



## **MONTHLY EVENTS AND NEWS BULLETIN**

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# **Faculty of Health Sciences**





# December 2022

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05	06	07	08	09	10	11
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1 December: World AIDS Day



2 December: International Day for the Abolition of Slavery



3 December: International Day of Persons with Disabilities



5 December: Women's Rights Day



10 December: Human Rights Day



15 December: International Tea Day



25 December: Noel



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# A NEW YEAR

JOHN P.  
READ

Brush away old heartaches.  
Learn from our mistakes.  
Another year is finally over.  
A new dawn awakes.

Let the old year out.  
Welcome the new one in.  
Bury the bad things of the past  
As a new year now begins.

Make your New Year wishes  
As simple as you can.  
Pray for peace and love,  
Not for wealth or fame.

Pray for health and happiness.  
Pray for your fellow man.  
Pray for all the ones you love.  
Pray for those who've lost their way.

As the midnight hour chimes,  
We leave the old and embrace the new.  
I wish the things you wish for yourself,  
And may God's love stay with you.



# GREAT SUCCESS FROM IGU, WHICH IS INCLUDED IN THE "GREENMETRIC" RANKING FOR THE FIRST TIME!

Istanbul Gelisim University (IGU), which is included in the "GreenMetric 2022" for the first time, ranked 37th among Turkish universities in the "Energy and Climate Change" category. Drawing attention with its significant works in the environmental sustainability field, IGU proved its success once again.

"UI GreenMetric World University Ranking 2022", which was established in Indonesia in 2010 and works on green campus and environmental sustainability, has been announced. Aiming to create global awareness of the environment, GreenMetric evaluates the sustainability efforts of universities according to 6 criteria: campus and infrastructure, energy and climate change, waste, water resources, transportation, education and research. Istanbul Gelisim University (IGU), which was included in the "GreenMetric 2022" ranking for the first time, ranked 65th among all universities in Turkey in terms of the total score considering these 6 criteria. Standing out with its sustainability efforts, IGU achieved significant success by ranking 37th in the "Energy and Climate Change" category.

"WE AIM TO BE HIGHER RANGE IN THE FUTURE YEARS"

Adopting the "Sustainable Development Goals" and attaching importance to sustainability studies in every field, especially environmental sustainability, Istanbul Gelisim University makes practices for the effective use of natural resources and proceeds with a universal sense of responsibility within the scope of energy and waste management. Stating that they were included in the "GreenMetric 2022" ranking, which aims to create global awareness on sustainability and environmental awareness, attended by prestigious universities from all over the world, Prof. Dr. Bahri Şahin, Rector of Istanbul Gelisim University: "Within the scope of the 'Zero Waste Project'; We aim to rank higher in the coming years with more effective management of the waste management system, interactive activities in the fields of transportation, education and research."



Istanbul Gelisim University, which is included in the "GreenMetric 2022" ranking for the first time, achieved success in the categories of campus and infrastructure, energy and climate change, waste, water resources, transportation, education and research.



# GIVING WOMEN THE RIGHT TO VOTE AND BE ELECTED

**Assoc. Prof. Gülay TAMER**

The place and importance of women in society started to be discussed with the declaration of Tanzimat in the Ottoman period. With the proclamation of the Tanzimat, the influence of the West began to be felt much more clearly on the Ottoman Empire and various arrangements were made in administrative, political, educational and financial areas. The intellectuals of the period wrote articles about the backwardness of the Ottoman Empire in the face of Europe, and drew attention to the situation of women who made up half of the population and were deprived of education. For this reason, the opening of Girls' High School (Middle School) in 1859, Girls' Industrial School (Art) in 1870 and teacher schools in the same year were among the initiatives made for women.

Emphasizing the importance of Turkish women as both husband and mother for the future of the Turkish nation, it is emphasized that it is important for women to be well-educated in a cultural sense as well as being a good housewife, and to ensure this, girls should be educated. It has been treated as a theme in articles and novels. In this process, in which women are discussed from different aspects, Şinasi criticized the harms of arranged marriage in "Poet Marriage" and Ahmet Mithat criticized marrying multiple women. Namık Kemal wrote articles defending the rights of women in the newspapers "İbret" and "Tasvir-i Efkar", and Hüseyin Rahmi Gürpınar also emphasized the inequality between men and women in his works. In 1893, the "Women's Newspaper", which was published twice a week, began to be published.

It is noteworthy that women's organizations started to be established in the Tanzimat Period and the number of them increased in the Second Constitutional Period. Turkish women actively took part in resistance activities during the National Struggle and revealed their combative identity. Discussions on women's gaining political rights gained momentum in this period and were sometimes brought to the agenda of the parliament. Although women were not given the right to participate in the elections in those days, in the elections held for the establishment of the second parliament in 1923, second voters in some provinces voted for Latife, Mevhibe Galibe, Müfide Ferit Hanım and the folk hero Kara Fatma on their own initiative.

Atatürk often stated in his speeches that the republican regime would give women the respect they deserve. Important developments have been recorded in terms of women's rights within the multi-faceted reform movements put into practice with the proclamation of the Republic. In the first years of the Republic, with the adoption of "Unification of Education" and "Civil Law", the "Turkish Women's Union" made an important contribution to the acquisition of political rights. Women gained the right to participate in municipal elections in 1930, to elect and be elected as a muhtar in 1933, and finally to elect and be elected as a deputy on December 5, 1934. This important gospel was featured in the newspapers of the period, and Turkish women celebrated their happiness with great enthusiasm all over the country, from Istanbul to Ankara, from Izmir to Adana.

