

Res. Asst. Elif Merve Helvacı



Personal Information

Office Phone: [+90 0362 312 1919](tel:+9003623121919) Extension: 3173

Fax Phone: [+90 0362 312 1919](tel:+9003623121919)

Email: elifmerve.helvacı@omu.edu.tr

Other Email: dytelifhelvacı@gmail.com

Web: <https://avesis.omu.edu.tr/elifmerve.helvacı>



International Researcher IDs

ScholarID: 5AIM5ksAAAAJ

ORCID: 0000-0003-1845-5372

Publons / Web Of Science ResearcherID: IEM-0321-2023

Yoksis Researcher ID: 321239

Education Information

Doctorate, Ondokuz Mayıs University, Lisansüstü Eğitim Enstitüsü, Sınır Bilimleri

Anabilim Dalı, Turkey 2024 - Continues

Postgraduate, Ondokuz Mayıs University, Sağlık Bilimleri Enstitüsü, Sınır Bilimleri (YI)

(Tezli), Turkey 2019 - 2023

Undergraduate, Ondokuz Mayıs University, Samsun Sağlık Yüksekokulu, Beslenme Ve

Diyetetik Bölümü, Turkey 2016 - 2019

Biography

She was born in Samsun in 1997 and completed her primary and secondary education there. She began her high school education at Aziz Atik Anatolian Teacher High School in 2011 and graduated in 2015. In 2019, she graduated with honors from the Faculty of Health Sciences, Department of Nutrition and Dietetics at Ondokuz Mayıs University. She has participated in numerous symposiums and congresses related to her field. In September 2019, she started her master's degree in Neuroscience at the Department of Neuroscience at Ondokuz Mayıs University Graduate School of Health Sciences, completing it in 2023. In 2023, she started her PhD studies at the same department and is currently continuing. She works as a Neuroscience Research Assistant. Her research focuses on nutrition in Multiple Sclerosis, brain-gut connection, gut microbiota, nutrition in migraine, enteral and parenteral nutrition in neurological diseases, etc.

Foreign Languages

English, B1 Intermediate

Dissertations

Postgraduate, Relationship Between Clinical and Demographic Characteristics with Anthropometric Measurements in Multiple Sclerosis Patients, Ondokuz Mayıs University, 2023

Research Areas

Health Sciences, Neurology, Nutrition and Dietetics

Academic Titles / Tasks

Research Assistant, Ondokuz Mayıs University, Lisansüstü Eğitim Enstitüsü, Sinir Bilimleri Anabilim Dalı, 2020 - Continues

Published journal articles indexed by SCI, SSCI, and AHCI

- I. **The role of oligoclonal band count and IgG index in treatment response and disease activity in multiple sclerosis**
Taskiran E., Terzi M., Helvacı E. M., Eser M. Z., Avcı B., Faruk T. O., YETKİN M. F., Çilingir V., Bir L. S., CANBAZ KABAY S., et al.
MULTIPLE SCLEROSIS AND RELATED DISORDERS, vol.83, 2024 (SCI-Expanded)
- II. **Clinical and Demographic Characteristics and Two-Year Efficacy and Safety Data of 508 Multiple Sclerosis Patients with Fingolimod Treatment**
Terzi M., Helvacı E. M., Şen S., Boz C., Cilingir V., Akçalı A., Beckmann Y., Uzunköprü C., Turkoglu R., Yüceyar N., et al.
Noropsikiyatri Arsivi, vol.60, no.1, pp.23-27, 2023 (SCI-Expanded)
- III. **Is Mediterranean diet associated with multiple sclerosis related symptoms and fatigue severity?**
Ertuş Öztürk Y., Helvacı E. M., Sökülmez Kaya P., Terzi M.
NUTRITIONAL NEUROSCIENCE, vol.26, no.3, pp.228-234, 2023 (SCI-Expanded)

Articles Published in Other Journals

- I. **Two-year Assessment of the Efficacy and Safety of Ocrelizumab in Switching Patients from Other Disease Modifying Therapies**
TERZİ M., BOZ C., DEMİR C. F., ÇİLİNGİR V., HELVACI E. M.
Journal of Multiple Sclerosis, 2023 (Peer-Reviewed Journal)

Books & Book Chapters

- I. **All Aspects of Cannabis**
Terzi M., Helvacı E. M.
Ondokuz Mayıs Üniversitesi, Samsun, 2023

Refereed Congress / Symposium Publications in Proceedings

- I. **Two-Year Real-World Data of Dimethyl Fumarate in the Treatment of Multiple Sclerosis in Turkey**
Terzi M., Şen S., Beckmann Y., Karabudak R., Helvacı E. M., Yetkin M. F., Uzunköprü C., Türkoğlu R., Koç E. R., Balcı F. B., et al.
59.Ulusal Nöroloji Kongresi, Antalya, Turkey, 13 December 2023
- II. **Relationship Between Clinical and MRI Findings and Anthropometric Measurements in Multiple Sclerosis Patients**
Helvacı E. M., Terzi M.
59.Ulusal Nöroloji Kongresi, Antalya, Turkey, 13 December 2023
- III. **Demographic Characteristics of 110 Patients with Positive Paraneoplastic Panel**

Terzi M., Eser M. Z., Helvacı E. M.

