



— ISTANBUL —
GELISIM
UNIVERSITY
WEEKLY PRESS RELEASE

DECEMBER 23 - DECEMBER 27, 2019 - VOLUME 3 / ISSUE 6



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AGENDA OF PERSONNEL**PERSONNEL TAKING UP POSITIONS****DECEMBER 23, - DECEMBER 27, 2019**

- Asst. Prof. Dr. Arzu ÖZGEN is assigned as the Head of the Department of Medical Services and Techniques at Vocational School of Health Services of our University on December 24, 2019.
- Lect. Firat DEMİRKOL is assigned to International Relations Coordinatorship of our University.
- Anar ALIYEV is assigned to Erasmus+ Coordinatorship of our University.
- İpek ŞENMAN is assigned as Director of Career Development Center of our University on December 26, 2019.

BIRTHDAY CELEBRATIONS**DECEMBER 27, - JANUARY 02, 2019**

Dear employees of Istanbul Gelisim University, we wish you happy birthday with our sincere feelings and hope that you will have a beautiful and happy year in which you will have great achievements. Thank you for being a part of **the huge IGU family**.

AHMET PEHLİVAN

Asst. Prof. Dr. AHMET ÖZDER

Asst. Prof. Dr. AYSUN CANÇAT

BANU KILIÇ

Res. Asst. CENGİZHAN GÜLER

CİHAT ÇİÇEK

ÇİÇEK SOLMAZ

DİLEK TİMURAY

Asst. Prof. Dr. EMRAH DOĞAN

Asst. Prof. Dr. ERDEM BAĞCI

Asst. Prof. Dr. ERDİNÇ TERZİ

Asst. Prof. Dr. EREN EFE

Öğr. Gör. FUZAİL MOHAMMED MAJOO

Res. Asst. GÖZDE ÇAĞLAR

Lect. HAYATTULLAH ŞAN

Asst. Prof. Dr. HÜSEYİN ÖCAL

Prof. Dr. HÜSEYİN ONUR SILDİROĞLU

İZZET KARAKUŞ

KEMAL ŞAHANLIK

KÜBRA GÖNÜL

Asst. Prof. Dr. LEVENT SAĞIT

Asst. Prof. Dr. MD ARIFUZZAMAN

MEHMET ALİ MURTAZ

Lect. MELEK BAYINDIR

Prof. Dr. MILAD M MILAD EL HARTHI

MUHAMMAD SHAHJAHAN

MÜZEYYEN KAYNAR

MÜZEYYEN TUNALI

NEBAHAT ESEN

Asst. Prof. Dr. NİKOLA AZAR

Asst. Prof. Dr. NURTEN KÜÇÜK

Asst. Prof. Dr. PULAT DEMİR

Prof. Dr. RAMAZAN YAMAN

RAZİYE ZAVUR

Assoc. Prof. Dr. REHAB AHMED MOHAMED ELGAMIL

RUKİYE KAYIR

SEHER İLERİ

Asst. Prof. Dr. SERDAR ÇÖP

Asst. Prof. Dr. SERKAN AKINCI

Asst. Prof. Dr. SİNEM EYİCE BAŞEV

Assoc. Prof. Dr. SULEIMAN ALI SULEIMAN

MOHAMED KHATRUSH

Res. Asst. SÜMEYYE KAYMAK

ŞAHİNAZ SELMAN

Lect. ŞAHZADE ARSLAN

Lect. ŞEYDA ŞANLI

Asst. Prof. Dr. UĞUR EKİCİ

Lect. YASİN ACAR

YUNUS TÜRKMEN

*The names are arranged in alphabetical order.

Massage therapy against pain in cancer treatments

DECEMBER 24, 2019

Physiotherapist Çağıl Ertürk stating that cancer treatment decreases the quality of life of patients and their families, said: "According to Oxford University's research, massage can reduce pain perceptions up to 60 percent of adult cancer patients."

Physiotherapist from Istanbul Gelisim University Lect. Çağıl Ertürk emphasized that pain is the most common and debilitating symptom among cancer patients and evaluated the results of Oxford University's research on 'the effect of massage therapy on pain'.

