



AUGUST 2022 | ISSUE 20 | VOLUME 2

MONTHLY EVENTS AND NEWS BULLETIN



August

2022

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August 8: Ashura Day



August 15-21: İbn-i Sina Week



August 17: Gölcük Earthquake Remembrance Day



August 26: Malazgirt Victory



August 30: Victory Day



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IGU is one of the top 3 most preferred foundation universities in Turkey! İstanbul Gelişim University!

Following the announcement of Higher Education Institution Exam results, which shape the lives of millions of young people, university registrations started. Abdülkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelişim University, which is one of the top 3 most preferred foundation universities in Turkey, stated that the constantly developing opportunities of IGU were effective in this success and congratulate the students who will start the university.

OUR STUDENTS WILL GAIN ADVANTAGES ON A GLOBAL SCALE

University Placement Exam results, which millions of young people are eagerly waiting for, have been announced. Students who will start university this year will register between 22-26 August. Istanbul Gelisim University, which has achieved success on a global scale with its constantly improving opportunities and national and international standards on the way it started with the slogan "Be Open to Development", has become one of the top 3 most preferred foundation universities in Turkey. Abdulkadir Gayretli, Chairman of the Board of Trustees of IGU, wishing success to all students who will start university and stated the following: "The importance we attach to science and technology on a global scale is a major factor in achieving this success. We are on the way to become a world university with the opportunities we offer to our students in the national and international. Internationalization is very significant to us. Regarding Prof. Dr. Erol Ozvar's statement who is Chairman of the Council of Higher Education, internationalization is determined as a goal by all universities, we are moving forward with a vision that is suitable for the era, developing and producing by offering world-class education and training quality. Our 65 programs at IGU are internationally accredited. This is a Turkish record. Our students who graduate from accredited departments will have internationally valid diplomas and will gain advantages on a global scale in their careers. We are ranked 1st in Turkey and 16th in the world in the category of "Quality Education" by Impact Ranking of the world's respected higher education rating agency THE (Times Higher Education). At the same time, the satisfaction of our students with the TSI ISO 10002 certificate has been approved by TSI and our university has registered its quality."

“WE WILL PROVIDE SUPPORT TO OUR NEW STUDENTS REGARDING SCHOLARSHIP OPPORTUNITIES AND ACCOMMODATION”

Abdülkadir Gayretli, Chairman of the Board of Trustees, indicated, "IGU students have many advantages, particularly in academic and social areas. We will provide support to our new registered students in terms of scholarship opportunities and accommodation. We stand by the request of Prof. Dr. Erol Ozvar, Chairman of the Council of Higher Education Council, for foundation universities to provide the necessary support to students. Our students are very valuable to us, we are always with them.

Moreover, all infrastructures are being prepared for Istanbul Gelisim University to become a research university. We have 22 application research centers. We have a Technology Development Center and a Technology Transfer Office. We recently opened a Dental Hospital. We aim to be a 'Research University' that will contribute to the production of new technologies with the breakthroughs we will make in the field of health technology and engineering in the future. As the board of trustees, we always support the work of our esteemed academicians."

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



AUGUST 30TH VICTORY DAY!





CENTENARY OF VICTORY!

AN OFFENSIVE THAT RESULTED IN VICTORY
UNDER THE COMMAND OF ATATURK IN
DUMLUPINAR...



Asst. Prof. Gülay TAMER

The Great Offensive symbolizes the key victory of the Turkish army against the Greek forces in the Battle of Dumlupınar (26-30 August 1922). The war in Kütahya in western Turkey determined the overall outcome of the Turkish War of Independence (1919-1923). The Great Offensive is also known as the "Battle of the Commander-in-Chief" because it was carried out under the command of Atatürk. During the War of Independence, it was a clandestine operation intended to strike the invading forces a final blow and throw them out of Anatolia. The main purpose was to wage a devastating pitched battle was to strike the enemy quickly and with a decisive result.

