

3 GOOD HEALTH AND WELL-BEING



GOOD HEALTH AND WELL-BEING REPORT 2021



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GELISIM
UNIVERSITY

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About the Report

Istanbul Gelisim University (IGU); carries out studies to contribute to the health and quality of life of its students, academic and administrative staff, as well as society in general, and to create creative educational opportunities and social project designs. The priority of IGU is to establish a healthy and safe campus that allows each member of the university to improve their performance, and to support society by providing educational opportunities that support health and quality of life for the general public. This report includes a summary of the social support programs offered to the local community, including academic and administrative staff and students, the educational services and course contents provided to academic and administrative staff and students, and literary studies aimed at improving the health and quality of life.



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Acknowledgment

We would like to thank our university's valuable academicians, administrative unit officers, and employees, as well as our dear students and other internal and external stakeholders, who contributed to the content of the Healthy and Quality Life Report with their studies and practices.

Istanbul Gelisim University



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Istanbul Gelisim University by Numbers

The list of programs in the field of health at Istanbul Gelisim University is as follows;

INSTITUTE OF GRADUATE STUDIES

- Addiction Psychology (Master) (Thesis)
- Nutrition and Dietetics (Master) (Non-Thesis)
- Child Development (Master) (Thesis/Non-Thesis)
- Physiotherapy and Rehabilitation (Master) (Thesis/ Non-Thesis)
- Gastronomy (Master) (Thesis/Non-Thesis)
- Gastronomy (PhD Program)
- Movement and Training Sciences (Master) (Thesis/Non-Thesis)
- Movement and Training Sciences (PhD Program)
- Occupational Health and Safety (Master) (Thesis/ Non-Thesis)
- Clinical Psychology (Master) (Thesis/Non-Thesis)
- Audiology (Master) (Thesis)
- Psychology (Master) (Thesis)
- Health Management (Master) (Thesis/Non-Thesis)
- Sociology (Master) (Thesis/Non-Thesis)
- Psychosocial Fields in Sports (Master) (Thesis/Non-Thesis)



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FACULTY OF HEALTH SCIENCES

- Nutrition and Dietetics
- Nutrition and Dietetics (English)
- Child Development
- Child Development (English)
- Speech and Language Therapy
- Occupational Therapy
- Physical therapy and Rehabilitation
- Physiotherapy and Rehabilitation (English)
- Nursing
- Nursing (English)
- Audiology
- Perfusion
- Healthcare Management
- Social Service

FACULTY OF DENTISTRY

- Dentistry Department

FACULTY OF FINE ARTS

- Gastronomy and The Culinary Arts

FACULTY OF ECONOMICS, ADMINISTRATIVE AND SOCIAL SCIENCES

- Psychology
- Psychology (English)
- Sociology

FACULTY OF APPLIED SCIENCES

- Gastronomy and Culinary Arts
- Gastronomy and Culinary Arts (English)



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SUSTAINABLE DEVELOPMENT GOALS



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HIGH SCHOOL OF PHYSICAL EDUCATION AND SPORTS

- Coaching Training
- Coaching Training (English)
- Exercise and Sport Sciences
- Exercise and Sports for the Disabled

VOCATIONAL SCHOOL OF HEALTH SERVICES:

- Oral and Dental Health
- Operating Room Services
- Anesthesia
- Biomedical Device Technology
- Child Development
- Dental Prosthesis Technology
- Dialysis
- Electroneurophysiology
- Physiotherapy
- Food Quality Control and Analysis
- First and Emergency Aid
- Audiometry
- Opticianry
- Orthopedic Prosthesis and Orthotics
- Autopsy Assistant Training
- Pathology Laboratory Techniques
- Podology
- Radiotherapy
- Management of Health Institutions
- Medical Documentation and Secretarial
- Medical Imaging Techniques
- Medical Laboratory Techniques

VOCATIONAL SCHOOL

- Culinary
- Food Technology
- Occupational Health and Safety
- Pastry and Bakery



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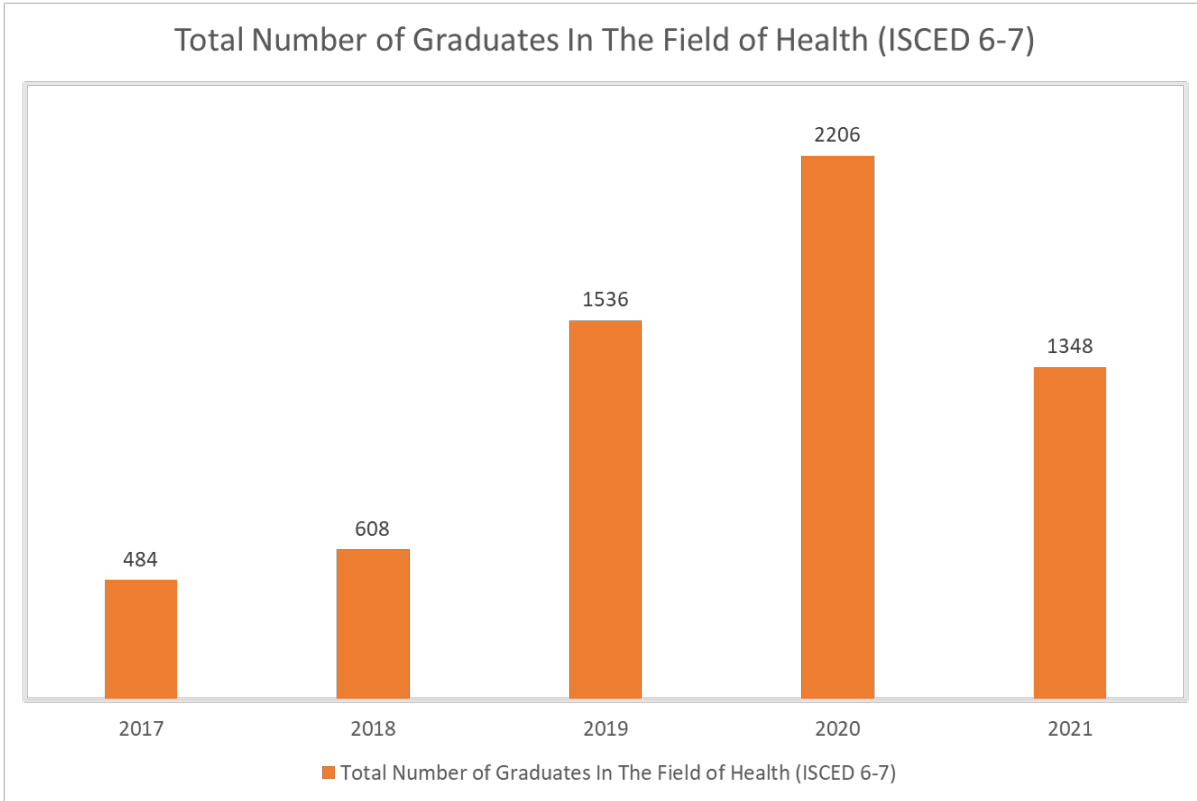
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All numbers below have been obtained from the data of IGU Registrar's Office.

Graph 1 shows the total number of graduates in the field of health.

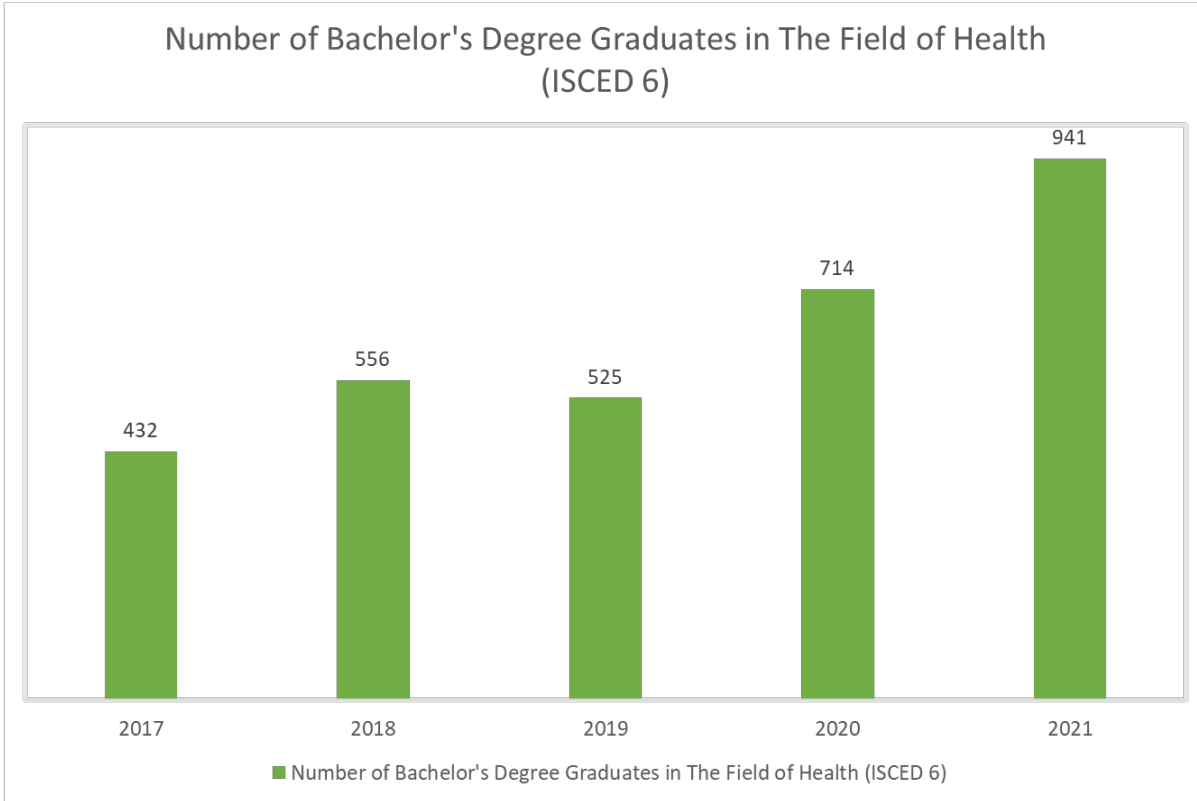


Graph 1: Total Number of Graduates in The Field of Health (ISCED 6-7)





Graph 2 shows the number of Bachelor's Degree graduates in the field of health.

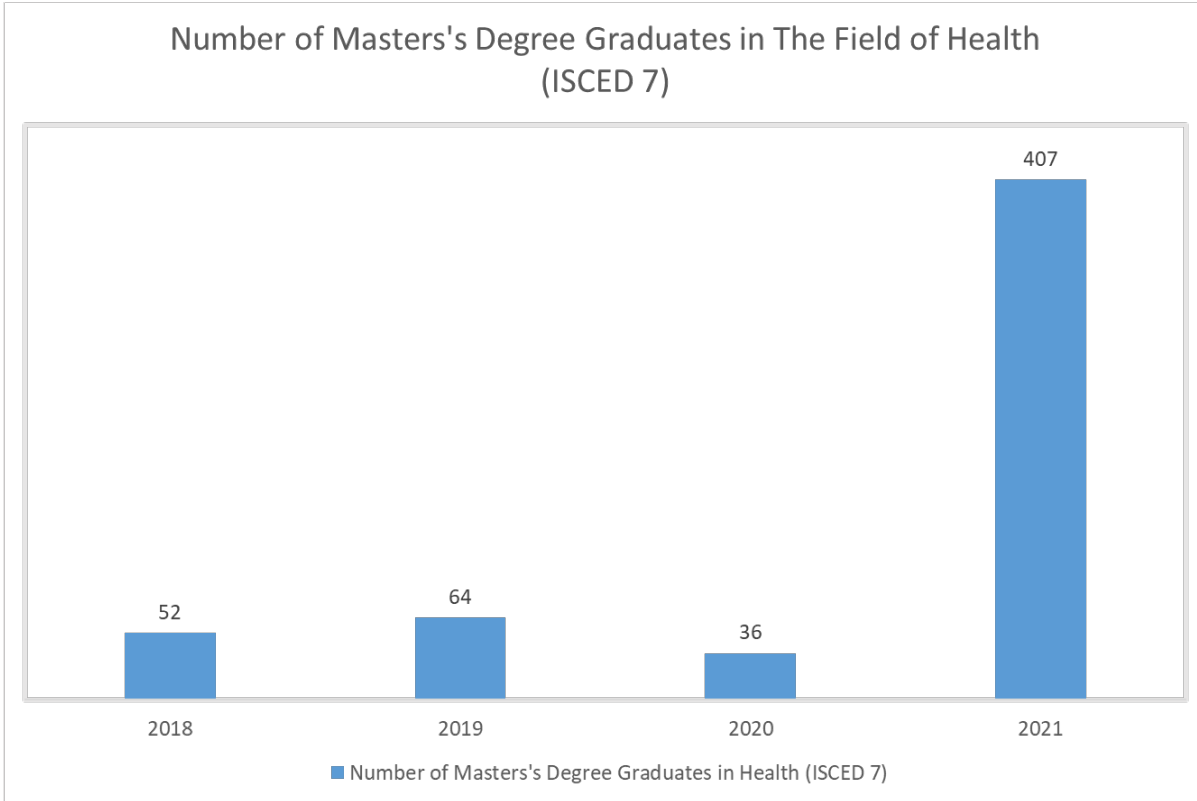


Graph 2: Number of Bachelor's Degree Graduates In the Field of Health (ISCED 6)





Graph 3 shows the number of Master's Degree graduates in the field of health.



Graph 2: Number of Master’s Degree Graduates In the Field of Health (ISCED 7)

There are no doctoral graduates in the field of health.





SDG 3 Good Health and Wellbeing Report

Research

1- The Effects of Green Exercise on Chronic Pain, Physical and Mental Health

<https://dergipark.org.tr/tr/pub/igusabder/issue/64748/939915>

It is known that regular physical activity and exercise have many protective, therapeutic and preventive benefits in terms of health. The aim of this study is to present the effects of green exercise on chronic pain, physical and mental health by reviewing the literature. It has been concluded that spending time in easily accessible, natural and pleasant environments with high biodiversity provides physiological, psychological and social well-being and is effective in increasing the quality of life. As a result, it has been revealed that this exercise approach, which contributes to sustainable health and the environment, needs to be further supported by green exercise recipes, protection of natural environments, evidence-based research and incentives.

The screenshot shows the article page on DergiPark. The title is "The Effects of Green Exercise on Chronic Pain, Physical and Mental Health" by Ebru DURUSOY and Rifat MUTUŞ. The page includes a PDF icon, a "Kapak Resmi İndir" button, and a list of "MAKALE DOSYALARI" with "Tam Metin" and "Arşiv" options. The article is published in "Istanbul Gelişim Üniversitesi Sağlık Bilimleri Dergisi" (IGU Health Sciences Journal).



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2-Women Health within the framework of sustainable development goals

<https://doi.org/10.14687/jhs.v18i3.6118>

International
Journal of Human Sciences
ISSN:2458-9489

J-HumanSciences.com About Current All Issues Help Desk Full Text Search

Home / Archives / Vol. 18 No. 3 (2021) / Nursing and Midwifery

Women's health within the framework of sustainable development goals

Sürdürülebilir kalkınma hedefleri çerçevesinde kadın sağlığı

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DOI: <https://doi.org/10.14687/jhs.v18i3.6118>

Keywords: Sustainable development, woman, health, Sürdürülebilir kalkınma, kadın, sağlık

International
Journal of Human Sciences
ISSN:2458-9489
Volume 18, No. 3, July 1 - September 30, 2021

This study aims to evaluate the health status of girls and women within the framework of the main sustainable development goals that affect their health status and to determine the factors affecting them. The goals of sustainable development aim to lead individuals to peace, tranquility and prosperity on a sustainable planet. Sustainable development has three aspects: economic, social and environmental. The goals of "ending poverty", "healthy and quality life", "quality education" and "gender equality" are the main goals that affect women's health. Poverty causes hunger in women, unhealthy environmental conditions, inaccessibility to health services, delay in cancer diagnosis, diseases and death. Women are an indispensable element of sustainable development. The health and care needs of women, who are neglected in every period of their lives, should be determined with a lifelong approach and it should be taken into account that they are more affected by biological and social factors in their responses to these needs.



3-Measuring Nutritional Knowledge Levels of Diabetes Patients Type 2

<https://dergipark.org.tr/tr/pub/igusabder/issue/64748/910150>



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GELİŞİM ÜNİVERSİTESİ

ARAŞTIRMA MAKALESİ EN TR

PDF EndNote BibTex RIS Kaynak Göster

Measuring Nutritional Knowledge Levels of Diabetes Patients Type 2

Yıl 2021, Sayı 14, 241 - 257, 31.08.2021

Ayşe Huri ÖZKARABULUT Mahruk RASHIDI Gülay YILDIRIM

<https://doi.org/10.38079/igusabder.910150>

Öz

Aim: The aim of this study is to determine the nutritional knowledge of patients with Type 2 diabetes who come to diabetes outpatient clinics.

Method: The descriptive study was conducted with a total of 100 patients who came to the diabetes outpatient clinics of training and research hospitals with the necessary permissions. The data were collected using a semi-structured information form consisting of 27 questions including sociodemographic and introductory characteristics of the patients, and 20 questions measuring nutritional knowledge levels, and a total of 47 questions. The analysis of the data was done using the SPSS program on the computer.

Results: Nutritional knowledge level of patients with type 2 diabetes was found to be 9.45 ± 3.96 . The nutritional knowledge levels of the patients who received nutrition training and had normal BMI were higher ($p < .00$; $p < .01$). In the study, those who had regular insulin resistance testing, blood glucose monitoring, and HbA1C tests had higher nutritional knowledge than those who did not regularly ($p < .05$; $p < .001$; $p < .001$). In addition, those with normal insulin resistance values, those with last measured postprandial glucose below 200 mg/dl and an HbA1c value below 6.5%, and those who had information about diabetes complications and diabetic foot had higher nutritional knowledge ($p < .05$).

Conclusion: As a result, it was found that the knowledge level of diabetic patients was at a moderate level. It was observed that diabetes education increased the level of nutritional knowledge, provided regular follow-up and metabolic control. Increasing the nutritional knowledge of patients with type 2 diabetes will enable them to have regular examinations, provide metabolic control and increase their quality of life.

Kapak Resmi İndir

MAKALE DOSYALARI

Tam Metin

800 879 0

The aim of this study is to determine the nutritional information of patients with Type 2 diabetes who come to diabetes outpatient clinics. The research was carried out with a total of 100 patients who came to the diabetes polyclinics of training and research hospitals with the necessary permissions. As a result, it was found that the knowledge level of diabetic patients was moderate. It was observed that diabetes education increased the level of nutrition knowledge and provided regular follow-up and metabolic control. Increasing the nutritional information of patients with type 2 diabetes will enable them to be examined regularly, provide metabolic control and increase their quality of life.



4- Education of Nursing Students in the Covid-19 Pandemic Period: Distance Education Process and Its Effects

<https://doi.org/10.38079/igusabder.982350>



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GELİŞİM ÜNİVERSİTESİ

DergiPark ev sahipliğinde

Türkçe Giriş

İstanbul Gelişim Üniversitesi Sağlık Bilimleri Dergisi

ARAŞTIRMA MAKALESI EN TR

PDF EndNote Sitex RIS Kaynak Göster

Education of Nursing Students in the Covid-19 Pandemic Period: Distance Education Process and Its Effects

Yıl 2021, Sayı 15, 571 - 580, 31.12.2021

Funda KARAMAN Sultan ÇAKMAK Ayşe Nur YEREBAKAN

<https://doi.org/10.38079/igusabder.982350>

Öz

Aim: In this study, it was aimed to determine the distance education process and its effects on nursing students during the Covid-19 pandemic period.

Method: The sample of this descriptive study consisted of 243 students studying at the Nursing Department of the Faculty of Health Sciences. The data of the research were collected using the "Introductory Information Form" and "Information Form for the Distance Education Process". Descriptive statistical methods were used in the analysis of the data.

Results: 92.2% of the students participating in the research stated that they preferred the Nursing department willingly, 84.8% of the participant students stated that the distance education process negatively affected practical nursing education and 53.5% stated that it negatively affected theoretical nursing education. Although 68.7% of the students stated that the online course saves time, as they could do many other things; while 81.5% think that it is not enough to get practical courses remotely. As the rate of those who think that giving the theoretical courses remotely is sufficient is 57.2%; it was determined that 63.4% of the students were concerned about the efficiency of the courses in the distance education system, and the rate of understanding the entire course content during the online course was 50.3%. The rate of the students that had complaints

Kapak Resmi İndir

MAKALE DOSYALARI

Tam Metin

352 420 0

In this study, it was aimed to determine the distance education process and its effects on nursing students during the Covid-19 pandemic period. As a result, although distance education is seen as a great convenience in terms of time and space flexibility by nursing students during the pandemic period; It has been determined that it causes learning difficulties in students, difficulties in adapting to practice and clinical experience, and causes negative effects in the development process of nursing skills. It has been observed that the negativities and difficulties in the process cause anxiety in students.



5-Bariatric Surgery in Elderly Patients

[10.5505/kjms.2021.24540](https://doi.org/10.5505/kjms.2021.24540)



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KAFKAS TIP BİLİMLERİ DERGİSİ
Kafkas Journal of Medical Sciences
Kafkas J Med Sci ISSN: 2146-2631 eISSN: 2587-053X

ANASAYFA AMAÇ VE KAPSAM YAYIN KURULU YAZARLARA BİLGİ TELİF HAKKI **ONLİNE MAKALE GÖNDERME** ARŞİV İLETİŞİM ENGLISH

Kafkas J Med Sci. 2021; 11(1): 23-28 | DOI: 10.5505/kjms.2021.24540

Yaşlılarda Obezite Cerrahisi

Fatih Çiftçi¹, Turgut Anuk²

¹Istanbul Gelişim Üniversitesi, Sağlık Bilimleri Yüksekokulu, Hemşirelik Bölümü, İstanbul, Türkiye
²Kafkas Üniversitesi Tıp Fakültesi, Genel Cerrahi Ana Bilim Dalı, Kars, Türkiye

Amaç: Bariatrik cerrahi ileri yaş obez hastalar için riskli ve uzun dönem sonuçları müphem olsa da, fayda görmektedirler. Bu çalışmamız da ileri yaştaki hastalarımız da sleeve gastrektomi sonuçlarını değerlendirmeyi amaçladık.

Materyal ve Metot: Bu retrospektif çalışmada Nisan 2013-Eylül 2017 tarihleri arasında Laparoskopik sleeve gastrektomi geçirmiş 65 yaş ve üstü tüm hastaları çalışmaya dahil ettik. Hastaların demografik verileri, obezite ile ilgili komorbidite, beden kitle indeksi (BKİ), ameliyat öncesi ve sonrasında kilo durumları, komorbiditenin iyileşmesi, takip süresi, ameliyat sonrası komplikasyonlar ve hastanede kalış süresi kaydedildi. İleri yaştaki hastaları 65 yaş altı sleeve gastrektomi hastalarıyla karşılaştırdık.

Bulgular: On dört hastaya (ortalama yaş 66,9±1,9 yıl) laparoskopik sleeve gastrektomi uygulandı. Hastalar 19 aylık takipten sonra ortalama %52,9 BKİ kaybına ulaştı. Yaşlı hastalar obeziteye bağlı tüm komorbiditelerde belirgin iyileşme gösterdi. Komplikasyon oranları iki grup arasında benzerdi.

Sonuç: Yaşlı obezler de laparoskopik sleeve gasterktomi güvenli ve etkilidir ancak kilo kaybı genç obez kişilere göre nisbeten daha azdır. Uygun seçilmiş yaşlı hastalar bariatrik cerrahiden yararlanabilir.

Anahtar Kelimeler: obezite cerrahisi, tüp mide, yaşlı hastalar, bariatrik cerrahi, obezite

ARAÇLAR

- Tam Metin PDF
- Yazdır
- Alıntıyı İndir
- RIS
- EndNote
- BibTex
- Medlars
- ProCite
- Reference Manager
- E-Postala
- Paylaş
- Yazara e-posta gönd

Benzer makaleler

- PubMed
- Google Scholar

Although bariatric surgery carries a high risk of complications in older obese patients and the results are uncertain, it may still be beneficial. The aim of this study is to evaluate the results of sleeve gastrectomy surgery in elderly patients. Laparoscopic sleeve gastrectomy is an effective and safe surgery in elderly obese patients, but weight loss is more tolerable than younger patients. It was concluded that a select group of elderly patients could benefit from bariatric surgery.



6-What is Metabolic Surgery? To Whom and When Should It Be Applied?



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KAFKAS TIP BİLİMLERİ DERGİSİ
Kafkas Journal of Medical Sciences

Kafkas J Med Sci ISSN: 2146-2631 eISSN: 2587-053X

ANASAYFA AMAÇ VE KAPSAM YAYIN KURULU YAZARLARA BİLGİ TELİF HAKKI **ONLİNE MAKALE GÖNDERME** ARŞİV İLETİŞİM ENGLISH

Kafkas J Med Sci. 2021; 11(2): 332-335 | DOI: 10.5505/kjms.2021.43403

Metabolik Cerrahi Nedir? Kime ve Ne Zaman Yapılmalıdır?

Fatih Çiftçi
İstanbul Gelisim Üniversitesi

Metabolik sendrom bazı komplikasyonlara neden olan kardiyometabolik risk faktörleri demettir. Sendromu oluşturan her bileşen tedavi edilmelidir. Bunun için antilipidemik, antidiyabetik, antihipertansif, ilaçlar kullanılır fakat tedavideki kilit rolde kilo kontrolü oynar. Vücut ağırlığının kontrolünde egzersiz, diyetle günlük alınan kalorienin azaltılması ve fiziksel faaliyetlerin artırılması rol oynar. Değişik tıbbi tedavilerde deneme yapılmış olup çok başarılı olunamamıştır. Hala en etkin yol cerrahi seçenektir. Kesin kabul edilen tanımlanmamakla beraber metabolik cerrahi, metabolik sendromu tedavi etmek için yapılan cerrahi müdahaleler olarak tarif edilebilir.

Genel algı bariatrik cerrahi geçiren hasta kişilerin kilo vermeyle ilişkili tip 2 diyabet hastalığının remisyonu girmesidir. Ameliyat sonrası bu hastalar hastanede yatarken kan şekeri değerlerinin düzelmeye başladığı görülmüştür. Kan glukozu dengelenmesinde gastrointestinal sistemin önemli rol aldığı anlaşıncı, mekanizmasının ortaya çıkması için çalışmalar yapılmıştır. Ön ve arka barsak hipotezleri ortaya atılmıştır. Arka barsak ameliyatı olan Duodenal switch'in ön barsak ameliyatı olan gastrik by-pass'a göre hiperinsülinemik cevaba neden olmadan glukoz dengesini ve insülin duyarlılığında iyileşme sağladığı ortaya konmuştur.

Arka barsak modülasyonu yapılan ameliyatlarda, ön barsak modülasyonu yapılan ameliyatlara göre mineral-vitamin dengesini daha çok bozma eğilimindedir. Son zamanlarda bunu önlemek için transit bipartisyon ameliyatı geliştirilmiştir. Sonuçta metabolik cerrahi ameliyatlarında değişik teknikler tercih edilmektedir. Yapılacak ameliyat yönteminin kişiye özel olması gerekir.

ARAÇLAR

- Tam Metin PDF
- Yazdır
- Alıntıyı İndir
- RIS
- EndNote
- Bibtex
- Medlars
- ProCite
- Reference Manager
- E-Postala
- Paylaş
- Yazara e-posta gönder

Benzer makaleler

- PubMed
- Google Scholar

[10.5505/kjms.2021.43403](https://doi.org/10.5505/kjms.2021.43403)

Metabolic syndrome is a set of cardiometabolic risk factors that cause some complications. Every component of the syndrome needs to be treated. For this purpose, antihypertensive, antidiabetic and antilipidemic agents are used, but weight control plays a key role in treatment. Exercise, reducing the daily calorie intake and increasing physical activities play a role in the control of body weight. Trials have been made with different medical treatments and have not been very successful. Still the most effective way is the surgical option. Although there is no definitive definition, metabolic surgery can be described as surgical interventions to treat metabolic syndrome. The most effective way is again surgery. Although there is no definitive definition of metabolic surgery, it can be defined as surgical interventions to treat metabolic syndrome. The foregut hypothesis and hindgut hypothesis have been proposed. A hindgut surgery such as a duodenal switch has been shown to improve insulin sensitivity and glucose homeostasis without causing a hyperinsulinemic response, compared to a foregut surgery like gastric bypass. Surgery that modulates the hindgut has the potential to impair the absorption of more vitamins and minerals than foregut surgeries. To prevent this, the transit bipartition technique has been developed in recent years. As a result, various methods are used in metabolic surgery. The choice of surgical technique should be specific to the patient.



7-The relationship between polyphenols and miRNAs: A novel therapeutic strategy for metabolic associated fatty liver disease

[10.14744/hf.2021.2021.0037](https://doi.org/10.14744/hf.2021.2021.0037)





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Review > Hepatol Forum. 2021 Sep 15;2(3):128-136. doi: 10.14744/hf.2021.2021.0037.
eCollection 2021 Sep.

The relationship between polyphenols and miRNAs: A novel therapeutic strategy for metabolic associated fatty liver disease

Hatice Merve Bayram¹, Fatih Eren^{2,3}, Fatma Esra Gunes⁴

Affiliations + expand

PMID: 35784906 PMCID: PMC9138948 DOI: 10.14744/hf.2021.2021.0037

Free PMC article

Abstract

Metabolic-associated fatty liver disease (MAFLD) is a public health problem that is increasingly recognized, currently affecting up to a quarter of the world's adult population. Although a biopsy is the current gold standard to diagnose MAFLD, there are potentially serious complications, making it inadequate. Thus far, noninvasive methods have not been able to determine the stage and the subtype of MAFLD. The development and prognosis of MAFLD are modulated by epigenetic

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Abstract

Metabolic-associated fatty liver disease (MAFLD) is an increasingly recognized public health problem that currently affects a quarter of the world's adult population. Although biopsy is the current gold standard for diagnosing MAFLD, there are potentially serious complications, making it ineffective. This review provides an overview of the relationship between polyphenols and miRNAs in MAFLD. The literature suggests that miRNAs can be used as a diagnostic method for MAFLD, particularly miRNA-122 and miRNA-34a. However, to our knowledge, although it has been shown that polyphenols can contribute to improving MAFLD, to date there are no studies showing the relationship between polyphenols and miRNAs in MAFLD. The precise mechanisms of polyphenols on miRNAs in MAFLD remain unclear. Future work may provide hope for the development of polyphenol-related foods or drugs that target miRNAs to treat MAFLD, as well as dietary therapy for MAFLD patients.



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8- Ethiological, Clinical and Epidemiological Overview of COVID-19 Pandemia

<https://dergipark.org.tr/tr/pub/jicm/issue/62364/939477>

DergiPark
akademinin ev sahipliğinde

Journal of Immunology and Clinical Microbiology

DERLEME EN TR

PDF EndNote BibTex RIS Kaynak Göster

Ethiological, Clinical and Epidemiological Overview of Covid-19 Pandemia

Yıl 2021, Cilt 6, Sayı 1, 37 - 45, 31.03.2021

Semiha YALÇIN

Öz

The cause of COVID-19 disease has been named as the SARS-CoV-2 virus, which is defined in the category of betaCoV viruses. The disease has been declared as a COVID-19 pandemic by the World Health Organization (WHO). Coronaviruses (CoV) are viruses, some of which are zoonotic, have a crown-like appearance under an electron microscope and contain a single stranded RNA genetic material. The SARS-CoV-2 virus that causes COVID-19 is transmitted through respiratory droplets and direct contact with people. Contagious from the presymptomatic period, COVID-19 can be presented with the symptoms of simple upper respiratory tract infection; it may as well cause severe disease characterized by severe respiratory failure. While the first step in radiological evaluation is x-ray, examination of the lungs with computed tomography has diagnostic value. Prevention is important because there is no medical treatment and immunization method specific to the disease. The most important factor in protection is to limit the exposure to the virus. Therefore, attention is constantly paid to the importance of personal protectors and hygiene.

Anahtar Kelimeler

Covid-19, Pandemia, Coronaviruses

The cause of COVID-19 disease has been named as the SARS-CoV-2 virus identified in the category of betaCoV viruses. Coronaviruses (CoV) are viruses, some of which are zoonotic, have a crown-like appearance under the electron microscope and contain a single-stranded RNA genetic material. The SARS-CoV-2 virus that causes COVID-19 is transmitted through respiratory droplets and direct contact with humans. COVID-19, which is contagious from the presymptomatic period, may present with simple upper respiratory tract infection symptoms; It can also cause serious illness characterized by severe respiratory failure. While the first step in radiological evaluation is x-ray, examination of the lungs with computed tomography has diagnostic value. Prevention is important because there is no specific medical treatment and immunization method for the disease. The most important factor in prevention is to limit exposure to the virus. For this reason, the importance of personal protective equipment and hygiene is constantly paid attention to.



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9- The Role of Tissue Harmonic Ultrasonography and Computerized Tomography in the Diagnosis of Intraabdominal Cystic Lesions

<https://doi.org/10.38079/igusabder.964865>

Istanbul Gelisim University Journal of Health Sciences

RESEARCH ARTICLE

PDF EndNote BibTex RIS Cite

The Role of Tissue Harmonic Ultrasonography and Computerized Tomography in the Diagnosis of Intraabdominal Cystic Lesions

Year 2021, Issue 14, 302 – 322, 31.08.2021

Mehmet Ali NAZLI Abdullah Yüksel BARUT Özgür KILIÇKESMEZ

<https://doi.org/10.38079/igusabder.964865>

Abstract

Aim: Abdominal Ultrasonography (US) and Computed Tomography (CT) examinations are imaging methods frequently used in Radiology Clinics. During these examinations, cystic lesions are frequently detected in the abdomen. It is an important problem to identify and characterize the clinical significance of these cysts.

Methods: The findings of 145 patients who underwent abdominal imaging in the US and CT units of the Istanbul Training and Research Hospital Radiology Clinic and were found to have cystic lesions were analyzed retrospectively. The CT findings of cystic lesions detected in the abdominal organs or the abdominal cavity were reviewed, and the contribution of the new US image acquisition method, Tissue Harmonic Imaging (THI), to the characterization of cysts was examined.

Results: A total of 145 patients, 56 men (39.3%) and 89 women (60.7%) with cystic lesions in the abdomen, were included. We detected cystic lesions most frequently in the kidneys (n:68, 46.89%) and second most frequently in the liver (n:65; 44.82%). In addition, we detected

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Abdominal Ultrasonography (US) and Computed Tomography (CT) examinations are imaging methods frequently used in Radiology Clinics. During these examinations, cystic lesions are frequently detected in the abdomen. It is an important problem to identify and characterize the clinical significance of these cysts. The findings of 145 patients who underwent abdominal imaging in the Radiology Clinic of Istanbul Training and Research Hospital and were found to have cystic lesions were analyzed retrospectively. The CT findings of cystic lesions detected in the abdominal organs or the abdominal cavity were reviewed and the contribution of Tissue Harmonic Imaging, a new US imaging method, to the characterization of cysts was examined. As a result, THI examination provides valuable information in characterizing cystic lesions, especially by showing the wall feature of the cyst, internal septa and the presence of solid intracystic components, while CT examination especially shows wall calcification and the presence of air in it.



