



ISTANBUL
GELISIM
UNIVERSITY



MONTHLY EVENTS AND NEWS BULLETIN

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March

2022

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6 March: European Speech and Language Therapy Day



8 March: International Working Women's Day



14 Mart: National Doctors' Day



18 March: Çanakkale Victory and Martyrs' Day



22 Mart: World Water Day



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822ND AMONG 4126 UNIVERSITIES WORLDWIDE

World university ranking organization SCIMAGO 2021 results have been announced. In the evaluation, Istanbul Gelisim University has been ranked 822nd among 4 thousand 126 universities in the world.

The Spanish-based international higher education rating agency SCIMAGO measured the research performance, innovation output and web visibility of world universities. Istanbul Gelisim University is 21st among the universities in Turkey according to its research and innovation studies in the fields of Economics, Econometrics and Finance, 7th according to its research and innovation studies in the field of Environmental Sciences, and 30th according to its research and innovation studies in the field of Mathematics in Turkey.

In the field of Environmental Sciences, Istanbul Gelisim University has also managed to be the 300th among OECD country universities and 37th among Middle East Universities



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İGÜ Sağlık Bilimleri Fakültesi



New News

Now you can send all your opinions, suggestions, news or articles to us at sfbulten@gelisim.edu.tr

Addictions are a Major Public Health Issue

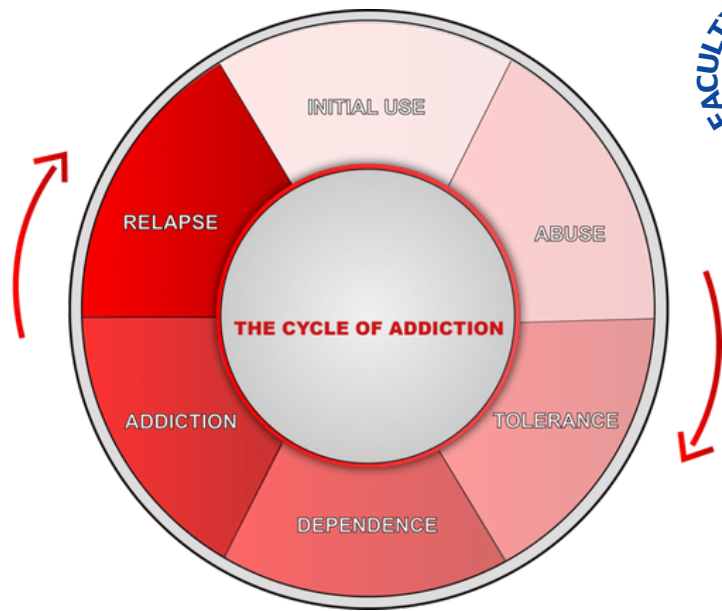


Asst. Prof. Nurten ELKİN

Saying "Addictions are an important public health problem", Head of Child Development Department IGU Faculty of Health Sciences Asst. Prof. Nurten ELKİN emphasized that March 1-7 is celebrated as YESİLAY Week.

She stated that this week is an important week, especially in the fight against addictions and all the trainings held during this week are meaningful in creating the necessary awareness about addictions. YESİLAY, one of the most rooted non-governmental organizations in Turkey, aims to raise awareness of the individuals who make up the society to stay away from addictions and to have a healthy life by combating five types of addiction (tobacco, alcohol, substance, gambling and technology). YESİLAY was founded by Dr. Mazhar Osman Uzman and his friends with the permission of Sultan Vahdeddin on March 5, 1920, in Istanbul under the name "Hilal-i Ahdar" and under the auspices of the Şeyhülislam İbrahim Haydarizade, in order to prevent the occupation forces from spreading alcohol and drugs in our society and destroying the spirit of struggle against the occupation during and after the First World War. The dates of 1 - 7 March, when the YESİLAY was established, are celebrated as YESİLAY week in our country. As the types of addictions have increased since its establishment, the working areas of the YESİLAY have also diversified in its charter, and after alcohol, cigarettes, drugs, gambling and recently technology addiction have been included in the YESİLAY's field of struggle.

What is addiction and how does it occur?



Addiction is a state formed by many factors coming together; Negative parental attitudes exhibited during the upbringing of children, having a history of addiction in any of the family members, the wrong choice of friends, low academic achievement, and society's perspective on addiction can be counted as just a few of the factors that may pose a risk. For this reason, when talking about the formation process of addiction, one should examine the individual from childhood and even infancy; It would be correct to evaluate the process as a whole, taking into account family, social and cultural characteristics. Addiction is the loss of control over a substance, alcohol, object or behavior (action) that a person uses. Any substance or behavior performed uncontrollably carries the risk of addiction. Therefore, individuals can be addicted to many things in life. According to the Turkey Anti-Addiction Training Program, addiction is the loss of control over an object that a person uses or an action one takes. Psychological and biological factors in the individual affect the addiction process. The person may first want to try the use with a sense of curiosity and fear. It is used with the thought that nothing will happen at once with curiosity. Addiction affects the neurotransmitter dopamine in the brain. Dopamine is involved in many basic functional processes such as thought, feeling, motivation, movement, attention and decision making. Although it varies according to the frequency of use, duration of use, and the type of substance used, the brain begins to fail to function properly as a result of damage to the dopamine hormone and addiction occurs. Therefore, we can consider addiction as a brain disease. As stated by the American Psychiatric Association, some changes occur in the structure and functions of the brain in the case of addiction. Depending on these changes, the person's mood, thoughts and behaviors are impaired. Brain imaging studies shows that there are problems due to addiction, especially in areas of the brain related to judgment, decision making, learning, memory and behavioral control.

Addiction should be divided into two as dependent personality and dependent behavior. A dependent personality is a personality type that is attached to another object, person or something and thinks that they cannot live without it. Dependent behavior, on the other hand, is the behavior shown by people who are addicted to a certain type of behavior, a certain action, that is, who want to do it constantly and want to do it more and more.





What are the symptoms of addiction?

