

CURRICULUM VITAE

Full Name:

Alev Eken

Date and Place of Birth:

10.08.1959, Zonguldak

Foreign language:

English

Fields of Interest:

To establish a basic thinking and lifestyle to maintain holistic health and skin quality. In addition, evidence- and science-based studies on healthy life, age and beauty management. Skin strengthening approaches that support protecting the skin quality, support the skin protection program, and manage the dermal health from the inside out; dermacosmetic active substances and cosmetic products; issues that will boost the effect of treatment such as chronobiology, chronotherapy, and regenerative dermatology; and current antiaging therapies offered to us by aesthetic dermatology.

Treatments:

Medical Dermatology

Treatment of acne and acne scar

Hair and scalp diseases, hair loss and its treatment

Treatment of white/brown discolorations on the skin and spots

Prevention and treatment of inflammatory skin diseases

Medical Cosmetics and Anti-Aging

Soft tissue fillers

Injection lifting (liquid face lifting-9 point lifting)

Botulinum toxin (wrinkle, masseteric muscle, chin, sweating injection)

Peeling procedures

Skin rejuvenation procedures

Skin tightening procedures

Dermaroller

Skin grafts, mesotherapy, mesolifting and light-cure filler

Holistic facial-skin consultation/cosmetic counseling

Education and Experiences:

1976 Kocatepe Mimar Kemal High School, Ankara

1976-1981 School of Medicine, Hacettepe University

1984 Graduation, School of Medicine, Erciyes University

1986-1994 Department of Dermatology, School of Medicine, Erciyes University (1989 - dermatologist, 1993 - Associate Professor)

1994-1999 Consultant Physician, Dr. Sami Ulus Gynecology & Obstetrics and Pediatrics Teaching and Research Hospital, Ministry of Health

1999-2006 Deputy Chief of Dermatology Clinic, Ankara Teaching and Research Hospital, MoH.

1994 - Private Clinic

2010 - Ankara Güven Hospital

Scientific Studies:  
Articles

- Büker AC, Aktaş E, Soyuer Ü, **Eken A**. Effect of Photochemotherapy on Thyroid Functions. Lepra Journal.1987;18:141-3.(Investigation)
- Aktaş E, Patiroğlu TE, Soyuer Ü, **Eken A**, Özesmi Ç. The Effect of Topical Agents on Wound Healing. 8<sup>th</sup> Prof Dr A. Lütfü Tat Syposium. Ankara, September 14-16, 1987. S.128-37. (Investigation)
- Eken A**, Soyuer Ü. Pyoderma gangrenosum. Lepra Journal. 1989;20:91-6. (Case Report)
- Eken A**, Soyuer Ü. Poikiloderma vasculare atrophicans. Lepra Journal. 1990;21: 162-9. (Case Report)
- Keleştimur F, Soyuer Ü, Paşaoğlu H, Aydın N, **Eken A**, Güven K. Oral candidal flora in poorly and well-controlled diabetic patients. Revista Iberica de Micologia. 1990;7(1):19-21. (Investigation)
- Eken A**, Kontaş O, Soyuer Ü, Patiroğlu TE. A Case of Lichen Planus in association with Cicatriceal Alopecia. Dermal Diseases and Syphilis Archive. 1990;24(2):119-22. (Case Report)
- Soyuer Ü, **Eken A**, Şahin Z, Utaş S. Clinical Efficiency of Betamethasone-17 Valerate Hair Lotion. Dermal Diseases and Syphilis Archive. 1990;24(4):277-8. (Investigation)
- Soyuer Ü, Aşçıoğlu Ö, Aktaş E, **Eken A**. Results of PUVA in total alopecia. 13<sup>th</sup> Turkish Dermatology Congress. Adana, September 2-5, 1990. S. (1)393-5. (Investigation)

Soyuer Ü, Soyuer A, Eken A, Moray I , Dermal symptoms seen in neurocutaneous diseases. 13<sup>th</sup> Turkish Dermatology Congress. Adana, September 2-5, 1990. S.(II)227-30. (Investigation)

