



JULY 2022 | ISSUE 19 | VOLUME 2

MONTHLY EVENTS AND NEWS BULLETIN



JULY 15

***DEMOCRACY AND
NATIONAL UNITY DAY***



July

2022

M	T	W	T	F	S	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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July 1: Maritime and Cabotage Day



July 15: Democracy and National Unity Day



July 20: Eid-al-Adha



July 28: World Hepatitis Day



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ISTANBUL GELİŞİM UNIVERSITY IS 16TH IN THE WORLD AND 1ST IN TURKEY IN THE FIELD OF "QUALITY EDUCATION"!



Times Higher Education (THE) Impact Ranking 2022, the ranking institution of world universities, has been announced. Among the 1180 universities in the world, Istanbul Gelişim University (IGU) increased its success ranking, which was 24 last year, to 16th place in the category of "Quality Education" by increasing 8 steps this year. It continued to maintain its success last year, ranking 1st among Turkish universities.

The success of Istanbul Gelişim University (IGU) was ranked in five different categories in line with the United Nations Sustainable Development Goals, in the list of 1406 universities, which are listed in the 2022 ranking of the UK-based, world's leading higher education rating agency Times Higher Education (THE).

In the Impact Ranking 2022 list, Istanbul Gelişim University (IGU) increased its degree from 24th to 16th among 1180 world universities in the "Quality Education" category, while maintaining its 1st place among Turkish universities.

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



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İGÜ Sağlık Bilimleri Fakültesi



New News

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



**ISTANBUL
GELISIM
UNIVERSITY
(IGU) RANKED
FIRST AMONG
333 PATENT AND
UTILITY MODEL
APPLICATIONS
FROM 14
UNIVERSITIES.**

**IGU BECAME THE
PATENT APPLICATION
CHAMPION IN THE FIRST
HALF OF 2022!**





IGU

FACULTY OF HEALTH SCIENCES ON OPEN DAYS!

WHICH OF OUR DEPARTMENTS CAN YOU FIND
IN THE PROMOTION AREA?




NUTRITION AND DIETETICS (TR&ENG)
CHILD DEVELOPMENT (TR&ENG)
SPEECH AND LANGUAGE THERAPY
OCCUPATIONAL THERAPY
PHYSICAL THERAPY AND REHABILITATION (TR&ENG)
NURSING (TR&ENG)
PERFUSION
AUDIOLOGY
HEALTHCARE MANAGEMENT
SOCIAL WORK

A Different Perspective on Children's Literature

Lecturer Buse KERİGAN from Istanbul Gelisim University (IGU) Faculty of Health Sciences Child Development (TR) Department designed books suitable for 0-18 age group children with students, within the scope of the Children's Literature course.

Within the scope of the "Children's Literature" course, books were designed for children between the ages of 0-18 together with the students. First of all, planning was made about which age group each student would like to design and what kind of book they wanted to design. After the planning was made, research was made on the appropriate material selector and guidance was provided for the students to start their studies in a way that they could use their creativity. These books also include activities that support children's cognitive, language, social-emotional and self-care skills. Books differ by age group. While the books designed for the 0-2 age group are called ABC Books, they are made of materials such as felt, eva, fleece, and fabric that will not harm children in their construction and are machine or hand-stitched. Among the books for the 3-6 age group, there are examples where the stories were written, drawn and painted by the students and then brought to book format.

A stylized illustration of an open book with white pages and a black spine, positioned above a small orange planet with a white ring. The book is connected to the text by a thin black line.

