

Unvanı Adı Soyadı : Uzm.Dr.Vildan Binay Safer

Doğum Tarihi : 1980

Medeni Durum : Evli

Eğitim:

1987-1992: Cumhuriyet İlk Okulu, Bandırma Balıkesir.

1992-1995 : Atatürk Orta Okulu, Bandırma Balıkesir.

1995-1996: Şehit Mehmet Gönenç Lisesi- Yabancı Dil Ağırlıklı Bölümü, Bandırma Balıkesir.

1996-1998: Ankara Alpaslan Lisesi- Yabancı Dil Ağırlıklı Bölümü, Ankara

1998-2004 : Tıp Doktoru (19 Mayıs Üniversitesi Tıp Fakültesi)

2005-2010: Tıpta Uzmanlık (Ankara Üniversitesi Tıp Fakültesi Fiziksel Tıp Ve Rehabilitasyon AD.

Mesleki Deneyim:

2010- 2015 Ankara Fizik Tedavi ve Rehabilitasyon Eğitim ve Araştırma Hastanesi'nde Uzman Doktor

2015- Haydarpaşa Numune Eğitim ve Araştırma Hastanesi'nde Uzman Doktor

Yabancı Dil:

İngilizce

Yayın Listesi

1. Letter to Editor'ler (SCI ve SCI- Expanded dergilerde yayınlanan)

- a.** Binay Safer V, Ozgirgin N, Ozbudak Demir S, Safer U. Comment on 'Accuracy of segmental multi-frequency bioelectrical impedance analysis for assessing whole-body and appendicular fat mass and lean soft tissue mass in frail women aged 75 years and older'. *Eur J Clin Nutr.* 2013 Jul 17. doi: 10.1038/ejcn.2013.135.
- b.** Safer U, Tasci I, Safer VB, Doruk H. Accurate diagnosis of sarcopenia in the elderly requires correct measurement of muscle mass. *Clin Nutr.* 2013 Aug;32(4):662. doi: 10.1016/j.clnu.2013.03.006. Epub 2013 Mar 15.
- c.** Safer U, Tasci I, Binay Safer V, Doruk H. Establishing exercise habit is important when assessing lean body mass in elderly. *Clin Nutr.* 2013 Aug;32(4):658. doi: 10.1016/j.clnu.2013.04.022. Epub 2013 May 9.
- d.** Safer U, Tasci I, Binay Safer V, Doruk H. Comment to "Age-related changes in body composition in a sample of Czech women aged 18-89 years: a cross-sectional study". *Eur J Nutr.* 2013 Aug;52(5):1543-4. doi: 10.1007/s00394-013-0540-8.

- e. Safer U, Tasci I, Binay Safer V, Doruk H. Increasing physical activity requires increasing energy intake in elderly. *Eur J Clin Nutr.* 2013 Jun 19. doi: 10.1038/ejcn.2013.113.
- f. Safer U, Tasci I, Binay Safer V, Doruk H. Comment on "Association of anorexia with sarcopenia in a community-dwelling elderly population: results from the ilSIRENTE study". *Eur J Nutr.* 2013 Jun 26. doi: 10.1007/s00394-013-0549-z.
- g. Safer U, Tasci I, Binay Safer V. Commentaries on: Sarcopenia and mortality risk in frail olderpersons aged 80 years and older: results from ilSIRENTE study [eLetter] *Age Ageing.* 2013 April 13. <http://ageing.oxfordjournals.org/content/42/2/203>.
- h. Safer U, Tasci I, Binay Safer V, Doruk H. Comment on "Comparison of three BIA muscle indices for sarcopenia screening in old adult". *European Geriatric Medicine.* 2013 12 June doi: 10.1016/j.eurger.2013.04.013.

