



Faculty of Health Sciences



MONTHLY EVENTS AND NEWS BULLETIN

FEBRUARY 2023 | ISSUE 26 | VOLUME 3
















February

2023

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

- 4 February: World Cancer Day 
- 7 February: World Day of Interest 
- 9 February: World No Smoking Day 
- 12 February: World Darwin Day 
- 13 February: World Radio Day 
- 14 February: Valentine's day 
- 17 February: Mirac Lamp 
- 18 February: World Asperger's Day 
- 20 February: Pet Love Day 
- 28 February: Civil Defense Day 
- 27- 28 February: Tax Week 



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7,7 and 7,6

The epicenter is in the Pazarcık and
Elbistan districts of Kahramanmaraş.

EARTHQUAKE

06.02.2023

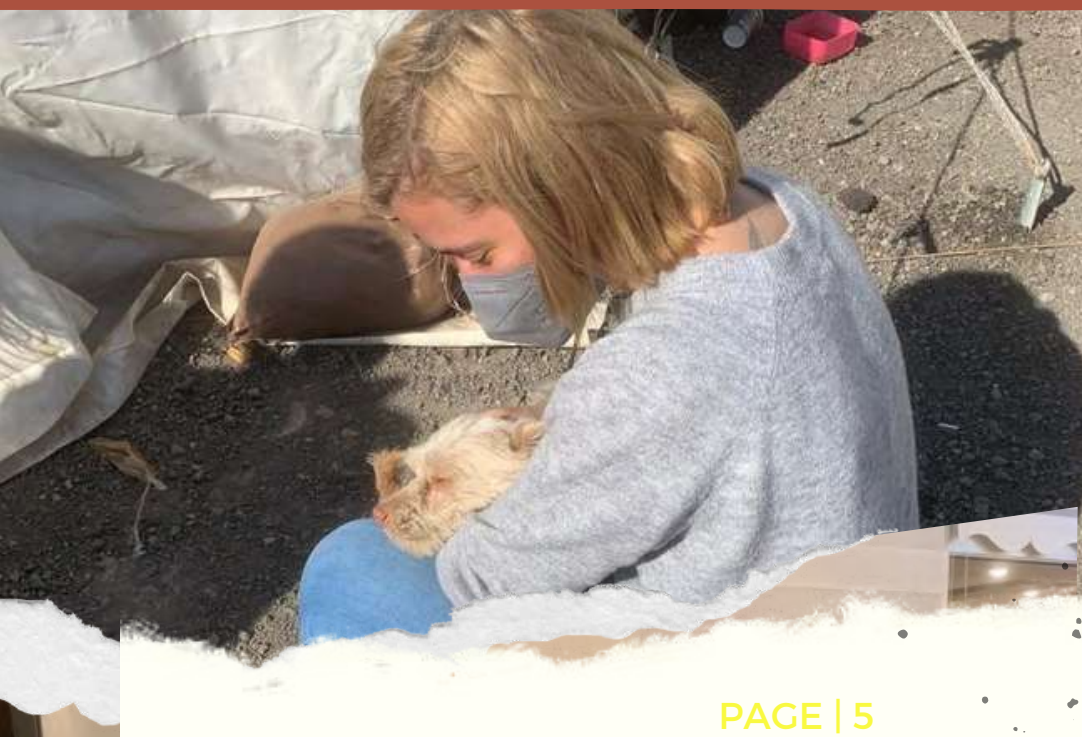
**#Get well soon
Turkey**

It is necessary to overcome pride in
successes, and to resist despair in disasters.
Mustafa Kemal ATATÜRK