# "POLITICS IS BETTER KNEADED WITH THE DOUGH OF HANDS"

We talked to History Teacher Esra Tayyar about women's right to vote and be elected.



## WHO IS ESRA TAYYAR?

She was born in Silvan, a district of Diyarbakır in 1981. After completing her primary and secondary school in Silvan, she completed her high school education in Istanbul. She completed her undergraduate degree at Istanbul University Faculty of Letters and her master's degree at Istanbul University Social Sciences Institute. After working in different private schools, she started teaching at MEB. She taught in Hakkari and Antalya in different years. Esra Tayyar, who is married and mother of two daughters, still continues to teach history at the Ministry of National Education.

## Could you give some information about the legal regulation that gave women the right to vote and be elected in Turkey and came into force in 1934?

In fact, it is necessary to start by correcting the information that women in Turkey were given the right to vote and be elected in 1934. Because the mentioned date is giving women the right to vote and be elected as parliamentarians. But this is the final stage in a series of adjustments. In the 1930s, the first legal arrangements necessary for women to gain their political rights were made in the parliament. With the amendment made in the Municipality Law on April 3, 1930, women gained the right to vote and stand as candidates in municipal elections for the first time, and they could both vote and be candidates in the municipal elections held in the same year. Sadiye Hanım was elected the first female mayor in Kılıçkaya town of Yusufeli, a district of Artvin Province. On October 26, 1933, the 20th article of the village law was amended and women were given the right to be elected to the village headman and committees. The first female headman was Gül Esin, who was elected in the Demirdere village of Aydın's Çine district. In 1934, discussions began in the parliament for the right of women to elect and be elected as members of parliament. On 11 December 1934, women were granted the right to vote and to be elected, with the amendments made in the constitution and the election law. Women who participated in the general elections held in 1935 sent 17 deputies to the parliament.

## How do you evaluate, historically and socially, that women marching from Beyazıt Square to Taksim and organizing a celebratory rally here as a result of the regulations made in 1934?

With the declaration of the Edict of Compensation in the Ottoman Empire, as a result of the increasing relations with the West, the place and importance of women in society became controversial with various aspects. It is seen that the number of organizations established by women increased especially during the Second Constitutional Period. We see that women engaged in an active struggle during the National Struggle Period. Women were at the forefront of the rallies held all over the country against the occupation of Izmir, and names such as Halide Edip, made fiery speeches. We see the struggle of women not only in the civil but also in the military phase of the national struggle. When we look at it from this perspective, it would not be an exaggeration to say that women struggled to exist and to have their existence accepted in social, political and economic fields both in the Ottoman period and the Republican period. This struggle continued even after the proclamation of the Republic, especially women, for the right to vote and to be elected, through the associations they established, this issue was discussed both in the society and in the public. Not to mention the struggle of the Turkish Women's Union on this issue. In 1924, the Women's People's Party was founded by Nezihe Muhittin and her 13 friends. Although this development caused discussions in the parliament, unfortunately it did not work and the establishment of the Women's Party was not allowed in the parliament. So, it was transformed into a society with the amendment made in its statute. Both through the aforementioned society and through different channels, women continued to fight for their political rights. As it is seen, women's gaining political rights is not a decision taken overnight. There is a historical struggle behind it. In 1934, women wanted to celebrate the important gain of the struggle with the granting of the right to parliament, with a rally. With the call of the Turkish Women's Union, a march was held from Beyazıt to Taksim. As can be understood from the newspaper headlines of the period, a very crowded and enthusiastic rally was held. However, in some news, we see criticism as well as the fact that men are more than women at the rally. Among the speakers, Saadet Rifat, a member of the Turkish Women's Union, and Nakiye, a member of the city council, made speeches that excited the audience, and in these speeches, especially thanking Mustafa Kemal Atatürk and expressing gratitude are at the forefront.

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## What other social and cultural arrangements were made for women in the first years of the Republic?

As I said before, the issue of women's rights has been a topic that has been on the agenda since the middle of the 19th century and has been discussed in public. The regulations made during the Ottoman period are not sufficient even when evaluated in terms of the conditions of that period. Therefore, the first periods of the Republic were very valuable in terms of expanding and guaranteeing women's rights. It is impossible not to mention the Law of Unification of Education, which was enacted in 1924 in order to ensure equality in education life and to switch to secular education. With this law, girls and boys had equal rights in education. However, the most important step is the adoption of the Civil Code, which came into force in 1926 to eliminate inequality in the current society and to ensure that women benefit from the achievements of the Republic. Thus, new rights were given to women in many areas such as monogamy, the right to divorce, the right to custody, the share of inheritance, and the choice of profession. Efforts were made to increase the presence and visibility of women in social life. While maternity leave was given to working women in 1930, the technical education directorate for girls was established in 1933 to provide education for girls. With the enactment of the labor law in 1936, the working life of women was regulated. Of course, all of these studies are important gains for women, but we know that the inequalities that women experience in social life, business life and family continue today.



“ If we review the work of women in the parliament, we know that they attended the parliament more than men, they followed almost all the sessions and they took the floor effectively on some issues. ”

## Could you give some information about the work of 17 women deputies who entered the parliament in the parliamentary elections held on February 8, 1935?