58.Ulusal Nöroloji Kongresi, Muğla, Turkey, 19 November 2022

- IV. **Evaluation of Physical Activity In Patients with Anorexia Nervosa: A Systematic Review**
Helvacı E. M., Özcan B. N.
7th International Congress on Nutrition Obesity and Community Health, İstanbul, Turkey, 27 - 29 May 2022
- V. **A Contemporary Look at Nutrition in Migraine**
Helvacı E. M.
10.Ulusal Nörobilim Kongresi, Samsun, Turkey, 6 - 12 May 2022
- VI. **Contralateral Suppression Findings in Obese and Non-Obese Multiple Sclerosis Patients**
Küçüköner A., Helvacı E. M., Küçüköner Ö., Terzi M.
11.Ulusal Obezite Kongresi, İzmir, Turkey, 3 - 06 March 2022
- VII. **Relationship Between the Number of CSF Oligoclonal Bands and Demographic and Clinical Characteristics in Multiple Sclerosis Patients**
Taşkıran E., Terzi M., Turan Ö. F., Yetkin M. F., Çilingir V., Bir L. S., Canbaz Kabay S., Bilge N., Kotan Dünder D., Demir C. F., et al.
57. ULUSAL NÖROLOJİ KONGRESİ, Antalya, Turkey, 27 November - 01 December 2021
- VIII. **Smartphone Application in Clinical Follow-up and Monitoring of Multiple Sclerosis (MUTLUSUN)**
Terzi M., Gül Türk S., Coşkun Us N., Helvacı E. M., Koç S.
57.Ulusal Nöroloji Kongresi, Antalya, Turkey, 27 November - 01 December 2021
- IX. **Determination of the Usage Rates of Alternative Products Among Multiple Sclerosis Patients and Evaluation of Their Impact on Disease Progression**
Helvacı E. M., Ertaş Öztürk Y., Terzi M., Sökülmez Kaya P.
57.Ulusal Nöroloji Kongresi, Antalya, Turkey, 27 November - 01 December 2021
- X. **Multiple Sclerosis and Microbiota**
Terzi M., Helvacı E. M.
8. Ulusal Bağırsak Mikrobiyotası ve Probiyotik Kongresi, Antalya, Turkey, 11 - 14 September 2021
- XI. **Examination of tear fluid in patients with pre-diagnosis of MS**
TERZİ M., HELVACI E. M., CAN N. N.
ECTRIMS, 13 - 16 October 2021

Memberships / Tasks in Scientific Organizations

Türkiye Diyetisyenler Derneği, Member, 2022 - Continues, Turkey

Türkiye Beyin Araştırmaları ve Sinir Bilim Derneği, Member, 2022 - Continues, Turkey

Avrupa Nörobilim Dernekleri Federasyonu, Member, 2022 - Continues, Turkey

Congress and Symposium Activities

Development and Future of Enterprise Resource Planning, Attendee, Samsun, Turkey, 2023

Turkey Food Innovation Platform, Attendee, İstanbul, Turkey, 2023

TÜBİTAK 2237-A Development of Young Researchers' R&D Culture in the Techno-Entrepreneurship Vertical, Attendee, Kastamonu, Turkey, 2022

Patent Awareness Workshop, Attendee, Samsun, Turkey, 2022

11th National Congress on Obesity and Associated Diseases, Attendee, İzmir, Turkey, 2022

6th Symposium on Cognition in Multiple Sclerosis, Attendee, İzmir, Turkey, 2021

8th National Congress on Gut Microbiota and Probiotics, Attendee, Antalya, Turkey, 2021

2nd Online Symposium on Neuromuscular Diseases, Attendee, İstanbul, Turkey, 2021

1st Neuroscience Congress, Attendee, İstanbul, Turkey, 2021

14th National Congress on Parkinson's Disease and Movement Disorders, Attendee, İstanbul, Turkey, 2021

8th GIV Entrepreneurship Awards, Attendee, Konya, Turkey, 2021

3rd Neuronutrition Symposium, Attendee, İstanbul, Turkey, 2021

11th Clinical Neuroimmunology Symposium, Attendee, İstanbul, Turkey, 2020

18th National Neuroscience Congress, Attendee, İstanbul, Turkey, 2020

9th National Healthy Living Congress - Cardiology Dietetics, Attendee, İstanbul, Turkey, 2020

9.Ulusal Sağlık Yaşam Kongresi 3.PROBIOCLASS -Beslenme Prebiyotik Probiyotik Bahar Okulu, Attendee, İstanbul, Turkey, 2020

8th Basic Immunology and Neuroimmunology Student School, Attendee, İstanbul, Turkey, 2020

Scholarships

ERASMUS GERMANY, University, 2023 - 2023

Awards

Helvacı E. M., Two-Year Real-World Data on Dimethyl Fumarate in the Treatment of Multiple Sclerosis in Turkey, Türk Nöroloji Derneği, December 2023

Helvacı E. M., 2nd Place Oral Presentation Award at the 57th National Neurology Congress, Türk Nöroloji Derneği, November 2021

Helvacı E. M., 1st Place Poster Award at the 57th National Neurology Congress, Türk Nöroloji Derneği, November 2021