In the earthquake zone

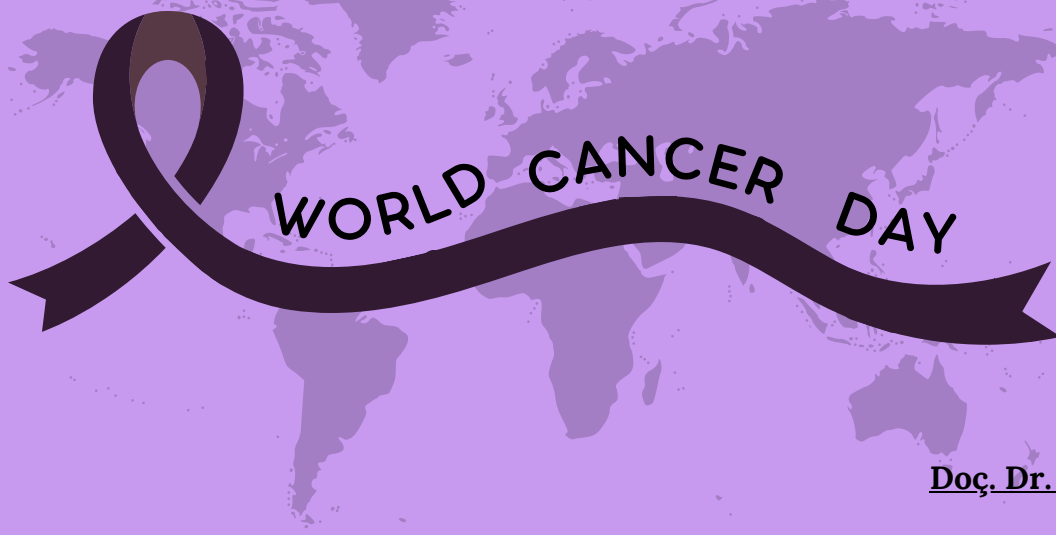
Öğr. Gör. Fatma Sila AYAN
Dr. Öğr. Üyesi Emrah TÜNCER

For 7-8 days in the tent city in
Iskenderun, we just tried to
make people happy and we
couldn't find anything to write
here.



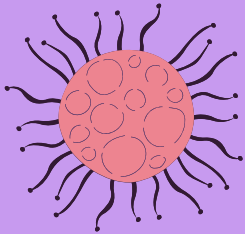
In the earthquake zone





Doç. Dr. Gülay TAMER

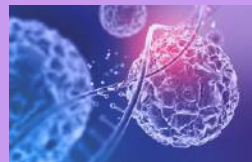
Cancer is a disease in which certain cells in the body grow uncontrollably and spread to other parts of the body. It can start almost anywhere in the human body, which is made up of trillions of cells. Normally, human cells grow and multiply to create new cells that the body needs. When cells get old or damaged, they die and are replaced by new cells.



Sometimes this regular process is disrupted and abnormal or damaged cells grow and multiply when they shouldn't. These cells can form tumors, which are lumps of tissue. Tumors can be cancerous (malign) or non-cancerous (benign). Cancerous tumors spread or invade nearby tissues and may spread to other tissues in the body to form new tumors. Benign tumors do not spread or invade nearby tissues. Benign tumors usually do not grow back when removed, while cancerous tumors can sometimes grow. In addition, benign tumors can sometimes cause serious symptoms and can be life-threatening.

Cancer is the second leading cause of death in the world and in our country, after heart diseases. In our country, approximately 162 thousand people are diagnosed with cancer annually. The incidence of cancer is 269.7 per hundred thousand in men; for women, it is 173.3 per hundred thousand. Lung cancer is most common with 28% in men and breast cancer with 24% in women. If necessary precautions are not taken against cancer, it is estimated that 22 million new cases will emerge annually in 2030. This means that there will be a 75% increase in new cases compared to 20 years ago.

One-third of cancers worldwide are preventable, and one-third are curable if detected early. Various activities are organized in the world and in our country to raise awareness of people and raise awareness about cancer. February 4 is recognized as "World Cancer Day" around the world. Worldwide, governments and individuals are working to take action against the disease. World Cancer Day was first organized in 2005 by the International Organization for Cancer Control. It has been one of the biggest campaigns on cancer in the world and in our country, which was started by the Turkish Cancer Research and Control Association in our country in the same year. More harmonious and coordinated fight against cancer is needed now than ever before. The slogan of the campaign has been determined as "Further Forward in Cancer Care" for the year 2023. This theme is a powerful call for personal responsibility and represents the power of action to reduce the growing impact of cancer.