The election you mentioned, was the first election in which women could both vote and be a candidate. We see that women were particularly willing to vote. Because the participation in the elections was 80%, especially in big cities such as Istanbul, Ankara and Izmir. Nearly 48% of the voters were women. When we look at the representation point, the number of female representatives increased to 18 with the election of one more female Member of Parliament in the by-election for the vacant members of parliament. Thus, women constituted 4.5% of all deputies in the parliament. This number ranks second in the world in proportion to the number of women in the parliament at that time. With the exception of a few of the selected women, the majority of them were quite high in terms of education and culture. Nearly 70% (11) of female members of parliament were educators with higher education. They had an education level far above the population they represented. This situation can be interpreted as a disadvantage especially in knowing and understanding the problems experienced by women in rural areas. If we review the work of women in the parliament, we know that they attended the parliament more than men, they followed almost all the sessions and they took the floor effectively on some issues. Most of them were clerk members in commissions according to their interests. Women's parliamentary speeches were dominated by education and health issues. We can say that our female deputies were stuck in certain areas, for example, they did not deal with economic and political issues much, they left these areas to men. Factors such as the fact that the politics we see today are "men's business", and that the duties imposed on women are mostly confined to the framework of family responsibilities, have prevented women from working actively in the parliament. Unfortunately, I think that we still have not achieved social transformation in this area. It is debatable how long even the women deputies elected at that time experienced this transformation.





Although Turkey was a country that gave women the right to vote and be elected 36 years ago from Belgium 14 from Greece 15 from Switzerland, what is the reason for the low rate of women's representation in the parliament today?

Unfortunately, the role assigned to women by our social, religious and cultural traditions has been the main factor in the emergence of this situation. The discriminatory attitude that started with the inequality of opportunity given to girls and boys in their childhood has been effective in all of women's lives. The role of women was not allowed to go beyond being restricted to the home and children. We still see campaigns carried out by some associations for the inclusion of girls in education. This is also an admission that girls are not included in education at the same rate as boys of their age. Unfortunately, we cannot solve our other problems because we cannot provide equal opportunities in education. The fact that we are even behind the 1930s in the rate of female representation is a clear proof that we have not yet realized the social mentality revolution. Since the political life in our country is shaped by a male point of view, the right of women to be elected is also seen as a blessing from the leaders of political parties. Most of the time, female candidates are treated like a mannequin in the showcase.

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# Alcohol Addiction and Treatment Approaches

The Coordinatorship of Combating Addictions Unit held the event titled "Alcohol Addiction and Treatment Approaches".



The event, in which the Dean of Health Sciences of Istanbul Gelişim University Prof. Dr. Rifat MUTUŞ, made the opening speech, continued with the speech of Assist. Prof. Nurten ELKİN, Coordinator of Combating Addictions.

In her speech, ELKİN said that addictions are an important public health problem due to their frequent occurrence, the diseases and functional disorders caused, shortening the life expectancy and decreasing the quality, costly treatment and most importantly, preventable. Addiction in general; He stated that it is a concept that expresses the predisposition of the individual to various types of behavior that are defined outside of the norm and may cause harmful consequences, and that alcohol addiction is a psychiatric health problem characterized by high alcohol intake, which is uncontrolled, automatic and coercive, which is included in substance use disorders. When we look at the epidemiology of alcohol addiction, according to the World Health Organization (WHO) 2016 report, more than 3 million people lost their lives as a result of alcohol addiction. and emphasized that more than three-quarters of these deaths were in men, and that alcohol dependence accounted for more than 5% of the global burden of disease.

Before inviting speaker Assoc. Dr. Neslihan AKKİŞİ KUMSAR to the podium, ELKİN shared her short curriculum vitae with the speakers.

Assoc. Dr. Neslihan AKKİŞİ KUMSAR in her speech; definition of addiction, risk factors in addiction, concepts of addiction and abuse, diagnostic criteria in addiction within the scope of DSM 5 substance use disorders; He talked about abstinence, tolerance, impulsivity, developmental stages of addiction, addiction cycle, neurochemical characteristics of addiction, who is seen with addiction, and stated that addiction is a biochemical disease and anyone can become addicted.

In her speech, AKKİŞİ KUMSAR talked about treatment methods, the importance of family support in this process, and the use of psychotherapy, drug therapy and rehabilitation services together in treatment. In the effectiveness of the treatment; stated that the duration of treatment is very important and that it depends on the problems and needs of the patient during this process.

The event ended with Neslihan AKKİŞİ KUMSAR giving a plaque by the Dean of SBF Rifat MUTUŞ.

[Click here for the detailed news.](#)



# RECOGNIZING AND UNDERSTANDING SUBSTANCE ADDICTION

A SEMINAR ON “RECOGNIZING AND UNDERSTANDING SUBSTANCE ADDICTION” WAS HELD BY THE COORDINATORSHIP OF COMBATING ADDICTIONS.

The event, which was held in the K Auditorium on 21.12.2022 between 14.00 and 15.30, started with the speech of Assistant Professor Nurten ELKİN, Coordinator of Combating Addictions.

In her speech, ELKİN said; substance use disorder, which is a biopsychosocial problem; She stated that it is an extremely costly and devastating social disease that has significant negative effects on individual health, family life, community security and the economy. She said that the most appropriate programs that can help in solving the problem of substance use are prevention and early intervention programs, and in order for prevention programs to be successful, first of all, it is necessary to identify children and adolescents at risk, and to know which individual and environmental factors pose a risk or protective for substance use in adolescence. Substance abuse is not just a health issue, apart from health, public, social.

ELKİN, after her speech, Assoc. Dr. Asli shared a short biography of ENEZ DARÇIN and invited her to the podium to give her speech.

DARÇIN in her speech; The concept of addiction, the risk factors for addiction, the addiction cycle, the misconceptions about addiction, the definitions of dangerous and risky use and harmful use, which are important concepts in substance use disorder, and their differences from each other, who becomes addicted, the addiction process and the importance of protection, addictive substances, if addiction has developed, the treatment process and the difficulties of this process, the importance of motivation and family approach, and emphasized that addiction is a brain disease, a chronic disease and treatable.