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10-Usual and Unusual Pathologies of Appendicitis: A Retrospective Analysis of 385 Patients

<https://doi.org/10.31067/acusaglik.888217>

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Usual and Unusual Pathologies of Appendicitis: A Retrospective Analysis of 385 Patients

Yıl 2021, Cilt 12, Sayı 3, 645 - 650, 01.07.2021

Veysi Hakan YARDIMCI Cihan URAS

<https://doi.org/10.31067/acusaglik.888217>

Öz

Purpose: Appendectomy is the most common abdominal surgery performed worldwide. In this report, we evaluated the results of pathological examinations of acute appendicitis specimens. Methods: We performed a retrospective analysis of patients operated on for acute appendicitis at our surgical department from 2009 to 2017. Data on age, gender, and pathological diagnostic parameters were analyzed. Results: A total of 385 patients (168 women [43.6%] and 217 men [56.4%]), were classified into acute appendicitis (Group 1), normal appendix (Group 2), and unusual pathological findings (Group 3) groups. The patients undergoing appendectomy were mostly in the 21-30 (n = 136, 35.3%) and 31-40 years (n = 118, 30.6%) age groups. The negative appendectomy rate was 4.4% in Group 2, and the proportion of women (70.6%) was significantly higher in that group than the other groups (p < 0.05). In total, 24 (6.2%) patients had unexpected findings. Among the appendix tumors (n = 12 [3.1%]) in our series, low-grade mucinous neoplasm (n = 6, 1.6%) was the most common, followed by a well-differentiated neuroendocrine tumor (n = 3, 0.8%). Conclusion: Although unusual pathological findings are rare during appendectomy, all appendectomy specimens should be sent for routine histopathological examination. The abnormal incidental findings of 24 cases in this series had a significant impact on management. Patients with rare abnormalities should be treated according to the results of their pathological reports.

Kapak Resmi İndir

MAKALE DOSYALARI

Tam Metin

83 333 0

Dergi Anasayfası

The aim of this study is to evaluate the pathological examination results of acute appendicitis specimens of appendectomy, which is the most frequently performed abdominal surgery worldwide. A retrospective analysis of the patients who were operated for acute appendicitis in our surgery department between 2009 and 2017 was performed. In conclusion, although unusual pathological findings are rare during appendectomy, all appendectomy specimens should be sent for routine histopathological examination. The abnormal incidental findings of the 24 cases in this series had a significant impact on management. Patients with rare abnormalities should be treated according to the results of their pathological report.



11- Neck Circumference Measurement in Determination of Nutritional Status and Some Nutrition Related Diseases



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Beslenme Durumunun ve Beslenme ile İlişkili Bazı Hastalıkların Saptanmasında Boyun Çevresi Ölçümü

Yıl 2021, Cilt II, Sayı 1, 100 – 110, 01.04.2021

Hatice Merve BAYRAM Zehra MARGOT ÇELİK Fatma Esra GÜNEŞ

Öz

Besin öğeleri alımı ile besin öğeleri gereksinmesi arasındaki dengenin sağlanması optimal sağlık için önem taşımaktadır. Beslenme durumunun saptanması bu açıdan önemlidir. Boyun çevresi ölçümü (Neck circumference-NC) beslenme durumunun saptanmasında kullanılan antropometrik ölçümlerden biri olup, karmaşık yöntemlere gerek kalmadan sonuca ulaşmaya yardımcı olan basit bir tekniktir. Ayrıca NC erişilebilir ve ölçümü kolaydır, bunun yanı sıra gün içerisinde değişiklik göstermediği için kullanılabilirliği araştırılmaktadır. Bu derlemenin amacı, NC ölçümü ile diğer antropometrik ölçümlerin, beslenme ile ilişkili bazı hastalıkların, ilgili biyokimyasal bulguların ve metabolitlerin arasındaki ortaya konulmuş ilişkilerin incelenmesidir. Bu amaçla yapılan literatür taraması sonucunda, NC obezite ve metabolik sendrom riski ile yüksek korelasyon göstermesinin yanı sıra diğer antropometrik ölçümlerle de (vücut ağırlığı, beden kütle indeksi, bel çevresi, kalça çevresi ve bel/kalça oranı) ilişkili olabileceği görülmüştür. Ayrıca NC, insülin direnci, tip 2 diyabet, hipertansiyon, hiperlipidemi, kardiyovasküler hastalıklar ve obstrüktif uyku apnesi sendromunun tanımlanmasında kullanılabilecek bir ölçüm aracı olarak görülmektedir.

10.5505/kims.2021.60476

Kapak Resmi İndir

MAKALE DOSYALARI

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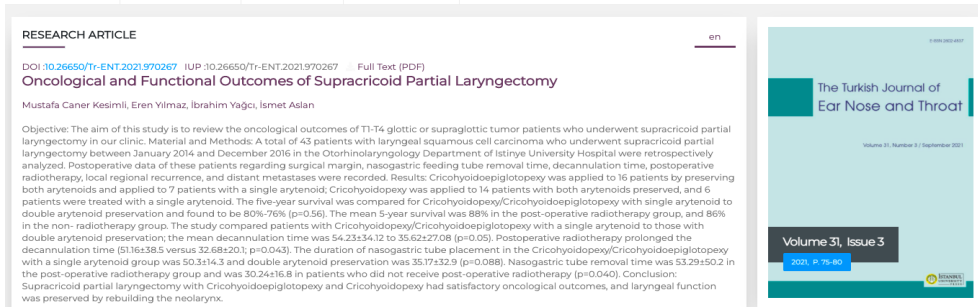
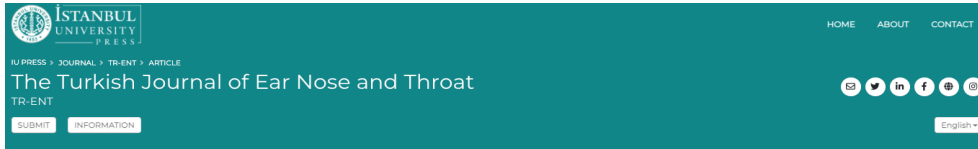
The aim of this review is to examine the relationships between neck circumference (NC) measurement and other anthropometric measurements, some diseases related to nutrition, related biochemical findings and metabolites. As a result of the literature review, it has been seen that NC has a high correlation with the risk of obesity and metabolic syndrome, as well as other anthropometric measurements (body weight, body mass index, waist circumference, hip circumference, and waist/hip ratio). In addition, NC is seen as a measurement tool that can be used to define insulin resistance, type 2 diabetes, hypertension, hyperlipidemia, cardiovascular diseases and obstructive sleep apnea syndrome.



12-Oncological and Functional Outcomes of Supracricoid Partial Laryngectomy

[10.26650/Tr-ENT.2021.970267](https://doi.org/10.26650/Tr-ENT.2021.970267)





The aim of this study is to review the oncological outcomes of patients with T1-T4 glottic or supraglottic tumors who underwent supracricoid partial laryngectomy. Postoperative data of these patients were recorded regarding the surgical margin, nasogastric feeding tube removal time, decannulation time, postoperative radiotherapy, local regional recurrence and distant metastases. As a result; Cricohyoidepiglotopexy and supracricoid partial laryngectomy with Cricohyoideopexy had satisfactory oncologic results and laryngeal function was preserved by reconstructing the neolarynx.



13-Cutaneous adverse effects due to personal protective measures during COVID-19 pandemic: a study of 101 patients

<https://doi.org/10.1111/ijd.15354>



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Cutaneous adverse effects due to personal protective measures during COVID-19 pandemic: a study of 101 patients

Sabha Mushtaq MD, DNB, Erdinc Terzi MD, Sebastiano Recalcati MD, Jullo C. Salas-Alanis MD, Sanober Amin MD, PhD, Nafis Faizi MD, MPH

First published: 15 December 2020 | <https://doi.org/10.1111/ijd.15354> | Citations: 6

Conflict of interest: None.
Funding source: None.

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Abstract

Background

Coronavirus Disease 2019 (COVID-19) is a viral illness caused by the novel coronavirus SARS-CoV-2 which spreads via droplets from an infected person. There has been an unprecedented rise in the use of personal protective equipment and practice of personal hygiene measures against COVID-19. The extended use of protective measures (PM) can lead to ill effects on the skin. Our aim was to investigate PM-induced dermatoses amongst healthcare workers and the general population during the COVID-19 pandemic.

Methods

A cross-sectional study was conducted over a period of 2 months. The study subjects were patients who presented to dermatology outpatient clinics or sought teleconsultation for skin problems related to the use of PMs against COVID-19. A detailed



Volume 60, Issue 3

March 2021

Pages 327-331

This article also appears in International Journal of Dermatology COVID-19 Papers

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[Therapeutic approach to skin reactions caused by personal protective equipment \(PPE\) during COVID-19 pandemic: An experience from a tertiary hospital in Granada, Spain](#)

Francisco José Navarro-Triviño, Ricardo Ruiz-Villaverde

Dermatologic Therapy

[Cutaneous signs in COVID-19 patients: A review](#)

Coronavirus Disease 2019 (COVID-19) is a viral disease caused by the new coronavirus SARS-CoV-2, which is spread through droplets from an infected person. There has been an unprecedented increase in the use of personal protective equipment and the implementation of personal hygiene measures against COVID-19. The aim of this study is to investigate dermatoses caused by PM (protective measures) among healthcare workers and the general population during the COVID-19 pandemic. As a result, the enhanced use of different protective measures against COVID-19 can cause a variety of adverse skin effects. In our study, soap and water use was the most common culprit of PM, and the most common adverse event reported was contact dermatitis.



14- Important Role of Relaxation Techniques in Immune Functions, Glycemic Control, and Stress in Diabetic Patients with COVID-19: A Review



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Review > Curr Diabetes Rev. 2021;17(5):e121020186816.
doi: 10.2174/1573399816999201012200109.

Important Role of Relaxation Techniques in Immune Functions, Glycemic Control, and Stress in Diabetic Patients with COVID-19: A Review

Ayman A Mohamed¹, Motaz Alawna¹

Affiliations + expand
PMID: 33045980 DOI: 10.2174/1573399816999201012200109

Abstract

Background: COVID-19 is a world disaster. The relationship between COVID-19 and Diabetes Mellitus (DM) is double-faced because DM is considered one of the COVID-19 key risk factors causing an increase in COVID-19 related conditions and death rates; at the same time, high stress in patients with COVID-19 can lead to the occurrence of DM. This relationship adversely affects immune functions. Relaxation techniques have been demonstrated to positively affect immune functions, glycemic control, and stress levels.

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COVID-19 and Diabetes Mellitus (DM) are recognized as one of the key risk factors for COVID-19 causing an increase in related conditions and mortality; at the same time, high stress may cause DM in COVID-19 patients. This relationship negatively affects immune functions. This review found that relaxation techniques produce short-term effects on lowering stress levels through autonomic regulation, controlling glycemic control by reducing hyperglycemia, and enhancing immune function by increasing immune cells and immunoglobulin As. In conclusion, this review summarizes the important role of performing. Relaxation techniques benefit diabetics with COVID-19 by reducing stress levels, better controlling glycemic control, and increasing immune function.



15- Assessment of nutritional status, body composition and blood biochemical parameters of patients following sleeve gastrectomy: 6 months follow up



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<https://doi.org/10.1016/j.clnesp.2021.04.016>

The screenshot shows the article page on ScienceDirect. The article title is "Assessment of nutritional status, body composition and blood biochemical parameters of patients following sleeve gastrectomy: 6 months follow up". The authors are Nazi Batar, Halime Pulat Demir, and Hatice Merve Bayram. The article is published in Clinical Nutrition ESPEN, Volume 43, June 2021, Pages 184-190. The page includes a table of contents on the left, a summary section, and a list of recommended articles on the right. The article metrics show 4 citations and 18 readers.

Today, sleeve gastrectomy (SG) has recently become the most common bariatric procedure among various bariatric surgery procedures due to its advantages. The aim of this study is to investigate nutritional status, body composition and biochemical parameters after SG. As a result; Nutritional deficiencies are common in patients after SG. Therefore, it is important to routinely monitor these patients with a professional team.



16-Enhancing oxygenation of patients with coronavirus disease 2019: Effects on immunity and other health-related conditions

[10.12998/wjcc.v9.i19.4939](https://doi.org/10.12998/wjcc.v9.i19.4939)



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World J Clin Cases. Jul 6, 2021; 9(19): 4939-4958
Published online Jul 6, 2021. doi: [10.12998/wjcc.v9.i19.4939](https://doi.org/10.12998/wjcc.v9.i19.4939)

Enhancing oxygenation of patients with coronavirus disease 2019: Effects on immunity and other health-related conditions

Ayman Mohamed, Motaz Alawna
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Ayman Mohamed, Department of Basic Science and Biomechanics, Faculty of Physical Therapy, Beni Suef University, Beni Suef 62521, Egypt
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ORCID number: Ayman Mohamed (0000-0001-5092-3549); Motaz Alawna (0000-0002-4936-373X).

Author contributions: Mohamed A and Alwana M wrote the review together; Mohamed A revised the review and made it ready for publication.

Conflict-of-interest statement: The authors confirm that there is no conflict-of-interest.

Open-Access: This article is an open-access article that was selected by an in-house editor and fully peer-reviewed by external reviewers. It is distributed in accordance with the Creative Commons Attribution NonCommercial (CC BY-NC 4.0) license, which permits others to distribute, remix, adapt,

The purpose of this review is to discuss the possible effects of increasing oxygenation on immunity and other health-related conditions in patients with COVID-19. Extensive research has been conducted through the Web of Science, Scopus, Medline databases and EBSCO for the effect of increasing oxygenation on immunity, respiratory function, psycho-immune hormones and COVID-19 risk factors. It has been shown to have an effect. In addition, increasing oxygenation has a self-protective role against COVID-19 risk factors. Finally, this research has revealed the recommended safe and effective exercise protocol to increase oxygenation in patients with COVID-19.



17-The presence of sodium content and sodium-containing food additives in packaged foods and beverages sold in Turkey



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<https://doi.org/10.1016/j.jfca.2021.104078>

The screenshot shows the ScienceDirect article page for the paper 'The presence of sodium content and sodium-containing food additives in packaged foods and beverages sold in Turkey' by Hatice Merve Bayram and Arda Ozturkan. The page includes a table of contents on the left, the article title and authors in the center, and a 'Highlights' section at the bottom. The highlights state: 'Sodium was found in 60.3 % of Turkish packaged products.' and 'Sodium-containing food additives were found in 53.5 % of Turkish packaged products.' The right sidebar contains recommended articles and article metrics.

Excessive sodium (Na) intake is an important leading cause of the development of non-communicable diseases. However, there is no scientific evidence about the Na content (and variation) in packaged products sold in Turkey. This study aimed to determine the Na levels and Na-containing food additives of packaged products available in supermarkets across Turkey in 2020, as well as evaluating the proportion of foods suitable for the World Health Organization's global Na comparison targets (2021). 2975 packaged products were analyzed and it was determined that they contain 60.3% salt and 53.5% Na-containing food additives. As a result; Progress and improved health outcomes in reformulating high Na content packaged products and reducing the Na intake of the population can be monitored over time.



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18-Effects of intensive multiplanar trunk training coupled with dual-task exercises on balance, mobility, and fall risk in patients with stroke: a randomized controlled trial

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8647262/>

Effects of intensive multiplanar trunk training coupled with dual-task exercises on balance, mobility, and fall risk in patients with stroke: a randomized controlled trial
J Int Med Res. 2021 Nov; 48(11): 03000805211059413.

Journal of International Medical Research

Effects of intensive multiplanar trunk training coupled with dual-task exercises on balance, mobility, and fall risk in patients with stroke: a randomized controlled trial

Umair Ahmed, Hossein Karimi, [...], and Ashfaq Ahmed

Abstract

Objective

We determined whether an exercise regime comprising high-intensity training, multiplanar trunk movements, and dual-task practice could improve trunk control, balance, functional mobility, and reduce fall risk in patients with hemiplegic stroke.

Methods

In this randomized controlled trial, 74 patients (mean age 61.71 years) were randomly assigned to the experimental and comparison groups. Primary outcome was trunk impairment scale (TIS) scores. Secondary outcomes were scores on the Berg balance scale, 10-meter walk test, Timed-up-and-go test, timed-Up-Go-cognitive, and Stroke Impact Scale-16 to measure between-group changes from baseline. We used linear mixed modeling to identify changes over time within and between groups on each scale and whether changes persisted at 6- and 12-month follow-ups.

Results

We observed significantly increased mean TIS scores from baseline to 3 months post-treatment (7.74); the increased scores were maintained at 6- and 12-month follow-ups (8.60 and 8.43, respectively). In the experimental group, all secondary outcomes showed significant and clinically meaningful results. Fall risk between groups was significantly reduced at 6 and 12 months.

Conclusions

Intensive multiplanar trunk movements coupled with dual-task practice promoted trunk control, balance, and functional recovery in patients with stroke, reduced fall risk, and improved independent mobility.

Trial registration: #IRCT20200127046275N1.

Keywords: Trunk control, stroke, balance, function, mobility, fall risk

Introduction

It was investigated whether an exercise regimen consisting of high-intensity training, multi-plane trunk movements, and dual-task practice could improve trunk control, balance, functional mobility and reduce the risk of falls in patients with hemiplegic stroke. As a result; Intense multi-plane trunk movements, combined with dual-task practice, promoted trunk control, balance and functional recovery, reduced the risk of falls, and improved independent mobility in paralyzed patients.

It was investigated whether an exercise regimen consisting of high-intensity training, multi-plane trunk movements, and dual-task practice could improve trunk control, balance, functional mobility and reduce the risk of falls in patients with hemiplegic stroke. As a result; Intense multi-plane trunk movements, combined with dual-task practice, promoted trunk control, balance and functional recovery, reduced the risk of falls, and improved independent mobility in paralyzed patients.



19-Internalized stigma in physicians with mental illness

[10.5505/kpd.2021.48642](https://doi.org/10.5505/kpd.2021.48642)



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J Clin Psy. 2021; 24(4): 459-466 | DOI: 10.5505/tpd.2021.48642

Internalized stigma in physicians with mental illness (eng)

Öğuzhan Kılınçel¹, Rukiye Ay²

¹Istanbul Gelisim University, Department of Child Development, Istanbul, Turkey
²Bursa Yüksek İhtisas Training and Research Hospital, Department of Psychiatry, Bursa, Turkey

INTRODUCTION: Internalized stigma means accepting negative statements and stereotypes about the disorder in people with mental disorders and reflecting on their thoughts and behaviors. High levels of internalized stigma negatively affect the recovery process in mental disorders and reduce functionality. In our study, it is aimed to determine the internal stigmatization levels of physicians with mental disorders and the factors affecting stigmatization levels.

METHODS: The study was conducted between October 1, 2020-November 30, 2020, using an online cross-sectional self-report survey, and included 156 volunteer physicians who completed the survey questions. A "sociodemographic and clinical characteristics evaluation form" and the "Internalized Stigma of Mental Illness Scale" were applied to all participants.

RESULTS: It was observed that physicians were most frequently diagnosed with Major Depressive Disorder (54.5%) and Anxiety Disorder (32.1%). It was observed that 62.8% of physicians used psychopharmacological treatment, 12.8% had attempted suicide, and 8.3% received inpatient treatment. There was no statistical difference between the age, gender, professional experience,

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In this study, it was aimed to determine the internal stigma levels of physicians with mental disorders and the factors affecting their stigmatization levels. As a result; This study showed that physicians with mental illness internalize stigma, as do individuals with mental illness. Considering that internalized stigma affects attitudes and behaviors towards these patients, determining these differences will be a guide in the struggles to prevent stigma against mental illnesses.



20-Interaction between GW2974 and telomeric G-quadruplex DNA: a possible anticancer mechanism



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Interaction between GW2974 and telomeric G-quadruplex DNA: a possible anticancer mechanism

Ismail A. Elhaty

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Abstract

Human telomere consists of tandem repeats of guanines; thus, it can form an intramolecular G-quadruplex structure, which can inhibit the telomerase enzyme that is found active in more than 85% of cancer cells. The present work investigated the interactions of GW2974, a quinazoline derivative with telomeric G-quadruplex AG₃(TTAGGG)₃. GW2974 had shown a good affinity to G-quadruplex DNA with a binding constant of $2.41 \times 10^6 \text{ M}^{-1}$ and melting temperature shift ΔT_m of 9.9 °C. Increasing the GW2974 ratio with DNA up to five times showed an inverse effect on G-quadruplex DNA stability. The stoichiometric ratio between GW2974 and TelQ (per strand) was 2:1. Results obtained from absorption, fluorescence, and CD spectroscopic techniques indicated that GW2974 interacted with G-quadruplex through different binding modes. GW2974 showed good specificity to quadruplex over duplex DNA by 4.71-fold. These results indicated that stabilizing of telomeric G-quadruplex inhibited

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The human telomere consists of tandem repeats of guanines; thus, it can form an intramolecular G-quadruplex that can inhibit telomerase enzyme, which is active in more than 85% of cancer cells. The present study investigated the interactions of GW2974, a quinazoline derivative, with telomeric G-quadruplex AG₃(TTAGGG)₃. GW2974 showed good affinity for G-quadruplex DNA with a binding constant of $2.41 \times 10^6 \text{ M}^{-1}$ and a melting temperature shift ΔT_m of 9.9 °C. Increasing the ratio of DNA to GW2974 up to five times had an adverse effect on G-quadruplex DNA stability. The stoichiometric ratio between GW2974 and TelQ (per strand) was 2:1. Results from absorption, fluorescence and CD spectroscopic techniques showed that GW2974 interacts with the G-quadruplex via different binding modes. GW2974 showed good specificity for quadruplex over 4.71-fold duplex DNA. These results showed that stabilizing the telomeric G-quadruplex inhibits the telomerase enzyme, GW2974, which may be a potential anticancer mechanism.



21-Clinical Utility of Tensin 2 Levels as A Diagnostic and Prognostic Biomarker in Breast Cancer

[10.19193/0393-6384_2021_1_86](https://doi.org/10.19193/0393-6384_2021_1_86)



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CLINICAL UTILITY OF TENSIN 2 LEVELS AS A DIAGNOSTIC AND PROGNOSTIC BIOMARKER IN BREAST CANCER

PDF

AUTHORS

Kurşat Rahmi Serin¹, Zubeyr Ucuucu², M. Kemal Temel³, Suleyman Bademler⁴, Hilal Oguz Soyudin⁵, Hasan Karanlık⁶, Senem Karabulut^{6*}

DEPARTMENTS

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ABSTRACT

Background: To discuss the diagnostic and prognostic potential of tensin-2 (TNS2) levels in patients with breast cancer (BC).
Methods: The study included sixty patients with BC and twenty healthy female controls for a comparative investigation of TNS2 protein and gene expression levels.
Results: Compared to the healthy controls, we found that the patient group showed a statistically significantly lower mean level of TNS2 protein ($p<0.001$) and higher mean level of TNS2 gene expression ($p=0.015$). Secondly, we examined the clinical utility of TNS2 levels as an indicator of invasiveness and aggressiveness in BC by comparing patient TNS2 levels by stage and grade. Although the measured mean values differed between the patients subgrouped by tumor biology, grade, and stage, we found that the differences were not statistically significant.
Conclusion: Our findings suggest that TNS2 levels can be utilized diagnostically and prognostically, and that there is a need for further studies with larger mean values measured differed between the patient subgroups based on tumor elucidate the clinical value of TNS2 protein and gene expression levels as an early prognosticator of aggressiveness in BC and thus a useful criterion in treatment optimization.

KEYWORDS

Breast cancer, novel biomarkers, tensins, TNS.

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The aim of this article is to investigate the diagnostic and prognostic potential of tensin-2 (TNS2) levels in patients with breast cancer (BC). In conclusion, it suggests that TNS2 levels can be used diagnostically and prognostically, and that further studies with larger mean values measured in subgroups of patients on tumor basis are needed.



22-Appraisal of the antimicrobial and cytotoxic potentials of nanoparticles biosynthesized from the extracts of Pelargonium quercetorum Agnew

[10.52586/5011](https://doi.org/10.52586/5011)



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Appraisal of the antimicrobial and cytotoxic potentials of nanoparticles biosynthesized from the extracts of *Pelargonium quercetorum* Agnew

Berrak Dumlupinar¹, Gökçe Şeker Karatoprak², Mehmet Firat³, Esra Küpeli Akkol⁴

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Abstract

Aim: The aim of this study is the synthesis of nanosilver particles (AgNPs) from *Pelargonium quercetorum* Agnew. (Geraniaceae) and evaluation of the antimicrobial and the cytotoxic potential of AgNPs. **Methods:** The synthesized AgNPs were evaluated for antimicrobial and anticancer efficacy using the minimum inhibition concentration method and MTT (3-(4,5-Dimethylthiazol-2-yl)-2,5-Diphenyltetrazolium bromide) assay. **Results:** The AgNPs inhibited approximately 90% the growth of gram-positive *Staphylococcus aureus* and gram-negative *Escherichia coli* and yeast *Candida albicans* pathogens at a concentration of 500 µg/mL. The synthesized AgNPs showed

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The aim of this research is the synthesis of nanosilver particles (AgNPs) from *Pelargonium quercetorum* Agnew. (Geraniaceae) and the evaluation of the antimicrobial and cytotoxic potential of AgNPs. It was determined that AgNPs synthesized from extracts containing high phenolic compounds were smaller in size and showed high anticancer and antimicrobial properties.



23-Nectin-2 and Nectin-4 Adhesion Molecules in Patients with Breast Cancer

<https://doi.org/10.5505/tjo.2021.2697>



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Nectin-2 and Nectin-4 Adhesion Molecules in Patients with Breast Cancer



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Türk Onkoloji Dergisi

Yıl: 2021 Cilt: 36 Sayı: 2 Sayfa Aralığı: 165 - 170 Metin Dili: Türkçe DOI: 10.5505/tjo.2021.2697

Türkçe

Nectin-2 and Nectin-4 Adhesion Molecules in Patients with Breast Cancer

Öz:

Evaluation of the nectin-2 and nectin-4 protein and mRNA expression levels is aimed in this study, with concerning diagnostic and predictive value in breast cancer patients. METHODS Sixty patients with pathologically and radiologically verified breast cancer who were treated at the Istanbul University, Institute of Oncology, between 2017 and 2018 are included in the study. Circulating nectin-2 and nectin-4 protein levels were evaluated by solid-phase enzyme-linked immunosorbent assay (Abbkine Scientific Co., Ltd.). For analyzing nectin-2- and nectin-4-specific mRNA in sera of the patients, circulating cell-free RNA was extracted from serum using a monophasic phenol and guanidine thiocyanate solution (Roche, Mannheim, Germany), according to the manufacturer's protocol. RESULTS The median age of patients was 53 years. The mean tumor size was 30.21±17.32 mm. Forty-one patients were in the luminal group. Lymph node involvement was detected in 25 patients. The nectin-4 expression level was statistically significantly higher in those with Ki-67 ≥30 and those with positive distant metastasis compared to the other group. In addition, nectin-2 expression was higher in patients with Grade 3 tumors. CONCLUSION High levels of nectin-2 and nectin-4 expression in the serum of patients correlate with poor disease characteristics of breast cancer.

Anahtar Kelime:

In this study, it was aimed to evaluate nectin-2 and nectin-4 protein and mRNA expression levels in relation to their diagnostic and predictive value in breast cancer patients. As a result; High levels of nectin-2 and nectin-4 expression in the serum of patients are thought to be associated with poor disease characteristics of breast cancer.



24-Music Perception in Individuals with Hearing Loss

<https://doi.org/10.38079/igusabder.947027>



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Istanbul Gelişim Üniversitesi Sağlık Bilimleri Dergisi

DERLEME EN TR

PDF EndNote BibTex RIS Kaynak Göster

İşitme Kayıplı Bireylerde Müzik Algısı

Yıl 2021, Sayı 14, 403 - 419, 31.08.2021

Çağla TÜRK Azize KÖSEOĞLU Selva ZEREN

<https://doi.org/10.38079/igusabder.947027>

Öz

İşitme kaybı, işitme duyusunda meydana gelen yetersizlik durumudur. Müzikal algı ise müziğin algılanmasıdır. İşitme kaybı ve müzikal algı ilişkisi son yıllarda sıklıkla karşılaşılan bir araştırma konusudur. Çalışmalarda işitme kaybılı, işitme cihazı ve/veya koklear implant kullanıcıları bireylerin sahip olduğu müzikal algı farklı yönleriyle ele alınmıştır. Bu derlemenin amacı; işitme kaybılı, işitme cihazı ve/veya koklear implant kullanıcıları bireylerde müzik algısına ilişkin bilgileri ve güncel çalışmalarını gözden geçirmek ve konuya ilişkin bakış açısı kazandırmaktır.

Anahtar Kelimeler

Müzikal algı, işitme kaybı, koklear implant, işitme cihazı

Kapak Resmi İndir

MAKALE DOSYALARI

Tam Metin

Hearing loss is the inability to hear. Musical perception is the perception of music. The relationship between hearing loss and musical perception has been a frequently encountered research topic in recent years. Different aspects of musical perceptions of hearing loss, hearing aid and/or cochlear implant users were discussed in the studies. The purpose of this review is to review the information and current studies on music perception in individuals with hearing loss, using hearing aids and/or cochlear implants, and to gain perspective on the subject.



25-Evaluation of Nutrition Knowledge Levels in University Students-Athletes

<https://doi.org/10.38079/igusabder.903478>



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Istanbul Gelişim Üniversitesi Sağlık Bilimleri Dergisi

ARAŞTIRMA MAKALASI EN TR

PDF EndNote BibTex RIS Kaynak Göster

Sporcu Üniversite Öğrencilerinin Beslenme Bilgi Düzeylerinin Ölçülmesi

Yıl 2021, Sayı 14, 227 - 240, 31.08.2021

Gizem UZLU Murat KOÇ Hasan Fatih AKGÖZ Semiha YALÇIN Başak Gökçe ÇÖL

<https://doi.org/10.38079/igusabder.903478>

Öz

Amaç: Sporcuların hem bireysel hem de takım oyunlarında daha iyi mücadele etmek ve performanslarını artırmak için yeterli sporcu beslenme bilgi düzeyine sahip olmaları önemlidir. Bu çalışmanın amacı; özel bir üniversitede Beden Eğitimi ve Spor Yüksekokulunda (BESYO) öğrenim gören ve farklı branşlarda aktif spor yapan öğrencilerin sporcu beslenme bilgi düzeylerini yaptıkları spor branşına (takım ya da bireysel) göre değerlendirilmesidir.

Yöntem: Araştırmaya basit tesadüfî örnekleme yöntemi ile belirlenen 140 (117 erkek, 23 kadın) gönüllü üniversite öğrencisi dahil edilmiştir. Öğrencilerin sporcu beslenme bilgi düzeylerini belirlemek için Sporcu Beslenme Bilgisi Ölçeği (SBBÖ) kullanılmış ve uğraştıkları branşa göre (takım veya bireysel) beslenme bilgi puanları belirlenmiştir. Verilerin analizinde SPSS 24.00 Programı kullanılmıştır.

Bulgular: Takım sporu ve bireysel spor yapan öğrencilerin SBBÖ puanları sırasıyla ortalama 23,17±6,79 ve 26,51±7,05 puan olup; her iki gruptaki öğrencilerin büyük çoğunluğunun (%88,6) sporcu beslenmesi konusunda "zayıf" bilgi düzeyine sahip olduğu bulunmuştur (p<0,05). Bireysel spor yapan öğrencilerin spor beslenmesi bilgi düzeylerinin takım sporu yapanlara göre anlamlı olarak daha yüksek

Kapak Resmi İndir

MAKALE DOSYALARI

Tam Metin

It is important for the athletes to have sufficient athlete nutrition knowledge level in order to fight better and increase their performance in both individual and team games. The aim of this study; The aim of this study is to evaluate the sports nutrition knowledge levels of students studying at the School of Physical Education and Sports (BESYO) in a private university and doing active sports in different branches, according to the sports branch (team or individual) they are doing. As a result, student athletes' poor knowledge of sports nutrition can lead to malnutrition and negatively affect their performance and energy balance. Regardless of individual or team sports, student athletes need to understand basic sports nutrition concepts in order to maximize training effects and achieve optimal energy balance. For this, it may be beneficial for universities' sports departments to provide lectures, online courses, counseling and training programs that facilitate expert dietitians and student athletes to optimize their nutritional knowledge and behavior.



26-Factor of Environment and Occupational Therapy: Theory and Model Approaches



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<https://doi.org/10.38079/igusabder.995196>

İstanbul Gelişim Üniversitesi Sağlık Bilimleri Dergisi

DERLEME EN TR

PDF EndNote BibTex RIS Kaynak Göster

Çevre Faktörü ve Ergoterapi: Teori ve Model Yaklaşımları

Yıl 2021, Sayı 15, 616 – 629, 31.12.2021

Beyza Aslı BİLSEL Selen AYDÖNER

<https://doi.org/10.38079/igusabder.995196>

Öz

Ergoterapi alanında model üzerinden inşa edilen bir sistem ile çizilen çerçevenin; terapi ve tedavi metotları planlanırken süreci bütünsel olarak değerlendirme noktasında katkı sağladığı bilinmektedir. Deneyime bağlı plastisitede rol oynayan çevresel zenginleştirme, bilişsel ve davranışsal kapsamlarda bireylerin bağımsızlık sürecine katkı sağlamaktadır. Çevre faktörünü farklı bağlamlarda esas alan ergoterapistler sıklıkla bireylerin yakın çevresine odaklanmaktadır. Çevrenin okupasyonlar üzerindeki önemli etkisi tam olarak anlaşılması önemlidir. Bu derlemede, çevrenin ergoterapidaki rolü, kişi ve okupasyonlar ile ilişkisi, insanın dönüşümünde ve zihinsel süreçlerinde çevre faktörünün önemi genel kapsamları ile tartışılmıştır.

Anahtar Kelimeler

Çevre, Ergoterapi, Nöroplastisite, Zenginleştirilmiş Çevre

Kapak Resmi İndir

MAKALE DOSYALARI

Tam Metin

In the field of occupational therapy, the framework is drawn with a system built on a model; It is known that it contributes to the holistic evaluation of the process when planning therapy and treatment methods. Environmental enrichment, which plays a role in experiential plasticity, contributes to the independence process of individuals in cognitive and behavioral contexts. In this review, the role of the environment in occupational therapy, its relationship with the person and occupations, the importance of the environmental factor in human transformation and mental processes are discussed in general terms.



27-Synergic Potential of Geranium Essential Oil and Ciprofloxacin Combination Against on Staphylococcus Aureus and Escherichia Coli



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<https://doi.org/10.38079/igusabder.1036988>

Istanbul Gelisim Üniversitesi Sağlık Bilimleri Dergisi

ARAŞTIRMA MAKALESI

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Geranium Uçucu Yağı ve Siprofloksasin ile Kombinasyonlarının Staphylococcus Aureus ve Escherichia Coli'ye Karşı Sinerjik Potansiyeli

Yıl 2021, Sayı 15, 606 – 615, 31.12.2021

Berrak DÜMLÜPINAR

<https://doi.org/10.38079/igusabder.1036988>

Öz

Amaç: Pelargonium graveolens bitkisinden elde edilen Geranium uçucu yağının, enfeksiyonların tedavisinde kullanılan kinolon grubu antibiyotiklerden biri olan siprofloksasin ile kombine edilerek, sık rastlanan hastane enfeksiyonu etkeni patojen mikroorganizmalara karşı antimikrobiyal etkilerinin in vitro deney modelinde gösterilmesi çalışmamızın temel amacını oluşturmaktadır.

Yöntem: P. graveolens uçucu yağının siprofloksasin ile kombinasyonlarının Staphylococcus aureus ve Escherichia coli'ye karşı antimikrobiyal aktiviteleri Minimal İnhibitör Konsantrasyon (MİK) septama yöntemi ile tespit edildi. MİK değeri belirlenen örneklerin zamana bağlı öldürme yöntemi ile uçucu yağ ve antibiyotiklerin bakterisidal etkisi dinamik olarak gösterildi. Geranium'un tek başına ve siprofloksasin ile kombinasyonlarının oluşturduğu bakteriyel dış zar hasarı 625 nm dalga boyunda UV spektrofotometre ile analiz edildi.

Bulgular: Geranium+siprofloksasin kombinasyonlarında geranium ve siprofloksasin arasında sinerjistik etki gözlemlendi. Geranium+siprofloksasin kombinasyonu, sırasıyla E. coli ve S. aureus proliferasyonunda -%87 ve -%78 oranında azalma gösterdi. Zamana bağlı bakteriyel dış zar hasarı tespitinde 24 saatte siprofloksasin+geranium kombinasyonunun en etkili olduğu görüldü.