ONE OF THE LEADERS OF PUBLIC HEALTH SCIENCE DR. CHARLES-EDWARD AMORY WINSLOW AND NURSING

Lect. Ayşe Mücella SOYDAN

Public health perspective and studies aim to protect and improve the health of society. One of the leaders of this approach, Dr. Charles-Edward Amory Winslow (February 4, 1877- January 8, 1957) defined public health in 1923 as: “Public Health is the science and the art of preventing disease, prolonging life, and promoting physical health and efficiency through organized community efforts for the sanitation of the environment, the control of community infections, the education of the individual in principles of personal hygiene the organization.”

This definition which is written by Winslow in 1920, helped formativing the science of public health. In addition it is still valid today.

A leading figure in the American public health movement, Winslow is also considered an eminent bacteriologist. He has made important studies on occupational health, residential hygiene, environmental health, epidemiology, preventive medicine, management of public health practices, public health nursing, mental health, health education, medical care and improving living standards.

Winslow has guided many students towards careers in public health. As one of the trainers of the first Nursing Training Camp held in the summer of 1918, he was very impressive in this regard. The aim was to persuade 350 university women from all over the country to become a nurse. Later, it is known that these students wrote letter of thanks to Winslow for the inspiration he gave them. One of them, Mary Elizabeth Tennant (1894-1986), worked for the Rockefeller Foundation for 27 years, specializing in nursing and public health. Tennant studied for master degree in Public Health at Johns Hopkins University in 1949. Winslow was a scientist who always advocated the importance of the nursing profession.

His belief that nurses are vital to public health was confirmed as a result of the work of the Health Center, which he founded in 1919 and chaired for three years. He was effective in founding the Yale School of Nursing, the nation's first university-based school of this kind, in 1923.

Public health nursing, which started to develop towards the end of the 18th century, with the threat of health by the social, political and environmental factors in the world, has went through many stages from the past to the present.

The current World Health Organization definition of public health nursing;

“It is a special branch of nursing that covers some phases of public health and social assistance, working to raise individual family and community health, to make the physical and social environment positive, to protect the society from diseases and disabilities.”

Public health is the science and art of promoting the health of the population. Public health is not only a branch of medicine, but also a field that interests many non-medical branches of science and benefits from those branches of science, and it is open to people trained in this field.


Translator: Res. Asst. Buse SAYGIN ŞAHİN

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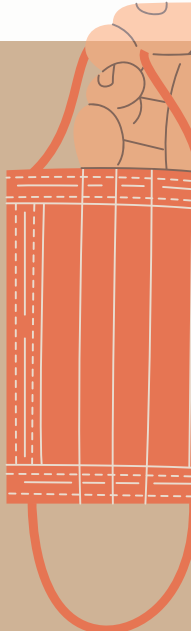


INFECTIOUS DISEASE RISKS IN THE POST-DISASTER DAYS MAY POSE A SIGNIFICANT PUBLIC HEALTH PROBLEM!!!



Stating that traumas were the most significant cause of death and illness in the first days of earthquakes, Istanbul Gelisim University Faculty of Health Sciences Public Health Specialist Asst. Prof. Dr. Nurten Elkin underlined that the risk of contagious diseases will increase if nutrition, shelter, hygiene and healthy drinking and utility water cannot be provided.

Among the communicable diseases in disaster areas, the cold season increases the likelihood of acute respiratory tract infections, and also water and food-borne diseases and contact-transmitted (scabies, lice and fungi, etc.) can take place. Asst. Prof. Dr. Nurten Elkin, Public Health Specialist from the Faculty of Health Sciences of Istanbul Gelisim University (IGU), stated that the crowded temporary settlements after the earthquake is a separate risk factor for infectious diseases.




Followings should be done to reduce the risk of contagious diseases!