Atatürk decided to attack in June, carried out the preparations in secrecy, and launched the attack on the night that connected the night of 26 August to the 27th. A large part of the enemy army besieged around Aslıhan was surrounded from four sides in a brutal struggle for 4 days and was destroyed or captured in the war that Gazi Mustafa Kemal Pasha led from Zafertepe, between the lines of fire. At the end of the "Battle of the Commander-in-Chief" on 30 August 1922, the remaining part of the Greek forces in Anatolia withdrew in three groups. In the face of this situation, Gazi Mustafa Kemal Pasha, in the courtyard of a ruined house in Çalköy, sent the Turkish army to follow the Greek army with the historical "Armies, your first target is the Mediterranean. Forward!" gave his order.

Even though the occupation troops left the country's territory later, August 30 symbolically means that the country's territory was taken back. August 30 Victory Day was first celebrated on August 30, 1923, in a few cities in Turkey such as Ankara, Izmir and Afyonkarahisar, and became a national holiday in 1935.



BREAST MILK REDUCES OBESITY RISK IN INFANTS AT A LATER AGE

Breast milk produced by our bodies varies according to your baby's needs.

To emphasize the importance of breast milk and breastfeeding, World Breastfeeding Week is celebrated every year between 1-7 August under the World Health Organization's and UNICEF's leadership. Istanbul Gelisim University Public Health Specialist Asst. Prof. Nurten ELKİN stated that breastfeeding is beneficial for both the mother and baby since it reduces the risk of many diseases such as obesity that may occur in infants at later ages.

In the process of brain development that begins in the mother's womb and continues from birth to the end of the age of two, nutrition is of great importance for growth and development in ideal conditions, and for the acquisition and maintenance of child health.





1.5 MILLION CHILDREN DIE FROM ACUTE NUTRITIONAL FAILURE EVERY YEAR

Breastfeeding, which plays an essential role in the development of the first bond between mother and baby, has also critical importance for growth and development to be in ideal conditions. Asst. Prof. Nurten Elkin, Public Health Specialist of Istanbul Gelisim University (IGU), Faculty of Health Sciences, stated the following:

“About 1.5 million children die annually from acute malnutrition. Worldwide, 20% of deaths under the age of 5 are preventable with appropriate nutritional interventions. Undernutrition in pregnant and infants accounts for more than 10% of the global burden of disease. Breast milk is an ideal and natural food that cannot be replaced in infant nutrition. It contains all the energy and nutrients necessary for the healthy growth and development of the baby. At the same time, breastfeeding provides many developmental, psychological, social and economic benefits to the baby and mother. Breast milk supports cognitive development in infants, reduces the risk of sudden infant death syndrome and reduces the risk of type II diabetes, cardiovascular diseases and stroke seen in later ages.

Early breastfeeding has protective advantages that last up to six months after the baby is born. Therefore, breast milk alone for the first 6 months and breast milk supplemented with additional nutrients in the period up to 24 months is of great importance for infant nutrition and health

“MOTHER MUST EAT WELL AND KEEP AWAY FROM STRESS AFTER BIRTH!”

Asst. Prof. Nurten Elkin made suggestions to support breast milk. She also emphasized that for these methods, a suitable environment should be provided for the mother and the baby. Suggestions are as follows:

- From the beginning of pregnancy, all expectant mothers should be informed and motivated that they can feed their babies with breast milk.
- After birth, breastfeeding mothers should eat well and stay away from fatigue and stress.
- They should ask for assistance from family and friends so that they can have a regular lifestyle, including sleep.
- Appropriate environments should be provided for breastfeeding mothers in social areas such as shopping malls, restaurants and workplaces so that society understands that breastfeeding is a natural, easiest and healthy feeding method for the baby.
- Breastfeeding consultants and health professionals should support the mother who has any problems related to breastfeeding technique or breastfeeding.

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



THESE FRUITS BOTH HELP TO LOSE WEIGHT AND PREVENT DISEASES!