Constantly wanting to do the same behavior is one of the biggest symptoms of addiction. If we think of it as addictive behavior, constantly wanting to smoke is a sign of addiction. Addicted people gradually develop these characteristics and expand their tolerance limits. Therefore, they need to drink more and more. Generally, withdrawal symptoms regarding substance abuse or smoking addiction are anxiety, irritability, rapid breathing, sweating in the hands.



Which parental attitudes pave the way for substance / alcohol / cigarette use?

Parents who are unable to set boundaries; parents who have oppressive parental attitudes, parents who do not know where and with whom their children are doing or parents who set too many limits but put too much pressure on children. So both are actually harmful in terms of addiction. The child needs to know the limits and to know what he is doing and why. However, in some cases, boundaries need to be stretched.

Is addiction curable?

When we look at it as an addicted personality, it is a little more difficult to treat, but it is not impossible. When we consider it as addictive behavior, it is of course possible. If a person has any addiction, person must somehow get rid of this addiction, make an effort, and above all, not lose hope. So addiction is not destiny. Therefore, people can get rid of addiction if they want and give the necessary struggle. While it is a little easier for the person to cope with the addicted behavior, addicted personalities may need psychological support.

It is important to stay away from healthy lifestyle behaviors and addictions in the protection and development of public health. It is our priority to provide preventive health services, especially in child and adolescent health; It should be our main goal that young people never start these habits. In this context, family, school and public education should be given importance and necessary counseling should be given to families, especially in Family Health Centers where primary health care services are provided.



[Click here for the details of the news.](#)



6TH MARCH EUROPEAN SPEECH AND LANGUAGE THERAPY DAY

Students of the Speech and Language Therapy Department came together on March 6, European Speech and Language Therapy Day.

It is celebrated as "6th March Speech and Language Therapy Day" every year in Europe and in our country.

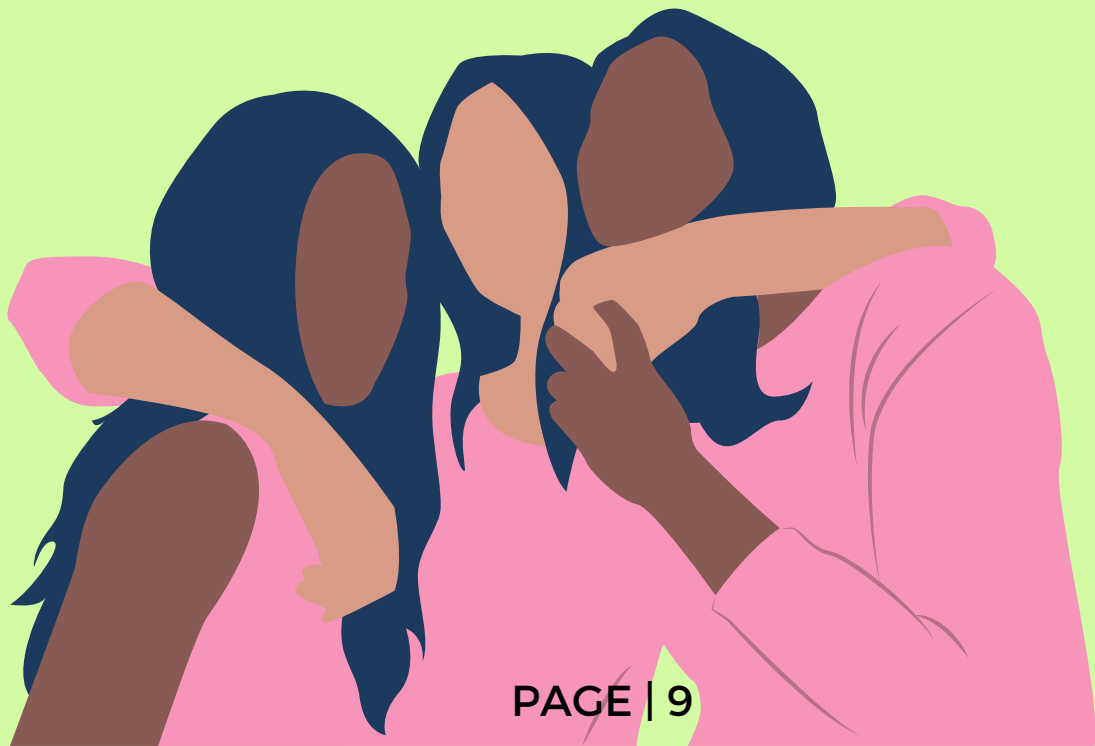
Students of Istanbul Gelisim University Speech and Language Therapy Department came together on March 6 and shared their ideas and opinions on raising their awareness of communication, language, speech, voice and swallowing disorders and the role of next Speech and Language Therapists in this context.

[Click here for the details of the news.](#)



March 8

INTERNATIONAL WORKING WOMEN'S DAY





WE ARE TALKING ABOUT WOMEN'S HEALTH ON 8TH MARCH INTERNATIONAL WORKING WOMEN'S DAY

First of all, can you please tell us a little about yourself?

I am a medical doctor. My area of expertise is Public Health. I joined Istanbul Gelisim University in 2014. I worked as an active physician for 22 years in institutions affiliated with the Ministry of Health in Istanbul, from 1992 until I started the academy. I worked as the unit manager in the branches of Istanbul Provincial Health Directorate Communicable Diseases and Vaccination; Education; Maternal Child Health; Family Planning and as the provincial project manager of the Ministry of Health in these areas. Also, I worked as the provincial and district manager in the Provincial Health Directorate Patient Rights, Quality in Health Institutions, SABİM (Ministry of Health Communication Center), Private Treatment Institutions and Department of Environmental Health. Therefore; I have worked in many application areas of Preventive Health and Public Health, which is very important in the protection and development of public health. I took part in many social responsibility projects, both as a physician appointed from the public sector and as a volunteer physician in some projects, in Social Responsibility projects on the subjects of "Preventing Violence Against Women"; "Preventing Child Neglect and Abuse" and "Preventing Addiction in Adolescents". Currently, I am trying to contribute to students' preparation for the profession by transferring my knowledge, skills and experience, and to be a guide and role model as a physician, especially in gaining professional ethical values.