Disruptions in immunization services provided to infants and children in the earthquake area may also affect the risk, frequency and severity of infection. Asst. Prof. Dr. Nurten Elkin listed the points to be considered in order to reduce the risk of contagious diseases as follows:

- * Rapid provision of shelter needs,
- * Ensuring hygienic conditions as much as possible,
- * Providing clean drinking and utility water,
- * Individuals should pay attention to their personal hygiene and ensure correct hand-washing behavior,
- * Providing healthy food and nutrition,
- * Taking measures to ensure fluid intake in diarrheal diseases, informing families and distributing ORS packages for water and salt loss if signs of dehydration are observed, or informing families about their preparation,
- * Commencement of immunization studies, (Tetanus, influenza vaccination for the risk group and the continuation of the routine childhood immunization program)
- * Regular follow-up of tuberculosis patients and non-interruption of drug use,
- * Meeting toilet needs and continuity of hygiene rules,
- * Determining and recording the number and characteristics of the affected people, providing the health service that these individuals need,
- * Working in cooperation with the relevant institutions in order to carry out preventive health services for the environment related to the proper collection of wastes, garbage, animal dead and rendering them harmless,
- * Disinfectant supply and distribution is significant.

“Daily water requirement per person is accepted as 20 liters during disaster periods”



Asst. Prof. Dr. Elkin said, “During disaster periods, the daily water requirement per person is 20 liters. It is very crucial to create the conditions for providing bottled water to the disaster victims in the disaster area. Accordingly, the amount of safe water required by the affected population in the region for drinking, eating and cleaning can be determined. One of the basic information about individual water disinfection is that it is safest to boil the water for one minute in cases where the need for bottled water cannot be met in the disaster area. If the altitude is above 2000 meters, it is necessary to boil the water for 3 minutes. If boiling is not possible, disinfecting the water with chlorine is another method.”



THIS SUPPLEMENT ALLEVIATES THE EFFECTS OF MANY DISEASES, INCLUDING CHRONIC DISEASES!

In addition to the medications used against flu infections, which increase their effectiveness with seasonal changes, the interest in natural supplements is also quite big. Nutritionist Res. Asst. Hande Nur Onur ÖZTÜRK evaluated the effects of propolis products, which are known to accelerate the recovery period in many diseases, including chronic ones.

Propolis, which is used to develop a treatment approach for many diseases such as respiratory tract infections, diabetes and flu, is also used to alleviate the symptoms of many diseases. It can be used as a supplement to provide the antioxidants necessary for the body, especially during weight loss. Istanbul Gelisim University (IGU) Health Sciences Faculty Nutrition Specialist Res. Asst. Hande Nur Onur Öztürk underlined that propolis can cause allergies if not used carefully.

Propolis should not be used in children aged 0-1

Supplements used to increase immunity came to the fore particularly during periods of increased upper respiratory tract infections and epidemics. Although the consumption of vitamins and supplements, which increase rapidly, supports the immune system, it can cause many harms in unconscious use. In particular, propolis should not be used in children aged 0-1, where honey consumption is inconvenient. Res. Asst. Hande Nur Onur Öztürk stated the following: "Propolis is a resinous and complex compound collected by bees to serve various critical physical and physiological functions in the beehive. Since all these components are substances that the body cannot digest, it must be extracted to benefit from the benefits of propolis. Propolis should not be consumed in children between the ages of 0-1 as honey consumption is inconvenient and it is an allergenic food. Moreover, care should be taken to choose the products that will be used by children from products that are not extracted with alcohol."

Propolis is used as a medicine in local and popular medicine

For centuries, propolis has been used to alleviate many diseases, including chronic diseases. Res. Asst. Öztürk said, "The use of propolis, which has an extremely strong antioxidant and anti-inflammatory effect, is supportive to have strong immunity, which is necessary for the prevention of diseases. The use of propolis goes back to ancient times and is used as a medicine in local and popular medicine in many parts of the world. The safe consumption concentration for humans should be 1.4 mg/kg/day or about 70 mg/day. It is not recommended for asthma patients and those who are allergic to bee products."