Dr. Merve Bayram, Faculty Member at Istanbul Gelisim University (IGU), Faculty of Health Sciences, stated that studies on cherries, sour cherries and cranberry fruits reduce the risk of many diseases such as cardiovascular diseases, stroke and diabetes.

These fruits relieve pain, edema, regulate sleep and reduce the risk of many diseases... Cherry is one of the most produced fruits in our country. Consumption of this red fruit, which is high in antioxidants, affects our health positively and reduces the symptoms of the disease. Dr. Merve Bayram, from Istanbul Gelisim University, Department of Nutrition and Dietetics, talked about the benefits of red fruits such as cherries, sour cherries and cranberries.

THE STRONGEST ANTIOXIDANT FOUND IN NATURE

Fruits such as cherries, cranberries and sour cherries, which are thought to reduce the risks and symptoms of diseases such as diabetes, cardiovascular diseases (CVD), hypertension, obesity and liver disease by positively affecting health, are used in many areas in our country. Dr. Merve Bayram stated the following:

"Particularly red fruits are relatively low in calories compared to other fruits. Studies have revealed that there is an inverse relationship between chronic diseases and fruit and vegetable consumption. Therefore, balanced consumption of fruits and vegetables reduces the risk of death and illness from CVD, stroke, diabetes, metabolic syndrome, liver disease and some cancer types."

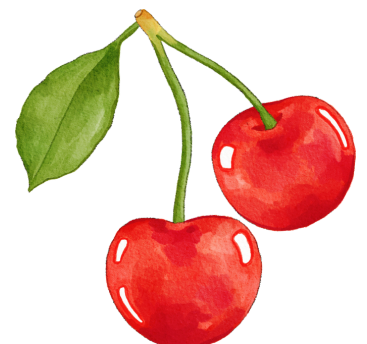
Dr. Merve Bayram also underlined that the consumption of cherries, cranberries and sour cherries, which are powerful antioxidants in nature, is very significant since they both have high amounts of vitamin C and contain some essential minerals such as potassium.

IT IS ALSO GOOD FOR SLEEP DISORDERS AND PAINS

Consumption of foods rich in tryptophan is indispensable for quality and sound sleep. Tryptophan, which increases the amount of melatonin and serotonin hormones in the body, is especially abundant in cherries. Serotonin in cherries works together with melatonin to improve sleep quality as well as help fight against diseases such as insomnia and sleep disorders.

Current clinical studies are very promising that red fruits positively affect health and prevent the progression of some chronic diseases. Dr. Merve Bayram also indicated cherries can also be effective in emotional disorders thanks to the bioactive components they contain.

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



PRECONCEPTIONAL PERIOD: IMPORTANCE OF NUTRITION

Lec. Dilara SERARSLAN

One of the main aims of national and global health goals is to improve maternal and child health. The policies followed in line with this aim cover pregnancy, lactation, and the entire development process of the child. However, studies show that the pre-pregnancy period also has positive or negative effects on the health of the mother and child. Therefore, health practices should start in the pre-pregnancy period, not with the onset of pregnancy. In addition, it is important to include the father in health practices.

The pre-pregnancy period is called the preconceptional period. The Center for Disease Control and Prevention defines the preconceptional period as a general process that covers the health of the mother and father-to-be at any time before the possibility of conception.

Awareness in Turkey



According to Turkey Demographic and Health Survey-2018, 96% of women who gave live births in the last five years received prenatal care. 90% of women started receiving care in the first trimester. Although these results show that the rate of care received during pregnancy is high in Turkey, it is not enough for pre-pregnancy. Although interventions that begin with pregnancy have benefits, their health effects may not be sufficient. For example, micronutrient deficiencies can be eliminated during pregnancy, but it may be too late to improve the health of the child, or even if maternal obesity is controlled, the effects may be insufficient.

Nutritional status in the preconceptional period affects the ability to become pregnant, maintain the pregnancy, the growth-development process of the child, and the future health. The remarkable issues related to nutrition can be examined under three main headings in this period; weight control, nutrient intake, and alcohol consumption.