2. Özeti dergilerde yayınlanan uluslararası kongre ve sempozyumlarda sunulmuş sözel bildiriler

- a. Binay Safer V, Safer U, Tasci I, Koseoglu F, Doruk H. Trends in Hypertension Treatment Among Turkish Stroke Survivor. *J Nutr Health Aging.* 2013;17(Supp.1):s324.
- b. Binay Safer V, Safer U, Tasci I, Koseoglu F, Doruk H. Statin Use Among Elderly Patients with Non-Cardioembolic Ischaemic Stroke: A Turkish Population Study. *J Nutr Health Aging.* 2013;17(Supp.1):s413.
- c. Yavuzer G, Binay V, Atay M. Effects of Virtual Reality on Motor Recovery and Gait Kinematics after Stroke: A Randomized Controlled Study. 16th European Congress of PMR, 3-6 Haziran 2008. *Journal of Rehabilitation Medicine Suppl* 2008; 47:S128.
- d. Safer U, Binay Safer V, Sonmez A, Tapan S, Tasci I, Naharci I, Bozoglu E, Doruk H, The Effects Of Pioglitazone And Metformin On Plasma Asymmetric Dimethylarginine Levels In Patients With Type 2 Diabetes; 11th Congress European Federation of Internal Medicine / XXXIII Congress of the Spanish Society of Internal Medicine 2012 Madrid/İspanya. *Rev Clin Esp.* 2012;212(Espec Congr) :54.

3. Özeti dergilerde yayınlanan uluslararası kongre ve sempozyumlarda sunulmuş poster bildiriler

- a. Binay Safer V, Oken O, Koseoglu F, Safer U. Use Of Antiplatelet Drugs in Patients With Non-Cardioembolic Ischemic Stroke: Turkish Population Study; 11th Congress European Federation of Internal Medicine / XXXIII Congress

of the Spanish Society of Internal Medicine 2012 Madrid/İspanya; Rev Clin Esp. 212 (Espec Congr):273.

- b. Binay Safer V, Oken O, Koseoglu F, Safer U. Statins Use in Patients with Non-Cardioembolic Ischaemic Stroke: Retrospective Turkish Population Study 11th Congress European Federation of Internal Medicine / XXXIII Congress of the Spanish Society of Internal Medicine 2012 Madrid/İspanya; Rev Clin Esp. 212 (Espec Congr):272.
- c. Binay Safer V, Oken O, Koseoglu F, Safer U. Lipid Profile and Gender Relation in Noncardioembolic Ischemic Stroke Survivor; 11th Congress European Federation of Internal Medicine / XXXIII Congress of the Spanish Society of Internal Medicine 2012 Madrid/İspanya; Rev Clin Esp. 212 (Espec Congr):274.
- d. Binay Safer V, Oken O, Koseoglu F, Safer U. Identifying The Characteristics of Stroke Patients: Elderly vs Adults 11th Congress European Federation of Internal Medicine / XXXIII Congress of the Spanish Society of Internal Medicine 2012 Madrid/İspanya; Rev Clin Esp. 212 (Espec Congr):217.
- e. Yavuzer G, Binay V, Atay M. The Effects of Virtual Reality on Motor Recovery and Gait Kinematics after Stroke: A Randomized Controlled Study. 16th Annual Meeting of ESMAC. Gait&Posture 2007; 26:S4-S5.

4. Bilimsel Yarışma Katılımları:

- a. 21. Ulusal Fiziksel Tıp ve Rehabilitasyon Kongresinde (2007) Trans European Scientific Contest (TESC, Avrupa Genç Araştırmacı Yarışması) seçmelerine **“The Effects of Virtual Reality Treatment Using Play Station 2 Eyetoy Games on Gait Symmetry After Stroke”** sunumu ile katılım.
- b. 16th European Congress of Physical and Rehabilitation Medicine (2008) Brugge/Belçika’ da **“The Effects of Virtual Reality Treatment Using Play Station 2 Eyetoy Games on Gait Symmetry After Stroke”** sunumu ile TESC katılımı.