Brands approved by the Ministry should be preferred

It is also very significant to query the records and information about the method of supply of propolis, information about which geographical region it is propolis, extraction method, solvent properties and total polyphenolic content. Brands approved by the Ministry should be preferred. Res. Asst. Hande Nur Onur Öztürk: "The allergen effect of propolis is less when taken orally. Therefore, it is necessary to start with small amounts and consume the dose that should be reached when the body does not react. At the same time, propolis can be consumed directly or mixed with high-density liquids."

<https://gelisim.edu.tr/en/news/this-supplement-alleviates-the-effects-of-many-diseases-including-chronic-diseases>

“THERE IS AN INCREASE IN THE NUMBER OF FEMALE MANAGERS IN THE 2ND AND 3RD GENERATION IN FAMILY BUSINESSES.”

ISTANBUL, (DHA) – Head of Health Management Department at Istanbul Gelisim University Faculty of Health Sciences Assoc. Dr. Gülay TAMER, in her article titled "The role of women in management in the world and in Turkey", examined the obstacles that women employees face throughout their careers and business lives. Evaluating the results of the study, Assoc. Dr. Tamer stated that women are employed in lower-skilled jobs compared to men, while in family companies, there was an increase in the number of female managers in the years when the management passed to the 2nd and 3rd generations and when the people who had a say were changed.

Analyzing the experiences of female managers working in the lower and upper level managements in the service sector, Assoc. Dr. Tamer interviewed face-to-face with 12 female executives working in Istanbul. As a result of the interviews, the vast majority of female managers attributed their low involvement in managerial positions to the patriarchal structure of society. Assoc. Dr. In Tamer's interviews, female managers stated that they did not experience a big difference with male managers in terms of wages and bonuses, but they faced negative perspectives and obstacles in terms of promotion and promotion. In order to reduce barriers, female managers raise awareness of all female and male employees and employers, in-family training programs, for female employees with children; support programs and flexible working hours, and trainings that increase competence and confidence for executive candidates

Assoc. Dr. Tamer said, “Men working in the same workplace can also be together outside of work for social activities. However, women cannot take part in many meetings outside of work. The reason for this is that women need to establish a balance between private life and work life in their working life. Many women try to spare time for their home and family by making significant sacrifices in their social lives. The fact that working hours are regulated in a way that forces women's home life also changes the balance in business life.

“WOMEN PUT INVISIBLE BARRIERS ON THEM”

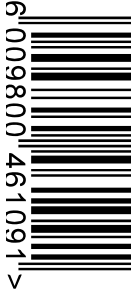
Assoc. Dr. Tamer said, “Many female employees state that their professional qualifications in their business life or in the structures they are involved in are not seen as sufficient compared to male employees and they are exposed to double standards. This is due to the 'glass ceiling effect', an invisible barrier imposed on female workers by male workers and society. For centuries, due to the patriarchal social structure, women were mostly directed to work to be done at home. Today, there are still managers who have similar thoughts. In such environments, female employees only plan to go up to a certain level in their careers after a while, and they put invisible barriers on themselves.

There is an increase in the number of female managers in the 2nd and 3rd generation in family businesses.

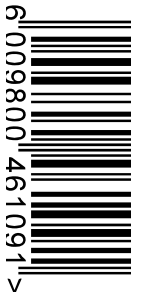
ACADEMIC NEWS FROM THE FACULTY OF HEALTH SCIENCES

Istanbul Gelisim University Faculty of Health Sciences Department of Health Management Head of Department Assoc. Dr. For the "Cultural Fisheries" Project, supported by the Ministry of Agriculture, where Gülay TAMER is the director and researcher, the academic expert opinion of Halime PULAT DEMİR and Gülay TAMER was sought. Click on the link for our teacher's video.