What would you like to say about the history of today's "8 March International Working Women's Day"?

It is an international day defined as such by the United Nations and celebrated on 8 March each year. March 8, International Women's Day, which marks the beginning of women's struggle to have equal rights with men based on human rights, is a day of opportunity to create social, political and economic awareness for women. One of the development measures of societies is the value given to women, the education women receive, the place women acquire in economic, political, social and cultural life. The founder of our Republic, Mustafa Kemal Atatürk, gave great value to Turkish women, and Turkish women had a say in political and social life before many world state women.

What changes has the situation of women in the world and in our country from past to present?

The Republic of Turkey was established after the National War of Independence, which was won by the struggles of women and men and all citizens achieved a democratic administration as equal and free individuals. Fundamental rights and freedoms of citizens are guaranteed by the constitution and other laws. Atatürk's thoughts on women are universal. Atatürk said in 1923, "It is necessary to believe that everything you see in the world is the work of women.". He reflects a contemporary view with "The main reason for the failure of the society comes from the ignorance towards women. If one organ of a society does not function while another organ is functioning, that society will be paralyzed.". The most comprehensive legal regulation in the regulation of family life and relations between individuals and the one that most concerns women have been the Turkish Civil Code. Atatürk, who wholeheartedly believed that there should be full equality between men and women, first ensured that women had the right to vote and be elected in municipal elections in 1933. Following this, a year later, on December 5, 1934, Turkish women gained the right to vote and be elected. These rights were granted to women in 1944 in France, 1945 in Italy, 1952 in Greece, 1960 in Belgium and 1971 in Switzerland.



Asst. Prof. Nurten ELKİN

WHAT ARE THE RISKY SITUATIONS IN TERMS OF WOMEN'S HEALTH?

Pregnancies 5 or more, before the age of 18, after the age of 35, in intervals of fewer than 2 years can be dangerous for the health of the mother and baby.

While it takes at least two years physiologically to be ready from one pregnancy to the next, this period may be longer psychologically.





WE ARE TALKING ABOUT WOMEN'S HEALTH ON 8TH MARCH INTERNATIONAL WORKING WOMEN'S DAY



Asst. Prof. Nurten ELKİN

Can you please mention the concepts of women's health and maternal health?

Women are the most important link between family and society. Its contribution to the functioning of the social system is huge. For this reason, the physical, psychological and social well-being and health of the woman, namely the mother in the family system are very important in terms of raising healthy children who are the basis of our future. For this reason, women's health and maternal health are actually intertwined concepts. One of the most important features of these concepts is that it is one of the most important health criteria that shows the level of development of a country (Maternal mortality rate and infant mortality rate).

What is the situation of maternal health in Turkey and in the World?

Women constitute approximately half of the world's population and 49.8% of Turkey's population (TÜİK, 2017). The health of women, who constitute almost half of the population of Turkey and the world, is an important indicator of whether a society is a healthy one. Another point that makes women's health important is the physiological structure of the woman in terms of reproduction. The results of epidemiological studies conducted in our country show that maternal mortality and factors that adversely affect women's health in Turkey are preventable and controllable.

What is the relationship between reproductive health and women's health?

A "lifelong approach" is important in reproductive health. The "fertile period" between the ages of 15-49 is the period in which the events and undesirable outcomes related to pregnancy and childbirth are experienced the most. For this reason, the follow-up of women aged 15-49 is an important service in terms of health. In this context, women aged 15-49 are followed up by family physicians and evaluated in terms of health.

What is the importance of the follow-up of women aged 15-49 in terms of women's health?

- They can receive counseling on women's health.
- Risky situations that endanger women's health and reduce their quality of life can be identified.
- If the woman is planning a pregnancy, she can get pre-pregnancy counseling.
- Unwanted pregnancies can be prevented.
- The time between pregnancies required for maternal and infant health can be adjusted.

What is the importance of violence against women in women's health?

Any attitude and behavior that results in or is likely to result in discrimination based on gender and physical, sexual, psychological or economic harm or suffering is violence against women. There can be physical, psychological, sexual, economic and verbal violence, and each is no less traumatic than the other. Violence is the most important factor that threatens women's health. In the solution of this situation, a multidisciplinary approach is important; providing education, health, economic, social and legal support together. It will not be possible for a mother who has been subjected to violence and abuse to raise healthy children and to provide safe family communication.

**DO YOU HAVE
ANY OTHER
WORDS YOU
WANT TO SAY
ABOUT
TODAY?**

The education and economic freedom of a woman are determinants of her status. I believe that if we see our gender differences as our wealth and enable women to develop individualized, connected but not dependent relationships with men, women will be healthy and happy.



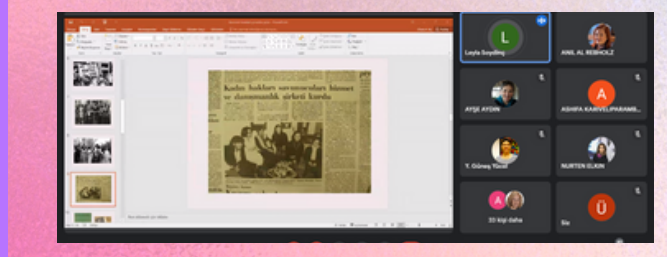
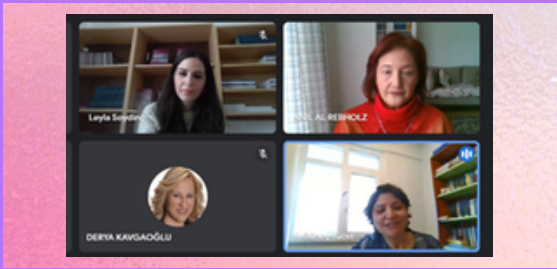


FEMINIST METHOD IN STRUGGLING AGAINST VIOLENCE AGAINST WOMEN

March 8, International Working Women's Day was celebrated with an online activity jointly organized by the Social Work (Turkish) and Social Work (English) Departments. The activity titled "The Purple Roof Experience in Combating Violence Against Women", to which Specialist Psychologist and Lecturer Leyla SOYDİNÇ was invited, was moderated by Assoc. Prof. Anil AL-REBHOLZ.