Kapak Resmi İndir

MAKALE DOSYALARI

Tam Metin

The main purpose of our study is to demonstrate the antimicrobial effects of Geranium essential oil obtained from Pelargonium graveolens plant, in combination with ciprofloxacin, one of the quinolone antibiotics used in the treatment of infections, against pathogenic microorganisms, which are common nosocomial infections, in an in vitro experimental model. In conclusion, the antimicrobial effect of geranium oil and antimicrobial effect of ciprofloxacin and ciprofloxacin+geranium combination were compared. Accordingly, the combination of ciprofloxacin + geranium was found to be more effective than both geranium oil and ciprofloxacin.



28-Investigation of the Effects of Thoracolumbal Fascia Release Techniques on Range of Motion, Joint Position Sense and Endurance in Healthy Individuals: Pilot Study



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<https://dergipark.org.tr/tr/pub/tjhr/issue/65154/970912>

Türkiye Sağlık Araştırmaları Dergisi

ARAŞTIRMA MAKALESİ TR EN

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Sağlıklı Bireylerde Torakolumbal Fasya Gevşetme Tekniklerinin Eklem Hareket Açıklığı, Eklem Pozisyon Hissi ve Endüransa Etkilerinin İncelenmesi: Pilot Çalışma

Yıl 2021, Cilt 2, Sayı 3, 12 – 24, 29.09.2021

Mustafa Oğuz KETHÜDAOĞLU Ertuğrul DEMİRDEL

Öz

Amaç: Bu çalışmanın amacı; sağlıklı bireylerde iki farklı torakolumbal fasya gevşetme tekniğinin eklem hareket açıklığı (EHA), endürans ve eklem pozisyon hissi (EPH) etkilerinin incelenmesidir. Yöntem: Bireylerin gövde fleksiyon ve ekstansiyon EHA ölçümleri dijital açılçer kullanılarak değerlendirildi. Üç kez ölçüm yapıldı ve ortalaması açı cinsinden kaydedildi. Bireylerin EPH ölçümü için, fleksiyon ile her iki taraf lateral fleksiyon yönlerinde 30 derecedeki; ekstansiyon yönünde 15 derecedeki pozisyon öğretildi. Daha sonra üçer kez bu açıları bulmaları istendi ve sapma miktarının mutlak değerlerinin ortalaması alındı. Gövde fleksör ve ekstansör kaslarının endüransı McGill Endürans Testi ile değerlendirildi ve süre saniye cinsinden kaydedildi. Bireyler basit rastgele randomizasyon yöntemi ile iki gruba ayrılarak, bir gruba Graston Tekniği bir gruba da Theragun Teknik uygulanarak tüm değerlendirmeler uygulama sonrası bir kez daha tekrarlandı ve sonuçlar uygun istatistiksel yöntemlerle analiz edildi. Bulgular: Çalışmamıza her bir grupta 9'ar kişi olmak üzere toplam 18 kişi dahil edildi. Her iki gruptaki bireyler yaş, vücut kütle indeksi ve cinsiyet dağılımı bakımından benzerdi ($p>0,05$). Graston Teknik grubunda, EHA'nın her iki yönde arttığı ve sağ lateral fleksiyon yönündeki EPH sapma miktarında azalma olduğu belirlendi ($p<0,05$). Theragun Teknik grubunda da EHA'nın her iki yönde arttığı görüldü, fleksiyon, ekstansiyon ve sol lateral fleksiyon yönlerindeki EPH sapma miktarında azalma olduğu belirlendi ($p<0,05$). İki grupta da endürans ölçümlerinde herhangi bir anlamlı fark bulunmadı ($p>0,05$). Sonuç: Sonuç olarak torakolumbal fasyaya uygulanan Graston Teknik ve Theragun Teknik, EHA'yı artırıp EPH'yi geliştirmektedir. Her iki tekniğin de endürans üzerindeki etkilerin belirlenmesinde daha uzun süreli takip sonuçlarının değerlendirilmesi faydalı olacaktır.

Kapak Resmi İndir

MAKALE DOSYALARI

Tam Metin

600 464 0

Dergi Anasayfası

The aim of the study was to examine the effects of two different thoracolumbar fascia release techniques on range of motion (ROM), endurance and joint position sense (JPS) in healthy individuals. In conclusion, Graston Technique and Theragun Technique applied to the thoracolumbal fascia increase ROM and improve JPS. It would be helpful to evaluate the results of longer follow-ups to determine the effects of both techniques on endurance.



29-Ergogenic Supplements: A Special Group "Master Athletes"



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<https://dergipark.org.tr/tr/pub/usbd/issue/62293/911867>

Ulusal Spor Bilimleri Dergisi

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PDF EndNote BibTex RIS Kaynak Göster

Ergojenik Destekler: Özel Bir Grup "Veteran Sporcular"

Yıl 2021, Cilt 5, Sayı 1, 104 - 121, 30.06.2021

Gökhan ÇELİK Hatice Merve BAYRAM Arda OZTURKCAN

Öz

Şon yıllarda, yaşlı bireylerde sporu sağlıklı yaşam için yapmanın yanı sıra, müsabaka düzeyinde yapılanların sayısı artış göstermeye başlamıştır. Veteran sporcular olarak tanımlanan bu grup, genel olarak >40 yaş olup, yaşamları boyunca düzenli olarak antrenman yapan ve performans seviyelerini abıldığıncə uzun süre korumaya çalışan sağlıklı kişilerdir. Sporcularda beslenmeye olan ilgi gün geçtikçe artış göstermektedir. Egzersiz sırasında maksimum verimin alınması diyet faktörlerine bağılı olup, hedeflenen performansa daha hızlı ulaşılması, güç ve dayanıklılığı artırması ve yaralanma riskini azaltarak egzersiz sonrası toparlanmaya yardımcı olacağı düşüncesi ile ergojenik destekler sıklıkla kullanılmaktadır. Bu derlemenin amacı veteran sporcularda ergojenik desteklerin egzersiz performansı üzerine etkilerini değerlendirmektir. Yapılan literatür taraması sonunda 60 makale derlemeye dahil edilmiş olup, bunların 19 tanesi bu konuda yapılan uluslararası araştırma makalelerini içermektedir. Yapılan çalışmalar oldukça sınırlı olup, kreatin en çok çalışılan ergojenik destek ürünüdür. En çok çalışılan ergojenik destek ürünü olmasına rağmen kreatin takviyesinin veteran sporcularda yan etkilerini gösterilen çalışmalar mevcuttur. Bunun yanı sıra sitrülün malat, beta alanin, protein, beta hidroksi beta metil bütirat, vitamin-mineral ile omega-3 takviyeleri ile ilgili de çalışmalara rastlanmıştır; çalışma sonuçları ergojenik desteklerin veteran sporcularda egzersiz performansını geliştirici etki gösterebilecekleri sonucuna varsa da çelişkili sonuçlarda mevcuttur. Ayrıca veteran sporcular üzerinde hiç çalışma yapılmamış ama genç sporcular arasında yaygın olarak kullanılan ergojenik destekler de mevcuttur. Bu nedenle veteran sporcularda bu konunun aydınlatılabilmesi adına daha fazla çalışmaya ihtiyaç vardır.

Kapak Resmi İndir

MAKALE DOSYALARI

Tam Metin

583 648 0

This group, defined as veteran athletes; In general, they are healthy individuals aged >40 years, who have been training regularly throughout their lives and who try to maintain their performance level for as long as possible. The interest in nutrition in athletes is increasing day by day. The purpose of this review is to evaluate the effects of ergogenic supplements on exercise performance in veteran athletes. Studies are very limited and creatine is the most studied ergogenic supplement. Although it is the most studied ergogenic supplement, there are studies showing the side effects of creatine supplementation in veteran athletes. In addition, studies have been found on citrulline malate, beta alanine, protein, beta hydroxy beta methyl butyrate, vitamin-mineral and omega-3 supplements; Although the results of the study conclude that ergogenic supplements can improve exercise performance in veteran athletes, there are conflicting results.



30-Military Social Work: Evaluation of Depression and Satisfaction of Life Among Terror Veterans



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<https://doi.org/10.33417/tsh.748139>

Toplum ve Sosyal Hizmet

ARAŞTIRMA MAKALESİ

EN TR

PDF EndNote BibTex RIS Kaynak Göster

Orduda Sosyal Hizmet: Terör Gazilerinin Depresyon ve Yaşam Doyumunun Değerlendirilmesi

Yıl 2021, Cilt: 32, Sayı 1, 23 - 40, 28.01.2021

Mehmet BAŞÇILLAR Kasım KARATAŞ

<https://doi.org/10.33417/tsh.748139>

Öz

Bu çalışma terör gazilerinin sosyo-demografik özelliklerini ve depresyon ile yaşam doyumu düzeyleri arasındaki ilişkiyi ortaya koymayı amaçlamaktadır. Araştırmada nicel araştırma tasarımından yararlanılmış olup, araştırmanın örneklemini terörlere mücadelede aktif olarak rol olarak eve dönüş yapmış 225 terör gazisi oluşturmaktadır. Veri toplama aracı olarak araştırmacı tarafından hazırlanmış olan yarı-yapılandırılmış sosyo-demografik formdan, Diener ve arkadaşları (1985) tarafından geliştirilmiş yaşam doyumu ölçeğinden ve Beck ve arkadaşları (1961) tarafından hazırlanmış Beck depresyon ölçeğinden yararlanılmıştır. Araştırma sonuçları incelendiğinde katılımcıların terörlere mücadelede aktif olarak görev aldıkları süre ortalaması 5,27 yıl olarak bulunmuş olup katılımcıların %61,3'ü arkadaşının şehit oluşuna; %82,2'si arkadaşının yaralanmasına tanıklık ettiği bulunmuştur. Terör gazilerinin %91,11 rüyasında silahlı çatışmada yer aldığını gördüğünü, %66,7'si ruh sağlığının terörlere mücadeleden olumsuz yönde etkilendiğini belirtmiştir. Katılımcıların depresyon ile yaşam doyumu düzeyleri arasında negatif yönlü anlamlı bir ilişki bulunmuştur. Araştırma bulgularının etkili orduda sosyal hizmet uygulamalarına önemli katkılar sağlayacağı değerlendirilmektedir.

MAKALE DOSYALARI

Tam Metin

902 910 0 11

Dergi Anasayfası

Arşiv

Cilt: 31 Sayı: 3

Cilt: 31 Sayı: 4

Cilt: 32 Sayı: 1

Cilt: 32 Sayı: 2

Cilt: 32 Sayı: 3

This study aims to reveal the socio-demographic characteristics of terror veterans and the relationship between depression and life satisfaction levels. As a result; A negative significant relationship was found between depression and life satisfaction levels of the participants. It is evaluated that the research findings will make important contributions to effective social work practices in the army.



31-Nutritional Status in Dysphagic and Nondysphagic Elderly Persons in Turkey: A Comparison Study



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<https://doi.org/10.23751/pn.v23i1.9014>

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Nutritional Status in Dysphagic and Nondysphagic Elderly Persons in Turkey: A Comparison Study

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Dysphagia can directly affect a person's food intake, leading to weight loss and malnutrition. In this study, it was aimed to investigate the relationship between dysphagia and nutritional status in the elderly. In conclusion, dysphagia has a major impact on nutritional risk and malnutrition and may also be responsible for nutritional deficiencies in the elderly, as nutritional deficiencies are common comorbidities of dysphagia in this age group, and regular nutritional monitoring should be a part of the geriatric care plan.



32-Quality of life of families and mothers of children with cerebral palsy, with or without epilepsy



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<https://doi.org/10.4328/ACAM.20585>

Annals of Clinical and Analytical Medicine
Original Research

Quality of life of families and mothers of children with cerebral palsy, with or without epilepsy

QOL in families of children with epileptic CP

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This paper is presented in the 26th Physical Medicine and Rehabilitation Congress with International Participation, 8-11 April 2023,
Online Congress - Turkey

The effects of the presence of epilepsy in cerebral palsy (CP) on the quality of life (QOL) of mothers and their families are not clear. In this context, our study aimed to evaluate the effects of the presence of epilepsy on maternal and family quality of life in CP. As a result; The quality of life of mothers with children with CP and epilepsy is worse in terms of both physical and mental health, but there is no significant difference compared to other mothers.



33- Histogram Analysis of Computed Tomography Images for Quantitative Assessment of Gastric Cancer Invasiveness

https://cms.galenos.com.tr/Uploads/Article_48468/IMJ-22-192-En.pdf



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Original Investigation/Orijinal Araştırma

İstanbul Med J 2021; 22(3): 192-6

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Histogram Analysis of Computed Tomography Images for Quantitative Assessment of Gastric Cancer Invasiveness

Mide Kanseri İnvazifliğinin Kantitatif Değerlendirmesinde Bilgisayarlı Tomografi Histogram Analizi

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ABSTRACT

Introduction: To explore the role of computed tomography (CT) texture analysis in predicting T-stage of gastric cancers (GC).

Methods: Preoperative enhanced CT images of 110 patients (men: 84, women: 26) with GC were reviewed retrospectively. Regions of interest were manually drawn along the margin of the lesion on the section where it appeared largest on the portal venous CT images, which yielded texture parameters (1, 10, 50, 90, and 99th percentiles; minimum, mean, and maximum norm; variance; skewness, and kurtosis). Correlations between texture parameters and pathological stage were analysed with Spearman's correlation test. The distributions of all variables were checked with the aid of the Kolmogorov-Smirnov test. The Independent-Samples t-test and the Mann-Whitney U test were used (as appropriate) to compare quantitative data. The chi-squared test was employed to compare qualitative

ÖZ

Amaç: Mide kanserlerinin (MK) T-evresini tahmin etmede bilgisayarlı tomografi (BT) doku analizinin rolünü keşfetmektir.

Yöntemler: MK'li 110 hastanın (erkek: 84, kadın: 26) ameliyat öncesi geliştirilmiş BT görüntüleri retrospektif olarak incelendi. İlgili bölgeleri, doku parametreleri (1, 10, 50, 90 ve %99 persentiller; minimum, ortalama ve maksimum norm; varyans; çarpıklık ve baskıklık). Doku parametreleri ile patolojik evre arasındaki ilişkiler Spearman korelasyon testi ile analiz edildi. Tüm değişkenlerin dağılımları Kolmogorov-Smirnov testi yardımıyla kontrol edildi. Niceliksel verileri karşılaştırmak için Independent-Samples t-test ve Mann-Whitney U testi (uygun şekilde) kullanıldı. Nitel verileri karşılaştırmak için ki-kare testi kullanılmıştır. Farklı aşamaları ayırt etmede CT doku parametrelerinin tanısal performansı, alıcı işletim karakteristiği analizi kullanılarak değerlendirildi.

The aim of the study was to explore the role of computed tomography (CT) tissue analysis in predicting the T-stage of gastric cancers. Preoperative CT images of 110 patients (male: 84, female: 26) with gastric cancer were retrospectively analyzed. It was determined that CT tissue analysis histogram parameters, especially skewness and flatness derived from portal, venous phase CT images, can serve as biomarkers that stratify the risk of serosal invasion (stage-T4) in locally advanced gastric tumors. It was concluded that histogram analysis can be used preoperatively to evaluate serosal invasion.



34- Research and Statistics: Coronavirus

<https://www.igi-global.com/gateway/article/full-text-html/255841&riu=true>



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Research and Statistics: Coronavirus Disease (COVID-19)
Nasir Mustafa, Istanbul Gelisim University, Turkey

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ABSTRACT
A newly identified coronavirus, SARS-CoV-2, is spreading across the globe. Most of our work focuses on large problems that humanity has faced for a long time, such as child mortality, natural disasters, poverty, and almost 100 other problems. This article focuses on a new, emerging global problem: the ongoing outbreak of the coronavirus disease (COVID-19). The outbreak started in China in late 2019, and by March 2020 the disease has spread to countries around the world. The number of infections appearing each day has since plummeted in China, owing in large part to containment efforts, but the outbreak is now a global pandemic. Large outbreaks in South Korea, Iran, Italy, and elsewhere have propelled a spike in international cases across more than 180 countries.

Keywords: Coronavirus Disease, COVID Outbreak, COVID-19, Research and Statistics COVID-19

This article focuses on an emerging global problem: the ongoing coronavirus disease (COVID-19) epidemic. The issue of how the epidemic that emerged in China turned into a pandemic has been discussed.



35-Technological Assistance for Children with Autism Spectrum Disorders

<http://www.gjstx-e.cn/gallery/42-mar2021.pdf>



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High Technology Letters

ISSN NO : 1006-6748

TECHNOLOGICAL ASSISTANCE FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS

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Abstract

The Autism Spectrum Disorder (ASD) is one of the most prevalent developmental disorders (PDDs). The lack of social contact and cognitive dysfunction involve severe deficits in ASD children (Faras, Ateeqi, & Tidmarsh, 2010). Autism is a neurodevelopment disorder with major social and communication impairments (Dawson, 2008). There may also be a relative focus on child effects in autism as a result of problems related to child's behavior mainly due to the child's condition for development. Behavioral problems in autism are common (Mcclintock, Hall, & Oliver, 2003) and behavioral problems can generally be caused by autism-related rigidity and/or conditions specific to autism. Assistive technology (AT) will help the student's compensatory and corrective approaches. It could be compensatory when a pupil receives a simulated version of the book in order to prevent a reading question, not to learn how to read. (Thiyagu, 2014). Whether the student listens to the book or has a machine reading the text in scanned or digital format and attempts to learn new words, this is a proactive technique that strengthens areas of deficits. Both methods are worthwhile. Burnout can only occur by using the corrective approach (sometimes with little advantage). Discouraged students benefit more directly from approaches to common issues (Ibid). AT can assist students with learning disabilities to read, write and spell. Research shows that assistive technology can help these students not only through their academic pursuits, but also to obtain and maintain earnings (Hasselbring & Bausch, 2005). The present investigation tries to suggest the assistive technologies for the autism spectrum disorder in inclusive class room.

Key words: Inclusive education, Assistive technology, Remedial approach, Children with cognitive impaired students

Autism spectrum disorder is one of the most common developmental disorders, and lack of social contact and cognitive dysfunction are known to cause severe deficits in children with autism spectrum disorder. Assistive technology can assist students with learning difficulties with reading, writing and spelling. Research shows that assistive technology can assist these students not only through their academic pursuits, but also in making and maintaining earnings. The present research suggests assistive technologies for autism spectrum disorder in an inclusive classroom environment and conveys the issues of these students both to find solutions to their health problems and to increase their quality of life and adapt.



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36-Human Psychology Towards Human Rights

<http://psychologyandeducation.net/pae/index.php/pae/article/view/4563>

Psychology and Education Journal

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Human Psychology towards Human Rights

Dr.KM Ashifa, et. al.

Abstract

The paper deals with the concept of human rights in different schools of thought. The human psychology and its intersection with human rights have been dealt with in detail. An overview on contributions of various schools of psychology such as child psychology, peace psychology, educational psychology, social and cultural psychology on human rights have been discussed. Reflection of the psychological associations towards the promotion of human rights values and mitigation of conflicts have also been presented. The paper also highlights the role and scope of human rights and life skill education to enhance the human rights consciousness

DOI: <https://doi.org/10.17762/pae.v58i3.4563>

Vol. 58 No. 3 (2021); Volume 58 No. 3 (2021)

The article deals with the concept of human rights in different schools of thought. Its intersection with human psychology and human rights is discussed in detail. An overview of the contributions of various schools of psychology to human rights such as child psychology, peace psychology, educational psychology, social and cultural psychology is discussed. Reflections of psychological associations on promoting human rights values and reducing conflicts are also presented. The document also highlights the role and scope of human rights and life skills education to raise awareness of human rights.



37-Psycho-Social Factors Effecting Refugee Children



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<https://www.annalsofrscb.ro/index.php/journal/article/view/3717/3028>

Annals of R.S.C.B., ISSN:1583-6258, Vol. 25, Issue 4, 2021, Pages. 9710 - 9714
Received 05 March 2021; Accepted 01 April 2021.

Psycho-Social Facotrs Effecting Refugee Children

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² Student Social Worker, Department of Social Worker, Faculty of Health Science, Istanbul Gelisim University, Turkey

Abstract

Refugee or asylum seeker; thus, people who are persecuted because of their faith, ethnicity, association with a certain social group or political ideas wish to return, unwilling or unable, because of the fear of leaving their country, and their fears are justified by the asylum country. Children are the ones who suffer the most from this bad experience and have the most difficulty in adapting to the new countries they go to. The events they witnessed, the humiliations they were subjected to, and the kinds of psychological and physical violence caused great damage to their mental health. There are so many variables that impact children's mental health. These key factors are: Exposure to abuse, physical, psychological, or developmental disabilities, age and sex, education, family functioning and parental health, parental education, socioeconomic circumstances of households, social support and group integration, ideological and religious backgrounds, ethnic origin. In this study, the problems experienced by refugees in general (education, unemployment, economic problems and

Information about refugees or asylum seekers is presented. It is mentioned that because of the events they witnessed, the humiliation they were exposed to, and the damage caused to the mental health of children by the types of psychological and physical violence. In this study, the problems experienced by refugees in general (education, unemployment, economic problems and mental health), the sensitivity of children on mental health, studies on this issue and their ideas for the improvement of this problem are discussed.



38- Is Deep Brain Stimulation Useful in Lance-Adams Syndrome?

[http://www.neurology-asia.org/articles/neuroasia-2021-26\(3\)-617.pdf](http://www.neurology-asia.org/articles/neuroasia-2021-26(3)-617.pdf)



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Neurology Asia 2021; 26(3) : 617 – 620

Is deep brain stimulation useful in Lance–Adams syndrome?

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Abstract

Lance–Adams syndrome (LAS) is a chronic post-hypoxic myoclonus that occurs after successful cardiopulmonary resuscitation. Although many drugs are available to treat this condition, the underlying mechanism of the disease is yet to be understood. Deep brain stimulation (DBS) has been attempted and proven to be partially successful in treating LAS in several cases. Here, we present a 40-year-old woman who developed myoclonus subsequent to cardiopulmonary arrest (CPA) that occurred after her first cesarean delivery at the age of 26 years. The patient underwent implantation of bilateral globus pallidus interna (GPi)-DBS about 14 years after disease onset. Regarding Unified Myoclonus Rating Scale (UMRS), 8% and 20% improvements were observed in action and resting myoclonus, respectively, with high-frequency stimulation as a result of the 3-year follow-up study. In this case, neuromodulation therapy applied 14 years after hypoxia-causing LAS was not sufficiently beneficial.

Keywords: Deep brain stimulation, myoclonus, cardiopulmonary resuscitation, post-hypoxic myoclonus

Here, it was presented a 40-year-old woman with Lance Adams Syndrome who developed myoclonus after cardiopulmonary arrest (CPA) after her first cesarean delivery at the age of 26. The patient underwent bilateral globus pallidus interna (GPi)-DBS implantation approximately 14 years after the onset of the disease. Regarding the Unified Myoclonus Rating Scale (UMRS), a 3-year follow-up study showed 8% and 20% improvement in action and resting myoclonus with high-frequency stimulation, respectively. In this case, it was observed that the neuromodulation treatment applied 14 years later for Lance Adams Syndrome, which caused hypoxia, did not provide sufficient benefit.



39-Consequences of Drug and Alcohol Addition among Adolescents

<https://www.annalsofscsb.ro/index.php/journal/article/view/6958>



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Consequences of Drug and Alcohol Addition among Adolescents

PDF

KM Ashifa

Abstract

Drug and alcohol addiction is a pernicious and perilous human behavior. It is particularly prevalent among teenagers. Adolescence is the stage of development during which children transition from infancy to mature infant. Alcohol is the third leading risk factor for illness in the globe, accounting for 4% of all illness. It is reasonable to believe that alcohol causes 2.5 million deaths each year, with 9% of deaths occurring in the age group of 15 to 29. Alcoholism results in death and disability. Adolescents who consume alcohol run the risk of acquiring physical health concerns. Cancers, cardiovascular diseases, eye discomfort, body pain, severe headaches, hand shivering, insomnia, and nervous system impairment are all examples of physical difficulties. The purpose of this study was to determine the physical risks associated with adolescent alcohol intake.

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The aim of this study was to determine the physical risks associated with adolescent alcohol intake. There is information about deaths and diseases in the world due to alcohol. Possible physical difficulties and diseases caused by alcoholism are mentioned.



40-Analysis on the Determinants of Health Status among Tribal Communities

<https://www.jcdronline.org/admin/Uploads/Files/624411a7775a41.98037720.pdf>

Journal of Cardiovascular Disease Research

ISSN: 0975-3583, 0976-2833 VOL 12, ISSUE 03, 2021

ANALYSIS ON THE DETERMINANTS OF HEALTH STATUS AMONG TRIBAL COMMUNITIES

Dr.KM. Ashifa

Astt. Professor in Social Work, Faculty of Health Science, Istanbul Gelisim University, Turkey.

Abstract

The tribal community in India comprises approximately 104 million people. There are approximately 705 separate groups in India, each with its own distinct sociocultural and way of life. Numerous constitutional provisions exist to safeguard and develop indigenous communities as they age, even while their conditions remain precarious. Their lives have become more precarious as a result of poverty and awful health conditions. Numerous research have been conducted to ascertain the health problems of India's tribal people. The author of this article discusses how certain interrelated factors such as gender, education, poverty, health status, nutrition, food consumption, disease knowledge, alcoholism and tobacco use, unemployment, and health schemes all play a significant role in determining the health of tribes in India. The study's primary objective was to describe the health status of tribes in India and to examine the major factors that influence tribes' health in India. The study is descriptive in nature and relies on publicly available secondary sources for data.

Keywords: vulnerability, health hazards, sustainability, education , gender, Tribal Communities



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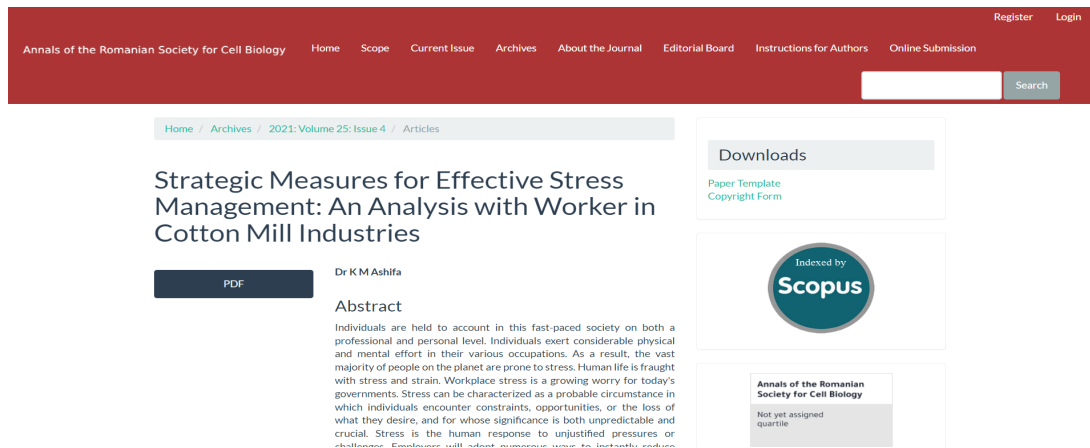


A lot of research has been done to identify the health problems of the tribal people of India. The author of this article discusses how interrelated factors such as gender, education, poverty, health status, nutrition, food consumption, disease knowledge, alcoholism and tobacco use, unemployment, and health plans play an important role in determining the health of tribes. The primary aim of the study was to describe the health status of tribes in India and to examine the main factors affecting the health of tribes in India. The study is descriptive in nature and relies on public secondary sources for data.



41-Strategic Measures for Effective Stress Management: An Analysis with Worker in Cotton Mill Industries

<https://annalsofrcsb.ro/index.php/journal/article/view/8591>



Since it is known that stress can cause multiple health problems and low quality of life today; The purpose of this study is to identify stress factors and to reveal ways to reduce stress that will enable employees to do their jobs more effectively. This study focuses on stress analysis among cotton mill workers. The study discovered that stress in the workplace stems from heavy workload, low pay, time constraints and deadlines, lack of security provided by the Cotton Mill, and existing coping mechanisms for stress management.



42-Women In Fireworks Industry: An Analysis on Safety Implications and Health Hazards

https://drive.google.com/file/d/1_EU2U8a88lcVjs7laLPo8I8tOrLjsshw/view





Journal of Xidian University

<https://doi.org/10.37896/jxu15.6/046>

ISSN No:1001-2400

Women In Fireworks Industry: An Analysis on Safety Implications and Health Hazards

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Abstract - Fireworks industries are established, mainly in rural areas of India especially Tamil Nadu which is considered one of the dangerous industries. This study assumes significance due to the above-mentioned truths. The women work in a hazardous situation by using lot of chemicals which can even reason death. Hence, this study has been taken up to know the health issues of women workers in fireworks industries. All festivities see colors in the form of fireworks in India. The Manufacturing process in the Firework industries involves manual handling of various chemicals. Hence firework industries are known to be highly hazardous. The aim of this research is to review the health hazards and safety implications for women workers in fire work industries.

Key words: Women, Safety, welfare, Health Hazards

Havai fişek endüstrileri, özellikle Hindistan'ın kırsal bölgelerinde, özellikle tehlikeli endüstrilerden biri olarak kabul edilen Tamil Nadu'da kurulmuştur. Kadınlar, ölüme bile neden olabilecek çok sayıda kimyasal kullanarak sağlıklarını riske atarak çalışmaktadırlar. Bu nedenle, havai fişek endüstrisinde çalışan kadın işçilerin sağlık sorunlarının bilinmesi amacıyla bu çalışma ele alınmıştır. Havai fişek endüstrilerindeki üretim süreci, çeşitli kimyasalların elle işlenmesini içerir. Bu nedenle havai fişek endüstrilerinin son derece tehlikeli olduğu bilinmektedir. Bu araştırmanın amacı, havai fişek sektörlerinde çalışan kadın işçiler için sağlık tehlikelerini ve güvenlik etkilerini gözden geçirmektir.



43-Impact of Diet and Intestinal Micriobiome on Neurodegenerative Disease

<https://www.jcdronline.org/admin/Uploads/Files/6244210d0a8037.22882891.pdf>



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Impact of Diet and Intestinal Microbiome on Neurodegenerative Diseases

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ABSTRACT

Diet plays an important role in the health of the individuals such as determining the composition of the gut microbiome. It has been reported that neurodegenerative diseases are associated with changes in diet and the gut microbiome and its metabolites. The balance of bacteria in the intestinal microbiota provides health benefits to the host, and its imbalance plays a role in the development of various diseases, especially neurological diseases, by creating dysbiosis. It also has been observed that beneficial bacteria can prevent or cure the development of neurological diseases by repairing this dysbiosis.

In this review, we discuss how neurological diseases occur, the mechanism of suspicious triggers, the relationship between the intestinal microbiota and neurodegenerative diseases, and whether these diseases can be treated according to diet.

Keywords: Diet; Intestinal; Microbiome; Neurodegenerative; Polyphenols.

The balance of bacteria in the intestinal microbiota benefits the host in terms of health, and its imbalance plays a role in the development of various diseases, especially neurological diseases, by creating dysbiosis. It has also been observed that beneficial bacteria can prevent or improve the development of neurological diseases by repairing this dysbiosis. In this review, it is discussed how neurological diseases occur, the mechanism of suspected triggers, the relationship between gut microbiota and neurodegenerative diseases, and whether these diseases can be treated according to diet.



44-Lack of Labelling in a Foreign Language on Medicine and Food Packages in Turkey

<https://www.bibliomed.org/?mno=107153>



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Original Article 


JCDR. 2021; 12(4): 895-902 doi: 10.31838/jcdr.2021.12.04.108



Lack Of Labeling In A Foreign Language On Medicine And Food Packages In Turkey
Ismail A. Elhaty, Tariq Ethadary.


Abstract

Food and drug labels have great importance, especially for some groups of society that suffer from allergies or some diseases, and they must be in the local language of the people of the country. In Turkey, food and drug labels must be in Turkish. Turkey is characterized by flexible laws that make it easier for foreigners to reside there, and officials in Turkey do their utmost best to attract tourists. In this study, we studied the effect of using the Turkish language only on food and drug labels. Foreigners, whether residents or tourists, have been asked to complete a questionnaire seeking their opinions about the problems they face when purchasing food and drug labels and ways to solve them. The study shows that a large percentage of the participants (58.8%) faced problems because of the language used on food and drug labels, and this encouraged most of them (80.2%) to bring their own medicines and food from their country and to try to get their needs from stores that recruited people who speak their language or a language they understand. Also, the absence of a foreign language on food and drug labels has had a negative impact on some tourists. Therefore, we advise in this study to use another language such as English because of its positive impact on the economy, whether directly or indirectly.

Key words: Label; Language; Food; Medicines; Turkey

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Food and medicine labels are of great importance, especially for some community groups suffering from allergies or certain diseases, and should be in the local language of the people of the country. In this study, we examined the effect of Turkish usage only on food and drug labels. Foreigners, whether residents or tourists, were asked to fill out a questionnaire to get their views on the problems they encounter while purchasing food and medicine labels and how to solve them. The research shows that a large percentage of respondents (58.8%) face problems due to the language used on food and medicine labels, which encourages a large proportion (80.2%) to bring and try their own medicines and foods from their countries. Therefore, it is suggested to use another language such as English in this study due to its positive impact on the economy directly or indirectly.



45-Topical co-delivery of platelet rich fibrin and tranexamic acid does not decrease blood loss in primary total knee arthroplasty compared to the standard of care: a prospective, randomized, controlled trial

<https://link.springer.com/article/10.1007/s00167-020-05938-1>



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Topical co-delivery of platelet rich fibrin and tranexamic acid does not decrease blood loss in primary total knee arthroplasty compared to the standard of care: a prospective, randomized, controlled trial

Reha N. Tandogan Metin Polat, Tahsin Bevezadeoglu, Erdem Karabulut, Kerem Yildirim & Asim Kayaalp

Knee Surgery, Sports Traumatology, Arthroscopy 29, 519–528 (2021) | [Cite this article](#)

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Abstract

Purpose

The purpose of this study was to evaluate the efficacy of intra-operative co-administration of tranexamic acid (TA) and platelet rich fibrin (PRF) using a proprietary co-delivery system on the amount of blood loss, early functional outcomes and wound complications after primary total knee arthroplasty (TKA). The intervention was compared to the standard of care (combined intravenous & topical TA) in a prospective, randomized, blinded setting.

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The aim of this study was to evaluate the efficacy of intraoperative co-administration of tranexamic acid and platelet-rich fibrin using a special co-delivery system on the amount of blood loss, early functional outcomes, and wound. Topical co-administration of tranexamic acid and platelet-rich fibrin did not significantly reduce blood loss in primary total knee arthroplasty compared with standard care. Slightly better active knee extension can be achieved in the first 3 days after surgery, but this benefit was not clinically significant.



46-Clinical and Radiological Follow-Up Results of Patients with Sequestered Lumbar Disc Herniation: A Prospective Cohort Study

<https://www.karger.com/Article/FullText/515308>



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The aim of the study is to evaluate the radiological changes and clinical outcomes of patients with sequestered lumbar disc herniation and to evaluate the relationship between them. Spontaneous regression was observed at 6 months after imaging with conservative treatment in most patients with non-surgical sequestered lumbar disc herniation. It was concluded that while the improvements in pain and disability scores were higher in the operated patients in the early period, there was no significant difference compared to the patients who spontaneously regressed in the 6th month.



47-Less Postoperative Pain and More Frequent Recurrence: Can this dilemma Caused by the Stapled Hemorrhoidopexy

<https://onlinelibrary.wiley.com/doi/10.1111/ijcp.14981>



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Less postoperative pain and more frequent recurrence: Can this dilemma caused by the stapled haemorrhoidopexy procedure be avoided?