The event ended when Deputy Dean Assistant Professor A. Yüksel BARUT presented the speaker with his plaque.

[Click here for the detailed news.](#)



# TECHNOLOGY ADDICTION

## IGU COORDINATORSHIP AGAINST ADDICTIONS HELD A SEMINAR!



IGU Coordinatorship Against Addictions held a seminar on "Technology Addiction". The opening speech of the seminar on Technology Addiction was made by Vice Rector Prof. Dr. Nuri KURUOĞLU.

Afterwards, Coordinator of Combating Addictions Unit, Assist. Prof. Nurten ELKİN stated that addictions are an increasingly important public health problem in our country and in the world. In her speech, Elkin stated that addictions cause many physical, psychological, social and economic negativities in individuals, reducing their quality of life, thus affecting not only individuals but also the society in which individuals live.

As a result, she emphasized that treatment and rehabilitative health services are very important in addictions, but that our priority as health professionals is protective health services. She stated that, within the scope of protective measures, YÖK also created an "Action Plan to Combat Addictions" and in line with this action plan, when the "Combating Addictions Coordinatorship" was established in order to protect our students from addictions and to increase their knowledge and awareness about addictions.

Elkin, after her speech, Mental Health and Diseases Specialist shared a short biography of Assoc. Dr. Nermin GÜNDÜZ with the participants and invited her to the podium to give her speech. In the daytime speech; Addictions constitute a multidimensional health problem, so its solution can be with a multidisciplinary approach, the definition of technology and internet addiction, the introduction of the internet into our lives is actually not very old, but it exists in every moment of our life in a short time and has become almost indispensable, but with this positive necessity and developments, many It brings with it negativity, especially in children and adolescents, when it is not used correctly and carefully, when it is not supervised (in terms of duration and content), it causes a lot of negativity, it is difficult in the differential diagnosis of autism in children, There are many problems in the use of social media in the family, not only in children and adolescents, but also in adults, that gambling addiction in the virtual environment is an increasing problem and that it can bring suicides with it. Also, by re-explaining Maslow's hierarchy of needs, each column here is determined by the individual. He stated that individuals are trying to replace them with technological platforms, while it should be experienced. From the perspective of mental health diseases, she emphasized that there is a dual relationship between depression and addictions, that is, sometimes depressive moods pave the way for addiction, and sometimes addictions lead to depression. She also stated that addiction to gambling in the virtual environment is an increasing problem day by day and that it can lead to suicides. Also, she explained Maslow's hierarchy of needs again, stating that while every column here should be experienced by the individual, individuals try to replace them with technological platforms. She emphasized that there is a dual relationship between depression and addictions from the point of view of mental health diseases, that is, sometimes depressive moods pave the way for addiction, and sometimes addictions lead to depression. She also stated that addiction to gambling in the virtual environment is an increasing problem day by day and that it can lead to suicides. Also, she explained Maslow's hierarchy of needs again, stating that while every column here should be experienced by the individual, individuals try to replace them with technological platforms. He emphasized that there is a dual relationship between depression and addictions from the point of view of mental health diseases, that is, sometimes depressive moods pave the way for addiction, and sometimes addictions lead to depression.

As a result, while stating the importance and necessity of technology, she emphasized that important limits should be placed on the use of technology from an early age, especially in children and adolescents, in order to be careful in its use and not to turn it into addiction. At the end of her speech, GÜNDÜZ answered the questions of the participants in the hall.

At the end of the seminar, by our Vice Rector Prof. Dr. Nuri KURUOĞLU, The seminar was concluded by giving a plaque to Assoc. Dr. Nermin GÜNDÜZ.

# The Relationship Between AIDS and Nutrition

World Health Organization by to raise awareness about HIV/AIDS December 1, was declared World AIDS Day. Istanbul Gelisim University Faculty of Health Sciences Department of Nutrition and Dietetics Research Assistant Hasan Fatih AKGÖZ made statements about the AIDS and Nutrition Relationship.



AIDS is a disease that emerged in Central and Southern Africa in the early 1980s, and its effect is increasing with each passing year, reaching frightening dimensions. The human immunodeficiency virus (HIV) is the causative agent of AIDS, known as the acquired immunodeficiency syndrome. HIV disrupts the structure of white blood cells in the immune system, causing a decrease in the number of white blood cells and neutralizing the body's resistance to infections. AIDS is a disease for which there is no clear cure. The condition of contracting the disease differs individually. In order for the disease to be diagnosed, HIV must be present in the human body.

## AIDS Transmission Ways

HIV can be transmitted sexually, through gastrointestinal mucosa, blood, and breastfeeding. HIV; It can be passed from person to person through blood products and sexual fluids. It can be transmitted from mother to baby by breast milk or placenta. There are also situation where there is no risk of transmission of the disease.

These situations are:

- Cough, sneeze, sweat, tears, saliva
- Touching the skin, hug, handshake
- Plate, fork, spoon, glass, drinks, foods
- Sea, pool, Turkish bath, shower, toilet, faucet
- Insect bites and stings

## AIDS Symptoms

Disease symptoms; chills, night sweats, skin rash, fever, weakness, weight loss, joint pain, diarrhea, vomiting and flu like complications. These complications are seen within 2-6 weeks after HIV enters the organism. Symptoms may persist for several weeks.

## AIDS and Nutrition

In all diseases, adequate and balanced nutrition is very important in preventing the side effects of diseases, infections and symptoms. A healthy diet helps to reduce the complications that can be experienced with the effect of HIV and to strengthen the immune system.

