



# Faculty of Health Sciences



**MONTHLY EVENTS AND NEWS BULLETIN**

**APRIL 2023 | ISSUE 28 | VOLUME 3**





Faculty of  
Health Sciences

**7,7 and 7,6**

The epicenter is in the Pazarcık and  
Elbistan districts of Kahramanmaraş.

**EARTHQUAKE**

**06.02.2023**

#Get well soon  
Turkiye

**It is necessary to overcome pride in  
successes and to resist despair in disasters.  
Mustafa Kemal ATATÜRK**



# APRIL

2023

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

**April 2: World Autism Awareness Day**



**April 7: World Health Day**



**April 16: Biologists' Day**



**April 23: National Sovereignty and Children's Day**



**April 24 - 30: Vaccination Week**



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# SCIMAGO UNIVERSITY RANKINGS

## 2023 REPORT

SCImago University Rankings has published its 2023 report, which ranks the research, innovation, and societal impact of world universities according to percentiles. The SCImago University Rankings is a ranking system that measures the societal, research impact, and innovation of universities around the world.



Area	World	Middle East	OECD	Turkey
Agricultural and Biological Sciences	+ 4172 <sup>nd</sup>	368 <sup>th</sup>	2182 <sup>nd</sup>	101 <sup>st</sup>
Business, Management and Accounting	1096 <sup>th</sup>	45 <sup>th</sup>	759 <sup>th</sup>	7 <sup>th</sup>
Computer Science	2489 <sup>th</sup>	164 <sup>th</sup>	1516 <sup>th</sup>	29 <sup>th</sup>
Economics, Econometrics and Finance	1592 <sup>nd</sup>	97 <sup>th</sup>	979 <sup>th</sup>	26 <sup>th</sup>
Energy	1967 <sup>th</sup>	146 <sup>th</sup>	1117 <sup>th</sup>	27 <sup>th</sup>
Engineering	+ 1363 <sup>rd</sup>	45 <sup>th</sup>	901 <sup>st</sup>	9 <sup>th</sup>
Environmental Science	630 <sup>th</sup>	20 <sup>th</sup>	352 <sup>nd</sup>	3 <sup>rd</sup>
Mathematics	2717 <sup>th</sup>	225 <sup>th</sup>	1568 <sup>th</sup>	60 <sup>th</sup>
Medicine	+ 4461 <sup>st</sup>	299 <sup>th</sup>	2852 <sup>nd</sup>	49 <sup>th</sup>
Psychology	2551 <sup>st</sup>	153 <sup>rd</sup>	1904 <sup>th</sup>	57 <sup>th</sup>
Social Sciences	+ 2759 <sup>th</sup>	191 <sup>st</sup>	1764 <sup>th</sup>	61 <sup>st</sup>

SCImago University Ranking is significant for measuring and evaluating the performance of universities, especially in developing countries. This ranking increases the international recognition of universities in these countries. In addition, this ranking offers a more comprehensive perspective when measuring the performance of universities, focusing not only on research impact but also on societal impact and sustainability. The research performance of Istanbul Gelişim University, where multi-disciplinary studies are intense draws attention to SCImago Turkey University Ranking. Among the universities in Turkey; the 2nd in Law Studies, 5th in Civil Engineering Research, 7th in Industrial Engineering Research, 32nd in Psychology Research, 9th in Engineering Research, 3rd in Environmental Science Research, and 7th in Business Studies is found.

### Evolution of the Institute

The data in the table named Evolution of the Institute includes a quick reading of the SCImago analysis of the scientific performance of Istanbul Gelişim University in its last years. Research Rank refers to the volume, impact and quality of research outputs. Innovation Rank is calculated over the number of patent applications of the university and citations of research outputs from patents. Societal Rank is based on the number of pages on the university's website and the number of backlinks from social networks. When the data of Istanbul Gelişim University in the Evolution of the Institute are analyzed, it is seen that the investment made by the university in scientific research has increased in recent years and the quality of its scientific output has increased. This is very important in terms of increasing the academic impact and social benefit of the university.



For more detailed information about SCImago and its methodology, you can visit the [SCImago Institutions Rankings website](https://www.scimagojr.com/).