- Soyuer Ü, Eken A. Cefuroxime Axetil in Skin and Soft Tissue Infections. Dermal Diseases and Syphilis Archive. 1991;25(1):19-21. (Investigation)
- Karaoğlu S, **Eken A**. Vesicular Pityriasis Rosacea. Dermal Diseases and Syphilis Archive. 1991;25(2):73. (Case Report)
- Eken A**, Soyuer Ü. The Value of Topical Agents on Secondary Wound Healing. Lepra Journal. 1991;22:276-82. (Review)
- Soyuer Ü, **Eken A**. Aging of Skin and its Treatments. Symposium of Developments in Dermatology. İstanbul, May 5-6, 1991. S.59-66. (Review)
- Soyuer Ü, **Eken A**, Can S. Comparison of topical and systemic photochemotherapy for total and universal alopecia. Turk J Dermatol. 1992;2(1):19-22. (Investigation)
- Eken A**, Karaoğlu S, Kösem M, Soyuer Ü. A case of superficial basal cell epithelioma. Dermal Diseases and Syphilis Archive. 1992;26(2):122-3. (Case Report)
- Tayyar M, Yılmaztürk A, Knittlmayer S, **Eken A**, Soyuer Ü, Öztürk F. Pemphigus vulgaris und gravidität. Redaktion Therapiewoche (Case Report)

Eken A, Kontaş O, Şahin S, Ünver O. Urticarial Vasculitis: Clinical and Histopathological Analyses of 11 cases. Journal of Dermapathology. 1994;3:39-42. (Investigation)

- Tomaç N, Kara A, Oksal A, **Eken A**, Bek K. Urticaria pigmentosa together with bronchial asthma: a case report. Gazi Medical Journal 1997; 8: 159-61 (Case Report)
- Eken A, Uzun Polat M. [The biologic active ingredients used in cosmeceutical moisturizers]. Türkiye Klinikleri J Cosmetol. 2002;3(4):200-5.
- Eken A**, Uzun M. Active Ingredients added to the cosmeceutical moisturizers. Türkiye Klinikleri J Cosmetol. 2003;8:25-7. (Review)

Karadağ AS, Eken A, Ekşioğlu M, Üstün H, Oksal A. Cutaneous leukocytoclastic vasculitis. Clinicopathological assessment of 10 Cases: Lepra Journal. 2004;36(3-4):71-80.

- Eken A**. Reasons of hair loss, cleaning and care. Türkiye Klinikleri J Cosmetol. 2004;5(2):83-8.
- Karadağ AS, **Eken A**, Pulat H, Ekşioğlu M. [A case of epidermal nevus associated with palmoplantar hyperkeratosis and woolly hair nevus]. Türkiye Klinikleri J Med Sci. 2004;24(5):557-61.
- **Eken A**. [Mycophenolate mofetil and its use in the treatment of skin diseases]. Türkiye Klinikleri J Med Sci. 2004;24(3):276-83.

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- **Eken A**, Soyuer Ü, Şahin S, Gün İ. Evaluating Result of PUVA in Vitiligo. 14<sup>th</sup> Turkish Cancer Congress. Erzurum, -4 September 1992. (Investigation)
- Soyuer Ü, **Eken A**. Ethiopathogenesis and Treatment of Alopecia. 2<sup>nd</sup> TÜRKOD Congress. İzmir, 23-25 November 1992. (Review)

- **Eken A**, Duran S, Konaş O, Soyuer Ü. A case of Erythrokeratoderma Variabilis. 2<sup>nd</sup> TÜRKOD Congress. İzmir, 23-25 November 1992. (Review)

Eken A, Sızmaz S. Muscle Elevation with Botulinum Toxin to Look Younger. 19<sup>th</sup> Turkish Dermatology Congress. 3-7 September 2002. (Investigation)

- Külçü Çakmak S, Eken A, Ekşioğlu M. Serum E-Selectin Levels in Patients with Psoriasis Vulgaris. 19<sup>th</sup> Turkish Dermatology Congress 3-7 September 2002. (Investigation)

- **Eken A**. New Cosmetics & Cosmeceuticals. 21<sup>st</sup> Prof A.Lütfü Tat Symposium. JW Marriott Otel, Ankara, November 13-17, 2013
- Eken A. Skin Boosters in Improving Skin Quality Oral Presentation. Eurasian Non-Surgical Course. Hilton Convention Center, İstanbul, 18-20 October 2019.

- Eken A. The effects of the new HABITS we gained in the pandemic on our skin E-State of the Pandemic, Current Developments in Pharmacy, Online Symposium November 2020.