## Nutritional Advice for AIDS:

- Weight loss may occur in individuals with AIDS. The most important issue here is that personals get enough and balanced energy with food.
- Protein needs of individuals with HIV virus are higher than normal individuals. Proteins are essential nutrients for hormones and enzymes in the immune system. Meat and meat products, legumes, eggs, milk and dairy products can be preferred for protein intake.
- Whole grain foods should be included in the carbohydrate preference, vegetables and fruits should be consumed.
- Vegetable-based oils (such as olive oil, canola oil) should be preferred in the selection of oil, and saturated fat and trans fat should be limited.
- Foods containing omega-3 (tuna, lake fish, salmon, herring, soybean, flaxseed, walnuts, spinach, purslane) should be consumed.
- Vitamin and mineral absorption may not be fully realized in people with viruses. For this reason, foods rich in vitamins and minerals should be taken. When the need for vitamins and minerals cannot be met with food, they should be taken as supplements.
- The immune system is weakened in people who have an infection and food poisoning is frequently seen in these people. The safety of preferred foods is important. Before preparing the meals, attention should be paid to hygiene rules such as personal hygiene, equipment hygiene, and hygiene of the materials to be used. Food should be well cooked.
- There should be adequate fluid intake every day. This level varies according to the treatment of the person.



## "World Child Rights Day Awareness" Event Held!

The opening speech of the event was made by Assist.Prof. Nurten ELKİN, Head of Child Development (TR) Department, and an article from the "Universal Declaration of the Rights of the Child" was read. To our activity; Assist.Prof. A. Yüksel BARUT and Assoc. Prof. Arda ÖZTÜRKCAN, Deputy Dean of the Faculty of Health Sciences, attended and read the articles from the Universal Declaration of the Rights of the Child. Prof. Dr. Makbule Meziyet ARI, Prof. Dr. Arif ÖNDER, Assist. Prof. Talat SARIKAVAK, from the Department of Child Development (TR). Lecturer Buse KERİGAN, Lecturer Bedriye Çelik, Lecturer Selin Kalabaş participated.

Posters, hand banners, visual materials, photo frames and boards prepared by the students were hung in the event area. In order to raise awareness among the students in the faculty, the articles of the "Universal Declaration of the Rights of the Child" were written and distributed to all students. During the event, information about the World Children's Rights Day was given in accordance with the meaning and importance of the day.

World Children's Rights Day is a universal day celebrated on 20 November every year. The awareness that children have different physical, physiological, behavioral and psychological characteristics from adults, that they constantly grow and develop, that the care of children is a social problem and that everyone should take this responsibility with scientific approaches, Geneva Declaration of the Rights of the Child shaped with The international document on children's rights today was published on 20 November 1989. United Nations ratified by 193 countries. The United Nations Convention on the Rights of the Child.

Children's developmental needs are quite extensive as they relate to the support of their social, emotional, physical, motor, cognitive and language development. In addition, the developmental needs of children should be taken into account by the whole society. For this reason, regulations regarding the rights and protection of children are guaranteed by law. The most important of these guarantees is the Convention on the Rights of the Child. This convention was adopted by the United Nations General Assembly in 1989 and entered into force on 2 September 1990. Our country joined this convention by signing on 14 September 1990 after a very short time. The Convention on the Rights of the Child has the force of law according to our constitution. Therefore, all children have their own rights determined by law. This declaration, which was prepared on 20 November 1959 in order to guarantee the rights of the child in international law, was unanimously accepted in the United Nations General Assembly in 1989 as the "United Nations Convention on the Rights of the Child". Since this date, the basic legal text regulating children's rights in international law is the "United Nations Convention on the Rights of the Child". This convention, which was ratified by 193 states in total, was accepted by Turkey in 1994, and it was put into effect as a law in 1995. The United Nations Convention on the Rights of the Child, which consists of fifty-four articles, emphasizing that all children have the same rights and that all rights are equally important, consists of four parts, each of which summarizes a separate right. Rights are "right to survive", "right to development".

**Right to Survive:** It refers to the child's right to life and the basic needs necessary for survival. Nutrition, shelter, adequate standard of living and benefiting from health services fall into this group.

**Right to Development:** It outlines what children need to realize their potential. Education, rest, cultural activities, freedom of thought, religion and conscience fall into this group.

**Right to Protection:** These are the rights that emphasize that children should be protected from all kinds of neglect, abuse and exploitation. Special security for refugee children covers issues such as the protection and rehabilitation of neglected and abused children.

**Right to Participate:** It means that children take an active role in the society and community to which they belong. These rights include having a say in matters affecting their lives and expressing their own views. With special emphasis on the four articles of the Convention on the Rights of the Child, it has formed the basis for the implementation of other rights in the Convention.

[Click here for the detailed news.](#)

# One out of every 9 people struggles with hunger!



A growing population and food waste around the world put the continuation of nutrition and the need to meet nutrients for present and future generations at risk. The increase in world population and climate change, which pose a great threat to future generations, created the concept of "Sustainable Nutrition". Asst. Prof. Dr. Ayse Huri OZKARABULUT, Head of Nutrition and Dietetics Department at Istanbul Gelisim University, talked about how sustainable nutrition can be integrated into daily life.

## WRONG EATING HABITS CAUSE TO CONSUME MORE PROTEIN THAN NEEDED!

According to the World State of Food Security and Nutrition 2018 report, one out of every 9 people in the world struggles with hunger. With the rapid increase in population and climate changes, nutrition has become a major threat for future generations. Moreover, diversity and bioavailability also decreased. Asst. Prof. Dr. Ayse Huri Ozkarabulut, IGU Nutrition and Dietetics Specialist stated the following:

“Sustainable healthy eating improves all aspects of an individual's health and well-being. Changing dietary patterns have begun to cause the consumption of much more than the amount of protein we need. As of 2009, the limit of 56 grams of protein that a healthy adult should consume has been exceeded and the world average has reached 68 grams. However, according to the report published by the World Resources Institute (WRI) in 2016, small changes in consumers' dietary preferences can make big changes in reducing agricultural resource use and environmental problems.”