Veysi Hakan Yardimci

First published: 12 October 2021 | <https://doi.org/10.1111/jcp.14981>

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Abstract

Background

Although early studies highlighted the advantages of stapled haemorrhoidopexy (SH) (minimal pain and a rapid return to work), long-term follow-up revealed that residual skin tags, external prolapsed haemorrhoids and recurrence were frequent. The aim of our study was to investigate whether the above-mentioned problems could be prevented by performing additional interventions during SH. We compared SH with and without

CLINICAL PRACTICE
Volume 75, Issue 12
December 2021
e14981

Figures References Related Information

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[Predictors of early postoperative pain after stapled haemorrhoidopexy](#)
Y. Zhao, J.-H. Ding, S.-H. Yin, X.-L. Hou, K. Zhao
Colorectal Disease

[Stapled haemorrhoidopexy transiently decreases rectal compliance and sensitivity](#)
F. L. A. Filho, G. M. Macedo, A. A. dos Santos, L. V. Rodrigues, R. B. Oliveira

Although early studies emphasized the advantages of stapled hemorrhoidopexy (minimal pain and rapid return to work), residual skin tags, external prolapsed hemorrhoids, and recurrence were found to be frequent at long-term follow-up. The aim of the study is to investigate whether the above-mentioned problems can be prevented by performing additional interventions during stapled hemorrhoidopexy. Depending on the characteristics of the hemorrhoids, using more than one repair method provided the best results. Although additional interventions increased pain and wound healing time, patient counseling increased long-term satisfaction and success.



48-Effects of increasing aerobic capacity on improving psychological problems seen in patients with COVID-19: a review

<https://www.europeanreview.org/article/25443>



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Eur Rev Med Pharmacol Sci 2021; 25 (6): 2808-2821
DOI: 10.26355/eurrev_202103_25443

Effects of increasing aerobic capacity on improving psychological problems seen in patients with COVID-19: a review

M. Amro, A. Mohamed, M. Alawna

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INFECTIOUS DISEASES

OBJECTIVE: In response to the COVID-19 disaster, people have developed several psychological problems mainly stress, anxiety, and depression. These psychological problems have been seen in either normal people during the lockdown (who are waiting to get infected with COVID-19) and patients with COVID-19 (who are waiting for death). These psychological problems adversely affect immune functions causing more increase in the severity of COVID-19 associated disorders and death rates. Increasing the aerobic capacity is one of the effective methods that could be used to decrease stress, anxiety, and depression. Besides, increasing the aerobic capacity increases immune functions through autonomic regulation. Thus, this review was developed to summarize the effect of increasing the aerobic capacity on psycho-immune hormones commonly disturbed in people during the lockdown or patients with COVID-19 infection.

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This review was developed to summarize the effect of increasing aerobic capacity on psycho-immune hormones that are commonly disturbed in humans or patients with COVID-19 infection during quarantine. In conclusion, the study showed that increasing aerobic capacity is a recommended treatment to reduce common psychological problems in people with COVID-19, because it has the potential to reduce psychological problems and improve immune functions that can help against COVID-19.



49-Endoscopic resection of a localized tenosynovial giant cell tumor causing posterior ankle impingement in a 15-year-old athlete: A case report

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Endoscopic resection of a localized tenosynovial giant cell tumor causing posterior ankle impingement in a 15-year-old athlete: A case report

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Keywords: Ankle, posterior ankle endoscopy, posterior ankle impingement, tenosynovial giant cell tumor

Abstract

Tenosynovial giant cell tumor (TGCT) is a systematically benign but locally aggressive lesion arising from the synovium, tendon sheath or joint bursae. Even in athletes, soft tissue tumors may be the underlying reason or a component of posterior ankle impingement, although the most common mechanism is forceful and repetitive plantar flexion. In this article, we present a case of localized TGCT in a 15-year-old female patient presenting with symptoms of posterior ankle impingement. The preferred technique for treatment was complete local resection via posterior ankle endoscopy. The patient returned to sports at three months and no recurrence was observed in the last follow-up at the postoperative 1st year. This study has raised awareness about the consideration of soft tissue tumors, albeit rare, in posterior ankle impingement in athletes. It was concluded that such benign soft tissue tumors of the posterior ankle can be treated safely and effectively with two portal posterior endoscopic approaches.

Citation: Yildirim K, Beyzadeoğlu TB, Pehlivanoglu T. Endoscopic resection of a localized tenosynovial giant cell tumor causing posterior ankle impingement in a 15-year-old athlete: A case report. *Jt Dis Relat Surg* 2021;32(1):234-238.

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A tenosynovial giant cell tumor is a systematically benign but locally aggressive lesion arising from the synovium, tendon sheath, or joint bursa. In this article, we present a case of localized tenosynovial giant cell tumor in a 15-year-old female patient who presented with symptoms of posterior ankle impingement. The preferred technique for treatment was complete local resection via posterior ankle endoscopy. The patient returned to sports in the 3rd month and no recurrence was observed in the last follow-up at the postoperative 1st year. This study has raised awareness about the consideration of soft tissue tumors, albeit rare, in posterior ankle impingement in athletes. It was concluded that such benign soft tissue tumors of the posterior ankle can be treated safely and effectively with two portal posterior endoscopic approaches.



50-Nutrition Quality of the Turkey Packaged Foods and Beverages: A Comparison of two Nutrient Profile Models

<https://www.tandfonline.com/doi/full/10.1080/10454446.2021.1980755>



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The screenshot shows the article page on Taylor & Francis Online. The article title is "Nutrition Quality of the Turkey Packaged Foods and Beverages: A Comparison of Two Nutrient Profile Models" by Hatice Merve Bayram and Arda Ozturkcan. It is an original paper published online on 20 Sep 2021. The page includes a search bar, navigation links, and options to view the full article, figures, and data. The abstract is partially visible, starting with "Nutrient profiling (NP) is a growing issue in Turkey. We aimed to assess two different NP models (the Health Star Rating (HSR) and Pan American Health Organization models (PAHO)) based on the..."

We aimed to evaluate two different nutrient profile models (Health Star Rating (HSR) and Pan American Health Organization models (PAHO)) according to the content of packaged products sold in Turkey. A cross-sectional study was conducted from April to December 2020. Three supermarkets in Turkey were selected for this study. The nutritional label information and ingredient lists of the packaged products were obtained from the stores. A total of 2,986 products were analyzed. In total, 39.5% of all products were classified as “unhealthy”. The results of the study showed that packaged foods and beverages sold in Turkey should be evaluated to improve their nutritional quality.



51-Does Paravertebral Ozone Injection Have Efficacy as an Additional Treatment for Acute Lumbar Disc Herniation?

<https://content.iospress.com/articles/journal-of-back-and-musculoskeletal-rehabilitation/bmr200194>



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In this study, the effects of paravertebral ozone injections, which have been used as a new treatment approach in the treatment of low back pain in patients with acute lumbar disc herniation in recent years, on pain and physical activity were investigated. It has been concluded that lumbar paravertebral ozone injections can reduce pain and disability in patients with acute lumbar disc herniation as an adjunct treatment with conservative treatment.



52-Fetal Programming Could Intrauterin Life Affect Health Status in Adulthood

<https://www.ogscience.org/journal/view.php?doi=10.5468/ogs.21154>



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Published online: October 20, 2021
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Fetal programming: could intrauterin life affect health status in adulthood?

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With the hypothesis called "fetal programming", it is thought that the presence of endocrinological disorders, toxins, infectious agents, maternal nutritional status and nutrients related to placental functionality affect future life. Therefore, the fetus must adapt to the environment in order to survive. These adaptations may be related to redistributing metabolic, hormonal or cardiac output to protect one of the important organs, the brain, and slowing growth to meet nutritional requirements. Unlike lifestyle changes or treatments taken in adulthood, early development tends to have a lasting impact on the body's structure and functionality. In this review, fetal programming and the effects of fetal programming are discussed.



53-Pilonidal Sinus Disease: An Analysis of the Factors Affecting Recurrence

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Pilonidal Sinus Disease: An Analysis of the Factors Affecting Recurrence

Kanlıoğlu, Murat MD; Ekici, Uğur MD; Tatlı, Faik MD; Karatas, Turgay MD

Author Information

Advances in Skin & Wound Care: February 2021 - Volume 34 - Issue 2 - p 81-85
doi: 10.1097/01.ASW.0000725168.11099.92

Metrics

Abstract

OBJECTIVE

To assess the success of treatment methods at reducing recurrence, the most important problem in pilonidal sinus disease (PSD), along with factors affecting the occurrence of PSD and posttreatment recurrence.

METHODS

The researchers retrospectively analyzed files of patients treated for PSD between 2003 and 2018. Three study groups were created: G1, G2, and G3. G1 included all PSDs with recurrence, and a comparable number of cases without recurrence were selected randomly for the G2 group. The control

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- etiological factors
- follow-up time

In this study, it was aimed to evaluate the success of treatment methods in reducing recurrence, which is the most important problem in pilonidal sinus disease, the factors affecting the formation of pilonidal sinus disease and recurrence after treatment. Researchers retrospectively analyzed the files of patients treated for pilonidal sinus disease between 2003 and 2018. As a result, researchers recommend Limberg flap repair for treatment. They stated that it would be possible to reduce relapses by considering preventable factors.



54-Can Proprioceptive Training Enhance Fatigability and Decrease Progression Rate of Sarcopenia in Seniors? A Novel Approach

<https://www.eurekaselect.com/article/106228>



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Review Article
Can Proprioceptive Training Enhance Fatigability and Decrease Progression Rate of Sarcopenia in Seniors? A Novel Approach
Author(s): Ayman A. Mohamed*
Volume 17, Issue 1, 2021
Published on: 29 April, 2020
Page: [58 - 67] Pages: 10
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Abstract
Sarcopenia is a common condition in older adults, which causes the frequent occurrence of muscle fatigue. Muscle fatigue commonly develops among seniors. Muscle fatigue is a type of physical fatigue that occurs due to either motor or sensory dysfunctions. Current interventions developed to decrease the occurrence of muscle fatigue, which include either increasing rest periods or subdividing large tasks into small ones. The effectiveness of these interventions is highly contradicted. Recently, researchers discovered that mechanoreceptors are the main receptors of muscle fatigue, however, no clinical study investigated the effect of performing proprioceptive training to enhance the mechanoreceptors and decrease the occurrence of muscle fatigue. Performing proprioceptive training could improve muscle fatigue by improving its sensory part. The function of mechanoreceptors might consequently enhance fatigue and decrease the progression rate of sarcopenia. Thus, this review was conducted to suggest a novel approach of treatment to enhance fatigue and

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Recently, researchers discovered that mechanoreceptors are the main receptors for muscle fatigue, but no clinical studies have investigated the effect of performing proprioceptive training to enhance mechanoreceptors and reduce the occurrence of muscle fatigue. The function of mechanoreceptors may consequently increase fatigue and reduce the rate of progression of sarcopenia. Therefore, this review was made to suggest a new treatment approach to increase fatigue and reduce Sarcopenia in the elderly. It has been presented that this can be achieved by increasing the firing rate of α -motor neurons, increasing the amount of Ca^{2+} ions at the neuromuscular junction, slowing the progression rate of sarcopenia, and correcting movement deviations that usually occur with muscle fatigue in the elderly. In conclusion, it has been proven that proprioceptive training can play an effective role in reducing the rate of progression of sarcopenia and increasing fatigue in the elderly.



55-Enhancing Oxygenation with Coronavirus Disease 2019: Effects on Immunities and other Healt-Related Conditions

<https://www.wjgnet.com/2307-8960/full/v9/i19/4939.htm>



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Enhancing oxygenation of patients with coronavirus disease 2019: Effects on immunity and other health-related conditions

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Author contributions: Mohamed A and Alwana M wrote the review together; Mohamed A revised the review and made it ready for publication.

This review discusses the potential effects of increasing oxygenation on immunity and other health-related conditions in patients with COVID-19. This research revealed that increasing oxygenation has a powerful effect on improving immunity and respiratory function and psycho-immune hormones. Finally, this research revealed the recommended safe and effective exercise protocol to increase oxygenation in patients with COVID-19.



56-The Use of Passive Cable Theory to Increase the Threshold of Nociceptors in People with Chronic Pain

<https://www.tandfonline.com/doi/full/10.1080/10833196.2020.1853493>



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The use of passive cable theory to increase the threshold of nociceptors in people with chronic pain

Ayman A. Mohamed & Motaz Alawna

Pages 53-63 | Received 06 Jul 2020, Accepted 16 Nov 2020, Published online: 03 Dec 2020

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Related research

It is the aim of this study to summarize the effectiveness of passive wiring theory for reducing the hypersensitivity of nociceptors and renormalizing the abnormal hypersensitivity of nociceptors in patients with chronic pain. The use of passive wire theory is thought to be a useful intervention to reduce the hypersensitivity of peripheral nociceptors and hyperexcitability of the central nervous system, which are common mechanisms of persistent chronic pain. This helps to renormalize the abnormal mechanism commonly seen in chronic pain and results in a long-term reduction in chronic pain.



57-Polyphenols in the Prevention and Treatment of Non-Alcoholic Fatty Liver Disease: An Update of Precilinal and Clinical Studies

<https://www.sciencedirect.com/science/article/pii/S2405457721002370?via%3Dihub>



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Outline

- Highlights
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- 1. Introduction
- 2. Methods
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- 4. Overview of polyphenols
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Clinical Nutrition ESPEN
Volume 44, August 2021, Pages 1-14

Narrative Review

Polyphenols in the prevention and treatment of non-alcoholic fatty liver disease: An update of preclinical and clinical studies

Hatice Merve Bayram, Fuzail Mohammed Majoo, Arda Ozturkcan

Highlights

- Polyphenols have lots of pharmacological properties.
- Polyphenols could prevent steatosis.
- Polyphenols are promising in non-alcoholic fatty liver disease patients.

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Polyphenols are a group of herbal natural products that are associated with a reduced risk of various metabolic disorders associated with non-alcoholic fatty liver disease when consumed regularly. In this study, it was aimed to provide an overview of the relationship between polyphenols and non-alcoholic fatty liver disease with current approaches. In conclusion, the study suggests that various polyphenols may prevent steatosis and its progression to nonalcoholic steatohepatitis and improve non-alcoholic fatty liver disease.



58-The Effect of Multifocal and Multicentric Tumors on Local Recurrence and Survival Outcomes in Breast Cancer

<https://www.jbuon.com/archive/26-1-196.pdf>



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ORIGINAL ARTICLE

The effect of multifocal and multicentric tumours on local recurrence and survival outcomes in breast cancer

Alper Ozturk¹, Serkan Ilgun², Muhammed Ucuncu³, Firuz Gachayev⁴, Cetin Ordu⁵, Gul Alco⁶, Filiz Elbuken⁷, Zeynep Erdogan⁸, Tomris Duymaz⁹, Fatma Aktepe¹⁰, Gursel Soybir¹¹, Vahit Ozmen¹²

¹Biruni University, Faculty of Medicine, Department of General Surgery, Istanbul, Turkey. ²Gaziosmanpasa Taksim Training and Research Hospital, Department of General Surgery, Istanbul, Turkey. ³Istanbul Florence Nightingale Hospital, Department of General Surgery, Istanbul, Turkey. ⁴Istanbul Florence Nightingale Hospital, Department of General Surgery, Istanbul, Turkey. ⁵Gayrettepe Florence Nightingale Hospital, Department of Medical Oncology, Istanbul, Turkey. ⁶Florence Nightingale Gayrettepe Hospital, Department of Radiation Oncology, Istanbul, Turkey. ⁷Gayrettepe Florence Nightingale Hospital, Department of Radiology, Istanbul, Turkey. ⁸Istanbul Bilim University, Department of Physical Therapy and Rehabilitation, Istanbul, Turkey. ⁹Istanbul Bilgi University, Department of Physical Therapy and Rehabilitation, Istanbul, Turkey. ¹⁰Istanbul Bilim University, Faculty of Medicine, Department of Pathology, Istanbul, Turkey. ¹¹Istanbul Etiler Memorial Hospital, Department of General Surgery, Istanbul, Turkey. ¹²Istanbul University, Faculty of Medicine, Department of General Surgery, Istanbul, Turkey.

Summary

Purpose: The purpose of this study was to compare the multifocal (MF)/multicentric (MC) breast cancers with unifocal (UF) breast cancers in terms of tumour characteristics, treatment methods, loco-regional recurrence and survival rates. **Methods:** Patients who were treated with a diagnosis of early-stage breast cancer (stage I,II) and had regular follow-up were included in the study. MF tumours were defined as differences were seen between the 3 groups in terms of local recurrence-free survival (RFS) and overall survival (OS) rates. In multivariate analysis, it was found that MF and MC tumours had no impact on local recurrence and OS. In multivariate analysis, it was understood that HER2 positivity and triple-negative breast cancer (TNBC) had an impact on local recurrence, and age, lymphovascular invasion (LVI), T3 tumour, lymph node positivity and TNBC subtype had

The aim of this study is to compare multifocal and multicentric breast cancers and unifocal breast cancers in terms of tumor characteristics, treatment methods, local-regional recurrence and survival rates. In conclusion, although multifocal and multicentric tumors show aggressive features such as high lymph node positivity, they have local-regional recurrence and survival rates similar to unifocal tumors.



59-Dietary Supplements Intake During COVID-19 Outbreak in Turkey

<https://www.nveo.org/index.php/journal/article/view/5080>



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Dietary Supplements Intake During Covid-19 Outbreak In Turkey

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Ismail A. Elhaty , Tariq Elhadary

Abstract

Medicinal herbs have been used since ancient times in the treatment of many diseases. With the sudden spread of Covid-19 and the lack of treatment, many people resorted to using medicinal herbs and dietary supplements to prevent or treat this disease, and this appeared in the increase in the volume of sales of these supplements. The study reviews the opinions of people in Turkey including the extent to which they use dietary supplements, and purpose of use (prevention or treatment). The study inquires about dietary supplements that are most used during that period, and whether there is a relationship between the use of dietary supplements and the personal disposition of the participants. A cross-sectional questionnaire was used to survey the opinions of the participants within the city of Istanbul in Turkey and it was distributed to the participants through social media. The results were analyzed

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The study reviews the views of people in Turkey, including the extent to which they use nutritional supplements and their intended use (prevention or treatment). The study questions the most commonly used dietary supplements at that time and whether there is a relationship between the use of dietary supplements and the personal tendencies of the participants. A cross-sectional questionnaire was used to investigate the opinions of the participants in the province of Istanbul in Turkey and was distributed to the participants via social media. The results showed that there is a greater demand for the use of dietary supplements for the prevention of Covid-19 among non-Turkish people (45.8%) compared to Turks (32.3%). The results also showed that women (52.0%) used supplements more for treatment than men (45.1%).



60-A Comparison of Crystal Phenol Treatment, Midline Primary Closure and Limberg Flap Reconstruction Methods in Female Patients with Pilonidal Sinus Disease



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<https://pubmed.ncbi.nlm.nih.gov/34031284/>

Pilonidal sinus disease is a chronic problem frequently seen in men with healthy hair. A number of conservative techniques for surgical flaps have been used to treat this condition. Midline primary closure is currently considered standard treatment; however, no statistically significant difference was noted between primary and secondary (Karydakias flap or Limberg flap) closure. Recently, flap reconstruction methods have been applied and the superiority of these methods has been demonstrated. Treatment methods should be applied individually, taking into account the recurrence and complication rates of the method, the recovery period, the preference of the patient and the skill of the surgeon.



61-Role of Self Help Group for Economic Sustainability Among Person with Disability



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Role Of Self-Help Group For Economic Sustainability Among Person With Disability

PDF

Dr. K. M. Ashifa

Abstract

Disability is the type of impairment. Person with disabilities is the people who are physically and mentally affected with some of the impairment whether it may be partial or temporary. It significantly distresses a person's life happenings and might be current since birth or else arise during a person's life period. Formation of Self-Help Groups (SHGs) is a major approach used to facilitate target population work as a single unit with greater bargaining power. Disabled persons are giving various developmental initiatives to uplift their livelihood. Factually, people with disabilities partake mostly remained on condition that for concluded resolutions that separate out them, such as housing organizations and special schools. Policy consumes now a days removed in the direction of public and educational insertion, and medically intensive solutions have given mode to extra collaborating methods recognizing that people remain disabled by eco-friendly issues as fine as by their bodies. The study aims to identify the needs and their difficulties that are faced in the society and helps to solve them. This study also asses the role of self-help group to solve social and economic problems of the disabled

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The creation of Self-Help Groups is a major approach used to facilitate the work of the disabled population as a single unit with greater bargaining power. The study aims to identify the needs and difficulties encountered in society and to help them solve them. This study also evaluates the role of the self-help group in solving the social and economic problems of the disabled and presents some development initiatives for livelihoods.



62-Social Health Status of Rural Elderly Population In India

<https://www.nveo.org/index.php/journal/article/view/1684>



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Abstract

The study tried to describe the social health status of elderly people in rural India. Ageing is a time of many illnesses, and bad health is frequently cited as one of the most serious issues facing the elderly. For many people, this is a tough time, a time of decreasing health, diminished income, and the loss of an important role or the death of close ones. Social health enables the aged to adjust socially productively, meeting one's obligations to one's own family, community, and country. While this research established a link between health and social relationships, it intended to analyze altering social relationships over time impacted health. To live independently, seniors require some basic necessities and abilities for daily living, which include the ability to engage in social activities and execute personal and household responsibilities. In this research, the researcher attempted to study the social health status of the elderly in Rural villages in India.

Issue

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The study sought to describe the social health status of elderly people in rural India. Aging is a time of many diseases, and poor health is often cited as one of the most serious problems facing the elderly. Social health enables the elderly to adapt in a socially productive way, to fulfill one's obligations to one's family, community and country. This research aimed to analyze the time-varying health relationships while establishing a link between health and social relationships. To live independently, seniors need some basic needs and skills for daily living, including the ability to engage in social activities and fulfill personal and household responsibilities. In this research, the researcher tried to examine the social health status of the elderly in rural villages in India.



GOOD HEALTH AND WELL-BEING

IGU for Ecological, Social and Economic Sustainability





Master's Theses

DEPARTMENT	NUMBER	THESIS NAME	SDG
ADDICTION PSYCHOLOGY	1	Investigation of the relationship between childhood trauma and relationship addiction	
	2	Investigation of the relationship between social media addiction level and basic psychological needs: A study on university students	
MOVEMENT AND TRAINING SCIENCES	1	Investigation of the effects of different working methods on motor development performance of children 10-11 years old playing football	
	2	Comparison of anthropometric and motoric qualifications of 9-14 age group children receiving basic football education in different countries	
	3	Investigation of Physical Characteristics of Football Players aged 8-12 on the Anatolian Side of Istanbul	
	4	Examination of the effect of aerobic endurance on speed in	





		football	
5		The effect of pliometric, neuromuscular exercises and graston myofacial relaxation technique on vertical jump in volleyball players	
6		Comparison of mental training skill levels of footballers and taekwondo players	
7		The effects of reformer pilates and calisthenic exercises on physical fitness parameters in sedentary women	
8		Investigation of the effect of wrist range of motion on shooting technique in professional female basketball players.	
9		Physical characteristics and motor performance of 11-12 age group male footballers by relative age effect	
10		Comparison of physiological responses of freestyle and grecoromene style wrestlers to anaerobic test protocols	
11		Investigation of the effect of hand antropometric measurements, grip forces and balance skill on shoot performance in elite women's basketball players	





	12	Investigation of the effects of concurrent training on kinematic characteristics of the techniques in the start and finish 500 meter kayak race	
	13	Examining the nutritional habits and knowledge levels of basketball players aged 14-18	
	14	Problems and solution suggestions of education teachers who provide physical education to people with autism	
	15	Investigation of the effects of self-applied myofascial relaxation on acute flexibility, strength and balance in volleyball and football players	
	16	Comparison of nutrition knowledge of professional and amateur male's football team players	
	17	Investigation of the relationship between Fms scores and some physical parameters in young footballer	
	18	Investigation of the relationship between anaerobic endurance, agility and speed parameters in young footballers	
	19	Investigation of mental endurance levels and problem solving skills of individual who do windsurf as recreational activity	





	20	Examination of the effect of 8 weeks of core trainings on 50 and 100 meter butterfly style performance of male swimmers in 11-12 age group	
	21	Examining the impact of resistant exercises on some physical parameters made by sedentary individuals preparing for special talent exams	
	22	Investigation of physical development and physical fitness characteristics of students engaged in swimming activities in the 9-13 age groups (Mardin province application)	
	23	The effect of boxing training on some anthropometric characteristics and physical performance of 12-15 age group male athletes	
	24	Examination of some physical, motoric and anthropometric characteristics of children aged between 7 and 10	
	25	Investigation of the effect of durability studies on monopaletes and swimming branches on critical swimming speed of male children in 13 -16 age groups	
	26	Examination of weight loos methods and their effects in wrestlers competing in different weights	


















	27	Investigation of the effects of 8-WEEK regular exercises applied with A private trainer on some physical characteristics of female members	
	28	Examination of nutritional habits and changes in anthropometric parameters during the covid-19 pandemic of people doing regular exercise	
	29	Investigation of the effects of land and pool trainings applied to 12 years old female and male swimmers on selected anthropometric measurements and 50 meter freestyle degrees	
	30	Investigation of physical activities limits of physical education students during coronavirus process	
	31	Examining athletes' nutrition, ergogenic support and probiotic knowledge levels: izmir example	
	32	Evaluation of the physical properties and performance parameters with eurofit test battery of the students who are between 7-10 years of age and participating in sports activities out of school	
	33	Analyze of the performance in the volleyball team elite players according to their playing positions	





OCCUPATIONAL HEALTH AND SAFETY	1	Assessments related to occupational health and safety in the basic metal sector and solution proposals	 
	2	Evaluation of Occupational Health and Safety Perceptions in the Scope of the Frequency of Exposure to Radiation (Application for Some Private Sector Employees)	 
CLINIC PSYCHOLOGY	1	Investigation of the Effect of Rhythm-Music Group on Hope, Anxiety, Depression, Emotion Regulation, Functioning and Cognitive Functions with Individuals Diagnosed with Schizophrenia	
	2	The investigation of childhood trauma and post traumatic embitterment level in travesties: A comparative study	 
	3	The relationship between defense mechanisms and early maladaptive schemas in young adults	
	4	The relationship between body perception and self confidence among young adults using social media	
	5	The relationship between childhood traumas and early adjustment disorder, somatization in adulthood women	 
	6	The relationship between dating violence in late adolescent and childhood trauma and mental symptoms	 

















7	Study of defense mechanics according to the number of siblings and the order of birth	
8	Comparison of theory of mind, attachment and emotion regulation strategies of mothers having children with asd and mothers of typically developed children	
9	Examination of health anxiety by age and gender in adult individuals during covid-19 viruse outbreak	
10	An investigation of some socio-demographic variables of parents 'problem-solving skills and self-understanding characteristics in marriage	
11	The relationship between self-perception and psychiatric symptoms in visually impaired adolescents	
12	The purpose of our study is to examine the relationship between men and women, the effect of separation anxiety on marital satisfaction in married couples between the ages of 18-30	
13	Investigation of the Effect of Jealousy and Difficulty in Emotion Regulation on Marriage Discontent	
14	Investigation of the Relationship Between Sexual Satisfaction, Marriage Satisfaction and Somatization Level in Married Women	





15	Examination of childhood traumas and difficulty of emotion regulation and self-compassion in university students	 
16	The evaluation of belief in sexual myths for postgraduate on investigation of relationship with sexual satisfaction and anxiety of students in clinical psychology	
17	The Relationship Between Personality Traits of Mothers and Anxiety in Preschool Children	
18	Examining the relationship between object relations and defense mechanisms of adult individuals and their romantic relationship satisfaction and sexual satisfaction	
19	The relationship between emotional abuse and eating attitude	  
20	Investigation of the relationship between childhood trauma and depression in juveniles pushed to crime	 
21	Evaluation of the impact of social media on the perception of loneliness	
22	Investigation of resilience, emotion regulation skills and	





		psychological symptoms in national swimmers in a sports club	
23		Investigation of the relationship between perceived parental attitude and social anxiety in university students and internet addiction	
24		The Relationship Between Attention Deficit and Hyperactivity Disorder Symptoms, Emotion Regulation Difficulty, Somatization and Dissociation in University Students	
25		Examination of the relationship between school maturity with physical and emotional development in 60-72 months children at preschool period	
26		The relationship of anger and aggression behaviors with borderline personality structuring in university students	
27		Comparison of perceived psychological abuse levels, self-injury behaviors and coping skills of adolescents with full family and single parent family	
28		Investigation of the relationship between childhood trauma, psychological endurance and stress coping modes in university students	





29	Examination of the Depression, Health Anxiety and Burnout Levels of the Mothers of Children with Autism Spectrum Diagnosis in the Covid-19 Process and Comparison of the Mothers of Healthy Children	3 GOOD HEALTH AND WELL-BEING
30	An investigation of the relationship between food addiction and impulsive behavior	3 GOOD HEALTH AND WELL-BEING 2 GOOD FOODS
31	Examining the relationship between adolescents' psychological resilience and depression and somatic symptoms during covid-19 epidemic	3 GOOD HEALTH AND WELL-BEING
32	Comparison of Boarding Students' Eating Attitudes, Separation Anxiety, Stress Coping Methods and Daytime Students	3 GOOD HEALTH AND WELL-BEING 2 GOOD FOODS
33	A comparison of dysfunctional schemes of early period, emotional regulation difficulties and psychological resilience levels of managers and employees	3 GOOD HEALTH AND WELL-BEING
34	Investigation of Coronavirus Anxiety and Death Anxiety Levels of Health Personnel in the Covid-19 Virus Outbreak	3 GOOD HEALTH AND WELL-BEING
35	Examination of the cognitive flexibility and cognitive emotion regulation strategies of high school students exposed to peer bullying	3 GOOD HEALTH AND WELL-BEING 5 GENDER EQUALITY












36	Investigation of the relationship between dissociative experiences and neurocognitive functions in university students	
37	Strength of childhood trauma students with high scaling score and university students with low scale score strength in the frequency of psychosomatic symptom and emotion	
38	Investigation of perceived parental attitude in adult individuals and the effects to childhood traumas on emotional eating	
39	The relationship between opioid and alcohol use disorder and childhood traumas in male AMATEM patients	
40	The relationship of attachment styles and childhood experiences with emotion management skills in university students	
41	Investigation of Burnout Levels and Stress Coping Patterns of Mothers with Autistic Spectrum Disorder (DSM-5 Diagnostic Criteria) or Adolescents and Mothers of Healthy Children	
42	Investigation of the relationship between internet addiction and loneliness among university students	
43	The relationship between childhood traumas, self-compassion and	





		emotion regulation difficulties among university students	
44		Investigation of the relationship between achievement-oriented motivation level and exam anxiety in adolescents	
45		Investigation of the relationship between university students' attitudes towards domestic violence and expression of anger	
46		Examining the relationship between social media use and narcissistic tendencies among university students	
47		Investigation of the relationship between childhood traumas and early period disclaimed schemes in university students	
48		Internet addiction and social anxiety of adolescent students examination of the relationship between properties in terms of some variables	
49		Investigation of the relationship between conscious awareness level and perceived stress and health anxiety in university students	
50		The effect of parental attitudes on the anger control levels of children and adolescents	
















51	Evaluation of the Relationship Between Self-Efficacy and Parental Attitudes in Adolescents in Preventing Substance Addiction	3 GOOD HEALTH AND WELL-BEING
52	The investigation of university students on social anxiety, social skills and self-respect (self-respect)	3 GOOD HEALTH AND WELL-BEING
53	The Relationship of Self-Perception and Marriage Satisfaction with Early Maladaptive Schemas in Married Women	3 GOOD HEALTH AND WELL-BEING
54	The Effect of Interpersonal Problems on Subjective Well-Being in University Students	3 GOOD HEALTH AND WELL-BEING
55	Investigation of the relationship between postpartum depression and childhood traumas	3 GOOD HEALTH AND WELL-BEING
56	The relationship between childhood traumas, attachment styles and sexual attitudes	3 GOOD HEALTH AND WELL-BEING 5 GENDER EQUALITY
57	Investigation of the Relationship Between Self-Regulation Skills of Preschool Teachers and Job Satisfaction	3 GOOD HEALTH AND WELL-BEING
58	Investigation of the relationship between adult attention deficit and hyperactivity characteristics, early maladaptive schemas and parenting styles	3 GOOD HEALTH AND WELL-BEING





59	Evaluation of the relationship between parental attitude patterns and gender roles in university students	 
60	Investigation of the relationship of pms symptoms and sexual satisfaction and personal characteristics of women between 18-35 years	
61	Evaluation of the relationship between sexual satisfaction and psychological well-being in university students	
62	Review on and psychological resilience level and anxiety level of students created by exams in terms of demographic variables	
63	Examination of health care workers' burnout and depression levels during the Covid-19 pandemic period	 
64	Investigation of the relationship between Obstructive Sleep Apnea Syndrome (OSAS) and symptoms of depression and anxiety	
65	The Relationship of Temperament and Character Traits with Prenatal Attachment Characteristics, Depression and Anxiety Levels in Pregnant Women	
66	Review on the relation between guilt-shame level and resilience, and marital satisfaction of parents with children who have special	 












		needs	
67	The Relationship Between Skin Picking Behaviors and Attachment Styles to Their Parents in Young Adults		3 GOOD HEALTH AND WELL-BEING
68	Examination of the relationship between skin picking behaviors and anxiety and obsessive compulsive symptoms in young adults		3 GOOD HEALTH AND WELL-BEING
69	The relationship between social media addiction and narcissism propensity		3 GOOD HEALTH AND WELL-BEING
70	Investigation of Resilience, Marital Adjustment and Anxiety Levels in Married Individuals Working from Home and Working at Work During the Covid 19 Epidemic		3 GOOD HEALTH AND WELL-BEING
71	An Investigation of the Relationship Between Anxiety, Depression and Internalized Stigma Levels and Eating Addiction in Young Adults		3 GOOD HEALTH AND WELL-BEING 2 ZERO HUNGER
72	Investigation of the Relationship between Social Media Addiction, Family Integrity and Aggressive Behavior in Young Adults		3 GOOD HEALTH AND WELL-BEING
73	The Relationship Between Eating Attitudes, Parental Attitudes and Depression in University Students		3 GOOD HEALTH AND WELL-BEING 2 ZERO HUNGER
74	High school students' self-esteems according to the levels of abuse perceived by their families		3 GOOD HEALTH AND WELL-BEING 5 GENDER EQUALITY





	75	The relationship between attachment style and alexithymia in adult individuals	
	76	Investigation of the relationship between authenticity levels and personality traits of university students, evaluation of the possible mediating role of cognitive flexibility	
	77	Investigation of self-understanding and perceived parent relationship of floratic violence in university students in terms of various demographic variables	
	78	Examining the Relationship Between Test Anxiety, Peer Bullying and Automatic Thoughts in Adolescents	
	79	Examination of the relationship between psychological resilience and smart phone addiction in university students	
	80	Investigation of the relationship between marital adjustment and empathic tendency levels and problem solving skills	
	81	Measuring the feeling of loneliness and the probability of alexithymia, depression, and suicide in adults	





82	The relationship between digital addiction and alexythymia in young adults	
83	The Relationship of Exercise with Orthorexia Nervosa Tendency and Attitudes towards Body Satisfaction in Young Adults	
84	Effect of work family conflict levels on smoking and alcohol use frequency: Role of positive negative affective agent	
85	Investigation of the effect of stress coping behaviors on self-efficacy in psychology students	
86	Investigation of the Relationship Between Social Media Use and Body Image and Eating Attitudes in University Students	
87	Comparison of resilience and parental competence levels of mothers with children diagnosed with cerebral palsy and mothers with typically developing children	
88	Investigation of the relationship between love styles, self-esteem and personality traits	
89	Investigation of the Relationship Between Anxiety Disorders in Adults and Early Maladaptive Schemas	
90	Analyzing the relationship between social phobia and	

















		hopelessness levels in adults	
91		Investigation of the Relationship Between Anxiety Levels and Attachment Styles in University Students	3 GOOD HEALTH AND WELL-BEING
92		Examination of the relationship between separation anxiety and nomophobia in adults	3 GOOD HEALTH AND WELL-BEING
93		Investigation of the relationship between social media addiction and self-esteem in university students	3 GOOD HEALTH AND WELL-BEING
94		Examining the relationship between pet owners and non-pet owners persons attachment style and perceived stress levels	3 GOOD HEALTH AND WELL-BEING
95		Investigation of the relationship between parental attitudes and self-compassion and life satisfaction in late adolescence	3 GOOD HEALTH AND WELL-BEING
96		Investigation of the Relationship of Social Media Addiction with Depression, Perceived Social Support and Demographic Variables in People Over 65	3 GOOD HEALTH AND WELL-BEING
97		Correlation between social media usage and body perception with possible orthorexia nervosa covering İstanbul gelişim university students	3 GOOD HEALTH AND WELL-BEING