Children's literature is all of the oral and written works prepared for the dreams, feelings and thoughts of people in this age range in order to meet the needs of children aged 2-14. Children's growth and development are all of the verbal and written outputs that appeal to their dreams, feelings, thoughts, abilities and tastes and contribute to their fun while educating. A book is always interesting for a child. When we look at the 0-6 age child-book relationship, it is seen that different features gain importance at every



A Different Perspective on Children's Literature

Within the scope of children's literature;

- Until the age of two (they are called first books), cardboard or cloth books, which consist of pictures of the objects that she sees, knows and uses, do not have a story and are almost like toys for her.
- At the age of 2-3, the child, whose efforts to develop his language intensifies, develops his vocabulary. He learns the basic structure of the language, makes multi-word combinations, and starts to use demonstrative adjectives, demonstrative pronouns, negative structures and questions. In this period, it is seen that there are sound repetitions and they prefer to listen to rhyme-style products over and over.
- At the age of 3-4, the child has learned the basic structure of the language. Can express feelings and thoughts, and relationships through language. He is interested in picture books about the events in his life. Begins to establish a relationship between the narrated event and the picture. He listens carefully to the short picture story read to him and asks it to be read over and over again.
- At the age of 4-5, language has become a means of communication that is used accurately and easily. There is an increase in the number of words. The speech began in accordance with grammatical rules.
- At the age of 4-5, he likes stories based on imagination, while at the age of 6 he wants to learn about the truth. Natural events, space, the lives of animals, and machines are the subjects that attract the attention of children. They also love to create stories for themselves.

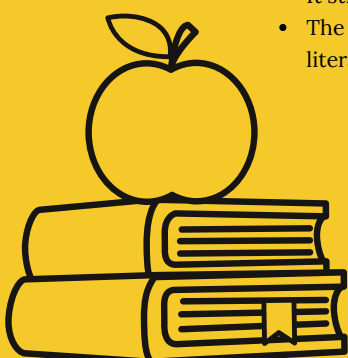
Why is Children's Literature Important?

In today's societies, the child's world, which is limited to the family environment at the beginning, develops with the environment of friends, visual and auditory mass media, and stimuli such as radio, television, cinema, newspaper and book. Growing up in a stimulating and developing environment by touching with various tools, toys and books, and playing games, increases the level of development and civilization. Children's books and magazines, which have become an area that developed countries focus on meticulously as a requirement of modern education and deal with scientific approaches, are educational tools in the formation of this environment. These permanently affect the child's sensations, perceptions and tastes.

Benefits of book experience in early childhood;

- It helps the baby to focus her eyes on a place and recognize the objects around her, language development, and increase her listening skills.
- It provides the formation of emotional consciousness, reinforcement of basic concepts, stimulation of thought, and increase of experiences.
- It creates a good reading model and establishes physical intimacy, which is important for the child's social-emotional development.
- It positively supports the ability to communicate with adults with the reader-child bond it establishes.
- It strengthens the child's communication with the world.
- The language and mental development, emotional and social development of the child, who encounters the types of literature appropriate for her age, development and interest in the early period, are positively affected.

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



Warning from the expert: There is no such thing as a fat-free diet!

Fat consumption, which is very significant in diet, causes question marks in the minds of dieters. Asst. Prof. Ayşe Huri ÖZKARABULUT, Head of the Nutrition and Dietetics Department at Istanbul Gelisim University, indicated, “We need to consume a little fat in order to take fat-soluble vitamins into our bodies. As an alternative to vegetable oils, we can increase fish consumption and meet some of our oil needs with oil seeds. At the same time, the body's fat needs can be met with 10-15 hazelnuts, raw almonds or 5-6 walnuts that we will consume daily.

“VEGETABLE OILS KEEP CHOLESTEROL UNDER CONTROL”

Asst. Prof. Ayse Huri ÖZKARABULUT, a faculty member at Istanbul Gelisim University, Faculty of Health Sciences, Department of Nutrition and Dietetics, stated, "It is imperative to consume oils that are highly beneficial in terms of omega, such as olive oil, sunflower oil, soybean oil, and maize oil. If you are not vegan, you can consume less extra solid fat by getting your saturated fat from animal products. However, unsaturated fats like omega-3 and omega-6 fatty acids, which are also found in vegetable oils like sunflower oil, assist to manage cholesterol. Hence, it is significant to take these oil types from the outside in a balanced way. In daily life, individuals can increase their intake of healthy fats by eating 10-15 olives for breakfast or by substituting walnuts for oil when making salads.