**EID**  
MUBARAK



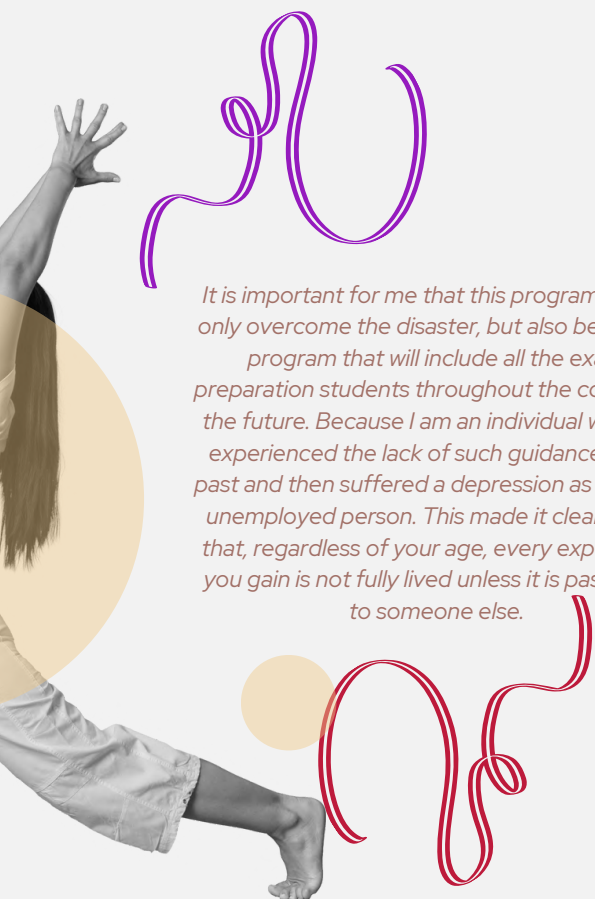


## YOUTH GUIDANCE, MENTORING AND SOCIAL WORK

Prepared by: Mürvet EZENCİ  
İGU-Faculty of Health Sciences  
Social Work Department  
1st Year Student

As a Social Work student at Istanbul Gelişim University, I would like to share something about the lack of young guides, which I have experienced in the past and which I think is at a very critical point in terms of both society, myself, and the delivery of social service.

As you know, on February 6, after the earthquake disaster in the southern parts of our country, a "social mentor" program was started with the participation of young people from many universities, especially our school. And I am one of its participants. It is important for me that this program will not only overcome the disaster but also become a program that will include all the exam preparation students throughout the country in the future. Because I am an individual who has experienced the lack of such guidance in the past and then suffered from depression as a young unemployed person. This made it clear to me that, regardless of your age, every experience you gain is not fully lived unless it is passed on to someone else.



*It is important for me that this program will not only overcome the disaster, but also become a program that will include all the exam preparation students throughout the country in the future. Because I am an individual who has experienced the lack of such guidance in the past and then suffered a depression as a young unemployed person. This made it clear to me that, regardless of your age, every experience you gain is not fully lived unless it is passed on to someone else.*

I had my first university experience with no guidance on a subject that I did not know and did not want, at the age of 17. I could not get the necessary guidance counselling; I prepared a preference list with a little family guidance and a little bit of information obtained from the internet and I took the first step to university at the age of 17. As I started to study and get to know the field, of course, I liked it very much, I found it suitable for myself, but all of these were only temporary relief in the light of the theoretical knowledge I had seen in the academy. And unfortunately, as we all experience sooner or later, theoretical knowledge and practical operation are very different from each other. As a result, I found myself in the process of looking for a job with a diploma in my hand. However, as hard as it is to study in a field that you do not dedicate yourself to and do not plan, it is more difficult to find a job in that field; you can be sure of that. After gaining work experience in different sectors, I decided to listen to myself and asked what I wanted and today, as an IGU social work student, I am conveying these to you.

Getting guidance for an exam student is not just about choosing which university to study in which department; to discover oneself individually, seeing their interests and personal tendencies and abilities, questioning in which field they can work more efficiently, to know how they react to pressure and stress, to question what they expect from education, to discover the depth of expertise they want to have, to realize their place in the world and where they want to be in. As important as all these are individual, there are also important things academically. For example, it is very important to be able to ask and answer the questions of what is the functioning of the department's education in which university, what are the opportunities of education in a university, what is the transition between fields and how does it benefit us, even in the most basic sense, what do I understand from the university and what do I expect to achieve.