Weight Control

In the preconceptional period, both mother and father-to-be should avoid being underweight or obese. Because in both cases, fertility decreases. In pregnancy, there is an increased risk of maternal complications, low birth weight, and preterm birth in underweight individuals. If the individual is overweight; there is an increased risk of complications in pregnancy, neural tube defect, high body fat, and autism spectrum disorder in the child.



Adequate Intake of Nutrients



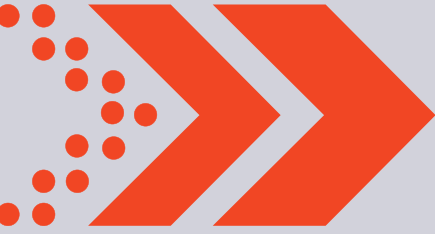
Adequate intake of nutrients in the preconceptional period is important for the health of both the mother and the child. In studies, the effects of macro and micronutrients on both physical and cognitive development were determined. For example; it was determined that the incidence of orofacial clefts was higher in children of mothers who have inadequate intake of all macronutrients, while excessive vitamin A intake increased the risk of developing facial and heart abnormalities in the child. It has also been stated that iodine deficiency in early pregnancy may negatively affect the mental and physical development of the child. In addition, studies have shown that iron deficiency increases the risk of preterm birth and the risk of developing an iron deficiency in the child's first year of life.

Alcohol Consumption

Alcohol consumption in the preconceptional period is a controversial issue in terms of nutrition. Regular alcohol consumption increases the risk of fetal alcohol syndrome and this syndrome negatively affects the mental and physical development of the child. Animal studies on this subject have shown that alcohol consumption by both mother and father during the preconceptional period results in an increased risk of low birth weight and neurodevelopmental problems in the offspring.



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



OUR GUEST OF THIS MONTH

Assoc. Prof. S. Arda ÖZTÜRKCAN



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?

Division of work with the right people to do any job.

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

Electricity, because it is a basic need like water.

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

Experiencing life on another planet

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

Sustainable (Green) Chemistry

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

Bruce Willis

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

Hardworking, responsible, trustworthy, innovative, creative

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

Teleportation

8-Who is your hero?

Mustafa Kemal Atatürk

9-Who is your favorite author?

İlber Ortaylı

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

Working

WHO IS WHO?



PROF. DR. ASUMAN BAYTOP

DISCOVERER OF THE UNKNOWN FLOWERS OF ANATOLIA

Asuman Baytop was born in Istanbul on March 27, 1920, as the daughter of Doctor Mehmet Kamil and Meliha Berk. She graduated from Istanbul University Faculty of Pharmacy in 1943. In 1949, she completed her doctoral thesis at the Zurich Institute of Pharmacy under the supervision of Professor Hans Flück. In the same year, she returned to Turkey and was appointed to the Faculty of Pharmacy of Istanbul University as an assistant. She founded the Department of Pharmaceutical Botany in 1964 and served as its director until her retirement in March 1987.

Described by her daughter as a tireless herb collector, Baytop began collecting herbs in 1941 while she was a student at the Faculty of Pharmacy, during a trip organized by Professor Heilbronn. She collected 5870 plant samples from Istanbul and 7470 from Western Thrace. It brought a total of 11 new species and 3 subspecies to the flora of Turkey.

Baytop's work was rewarded with the Service Award by TUBITAK in 1999.

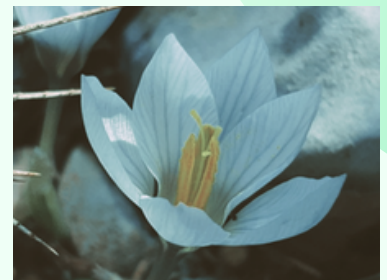
Asuman Baytop passed away on February 18, 2015. Baytop, whose academic studies, kindness and deep scientific knowledge will always live in our memories, was an excellent teacher and scientist.



Crocus asumaniae



Fritillaria asumaniae



Crocus baytopiorum



OFFICIAL SOCIAL MEDIA ACCOUNTS



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