AN EXCESS CONSUMPTION OF FAT CAUSES CANCER

Taking 10-25% of polyunsaturated fats as omega-3 is the recommended amount for preventing heart diseases, reducing the risk of cancer and healthy eating.

Consuming too much fat raises cholesterol levels, which leads to cholesterol buildup in vein walls and vein narrowing. Due to the decreased blood flow to the heart, this constriction may result in a heart attack. In the studies conducted, there is a connection between oil consumption and breast cancer, according to ÖZKARABULUT. She also underlined that too much-fried oil consumption increases the risk of developing stomach cancer particularly.

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



THE DISTINCTION OF COMMUNICATION, SPEECH AND LANGUAGE DISORDERS

LECTURER BETÜL ÖZSOY TANRIKULU

Istanbul Gelisim University Faculty of Health Sciences Speech and Language Therapy Department Lecturer Betül ÖZSOY TANRIKULU gave information about "The Distinction of Communication, Speech and Language Disorders".

Why Are Separate Terms Used When Naming Disorders?

Communication was born out of the individual's need to interact with the environment in a community; It has emerged in order to convey information, feelings, thoughts and needs. We use language to carry out verbal communication. Language is a regular system that we use to convey meaning. In other words, it is a code shared by the members of the society who use it. Speaking, on the other hand, is the act of transforming the verbal language, which we use as a means of expressing our thoughts, into sounds through the necessary organs. The broadest of these three terms is communication; which includes speech and language. Communication also includes nonverbal information such as gestures, body language, facial expressions, and eye contact, along with cues such as stress, rate of speech, and melody.

Communication, language and speech development do not always go together. However, a disorder in one area may affect the development or competencies in another area. For example; A child with a speech sound disorder can accurately reproduce a limited number of speech sounds, making their speech difficult to understand. The fact that his speech is not understood by the people in front of him negatively affects his communication skills. However, the child may have typical language skills; can understand what others say and use sentences of grammatical content and complexity that are appropriate for their age. He can also support his communication by supplementing his distorted speech with gestures and reformatting his verbal output to be understood. A child with a language disorder may also not always have difficulty producing speech sounds.

However, communication skills; may be limited due to not understanding what others are saying, limited vocabulary and using simple sentences. Some children may have perfect pronunciation and a very large vocabulary. They can express themselves using appropriate and regular sentences. However, communication skills; tangential speech is limited to features such as moving away from the subject and not being able to reorganize the content. Speech and language therapists, therefore, make a distinction between the three to highlight the child's most obvious difficulty. The definition of communication disorder can be considered as an umbrella term. Speech and language disorders are also included. If the child has difficulty in understanding what is being said and expressing himself verbally, this is called a "language disorder". Some children with language disorders have problems in forming words, some in connecting words, some in producing by organizing the sound system of the language, and some in using the language. Language disorders sometimes occur due to other accompanying disorders (hearing loss, intellectual disability, etc.). Sometimes, it is not based on any specific reason and is seen independently of other disorders. This condition is defined as a developmental (specific) language disorder. The word developmental is used to express a condition whose cause is unknown. These children have trouble understanding and using their mother tongue for no apparent reason.

Some children have difficulty physically converting verbal language into sounds. These children cannot produce speech sounds accurately, clearly and fluently. This condition is called "speech disorder". Speech disorders include articulation and phonetic disorders, motor speech disorders, fluency disorders and voice disorders.

In order to plan an effective speech and language therapy with appropriate approaches for children, it is necessary to know what the communication difficulties are and in which areas the child has problems, regardless of the underlying causes. What will define a communication intervention program is the detailed description of communicative competence. For this reason, a speech and language therapist evaluates the skill areas within these three concepts in detail for a child who applies with a speech or language problem. It determines whether the problem is a language disorder, a speech disorder, or a communication disorder according to the area where the child has the most difficulty. Language disorders and speech disorders can be seen separately and independently of each other, or they can occur together.