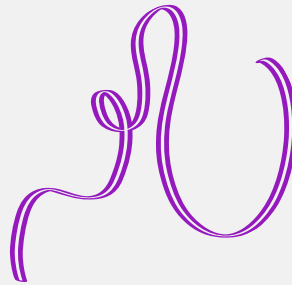
At this point, we can understand how important the social mentor program is. We've all been through such a phase. Of course, we have relatives that we want to be a solution to this mess, but I believe that a person whose age is closer to us and who has passed this road will share their experiences with us, and I believe it will shine a warm light for us. It is very promising to have a group of young guides sharing their observations and experiences in the academy. In this way, we can guide young college students who tend to make similar mistakes, and perhaps help shape incredible scientists or artists by offering support to those who believe they are right about their decisions but cannot take action because they are discouraged.

*Getting guidance for an exam student is not just about choosing which university to study in which department; to discover oneself individually, to see their interests and personal tendencies and abilities, to question in which field they can work more efficiently, to know how they react to pressure and stress, to question what they expect from education, to discover the depth of expertise they want to have, to realize their place in the world and where they want to be in.*

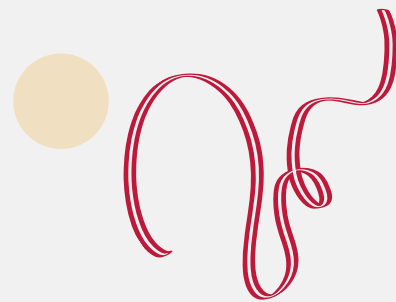




As a social worker candidate and student, I also evaluate the situation from the professional perspective I gained during my education. Since social work aims to encourage individuals in life and to support those who are disadvantaged for various reasons and bring them to life while supporting them, I think that this youth guidance is, in a sense, a very large mass social service network. This dynamic that it has within itself brings with it great responsibilities and I think it shows very clearly: no social event is independent of each other due to time and place. Even people who have no acquaintances in the disaster area were affected by this disaster because society is a structure with dynamic ties and high interaction. And working in such supportive programs for young people today will enable these young people, who are supported in the future, to do better jobs, be more productive, and stay upright and firm in life, so that society can move forward with a healthier and more productive functioning.



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Of course, everyone has an experience they can share with others. We shouldn't keep our stories to ourselves if all of these experiences are going to bring hope and support to someone else. Supporting each other should not be thought of only as providing financial opportunities or guiding, we can also support someone by saying a nice word. The important thing is to have this spirit. And in this spirit, I think we should thank all young guides for participating in the mentoring program, training and working with the same enthusiasm. It will be an intriguing process in which we will see how it bears fruit in the upcoming period, but for everything to be better, we need to believe before we start working. I hope more people will believe and walk with us on this path.



# CREATE A HEALTHY EATING ROUTINE IN 6 STEPS AFTER RAMADAN!



Nutrition and Dietetics Specialist Asst. Prof. Merve BAYRAM, who stated that a balanced diet and physical activity are essential for the metabolism after the changing nutritional habits during Ramadan and the increased consumption of sweets during the feast, explained what needs to be done in 6 steps.

Along with the change in eating habits during Ramadan, nutrition decreases to 2 main meals and sometimes even 1 main meal. Therefore, the metabolic rate slows down. The combination of decreasing meal frequency and slowing metabolism during fasting with wrong eating habits during the Ramadan Feast may cause weight gain in people. Asst. Prof. Merve BAYRAM from Istanbul Gelisim University (IGU), Faculty of Health Sciences, Department of Nutrition and Dietetics: "In addition to malnutrition, weight gain and deterioration of health; It leads to further deterioration of health, especially in individuals with chronic diseases such as diabetes and hypertension." Dr. Bayram also explained what needs to be done to create a healthy routine in 6 steps.

## 1- "Stay away from fries!"

Asst. Prof. Bayram: "Individuals may encounter digestive problems as a result of consuming heavy meals after the end of fasting. Fries and pastries can cause stomach problems such as indigestion, reflux, nausea, palpitations and constipation. Baking instead of frying or cooking in the now popular Airfryer can be preferred. Tomato and spicy dishes can also be heavy on the stomach, so care should be taken."