Sustainable nutrition that is accessible, affordable, safe, equitable and culturally acceptable also supports biodiversity and planetary protection while reducing the risk of diet-related NCDs.



## A SUSTAINABLE NUTRITION HABIT CAN BE CREATED IN 6 STEPS

Simply producing more food to meet energy and nutritional needs is not the right solution. Asst. Prof. Dr. Ozkarabulut stated that studies aimed at increasing the quality of foods and improving nutritional habits would be more beneficial in this regard, and listed the things to be done for sustainable eating habits as follows;

- Vegetable protein sources should be preferred instead of animal-derived proteins (eggs, meat, milk).
- Fish caught by sustainable fishing (caught in the season and not at risk of being caught) should be consumed.
- Vegetables and fruits should be eaten in season.
- Mediterranean diet model and pyramid can be preferred for sustainable nutrition.
- For a healthy life, the ideal weight should be lowered. For this, by keeping a nutrition diary, it is easy to follow the food during the day.
- No food should be wasted. The juices, stems and leaves of the nutrients can be evaluated separately.
- Our use of packaging, bags and plastics should be reduced, and recyclable products that can be used repeatedly and do not harm the environment should be preferred.

Thanks to all these measures, domestic consumption, which is the biggest source of waste, can be prevented. The water, food, labor and energy waste can also be limited.

[Click here for the detailed news.](#)



# HEARING LOSS REDUCES ACADEMIC ACHIEVEMENT

Hearing loss in children may be present at birth or may develop later. Ear, Nose and Throat (ENT) Specialist Asst. Prof. Dr. Eren YILMAZ, who stated that language development is also adversely affected due to hearing loss, also indicated hearing loss that develops after language development negatively affects language use and reduces academic success.

Hearing loss is common in children. This situation, which affects living standards, negatively affects language development when early diagnosis and necessary treatments are not applied. Hearing loss, which may develop due to certain factors, may be losses arising from the inner ear and due to the influence of neural structures, as well as conductive hearing loss due to problems in the physical transmission of sound as a result of diseases affecting the external ear canal, eardrum or middle ear.

“HEARING LOSS IN CHILDREN DOES NOT START ONLY IN THE NEWBORN PERIOD”

Hearing loss in children may be present at birth or may develop later. Hearing screening is applied to all children in the newborn period in our country. Asst. Prof. Dr. Eren Yilmaz, Ear Nose and Throat Specialist from Istanbul Gelisim University, Faculty of Health Sciences, Department of Audiology: “Further evaluations are made for children who do not pass the screening or who are at risk of hearing loss due to factors such as premature birth, staying in an incubator, neonatal jaundice, meningitis, and some infections that the mother had during pregnancy. In this way, the emotional, academic and language development of children can be achieved with early diagnosis and treatment. However, hearing loss in children does not only begin in the neonatal period. Inner ear anomalies, genetic diseases, and medications can cause gradual hearing loss that begins in the first years of life. The fact that it does not show any symptoms in the neonatal period and its slow progression, unfortunately, causes this type of hearing loss to be ignored. Permanent damage can occur if middle ear infections, which are common and recurrent in childhood, are not treated.

EARLY DIAGNOSIS IS SIGNIFICANT!

Language development is also adversely affected due to hearing loss. Especially in the early stages of life, when language development is critical, the presence of hearing loss makes the situation worse. Asst. Prof. Dr. Yilmaz: “Adverse hearing loss that starts without language development, language development is no longer possible, even if it is treated in the future. Hearing loss that develops after language development affects the use of language negatively, reducing academic success. It is essential to evaluate children in terms of hearing, starting from the neonatal period. Early diagnosis and treatment are also very crucial in the normal language, intelligence and academic development of children.”

[Click here for the detailed news.](#)



## From Event to Congress!

The data of the participants of the "Let's Live Healthy, Prevent Obesity" event held on May 24, 2022 by the Turkish and English Departments of Nutrition and Dietetics, Istanbul Gelişim University Faculty of Health Sciences, in cooperation with Beylikdüzü Municipality, were presented as an oral presentation at the 5th International Health Sciences Congress of the Trakya Universities Association.

Within the scope of the European Obesity Week, the findings of the "Let's Live Healthy, Prevent Obesity" event, which was held open to the public on May 24, 2022, with the cooperation of Istanbul Gelişim University Faculty of Health Sciences, Nutrition and Dietetics Turkish and English Departments and Beylikdüzü Municipality, in order to increase obesity awareness, presented as an oral presentation at the Congress of Sciences. The data at the event, in which detailed body composition analysis, nutritional status and physical activity evaluation of the participants, were presented by Asst. Prof. Ayşe Huri ÖZKARABULUT, Head of Nutrition and Dietetics Department, Lect. Eda Merve KURTULUŞ, Lect. Münevver Başak ONAT, Lect. Zeynep Şeyda BİLİM and Res. Asst. Gizem UZLU DOLANBAY into an oral presentation titled "Investigation of The Relationship Between Anthropometric Measurements and Body Fat Ratio and Reasons for Exercise Orientation: A Cross-Sectional Study".