98	Examination of families with adolescent child with down syndrome in terms of anxiety, depression, collecting methods and quality of life depending on gender	 
99	Investigation of the relationship between attachment, alexithymia and eating attitudes in university students	 
100	The effect of attachment styles of spouses on marital adjustment	
101	Investigation of the effect of social anxiety level on self-esteem in university students	
102	The relationship between adult separation anxiety and emotional eating	 
103	The relationship between hedonic hunger and impulsivity and excessive food desire in adults	 
104	Examination of the relationship between rejection sensitivity, perceived loneliness and alexithymic traits	
105	An investigation of university students living with their families and living alone in terms of social anxiety, quality of live and self-esteem	





106	The relationship of married individuals' anxiety levels and personal features and marriage harmony	
107	Examining the relationship between job satisfaction and burnout of psychologists	
108	An Investigation of the Relationship Between Parental Attitudes and Self-Esteem, Social Anxiety and Vocational Determination in High School Students	
109	Validity and reliability of the burnout scale for healthcare workers during the pandemic conditions	
110	Examining the relationship between life satisfaction and eating attitude in diabetes patients	
111	The relationship between attachment styles and psychological mindedness in romantic relationships	
112	The relationship between the social compliance and skill level, family life and child breeding attitudes children between six-ten years evaluated as normal and superior talent according to WISC-IV results	
113	Examining the Relationship Between Neurotic Personality Types and Relationship Stability of Married Individuals	





114	Comparison of University Students with Divorced Parents and University Students with Non-Divorced Parents in terms of Personality Traits, Cognitive Emotion Regulation and Psychological Resilience	3 GOOD HEALTH AND WELL-BEING
115	The relationship of social approval, body satisfaction and social media use objectives with social media addiction in young adults	3 GOOD HEALTH AND WELL-BEING
116	Examining the relationship between uncertainty and anxiety disorder in romantic relationships	3 GOOD HEALTH AND WELL-BEING
117	The Relationship of Online Game Addiction Level with Social Phobia and Social Appearance Anxiety	3 GOOD HEALTH AND WELL-BEING
118	Investigation of the relationship of childhood traumatic experiences with psychological resilience and job satisfaction	3 GOOD HEALTH AND WELL-BEING 5 GENDER EQUALITY
119	The Relationship between the Covid-19 Pandemic Process and Somatic Problems: The Example of Healthcare Professionals	3 GOOD HEALTH AND WELL-BEING
120	An examination of the relationship between university students' social media addiction and desire to be liked	3 GOOD HEALTH AND WELL-BEING
121	Investigation of the Relationship Between Attachment Styles and Anger Attitudes of University Students	3 GOOD HEALTH AND WELL-BEING





	122	Investigation of the relationship between postpartum depression symptoms and self-compassion and psychological resilience levels	
	123	Investigation of the effect of self-esteem and body image on sexual satisfaction in menopausal women	
	124	Stress levels of working women relationship between psychological resilience and prosocial behavior review	
	125	Examining the relationship of nicotine and internet addiction psychological symptoms in adolescents	
	126	The analysis of burnout, depression and cognitive emotion regulation strategies in healthcare personnel due to Covid-19 outbreak	
	127	To examine the relationship between university students' anxiety levels and their social skills	
	128	Examining the Relationship Between Young Adult Personality Traits and Cognitive Distortions	
	129	Investigation of the relationship between perceived stress levels, solution oriented thinking skills and marriage adjustments of married people during Covid-19 pandemi	





	130	Evaluation of the relationship of student motivation and exam anxiety in university students	
	131	An examination of the relationship between perceived parenting styles, self-compassion and self-disgust	
	132	Examination of the relationship between parental attitudes, empathy and self-esteem	
	133	Investigation of the relationship between friending violence and self-respect and attachment types in university students	
	134	Evaluating the relationship between individuals' resilience against stress and anger expression styles	
	135	Investigation of social media addiction symptoms and the relationship between social media addiction and depression in university students	
	136	Investigation of the relationship between individual's attachment style and mate selection	
	137	Examination of the perceived parenthood attitudes, cognitive emotional regulation strategies and romantic relationship satisfaction	





138	Analysis of depression and anxiety in the mothers of children diagnosed of mental retardation	
139	Examination of the relationship between mothers' attachment styles and their child-rearing attitudes	
140	The relationship between perceived parental attitudes in childhood and perceived emotional abuse in adulthood with alexithymia	
141	Investigation of the relationship between emotional eating behavior, self-esteem and social appearance anxiety in university students	
142	Investigation of the level of anxiety caused by the coronavirus	
143	The evaluation of associations between internet use and depressif symptoms and anger levels in university students	
144	Examining the stress management strategies depression and anxiety levels of university students in the covid 19 pandemic period	
145	Compare the effects of group cognitive behavioral therapy and solution-focused short-term therapy on exam anxiety in high	





	school students	
146	Investigation of the relationship between sexual function and feelings of guilty and shame in adults	3 GOOD HEALTH AND WELL-BEING
147	The Relationship Between Attachment, Defense Mechanisms, Alexithymia and Feelings of Guilt and Shame in Mothers with 0-6 Years Old Children with Autism	3 GOOD HEALTH AND WELL-BEING, 10 REDUCED INEQUALITIES
148	Investigation of the relationship of adolescents' attitude to sports and conflict resolution skills and academic success	3 GOOD HEALTH AND WELL-BEING
149	The relationship of university students social media addiction levels with behavior and adaptation problems	3 GOOD HEALTH AND WELL-BEING
150	The relationship between parental control and healthy eating obsession (Orthorexia Nervosa) in adolescents	3 GOOD HEALTH AND WELL-BEING
151	The Relationship Between Academic Achievement, Exam Anxiety and Parental Attitudes in University Students	3 GOOD HEALTH AND WELL-BEING
152	The Relationship Between Secure Attachment and Marriage Satisfaction in Married Individuals	3 GOOD HEALTH AND WELL-BEING
153	The Relationship Between Internet Addiction, Body Image and Eating Disorder	3 GOOD HEALTH AND WELL-BEING





154	The relationship between cyberbullying and cyber victimization with social media addiction among high school students	
155	The relationship between depression and eating attitude in people during the pandemic process	
156	Investigation of the anxiety and work motivation levels of 112 employees in Manisa during the Covid 19 process	
157	Investigating the university students level of cyber bullying and aggression according to various variables	
158	The Regulatory Role of Resilience in the Relationship Between Posttraumatic Stress Disorder Symptoms and Suicide in Firefighters	
159	Examining of the relationship between cognitive flexibility level and perceived parental attitude in adolescents	
160	Investigation of COVID-19 Phobia, Psychological Well-Being and Psychological Problems of Individuals During the Pandemic Period	
161	University students' expression of emotions over the levels of substance use tendency	
162	Depression in university student of the Covid-19 pandemic and its relationship with anxiety levels	





	163	Investigation of the Relationship Between Anxiety and Depression Levels of Health Care Professionals During the Covid-19 Pandemic Period	3 GOOD HEALTH AND WELL-BEING
	164	Evaluation of the Relationship of Self-Image with Social Appearance Anxiety and Cognitive Distortions in Adolescents	3 GOOD HEALTH AND WELL-BEING
	165	Evaluation of association between mother's attachment styles and prenatal attachment levels to her baby	3 GOOD HEALTH AND WELL-BEING
	166	A comparison of the psychological symptoms and psychological robustness according to working condition during the Corona Virus pandemic period	3 GOOD HEALTH AND WELL-BEING
	167	Investigation of the relationship between gender role and life skills in female profession choosing	3 GOOD HEALTH AND WELL-BEING 5 GENDER EQUALITY
	168	The mediating role of early maladaptive schemas in the relationship between childhood traumas and somatization	3 GOOD HEALTH AND WELL-BEING
	169	Examining the Relationship Between Internet Addiction and Covid19 Pandemic Process	3 GOOD HEALTH AND WELL-BEING
AUDIOLOGY	1	Evaluation of the effectiveness of cognitive behavioral therapy method on tinnitus	3 GOOD HEALTH AND WELL-BEING
	2	Hearing screening results according to the length of stay in the	3 GOOD HEALTH AND WELL-BEING





	neonatal intensive care unit	
3	Hearing aid problems experienced by children using hearing AIDS	
4	Problems Experienced by Specially Trained Individuals and Their Families During the Covid-19 Epidemic and Solution Suggestions	
5	Investigating the Risks of Hearing Loss After COVID-19	
6	Medial-olivocochlear (MOC) reflex responses in young adult cardiopulmonary bypass patients	
7	Evaluation of the hearing functions between the right and the left ear by audiological tests in violonists	
8	Audiological evaluation of healed COVID-19 patients	
9	Evaluation of the hearing in pediatric patients with biotinidase deficiency	





10	Investigation of the Possible Effect of Covid-19 Disease on the Audio-Vestibular System	3 GOOD HEALTH AND WELL-BEING
11	Evaluation and comparison of adults with normal hearing and hearing loss according to Beck Depression Inventory	3 GOOD HEALTH AND WELL-BEING
12	Effect of stress on sound in fire fighters	3 GOOD HEALTH AND WELL-BEING
13	Sound analysis after covid 19	3 GOOD HEALTH AND WELL-BEING
14	Observing Changes in Hearing Aid Fitting Settings in Patients with Hearing Loss Suffering from Corona Virus (Covid-19) Disorder	3 GOOD HEALTH AND WELL-BEING
15	Evaluation of Tandem Posture Test, One of the Neurological Tests Used in Vestibular System Evaluation, in MS and Healthy Individuals	3 GOOD HEALTH AND WELL-BEING
16	Hearing loss of male and female teachers aged 25-65, their importance to hearing health and burnout levels	3 GOOD HEALTH AND WELL-BEING
17	Difference times and hearing screening compare	3 GOOD HEALTH AND WELL-BEING
18	Experiences of Children with Hearing Aids or Cochlear Implants Before and During Special Education	3 GOOD HEALTH AND WELL-BEING





	19	According to the frequency of use of the implant device during the day in children using cochlear implants understanding speech assessment of skills	
	20	Evaluation of the Relationship Between the Duration of Diabetes and the Level of Hearing Loss in Individuals with Diabetes Mellitus with Hearing Loss	
	21	Evaluation of NOTCH therapy in individuals with subjective tinnitus	
	22	The Effect of MFA (Made For All) Feature of SWORD chip on speech comprehension	
	23	Comparison of treatment and education of hearing impaired children from low-income families	
	24	Evaluation of hearing with the dpoae test battery in children diagnosed with autism spectrum disorder	
	25	Investigation of the Effects of COVID-19 on the Hearing and Vestibular System	
PSYCHOLOGY	1	Analysis and comparison of anxiety level, self-esteem and satisfaction with life of women who are 15-49 and have premenstrual syndrom	





	2	The study of relationship between loneliness in adults and the styles of coping with it	
	3	Examine to relationship between using of active social media with depression and self-esteem: The case of a foundation university students	
	4	Correlation perceived level of social support with empathy levels of health workers and their ability to coping styles with stress	
	5	Investigation of Wechsler Intelligence Scale for Children-IV Sub-Scores in Children and Adolescents with Attention Deficit Hyperactivity Disorder	
	6	Examining the relationship between the leadership style behavior of the administrators working in the schools affiliated with Turkish Ministry of Education and the burnout levels of the teachers	
	7	Effects of Social Media Use on Couple Relationships	
	8	The relationship between pilots' fear of social stigma associated with obtaining psychological help form pilot peer support programs or from a psychologist and their thoughts about psychotherapy and their tendency to open themselves	
	9	Examining the Relationship Between Self-Esteem and Problematic Internet Use in Adolescents	





10	The effect of rational emotional behavioral approach based communication skills program on adults communication skills and cognitive flexibility levels	
11	Investigation of Wechsler Intelligence Scale for Children-IV Sub-Scores in Children with Specific Symptoms of Learning Disabilities	
12	Evaluation of the relationship between stress coping methods and smoking addiction in adults who smoke	
13	Investigation of the relationship between the empathic tendency levels of social work professionals and their secondary traumatic stress symptoms	
14	Investigation of the Relationship Between Attachment Styles to Their Parents and Levels of Cognitive Flexibility	
15	Investigation of relationship satisfaction with narcissistic personality traits in university students	
16	Investigation of Burnout and Depression Levels in Women aged 20-55	
17	Examination of childhood traumas and perceived social support in individuals who decide to receive psychological support	





	18	Online gaming and social media examination of addiction levels in adolescents in terms of self-efficacy and risky behaviors	
	19	Examining the relationship between communication skills of university students and social media addiction	
	20	Comparison of emotion regulation and problem solving skills in university students in terms of gender differences	
HEALTH MANAGEMENT	1	The effects of managers' ethical management practices on employees' organizational commitment levels: A study on nurses in Balikesir province intensive care units	
	2	Evaluation of health literacy in terms of Generations X, Y and Z	
	3	Use of Digital Marketing in Private Oral and Dental Health Centers in Istanbul in the Age of Digital Transformation	
	4	Determining the health tourism potential of the provinces of Kayseri and Nevsehir and what can be done to increase the health tourism potential	
TOTAL	255		





Education

1-“Questions in the Hearing Aid Industry” Event

<https://sbf.gelisim.edu.tr/bolum/odyoloji-320/haber/%E2%80%9Cİsitime-cihazı-sektorunde-merak-edilenler%E2%80%9D-etkinligi>

Önder Paksoy, one of the leading names in the hearing aid industry, was a speaker at the event organized by Istanbul Gelişim University, Faculty of Health Sciences, Department of Audiology. How to open a hearing aid center after graduation? In his answer to the question, he said that a hearing aid center should not be opened immediately after graduation, that individuals should improve themselves at every stage, that they should be researchers, that they should go to courses and improve themselves in their fields by doing sufficient internships, and that they should step into this sector by getting support from experienced people when they think they are at a sufficient level. He stated that he carefully approaches the child patient and the family together, and that pediatric patients are a sensitive area in the hearing aid industry.



GOOD HEALTH AND WELL-BEING

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2- Attention Deficit Hyperactivity Disorder Increases With More Screen Time

<https://gelisim.edu.tr/en/news/attention-deficit-hyperactivity-disorder-increases-with-more-screen-time>

"Screen time has extended; Child and Adolescent Psychiatry Specialist Assoc. Dr. Canan Tanidir participated as a guest and gave information about the subject. The aim of the event was to draw attention to the fact that the digitalization process, which became widespread in the pandemic, could result in health problems such as attention deficit hyperactivity disorder that could reduce the quality of life of the person and to raise awareness about the issue. He mentioned that attention deficit hyperactivity disorder seen in adults and children is related to the prolongation of screen time and explained that late treatment may even result in substance addiction.

Attention Deficit Hyperactivity Disorder Increases With More Screen Time

Stating that Attention Deficit Hyperactivity Disorder seen in adults and children becomes more common with increasing screen time, Assoc. Prof. Dr. Canan Tanidir said, "We suggest that a child over the age of 3 should be in a social environment. It is very important for the child to engage in sports activities. Families should organize the child's life very well."



The digitalization process that came with the coronavirus epidemic negatively affected some children. The transfer of education to digital platforms and the child's exposure to too much screen during the period of staying at home brought along adaptation problems. Stating that Attention Deficit Hyperactivity Disorder (ADHD) is linked with prolonged screen time, Child and Adolescent Psychiatrist Assoc. Prof. Dr. Canan Tanidir said, "Green space and open

air are good for everyone's mental health. Children with ADHD need to consume a little more energy. Being outdoors and moving will do them good. Confined space is a place that restricts movement. Children can move more freely in the open field, greenery, nature, garden and park. This affects them positively. There are studies showing that especially sports are good for ADHD. Although a child with regular sports activities has ADHD symptoms, it seems to recover much faster. This is my clinical practice. Children who continue regular sports have a significant improvement in aggressive symptoms, hyperactivity, and impulsivity."



3- The Importance of Early Amplification in Children with Hearing Loss



GOOD HEALTH AND WELL-BEING

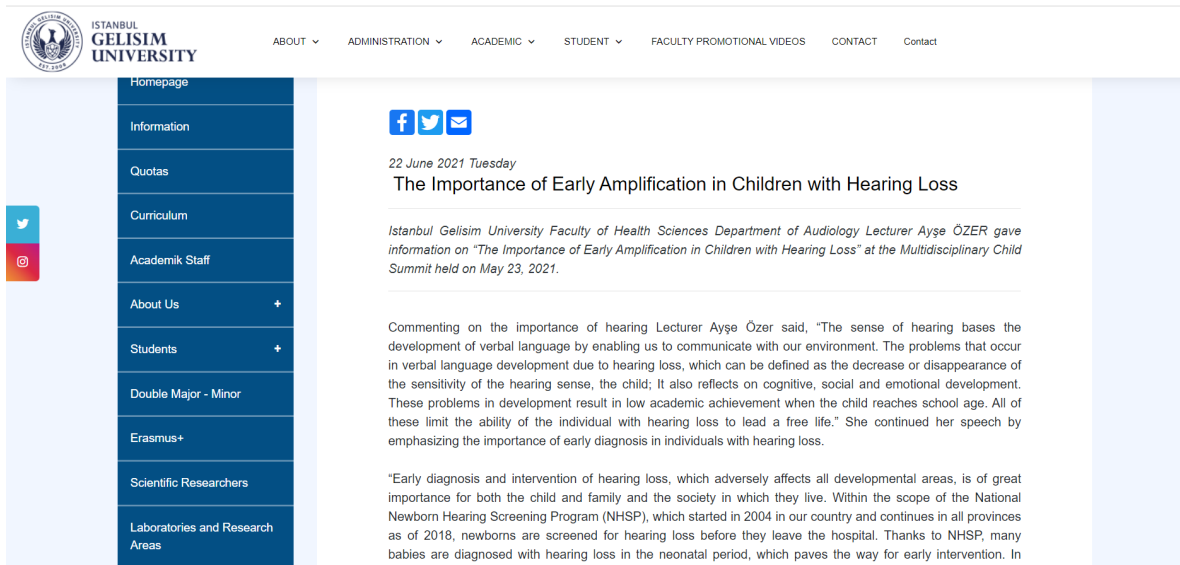
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<https://sbf.gelisim.edu.tr/en/akademik-department-audiology-news-the-importance-of-early-amplification-in-children-with-hearing-loss-21>

In the news shared by the Faculty of Health Sciences, Audiology Department on 10.06.2021 to increase awareness of Early Devices in Children with Hearing Loss, Lecturer Ayşe Özer, if appropriate interventions are not made for learning speech and language in children with hearing loss; stated that these people may lag behind their peers in terms of cognitive skills, social-emotional development and academic success. He stated that hearing loss should be diagnosed early, appropriate amplification and rehabilitation should be initiated so that it does not adversely affect both academic success and social relations of children. The event proved the importance of diagnosis and treatment in children with hearing loss to prospective audiologist students.



4-Exposure to loud sounds for more than 8 hours is harmful to hearing

<https://gelisim.edu.tr/en/news/exposure-to-loud-sounds-for-more-than-8-hours-is-harmful-to-hearing>

In the news organized on 05.07.2021 by the Department of Audiology of the Faculty of Health Sciences with the aim of raising awareness that exposure to loud noises can affect hearing health, Audiologist Lecturer Mehmet Uyar hosted. Audiologist Lecturer Mehmet Uyar stated that according to studies, being exposed to 85 dB sounds for more than 8 hours is harmful to hearing health. He mentioned that 10 percent of those who listen to music with headphones may have hearing-related problems and this may negatively affect the quality of life of the person. He warned the young participants that listening to loud music with headphones, which is an activity frequently performed by the young population, should be reduced and, if possible, not performed.



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Exposure to loud sounds for more than 8 hours is harmful to hearing

Noting that the studies on the harm of headphones to human health in recent years have shown that being exposed to sounds of 85 dB for more than 8 hours is harmful to hearing health, Audiologist Lect. Mehmet Uyar said, "It makes people restless, prevents verbal communication, reduces work efficiency. It causes sleep problems. It causes damage to the sense of hearing and auditory canals."



Technological developments affect our lives more and more every day. Headphones are one of them. Earphones were previously an accessory attached to the music player, but they have entered our lives more and more with the developing mobile phone technologies. Stating that technology can harm people as well as being beneficial, Audiologist Lecturer Mehmet Uyar said, "Many studies have been conducted on the harm of headphones to human health in

recent years, and these studies show that being exposed to sounds of 85 dB for more than 8 hours is harmful to hearing health." Talking about the effects of noise on human health, Audiologist Mehmet Uyar added, "It makes people uneasy. It inhibits verbal communication. It reduces operating efficiency. It causes sleep problems. It causes damage to the sense of hearing and paths."

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5- Back to Work is Easier Now!

<https://sbf.gelisim.edu.tr/en/akademik-department-occupational-therapy-news-back-to-work-is-easier-now>

Drawing attention to the individual, institutional and social problems faced by disabled people in the process of obtaining a job and finding a job, Occupational Therapist Res. Asst. Selen Aydöner explained that vocational rehabilitation is a broad concept that includes many individual-centered interventions used to facilitate the physical, cognitive and psychosocial independence of individuals in the workplace, to fulfill their lost roles in daily life, and to accelerate the process of returning to work. Trying to raise awareness about the existence of vocational rehabilitation in the society, Res. Asst. Selen Aydöner also mentioned the goals of this rehabilitation method.



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Occupational Therapy and Community Rehabilitation

21 September 2021 Tuesday

Back to Work is Easier Now!

Istanbul Gelisim University Faculty of Health Sciences Occupational Therapy Department Res. Asst. Selen Aydoğan touched upon the importance of vocational rehabilitation. It is considered that the individual, institutional and social problems faced by the people with disabilities in Turkey in the process of obtaining a job and finding a job are quite high compared to the disabled individuals in other countries. So what are the measures taken by our country in this case? While the process is like this, we come across a very important concept.

Vocational rehabilitation!

We can say that vocational rehabilitation is a broad concept that includes many person-centered interventions aimed at facilitating the physical, cognitive and psychosocial independence of individuals in the workplace, fulfilling their lost roles in daily life and accelerating the process of returning to work.

Vocational rehabilitation, which was formalized with the Federal Occupational Rehabilitation Law in the USA in 1923 and accepted as an industrial approach in the 1970s, has a long history in the occupational therapy literature.

When we look at the past, in the 1880s, the first vocational rehabilitation interventions emerged with activities to increase work tolerance by providing tuberculosis patients with nutrition recommendations and exercises in the fresh air. Later, during the First World



6-Interview on 'Occupational Therapy Interventions in Addicted Individuals'

<https://sbf.gelisim.edu.tr/tr/akademik-bolum-ergoterapi-haber-bagimli-bireylerde-ergoterapi-mudahaleleri-konulu-soylesi>

In the online interview moderated by Istanbul Gelişim University Occupational Therapy Club, Expert Occupational Therapist Yasin Tekeci shared his experiences with our students. Specialist Occupational Therapist Yasin Tekeci, who talked about the physiological changes in addiction and the addiction rehabilitation process, aimed to raise the awareness of occupational therapist candidates that there are working branches in the field of addiction.



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HAKKIMIZDA V YONETIM V AKADEMIK V OGRENCI V FAKULTE TANITIM VIDEOLARI ULASIM Iletisim

Anasayfa

Genel Bilgiler

Kontenjanlar

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Erasmus+

Bilimsel Araştırmalar

Laboratuvarlar ve Araştırma Alanları +

10 Mayıs 2021 Pazartesi

'Bağımlı Bireylerde Ergoterapi Müdahaleleri' Konulu Söyleşi

Istanbul Gelisim Üniversitesi Ergoterapi Kulübü moderatörlüğünde online olarak gerçekleştirilen söyleşi de Uzman Ergoterapist Yasin Tekeci öğrencilerimiz ile tecrübelerini paylaştı.

Uzman Ergoterapist konumuz bağımlılığın ne olduğunu, bireyler de bağımlılık sonucu oluşan fizyolojik değişimlerin neler olduğunu, insan vücudunda bağımlılığın geliştiği süreç ile ilgili genel tanım ve bilgileri öğrencilerimiz ile paylaştı. Bireylerin bağımlılık durumundan itibaren yaklaşık bir sene rehabilitasyon süreci geçimelerine rağmen tamamen bağımlılık durumlarından kurtulamama durumuyla karşı karşıya olduklarını ve rehabilitasyon süreci başarılı olsa bile riskli bir bağımlı konumunda takip edilmesi gerektiğini vurguladı.

Bağımlılığın davranışsal (kumar bağımlılığı, oyun bağımlılığı ve alışveriş bağımlılığı) ve madde bağımlılığı (alkol, uyuşturucu, sigara) olmak üzere iki türü olduğu, şizofreni hastalarında sekonder olarak sigara ve alkol gibi bağımlılıkların görüldüğü, insanların maddeye ulaşma durumlarının bağımlılıkları üzerindeki olumsuz etkileri üzerine derinlemesine konuşuldu.

Konuk hocamız, bağımlı bireylere çevre ve terapist gözüyle nasıl yaklaşmamız gerektiği, onlar için yapabileceğimiz en iyi şeylerden birinin tedavi sürecine ikna etme konusunda destek olunması gerektiğine vurgu



7-Parents were educated on domestic violence

<https://sbf.gelisim.edu.tr/bolum/cocuk-gelisimi-327/haber/ebeveynlere-aile-ici-siddet-konusunda-egitim-verildi-4697>

One of the faculty members of Istanbul Gelisim University Faculty of Health Sciences, Asst. Prof. Berrak Dumlupınar's speech, which started with the opening speech, was delivered by Lecturer Buse Kerigan continued with her speech. Lecturer Buse Kerigan talked about the institution of family and explained domestic violence, types of violence and its effects. In the same report, 43% of children aged 7-18 were exposed to physical abuse, 51% to emotional abuse, and 25% to neglect. Saying that 10% of them witnessed sexual abuse, Kerigan emphasized that the children exposed to emotional violence are more aggressive, timid, do not enjoy working, and feel insignificant. Kerigan ended her speech by giving suggestions to families and highlighting the importance of body language.



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30 Nisan 2021 Cuma

Ebeveynlere aile içi şiddet konusunda eğitim verildi

Dr. Öğr. Üyesi Berrak Dumluoğlu'nun açılış konuşması ile başlayan söyleşi Öğr. Gör. Buse Kerigan'ın konuşması ile devam etti. Öğr. Gör. Buse Kerigan aile kurumuna değinerek aile içi şiddet, şiddet türlerini ve etkilerini anlattı. 7-18 yaş çocukların %43'ünün fiziksel istismara, %51'inin duygusal istismara, %25'nin de ihmale maruz kaldığı, aynı raporda 7-18 yaş arası çocukların %56'sının fiziksel istismara, %49'unun duygusal istismara ve %10'unun cinsel istismara tanık olduğunu söyleyen Kerigan duygusal şiddete maruz kalan çocukların ise daha saldırgan, ürkek, iş yapmaktan keyif almayan, kendini önemsiz hissedilen çocuklar olduğunu vurguladı. Kerigan ailelere öneriler vererek ve ben dilinin önemine değinerek konuşmasını sonlandırdı.

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4 QUALITY EDUCATION



8-Report On Health Literacy Published: It Increases Health Costs and Chronic Diseases

<https://gelisim.edu.tr/en/news/report-on-health-literacy-published-it-increases-health-costs-and-chronic-diseases>

Stating that health costs increase in case of low health literacy level, Istanbul Gelisim University Faculty of Health Sciences Deputy Dean Asst. Prof. Abdullah Yüksel BARUT said, "This situation brings up the increase in our health costs. When a country's health literacy is low, its spending on health has to increase. We are moving away from preventive medicine. However, if the individual had access to information and used it to improve health, the costs would decrease. First guard medicine and public health will be protected. The Ministry of Health will evaluate what needs to be done through this questionnaire, but when we look at the basics, it is necessary to give the individual's first education on how to access health information, how to understand it, how to evaluate it and improve its health. When the education of these concepts is given to the individual, the health expenses of the country will also decrease." said. Emphasizing the need to raise awareness of the society on health literacy, Faculty of Health Sciences Lecturer Bahar Kanbur made various suggestions.



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Report On Health Literacy Published: It Increases Health Costs and Chronic Diseases

With "Turkey's Health Literacy Levels and Related Factors Survey" which was conducted over 6 thousand 228 households by Directorate General for Health Improvement (DGHI), health literacy levels were determined at the national level. According to the survey, approximately 7 out of 10 people in Turkey were found to have limited or inadequate levels of health literacy. Dr. Yüksel Barut said: "When we look at the study, we see that 4 processes are being examined. As a result, scary numbers emerge. We see that 68 percent of the society does not have health literacy. When a country has low health literacy, health spending and individuals' chronic illnesses is apt to increase."



Based on the conceptual frame reference of European Health Literacy, Turkey Health Literacy Scale-32 (Tsoy-32) has been developed through a group of studies that were carried out by Directorate General of Health Improvement (DGHI) in order to measure health literacy level. Within the scope of "Turkey's Health Literacy Levels and Related Factors Survey", which has been conducted over 6

thousand 228 households, health literacy levels were determined at the national level. In the survey, how the level of health literacy varies according to demographic characteristics, socioeconomic conditions and communication tools that are stated has been examined to be used as a source of information on health-related issues. According to the examination, it was seen that 30.9 percent of the respondents were inadequate, 38 percent were problematic-limited, 23.4 percent were adequate, and 7.7 percent were excellent considering the level of health literacy determined by

3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



9-How Does Poverty Affect Women's Health? What Are the Roles of Nurses?

<https://sbf.gelisim.edu.tr/en/akademik-department-nursing-news-how-does-poverty-affect-womens-health-what-are-the-roles-of-nurses-2381>

In the news organized by the Faculty of Health Sciences Nursing Department on 07.04.2021 to draw attention to the effects of poverty on women's health, poverty causes inability to make a living, unbalanced nutrition, hunger, inability to access health services, and as a result, loss of health, illness or death occurs. The segment with the highest poverty rate is women. Poverty is more intense in this segment as women's employment does not reach a sufficient level, they cannot receive education and they are exposed to social discrimination. Women's poverty is a serious problem that needs to be solved all over the world. The nurse should be able to identify these problems and guide poor women in accessing health services.



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14 April 2021 Wednesday
How Does Poverty Affect Women's Health? What Are the Roles of Nurses?

In addition to lack of income and opportunities, poverty also refers to social deprivation, unfair resource distribution and powerlessness.

Due to poverty, inability to earn a living, malnutrition, hunger, inability to access health services and as a result of these, loss of health, illness or death occurs.

The segment where poverty is seen the most is women. Poverty is more intense in this segment as a result of the inadequate level of women's employment, lack of education and social discrimination. Poverty of women emerges as a serious problem that needs to be solved all over the world.

Income level affects performing and maintaining healthy life behaviors and accessing treatment opportunities in case of illness. Health services are expensive and inaccessible for individuals with low income. Poor women cannot afford medication for economic reasons.

When the health perceptions of poor women are examined, it is stated that the perception of health is low and it continues to decrease as the age gets older.



10-Presentation of "Recognition and Evaluation of the Child" was held

<https://sbf.gelisim.edu.tr/bolum/cocuk-gelisimi-327/haber/cocugu-tanima-ve-degerlendirme-sunumu-gerceklesti>

In the 50-minute presentation, Prof. Doc. Meziyet Arı talked about the importance of developmental assessment in early childhood, the points to be considered in assessment, types of formal and informal assessments, and especially the benefits of developmental assessment results for children, families and society. He emphasized the importance of play and drawing activities in the evaluation of childhood. By explaining the formative and summative approaches in the evaluation of learning in the classroom, referring to the Ministry of National Education Pre-School Education Program, of which he was among the first developers, our main goal is to raise students and citizens who are competent, critical, creative thinkers, innovative and problem solvers, effective communicators, collaborators, responsible students and citizens. stressed.



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Yatay Geçiş	

29 Nisan 2021 Perşembe

“Çocuğu Tanıma ve Değerlendirme” sunumu gerçekleştirildi

23 Nisan 2021 tarihinde “OMEP Dünya Erken Çocukluk Eğitimi Organizasyonu” Dünya Başkanı Mercedes Mayol Lassalle ve Avrupa Başkanı Ingrid Engdahl katılımı ile gerçekleştirilmiş ve 3 gün devam etmiştir.

23 Nisan Milli Egemenlik ve Çocuk Bayramı kutlamaları ile başlayan bu toplantıda Üniversitemizden Prof. Dr. M. Meziyet Arı tarafından “Çocuğu Tanıma ve Değerlendirme” başlıklı bir sunum yapılmıştır.

Prof. Dr. M. Meziyet Arı 50 dakikalık sunumunda erken çocukluk döneminde gelişimsel değerlendirme önemine, değerlendirmede dikkat edilmesi gereken hususlara, formal ve informal değerlendirme türlerine ve özellikle gelişimsel değerlendirme sonuçlarının çocuk, aile ve toplum açısından yararlarına değindi. Çocukluk döneminde oyun ve çizim faaliyetlerinin değerlendirmedeki önemini vurguladı. Sınıfta öğrenimin değerlendirilmesinde biçimleyici ve özetleyici yaklaşımları anlatarak, ilk geliştiriciler kurulu arasında bulunduğu Millî Eğitim Bakanlığı Okul Öncesi Eğitimi Programına değinerek, temel hedefimizin müfredat hedeflerinde yetkin, eleştirel yaratıcı düşünen, yenilikçi ve problem çözücü, etkili iletişimci, işbirliği yapan, sorumlu öğrenci ve vatandaş yetiştirmek olduğunu vurguladı.



11-Strategies for Coping with Anxiety in the Pandemic Workshop was held

<https://sbf.gelisim.edu.tr/bolum/cocuk-gelisimi-327/haber/%E2%80%98pandemide-kaygiyla-bas-etme-stratejileri-atolyesi-gerceklesti>

As strategies to cope with anxiety; It was mentioned that first of all, it is important to start with accepting that this situation is difficult for all of us and it is normal for us to feel anxiety, and then identifying the negative thoughts underlying the anxiety and replacing them with "objective alternative thoughts" can reduce the feeling of excessive anxiety.



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10 Mayıs 2021 Pazartesi

'Pandemide Kaygıyla Baş Etme Stratejileri Atölyesi' gerçekleşti

Atölyede ağırlıklı olarak kaygı duygusunun altında yatan sebeplerinden birinin "olumsuz düşünceler ve belirsizliğe tahammülsüzlük" olduğundan bahsedilmiştir. Yoğun kaygı altında iken aklımızdan ilk en kötü düşüncenin geçtiği ve bu düşünceden başka ihtimallerin de olduğunun farkında olmama durumundan söz etmiştir.

Kaygı ile baş etme stratejileri olarak; önce hepimizin yaşadığı bu durumun zor olduğunu ve kaygı duygusunu hissetmemizin normal olduğunu kabul etmek ile başlamanın önemine vurgu yapıp ardından kaygının altında yatan olumsuz düşünceleri tespit edip onları "objektif alternatif düşünceler" ile değiştirmenin aşırı kaygı duygusunu azaltabileceğinden bahsetmiştir. Dahası, nefes egzersizleri, mindfulness tekniklerinin öneminden, kişiye iyi gelen kaynaklara sığınıp "aktivite planı" listesi hazırlamanın öneminden ve özellikle bu zamanlarda fiziksel olarak uzak olsak da teknolojik araçlar yardımıyla sevdiğimizle sosyal açıdan iletişim halinde olmanın sosyal destek kaynaklarımıza sığınmanın öneminden bahsetmiştir. Ayrıca, bu dönemin de her zorlu koşullar gibi geçici bir dönem olduğunun hatırlanılmasının kişiye iyilik hali vereceğine değinmiştir. Kaygının da her duygu gibi yaşanılması gereken ve bize bilgi veren bir duygu olduğundan az miktarda kaygının işlevselliğinden aşırı kaygının yıkıcı etkilerinden bahsedip bu durum ile baş edemeyen bireylerin uzmanlardan destek almasının önemine vurgu yapmıştır.