## 2- "Eat fruit instead of dessert. If you want to eat sweets, choose milk or fruit desserts"

Asst. Prof. Bayram stated: "Fresh and dried fruits should be preferred against the increasing demand for sweets. Cinnamon can be added to fresh fruits and nuts can be consumed alongside the fruits. If you want to eat sweets, consume more innocent milk or fruity, light and low-calorie desserts."

## 3- "Consume 2.5-3 liters of water a day!"

"During the fasting period, daily fluid consumption can reduce to 1 liter. For this reason, in order to maintain the body's fluid balance, consumption of 2-5-3 liters of water per day accelerates the metabolism by regulating the amount of fluid lost during Ramadan in a short time."

## 4- "Dinner must be 5-6 hours before bedtime!"

"Dinner must be about 5-6 hours before bedtime. Food takes a long time to digest. It is necessary to pay attention to the meal time in order not to experience indigestion and not to affect the quality of sleep. It is important that salads with plenty of greens are not missing from the tables in order to provide a feeling of satiety in main meals, increase fiber intake and regulate bowel movements."

## 5- "Walking 3-4 days a week is good for both the body and the soul"

"Increasing physical activity is another way to speed up metabolism. Although it is difficult to do physical activity due to a sedentary life today, walking for half an hour to 1 hour 3-4 days a week is good for both the body and the soul as the weather gets better."

## 6- "Beware of common misconceptions on the Internet!"

During Ramadan, weight gain can be observed with fasting. Individuals who gain weight may want to lose weight quickly after fasting. At this point, interest in false information, detox diets or detox waters on the internet is increasing. Detox means getting rid of toxins. Natural nutrition is the basic principle for detox. Detox waters provide fluid loss, not fat, in the body. Instead of preferring to lose weight with such detox waters or diets, weight loss should be achieved with a balanced and healthy diet program and increase in physical activity.

# FOODS CONSUMED DURING MEDICATION MAY POSE A RISK!



Getting enough and balanced nutrients is one of the sine qua non of a healthy body. While the significance of nutrition is better comprehended, many studies are being conducted on the subject. Asst. Prof. Ayşe Huri ÖZKARABULUT from Istanbul Gelisim University made statements about food and drug interactions. Asst. Prof. ÖZKARABULUT remarked that the exposure of drugs to many interactions poses great risks, and drew attention to the foods that should not be consumed in the use of some drugs.

Most of the time, it cannot be predicted that the drugs used and the foods consumed may pose a risk. Food and drug interactions are frequently encountered. This may adversely affect the treatment results of patients. Significant drug interactions are more likely to occur, especially in patients taking multiple medications. Asst. Prof. Ayşe Huri ÖZKARABULUT from the Department of Nutrition and Dietetics, Faculty of Health Sciences, Istanbul Gelisim University (IGU) stated the following: The role of the pharmacist is great in informing the patients. Doctors and dietitians should also warn patients about complications.”



**“The efficacy of many drugs depend on whether the person is hungry or full at that moment”**

Food and drug interactions are handled in many ways. These interactions can have physical, chemical, physiological and physiopathological dimensions. Dr. Ayşe Huri ÖZKARABULUT: “If some nutrients in the food are taken orally at the same time with some drugs, the absorption and treatment effectiveness of the drug may vary. Nutrients may interact with the drug and cause unexpected or unwanted side effects. The effectiveness of many drugs can change whether the person is currently hungry or full. In the use of drugs, it should be stated that they will be used with or without food. Some drugs can change the person's nutritional status and prevent the use of nutrients in the body, changing their excretion from the body, causing nutritional deficiency.

**Drugs that prevent blood clotting must not be consumed with these foods!**

When antibiotics are taken with acidic foods, fruit juices, caffeine and tomatoes, they increase stomach acid and affect absorption. Dr. ÖZKARABULUT: “Some antibiotics must not be consumed at the same meal as dairy products. Medicines that prevent blood clotting can be taken on an empty or full stomach. Vitamin K makes the drug less effective, for instance. Care should be taken when consuming foods rich in vitamin K such as potatoes, bananas, apricots, broccoli, cabbage, kale, spinach, lettuce and radishes. Blueberries must not be consumed. Antidepressants can also be taken on an empty or full stomach. The medicine should be swallowed whole, not chewed. Interacts with foods rich in thiamin. It must not be consumed with old cheese, sausage, figs, broad beans, sauerkraut, calf's liver. Thiamin can raise blood pressure to a deadly level. It can cause headache, vomiting and death. It is of great importance that this information must be known widely.”