<https://www.youtube.com/watch?v=klDOIB1IJHg>



<https://www.youtube.com/watch?v=JbdN8Rk94zQ>



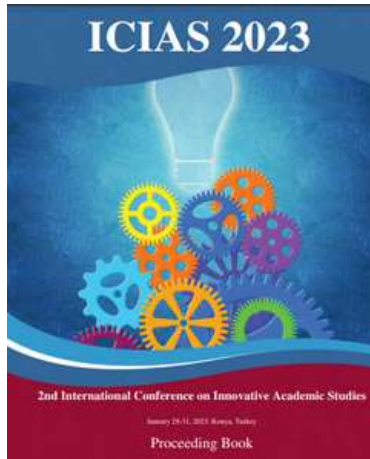
ACADEMIC NEWS FROM THE FACULTY OF HEALTH SCIENCES



At the 6th International African Conference On Current Studies of Science, Technology & Social Sciences, held on February 10-11, 2023 with the participation of many countries, Assist Prof. Dr. Mahrुक RASHIDI and Assist Prof. Dr. Neşe KISKAC, participated with her oral presentation on "Diabetes and Anxiety". In oral statements; emphasized the importance of diabetes education in order to reduce complications and resulting anxiety in diabetes patients, who are increasing day by day in the world and in our country.



At the V. International Halic Congress On Multidisciplinary Scientific Research, which was held on January 15-16, 2023 with the participation of many countries, Assist. Prof. Dr. Neşe KISKAC, and Assist. Prof. Dr. Mahrुक RASHIDI participated with his oral presentation on "Studies with Nurses Related to the COVID 19 Pandemic - Evaluation of Graduate Theses in the Field of Nursing". In oral statements; They emphasized that the mental status of the nurses who are with patients 24/7, as well as every sector was affected in the COVID-19 pandemic, was negatively affected, but their caregiving status was high.



388 oral presentations were made at the 2nd International Conference On Innovative Academic Studies ICIAS 2023, which was held on January 28-31, 2023 with the participation of many countries. In the relevant congress, one of the faculty members of our Faculty of Nursing Department, Assist. Prof. Dr. Neşe KISKAC and Assist Prof. Dr. Mahrुक RASHIDI participated with his oral presentation on "Sleep in Hemodialysis Patients". In oral statements; emphasized the importance of defining sleep in hemodialysis patients, who are increasing day by day all over the world and in our country, will increase the quality of life of the patients and positively affect their mental health.



The 3rd International 4th National Public Health Nursing Congress was held on 11-13 January 2023 with the participation of many countries. In the relevant meeting, Lecturer Ayşe Mücella SOYDAN, Research Assistant Sultan ÇAKMAK, Research Assistant Ramazan DEMİNER and Assist Prof. Dr. Mahrुक RASHIDI participated with his oral presentation on "Provision of Home Care and Home Health Services According to the Health Legislation in Turkey and the Duties, Authorities and Responsibilities of Home Care Nurses". In oral statements; They emphasized that home care nurses are important in terms of taking on modern nursing roles, their education level should be at least at the level of a bachelor's degree, they should have professional experience, they should have received certification training and they should receive in-service training regularly.

Who is who?

Elizabeth Blackwell

"If the current arrangements of society do not allow for the free development of women, then society must be reshaped"
-Elizabeth Blackwell

Elizabeth Blackwell was born on February 3, 1821, in Bristol, England, at a time when women were considered inferior to men. Within this patriarchal society, young Elizabeth had never dreamed of becoming a doctor. But she wrote in her diary that when she grows up, it will be "something challenging."

The Blackwell family was an unusual family for the time. Elizabeth's father, Samuel Blackwell, was a man who advocated electoral and school reform, the abolition of slavery, and, rarely in his time, equal rights for men and women of all faiths and classes, as well as for men and women. His mother, Hannah, was an intelligent woman from a wealthy family.

In the 1830s, there were a lot of things girls couldn't be. Girls were supposed to be just wives and mothers. Or maybe a nurse and a tailor ... Being a doctor was definitely not an option.