Leyla SOYDİNÇ, who has voluntary and professional experience in the fields of combating violence against women and mental trauma in both local governments and non-governmental organizations, explained that the distinction of feminist experience should be underlined in the fight against violence against women. The speaker stated that **the systematic dimension of violence** should be emphasized, considering that women from very different origins can be subjected to the same violence even in cases where they are socio-economically privileged. Leyla SOYDİNÇ has evaluated the Purple Roof Women's Shelter Foundation, which was established in 1990, in the context of the emergence of Second Wave Feminism in the 1980s -first in consciousness-raising groups in the big cities of Turkey-, then its diversification in the 1990s and its evolution into Third Wave Feminism. Accordingly, she stated that the Feminist March Against Violence organized by feminists in 1987 should be seen as a turning point in the search and demand for mechanisms to combat violence against women.

Emphasizing the importance of developing a feminist approach in working with women who are survivors of violence, Leyla SOYDİNÇ said that the dynamics of violence were first discussed with women who applied to their centers within consciousness-raising groups. Stating that a non-hierarchical, eye-level relationship is established with women who are exposed to violence, Soyduñç argued that shelters should not be seen as a place of shelter in this sense, but as a place where women can access the support and resources, they need and initiate **their empowerment process**.



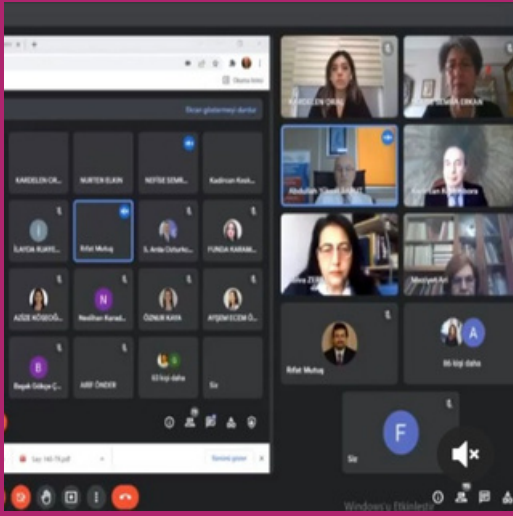
Stating that the Purple Roof Women's Shelter Foundation aims to produce policies and develop a feminist intervention in the existing policies by working as a pressure group in the fight against violence, Soyduñç explained that the **Istanbul Convention** actually constitutes a guarantee of all gains in this sense and envisages the effective role of the state in the fight against violence against women. Soyduñç emphasized that the state's family-oriented social policies put violence against women in the background. In this context, she states that reliable data and statistics on women who were exposed to violence could not be reached by women's organizations.

Soyduñç underlined that the perpetrators are encouraged in the legal processes of cases of violence against women. She stated that impunity encourages men even more, that the number of crimes against women has increased in the last 10-15 years and also these violations have become more visible as a result of public awareness.

Different topics ranging from the organizational culture of the Feminist Struggle to the 2nd and 3rd Wave feminism, from the Istanbul Convention to the dynamics of local governments and non-governmental organizations in the fight against violence against women were addressed in the meeting. The activity was attended by the students of the Social Work Turkish and English and Sociology departments, as well as by academicians from different Faculties of Gelişim University, such as Asst. Prof. Nurten ELKİN, Asst. Prof. Derya KAVGAOĐLU, Asst. Prof. Yonca Güneş YÜCEL, Asst. Prof. Emrah TÜNCER, Asst. Prof. Ayşe AYDIN, Lecturer Betül ÇOLAK, Lecturer Fatma Sıla AYAN and other faculty members.



MARCH 14TH MEDICINE DAY EVENT



Istanbul Gelisim University Faculty of Health Sciences celebrated March 14th as Medicine Day.

The 14th March Medicine Day event, organized by the Audiology Department on behalf of the Faculty of Health Sciences, was held on 14.03.2022 at 14:00 with online access. The event was attended by 91 lecturers and students. The event featured Asst. Prof. Abdullah Yüksel BARUT and Prof. Dr. Kadircan KESKİNBORA as speakers began with a moment of silence and the Turkish National Anthem.

Asst. Prof. Abdullah Yüksel BARUT started his speech, titled "March 14th Medicine Day" by explaining the historical development of medical education in our country. Mekteb-i Tıbbiye-i Adliye-i Şahane had its first graduates in 1843. In 1909, Mekteb-i Tıbbiye-i Şahane, which was opened when Dr. Cemil Topuzlu was dean, had to take a break from education for 6 months due to the Tripoli and Balkan Wars in 1912 and the First World War on July 28, 1914, and even sent its hardworking and successful students to the Caucasus Campaign. On November 3, 1914, 765 medical students volunteered to join the Çanakkale Campaign. In this case, the medical school could not graduate in 1921. Bless and respects their souls!



Dr. Hikmet BORAN graduated from Military Medical School in 1922. Tıbbiyeli Hikmet attended the Sivas Congress as a representative for Darülfünun. The first Medicine Day celebration was held on March 14, 1919, with the hanging of the Turkish flag to start the resistance against the occupation in the Military Medical School under his leadership. On March 14th, Medicine Day is celebrated as the "Medical Officials Who Raised the Flag of Independence against the Colonists".

Asst. Prof. Abdullah Yüksel BARUT concluded his speech with the words of Gazi Mustafa Kemal ATATÜRK, "The liberation of the nation from captivity and the ability to live sovereign and independent on our lands will only be possible if determined and honest hands lead the nation to protect its rights and independence in a short and correct way...".