12- 31 May No Tobacco Day

<https://sbf.gelisim.edu.tr/bolum/cocuk-gelisimi-327/haber/31-mayis-tutune-hayir-gunu>

Every year, 7 million people in the world die due to smoking. 19,100 people die in a day in the world due to diseases caused by smoking. In the article, where the harms of tobacco are mentioned, suggestions that can be applied to quit smoking are given.

10 steps to quit smoking:

- Determine your quit day,
- Remove all cigarettes, lighters, matches and ashtrays around you.
- Set small goals
- Find distractions to distract yourself
- Brush your teeth and take a shower often
- Take care of your diet, drink plenty of water
- Avoid factors that will trigger your urge to smoke



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- Prevent your urge to smoke by chewing gum or drinking herbal tea
- Get fresh air, move
- If you want a cigarette, take 10 deep breaths

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31 Mayıs 2021 Pazartesi

31 Mayıs Tütüne Hayır Günü

Sağlıklı yaşam davranışlarına baktığımızda; yeterli ve dengeli beslenme, yeterli sürede ve düzenli uyku, stresle baş etme, düzenli ve yeterli egzersiz yapma, tütün ve alkol kullanmama, kendi sorumluluğunu alma ve hijyen koşullarına uyma önemlidir. Dünyada her yıl 7 milyon kişi sigara nedeniyle yaşamını kaybetmektedir. Dünyada bir günde 19.100 kişi sigaradan kaynaklanan hastalıklar nedeniyle hayatını kaybetmektedir. Tütün, dünyada en çok suistimal edilen maddelerden biridir. Nikotin, tütündeki temel bağımlılık yapan kimyasaldır. Sigara, nargile, pipo içme veya dumanının solunması zamanla kişide psikolojik ve fiziksel bağımlılık oluşturur. Tütün ürünlerinde 4000'den fazla kimyasal madde bulunmaktadır. Tütünün yılda 6 milyon ölüme neden olduğu tahmin edilmektedir.

Kalp ve damar hastalıkları, bronşların daralması sonucu akciğer rahatsızlıkları ve kronik obstrüktif akciğer hastalığı, damarlarda tıkanma ve buna bağlı felç, midede gastrit, ülser ve mide kanseri, ciltte sararma, kırışıklık, cilt kanseri, ağız kokusu ve dişlerde sararma yol açtığı önemli sağlık sorunlarıdır.

Sigarayı bıraktıktan 2 saat sonra nikotin vücudu terk etmeye başlar, 6 saat sonra kalp atış hızı ve kan basıncı düşmeye başlar. 12 saat sonra sigara dumanından kaynaklanan zehirli karbonmonoksit kan dolaşımınızdan temizlenir ve ciğerlerinizin daha iyi çalışmasını sağlar. 2 gün sonra tat ve koku duyularınız keskinleşir. 2-



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Courses

NUTRITION AND DIETETICS

1- BEY241 NUTRITION EDUCATION AND COUNSELING

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
BEY241	NUTRITION EDUCATION AND COUNSELING	3	2	2	2

It aims to gain basic knowledge, skills, and attitudes about nutrition education and counseling. Course content; definition and importance of education; learning theories; teaching principles and methods; teaching strategies; nutrition education; factors affecting food choice; correcting the knowledge, attitudes, and behaviors of consumers; developing and evaluating nutrition education programs; preparing nutrition education materials and materials; nutrition education in children and adults; mobile in



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nutrition education/web-based technologies; and distance education communication and consultancy literacy and nutrition literacy to develop an exemplary education program on nutrition education.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=10239&bolumID=311&fakulteID=17&langID=2>



2-BEY 249 FOOD TOXICOLOGY (Elective course)

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY249	BESİN TOKSİKOLOJİSİ	3	3	3	6

It aims to provide information on toxic compounds that can be found in foods and the effects of these components on human health and legal regulations regarding toxic components. In the content of the course: Natural compounds and chemical pollutants that can be found in foods and may cause toxic effects, Effects of pollutants on human health; legal regulations on food toxicology.

<https://gbs.gelisim.edu.tr/ders-detay-17-311-10302-2>



3-BEY253 TOPLUM BESLENMESİNE GİRİŞ (Elective course)

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY253	TOPLUM BESLENMESİNE GİRİŞ	3	3	3	6

To inform the students about the methods of determining their nutritional status, the problems encountered in society related to nutrition, and the solution methods. This course includes topics like: definition and content of community nutrition; nutrition epidemiology; institutions and organizations that carry out worldwide studies on community nutrition and their duties; methods of determining nutritional status; gold standards used in nutritional anthropometry; problems related to nutrition in the community; clinical signs of nutritional deficiency; biomarkers; biochemical methods, hematological methods, health statistics, age-specific mortality and morbidity rates; food consumption studies; ecological factors; and evaluation of homework.

<https://gbs.gelisim.edu.tr/ders-detay-17-311-10309-2>





4-BEY 246 PUBLIC HEALTH NUTRITION

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
BEY246	PUBLIC HEALTH NUTRITION	4	2	2	3

It aims to evaluate nutritional principles by examining the epidemiology of nutritional problems in our country and in the world and to gain knowledge and attitudes about national food and nutrition plans and policies. The course includes the determination of the nutritional status of society and individuals; general nutrition principles; epidemiology; and policies on common nutritional problems in society.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=10274&bolumID=311&fakulteID=17&langID=2>



5-BEY343E NUTRITIONAL THERAPY AND PRACTICES IN CHILDHOOD DISEASES I

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY343E	NUTRITIONAL THERAPY AND PRACTICES IN CHILDHOOD DISEASES I	5	4	3	5

It is aimed at providing information on nutrition-related pediatric diseases, energy and nutrient requirements, and nutrition therapy planning for diseases. This course covers nutrition-related diseases in children, case follow-up in the clinic, methods of determining the nutritional status of children, nutritional principles, problems and recommendations, calculation of energy and nutrient requirements and appropriate diet therapy in premature babies, acute gastroenteritis, malnutrition, carbohydrate, protein, and fat malabsorption, some pediatric diseases, and includes planning applications.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=10248&bolumID=311&fakulteID=17&langID=2>

BEY343 ÇOCUK HASTALIKLARINDA BESLENME TEDAVİSİ VE UYGULAMALARI I

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY343	ÇOCUK HASTALIKLARINDA BESLENME TEDAVİSİ VE UYGULAMALARI I	5	4	3	5

<https://gbs.gelisim.edu.tr/ders-detay-17-311-10248-1>



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6-BEY346E NUTRITIONAL THERAPY AND PRACTICES IN ADULT DISEASES II

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY346E	NUTRITIONAL THERAPY AND PRACTICES IN ADULT DISEASES II	6	4	3	5

It aims to gain knowledge and skills about adapting personalized medical nutrition therapies by taking anamnesis information according to different clinical pathological conditions. This course covers nutrition-health relationships, dietitian duties and powers in clinical studies, nutritional status determination, diet planning principles, obesity, weakness, eating disorders, diabetes, cardiovascular diseases, hypertension, digestive system diseases, liver, gallbladder, and pancreatic diseases, inflammation, infectious diseases, and movement system diseases.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=10279&bolumID=311&fakulteID=17&langID=2>

BEY346 YETİŞKİN HASTALIKLARINDA BESLENME TEDAVİSİ VE UYGULAMALARI II

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY345	YETİŞKİN HASTALIKLARINDA BESLENME TEDAVİSİ VE UYGULAMALARI I	5	4	3	5

<https://gbs.gelisim.edu.tr/ders-detay-17-311-10250-1>



7-BEY347E COMMUNITY NUTRITIONAL ASSESSMENT

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY347E	COMMUNITY NUTRITIONAL ASSESSMENT	5	2	2	4

It aims to learn and explain the methods of determining community nutrition and nutritional status, and to gain knowledge about the application of these methods in determining the nutritional status of sick and healthy individuals. The content of this course includes national and international food and nutrition policies on community nutrition, methods for determining nutritional status, and screening tests for nutritional status.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=10252&bolumID=311&fakulteID=17&langID=2>

BEY347 TOPLUMDA BESLENME DURUMUNUN SAPTANMASI



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Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY347	TOPLUMDA BESLENME DURUMUNUN SAPTANMASI	5	2	2	4

<https://gbs.gelisim.edu.tr/ders-detay-17-311-10252-1>



8-BEY344E NUTRITIONAL THERAPY AND PRACTICES IN CHILDHOOD DISEASES II

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY344E	NUTRITIONAL THERAPY AND PRACTICES IN CHILDHOOD DISEASES II	6	4	3	5

It is aimed at providing information on nutrition-related pediatric diseases, energy and nutrient requirements, and nutrition therapy planning for diseases. The content of this course includes enteral and parenteral nutrition in children, properties of formulas and products specific to diseases, oncological diseases, bone marrow transplantation, infectious diseases, neurological diseases, congenital protein, fat, carbohydrate metabolism disorders, liver and pancreas diseases, children with attention deficit and hyperactivity disorder, disabled In children, nutritional anemia, burns and injuries, food allergies, nutritional principles, problems and suggestions for diseases, energy and nutrient requirements are calculated, and diet therapy planning is available.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=10252&bolumID=311&fakulteID=17&langID=2>

BEY344 ÇOCUK HASTALIKLARINDA BESLENME TEDAVİSİ VE UYGULAMALARI II

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY344	ÇOCUK HASTALIKLARINDA BESLENME TEDAVİSİ VE UYGULAMALARI II	6	4	3	5

<https://gbs.gelisim.edu.tr/ders-detay-17-311-10278-1>



9-BEY453E NUTRITION AND CANCER

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY453E	NUTRITION AND CANCER	7	3	3	6



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It aims to gain knowledge about the formation and pathogenesis of cancer, how to alleviate these conditions with nutritional programs by knowing the side effects of various treatment methods and teaching the effectiveness of nutrition in preventing cancer, and to develop problem-solving skills, for example, and discovery skills by using information. The content of this course is cancer and the mechanism of cancer formation, its prevalence, treatment methods, nutritional practices in cancer patients, the effects of nutrients and nutritional components on the formation and process of cancer, appropriate nutritional support products used, and how nutritional carcinogens are processed.

<https://gbs.gelisim.edu.tr/ders-detay-17-312-13254-1>

BEY453 BESLENME VE KANSER

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY453	BESLENME VE KANSER	7	3	3	6

<https://gbs.gelisim.edu.tr/ders-detay-17-311-13244-1>



CHILD DEVELOPMENT

1- CGY141E MATERNAL AND CHILD NUTRITION

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
CGY141E	MATERNAL AND CHILD NUTRITION	1	2	2	3

It aims to gain knowledge and attitudes about the physiological, metabolic, and endocrine changes during pregnancy and lactation, the principles of nutrition in this period, and the importance of nutrition in infancy, childhood, and adolescence. This course covers general nutrition concepts, the pregnancy-breastfeeding period, 0-1 year old, pre-school, school-age children, and adolescent nutrition problems, as well as adequate and balanced nutrition principles.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=11130&bolumID=328&fakulteID=17&langID=2>

CGY141 ANNE ÇOCUK BESLENMESİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
CGY141	ANNE ÇOCUK BESLENMESİ	1	2	2	3

<https://gbs.gelisim.edu.tr/ders-detay-17-327-10996-1>



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2- CGY250E PUBLIC HEALTH

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
CGY250E	CGY 250 E PUBLIC HEALTH	4	2	2	3

It aims to increase knowledge and attitudes about the health conditions affecting individuals in society and the importance of preventive health services. The content of this course includes: the concept of public health, public health service areas, the purpose of health services, preventive health services, maternal health, child health, family planning, and education, immunization, community nutrition, home care, school health, community mental health, infectious diseases.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=12087&bolumID=328&fakultelD=17&langID=2>

CGY250 HALK SAĞLIĞI

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
CGY250	HALK SAĞLIĞI	4	2	2	3

<https://gbs.gelisim.edu.tr/ders-detay-17-327-12075-1>



3-CGY311E FAMILY PLANNING EDUCATION

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
CGY311E	FAMILY PLANNING EDUCATION	5	3	3	6

It aims to gain knowledge and attitudes about the basic concepts of family planning, the reasons for family planning, and effective methods used in family planning. The content of this course includes basic concepts about family planning, reasons for family planning, effective methods used in family planning, and the importance of counseling, family planning studies in Turkey, traditional methods in family planning, and sexually transmitted diseases.

<https://gbs.gelisim.edu.tr/ders-detay-17-328-5993-2>

CGY311 AİLE PLANLAMASI EĞİTİMİ





Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
CGY311	AİLE PLANLAMASI EĞİTİMİ	5	3	3	6

<https://gbs.gelisim.edu.tr/ders-detay-17-327-3345-1>



4-CGY244 GELİŞİM PSİKOLOJİSİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
CGY244	GELİŞİM PSİKOLOJİSİ	2	3	3	4

This course is aimed at gaining knowledge and skills related to the evaluation of different developmental areas and developmental progress in early childhood, within the framework of the basic principles, concepts, and theories of development. developmental periods, a lifelong perspective on human development and the nature of development, developmental theories and research, the biological basis of development, prenatal development, birth, development in infancy, development in early childhood, development in middle and late childhood, young adulthood, middle adulthood, and advanced adult topics.

<https://gbs.gelisim.edu.tr/ders-detay-17-313-11501-1>



SPEECH AND LANGUAGE THERAPY

1-DKT203 ÇOCUK SAĞLIĞI VE NÖROLOJİK GELİŞİM

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
DKT203	ÇOCUK SAĞLIĞI VE NÖROLOJİK GELİŞİM	3	3	3	6

This course aims at recognizing the developmental processes of childhood and raising awareness among students about childhood diseases and syndromes. In the course, normal brain development and developmental stages, risk factors causing disability, mental retardation in terms of pediatric neurology; causes and approach of hearing loss in children, diagnosis and follow-up of cerebral palsy, seizure, and epilepsy, definition of febrile seizure and first aid; language and speech delay in children and their causes, neurological problems with autistic symptoms and their effects on language development, teamwork in neurological diseases; and physical child abuse

<https://gbs.gelisim.edu.tr/ders-detay-17-313-11377-1>





FİZYOTERAPİ VE REHABİLİTASYON

1- FTY454E PREVENTIVE PHYSIOTHERAPY AND REHABILITATION

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY454E	PREVENTIVE PHYSIOTHERAPY AND REHABILITATION	8	3	3	6

The course aims to define the conditions that affect health, plan the services for the protection of health and teach preventive physiotherapy services. The concept of health, health protection methods, health legislation, and the duties of the physiotherapist profession in the field of preventive health are covered in the subject.

<https://gbs.gelisim.edu.tr/ders-detay-17-316-13321-2>

FTY454 KORUYUCU FİZYOTERAPİ VE REHABİLİTASYON

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY454	KORUYUCU FİZYOTERAPİ VE REHABİLİTASYON	8	3	3	6

<https://gbs.gelisim.edu.tr/ders-detay-17-315-13309-1>



2- FTY448E EXERCISE AND PHYSICAL ACTIVITY FOR HEALTH

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY448E	EXERCISE AND PHYSICAL ACTIVITY FOR HEALTH	8	3	3	6

It aims to introduce the concepts of health and physical activity and to evaluate the importance of activities and exercises in a healthy and quality life. The definition of health, physical activity, sports and exercise, physical fitness parameters and evaluation, exercise indications, contraindications, and prescribing are included in the course content.

<https://gbs.gelisim.edu.tr/ders-detay-17-316-13318-2>

FTY448 SAĞLIK İÇİN EGZERSİZ VE FİZİKSEL AKTİVİTE



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Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY448	SAĞLIK İÇİN EGZERSİZ VE FİZİKSEL AKTİVİTE	8	3	3	6

<https://gbs.gelisim.edu.tr/ders-detay-17-315-13307-1>



3-FTY409E GERIATRIC REHABILITATION

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY409E	GERIATRIC REHABILITATION	7	3	3	6

It is aimed at understanding the physiological changes that occur with aging, comprehending the necessary evaluation and exercise programs for healthy and disabled elderly people, and raising awareness about healthy aging and quality of life. It includes physiological changes that occur with aging, functional assessment methods, the application of clinical decision-making processes, projects, and case studies.

<https://gbs.gelisim.edu.tr/ders-detay-17-316-6212-1>

FTY409 GERİATRİK REHABİLİTASYON

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY409	GERİATRİK REHABİLİTASYON	7	3	3	6

<https://gbs.gelisim.edu.tr/ders-detay-17-315-6034-1>



4- FTY348E PHYSIOTHERAPY IN WOMEN AND MEN HEALTH

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY348E	PHYSIOTHERAPY IN WOMEN AND MEN HEALTH	6	3	3	6

It aims to inform students about evaluation and appropriate physiotherapy approaches in the subjects in which the physiotherapist plays a role in women's and men's health. It is a course that includes the definition, classification, and evaluation of the problems





covered by Physiotherapy in Women's and Men's Health, preventive approaches, and the selection of different physiotherapy approaches that can be applied.

<https://gbs.gelisim.edu.tr/ders-detay-17-316-12710-2>

FTY348 KADIN VE ERKEK SAĞLIĞINDA FİZYOTERAPİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY348	KADIN VE ERKEK SAĞLIĞINDA FİZYOTERAPİ	6	3	3	6

<https://gbs.gelisim.edu.tr/ders-detay-17-315-12699-1>



NURSING

1- HEY243E INFECTIOUS DISEASES NURSING

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
HEY243E	INFECTIOUS DISEASES NURSING	3	2	2	3

It aims to gain knowledge and skills to understand the responsibilities of nurses in infectious diseases. The content of this course; developmental stages, life-long perspective on human development and the nature of development, developmental theories and development research, biological basis of development, prenatal development, birth, development in infancy, development in early childhood, development in middle and late childhood, young adulthood, middle adulthood, and advanced adulthood.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=12132&bolumID=319&fakulteID=17&langID=2>

HEY243 ENFEKSİYON HASTALIKLARI HEMŞİRELİĞİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY243	ENFEKSİYON HASTALIKLARI HEMŞİRELİĞİ	3	2	2	3

<https://gbs.gelisim.edu.tr/ders-detay-17-318-12122-1>



2-HEY341E WOMENS HEALTH AND DISEASES NURSING



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Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
HEY341E	WOMENS HEALTH AND DISEASES NURSING	5	12	8	9

It is aimed at gaining knowledge and skills about the reproductive system in every woman's cycle. In the content of the course; basic concepts and indicators related to female reproductive health, roles and functions of female health nurse, female and male reproductive organ anatomy and physiology, human reproductive physiology and the formation of pregnancy, gender discrimination and its reflections on women's health, characteristics of female life stages and health needs, prenatal period and care, pregnancy follow-up and examination, education and counseling for the pregnant woman and her family, genetic counseling and preconceptional care, evaluation of fetal health, risky conditions and care during pregnancy, normal delivery and care, physiology of sexual act and lifelong sexual health, sexual orientation, sexual problems and myths, gynecological diseases, protection and care from benign and malignant formations.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=12715&bolumID=319&fakulteID=17&langID=2>

HEY341 KADIN SAĞLIĞI VE HASTALIKLARI HEMŞİRELİĞİ

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
HEY341	KADIN SAĞLIĞI VE HASTALIKLARI HEMŞİRELİĞİ	5	12	8	9

<https://gbs.gelisim.edu.tr/ders-detay-17-318-12711-1>



3-HEY342E CHILDRENS HEALTH AND DISEASES NURSING

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
HEY342E	CHILDRENS HEALTH AND DISEASES NURSING	6	12	8	9

In line with family-centered care and holistic health care philosophy, it aims to develop, protect, and maintain the health of children, families, and society, and to gain knowledge and skills related to deviations from health. The content of this course includes: history of pediatric nursing, pediatric nursing, child health status, growth and development, neonatal diseases, nutrition in childhood, evaluation of nutrition, nutritional disorders, hygiene, sleep, play, communication with the child, approach to the sick child and his family, systems in childhood (respiratory, heart and circulation, digestion, nervous, musculoskeletal, genitourinary, endocrine, hematology, oncology), common problems and nursing care, frequent accidents in childhood, child abuse and neglect, child rights.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=12717&bolumID=319&fakulteID=17&langID=2>

HEY342 ÇOCUK SAĞLIĞI VE HASTALIKLARI HEMŞİRELİĞİ



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Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY342	ÇOCUK SAĞLIĞI VE HASTALIKLARI HEMŞİRELİĞİ	6	12	8	9

<https://gbs.gelisim.edu.tr/ders-detay-17-318-12713-1>



3- HEY442E PUBLIC HEALTH NURSING

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY442E	PUBLIC HEALTH NURSING	8	12	8	9

The aim of the course is to gain knowledge and skills about the basic principles and practices of public health nursing. Lesson; general concepts and health problems in public health, health protection levels, early diagnosis and screening methods, health promotion and health education to the community. It introduces the different branches of the nursing department, such as family health, school health, elderly health, occupational health, and environmental health.

<https://gbs.gelisim.edu.tr/ders-detay-17-319-13331-1>

HEY442 HALK SAĞLIĞI HEMŞİRELİĞİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY442	HALK SAĞLIĞI HEMŞİRELİĞİ	8	12	8	9

<https://gbs.gelisim.edu.tr/ders-detay-17-318-13325-1>



4- HEY416E SEXUAL HEALTH

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY416E	SEXUAL HEALTH	8	3	3	6

<https://gbs.gelisim.edu.tr/ders-detay-17-319-6282-2>

It aims to provide information about sexual health, the development of sexual health and sexual health care. The content of this course includes: introduction to sexual health, history of sexuality, view of sexual health in societies, theories about sexual health,





psychosocial dimension of sexuality, sexual development according to life stages, physiology of sexual act, sexual dysfunctions, sexual rights, sexually transmitted infections and protection, contraception, nursing In this process, there are approaches to sexual problems and an evaluation of sexual health.

HEY416 CİNSEL SAĞLIK

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY416	CİNSEL SAĞLIK	8	3	3	6

<https://gbs.gelisim.edu.tr/ders-detay-17-318-5743-1>



5- HEY419E NEWBORN NURSING

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY419E	NEWBORN NURSING	7	3	3	6

<https://gbs.gelisim.edu.tr/ders-detay-17-318-12711-1>

It is aimed at giving the care characteristics of newborns and newborns at risk. Course content; It covers neonatal nursing, the neonatal period, evaluation of newborn health, and care of healthy and risky newborns.

HEY419 YENİDOĞAN HEMŞİRELİĞİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY419	YENİDOĞAN HEMŞİRELİĞİ	7	3	3	6

<https://gbs.gelisim.edu.tr/ders-detay-17-318-6217-1>



6- HEY441E MENTAL HEALTH AND DISEASES NURSING

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
HEY441E	MENTAL HEALTH AND DISEASES NURSING	7	12	8	9

It is aimed at protecting mental health and gaining knowledge, skills, and attitudes about care, education, and rehabilitation in case of illness. In the content of the course, basic concepts in mental health and diseases general symptoms of mental illnesses, mental



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disorders in childhood and adolescence and nursing approach, personality disorders and nursing approach, crisis, stress, anxiety, somatoform disorders, mood disorders, schizophrenia and psychotic disorders, alcohol-substance addiction There are special areas in nursing, eating disorders, sexual dysfunction, mental health, and diseases.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=13328&bolumID=319&fakulteID=17&langID=2>

HEY441 RUH SAĞLIĞI VE HASTALIKLARI HEMŞİRELİĞİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY441	RUH SAĞLIĞI VE HASTALIKLARI HEMŞİRELİĞİ	7	12	8	9

<https://gbs.gelisim.edu.tr/ders-detay-17-318-13322-1>



7-HEY308E ONCOLOGY NURSING

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY308E	ONCOLOGY NURSING	6	3	3	6

It aims to gain knowledge and skills about the basic concepts of oncology nursing and evidence-based approaches in nursing care. This course covers the following topics: cancer definition and classification, epidemiology, carcinogenesis, risk factors, diagnostic methods, nurse role in early diagnosis and prevention, symptom management, treatment management, chemotherapy and nursing approach, radiotherapy and nursing approach, bone marrow depression and nursing approach, mucositis and nursing approach, nausea-vomiting and nursing approach, nutrition and nursing approach, and cancer rehabilitation.

<https://gbs.gelisim.edu.tr/ders-detay-17-319-12719-2>

HEY308 ONKOLOJİ HEMŞİRELİĞİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY308	ONKOLOJİ HEMŞİRELİĞİ	6	3	3	6

<https://gbs.gelisim.edu.tr/ders-detay-17-318-6231-1>



PERFUSION



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1-PER108 HEART DISEASES

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
PER108	HEART DISEASES	2	2	2	4

It is aimed at gaining knowledge of the definition, physiopathology, diagnosis, and treatment methods of cardiovascular diseases, to the extent required by the profession. Heart diseases, physiopathology of coronary artery disease, diagnosis of coronary artery disease and accompanying pathologies of coronary artery disease, treatment methods of coronary artery disease are included in the course content.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=7625&bolumID=322&fakulteID=17&langID=2>



2-PER443 SAĞLIĞIN KORUNMASI VE GELİŞTİRİLMESİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
PER443	SAĞLIĞIN KORUNMASI VE GELİŞTİRİLMESİ	7	3	3	6

It is aimed at gaining knowledge about planning, applying, and evaluating behavior change strategies in gaining healthy lifestyle behaviors. Health protection and promotion concepts, social-cultural factors affecting health and disease, behavior change processes, health promotion programs, nutrition and weight control, the role of nutrition in protecting and improving health, factors affecting nutritional behaviors, positive nutritional behaviors, roles of health personnel, exercise management It includes topics such as coping with stress, smoking cessation, behavioral techniques that facilitate smoking cessation, and safe sex.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=11104&bolumID=322&fakulteID=17&langID=2>



3-PER444 DEONTOLOJİ- DEONTOLOGY

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
PER444	DEONTOLOJİ	8	2	2	6





Its goal is to explain the ethics, moral rules, and value system, as well as to learn about defining the virtues, values, and ethical codes that health workers should possess. It includes the concepts of ethics and the virtues and values that a health worker should have as a subject.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=11117&bolumID=322&fakulteID=17&langID=2>



4-PER447 SAĞLIK SOSYOLOJİSİ VE ANTROPOLOJİSİ-HEALTH SOCIOLOGY AND ANTHROPOLOGY

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
PER447	SAĞLIK SOSYOLOJİSİ VE ANTROPOLOJİSİ	7	3	3	6

It aims to gain knowledge and skills related to health, sociology, and anthropology. Sociology and health sociology, health and demographic characteristics, concepts of disease and illness, social factors affecting the health-disease phenomenon, socio-cultural structure and health-disease relationship, urbanization, industrialization and environmental health and health relationship, comparative health systems, traditional medicine, alternative medicine. It includes topics such as medicine and society, health personnel-patient relations.

<https://gbs.gelisim.edu.tr/ders-detay-17-322-11096-1>



HEALTH MANAGEMENT

1- SYY243 COMPARATIVE HEALTH SYSTEMS AND HEALTH POLICIES

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
SYY243	COMPARATIVE HEALTH SYSTEMS AND HEALTH POLICIES	3	3	3	6

It aims to evaluate and examine the health systems and health policies of countries with different socio-economic levels with a comparative perspective, and accordingly, to provide a perspective on health systems with new solution proposals. The course covers the evaluation of health systems from past to present, the examination of national health policies and the factors affecting them, the examination of health policies and practices in Turkey, the evaluation of general health insurance implementation, and the comparison of country models according to practices.

<https://gbs.gelisim.edu.tr/ders-detay-17-324-12154-1>





2- SYY451 ULUSLARARASI SAĞLIK İŞLETMECİLİĞİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
SYY451	ULUSLARARASI SAĞLIK İŞLETMECİLİĞİ	7	3	3	6

The course SYY451 International Health Management aims to investigate in depth the examples, functioning, and characteristics of health enterprises, health services, and systems around the world and in Turkey. The contributions of health systems to the country's health and quality of life are covered.

<https://gbs.gelisim.edu.tr/ders-detay-17-324-13349-1>



3- SYY344 QUALITY MANAGEMENT IN HEALTH INSTITUTIONS

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
SYY344	QUALITY MANAGEMENT IN HEALTH INSTITUTIONS	6	3	3	4

Understanding the basic theoretical knowledge and skills related to quality management in health institutions, understanding the basic concepts, principles, and techniques necessary for the effective management of quality in health institutions in today's changing conditions, and understanding quality processes and practices in Turkey's health care system in the light of patient and employee safety principles. It is intended to provide an understanding of the concept of quality. The content of the course includes the concept of quality, the historical development of quality, quality management, quality and leadership, self-esteem, ethics, quality management in health services, continuous quality improvement in health, patient rights, and accreditation.

<https://gbs.gelisim.edu.tr/ders-detay-17-324-12737-1>



4- SYY346 EPIDEMIOLOGY

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
SYY346	EPIDEMIOLOGY	6	2	2	3



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The aim of this course is to enable students to apply their existing knowledge to improve the health of society, to use research methods to comprehend the determinants of health and disease states, and to develop competencies in analysis, synthesis, and planning by providing students with the necessary knowledge and skills to evaluate the health status of the community. It includes the basic concepts of epidemiology, the characteristics of epidemiological studies, the interaction of agents with the environment and humans; the application areas of epidemiology (infectious diseases, cardiovascular diseases, cancer epidemiology) and topics related to epidemiological research.

<https://gbs.gelisim.edu.tr/en/DersMenuSayfa/Ders?url=lesson-details&dersID=12738&bolumID=324&fakulteID=17&langID=2>



5- SYY342 FINANCIAL MANAGEMENT IN HEALTH INSTITUTIONS

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
SYY342	FINANCIAL MANAGEMENT IN HEALTH INSTITUTIONS	6	3	3	5

It aims to provide information about the concepts of working capital management and investment management, which are two areas that financial management basically covers in health enterprises. In the field of financial management, businesses make their financial decisions using the time value of money, the expected return of the business and the expected returns of financial assets. The course adopts the goal of taking the health system forward by supporting it financially. Financing models used in the health sector, financial statement types in health institutions, capital structure in health institutions, stocks in health institutions, budgeting and capital budgeting in health institutions, payment methods in health institutions, financial audit in health institutions.

<https://gbs.gelisim.edu.tr/ders-detay-17-324-12736-1>



6-SYY347 PUBLIC HEALTH

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
SYY347	PUBLIC HEALTH	5	2	2	3

It is aimed at providing students with the knowledge and skills to understand the basic concepts of public health, the role of public health in the prevention of important diseases affecting public health, and how to use public health systematically for the protection and development of individual, family, and community health. The course covers topics such as the concept of public health and its historical development, health protection and promotion, family planning, health education, immunization, environmental health, and occupational health.

<https://gbs.gelisim.edu.tr/ders-detay-17-324-12735-1>





7-SYY341 SAĞLIK KURUMLARINDA İNSAN KAYNAKLARI YÖNETİMİ-HUMAN RESOURCES MANAGEMENT IN HEALTH INSTITUTIONS

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
SYY341	HUMAN RESOURCES MANAGEMENT IN HEALTH INSTITUTIONS	5	3	3	3

The course's goal is to educate students about Human Resources Management, which is an important aspect of health management, and to familiarize them with and use basic human resources practices such as performance evaluation, wage management, and education management. This course covers human resource planning and management, job application and personnel selection, training and development, performance appraisal, career planning, wage management, occupational health and safety, labor relations, motivation and quality of work life, management and union relations, and health. It includes topics such as sample applications related to the field.

<https://gbs.gelisim.edu.tr/ders-detay-17-324-12732-1>



8-SYY349 SAĞLIK HİZMETLERİNDE SÜRDÜRÜLEBİLİRLİK

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
SYY349	SAĞLIK HİZMETLERİNDE SÜRDÜRÜLEBİLİRLİK	5	3	3	6

It aims to give students the ability to develop new policies by bringing environmental and economic development practices to light with political and managerial approaches, giving students the ability to compare sustainability policies in health services. It covers the comparative evaluation of the applicability of sustainability policies in health services implemented in the world and in Turkey, and the analysis of the relationship between sustainability and health.

<https://gbs.gelisim.edu.tr/ders-detay-17-324-12739-1>



9-SYY248 ÇOK KÜLTÜRLÜLÜK VE SOSYAL HİZMET



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Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
SHY248	ÇOKKÜLTÜRLÜLÜK VE SOSYAL HİZMET	4	3	3	6

It aims to understand the right to benefit from health services and to receive information; to inform the patient about the protection of patient rights, and to distinguish between the authorities of the institutions and organizations that the patient belongs to according to the legislation. Patient safety; legal perspective and responsibilities for patient and employee safety; hospital hygiene plan and waste management; employee safety.

<https://gbs.gelisim.edu.tr/ders-detay-17-325-12171-2>



SOCIAL WORK

1-SHY246 KENTLEŞME, KENTSEL SORUNLAR VE SOSYAL HİZMET

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
SHY246	KENTLEŞME, KENTSEL SORUNLAR VE SOSYAL HİZMET	4	3	3	6

It is aimed at gaining knowledge about and developing solutions for the health and life-related problems brought about by the urbanization phenomenon. There is discussion of urbanization, urbanization problems, new strategies, traditional cities, contemporary cities, sustainable urbanization strategies, population, social work policies, and social work models for cities.

<https://gbs.gelisim.edu.tr/ders-detay-17-325-12170-2>



2-SHY348 TIBBİ VE PSİKIYATRİK SOSYAL HİZMET

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
SHY348	TIBBİ VE PSİKIYATRİK SOSYAL HİZMET	6	3	3	6

In order to solve the psycho-social and socio-economic problems affecting the treatment process of patients receiving service from health institutions and organizations in a timely manner with the methods and techniques of the social work profession and discipline, by determining the procedures and principles regarding the planning, implementation, evaluation, and supervision of medical social work, aimed at gaining knowledge and attitudes. Within the scope of this course, the concepts of illness and health, the duties of the medical social worker, patient rights, social group work in medical care and treatment institutions, teamwork in medical care and treatment institutions, the importance of community mental health, psychiatric diseases, and the importance and responsibilities of the social worker in mental health topics are covered.



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<https://gbs.gelisim.edu.tr/ders-detay-17-325-12754-1>



3-SHY354 MADDE BAĞIMLILIĞI VE SOSYAL HİZMET

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
SHY354	MADDE BAĞIMLILIĞI VE SOSYAL HİZMET	6	3	3	6

It is aimed at gaining information on preventive, therapeutic, and rehabilitative social work practices in substance abuse. Subjects such as addiction, substance abuse, recreational drugs, rehabilitation, social problems, environmental problems, substance abuse, social work, and preventive measures are covered within the scope of course topics.

<https://gbs.gelisim.edu.tr/ders-detay-17-325-12756-2>



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Community Service

1-Exercises from the specialist to strengthen immunity

<https://gelisim.edu.tr/en/news/exercises-from-the-specialist-to-strengthen-immunity>

Stating that light exercises should be done to keep the immune system strong, Quality Life Specialist Assoc. prof. Dr. Haluk Saçaklı said, "While light exercises strengthen our immune system, high-intensity exercises can harm our immunity, contrary to what is known. As the intensity of the sport increases, the rate of some waste materials accumulated in the muscles begins to increase in parallel. These waste materials accumulating in our body naturally cause our immune system to collapse. He suggested that intense exercises also lead to weakening of the immune system because it increases stress hormones, walking between 3 and 5 days a week, doing resistance work for 2 or 3 days, taking correct diagram breathing and quality sleep.



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Exercises from the specialist to strengthen immunity

Stating that the immune system is impaired due to being inactive during the pandemic process, Assoc. Prof. Dr. Haluk Saçaklı said, "Not exercising increases the negative factors of coronavirus in the body."



