

## Spec. Dr. Tuba Efe MD

### Family Medicine

#### Medical Interests

- Preventive Medicine
- Functional Medicine
- Healthy Living
- Immunization
- Check Up
- Tobacco Addiction and Smoking Cessation
- Mesotherapy Applications
- Phytotherapy



#### Educational Background

- Bursa İnegöl Mediha Hayri Çelik Science High School
- Gazi University Faculty of Medicine
- Specialist Training: Istanbul Haydarpaşa Numune Training and Research Hospital

#### Experience

- Liv Hospital Ulus
- Hatay Samandağ State Hospital
- Istanbul Haydarpaşa Numune Training and Research Hospital
- Bursa İnegöl District Health Directorate

#### Memberships

- Turkish Family Physicians Specialist Association (TFPSA)
- Istanbul Medical Chamber

#### Publications

- Specialization Thesis, Evaluation of Physicians' Healthy Nutritional Behaviors and Food Supplement Use - 2022
- TFPSA 21st National Family Medicine Congress Oral Presentation, Evaluation of Physicians' Healthy Nutritional Behaviors and Food Supplement Use - 2022
- 8th İSTAHED Family Medicine Congress Oral Presentation, How Did the Pandemic Process Affect Examination and Monitoring in a Training Family Health Center? - 2021