Stem cell therapy can be effective even in advanced calcification

DECEMBER 26, 2019

The most important causes of muscle and joint diseases are trauma ie hit, inflammation and infectious diseases. In recent years, the stem cell method is used as an effective treatment for muscle and joint diseases. Assoc. Prof. Dr. Aydın Arslan from Istanbul Gelisim University stated that stem cell therapy can be used even in patients with advanced calcification.

Assoc. Prof. Dr. Aydın Arslan stating that everything that causes wear and tear in the muscles and joints and stimulation of pain receptors causes pain said: "It usually causes trauma, infectious diseases, and inflammation musculoskeletal pain. These pains often occur as a result of calcification that develops after age, genetic causes, weight gain or injuries. Sometimes pain can be caused by diseases of the nerve tissues. Even psychological disorders are known to cause pain in the musculoskeletal system without any organic cause. In addition to the above, the musculoskeletal system has painful conditions in the deficiencies of the minerals in our body."

A method from the specialist to prevent weight gain after New Year Party

DECEMBER 27, 2019

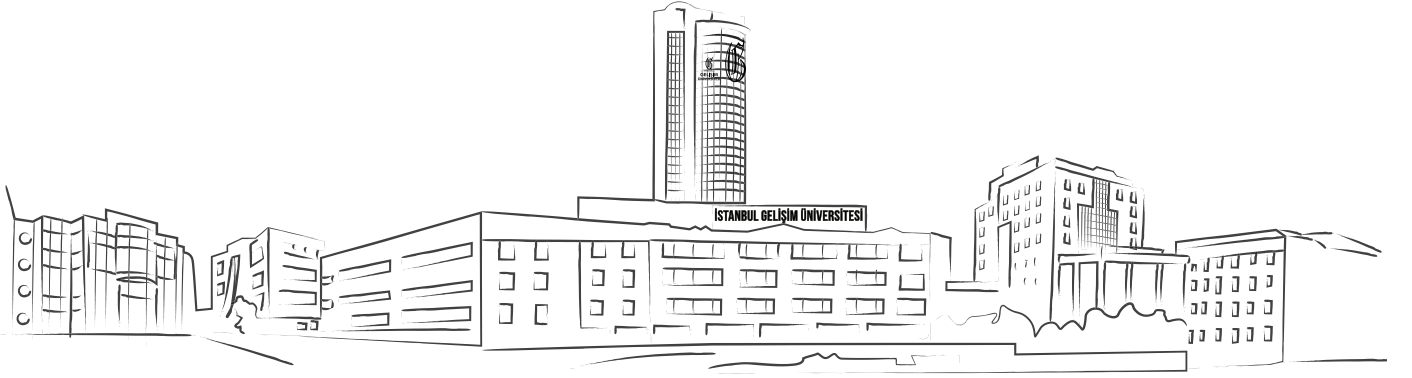
Food and entertainment planning continues as year-end approaches. Quality Life Specialist Dr. Haluk Saçaklı warned those who enter the new year by consuming too much food: "If the next day is applied the necessary steps, not even 1 gram of weight is taken."

On special occasions like New Year, everyone can eat more than their body needs. Stating that in this case, the important thing to know the next day is to know how to behave, Faculty member of Istanbul Gelisim University, Quality Life Specialist Asst. Prof. Dr. Haluk Saçaklı shared the secret of not gaining weight after meals consumed more. Saçaklı said: "The energy taken into the body needs 24 hours to convert into fat. If the next day is applied, not even 1 gram of weight is taken. When you exceed this period, the excess calories in the food you eat are directed to fat stores.

Fat is more difficult to dissolve".


**ISTANBUL GELISIM UNIVERSITY
EVENT SCHEDULE**

DATE	TIME	TYPE OF EVENT	TITLE OF EVENT	LOCATION OF EVENT	DEFINITION	ORGANIZER
30.12.2019	12:00	Movie Screening	Gastroart in Cinema	Building K / Motion Picture Hall	The students of Gastroart Club will watch a movie at Motion Picture Hall.	Gastroart Club / Directorate of Vocational School
30.12.2019	12:00	Conference	Brands & Business	Building K / Auditorium Conference Hall	It will be held for giving information on Marketing Communications and Corporate Communications Methods in Brands.	Dean's Office of the Faculty of Economics, Administrative and Social Sciences / Communication and Innovation Club



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