Elizabeth Blackwell, who chose this difficult path, did not always want to be a doctor. Even the blood was making her sick to her stomach. So why did she decide to become a doctor? Because Mary Donaldson believed she could do it and told Elizabeth she was the kind of smart and determined girl who would change the world. Elizabeth couldn't believe her ears at first, but she made up her mind, despite all her reservations. Elizabeth was to become a doctor...

Some people laughed at her. They thought you were kidding! Elizabeth, on the other hand, saw nothing funny about a woman being a doctor, and her family supported her.



Wasting no time, she applied to medical schools. But the letters all said the same thing in different ways: Women cannot be doctors. They shouldn't be doctors.

Elizabeth refused to give up. And finally one day, the envelope she had been waiting for from a university arrived. Elizabeth opened the envelope and everything changed. The answer was ... YES! Elizabeth packed her bags for Geneva Medical School in upstate New York.



The majority said that a woman could not keep up, that women were too weak for such heavy work, that women were not smart enough. But Elizabeth proved that women are as smart as any man. When she graduated on January 23, 1849, Elizabeth was the top of her class. Elizabeth Blackwell became the world's first woman to earn a medical degree.

While many people were proud, there were also those who could not accept it. One doctor even wrote, "For human dignity, I hope it will be the last."

But as we know, Elizabeth Blackwell was certainly not the last...



ADULTS NEED TO HEAL THEMSELVES FIRST TO REDUCE CHILDREN'S ANXIETY



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The earthquake occurred in Turkey deeply affected everyone psychologically. Traumas occurred not only in those who experienced the earthquake, but also in those who did not. In this process, which even adults have difficulty managing, the children were the most affected and tried to perceive the earthquake factor. Specialist Clinical Psychologist Lect. Selin KALABAŞ stated that adults should heal themselves first in order to reduce children's anxiety.

Turkey is trying to heal its wounds after the earthquake disaster, which caused great destruction in 11 provinces, whose epicenter is Kahramanmaraş. Many children experienced earthquakes for the first time or encountered images on the media. Expressing that children's understanding of earthquakes is different from adults, Istanbul Gelisim University (IGU) Faculty of Health Sciences, Department of Child Development Specialist Clinical Psychologist Lect. Selin KALABAŞ said, "In order to reduce children's anxiety, uncertainty should be eliminated. In order for them to make sense of it, explanations should be made according to their age."



"WITH THE HELP OF GAMES AND PICTURES, THE SUBJECT OF THE EARTHQUAKE CAN BE EXPLAINED"

In the preschool period, children frequently ask "why" questions. While it is very important to give short and clear answers to the questions of children at this age, their questions should be answered in an age-appropriate way. Clinical Psychologist Lect. Selin KALABAŞ said, "First of all, adults need to heal themselves in order to reduce children's anxiety. Since the concept of permanence and continuity is not yet fully developed in the preschool period, they may think that the destroyed houses will return to their original state or that the deceased will be revived. In this period, it is important to give answers by concretizing the questions asked. "With the help of games and pictures, the subject of the earthquake can be explained"

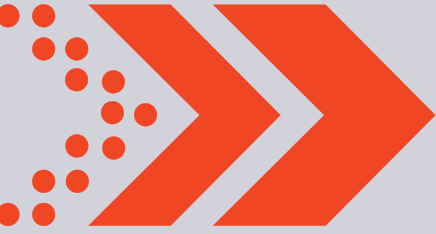
Stating that the concepts of continuity and permanence have developed in school-age children, Kalabaş said, "Children at these ages know that they will not replace the dead or destroyed houses, but it will not be like an adult to accept the situation. In order to learn the feelings of children in this period, adults do not hide their own feelings and share the situation with them without agitating, causing children to express their own feelings. It is important to talk to school-age children and give information about the earthquake in an age-appropriate way." Emphasizing that the earthquake should be explained to children without going into detail about the movements of the earth and natural events, KALABAŞ said, "Children may have difficulty in establishing a cause-effect relationship. This should not be forgotten. Children should be chatted about the effects and consequences of the earthquake; they should be listened to without interfering with the child's feelings and thoughts, without giving advice, and especially without suppressing their feelings."