The Vitamin that Gains Importance!

Vitamin D



Asst. Prof. Ayşe Huri ÖZKARABULUT

Vitamin D is a fat-soluble vitamin

Vitamin D is a fat-soluble vitamin. Dietary vitamin D is absorbed from the intestines with the aid of fats. Vitamin D was taken from food only constitutes the %10 the total amount of vitamin D in our body. Egg yolk, beef liver, and fish oil are best known now vitamin D resources. If the individual is vegetarian, the risk of vitamin D deficiency is higher.

The biggest source of vitamin D is sunlight.

Vitamin D in the human body makes the vast majority (90%) synthesized in our skin under the influence of sun rays.

What happens if your vitamin D level is low?

If the level of vitamin D in the blood of a person decreases, the secretion of parathyroid hormone increases, and calcium is removed from the bones and given to the blood with this regulation mechanism. A decrease in the level of calcium in the blood prevention is important. If deficient vitamin D level is recognized by supplying vitamin D as a supplement, excess secretion of parathyroid hormone can be adjusted. Otherwise, bone marrow loss can be seen and cysts and bone fractures can occur. At this stage, blood calcium also drops. For this reason, vitamin screening should be done and vitamin D supplements should be given to those who are found to be deficient in vitamin D To prevent excessive secretion of parathyroid hormone (secondary hyperparathyroidism).

Vitamin D status in the human body?

Vitamin D status in the human body, with the level of 25-hydroxyvitamin D, 25-(OH)D in the blood should be evaluated. Serum 25-(OH)D level, exposure to sunlight, living area height above sea level, the intensity of skin pigmentation, age, and diet. It varies according to the amount of vitamin D.

Vitamin D deficiency

There is a link between vitamin D deficiency and an increased risk of many diseases. For examples; cancer, cardiovascular diseases, osteoarthritis and autoimmune diseases even type-2 diabetes. Also linked with depression, multiple sclerosis is found with vitamin D deficiency. Therefore, adequate intake of vitamin D is very important. The human body can synthesize vitamin D, If the sun rays must initiate a synthesis in the skin. Our lifestyle, age, race, and other factors pose a risk for vitamin D deficiency. To convert the cholesterol in the skin into its opened ring form, which is the precursor of vitamin D; 290 to 315 nm UVB is required.

Risk factors for vitamin D deficiency

Our lifestyle, age, race, and other factors pose a risk for vitamin D deficiency. The sun must first be taken from our skin. Since window glass absorbs UVB wavelength light, it is not possible for our body to produce vitamin D with sunlight passing through the glass. Glasses block UVB rays. But too much sun exposure also increases the risk of skin cancer. There are many human studies on this subject. The risk increases as the time spent under the sun increases.

The Vitamin that Gains Importance! Vitamin D

Asst. Prof. Ayşe Huri ÖZKARABULUT



Vitamin D in dark-skinned people?

People with darker skin have more melanin pigment and have a reduced ability to take vitamin D. According to The Journal of American Medical Association research, there are 65 countries in America and Europe. It is estimated that 40-100% of the elderly over the age of 18 have vitamin D deficiency. In addition, low vitamin D levels have been associated with dementia and other cognitive diseases. In Mayo Clinic studies, although the elderly were exposed to regular sun exposure, their skin was reported to produce This precursor is decreased in the elderly. In addition, numerous studies have found a link between vitamin D deficiency and obesity. Obesity with low vitamin D levels in the Journal of Nutrition Studies. A high prevalence was noted in The American Journal of Clinical Nutrition is obese has shown in their studies that the bioavailability of vitamin D in humans is less.

In people with digestive system disease?

