAN FATİH, HORASAN ZEYNEP, DOĞAN HAFİZE, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF, GARFINKEL DORON (2015). Can Polypharmacy Be Reduced? Training on Reducing Polypharmacy by the 'Garfinkel Method' in the Nursing Home, Clinical Implications. 8th ACADEMIC GERIATRICS CONGRESS, (Control No: 4939326)
- Muratlı Sevilay, BAHAT-OZTURK GULISTAN, TUFAN CINCIN ASLI, kilic cihan, AYKIN SEVILAY, ILHAN BIRKAN, Akpınar Timur Selçuk, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF (2014). SOCIAL SITUATION DATA OF THE POPULATION AGED 75 AND ABOVE THAT APPLIED TO ISTANBUL UNIVERSITY FACULTY OF MEDICINE GERIATRICS OUTPATIENT CLINIC. 7th ACADEMIC GERIATRICS CONGRESS, (Control No: 4944262)
- CETIN ABDULLAH HALUK, KANSU ABDULLAH, ILHAN BIRKAN, UNAL INCE DENİZ, SEN SELİF, KAPLAN EFE FATMA, ARPA HUSEYİN, DEMİRDAMAR RUMEYSA, NALBANT SELİM, UNCU YESİM (2015). Problems and Solution Suggestions in Treatment of Respiratory System Diseases in Geriatrics. T.R. MINISTRY OF HEALTH CURRENT PROBLEMS AND SOLUTION SUGGESTIONS IN RATIONAL DRUG USE IN ELDERLY WORKSHOP, (Control No: 4941086)
- TUFAN CINCIN ASLI, BAHAT-OZTURK GULISTAN, AYDIN YUCEL, ILHAN BIRKAN, Muratlı Sevilay, Akpınar Timur Selçuk, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF (2014). MORTALITY CORRELATIONS IN GERIATRIC OUTPATIENTS: IMPORTANCE OF FUNCTIONAL ASSESSMENT. 7th ACADEMIC GERIATRICS CONGRESS, (Control No: 4944199)
- BAHAT-OZTURK GULISTAN, TUFAN CINCIN ASLI, kilic cihan, ILHAN BIRKAN, Muratlı Sevilay, Akpınar Timur Selçuk, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF (2014). CAN SIMPLIFIED NUTRITIONAL APPETITE QUESTIONNAIRE BE AN ALTERNATIVE IN GERIATRIC NUTRITIONAL ASSESSMENT? 7th ACADEMIC GERIATRICS CONGRESS, (Control No: 4944183)
- ILHAN BIRKAN, BAHAT-OZTURK GULISTAN, TUFAN CINCIN ASLI, TUFAN FATİH, Muratlı Sevilay, Akpınar Timur Selçuk, KARAN MEHMET AKIF (2015). PREVALENCE OF SARCOPENIA AND ITS RELATIONSHIP WITH FUNCTIONAL STATUS IN THE ELDERLY TURKISH POPULATION. 9th CLINICAL ENTERAL AND PARENTERAL NUTRITION CONGRESS, (Control No: 4944892)
- ILHAN BIRKAN, BAHAT-OZTURK GULISTAN, kilic cihan, TUFAN CINCIN ASLI, AYKIN SEVILAY, Muratlı Sevilay, Akpınar Timur Selçuk, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF (2014). NEGLIGIBLE GERIATRIC SYNDROME: FREQUENCY OF CHRONIC PAIN IN POPULATION AGED 75 AND OVER. 7th ACADEMIC GERIATRICS CONGRESS, (Control No: 4944217)
- BAHAT-OZTURK GULISTAN, Muratlı Sevilay, TUFAN CINCIN ASLI, kilic cihan, AYKIN SEVILAY, ILHAN BIRKAN, Akpınar Timur Selçuk, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF (2014). INCONTINENCE DATA OF THE POPULATION AGED 75 AND ABOVE THAT APPLIED TO ISTANBUL UNIVERSITY FACULTY OF MEDICINE GERIATRICS OUTPATIENT CLINIC. 7th ACADEMIC GERIATRICS CONGRESS, (Control No: 4944242)
- ILHAN BIRKAN, BAHAT-OZTURK GULISTAN, kilic cihan, TUFAN CINCIN ASLI, AYKIN SEVILAY, Muratlı Sevilay, Akpınar Timur Selçuk, ERTEN SEBİLE NILGUN, KARAN MEHMET AKIF (2014). FREQUENCY OF DEPRESSION AND PREDICTORS IN ELDERLY AGED 75 AND OVER. 7th ACADEMIC GERIATRICS CONGRESS, (Control No: 4944114)
- ILHAN BIRKAN, BAHAT-OZTURK GULISTAN, TUFAN FATİH, KARAN MEHMET AKIF (2016). A Case of Masked Depression Presenting with Complaint of Forgetfulness. 9th Academic Geriatrics Congress, 65-65., (Control No: 4939111)