**Posters**

- **Eken A**, Karaoğlu S, Aşçıoğlu Ö. The relationship between lichen planus and chronic liver diseases. 14<sup>th</sup> Turkish Dermatology Congress. Erzurum,1-4 September 1992. (Investigation)

- **Eken A**, Soyuer Ü, Duran S, Gün İ. Effects of Soap and Syndets on pH of skin. 14<sup>th</sup> Turkish Dermatology Congress. Erzurum,1-4 September 1992. (Investigation)

- Şahin S, Soyuer Ü, **Eken A**, Özcan M. Oral Candidiasis in Type I and Type II Diabetes Mellitus. 14<sup>th</sup> Turkish Dermatology Congress. Erzurum,1-4 September 1992. (Investigation)

Yeğın F, Yüksel N, Eken A, Ekşioğlu M, Astarıcı M. Co-existence of Comedonal Darier's disease and Syringocystadenoma papifleriferum. 20<sup>th</sup> Turkish Dermatology Congress. September 7-12, 2004, Çeşme

- Yeğın F, Akbay G, Eken A, Ekşioğlu M, Pulat H. Keratosis Pilaris Atrophicans Faciitis in two sisters. 20<sup>th</sup> Turkish Dermatology Congress September 7-12, 2004, Çeşme

Yeğın F, Baykır M, Eken A, Ekşioğlu M. Neurofibromatosis Type 1 in father and son: A Case Report. 20<sup>th</sup> Turkish Dermatology Congress. September 7-12, 2004, Çeşme

- Yeğın F, Akbay G, Eken A, Ekşioğlu M, Erol D. Co-existence of systemic sclerosis and prostate adenocarcinoma: A Case Report. 20<sup>th</sup> Turkish Dermatology Congress. September 7-12, 2004, Çeşme

- Eken A, Ekşioğlu M, Astarıcı M, Yavuzer K, Akbay G, Kalkan G. A male case with sarcoidosis. 20th Turkish Dermatology Congress September 7-12, 2004, Çeşme

- Güngör Ş, Yüksel N, Astarıcı M, Eken A, Ekşioğlu M, Üstün H. An important variant in the differential diagnosis: Ulcerated dermatofibroma. 20<sup>th</sup> Turkish Dermatology Congress. September 7-12, 2004, Çeşme

Yeğın F, Akbay G, Eken A, Ekşioğlu M, Asrarcı M. A case of Necrobiosis lipoidica diabetorum in a 8 years old patient with type 1 diabetes mellitus. 6<sup>th</sup> Dermatology and Dermathopathology Update. İstanbul, December 2-5, 2004.

- Akbay G, Kalkan G, **Eken A**, Ekşioğlu M, Asrarcı M. Self-healing cutaneous mucinosis in an adult. 6<sup>th</sup> Dermatology and Dermathopathology Update. İstanbul, December 2-5, 2004.

**Residency Thesis**

- **Eken A**. Effect of External Agents on Secondary Wound Healing. Kayseri 1989.

**Books**

- **Eken A**, Can PS, Soyuer Ü. Systemic Medicines Requiring Clinical And Laboratory Follow-Up In Dermatology. Kayseri: Erciyes University Press; 1993. P.246.

- **Eken A**. Cosmeceutical Ingredients. 1. Edition. Ankara: , 2006.. P.136.

- Baumann L, ed. **Eken A**, Translation editor. Cosmetic Dermatology: Principles and Applications. 1. Edition. Ankara: ; 2003. P. 226

- **Eken A**. Do not wrinkle your skin.- Maximum Care and Beauty Diary. 1. Edition. İstanbul: Prestij Press; 2007. P.272.

- Baumann L, ed. **Eken A**, Translation editor. Cosmetic Dermatology: Principles and Applications. 2. Edition. E Book. Ankara: Tur. Cli.; 2011. P. 356

- **Eken A.** Noninvasive facial aesthetic applications combined with botulinum toxin type A. In: Carruthers J, Carruthers A, Dover JS, Alam M, eds. Arca E, Erbil H, translation editors. Procedures in Cosmetic Dermatology: Botulinum toxin. 4. Edition. Ankara: Dünya Medical Bookstore,2020. P.125-32.