In people with digestive system diseases, eg. Crohn's, celiac, and other intestinal diseases low levels of vitamin D are encountered. These diseases cause the difficult absorption of vitamin D from food sources. Absorption and use of vitamin D from the body may be more difficult in those with chronic liver disease. Vitamin D should be given as a supplement.

If you have a vitamin D deficiency?

If there is a vitamin D deficiency, muscle and bone pain, fatigue and weakness, depression can be seen. Rickets, which are the most common symptom in children, occurs in the form of leg curvature. In adults, it is osteomalacia that occurs with an easy bone fracture.

Risk factors for vitamin D deficiency

Examining blood tests by the doctor, determining risk factors, and helping the person must be done. The standard treatment for vitamin D deficiency is supplementation. Despite the right foods being given, most scientists think they cannot be fixed. If vitamin D is to be taken as a supplement, Taking it with food oil containing food is more beneficial as it will increase absorption. The amount to be taken by the doctor should be recommended. Staying under the sun on the other hand does not imply poisoning.



NEW TREND: NEWBORN NURSING

Parents who had just a baby are worried about the baby's care, particularly after leaving the hospital. Mothers and fathers who want to take care of their baby without harming it receive home newborn care services after birth. Asst. Prof. Bahar Nur KANBUR, a faculty member in the Department of Nursing at Istanbul Gelisim University (IGU), gave information about how to care for a newborn baby and newborn nursing.

Newborn care is a very difficult process for both parents and babies. The newborn nurses provide support on how to meet all the needs of the baby and the mother during the first 28-day period, starting with the postpartum hospitalization and the mothers and fathers being alone with the baby.

THE FIRST 28 DAYS AFTER BIRTH IS VERY IMPORTANT!

The first month after birth is the most significant period in which communication between the mother and the baby is established. During this period, the most intense changes occur in both the physical and emotional state of the mother, as well as in the home environment and social life. Especially during this period, women need the support of those around them. Asst. Prof. Bahar Nur KANBUR, Istanbul Gelisim University (IGU), Faculty of Health Sciences, Department of Nursing, stated the following:

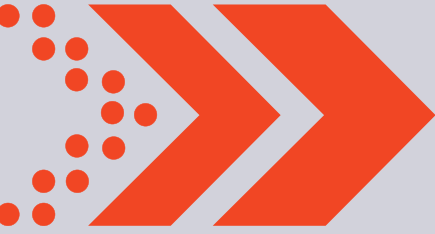
"In a study conducted in 2018, it was determined that mothers needed support for infant care and nutrition in the postpartum period. There are periods when families cannot receive comprehensive service during the postpartum hospitalization period. Moreover, newborn nurses provide support to the family, considering the situations such as the mother resting at home after birth and the baby adapting to the family."

Newborn nurses, who help identify possible problems of the baby and produce solutions, assist the mother with breastfeeding, baby care and health follow-up as they have practical experience in newborns.

THEY SUPPORT THE NUTRITION, CARE AND DEVELOPMENT PROCESS OF THE BABY!

Sleep patterns, full and adequate sucking are of great importance in newborn care. Newborn nurses ensure that the appropriate home environment (room temperature, humidity, determination of needs) is prepared for the mother and the baby. They help to keep track of the baby's weight, height, head circumference and vaccination during the development process. At the same time, they give practical information to the family about the baby's feeding, bathing, massages, gas and diaper rash care and what to do in an emergency. Asst. Prof. Bahar Nur KANBUR also indicated: "Newborn nurses help the mother to master the feeding, care and development processes of the baby. Hence, families can get help from newborn nurses who are trained in this job to get informed support".

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



OUR GUEST OF THIS MONTH

Prof. Dr. Rifat MUTUŞ



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

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

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

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

I would improve the moral and intellectual capacity of the society with **"positive discipline and quality education"**.

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

Access to information has become incredibly easy thanks to the **"Internet"**.