- BAHAT-OZTURK GULISTAN, ILHAN BIRKAN, kilic cihan, TUFAN CINCIN ASLI, AYKIN SEVILAY, Muratlı Sevilay, Akpınar Timur Selcuk, ERTEN SEBILE NILGUN, KARAN MEHMET AKIF (2014). FRAILITY DATA OF POPULATION AGED 75 AND OVER ACCORDING TO FRAILITY CRITERIA. 7th ACADEMIC GERIATRICS CONGRESS, (Control No: 4944094)
- ILHAN BIRKAN, TOPTAS TAYFUR, AKTAS BILGE, ASKAN GOKCE (2012). Diffuse Large B-Cell Non-Hodgkin Lymphoma in a Patient Diagnosed with Essential Thrombocytosis. 14th NATIONAL INTERNAL MEDICINE CONGRESS, (Control No: 4947024)
- ILHAN BIRKAN (2016). Fluid-Electrolyte Disorders (Emergency). 9th ACADEMIC GERIATRICS CONGRESS, (Control No: 4973284)
- ILHAN BIRKAN (2015). Case discussions: infectious diseases. 8th ACADEMIC GERIATRICS CONGRESS, (Control No: 4973225)
- ILHAN BIRKAN (2018). FREQUENTLY ENCOUNTERED PROBLEMS 3: PAIN. 11th ACADEMIC GERIATRICS CONGRESS, (Control No: 4973176)
- Dursun Hakan Delibas, Neslihan Esku, Esin Erdogan, Dilek Top Karti, Ozge Yilmaz Kuspeci, Birkan Ilhan, Gulistan Bahat. MUSCLE STRENGTH AS AN INDEPENDENTLY ASSOCIATED FACTOR WITH DEPRESSION. ACADEMIC GERIATRICS ASSOCIATION E-CONGRESS 2020. 17-18 OCTOBER 2020.
- Birkan Ilhan. HOW TO RECOGNIZE MALNUTRITION IN ELDERLY? NEW DIAGNOSTIC CRITERIA. ACADEMIC GERIATRICS ASSOCIATION E-CONGRESS 2020. 17-18 OCTOBER 2020.
- Gulistan Bahat1, Birkan İlhan2, Nezahat Muge Catikkas1, Asli Tufan3, Savas Ozturk1, Hafize Dogan4, Mehmet Akif Karan1. OBESITY, SUBJECTIVE POSSIBLE SARCOPENIA AND RELATION OF THESE TOGETHER WITH MORTALITY IN INDIVIDUALS STAYING AT NURSING HOMES. 23rd National Internal Medicine Congress (6-10 October 2021).
- Yuksel Altuntas, Birkan Ilhan, Duygu Yildiz, Feyaza Yener Ozturk. Our new diagnosis proposal in the diagnosis of prediabetes: Presence of reactive hypoglycemia in prolonged Ogtt. XVIII. Metabolic Syndrome Symposium (16-19 September 2021).

Memberships in Scientific Organizations

- Association of Turkish Internal Medicine Specialists, Member, 2008
- Academic Geriatrics Association, Member, 2014
- The European Union Geriatric Medicine Society (EUGMS), Member, 2014
- Clinical Enteral Parenteral Nutrition Association (KEPAN), Member, 2014
- UEMS (European Union of Medical Specialists) Geriatrics Section, Representative of Turkey, 2018-Present

Memberships in Scientific Organizations

- Task and Finish Group on Fall-risk-increasing drugs (FRIDs), The European Union Geriatric Medicine Society (EUGMS)
- Special Interest Group on Cardiovascular Medicine, The European Union Geriatric Medicine Society (EUGMS)
- Special Interest Group on Pharmacology, The European Union Geriatric Medicine Society (EUGMS)
- Osteoporosis and Other Musculoskeletal Diseases in Elderly (Member), Academic Geriatrics Association
- Urinary Incontinence and Collapse (Member), Academic Geriatrics Association
- Rational Drug and Polypharmacy (Scientific Secretariat), Academic Geriatrics Association

Memberships in Scientific Organizations

- SECOND PLACE AWARD FOR THE BEST ORAL PRESENTATION, Academic Geriatrics Association, Academic Geriatrics Congress, 2018
- JURY'S SPECIAL AWARD, Academic Geriatrics Association-International Academic Geriatrics Congress, 2017
- FIRST PLACE AWARD FOR THE BEST ORAL PRESENTATION, Academic Geriatrics Association-International Academic Geriatrics Congress, 2017
- SECOND PLACE AWARD FOR THE BEST ORAL PRESENTATION, 23rd National Internal Medicine Congress, 2021