Stating that light exercises should be done in order to keep the immune system strong, Quality Life Specialist Assoc. Prof. Dr. Haluk Saçaklı from Istanbul Gelisim University said: "While light exercises strengthen our immune system, exercises with high intensity can harm our immunity contrary to what is known. As the intensity of the sport increases, the rate of some waste materials accumulating in the muscles begins to increase in parallel. These waste materials that accumulate in our body naturally cause our immune system to collapse."

materials that accumulate in our body naturally cause our immune system to collapse."

"CORONAVIRUS DESTROYING OUR LUNGS MOSTLY"

In addition, Haluk Saçaklı stated that intensive exercises also increase stress hormones and prepare the ground for the weakening of the immune system and added: "Walk for 3 to 5 days a week, and resistance training for 2 or 3 days a week. With the exercise applied, we will put a lot of oxygen into the body. The coronavirus is destroying our lungs the most. The more oxygen is introduced into the lungs, the stronger the immune system is."

"THE RIGHT BREATHING IS DIAPHRAGM BREATH"



2-Mercury hazard in seafood... Vedat Milor; "Eating mussels is like eating rice"

<https://gelisim.edu.tr/en/news/mercury-danger-in-seafood-vedat-milor-%E2%80%99Ceating-mussels-is-like-eating-batteries%E2%80%9D>

The increase in the level of pollution in the seas has increased the risk of heavy metals in seafood. Especially the swordfish, tuna and shark living at the bottom are dangerous because they contain high amounts of mercury. Stating that heavy metal mercury, which causes many neurological diseases such as Parkinson's, Alzheimer's, brain and spinal cord tumors, is mostly seen in bottom fish and crustacean products such as mussels and oysters. Faculty Member Murat Doğan said, "There is very little problem with smaller fish such as horse mackerel and anchovy. If we take in more than 0.05 milligrams of mercury on a daily basis, it causes accumulation in our body, liver, kidneys, and brain." It also affects the brain when it crosses the threshold. It is said that Napoleon died of mercury poisoning. It is especially common with mussels. A Turkish doctor said, 'Back and gum is better than eating mussels.'



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Mercury danger in seafood... Vedat Milor: "Eating mussels is like eating batteries"

Increasing pollution levels in the seas increased the risk of heavy metals in seafood. Especially deep-seated swordfish, tuna and shark are dangerous because they contain high amounts of mercury. While experts gave warnings about mercury, which brings many neurological diseases, food critic Vedat Milor, who suffered from mercury poisoning in 2007, also explained that they lived.



Some of the seafood products that are rich in omega-3 and protein and decorate the table do not only benefit but also harm the body. Increasing pollution in the seas triggers the formation of heavy metals in its products. Stating that heavy metal mercury, which causes many neurological diseases such as Parkinson's, Alzheimer's, brain and spinal cord tumors, is mostly seen in deep fish and shelled products such as mussels and oysters, Asst. Prof. Dr.

Murat Doğan said: "There is little problem with smaller fish such as horse mackerel and anchovies. If we take more than 0.05 milligrams of mercury per day, it causes accumulation in our liver, kidneys and brain."

Vedat Milor, who suffered from mercury poisoning in 2007, told about his experiences and said: "Eating mussels is like eating batteries. Do not be delusional, but if you feel slow, unstable, tingling, then see a doctor and have a heavy metal test."

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6 CLEAN WATER AND SANITATION



14 LIFE BELOW WATER



3-Cure recommendations from the expert to strengthen immunity against Covid-19

<https://gelisim.edu.tr/en/news/cure-recommendations-from-the-expert-to-strengthen-immunity-against-covid-19>

Emphasizing that nutrition is very important during the pandemic process, Istanbul Gelisim University Quality Life Specialist Assoc. Dr. Haluk Saçaklı said, "As long as we eat a balanced and natural diet, we will have the chance to strengthen the immune system. We have to equip some of our soldiers who will fight against the coronavirus with the latest technological weapons. I especially want to appeal to young people, stay away from fast food habits. In every way, it causes your immune system to collapse.



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Cure recommendations from the expert to strengthen immunity against Covid-19

Stating that it is necessary to strengthen the immune system against the coronavirus danger, Assoc. Prof. Dr. Haluk Saçaklı said: "We have to equip some of our soldiers who will fight against the coronavirus with the latest technological weapons."



Emphasizing that nutrition is very important during the pandemic process, Istanbul Gelisim University Quality Life Specialist Assoc. Prof. Dr. Haluk Saçaklı said: "As long as we eat a balanced and natural diet, we have the chance to strengthen the immune system. We have to equip some of our soldiers who will fight against coronavirus with the latest technological weapons. I especially want to call young people, stay away from fast food habits. In all respects,

it causes your immune system to collapse. Let mothers care about cookware in this process we live in."

"STAY AWAY FROM INDUSTRIAL FOOD"

3 GOOD HEALTH AND WELL-BEING



4-"Dietary Suggestions Supporting Our Immune System During Pandemic Period" seminar was held

[https://sbf.gelisim.edu.tr/en/akademik-department-nursing-\(english\)-news-event-of-dietary-suggestions-supporting-our-immune-system-during-pandemic-period-has-taken-place](https://sbf.gelisim.edu.tr/en/akademik-department-nursing-(english)-news-event-of-dietary-suggestions-supporting-our-immune-system-during-pandemic-period-has-taken-place)

In the online event organized by Istanbul Gelisim University Faculty of Health Sciences Department of Nursing dit. In her presentation, Büşra Demir shared detailed information on the titles of "Healthy Eating", "Common Nutritional Mistakes During the Pandemic Period", "The Most Accurate Diet for Today's Conditions", "The Right Plate Model", "Suggestions to Help Strengthen the Immune System" and "Nutrition Supplements". Explaining the concepts of healthy nutrition - adequate and balanced nutrition, Demir shared the rules of healthy nutrition. Explaining the nutritional mistakes made during the pandemic period such as "unconscious use of supplements", "imbalance of calorie intake", "administering a single food drug", and being inactive for a long time, Demir conveyed the immune problems that occur as a result of these.



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5-Sudden vision loss can be treated

<https://gelisim.edu.tr/en/news/sudden-vision-loss-can-be-treated>

Ophthalmology Specialist from Istanbul Gelisim University, Dr. Semih Doğan said, “Loss in the ability to see can be congenital or can occur in later periods. Sudden vision loss can cause serious problems when treated late. Sudden vision loss is a medical emergency. A narrowing or blockage in one of the vessels leading to the eye or to the visual center of the brain can be a sign of sudden vision loss. It should be seen by an ophthalmologist in a few hours. Sometimes, it may be due to diseases that cause conduction disturbances in the optic nerves, not in the vessels.” Listing the causes of sudden vision loss, Doğan emphasized that in order to find the cause of the sudden vision loss, it is necessary to look inside the eye with a full eye examination and an enlarged pupil..



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Sudden vision loss can be treated

Reminding that the temporary or permanent decrease in vision due to many different reasons is called vision loss, Ophthalmologist Dr. Semih Doğan said that sudden vision loss can be treated with medication or surgery. Dr. Doğan said: "When sudden vision loss is treated late, it can cause serious problems."



Loss of vision can be congenital or can occur in later periods. Making a statement during the White Cane Visually Impaired Week, Dr. Semih Doğan, an Ophthalmologist from Istanbul Gelişim University, stated that sudden vision loss can cause serious problems when treated late. Dr. Doğan said: "Sudden vision loss is a medical emergency. Stenosis or blockage in one of the vessels leading to the eye or the visual center of the brain may be a sign of sudden

vision loss. It should be seen by the ophthalmologist within a few hours. Sometimes it may be due to diseases that cause conduction disorders in the eye nerves, not in the vessels."

MAY CAUSE SUDDEN VISION LOSS

Listing the causes of sudden vision loss, Dr Semih Doğan said: "Sudden high eye pressure (acute glaucoma crisis), inflammation of the transparent part of the eye (keratitis), intraocular inflammation (uveitis), artery or vein occlusion that feeds the eye, inside the eye or in the eye (macula) bleeding, collection of fluid in the eye (macular edema), separation of the intraocular layers (retinal detachment) are among the causes of sudden vision loss."

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6-Nutrition During the Pandemic Period

[https://sbf.gelisim.edu.tr/bolum/beslenme-ve-diyetetik-\(ingilizce\)-312/haber/pandemi-doneminde-beslenme](https://sbf.gelisim.edu.tr/bolum/beslenme-ve-diyetetik-(ingilizce)-312/haber/pandemi-doneminde-beslenme)

Şeyma Akbulut, Lecturer in the Department of Nutrition and Dietetics (English) at Istanbul Gelişim University Faculty of Health Sciences, gave information about nutrition during the pandemic period by participating in the live broadcast of the "igurehberlik" instagram account on 25.01.2021 at 20:00. During the pandemic period, people should consume fresh and unprocessed foods, have snacks, vegetables and fruits should not be cooked for a long time, and should consume foods that support the immune system such as lemon, orange, grapefruit, tangerine, kiwi, which are sources of vitamin C. Vegetables and fruits should be preferred in season. An average of 2 liters of water should be consumed daily. Our nutritional routine is effective in terms of mental health. Refined carbohydrates, sugar and saturated fatty acids disrupt the bacterial balance. As 95% of serotonin is absorbed from the intestines, he gave attention to nutrition during the pandemic period.



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Kontenjanlar

Müfredat

Akademik Kadro

Hakkımızda

+

Öğrenci

+

Çift Anadal (ÇAP) ve Yan Dal Programları

Erasmus+

Bilimsel Araştırmalar

27 Ocak 2021 Çarşamba

Pandemi Döneminde Beslenme

İstanbul Gelişim Üniversitesi Sağlık Bilimleri Fakültesi Beslenme ve Diyetetik (İngilizce) Bölümü Öğretim Görevlisi Şeyma Akbulut, 25.01.2021 tarihi saat 20.00'da "igurehberlik" instagram hesabı canlı yayınına katılarak pandemi döneminde beslenme hakkında bilgiler verdi.

Akbulut şu açıklamalarda bulundu:

"Sağlığı korumak, geliştirmek ve yaşam kalitesini yükseltmek için vücudun gereksinimi olan besin öğelerini yeterli miktarlarda ve uygun zamanlarda almak için bilinçli yapılması gereken bir davranıştır. Besinlerin yaşa, cinsiyete, fiziksel aktiviteye ve özel duruma göre ihtiyaç kadar alınmasına yeterli ve dengeli beslenme denir. Pandemi döneminde insanlar, taze ve işlenmemiş yiyecekler tüketmeli, ara öğünler yapmalı, sebze ve meyveleri uzun süre pişirilmemeli, C vitamini kaynaklarından limon, portakal, greyfurt, mandalina, kivi gibi bağışıklık sistemine destek olan besinleri tüketmelidir. Sebze ve meyveleri mevsimlerinde tercih etmelidir. Günlük olarak ortalama 2 litre su tüketilmelidir. Beslenme rutininiz ruh sağlığı açısından etkilidir. Rafine karbonhidratlar, şeker ve doymuş yağ asitleri bakteri dengesini bozmaktadır. Bağışıklardan serotoninin %95'i emilir. Serotonin; deniz ürünleri, muz, ananas, erik, fındık, süt, ıspanak ve yumurta gibi besinlerde bulunan triptofandan ürettiği önemli bir nörotransmitterdir. Uyku, iştah kontrolünün

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2 ZERO HUNGER



7-Fear of pandemics occurs with these symptoms in children

<https://gelisim.edu.tr/en/news/fear-of-pandemics-occurs-with-these-symptoms-in-children>

Child and Adolescent Psychiatry Specialist Prof. Dr. Özden Şükran Üneri said that the pandemic can increase psychological changes and fears in children. Üneri said that the feeling of fear that may arise in children due to the pandemic, isolation and changes in their daily routines can trigger various anxiety in children, and sometimes lead to symptoms such as an increase in harmful behaviors, pain of unknown origin, and speech problems. Expressing that the content of anxieties and fears can change throughout childhood, he listed the mental symptoms that can be seen according to age groups during the coronavirus pandemic process. He drew attention to the importance of observing the children well.



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Fear of pandemics occurs with these symptoms in children

The coronavirus, which affects the world, is considered as a factor affecting the mental health of both adults and children. Speaking on the subject, Child and Adolescent Mental Health and Diseases Specialist Prof. Dr. Özden Şükran Üneri said that the pandemic can increase psychological changes and fears in children. Üneri also added that the feeling of fear that may arise in children due to pandemic, isolation and changes in their daily routines can trigger various anxieties in children and sometimes cause symptoms such as increased harmful behavior, pain of unknown origin, speech problems.



Speaking at the panel titled "Psychological Effects of the Corona Pandemic" organized by Istanbul Gelisim University online, Prof. Dr. Özden Şükran Üneri stated that the content of anxieties and fears can change during childhood and listed the mental symptoms that can be seen by age groups during the coronavirus pandemic. Drawing attention to the importance of observing children well, Üneri said, "In preschool children, symptoms such as

excessive fear of strangers, sticking to parents or not being able to separate from them, sleep problems, anorexia, fears, bed-wetting may occur due to the anxiety of the period." dedi.

In the panel, besides Prof. Dr. Özden Şükran Üneri, Asst. Prof. Dr. İshak Saygılı and Asst. Prof. Dr. Mehran Rostamzadeh also took part.

3 GOOD HEALTH AND WELL-BEING



8-Schizophrenia increases the probability of death of Covid-19 by 3 times

<https://gelisim.edu.tr/en/news/schizophrenia-increases-the-probability-of-death-of-covid-19-by-3-times>

The relationship between psychiatric disorders and death in Covid-19 patients was investigated. The study carried out in the USA revealed that schizophrenia is the second largest Kovid-19 risk factor after advanced age risk factors. Evaluating the research, Psychiatrist Recep Emre Tan said, "There are some immune system problems among the causes of schizophrenia. Tan suggested that these people should be included in the priority group in the vaccination program.

He stated that schizophrenia patients may be affected by the coronavirus a little more because they cannot access treatment, eat, drink, shelter and other social support. "There are immune regulation problems that we do not know exactly about the cause of schizophrenia. There are some problems with the immune system, especially the T cells. Although not fully explained; A number of hypotheses are put forward about the fact that Kovid causes serious problems in the immune system of patients with schizophrenia, which is already impaired and the non-regular auto-immune system, and worsens the course of the disease."

Patients with schizophrenia should be included in the vaccination program. At the same time, special attention should be paid to protect patients with schizophrenia from this disease. In our country, there are many psychiatric hospitals that are large and called warehouse hospitals. Many of the patients hospitalized here for a long time are schizophrenic patients. They should be treated especially knowing that they are in a slightly more risky group. Protective measures should be increased, and when they become ill, treatment should be started much more quickly, taking this information into account.



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Schizophrenia increases the probability of death of Covid-19 by 3 times

'The relationship of psychiatric disorders with death in Covid-19 patients' was investigated. The study conducted in the United States revealed that, after advanced age risk factors, the second largest Covid-19 risk factor is schizophrenia. Psychiatrist Recep Emre Tan, who evaluated the research, said: "Some of the causes of schizophrenia are immune system problems. The research showed that the probability of death from Covid-19 is 3 times higher in patients with schizophrenia." Tan suggested that these people should be in the priority group in the vaccination program.



"The relationship of psychiatric disorders with death in Covid-19 patients" was investigated in America. The response of nearly 7,500 patients to treatment for 45 days was examined and mortality rates were evaluated. Of eligible patients with positive test results, 75 had a history of 1.0 percent schizophrenia spectrum disease, 564 had a history of 7.7 percent mood disorder, and 360 had a history of 4.9 percent anxiety disorder. Those diagnosed with

schizophrenia spectrum disorder were associated with the risk of death, while those with mood and anxiety disorders were not associated with the risk of death. The study revealed that the probability of death from Covid-19 is 2.7 times higher in patients with schizophrenia.

3 GOOD HEALTH AND WELL-BEING



9-People averagely spends eight hours a day on the internet in Turkey

<https://gelisim.edu.tr/en/news/people-averagely-spends-eight-hours-a-day-on-the-internet-in-turkey>

With the "Digital 2021 Report", which sheds light on the internet usage in the world and the relationship of people with the internet, it has been concluded that the number of social media users in Turkey has increased by 6 million in the last year, reaching 60 million. Istanbul Gelisim University Lecturer Mehmet Bařcillar said, "In addition to public institutions and organizations, non-governmental organizations have important responsibilities in combating internet addiction. "It is necessary to provide trainings to large sections of the society under the leadership of social workers under the coordination of the Ministry of Family, Labor and Social Services. There is a need to develop projects on internet addiction in the coordination of public institutions, universities and non-governmental organizations and to implement these projects as soon as possible. Based on the negative effects of internet addiction on children's well-being and academic success, the Ministry of National Education needs to implement school social work." He aimed to create social awareness about internet addiction.



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People averagely spends eight hours a day on the internet in Turkey

Digital transformation, which gained speed with the coronavirus epidemic, brought a new dimension in many areas from education to business life, from leisure time to shopping. Research has revealed that a person in Turkey averagely spends 7 hours 57 minutes per day on the internet.



The "Digital 2021 Report", which sheds light on the use of the internet in the world and the relationship of people with the internet, was published recently. Data for Turkey in the report drew attention. According to the current data in the report, the number of social media users in Turkey increased by 6 million only last year reached 60 million. This numbers mean that 70 percent of the Turkish population is a social media user.

WHAT WE DO ON THE INTERNET?

According to the data a person in Turkey averagely spends 7 hours 57 minutes per day on the internet. 3 hours and 13 minutes of the total time spent on the Internet is reserved for online TV, 1 hour 33 minutes for reading news and 1 hour 35 minutes for listening to music.

3 GOOD HEALTH AND WELL-BEING



17 PARTNERSHIPS FOR THE GOALS



10-"Full closure will further increase depression in children and adolescents"

<https://gelisim.edu.tr/en/news/full-closure-will-further-increase-depression-in-children-and-adolescents>

Stating that the number of applications to clinics increased with the increase in depression in children and adolescents during the pandemic, Istanbul Gelişim University Psychology Department Child and Adolescent Psychiatry Specialist Assoc. Dr. Canan Tandir said, "Children have the problem of being at home all the time and not seeing too many people. They're a little more depressed. Some of them have a lot of anxiety, their obsessions have increased. Especially if there is any chronic patient in the family related to the virus, there are many children who come with 'concern if something happens to my parents' because the risk of death increases. Maybe there was uncertainty at the beginning, but as the process gets longer, hope dwindles. Children and young people now apply to the clinic with too many problems," he said, adding that they sometimes have to apply medication to young people.



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"Full closure will further increase depression in children and adolescents"

Child and Adolescent Psychiatry Specialist in Istanbul Gelisim University Psychology Department Assoc. Prof. Canan Tanidir indicates that children and adolescents have remarkably been affected by the pandemic. She expresses her concerns by saying there is a great increase in the frequency of depression, especially in adolescents. Moreover, the depression in children and adolescents will become more intense in the period of complete closure.



Stating that the admission to clinics has increased with the increase of depression seen in children and adolescents in the pandemic, Dr. Canan Tanidir says, "Children experience the psychological distress of being at home all the time and not being able to socialize. They experience more depression. Some of them are very anxious and their obsessions have increased. Especially because of the high death risk in people with any chronic illness from the

virus, there are many children who apply with the concern of "What if something happens to my parents?" At first, there was perhaps an uncertainty, but the longer the process lasts, the less hope they have left. Children and young people now apply to the clinic with too many problems" and she underlines that they sometimes have to apply medication for young people.

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11-Food products sold on social media possess a great risk for health

<https://gelisim.edu.tr/en/news/food-products-sold-on-social-media-possess-a-great-risk-for-health>

Stating that many habits of people have changed with the coronavirus epidemic, Dr. Murat Doğan said, "We have become able to do our food shopping online. We see a 66 percent increase in such purchases. There are some rules that we should pay attention to when shopping for food on social media. We should check whether the food we buy is the right product in terms of food safety. He stated that the conditions under which the purchased product was produced, whether the labeling was done, the storage conditions and the shipping process should be considered and that it carries a risk for health.



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Food products sold on social media possess a great risk for health

During the pandemic, many people met their food as well as clothing needs from the internet. Pointing out this carries some risks, Food Science Specialist, Dr. Murat Doğan says that products that are not effective and that do not have the necessary permissions from official institutions should not be respected. "Shopping on social media possesses a great risk for consumers," says Levent Küçük, President of the Consumers Association.



Mentioning that food offered for sale on social media platforms other than corporate sites is out of control and this may harm human health, Food Science Specialist from Istanbul Gelişim University, Murat Doğan warns "Foods offered for sale on social media platforms may carry many health risks because of their production, transportation and storage processes."

"BACTERIAS MAY CAUSE DEATHS"

Stating that many habits of people have changed with the COVID-19 epidemic, Dr. Murat Doğan says, "We have become able to buy food online. We see an increase of 66 percent in this type of shopping. There are some rules we need to be aware of when purchasing food on social media. We should check whether the food we are to buy is the right product in terms of food safety. The

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12-Evaluation of the UN report: "Early marriage is the cause of trauma"

<https://gelisim.edu.tr/en/news/evaluation-of-the-un-report-early-marriage-is-the-cause-of-trauma>

Emphasizing that early marriage is very inconvenient for children and the children they will give birth to, and the sexuality experienced in early marriages creates a traumatic effect, Prof. Dr. Ayten Erdoğan stated that dating is possible at this age.



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Evaluation of the UN report: "Early marriage is the cause of trauma"

Stating that the mental health of a child married at an early age is impaired, Child and Adolescent Psychiatrist Prof. Dr. Ayten Erdoğan says, "It is necessary not to allow marriages before the age of 18, even with the consent of the family. There should be serious criminal sanctions, especially imprisonment. Traumas, identity and personality disorders occur in children who cannot bear the responsibility of early marriage and being a mother or father. Parents should allow their children to flirt with their peers. Otherwise, eloping and marriages occur at young ages."



Women's Unit of the United Nations (UN Women) issued a new report on the early and forced marriage of children which reveals perceptions and attitudes towards marriage. The report aims to provide guidance to facilitate men and boys to play a stronger role in creating behavioral change, eliminating early marriages and achieving gender equality.

According to the report, 25 percent of men in Turkey think that only the females under 15 years are considered to be children. Conducted with men and women from different cities of Turkey and based on qualitative and quantitative data obtained from interviews, the report maps the attitudes and perceptions about childhood and adulthood, marriage age and applications, family and relations, individuality, gender inequality, gender norms and early & forced marriages in Turkey.

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13-'Burnout syndrome' in parents seen the least in Turkey

<https://gelisim.edu.tr/en/news/burnout-syndrome-in-parents-seen-the-least-in-turkey>

Istanbul Gelisim University Psychology Department Assoc. Dr. Canan Tandir defined burnout syndrome as people being tired and stressed and not performing their daily functions as much as before and drew attention to the fact that Western societies live more individually. Noting that today's parents are trying to become parents through books, Tandir said, "Although this situation is predominantly seen in western countries, it is also experienced in our country. As a result of this style, the natural behavior that we call spontaneous in raising children is lost. Families began to behave a little more mechanically. They try to parent with books, rules and research on the internet. When you get too hung up on virtual information and don't see your own natural methods and the needs of the child, artificial parenting emerges.



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'Burnout syndrome' in parents seen the least in Turkey

According to research conducted in Belgium in western societies where individualism foreground between parents, 'burnout syndrome' is seen quite high, while it is seen the least in Turkey



In a study conducted by Louvain Catholic University in 42 countries parental burnout is seen the least in Turkey, Cuba, Peru and Thailand related to the cultures as extended family, neighborhood, community and culture of solidarity. It was determined that the countries where parental burnout is most intense are in Belgium, USA, Poland, Burundi, France, Russia, Finland, Switzerland and the Netherlands.

"WE ATTACH GREAT IMPORTANCE TO HUMAN RELATIONS"

Assoc. Prof. Dr. Canan Tanidir, a faculty member at Istanbul Gelisim University, Department of Psychology, defining burnout syndrome as people's being tired and stressed and not performing their daily functions as much as before, said: "According to a survey carried out in Belgium it appears to be less of burnout in Turkey. The reason for this is that it is lived as a big family in our country. We live with a large family such as grandmother, grandfather, father, uncles and aunts. In addition, family apartment culture is quite common in our country. Having relatives sitting close to each other and being intertwined provides a social support system for the mother and father. We are a country that attaches great importance to human relations. We also love to live in neighborly relations and friendships. When our people have a problem, they share a coffee with a neighbor

3 GOOD HEALTH AND WELL-BEING



14-Cancer is an important public health problem in our country and in the world.

<https://sbf.gelisim.edu.tr/bolum/cocuk-gelisimi-327/haber/kanser-ulkemizde-ve-dunyada-onemli-bir-toplum-sagligi-sorunudur>

From Istanbul Gelisim University, Faculty of Health Sciences, Department of Child Development, Dr. Instructor Member Nurten Elkin gave information about cancer. Many cancers have a high probability of being cured if diagnosed early and treated appropriately. Cancer is an important public health problem in that it is the second cause of death after cardiovascular diseases among known deaths in the world and in our country. The leading factors that cause cancer are environmental factors in 90% and genetic factors in 10%. When we look at the environmental factors, it is alcohol, use of tobacco products, infections, unhealthy diet and obesity; These are preventable causes. Information about population-based screening programs was given and attention was drawn to the importance of early diagnosis.



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Kontenjanlar

Müfredat

Akademik Kadro

Hakkımızda +

Aday Öğrenci

E-Öğrenci +

01 Nisan 2021 Perşembe

Kanser ülkemizde ve dünyada önemli bir toplum sağlığı sorunudur

Ülkemizde kanser hastaları ve yakınlarına yardımcı olmak, kanserle ilgili araştırmaları desteklemek, hekimlerin bu alandaki eğitimlerine katkı sağlamak amacı ile 1947 yılında Ankara'da **Türk Kanser Araştırma ve Savaş Kurumu Derneği** kurulmuştur. Dernek kuruluşundan bu yana bu hastalıkla ilgili halkı bilgilendirici yayınlar ve toplantılar yapmaktadır. 1956 yılında Kanser Araştırma ve Savaş Kurumu'nun tavsiyesi ile Nisan ayının ilk haftası Türkiye'de Kanser Savaş Haftası olarak kabul edilmiş olup; bu tarihten itibaren Nisan ayının ilk haftası ülkemizde **Ulusal Kanser Haftası** olarak anılmaktadır.

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15- Public health is protected by vaccination.

<https://sbf.gelisim.edu.tr/bolum/cocuk-gelisimi-327/haber/toplumun-sagligi-asi-ile-koruma-altindadir>

Worldwide, more than one million people still die each year from vaccine-preventable diseases. Many of these diseases are not seen at all or are rarely seen in our country thanks to our vaccination program. Vaccines can prevent infectious diseases that kill or harm many infants, children and adults. Widespread vaccination has eradicated smallpox, with a 99% reduction in polio. If your child is unvaccinated, he or she is at risk of many vaccine-preventable diseases such as measles, polio, meningitis, tetanus, jaundice, and the disability and death they may cause. It was emphasized that vaccine-preventable childhood diseases are preventable and that vaccines are highly reliable biological products.

Kontenjanlar

Müfredat

Akademik Kadro

Hakkımızda +

Aday Öğrenci

E-Öğrenci +

Öğrenci +

Çift Anadal (ÇAP) - Yandal Programları +

28 Nisan 2021 Çarşamba

Toplumun sağlığı aşı ile koruma altındadır

Aşılar sadece uygulandıkları bireyleri değil beraberinde tüm toplumu korur bu nedenle bireysel sağlığın korunup geliştirilmesinin yanında toplum sağlığının korunup geliştirilmesinde de çok büyük önem taşır. Yaklaşık elli yıl önce milyonlarca bebeğin ölümüne ve hastalanmasına neden olan bir çok hastalık etkenin görülmesi ve yayılması aşılar sayesinde önlenmiş olup bu koruyucu sağlık hizmetleri alanında önemli bir başarıdır. 24-30 Nisan 2021 Dünya Aşı Haftası olarak kabul edilmiştir.

AŞI SAĞLIKTIR

İnsan ve hayvanlarda hastalık yapma yeteneğinde olan virüs, bakteri vb. mikroorganizmaların hastalık yapma özelliklerinden arındırılarak ya da bazı mikroorganizmaların salgıladığı toksinlerin etkileri ortadan kaldırılarak geliştirilen biyolojik ürünlere aşı denir. Aşı, sağlam ve risk altındaki kişilere uygulanarak; kişi kendisine zarar vermeyen bu mikroorganizma ve toksinleri tanıtır, onlara karşı bir savunma geliştirir. Böylece gerçek mikroorganizma ile karşılaştığında önceden geliştirilmiş savunma sistemi ile savaşır ve kişi hastalığa yakalanmaz o hastalığa karşı artık bağışiktır.



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16-Growing population and food waste threaten future generations

<https://gelisim.edu.tr/en/news/growing-population-and-food-waste-threaten-future-generations>

Stating that sustainable nutrition should be reliable, healthy, nutritious and has low environmental impact, Istanbul Gelisim University Faculty of Health Sciences Nutrition and Dietetics Department Head Dr. Instructor Member Ayşe Huri Özkarabulut said, "This diet is an economical, accessible, culturally acceptable, fair lifestyle that contributes to food safety and is essential for the continuation of generations. Changing dietary patterns have begun to cause the consumption of much more than the amount of protein we need.

Growing population and food waste threaten future generations

The study conducted by the Food and Agriculture Organization of the United Nations (FAO) revealed that by 2050, 300 million people in the world will have to fight hunger. Dr. Ayşe Huri Özkarabulut, Nutrition and Diet Expert, who made statements about 'sustainable nutrition', which has become more noticeable today due to the world population growth and climate change, said, "The increasing population and food waste around the world pose a great threat to future generations."



Stating that sustainable nutrition should be reliable, healthy, nutritious and have a low environmental impact, Asst. Prof. Dr. Ayşe Huri Özkarabulut, Head of the Department of Nutrition and Dietetics at Istanbul Gelisim University Faculty of Health Sciences, said: "This diet is economical, accessible to everyone, culturally acceptable, fair, contributing to food security and is a lifestyle that is essential for the survival of generations. Changing diets have

begun to cause the consumption of much more than the amount of protein we need."

"WORLD AVERAGE REACHED 68 GRAMS"



17-90 percent of cancer-causing factors are environmental

<https://gelisim.edu.tr/en/news/90-percent-of-cancer-causing-factors-are-environmental>



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Emphasizing that cancer is the second cause of death after cardiovascular diseases among known deaths in the world and in Turkey, Dr. Instructor Member Nurten Elkin said, “The leading factors that cause cancer are environmental factors with a rate of 90% and genetic factors with a rate of 10%. When we look at environmental factors, alcohol, use of tobacco products, infections, unhealthy diet and obesity are preventable causes. It was pointed out that the knowledge of the society should be increased with early diagnosis programs in cancer.

90 percent of cancer-causing factors are environmental

Public Health Specialist Dr. Nurten Elkin stated that cancer is the second cause of death in the World as well as in Turkey and said: “Today, 30-50 percent of cancer can be prevented, but this situation is possible by avoiding risk factors and early diagnosis. 90 percent of cancer-causing factors are environmental and 10 percent is genetic.”



“10 PERCENT IS GENETIC”

Emphasizing that cancer is the second cause of death after cardiovascular diseases among the deaths whose cause is known in the World and in the Turkey, Asst. Prof. Dr. Nurten Elkin from Istanbul Gelisim University Faculty of Health Sciences said: “The leading factors causing cancer are environmental factors at the rate of 90% and genetic factors at the rate of 10%.

When we look at environmental factors, alcohol, tobacco use, infections, unhealthy diet and obesity are preventable causes.”

Reminding that cancer is a common name given to many diseases due to its common features, Dr. Elkin listed the symptoms of cancer as follows:



18-“Vaccine provision takes over mask provision”

<https://gelisim.edu.tr/en/news/%E2%80%9Cvaccine-provision-takes-over-mask-provision%E2%80%9D>

Stating that medical masks, which can be produced with low technology, have turned into a serious competition area among countries, Istanbul Gelisim University Department of Political Science and International Relations Dr. Instructor Member Firat Demirkol stated that areas such as high technology production and software have become priority, but these priorities have changed with the pandemic. “From this point of view, this unique experience of humanity will reveal its effect on the economic order. Although this process, called 'mask wars', has decreased compared to the first times, it has left its place to a new topic, the vaccine supply processes, and this has created a new field of competition.



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“Vaccine provision takes over mask provision”

Stating that a new era and a unique experience has emerged for the whole world with curfews, restricted social life and economic recession, Political Scientist Dr. Firat Demirkol says, “The supply of masks has been replaced by vaccine supply. This situation created a new competition area.”



From the department of Political Science and International Relations in Istanbul Gelisim University Dr. Lecturer Firat Demirkol, who emphasizes that medical masks, which can be produced with low technology, have turned into a serious competition area among countries, says, “Countries with developed economies in the world's economic system have excluded many production activities from their own production system due to their low added value. Instead, areas such as high-tech production and software have become a priority. However, these priorities changed with the pandemic. From this point of view, this unique experience of humanity will reveal its effect on the economic order. Although this process called “mask wars” has slowed down compared to the earlier times, it has been replaced by a new topic, vaccine provision process, and this has created a new competition area.

Saying the tendency to produce value-added and high-profitable products will change at the end of the pandemic period, Dr. Demirkol indicates, “Now, it is thought that countries will write the production of basic medical supplies and basic food products that do not have high added value in their to-do lists. This situation can be explained as introversion or increasing nationalism, but it can also be interpreted as the psychological change brought about by the pandemic.”

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19-“Tantrums are a way to express disappointment in children”

<https://gelisim.edu.tr/en/news/%E2%80%9Ctantrums-are-a-way-to-express-disappointment-in-children%E2%80%9D>

Professor of Child Development, Faculty of Health Sciences, who advises parents about children's tantrums. William Moiser stated that there should be a positive role. It was emphasized that if the child does not harm himself, others and property, the tantrum should be ignored and humor can be used to prevent tantrums.



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“Tantrums are a way to express disappointment in children”

Stating that a tantrum is one of the most disturbing things parents face in children, American Professor William Moiser says, “Tantrums are a way to express disappointment in children.”



“HAVE CLEAR RULES”

Providing advice to parents about children's tantrums, Prof. Moiser, who also emphasizes a positive role should be played, says, “Avoid letting your child see or hear that you sometimes experience tantrums. If your child has tantrums in public, it's best to ignore them.

Despite the glances you will get from other people, it would be wise not to give in to a

tantrum or bribe the child to stop. To minimize the risk of tantrums occurring, have clear rules about what behavior is expected in public places. For example, let your child choose certain products and put them in the shopping cart.”

“SOMETIMES IT'S GOOD TO IGNORE”

“Emphasizing that if the child does not harm themselves, someone else or the property, the tantrum should be ignored” says Prof. Moiser and continues “It can be quite difficult, but if your goal is to prevent future tantrums from occurring, it is imperative to ignore tantrums. If the child harms someone else or their belongings, you should physically hug the child and say: “I cannot let you hurt yourself or others so I will hold you until I clearly understand you will not hurt.”

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20-Information pollution about vaccination raises concern; health sector and economy affected

<https://gelisim.edu.tr/en/news/information-pollution-about-vaccination-raises-concern-health-sector-and-economy-affected>

Stating that there has been a disruption in vaccination appointments recently due to information pollution and anxiety, Istanbul Gelisim University Social Work Department Dr. Mehmet Başçillar drew attention to the need to raise awareness of the public. Başçillar talked about the effects on public health, the health sector and the economy, where many people do not get their vaccination appointment or do not go to the appointment they have made.



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Information pollution about vaccination raises concern; health sector and economy affected

Pointing out that there has been an increase in the number of people who have not made an appointment or did not go to their appointment recently, Dr. Mehmet Başçillar said that this is due to the psychological and social reasons that come with information pollution. He emphasized that the absence of criminal sanctions is also effective in cancellation of appointments.