[Click here for the detailed news.](#)

## CAREER TALKS EVENT



The event titled Career Talks was held on 20.12.2022 by the Nutrition and Dietetics Turkish and English Departments of the Faculty of Health Sciences of Istanbul Gelişim University, in the Mehmet Akif Ersoy Conference Hall with the participation of Dietitian Başak Koroğlu. Nutrition and Dietetics English Department Lecturer Dilara SERASLAN gave the opening speech and the event continued with the statements of Dietician Başak KÖROĞLU. Dietician Başak Koroğlu, who started her speech by describing her inspiring job-finding adventure, once again reminded that having an entrepreneurial spirit is important in every profession. In addition, Koroğlu talked about the duties and responsibilities of a Sports Dietitian through her professional experience and answered the questions from the students in an interactive way. The event ended with Lecturer Dilara Serarşlan presenting a plaque to Dietician Başak Koroğlu.

[Click here for the detailed news.](#)

# ACADEMIC ACTIVITY FROM THE TURKISH AND ENGLISH DEPARTMENTS OF NUTRITION AND DIETETICS

IN THE FIFTH HEALTH SCIENCES CONGRESS ORGANIZED BY THE MEMBER UNIVERSITIES OF THE TRAKYA UNIVERSITIES ASSOCIATION, THE TEACHING STAFF OF THE TURKISH AND ENGLISH DEPARTMENTS OF NUTRITION AND DIETETICS TOOK PART WITH 2 ORAL PRESENTATIONS AND 2 POSTER PRESENTATIONS.



The fifth Health Sciences Congress was organized online by the member universities of the Trakya Universities Union, hosted by Bandırma Onyedi Eylül University. In the congress, a total of 303 presentations were made, with 15 poster presentations as well as 288 oral presentations, 25 of which were in the field of Nutrition and Dietetics. There were 2 oral presentations and 2 poster presentations by the teaching staff of the Turkish and English Departments of Nutrition and Dietetics. Oral and poster presentations in the congress, which continued with online sessions and lasted for two days, are respectively;

#### **Oral Presentations:**

-Determination of Greenhouse Gas Emissions of Regional Dietary Patterns

According to Turkey Nutrition and Health Survey (Asst. Prof. Hatice Merve Bayram, Assoc. Prof. S.Arda Öztürkcan)

-Investigation of The Relationship Between Anthropometric Measurements and Body Fat Ratio and Reasons for Exercise Orientation: A Cross-Sectional Study (Lect. Eda Merve Kurtuluş, Lect. Münevver Başak Onat, Lect. Zeynep Şeyda Bilim, Res. Asst. Gizem Uzlu Dolanbay, Asst. Prof. Ayşe Huri Özkarakulut)

#### **Poster Presentations:**

-Meal Frequency in Cardiovascular Diseases (Res. Asst. Hande Nur Onur Öztürk)

-Health Impacts of Micro and Nano Plastics (Res. Asst. Gizem Uzlu Dolanbay, Lect. Eda Merve Kurtuluş, Asst. Prof. Başak Gökçe Çöl)

[Click here for the detailed news.](#)

# BENEFIT FOR CHILDREN WITH LEUKEMIA



ISTANBUL GELİŞİM UNIVERSITY FACULTY OF HEALTH SCIENCES DEPARTMENT OF CHILD DEVELOPMENT LEC. BUSE KERİĞAN MET WITH LÖSEV VOLUNTEER YOUTH AT THE "BENEFIT FOR CHILDREN WITH LEUKEMIA" EVENT.



**EN FAYDA'LI BULUŞMAYA  
HAZIR MISINIZ?**

**LÖSEV Gönüllüsü  
Üniversiteli Gençler ile  
24 Ekim 2022 - Pazartesi  
bir araya geliyoruz.**

**Beral Fıpekçi**  
İstanbul Gelisim Üniversitesi  
Sağlık Bilimleri Fakültesi  
Çocuk Gelişim Bölümü

**Ömer Erkmen**  
Sağlık Bilimleri Fakültesi  
Çocuk Gelişim Bölümü

**Buse Kerigan**  
Sağlık Bilimleri Fakültesi  
Çocuk Gelişim Bölümü

**SİZLERİ DE ARAMIZDA  
GÖRMekten MUTLU OLACAĞIZ.  
KATILIM DURUMUNUZU BİLDİRMEYİ  
UNUTMAYIN**

**FAYDA**  
MÜHÜRÜ

Yer: Müze Gazhane  
Prof. Dr. Sevdâ Şener Sahnesi  
Hasanpaşa, Kurbağlıdere Cd.  
No:125, Kadıköy/İstanbul  
Saat: 17.00 - 20.00

**LÖSEV**

On October 24, 2022, Lösev held a Creative Drama workshop at the Museum Gazhane with the students of the "Benefit for Children with Leukemia" group among the universities in the Marmara region. With the participation of 300 people in the workshop, studies were organized on the denominator of Lösev with students from different universities. In order for the students in the group to get to know each other better, the workshop was started with warm-up activities. Afterwards, their views on how they took part in the Benefit for Children with Leukemia Community and what they did were listened to. At the end of the study, a large group study was carried out using the "Lösev" themed Station Technique. Istanbul Gelisim University Lösev Benefit Club also participated in the Marmara Region "Benefit for Children with Leukemia Community" with club members.

[Click here for the detailed news.](#)

## 14TH FACULTY OF HEALTH SCIENCES DEANS COUNCIL MEETING



On behalf of Istanbul Gelisim University Faculty of Health Sciences (SBF) Dean's Office, the 14th Health Sciences Faculties Deans Council (SABDEK) Meeting was held on 19-20 December 2022, hosted by Erzincan Binali Yıldırım University. Our Faculty Dean Prof. Dr. Rifat MUTUŞ and our faculty Deputy Dean Assoc. Dr. S. Arda ÖZTÜRKAN participated.