Prof. Dr. Kadircan KESKİNBORA began his speech, "Reviewing the Legacy of İbn-i Sina," by expressing his gratitude for the honor of being welcomed on this special day. He began his speech by telling the story of İbn-i Sina and then went on to explain his education and intellectual background. It was stated that İbn-i Sina pursued scientific pursuits, particularly in astrology and medicine. After discussing the writing process of his works in the field of medicine el-Kânun fi't-Tıbb and Şifa, it was explained that it had a philosophical effect on both Christian and Eastern philosophers.

The discussion concluded with the introduction of chapters from the book "Revisiting Ibn Sina's (Avicenna) Heritage," which also includes chapters authored by Prof. Dr. Kadircan KESKİNBORA



You can access the presentation of Prof. Dr. Kadircan KESKİNBORA titled "Reviewing Inheritance of İbn-i Sina" [here](#).

[Click here for the details of the news.](#)



AN EPIC: "ÇANAKKALE"



The name of the unique epic engraved in history by a nation full of independence love...

The colour of our blood, our flag in the waters of the Bosphorus...

They wrote history with their blood...

Asst. Prof. Gülay TAMER

Canakkale's history was written 107 years ago on March 18, 1915. In the first months of the First World War, the Ottoman Empire preferred to stay out of the war, because the state was too weak to be able to carry the load of another big and destructive war. This situation was in the interest of the Allied Powers, who wanted to seize the straits. Thus, the Turks would have completely cut off their connection with Europe. Taking control of the Straits would make the occupation of Istanbul, the capital of the Ottoman Empire, inevitable.

The Dardanelles War started with the attack on March 18, 1915, and ended on January 9, 1916, with the complete withdrawal of the Allies from the country. The Allied Powers were defeated by the mines laid by the Nusret Mine Ship, which was of great importance for the Ottoman navy against the attacks from the sea, and they had to give up the naval attack due to the heavy losses in their navy. Afterwards, the Allied Powers continued their attacks from the land, and as a result of the struggle of the Turkish Nation, they suffered a great defeat. Allied Powers, who landed three times in total, withdrew from the Gallipoli Peninsula after the third defeat. With the sea and land wars that the Turkish Nation did not allow, the hope of the enemy forces to reach victory quickly was destroyed.

The hope, perseverance and determination that the Çanakkale Campaign gave to the Anatolian people also ignited the torch of the War of Independence. The heroic Turkish soldier shielded his life from sharp bullets and did not invade this heavenly homeland. With the struggle of the Turkish soldiers at the front, not only Turkish history but also the whole world history has been affected. The balance of power of the countries of the world has changed and the Turkish Nation has once again proved its decisive and guiding power in this change. Çanakkale is a "Monumental Front" that will remind you how determined and heroic the Turkish nation is when it comes to independence and freedom.

First of all Mustafa Kemal ATATÜRK, Corporal Seyit, Sergeant Bigali Mehmet, Corporal Nezahat, Zeynep Mido, Nurse Safiye Hüseyin and our heroic Çanakkale martyrs with respect, gratitude and mercy...

"Stop, passenger! This land you came unknowingly and stepped on

This land is where an era sank.

Bend down and listen, this silent mass

A homeland is where the heartbeats."

...

Necmettin Halil ONAN

SPEECH AND LANGUAGE THERAPY DEPARTMENT & STUDENT CLUB

SYNTACTIC PROCESSING SKILLS SEMINAR FOR CHILDREN WITH SPECIFIC LANGUAGE IMPAIRMENT



A seminar on "Syntactic Processing Skills in Children with Specific Language Impairment" was held on 14 March 2022 by the Istanbul Gelişim University Faculty of Health Sciences Speech and Language Therapy Department and Student Club, on the occasion of Medicine Day. Specialist Speech and Language Therapist Melih Tunga İŞLEYEN, who attended the seminar as a speaker, conveyed information about syntactic processing skills in children with specific language impairments.

This situation of children with unexplained difficulties in language acquisition has been expressed in different terms in the literature; for example, "developmental aphasia", "developmental dysphasia", "delayed language", "childhood language disorder", "developmental language disorder", "specific language disorder". Although each term is used to refer to situations in which language cannot follow a normal developmental course for no apparent reason, it is difficult for speech and language therapists to define language disorder and distinguish it from other disorder groups. It is stated that this condition is caused by a wide range of different disorders, which are usually combinations of deficiencies in certain areas of communication.

The clinical identification and classification of children with specific language disorders are universally recognized as an ongoing challenge for clinicians and researchers alike. It is stated that many definitions of specific language disorders have been made and each one is a precursor to language problems that occur in the absence of other developmental disabilities related to a specific language disorder. In another study, specific language impairment was not stated as a homogeneous disorder, but as a term used to describe prominent language impairments in the context of normal cognitive skills in children. Therefore, specific language impairment was defined as a certain degree of retardation in language skills from peers without autism, learning disability, physical or neurological damage.

As individuals with specific language disorders may have specific signs and symptoms, any component of the language may be affected, as well as impairments in more than one component. Children with specific language disorders with phonological problems may also have language disorders. However, phonological problems are more likely to be resolved than language problems as children get older. In addition, children with phonological problems can reach a higher level of academic, social and professional skills compared to children with language disorders.

Specialist Speech and Language Therapist Melih Tunga İŞLEYEN ended his speech after answering the questions from the students who participated in the seminar. Speech and Language Therapy Student Club Consultant Res. Asst. Rumeysa Nur AKBAŞ thanked Specialist Speech and Language Therapist Melih Tunga İŞLEYEN for his participation.

[Click here for the details of the news.](#)



Hearing Loss in the Elderly

Res. Asst. Çağla TÜRK

Res. Asst. Azize KÖSEOĞLU

While the population of individuals aged 65 and more in Turkey was 6 million 495 thousand 239 in 2015, this number has increased by 22.5% in the last five years and reached 7 million 953 thousand 555 people in 2020. The proportion of the elderly population in the total population, which was 8.2% in 2015, increased to 9.5% in 2020. According to the WHO, the proportion of the global population over the age of 60 will nearly double between 2015 and 2050.