Faculty of  
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# 23 APRIL

## National Sovereignty and Children's Day!



“Little ladies, little gentlemen! All of you are the roses, stars and beacons of happiness in the future! You are the one who will bring the country to the real light. Think about how important and valuable you are and work accordingly. We expect a lot from you.”

Mustafa Kemal ATATÜRK

Today is April 23, people are always filled with joy...

April 23, 1920, the opening day of the First Grand National Assembly of Turkey representing the will of the Turkish nation and the first founding day of the young Republic of Turkey... It is the date when the representatives and deputies elected from all over the country gathered in Ankara on April 23, 1920, and the new, secular, independent, democratic and modern Republic of Turkey was established from the Ottoman Empire. April 23 is the date when the foundation of this young state with its freedom and independence was laid. April 23 means Turkish determination, and Turkish courage to challenge the enemies.

23 April, Gazi Mustafa Kemal's "The power of the nation will save the nation again. There is only one sovereignty, and that is national sovereignty" is the date when he believed that the sovereignty was in the nation and national sovereignty was announced to the whole world with the opening of the Turkish Grand National Assembly.

April 23 is the date when the sovereignty day is dedicated to all children of the world, as they are the guarantee of the future peace, with the thought that protecting the homeland begins with protecting children and the love for children should be eternalized with a holiday celebration.

All hope of the great Turkish Nation is the children of today, who are the true Republicans of tomorrow.

"National sovereignty is such a light that chains melt in front of it, crowns and thrones sink and disappear. National sovereignty is the honor, pudicty and dignity of the nation. Happy April 23 National Sovereignty and Children's Day."

# If your child cannot perform an easy task, she or he may have "sensory processing disorder"!



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The five senses we use enable us to communicate with the outside world in daily life. Asst. Prof. Gulsah KONAKOGLU stated that children with sensory processing disorder may need more stimulation even in order to perform an ordinary skill. Parents should also be educated during the treatment process.

We hear "sensory integration" term a lot these days. Sensory integration is known as a neurological information process that organizes the senses from the body and the environment. While using our five senses allows us to communicate with the outside world in daily life, there are also internal senses that control the position, movement and position of the body against gravity. Asst. Prof. Gulsah KONAKOGLU, from Istanbul Gelisim University (IGU), Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation, stated that the brain constantly uses its selection, filtering and development features in the sensory organization process and that this process forms the basis of behavior and learning.

**"Dysfunctional sensory adaptation makes performance and participation in daily activities difficult"**

In daily life, the ability to carry out various activities in a meaningful and purposeful way is provided by sensory harmony. Sensory integration disorder causes varying degrees of problems in development, processing information, and behavior as a result of the inability to properly integrate or regulate sensory input in the brain. Stating that the development of adequate sensory adaptation and processing is a pioneer for learning and behavior, Asst. Prof. Dr.Gülşah Konakoğlu: "Dysfunction in sensory adaptation makes performance and participation in daily activities difficult. When the brain cannot process sensory information effectively, it is reflected in behavior and learning is inhibited."

**"A hypersensitive child may be uncomfortable with being touched, crowded places and loud noises"**

The symptoms of sensory integration disorder vary depending on which sense is affected, how this sense is affected, and the severity of the disorder. Expressing that these disorders can sometimes be seen in one or more than one sensory system, Konakoğlu added the following: "There are three subtypes of sensory integration disorder. These; hypersensitivity, under-sensitivity, and sense-seeking. In such situations, children may give unusual responses to an ordinary stimulus. For example; A hypersensitive child may feel uncomfortable being touched, crowded places and loud noises. An under-sensitive child, on the other hand, cannot receive enough sensory information, and needs more stimulus even to perform an ordinary skill."

**"Parents must be educated to become aware of the child's previously unrecognized reactions and emotions that cannot be understood"**

In sensory integration treatment, the therapist helps the child develop appropriate behaviors by arranging activities and the environment according to his/her sensory profile. Stating that it is very important to raise awareness in this treatment process, Asst. Prof. Gulsah KONAKOGLU: "Parents must be educated to raise awareness about the child's previously unrecognized reactions and emotions. By using sensory attunement, children can exhibit higher levels of gross motor and fine motor skills. It can also increase their confidence. She or he can manage his/her self-control better."