Chairman of the Executive Board of SABDEK Prof. Dr. Hülya Gökmen ÖZEL, during her speech in which she explained the establishment purposes of SABDEK, stated that it was aimed to create the legal, educational and administrative infrastructures of accreditation studies, and also mentioned that the programs and the number of quotas in the current Health Sciences fields. Then, making his speech, UAK Head of Medical Health Sciences Education Council Prof. Dr. Mustafa Necmi İLHAN stated that 2 of every 5 students currently studying at universities are studying one of the fields of health.

On the first day of the program, the SABDEK Executive Board Action Plan was shared with the deans and the SABDEK Executive Board Action Plan workshop was held. SBF Dean Prof. Dr. Rifat MUTUŞ and Deputy Dean Assoc. Dr. S. Arda ÖZTÜRKAN participated in the workshops. On the second day of the program, the Program Accreditation and Institutional Accreditation Program were compared with the participation of the Health Sciences Education Programs Evaluation and Accreditation Association (SABAK). At the same time, presentations were studied on the Curriculum Integration of the Core Education Program (CEP).

SBF Deputy Dean Assoc. Dr. S. Arda ÖZTÜRKAN expressed his valuable views on CEP by making a presentation at the meeting. After the meeting, a city tour of Erzincan and a tour to Kemaliye district were organized for the participants of the 14th Health Sciences Faculty Deans Council Meeting.



[Click here for the detailed news.](#)

# Who is who?



“Fatma Memik has been a member of parliament since 1935. What we call sacrifice, renunciation, she calls duty. Every individual of this country interests her more than herself.”

ZEHRA CELÂSİN

Fatma Şakir Memik was born in 1903 in Akviran village of Safranbolu district. Memik's father was a baker and flour trader Şakir Bey, and her mother was Cemile Hanım. Memik, who started her primary education in Safranbolu, later settled in Istanbul with her father. Continuing her education in Istanbul, Memik graduated from high school in 1923 and then graduated from the Faculty of Medicine in 1929 with the first place. Memik, who completed her assistantship after graduation, completed her specialization in internal medicine in 1932 and passed the exam 2 years later and became an internal medicine specialist.

Memik, who was asked to be a deputy by Atatürk due to her knowledge of French and her success in her profession, was nominated as a candidate for Edirne deputy from the Republican People's Party in the 1935 elections. Welcoming Atatürk's appointment of her, Memik expressed her satisfaction as follows: ““I, who work with an unwavering love in my professional path, bow respectfully before the greatness of this high choice that Atatürk has shown. As a member of the People's Party, I consider it my duty to say that I will follow the path that Atatürk showed.”



Fatma Memik entered the Grand National Assembly of Turkey as the 5th term Edirne Deputy in the 1935 elections, she was a member of the parliament for 3 terms and was elected as a member of the Health and Social Assistance Commission in the Assembly.

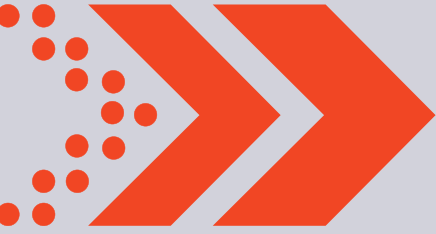
She expressed her feelings and joy at being elected as a deputy as follows: “This is such a great revolution that I could not believe it if I had seen it in my dreams. That's why I've been in a deep excitement for a few days... What an honor for me... What a compliment... My heart is full of gratitude...”

During her term as a Memik deputy, she made investigations in the constituency, tried to solve Edirne's problems, went to Istanbul on weekends and examined poor patients free of charge. So much so that her name was called "the doctor who does not receive money, the mother of the poor" in Istanbul.

Memik passed away on February 9, 1991, at the age of 88. Memik's name was given to the Governor's Mansion, one of the magnificent buildings of Edirne, and thus, the precious memory of Memik, one of our first female doctors and deputies, continued to be kept alive.

88 years ago, TBBM gave women the right to vote and be elected. Dr. Fatma Şakir Memik was elected as one of the first 17 female deputies of the Republic of Turkey. And she went down in history as the youngest and most hardworking of the elected female deputies. Endless thanks to Mustafa Kemal Atatürk, who gave women the value they deserve after a long time, and to all hardworking and honorable Turkish women who did not embarrass him.





# OUR GUEST OF THIS MONTH

**Prof. Dr. Ebru KOLSAL**



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?**

Not to lie

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

Vaccines

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

Proclamation of the Republic of Turkey

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

Memories from a doctor mother

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

Sophia Loren

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

Calm, Happy, Peaceful, Intelligent, Mom

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

Seeing the future

**8-Who is your hero?**

Mustafa Kemal Atatürk

**9-Who is your favorite author?**

Paulo Coelho

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

Tiredness



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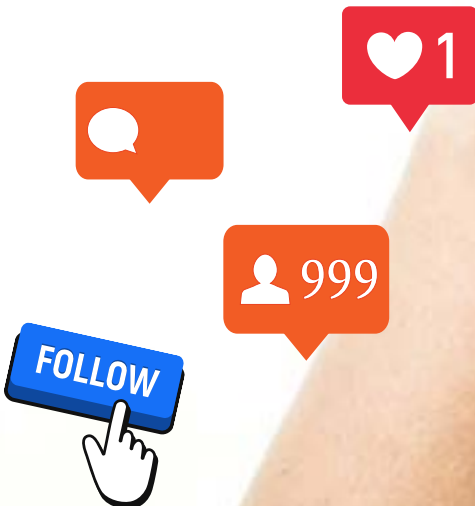
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