Hearing loss is one of the issues that elderly people experience. Hearing loss is caused by pathologies in the outer, middle, and inner ear structures, auditory pathways, and auditory cortex. As people get older, the likelihood of developing chronic conditions rises, and the hearing system changes. These changes include enlargement of the outer auricle, atrophy of the ear canal, loss of elasticity, hardened earwax in the outer ear canal, increased hair growth, particularly in males; in the middle ear, the eardrum becomes harder, thinner, and less vascular, calcification in the articulation of the middle ear ossicles, and degeneration of the middle ear muscles. Presbycusis, characterized by hair cell disintegration, is common in the elderly population.

Presbycusis, or age-related hearing loss, is caused by physiological and pathological changes that occur with age. Age-related hearing loss is characterized by high-frequency hearing loss, which makes it difficult to hear consonants in words. Consonants give the majority of a word's meaning, and this grammatical loss contributes to complaints about age-related hearing loss. Hearing aids and cochlear implants significantly improve the lives of older people with hearing loss, particularly those suffering from depression or dementia. Recent research in gene therapy, pharmacology, and stem cells holds the prospect of restoring normal cochlear function.

In the presence of very mild hearing loss, there may not be a significant effect on the ability to understand speech in quiet environments. However, comprehension skills are greatly affected in noisy environments. In the case of very mild hearing loss, the capacity to interpret speech in quiet surroundings may be unaffected. In noisy surroundings, however, comprehension skills suffer dramatically. There is a significant decrease in speech intelligibility in both noisy and calm contexts when there is mild to moderate hearing loss, particularly when high frequencies are affected. Individuals with mild to moderate hearing loss may miss approximately 50-70% of what is said in noisy environments. Moderate hearing loss has trouble understanding most of what is spoken and speaks louder. With severe hearing loss, one has trouble hearing even high-intensity sounds in the environment without a hearing aid.

Turning up the volume of television and radio, having difficulty hearing speech, making people repeat what they say, exerting effort to listen, infection, pain, and ringing in the ear, and better hearing in one ear when talking on the phone are all negative effects of hearing loss that is reflected in daily life as people get older. Speech discrimination issues are becoming more common when hearing sensitivity declines with age, particularly in noisy surroundings.

[Click here for the details of the news.](#)

Occupational Therapy in Schools

✓Res. Asst. Selen AYDÖNER

✓2nd Grade Student Nur ERÇAVUŞ



YOU CAN CONSULT AN OCCUPATIONAL THERAPIST WHEN YOU ARE LOOKING FOR ANSWERS TO YOUR CONCERNS AND QUESTIONS AT ANY STAGE OF LIFE.

“THE BEGINNING IS ALWAYS TODAY.”
(MARY SHELLY)

Occupational therapy approaches people with a holistic point of view. Evaluating the individual in all aspects, she/he discovers the problem areas and adapts her/his to life. Its purpose is to enable people to participate in daily life by improving health and well-being through meaningful activities; it is a special and meaningful health profession suitable for all ages, diseases and disability groups.

Occupational therapists are healthcare professionals who support the independence and occupations of individuals, plan and implement their interventions individually and evaluate the results. By arranging the environment or activity in accordance with the individuals concerned, these people help them develop their skills to perform the activities they need and are expected of them. Occupational therapists guide individuals from all age groups with physical, sensory, cognitive, mental, developmental or emotional problems or disadvantaged individuals who are excluded from society and help them adapt to life.

Occupational therapists have a wide range of work. For example, it takes an active role in children's living spaces. It aims at the participation of all school-age children, especially children with special needs, in academic activities.

Provides support to students with motor skills, cognitive processes, perceptual or visual problems, and mental health problems to facilitate their learning by applying for an intervention and training program.

Occupational therapists should be part of both the rehabilitation team and the education team in schools. The individualized education program should be prepared by a team including occupational therapists and all students in the school should benefit from this opportunity. The school term includes the process from kindergarten to high school and there are certain transition periods for each school term. Each transition period requires different skills. Occupational therapists guide students and their families during these transitional periods.

Occupational therapists help not only disabled individuals but also students with academic skills problems within the scope of occupational therapy in schools. They try to develop the skills of the students according to the needs in the schools and help the students to adapt to the school. They make special arrangements for students with distractions. They apply sensory integration therapy to children with sensory integration problems. They solve problems affecting student participation in school and creates social skills groups during the kindergarten period by helping the student participate in a school activity. In the primary school period, they improve the skills that are missing in the kindergarten period and ensures their integration into classroom activities. In the middle school period, while preparing students for the transition to high school, they guide students to choose a field according to their skills and abilities. During the high school period, they evaluate the skills, abilities and interests of the students and provides necessary guidance.

[Click here for the details of the news.](#)



NEURODEVELOPMENTAL YOGA

An event on "Neurodevelopmental Yoga" was held on March 3, 2022, by the Department of Occupational Therapy, Faculty of Health Sciences, Istanbul Gelişim University. Occupational Therapist and Neurodevelopmental Yoga Instructor Ayşenur DEMİR ÖZAN, who participated in the event as a speaker, shared general information about the functioning of the human brain and body in neurodevelopmental yoga and its importance in occupational therapy.

She stated that neurodevelopmental yoga, unlike other yoga styles, offers an approach that is based on universal foundations, and also mentioned that exercise science, neuroscience studies, postural development principles, sensory systems and motor control approaches form the foundations of neurodevelopmental yoga.



Occupational Therapist Ayşenur DEMİR ÖZAN "Neurodevelopmental yoga combines the ancient holistic perspective of yoga practice with the universal scientific principles of today's movement science, connecting the old with the new, the traditional with the modern, the esoteric with the scientific, revealing a completely new and original approach. As the evolution of yoga in the 21st century, neurodevelopmental yoga is therefore more than conventional yoga." as stated.