Stating that there have been problems in vaccination appointments due to information pollution and anxiety recently, Dr. Mehmet Başçillar drew attention to the need to raise awareness of the public. Başçillar explained the effects of many people not getting their vaccination appointment or going to the appointment they made on the public health, the health sector and the economy.

Stating that the Ministry of Health has been working devotedly on vaccines and vaccination appointments, Başçillar said, "We know that as of today, approximately 25 million doses of vaccine have been administered. These vaccination criteria are especially focused on certain age and population groups. Vaccination can be done by making an appointment via e-nabız, e-devlet or the central physician appointment system. Likewise, appointments can be canceled with the same procedures before the appointment. Undoubtedly, there are numerous studies on the protection and effectiveness of the vaccine against coronavirus. This is unmistakably obvious. For this reason, it turns out that the vaccine is an important requirement at the point of protecting public health."

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21- 5th International Development-UWE Conference held online

<https://gelisim.edu.tr/en/news/5th-international-development-uwe-conference-held-online>

Gelisim-UWE 5th International Conference on Economics and Finance, organized in cooperation with Istanbul Gelisim University (IGU) and The University of the West of England (UWE), was held online on 03.06.2021. Many academicians and students from the Economics, Banking and Finance Departments of many national and international universities attended the conference; The impact of the COVID-19 pandemic on the Turkish banking sector was one of the topics discussed. The economic repercussions of a health event affecting the whole world, such as a pandemic, in Turkey were mentioned. Professor at Queen Mary University of London Dr. Gülnur Muradođlu from Tallinn University of Technology, Prof. Dr. Istemi Demirađ from The University of Münster, Prof. Dr. Andreas Löschel and Prof. from The University of the West of England. Dr. The conference, attended by important scientists such as Cherif Guermat, increased the interaction between scientists and became a source of motivation for young academics, and awareness of the effects of the pandemic not only in health but also in economic terms was provided.



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5th International Development-UWE Conference held online

The 5th Development-UWE International Conference on Economics and Finance, organized in cooperation with Istanbul Gelisim University (IGU) and The University of the West of England (UWE), has come to an end.



The opening speeches of the online conference were made by important scientists such as Prof. Dr. Gülnur Muradoğlu from Queen Mary University of London, Prof. Dr. Istemi Demirağ from Tallinn University of Technology, Prof. Dr. Andreas Löschel from The University of Münster and Prof. Dr. Cherif Guermat from The University of the West of England.

Many academicians and students from the Economics, Banking and Finance Departments of many national and international universities attended the conference; The post-pandemic developments in the world and Turkish economy, the impact of the COVID-19 pandemic on the Turkish banking sector, financial competition, financial stability, digital (crypto) currencies and sustainability were discussed.

Hosting various studies in the field of economy and finance, Istanbul Gelisim University increase the interaction between scientists and has become a source of motivation for young academics.

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İNSANA YAKIŞIR İŞ VE EKONOMİK BÜYÜME



22- "Covid-19 Pandemic and Vaccine" Event

<https://sbf.gelisim.edu.tr/tr/akademik-bolum-cocuk-gelisimi-haber-covid-19-pandemisi-ve-asi-konulu-etkinlik-gerceklesti>

The event named "Covid-19 Pandemic and Vaccine" was organized by Istanbul Gelisim University Faculty of Health Sciences Deputy Dean Dr. Under the direction of A. Yüksel Barut, Head of Child Development Department, Public Health Specialist Dr. Nurten Elkin and Istanbul Provincial Health Directorate Public Health Services Vaccine Programs Unit Specialist Dr. It was held online on 15.06.2021 with the participation of Önder Yel as a speaker. It was emphasized to the participants of the event that in order for the global epidemic to improve, individuals should use the opportunity to be vaccinated. Dr. Nurten ELKİN talked about the importance of vaccination in terms of protecting public health, while Dr. Önder YEL, after giving general information about the pandemic; He talked about vaccine types, possible side effects, storage and logistics. Participants were given the message that they should be vaccinated and encouraged to protect public health and control the pandemic.



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Dr. A. Yüksel BARUT
Moderatör
IGU SBF

Dr. Nurten ELKİN
Konuşmacı
IGU SBF

Dr. Önder YEL
Konuşmacı
İSTANBUL İL SAĞLIK MÜDÜRLÜĞÜ

COVID -19 PANDEMİSİ VE AŞI

15 HAZİRAN Salı 14.00
Etkinlik zoom üzerinden gerçekleştirilecektir.

zoom
Meeting ID: 825 2234 8432
PASSWORD: 888888

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23- Cancer and Nutrition News

<https://sbf.gelisim.edu.tr/tr/akademik-haber-kanser-ve-beslenme-arasindaki-iliski-3756>

In the news shared by the Department of Nutrition and Dietetics of the Faculty of Health Sciences on 01.07.2021, it was aimed to raise awareness of the relationship between cancer and nutrition to the staff and students of Istanbul Gelişim University. In addition to mentioning that different types of cancer, which has become quite common around the world in recent years, are some of the important global health problems, it was also mentioned that nutritional habits are among the environmental factors that can cause cancer. The relationship between foods and nutrients and cancer is explained one by one:

Carbohydrates: The main source of energy for our body is carbohydrates. If carbohydrates are taken above the requirement, the excess is stored as fat, which leads to weight gain and obesity. Grain products, vegetables, fruits, and legumes are sources of carbohydrates. Consumption of these products at adequate levels increases fiber intake and ensures regular bowel movements. This is protective against bowel-rectal cancer.

Fats: Another nutrient group that has important effects on our body is fats. Excessive intake of this group increases the risk of cancer formation. Because cancer-causing substances accumulate in fats and as a result of excessive intake of these fats, the entry of carcinogenic substances into the body increases. In addition, excess fat intake also disrupts the working order of sex hormones.



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Proteins: When we look at proteins; Those who frequently consume animal protein (red meat, etc.) have an increased risk of cancer of the large intestine, stomach, pancreas, kidney and breast. However, consumption of lean versions of these proteins does not increase the risk of cancer.

Vitamins: The role of vitamins in cancer is also very important. Vitamins (vitamin A, vitamin C, B vitamins, vitamin D, vitamin E) have strong antioxidant properties and are protective against carcinogenic substances with these properties.

Minerals: When the relationship between minerals and cancer is examined, it is stated that some minerals cause cancer formation, while some minerals are protective against cancer. Arsenic, Nickel, Asbestos and Lead are minerals that cause cancer. Selenium, Zinc, Iodine, Iron, Copper and Calcium are protective minerals against cancer.

Foods that increase the risk of cancer: Fried foods, salted and smoked foods, processing methods with chemicals such as nitrite and nitrate, foods cooked at high temperatures and very close to the fire, foods with high sugar content and excessive fat are foods that increase the risk of cancer.

Foods that protect against cancer risk: Vegetables (tomatoes, cucumbers, cabbage, spinach, parsley, carrots, peppers, etc.), fruits (apple, pear, orange, banana, melon, watermelon, etc.), hazelnuts, almonds, chickpeas, walnuts, pistachios Foods that reduce the risk of cancer are nuts such as nuts, cereal and whole wheat breads, eggs, milk and dairy products (yogurt, buttermilk, kefir, cheese, cottage cheese).

Kanser ve Beslenme Arasındaki İlişki

Son yıllarda dünya genelinde oldukça yaygın hale gelen kanser, önemli küresel sağlık sorunlarından birisidir. Ölüm sebepleri arasında dünyada ikinci sırada olan kanserin gelecek yıllarda görülme sıklığının giderek artarak ilk sıraya yerleşeceği bilim insanları tarafından tahmin edilmektedir. Kansere sebep olan etkenler arasında kalıtsal ve çevresel faktörler yer almaktadır. Sigara kullanımı, beslenme tarzı, obezite, hormonlar, kimyasal ajanlar ve virüsler kansere yol açan çevresel faktörlerdir. Dünya nüfusunda ve yaşlılık oranında artış küresel kanser insidansını da artırmaktadır. Erkeklerde prostat, akciğer, karaciğer, mide kanserleri, kadınlarda meme, akciğer, tiroid kanserleri en sık görülen kanser çeşitleridir.

Kanser ve beslenme arasındaki ilişki oldukça önemlidir. Vücudumuz için elzem olan besin öğelerini yeterli ve dengeli düzeyde almayanlar, fiziksel aktivite yapmayanlar ve obezite durumu olan bireylerde uzun vadede birçok hastalık görülmektedir. Yüksek doz alkol tüketimi, yağlı ve şekerli besinlerin fazla tüketimi, yüksek ateşte pişirilmiş ürünlerin tüketimi, meyve ve sebzelerin yetersiz alımı gibi faktörler kansere yakalanma riskini artırmaktadır. Sigara ve alkol içmemek, sebze ve meyveleri yeterli almak, fiziksel aktivite yapmak, alınan enerjinin harcanan enerjiden fazla olmaması, posalı besinlerin tüketimi gibi faktörler ise kansere yakalanma riskini azaltmaktadır. Bazı besin öğeleri kansere karşı korunmada olumlu etkilere sahipken bazı besinler olumsuz etkiye sahiptir.

Kanser ve Besin Öğeleri Arasındaki İlişki

Karbonhidratlar: Vücudumuzun başlıca enerji kaynağı karbonhidratlardır. Karbonhidratlar gereksinimi üzerinde alınırsa fazlası yağ olarak depolanır, bu durum kilo alınma ve obeziteye yol açmaktadır. Tahıl ürünleri, sebzeler, meyveler, kuru baklagiller karbonhidrat kaynaklarıdır. Bu ürünlerin yeterli seviyelerde tüketimi posa alımını artırıp bağırsak hareketlerinin düzenli olmasını sağlar. Bu durum bağırsak-rektum kanserine karşı koruyucudur.

Yağlar: Vücudumuz için önemli etkileri olan bir diğer besin öğesi grubu yağlardır. Bu grubun fazla miktarda alınması kanser oluşum riskini artırmaktadır. Çünkü kanser yapan maddeler yağlarda birikmekte ve bu yağların fazla miktarda alımı sonucu kanserojen maddelerin vücuda girişi de artmaktadır. Ayrıca fazla yağ tüketimi kanser riskini artırır.



24- Article titled "Against Diseases, Not Vaccines"

<https://sbf.gelisim.edu.tr/tr/akademik-bolum-saglik-yonetimi-haber-asiya-degil-hastalıklara-karsi>



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Semanur Oktay, Research Assistant at the Faculty of Health Sciences, Department of Health Management, talked to the students and staff of Istanbul Gelişim University about the issue of anti-vaccination. Vaccination, which is the best measure to end the pandemic process, is a deterrent, especially through social media and non-scientific web pages. Department Research Assistant Semanur Oktay mentioned that the impact of the Covid-19 pandemic can only be reduced with effective vaccination policies and aimed to encourage readers to get vaccinated.



25- "Heart attack risk is halved five years after quitting smoking"

<https://gelisim.edu.tr/en/news/%E2%80%99Heart-attack-risk-is-halved-five-years-after-quitting-smoking%E2%80%9D>

Stating that about 7 million people die every year in the world due to smoking, Dr. Nurten Elkin made statements in the news of Istanbul Gelişim University about the importance of not smoking in healthy living behaviors and the harms of health. Underlining that smoking, hookah, pipe smoking or breathing in smoke creates psychological and physical dependence on the person over time, Dr. Elkin said, "There are more than 4,000 chemicals in tobacco products. Cardiovascular diseases, lung diseases as a result of narrowing of the bronchi and chronic obstructive pulmonary disease, vascular occlusion and related paralysis, gastric gastritis, ulcer and stomach cancer, yellowing of the skin, wrinkles, skin cancer, bad breath and yellowing of teeth are important health problems. he said. Wanting to draw attention to the harms of tobacco use, Dr. Elkin created awareness for the readers.



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“Heart attack risk is halved five years after quitting smoking”

Stating that more than 19 thousand people die in a day in the world due to diseases caused by smoking, Public Health Specialist Dr. Nurten Elkin, “Two hours after quitting smoking, nicotine starts to leave the body. After six hours, heart rate and blood pressure begin to drop. In five years, the risk of heart attack is reduced by half.”



Indicating that about seven million people die every year in the world due to smoking, Dr. Nurten Elkin made statements about the importance of not smoking in healthy living behaviors and the its harms to the health. Underlining that smoking, hookah, pipe smoking or passive smoking create psychological and physical dependence on the person over time, Dr. Elkin said, “There are more than 4,000 chemicals in tobacco products.

Cardiovascular diseases, lung diseases and chronic obstructive pulmonary disease caused as a result of narrowing of the bronchi, vascular occlusion and related paralysis, gastric gastritis, ulcer and stomach cancer, yellowing of the skin, wrinkles, skin cancer, bad breath and yellowing of teeth are some of the important health problems.”



26-An Important Public Health Problem of The Summer: Food Poisoning

<https://sbf.gelisim.edu.tr/en/akademik-department-child-development-news-an-important-public-health-problem-of-the-summer-food-poisoning-1196>

"Food poisoning; It is an important public health problem that increases especially in the summer months," said Istanbul Gelisim University Faculty of Health Sciences, Public Health Specialist. Instructor Member Nurten Elkin made statements on the subject. Nutrition, and especially adequate and balanced nutrition, is important in the healthy and quality life of individuals; Safe food selection, failure to provide hygienic conditions and appropriate storage conditions at every stage from purchasing food to consumption may cause many diseases that threaten our health. With the increase in temperatures, bacteria and toxins that are effective in food poisoning find a more suitable environment for reproduction. Since it constitutes a public health problem and appeals to all ages, it is desired to draw attention to this issue.





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12 August 2021 Thursday

An Important Public Health Problem of The Summer: Food Poisoning

IGU Faculty of Health Sciences, Public Health Specialist Assist. Prof. Dr. Nurten ELKIN said that "Food poisoning is an important public health problem that increases especially in the summer" and made statements on this subject.

Nutrition, especially adequate and balanced nutrition, is important and necessary in sustaining life and protecting health. Safe food consumption is an issue that needs to be emphasized. Foods, which are the basic ingredients of our lives, can become harmful and pose a hidden danger to our health due to insufficient hygienic conditions during the stages from purchasing to consumption. Bacteria and their toxins (poisons), which threaten our health and are the cause of many food-borne poisonings, find a suitable environment for reproduction, especially with the increase in temperatures, and the incidence of food-borne poisoning increases in summer.

Food poisoning; Although they are mostly mild and short-term diseases, foods that cause poisoning and can cause the disease to progress more severely from time to time and even to be fatal. Anyone can get food-borne illnesses, but some people are more susceptible. These are infants, children, pregnant women, the elderly and people with weakened immune systems. Food poisoning is the general name given to the infection or intoxication that occurs as a result of the consumption of any food or beverage.

What are the factors that lead to food-borne diseases/poisoning?

Chemicals, natural food toxins, metals, pesticides, detergents, plastics, parasites and microorganisms (bacteria, mold and yeast) can cause food-borne diseases/food poisoning. Metal contamination of food may occur due to the dissolution of toxic substances from tools that are not suitable for food storage. Storing acidic foods in



27- Dr. Nurten Elkin made statements about the importance of vaccination

<https://gelisim.edu.tr/en/news/%E2%80%9C1-million-people-die-every-year-from-vaccine-preventable-diseases%E2%80%9D>

Worldwide, more than one million people still die each year from vaccine-preventable diseases. Making statements on the subject, Faculty of Health Sciences, Department of Child Development, Asst. Prof. Nurten Elkin said, "Vaccines can prevent infectious diseases that kill or harm many infants, children and adults. Widespread vaccination has eradicated smallpox, with a 99 percent reduction in polio. If your child is unvaccinated, he or she is at risk of many vaccine-preventable diseases such as measles, polio, meningitis, tetanus, jaundice, and the disability and death they may cause. Addressing mothers, Dr. Elkin raised awareness of the importance of vaccination by emphasizing that mothers should be conscious and that it is important to have their children vaccinated on time and without delay.



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“1 million people die every year from vaccine-preventable diseases”

Stating that vaccines protect not only the individuals but also the society, Public Health Specialist Dr. Nurten Elkin said, “More than one million people still die every year from vaccine-preventable diseases worldwide. Many of these diseases are not seen at all or rare in Turkey thanks to our vaccination programs.” Dr. Nurten Elkin made further statements on the issue.



“SMALLPOX WAS ERADICATED BY DIVERSE VACCINATION”

Implying that such diseases are almost never seen in Turkey thanks to vaccination programs, Public Health Specialist Dr. Nurten Elkin said, “Vaccines can prevent infectious diseases that kill or harm many infants, children and adults.

Widespread vaccination has eradicated smallpox, and a 99 percent reduction succeeded in polio. If your child is unvaccinated, he or she is at risk of many vaccine-preventable diseases such as measles, polio, meningitis, tetanus, jaundice as well as the disability and death they may cause.

“MOTHERS NEED TO BE CONSCIOUS”

Emphasizing that especially mothers should be conscious and that it is important for their children to be vaccinated on time and without delay, from Istanbul Gelisim University (IGU) Faculty of Health Sciences, Asst. Prof. Nurten Elkin said, “Thanks to the National Immunization Program of our Ministry of Health and especially infancy and childhood vaccination, children are immunized against hepatitis B, tuberculosis, diphtheria, pertussis, tetanus, HIB (Hemophilus Influenza Type B), polio (polio), pneumococcus, measles, rubella, mumps, chicken pox, and hepatitis A.”



28- Quality Life with a Public Health Perspective; Quality of Life

<https://sbf.gelisim.edu.tr/en/akademik-department-child-development-news-quality-life-with-a-public-health-perspective-quality-of-life>

Istanbul Gelisim University Faculty of Health Sciences Lecturer Public Health Specialist Dr. Instructor Member Nurten Elkin, in her news about health and healthy life; that a healthy life is accepted as a basic human right for every individual in society; He mentioned that it is an important issue that humanity has aimed from past to present in a long and qualified life. Life quality; Mentioning that in addition to economic conditions, it can be affected by many other situations and conditions such as physical and mental health, social security, political stability, healthy environment, Dr. Elkin has presented scientific evidence for some of the conditions and conditions that affect quality of life in health. With the news, the elements that can affect the quality of life and their scientific evidence are presented, and it is tried to raise awareness of the readers about the subject.



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Quality Life with a Public Health Perspective; Quality of Life

IGU Faculty of Health Sciences faculty member Public Health specialist Assist. Prof. Dr. Nurten ELKIN explained the quality of life in health and stated that benefiting from adequate preventive health services would be a factor that increases the quality of life of individuals in terms of quality and quantity.

Health and healthy life have been accepted as a basic human right for every individual in society. It has been an important issue that humanity has aimed from past to present in a long and qualified life. When this concept, which consists of both abstract and concrete components, is examined; Expected life expectancy is one of the important quantitative indicators on the basis of being human, a dignified, healthy and prosperous life constitutes its qualitative characteristics. In some cases, such as individual independence, social activities, environmental conditions, affects the quality of life. Unmet needs are other conditions that are closely related to quality of life in conditions such as being healthy or sick.

In addition to economic conditions, life quality is also affected by many other conditions such as physical and mental health, social security, political stability, healthy environment. The concept of quality of life has objective and subjective aspects. Subjective aspect is about how the individual perceives themselves, their life and environment in general. Objective aspect can be accepted as meeting social, cultural and societal needs in order to maintain social status, welfare and physical well-being.



The concepts of existence, belonging and self-actualization of the individual are very important for quality of life. In existence, the individual wants to define who he or she is physically, psychologically and socially. In belonging;



29-Vaccination advice to students, academic and administrative personnel

<https://gelisim.edu.tr/en/news/vaccination-advice-to-students-academic-and-administrative-personnel>

President of the Council of Higher Education (YÖK), Prof. Dr. After Erol Özvar's statement that "Formal education will start face-to-face in universities", our university announced that it will start education and training at the university by taking the necessary precautions and precautions on September 30. Prof. Dr. Erol Özvar advised students, academic and administrative staff to get vaccinated. The Faculty of Health Sciences shared the news, encouraged vaccination and took action within the scope of the goal of protecting public health.



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Vaccination advice to students, academic and administrative personnel

Following the President of the Council of Higher Education (CoHE), Prof. Dr. Erol Özvar's statement that "Face-to-face formal education will start at universities", Istanbul Gelisim University, announced that they will start education at the university on September 30 by taking the necessary precautions and measures, and advised students, academic and administrative personnel to get vaccinated.



After the announcement of the YKS placement results, face-to-face education and training preparations at universities are on the agenda. Announcing that they will start education at the university by taking the necessary precautions on September 30, Istanbul Gelisim University advised students, academic and administrative staff to get vaccinated.

"WE ARE IN THE SWEET RUSH OF GETTING TOGETHER AGAIN"

Making statements on the subject, Chairman of the Board of Trustees of Istanbul Gelisim University, Abdülkadir Gayretli said, "We are in a hurry to reunite with our students, from whom we have been separated for almost two years. We look forward to meeting our students who joined our family according to the YKS preference results. We advise our students, academic and administrative staff to be vaccinated so that our education and training activities are not disrupted and we are not separated again."



30- Environment and Health Interaction

<https://sbf.gelisim.edu.tr/en/akademik-department-child-development-news-environment-and-health-interaction>

Istanbul Gelisim University Faculty of Health Sciences Child Development Department Head and Public Health Specialist Dr. Instructor Member Nurten Elkin shared the news she published to university staff and students about the interaction between environment and health. Stating that the most important feature of environmental health is that it causes epidemics that can affect the masses very quickly, Dr. Elkin; He talked about the factors affecting environmental health due to physical, chemical, biological, psychological, nutritional disorders, social, cultural and economic reasons. The aim of the news is to raise awareness about the factors affecting environmental health. Elkin also talked about the types of environmental pollution.



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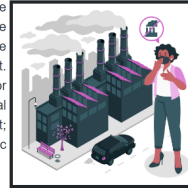
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Environment and Health Interaction

Istanbul Gelisim University (IGU) Faculty of Health Sciences (FHS) Department of Child Development faculty member Assist. Prof. Dr. Nurten ELKIN shared some information about environment and health interaction.

The environment can prepare the ground for diseases or it can be a direct cause of disease. Environmental health practices achieve success as a result of the coordinated work of many professional groups. Although the measures to be taken for the protection of the environment are initially perceived as expensive but when the negative material and moral effects of pollution are considered, it is understood that these investment expenditures are not as expensive as expected. Environmental health covers the correction of all conditions in the environment that are harmful to human health. The most important feature of environmental health is that it causes epidemics that can affect the masses of people very quickly.

Environment is defined as all external factors that directly or indirectly affect the life and development of a living organism. These external factors can create some positive and negative effects. In terms of health, we examine the environment in three groups: physical, biological and sociocultural environment. Drinking and tap water, liquid and solid wastes, residences, indoor and outdoor air, lighting, ionizing radiation, noise and climatic conditions affect are physical environment; plants, animals and microorganisms are biological environment; population, family and relatives, social classes, religion, culture and economic components constitute the sociocultural environment.



31-About the psychological impact of vaccination

<https://gelisim.edu.tr/en/news/psychological-impact-of-vaccination-20-percent-reduction-in-depression-and-anxiety-disorders>

Istanbul Gelisim University Department of Social Services Lecturer and Clinical Psychologist Ünal Erdem Elli talked about the psychological effects of vaccination in society during the pandemic process. Clinical Psychologist Ünal Erdem Elli, who said that there was a 10 to 20 percent reduction in depression and anxiety symptoms in people who received the required dose of vaccines, encouraged readers to be vaccinated.



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Psychological impact of vaccination: 20 percent reduction in depression and anxiety disorders

Studies have shown that depressive mood and anxiety disorders, which occur in the pandemic, are reduced by 4 to 20 percent in people who have received the COVID-19 vaccine. Making evaluations on the subject, Clinical Psychologist Ünal Erdem Elli says that this situation is related to "a person's feeling about themselves and their environment".



According to a study conducted at the University of Southern California, it has been found out that after receiving the COVID-19 vaccine, people are less likely to feel very depressed by 15 percent, and are less likely to feel only mildly depressed by 4 percent. Based on the data, the researchers also estimate that 1 million people are likely to experience a reduction in mental distress after being vaccinated. Making evaluations on the subject,

Istanbul Gelisim University Department of Social Services Lecturer and Clinical Psychologist Ünal Erdem Elli says, "One of the most fundamental conflicts of human beings from the moment they are born is about whether the outside world and the people around them are safe. These basic and critical conflicts have been triggered since the beginning of the pandemic. People find themselves in an environment where they are already insecure and vulnerable to threats from other people. We see that they start to show more intense complaints in anxiety and depression-related disorders. A lot of research today has shown us that anxiety and depression-related disorders are starting to emerge more intensely than before the pandemic."

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32- World Awareness of Salt

<https://sbf.gelisim.edu.tr/en/akademik-department-nutrition-and-dietetics-news-world-awareness-of-salt>

Ayşe Huri Özkarakulut, Head of the Department of Nutrition and Dietetics, Faculty of Health Sciences at Istanbul Gelişim University, made statements about salt and salt awareness. He mentioned that salt has an important place in the world's food resources. He pointed out that the concepts of salt and sodium, which have been of great importance to people for centuries, should not be confused with each other. Saying that excessive salt consumption can cause many diseases, Ayşe Huri Özkarakulut emphasized that dietitians should pay particular attention to the issue of salt when dieting and that they should inform their clients about it. Let's not forget to tell the world to beware of salt!



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22 December 2021 Wednesday
World Awareness of Salt

Ayşe Huri Özkırbulut, Head of the Department of Nutrition and Dietetics (Tr), of the Faculty of Health Sciences of Istanbul Gelisim University, made statements about salt and salt awareness. You can find the relevant explanations in our news.

Salt has an important place among the world's food resources. Mankind started to discover salt with the first humans, and they used it in every aspect of their lives. The concepts of salt and sodium, which have been of great importance to people for centuries, should not be mistaken with each other. Salt and sodium sources are different. Sodium is a mineral found naturally in water and foods. Sodium that is found naturally in foods is called natural food salt. The best sources of sodium are; table salt, baking soda and mineral soda. Sodium is also found naturally in dairy, meat, and shellfish.

Table salt, on the other hand, is the salt that is obtained purely from the seas, lakes and rocks and used in food preparation after being refined. According to the Turkish Food Codex Salt Communiqué, table salt is finely ground, iodine-enriched, refined or unrefined edible salt that is offered directly to the consumer. Table salt is the salts produced from raw salt, the main ingredient of which is sodium chloride, suitable for human consumption. There is 400 mg of sodium in 1 g of table salt.

Sodium and potassium are necessary for maintaining fluid and acid-base balance in the body. Proper concentration of sodium ions in body fluids is very important for nerve stimulation, normal cell function and the functioning of muscle tissue. In sodium...



33- Telerehabilitation during pandemic

<https://gelisim.edu.tr/en/news/telerehab-for-patients-during-pandemic>

Stating that the COVID-19 epidemic has increased the use of telemedicine, Istanbul Gelisim University Faculty of Health Sciences Physiotherapist Lecturer Cagil Erturk stated that serious restrictions were imposed on physical therapy protocols in order to better control the spread of the virus. These restrictions resulted in patients not being able to access the rehabilitation they needed. Saying that telemedicine and telerehab applications are gaining popularity again, Lecturer Cagil Erturk; He cited preliminary evidence showing that it is beneficial for reducing pain and improving physical function in patients suffering from chronic musculoskeletal pain due to low back pain, lumbar stenosis, neck pain, and osteoarthritis.



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Telerehab for patients during pandemic

Expressing that serious restrictions were imposed on physical therapy protocols to control the spread of virus during the pandemic, physiotherapist Çağıl Ertürk says that telemedicine and telerehab applications are gaining popularity again and indicates "Telerehab provides convenience for patients who have coronavirus and various movement disorders."



Stating that the COVID-19 epidemic has increased the use of telemedicine, physiotherapist Lecturer from Istanbul Gelişim University Faculty of Health Sciences, Çağıl Ertürk says, "In this period, one of the mechanisms of providing physical therapy is telemedicine. Telerehabilitation or telerehab is a technological audio-visual system that is especially used to serve patients with coronavirus to improve their lung functions."

"PRELIMINARY EVIDENCES FOUND"

Providing information about telerehab, Ertürk says, "We have found preliminary evidences that the adoption of telerehab instead of face-to-face interventions is beneficial for reducing pain and improving physical function in patients suffering from chronic musculoskeletal pain due to low back pain, lumbar stenosis, neck pain and osteoarthritis."

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34-Olive Tree Day Event

<https://www.haberler.com/guncel/beylikduzu-belediyesi-istanbul-gelisim-14410100-haberi/>

Citizens who participated in the event held in the 1st Stage of Yaşam Vadisi, as part of the European Sustainability Week, started the day with sports. In the program, which started with breathing exercises and warm-up exercises at 09:00, accompanied by the trainers of Istanbul Gelişim University and continued with the Valley of Life walk, healthy nutrition education and first aid training were also given. While sharing about sports nutrition, he also answered questions about proper nutrition and diet habits. In the first aid training that took place afterwards, the importance of first aid was emphasized, and the methods that should be applied according to the encountered situation were also shown in practice.



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Beylikdüzü Belediyesi, İstanbul Gelişim Üniversitesi iş birliğiyle "Sağlıklı Yaşam" etkinliği düzenledi

21 Eylül 2021 15:01

Güncel Haberler



3 GOOD HEALTH
AND WELL-BEING



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Operation

1-They will contribute to the education of girls with the exhibition

<https://gelisim.edu.tr/en/news/they-will-contribute-to-the-education-of-girls-with-the-exhibition>

Istanbul Gelisim University (IGU) Faculty of Fine Arts Radio, Television and Cinema Department Instructor Under the coordination of its member Radife Akyıldız Ongar, Ress. Asst. Eda Cekemci and Ress. Asst. Developed as a social responsibility project with the assistance of Okan Kırbacı, Gel Gözüm Gör İstanbul'u Exhibition was opened to digital access.

They will contribute to the education of girls with the exhibition

Exhibition titled "Gel Gözüm Gör İstanbul'u" (See the beauty of Istanbul), developed as a social responsibility project, has been opened to access digitally. The aim of the exhibition is to reveal the unprecedented places of Istanbul, to empathize with their surroundings, to combine students' interest and work in a project focus, and to contribute to the education of girls.



Developed as a social responsibility project under the coordination of Asst. Prof. Dr. Radife Akyıldız Ongar from the Department of Radio, Television and Cinema of Istanbul Gelisim University (IGU) Faculty of Fine Arts, with the assistants of Res. Asst. Eda Çekemci and Res. Asst. Okan Kırbacı, Exhibition titled "Gel Gözüm Gör İstanbul'u" (See the beauty of Istanbul) was opened digitally.

In addition to the 3rd and 4th grade students of the Radio, Television and Cinema Department, the Istanbul-themed photographs shot by Asst. Prof. Dr. Radife Akyıldız Ongar and Asst. Prof. Dr. Ali Kemal Çipe are featured, and an impressive and aesthetic panorama of the city is presented.

Project coordinator Asst. Prof. Dr. Radife Akyıldız Ongar informed that the photographs in the exhibition will be shared with the Association for Supporting Contemporary Life (ÇYDD) at the end of the exhibition and stated that they set out with the aim of using the proceeds from the sale of more than 70 photographs in the education and activities of girls.



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2- Bionic Robot Arm and Hand project at TEKNOFEST final

<https://gelisim.edu.tr/en/news/bionic-robot-arm-and-hand-project-at-teknofest-final>

Undertaking the mentorship of the project team, Electrical and Electronics Engineer Dr. Instructor Member Ekrem Süzen made statements about the project. Stating that they made it to the finals with a robot hand project that has different control types than the robot hands produced today, Dr. Instructor Member Ekrem Süzen said, "We have 3 control types, first with Flex Sensor, Muscle signals (EMG) and finally with Brain waves (EEG). The most important area where we can use this project will be people who have lost any of their limbs." The project team includes Istanbul Gelisim University (IGU) students Ramazan Yasin Kaya, İbrahim Aktaş, Ahmet Kerem Kutlu and Tunağan Yılmaz.



3-Development of Innovative Diagnostic Systems That Provide Early and Rapid Diagnosis of Nosocomial Infections



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<https://gavsis.gelisim.edu.tr/akarakullukcu/projeler>

Istanbul Gelisim University Faculty of Health Sciences Nutrition and Dietetics English Department Lecturer in the project developed by its member Asiye KARAKULLUKÇU, innovative diagnostic systems have been developed in order to provide rapid and early diagnosis of nosocomial infections.

Dr. Öğr. Üyesi
ASIYE KARAKULLUKÇU

Projeler

- 1 "Ateş ve Ensefalitisle Seyreden Vektör Kökenli Viral Zoonozların real-time PCR şke araştırılması ve saptanan virusların filogenetik analizi.", GÜMÜŞHANE ÜNİVERSİTESİ, ULUSAL ,Devam Ediyor ,01.11.2011
- 2 "T1512 - Teknoloji Sermayesi Desteği Programı kapsamında desteklenen proje. Hastane Enfeksiyonlarının Erken Evrede ve Hızlı Tanısını Sağlayan Yenilikçi Tanı Sistemlerinin Geliştirilmesi", GÜMÜŞHANE ÜNİVERSİTESİ , **Hastane enfeksiyonlarının varlığını saptayabilen kısa sürede saptayabilen hasta başı tanı cihazının geliştirilmesi** ,ULUSAL ,Tamamlandı ,02.10.2017 - 30.09.2018
- 3 "Allerjik Astım ve/veya Atopik Dermatit Patogenezinde Helicobacter pylori NAP'xxin İmmünmodulator Rolü Türkiye İstanbul Bölgesindeki Çocuklarda Prospektif Bir Çalışma" ,GÜMÜŞHANE ÜNİVERSİTESİ ,ULUSAL ,Tamamlandı ,01.01.2014 - 31.12.2015

Patentler



4-Evaluation of chemical composition, antioxidant capacity and mineral composition of cornelian cherry (Cornus mas L.) fruits in Turkey

<https://www.researchgate.net/project/Evaluation-of-chemical-composition-antioxidant-capacity-and-mineral-composition-of-cornelian-cherry-Cornus-mas-L-fruits-in-Turkey>

The aim of this project is to determine the total sugar and ascorbic acid content, some chemical components, mineral contents and antioxidant capacity of cranberry fruits grown in our country; The aim is to compare some chemical components of fresh and powdered stone and powder cranberry fruits with traditional and freeze-drying method and to increase the added value of this fruit.



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ResearchGate Search for publications, researchers, or questions Discover by subject area

Project

Evaluation of chemical composition, antioxidant capacity and mineral composition of cornelian cherry (*Cornus mas L.*) fruits in Turkey

H. Merve Bayram · S. Arda Ozturkcan

Goal: The aim of this project is to determine the total amount of sugar and ascorbic acid, some chemical components, mineral contents and antioxidant capacity of cornelian cherry fruit grown in our country; to compare some chemical components of seeded and powdered cornelian cherry fruits which are freshly and powdered with their traditional and freeze-dried method and to increase the added value of this fruit.

Lab: [Science Club](#)

Updates 0 new 1
Recommendations 0 new 0
Followers 0 new 1
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5- IBB-ISADEM Aging Studies Meeting

At the meeting attended by the faculty members of the Faculty of Health Sciences of Istanbul Gelişim University, it was stated that the personnel working in ISADEMs should be given training on the needs of aging individuals in general, responding effectively and communicating effectively with them, and communication studies should be initiated. It was emphasized that it is important to create all educational activities to be carried out within a common reference framework and the importance of establishing a scientific committee for this. The suggestion that the scientific committee may have sub-breakdowns was shared.



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2-Refreshment University

<https://tazelenme.com/>

It is the first and only education concept and university for the elderly in our country in the field of 3rd age education and geragogy, which has gained importance due to the increasing and rapid aging of the population in Turkey and in the world. The main purpose is to provide necessary training for health and quality of life. IGU SBF Gerontology Department Lecturer Fatma Sila Ayan is a founding member and volunteer lecturer of this university.



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THE GLOBAL GOALS

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