"THEY MAY WORRY ABOUT THEY WILL EXPERIENCE THE SAME THING TOO"

Specialist Clinical Psychologist Lecturer, who stated that the images and videos shared about the earthquake negatively affect children. Selin Kalabaş ended her words as follows;

"Until about the age of 7 or 8, children may worry that both they and their families will experience the same event since they have difficulty distinguishing between dream and reality. When they see the images, it is absolutely necessary to explain the situation and help them make sense of the events by chatting. "

<https://gelisim.edu.tr/en/news/adults-need-to-heal-themselves-first-to-reduce-childrens-anxiety>



OUR GUEST OF THIS MONTH

Prof. Dr. Hasan Hakan BOZKURT



It is said that the French writer Marcel Proust chatted with the characters he created and asked them some questions.

It is stated that he wrote these questions, also known as the "Proust Questionnaire", at the age of 13 and answered them himself when he was 20.

Using these questions prepared by him, we ask these questions to an experienced faculty member for each issue.

1-Let's say you decided to start a new society and you discovered a beautiful island. What would be the first rule you put in place?

Bids can be submitted for changes to each rule.

2-Which of the inventions would you like to be the inventor of?

Finding the antibiotic

3-If you could witness any event in the past or future, which event would you choose?

I would like to see the stage of the World when the world comes to an end.

4-If you were to write a book, what would it be named?

Dust and ashes

5-If they made a movie about your life, which actor /actress would you like to play you?

Tarik Akan

6-What are the 5 words that best describe you?

Emotional, nature lover, love to learn, innovation lover, lazy

7-What kind of talent would you like to have?

To be cool.

8-Who is your hero?

Jack London

9-Who is your favorite author?

Jack London

10-What word would be the summary of the years you lived?

I have not understood how it went.



**Faculty of
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ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM

The Alumni Tracking System (METSİS) was created in order to monitor the employment and postgraduate education status of our graduates and to generate statistical data.

Istanbul Gelisim University launched METSİS in order to strengthen its relations with alumni and contribute to the employment of graduates. Members of METSİS can sign up for free after graduating. Our graduates can become a member of METSİS free of charge. Our graduates who are members of METSİS can update their personal profiles and follow our job postings.



**Instagram -
igu_mezunlarkoordinatorlugu**



**LinkedIn -
IGU ALUMNI AND
MEMBERS COORDINATOR**

What Are the Steps to Join METSİS?

1. Use the web interface at metsis.gelisim.edu.tr to log in
2. You can follow the postings in the open positions box.
3. To apply for the positions, you can establish an account from the "new candidate" box.
4. You can view job posts after making an account on the top page and apply for positions that interest you.

GRADUATE CARD

Dear IGU Alumni,
Alumni who want to benefit from the opportunities of our university and the discount rates we provide from the companies we have contracted with will be sufficient to fill out the form. When your card is ready, you can pick it up from the Alumni and Membership Coordinator's Office on the 3rd floor of Block K.



SCAN ME





**OFFICIAL SOCIAL MEDIA
ACCOUNTS**



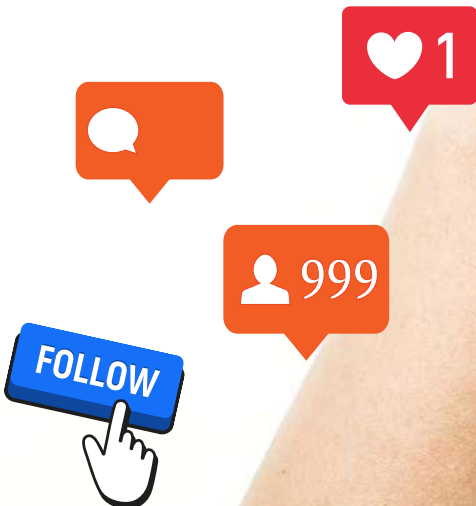
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