At the end of the presentation, students discussed with Ayşenur DEMİR ÖZAN about the neurodevelopmental yoga training of occupational therapists.

Occupational Therapy Department Research Assistant Selen AYDÖNER presented our guest with a certificate of appreciation and thanked her for the important information she shared.

[Click here for the details of the news.](#)



PHANTOM PAIN AFTER LIMB AMPUTATION



Res. Asst. Ayşem Ecem ÖZDEMİR

Phantom limb pain is a persistent sensation which is located to a part of the body which does not exist anymore. Phantom limb sensations was first described in 1551, by a French surgeon named Ambroise Pare who was working in the military forces with the soldiers which had amputations due to the accidents that occurred on the battlefields. Today, the etiology of phantom limb pain includes; vascular diseases, infections, cancer and trauma. Even though the exact mechanism about why some people have phantom pain is unclear, there are several studies about the pathophysiologic factors that could cause it. These could include neurological and psychological factors.

So we know that pain information is transported by the lateral spinothalamic tract. The sensation from the peripheral receptors goes to the medulla oblongata and then ascends to the thalamus. Finally arrives to the primary sensory cortex in the postcentral gyrus. So the damage occurring in peripheral nerves and the nerve endings of this pathway by the amputation of limb, could result in change of sensory integration. After a nerve is completely cut, researchers found out that the dorsal root ganglion cells activity and sensitivity according to the mechanical and chemical changes was increased. So the sensitization of the spinal cord can result in allodynia or hyperalgesia. Also at the nerve transection area, it is likely to a neuroma to occur. So the disorganized A and C nerve fibers (which are responsible for pain transport) at the neuroma eventually causes increased spontaneous potential activities. In addition to all of these mechanisms; researchers resulted that, patients who are having stump pain is more likely to have phantom pain. When we look at the psychological factors like all of persistent pain types; stress, depression, and the lack of coping strategies can trigger phantom pain.

Before the treatment, evaluation of phantom limb pain is important. First, a detailed history should be taken. Then physical examination should be done. Some questionnaires also help us to understand the situation well. There are currently several types of treatment methods to treat phantom pain. Pharmacological treatments are commonly used which are non-steroid anti-inflammatory drugs, opioids and antidepressants. There are also some invasive treatments as well. When we take a look at the non-invasive treatment methods which are currently used, there are studies that resulted that TENS application to the peripheral nerves on the residual limb could decrease phantom pain symptoms. The mechanism is to generate sensation in the phantom limb by stimulating sensory afferents above the stump.

Mirror therapy is also proven to be efficient for phantom pain. A mirror is placed vertically on the table so that the mirror reflection of the patient's intact hand is 'superimposed' on the felt position of the phantom which is hidden behind the mirror. Through this therapy, the patient can gain visual feedback and understand the proprioceptive representations of the amputated limb. Pain relief is seen because of the activation of the mirror neurons on the contralateral hemisphere. These neurons can be activated either by performing an action or even seeing a person doing that action. There are also other non-invasive treatments which were proven to be useful which are; biofeedback, acupuncture, hypnosis and relaxation techniques.

To conclude, there is still no exact underlying mechanism of phantom pain. Some of the treatment methods are seen to be efficient to reduce pain symptoms. More detailed studies are required for us to understand phantom pain more clearly.



[Click here for the details of the news.](#)

NEWS FROM OUR FACULTY

Asst. Prof. Derya KAVGAOĞLU and Asst. Prof. Emrah TÜNCER's Article Titled "Mediating role of literature in social policy creation practices of social work students: Berji Kristin: tales from Garbage Hills sample" Has Been Published

Istanbul Gelisim University, Faculty of Health Sciences, Department of Social Work Asst. Prof. Derya KAVGAOĞLU and Asst. Prof. Emrah TÜNCER 's article titled "Mediating role of literature in social policy creation practices of social work students: Berji Kristin: tales from Garbage Hills sample" has been published in REVISTA CONRADO included in the Emerging Sources Citation Index.



Journal of Experimental & Clinical Medicine



JECM <http://dx.doi.org/10.1007/s12017-017-0001-0>

Prof. Arif ÖNDER's Article Titled "Neuroprotective effect of carvacrol in an experimental cerebral ischemia and reperfusion rat model" Has Been Published

Istanbul Gelisim University, Faculty of Health Sciences, Department of Occupational Therapy Prof. Arif ÖNDER's article titled "Neuroprotective effect of carvacrol in an experimental cerebral ischemia and reperfusion rat model" was published in the Journal of Experimental and Clinical Medicine.



Istanbul Gelişim University Faculty of Health Sciences Department of Nutrition and Dietetics Held a Poster Exhibition

Lecturer Eda M. KURTULUŞ

Istanbul Gelişim University Faculty of Health Sciences Department of Nutrition and Dietetics held a poster exhibition on March 15, 2022, in the Foyer Area of the Faculty of Health Sciences in Block B.

With the participation of the Faculty Dean and the chairman Prof. Dr. Rifat MUTUŞ and Asst. Prof. Abdullah Yüksel BARUT respectively, Director of Vocational School Prof. Dr. Mustafa NİZAMLIOĞLU and as Head of Nutrition and Dietetics Department Asst. Prof. Ayşe Huri ÖZKARABULUT opened the exhibition to view.

The exhibition included 78 posters that belong to IGU SBF Nutrition and Dietetics Department's 4th-grade students who found the opportunity to exhibit the posters that they derived from their graduation thesis. The diversity of topics for the thesis of the students impressed the audience. To provide a better view, the exhibition was planned to be transformed into digital media.



Asst. Prof. Emrah TÜNCER RECEIVED THE MEDITERRANEAN AWARD!

The winners of the Kaygusuz Abdal 12th Story and Poetry Competition have been announced. In the competition organized by the Güncel Sanat Dergisi (Journal of Contemporary Art), Asst. Prof. Emrah TÜNCER, Faculty Member at the Social Work Department, Faculty of Health Sciences, Istanbul Gelisim University entitled to the "Mediterranean Award", which is the best story award.