Procedures in Cosmetic Dermatology: Soft Tissue Augmentation Applications. In: Carruthers J, Carruthers A, Dover JS, Alam M, eds.

**Eken A**, Translation editor. 4. Edition. Ankara: Dünya Medical Bookstore,2020. P.280.

- **Eken A.** What's Happening to My Skin? Management of Skin Health from the inside out. 1. Edition. Istanbul: Siyah Kitap; 2020. S.197.

**Professional Memberships:**

- European Academy of Dermatology and Venereology
- Turkish Society of Dermatology
- Ankara Association of Skin and Veneral Diseases
- Aesthetic and Cosmetic Dermatology Association
- Allergan Medical Institute, Türkiye Advisory Board Member
- Preventive Medicine and Functional Medicine (KOHEF) Association

**Professional Awards, Degrees and Experiences:**

- I have been a practitioner and trainer of Botulinum toxin and injectable fillers since 1996 and 2000, respectively.
- I am a consultant physician for distinguished cosmetic companies.
- I am member of the Türkiye Advisory Board, Allergan Medical Institute.
- In 2006, my book titled “Cosmeceutical Active Substances” was published. In particular, I shared with my colleagues the selection, use, time of use (chronotherapy) of products used epidermally for the skin and hair, and their effects on the skin. The book is the only publication in the field of medical dermatology written in Turkish.
- For the last five years, I have been working on “Healthy Life and Ageing”, “Age and Beauty Management”, “Reflection of Holistic Health on the Skin”, and “Protection of Skin Quality”.
- My third book titled “What is Happening in My Skin” was published in 2020; this book reflects my professional experience, evidence-based knowledge and the inside-out management of skin health in cosmetic dermatology.

**Professional Training, Courses and Conferences** (current 2011-2021)

- 21<sup>st</sup> Prof Dr A. Lütfü Tat Symposium 2013, Ankara, Türkiye
- AMWC 2013- Anti-Aging Medicine World Congress, Monte Carlo, Monako
- AMWC 2014- Anti-Aging Medicine World Congress, Monte Carlo, Monako
- IMCAS – 17th Annual World Congress 2015, Paris, France
- Allergan Medical Institute Certificate of Attendance “Optimal Consultation and Whole Face Approach”, 2015, İstanbul
- Allergan Medical Institute Certificate of Attendance “Unlocking the Code the Facial Revitalization”, 2015, İstanbul
- 22<sup>nd</sup> Prof Dr A. Lütfü Tat Symposium 2015, Ankara, Türkiye
- EADV, 2015- The European Academy of Dermatology and Venereology Congress, Copenhagen, Denmark
- 26<sup>th</sup> Turkish Dermatology Congress, 2016 Antalya, Türkiye

- 1<sup>st</sup> International Allergan Medical Institute “Train the Trainer” Meeting, 2016, London, UK
- EADV 2017 - The European Academy of Dermatology and Venereology Congress , Geneva, Switzerland
- IMCAS – 19<sup>th</sup> Annual World Congress 2017, Paris, France
- IMCAS - 20<sup>th</sup> Annual World Congress 2018, Paris, France
- Allergan Medical Institute “MD CODES TOUR 2018 FACULTY” , 2018, İstanbul
- IDEA –International Dermatology Dermatopathology & Esthetic Academy- Congress, 2018, Ankara, Turkey
- 24<sup>th</sup> rof Dr A. Lütfü Tat Symposium 2019, Ankara, Türkiye
- VOLITE™ Roundtable Meeting (Turkish Physician Clinical Observation Sharing/Eken A.) 2018, Ankara, Turkey
- ATT Medical Aesthetic Cosmetic Certificate of Beauty Equipment, 2019, Ankara, Turkey
- Eurasian Non-Surgical Days 2019, İstanbul, Turkey
- Allergan, “VOLUX Prioritized Access Meeting”, 2012, İstanbul, Turkey
- FotoFinder ATBM-Automatic Total Body Imaging- Certificate Training, 2020, ANKARA
- EADV Virtual Congress 2020 - 29<sup>th</sup> The European Academy of Dermatology and Venereology Congress
- IDEA –International Dermatology Dermatopathology & Esthetic Academy- Virtual Congress, 2020
- Online 1<sup>st</sup> Functional Medicine Congress, 2020
- E-State of the Online Pandemic, Current Developments in Pharmacy Symposium, 2020.