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

I would like to witness those first years when the **"Republic"** was founded. I would like to witness how a besieged society healed the wounds of war and those years of transformation.

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

"The Universe of the Brain"

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

"Brad Pitt"

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

"Responsible, realistic, honest, frank, friendly and smiling"

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

Everyone wanted what was missing in themselves. I would like to **"play any musical instrument"**.

8-Who is your hero?

The indisputable **"Mustafa Kemal ATATÜRK"**

9-Who is your favorite author?

"David Eagleman"

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

I say **"trying"** because it is the only magic formula for achieving dreams.

WHO IS WHO?

ORDINARIUS PROFESSOR TEVFİK SAĞLAM

A SCIENTIST WHO DEDICATED HIS LIFE TO INFECTIOUS DISEASES

Tevfik SAĞLAM was born on May 27, 1882, in Istanbul. His father was Mehmet Salim Bey and his mother was Nevber Hanım. He went to military high school in Istanbul, then entered the Military Medical School; He received the title of Doctor in 1903. He received internal medicine training at Gülhane Military Hospital in Istanbul. He became an assistant professor in 1906 and in 1909 he was appointed as the head of the Internal Medicine Clinical Laboratories of the Istanbul Faculty of Medicine.

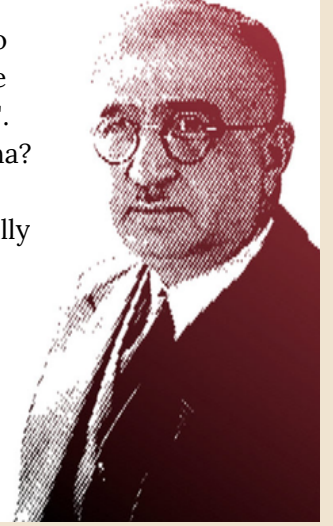
Sağlam was appointed as a military physician in Thessaloniki during the 1912-1913 Balkan Wars. He served as a military physician and health administrator during the First World War. His efforts during the cholera epidemic among the Ottoman troops in Istanbul were appreciated and he was promoted to the rank of colonel at the age of 35. After World War I, Sağlam returned to Istanbul and became a professor of medicine at Gülhane Military Hospital.

From time to time, we used to hear him saying, 'They call me Tevfik Zalim, not Tevfik Salim'.

Where and what cruel was Pasha?

It's just against laziness, negligence, selfishness, especially in the face of lies and self-interest."

Prof. Dr. Nüvit TEKÜL



Sağlam served on the plague control committee during the plague epidemic in Istanbul in 1919. During this period he gained vast experience in infectious disease control and organized a program for malaria control. In 1921, he fled from Istanbul, the then-occupied Ottoman capital, to join the War of Independence in Anatolia. In a short time, he became the chief physician in the newly established Turkish army. After working in İzmir for a short time after the war, Sağlam returned to İstanbul in 1924.

Sağlam was elected as the first president of the Istanbul Chamber of Physicians in 1929. During the university reform in 1933, he received the title of ordinarius professor and was elected dean of the Istanbul Faculty of Medicine, and served as the rector of Istanbul University between 1942-1946.



The great scientist who made the first typhus vaccine in the world in Erzurum, founded the Istanbul Tuberculosis Association in 1927, devoted his life to the fight against tuberculosis and all infectious diseases, and mobilized all his material and spiritual means for this cause. He died on 11 July 1963 at the age of 81. He left his deceased wife and all his property to the Tuberculosis Fighting Association.

If Tevfik SAĞLAM was alive today, I'm sure he would be proud of his colleagues fighting the COVID-19 pandemic at the cost of their lives. We, too, commemorate Tevfik SAĞLAM, a commemorative name from the generation of our recent history who created miracles within limited means, with love, respect and longing in these days when the world's eyes and ears turn to scientists and healthcare professionals.





ISTANBUL GELISIM UNIVERSITY

FACULTY OF HEALTH SCIENCES

MASTHEAD

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