The Kaygusuz Abdal Story and Poetry Competition, which is held every year in the Alanya district of Antalya to keep the name of Kaygusuz Abdal alive, was held this year for the 12th time. In the competition that received a large number of applications, the works of the authors competed in the field of poetry or story on the topics they desired without being tied to a specific topic.

EXPRESSED SOCIAL EVENTS THROUGH ART

Entitled to receive the "Mediterranean Award" with his story titled "Adını Unuttum (I Forgot Your Name)", having a topic freely chosen, Asst. Prof. Emrah TÜNCER, Faculty Member at Istanbul Gelisim University said, "I took part in this competition with a travel story on my path to understanding Kaygusuz Abdal, and

I am very happy that it was awarded. The general topic in literature, which is defined as the art of expressing aesthetically the events occurring in society, the thoughts of people, their feelings and dreams through language, is human. In this sense, it often deals with human beings and their relationships with other people.

Further, novels and stories provide information about the social, political and economic conditions of the period in which the event took place. That's why I think that importance should be attached to read literary texts and write in that genre in the academia."

Kaygusuz Abdal 12th Story and Poetry Competition awards are planned to be presented to their winners in May. You can access to the winners of the competition [here](#).



EVENTS OF IGU PHYSIOTHERAPY AND REHABILITATION CLUB AND IGU PHYSIOTHERAPY AND REHABILITATION DEPARTMENTS



IGU Physiotherapy and Rehabilitation Club and IGU Physiotherapy and Rehabilitation Departments organized events on various topics this month. Valuable academic and clinical physiotherapists were invited to our university so that students can see career opportunities and build a more planned future.

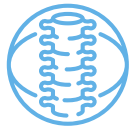
Physiotherapist, Osteopath Kübra ERKUT "Pelvic Floor Seminar" event was held on March 8, International Women's Day. ERKUT shared her knowledge and experience on pelvic floor anatomy, pelvic floor health and women's health. The event was ended after students' questions.



On 17 March Pt. Gülcan AKSOY, MSc shared her experiences about pediatric rehabilitation with our university students at the "Pediatric Rehabilitation" event. AKSOY talked about pediatric rehabilitation practices at the event and then answered the questions of the students.



On 25 March "What is Hand Therapy?" event was held with Hand Therapist and Occupational Therapist Blair AGERO. Hand anatomy, functional evaluation of the hand and hand rehabilitation were discussed with Mr. Blair, who is an expert in the field. The event was ended after students' questions.



"Past, Present, Future of Physiotherapy" event was held on March 28 with the participation of Physiotherapist Zafer AKSUNGUR. Physiotherapy and Rehabilitation took place with the intense participation of students from the Turkish and English departments. Talking about the experiences he has encountered in his professional life, AKSUNGUR then answered the questions of the students about his career and goals.



On March 29, "Cancer Week Panel" was held with the participation of IGU Faculty of Health Sciences faculty members. Under the name of "Multidisciplinary Approaches to Cancer", different approaches to cancer from the perspective of different disciplines were discussed.

WHO IS WHO?



DR. AZIZ BEY FROM CRIMEA

A RARE PERSONALITY FROM THE INDOMITABLE ADVOCATES OF TURKISH MEDICAL EDUCATION

Idris Bey, son of Ali from Bahçesaray, was a Crimean Turk who made a living by saddlery in the early 1800s. The year he came, he had a son. His son, named Aziz, entered the Medical School at the age of 15.

At that time, the language of instruction of Mekteb-i Tıbbiye-i Şahane, the first medical faculty of the Ottoman Empire, was French. When he was 17 years old, he realized a big deficiency in Medicine. The teachers were not Turkish, the language of instruction and textbooks were not Turkish. Turkish children could not afford the heavy French medical curriculum. The Turks did not have a chance against the Ottoman minorities who knew foreign languages.

While Aziz was still a student, he took part in the establishment of Cemiyet-i Tıbbi Osmaniye, which carried out its activities secretly.

The main purpose of the society was to prepare for Turkish education. Since Aziz and his friends believed that one day the medical education of the Ottoman Empire would be in Turkish, and Turkish teachers would teach them from Turkish medical books. The Turkish medical terms to be included in these textbooks were created by Aziz and his friends at the secret meetings of the society.

Aziz graduated and as a result of his efforts with his friends, the first civilian medical school of the Ottoman Empire was established. The purpose of the establishment of the school was to save medical education from the monopoly of Mekteb-i Tıbbiye-i Şahane, which was a military school providing education in a foreign language.

Civil medical school realized its first goal and switched to Turkish education. Aziz Bey opposed those who wrote in the newspapers of that time that "Medicine cannot be taught in Turkish", saying, "The need for physicians in the country can only be met with Turkish education". At that time, it was impossible to even think about it, let alone to defend and demand Turkish education. Aziz Bey, who accomplished the impossible, did another impossible in 1870 and received the will of the sultan, which made Turkish education compulsory in Ottoman medical education.

The struggle for Turkish education, initiated by a handful of nationalist youth under the leadership of Aziz Bey, ensured that medicine was taught in Turkish forever in Turkey, and opened the doors of medicine and medical academics to Turks.

Another great service of Aziz Bey was in the establishment of Kızılay. Aziz Bey found it inappropriate for a Turkish and Muslim society to be a member of an organization symbolized by a cross. A name and symbol suitable for the Turks was necessary. Aziz Bey chose the crescent on the Turkish flag as a symbol and drew it himself. The name of the institution was Kızılay.

Doctor Aziz Bey passed away at the age of 38. He had his name written in gold letters both in the history of science, in the history of medicine and in the history of institutions.

Bless his soul.

22 MARCH

World Water Day



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Vice Dean of Faculty of Health Sciences

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Asst. Prof. Gülay TAMER

Res. Asst. Engin ÇAĞLAR

Res. Asst. Rumeysa Nur AKBAŞ

Res. Asst. Ümran ALTUNDAL

Res. Asst. Tuğba TÜRKCAN