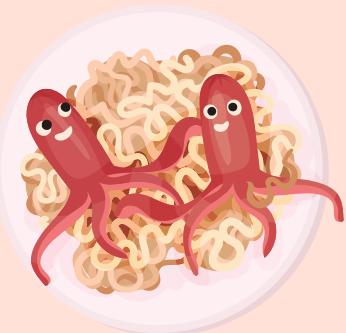
# FUN PLATES!

The Istanbul Gelisim University Faculty of Health Sciences, Department of Nutrition and Dietetics in Turkish and English, met with primary school students at the "Fun Plates" event!



The event aimed to introduce children to a fun breakfast alternative and was led by department research assistant Res. Asst. Gizem UZLU DOLANBAY, Res. Asst. Hande Nur ONUR ÖZTÜRK, Res. Asst. Başak CAN, and Res. Asst. Hasan Fatih AKGÖZ in the Kitchen Laboratory. Short conversations about nutrition were held with the children during the event.

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



# NEWS FROM THE FACULTY OF HEALTH SCIENCES

## 7TH INTERNATIONAL CONGRESS OF EURASIAN SOCIAL SCIENCES ICOESS – 2023 PARTICIPATION IN AN ORAL PRESENTATION



7<sup>th</sup> INTERNATIONAL CONGRESS OF EURASIAN SOCIAL SCIENCES  
**7. ULUSLARARASI AVRASYA SOSYAL BİLİMLER KONGRESİ**  
27-30 April/Nisan 2023 (ONLINE ve YÜZ YÜZE)

Assistant Professor Emrah TÜNCER at the Department of Social Work, presented his paper titled "Disaster Capitalism and Social Policy: Social Services after a Natural Disaster" as an oral presentation at the 7th International Congress of Eurasian Social Sciences held in Bodrum/MUĞLA between 27-30 April 2023.

7<sup>th</sup> International Congress of Eurasian Social Sciences 27-30 April 2023, Mugla, Turkey

### DISASTER CAPITALISM AND SOCIAL POLICY: SOCIAL WORK AFTER NATURAL DISASTERS

Assist. Prof. Emrah TÜNCER

Istanbul Gelişim University, Istanbul, Turkey, etuncer@gelisim.edu.tr

#### ABSTRACT

Turkey is located in a geography that is frequently exposed to natural disasters due to its geological, meteorological and topographical structure. The recent earthquake centered in Kahramanmaraş can be read as an indicator of this. In particular, the unpredictable timing, disruption of society and health services, severe economic impacts, and disruption of psycho-social well-being make it necessary to evaluate such disasters from a social service perspective. This professional group has roles such as bringing disadvantaged groups together with resources, protecting people's welfare, identifying needs and providing welfare in natural disaster processes. The main role and function of the social work profession, which adopts a human-centered and rights-based approach, emerges after a disaster. It is a common situation that citizens who have suffered from natural disasters are made open to neoliberal policies and disaster capitalism by being persuaded with the "appeal of fear", which they would be unlikely to accept under normal conditions. In this study, the issues that social work should address at the micro, meso and macro levels against practices that worsen post-disaster conditions are specified and the possible studies to be carried out are emphasized.

**Keywords:** Natural disaster, appeal of fear, social work

4. OTURUM SALON/HALL: 4  
28 Nisan 2023 Cuma Saat: 14:40 – 15:40 / 28 April 2023 Friday Time: 14:40 – 15:40

Saat/Time	Yazarlar/Authors	Bildiri Başlığı/Title
14:40-14:55	Cumali YEŞİL	TEKİNSİZLİĞİN KIYISINDA AHMET SARI'NIN "ODRADEK" ADLI ÖYKÜSÜNE PSİKANALİTİK BİR YAKLAŞIM
14:55-15:10	Banu CANKUT	KURUM KÜLTÜRÜNDE İÇSELLEŞTİRİM VE YENİ YAKLAŞIMLAR
15:10-15:25	Faruk ERCİYAS Boran ALABAY Zeynep DENGİŞ Bengisu KAPLAN	SANAL GERÇEKLIK ORTAMINDA UYGULANAN TARİH ÖĞRETİMİNİN ÖĞRENCİ BAŞARISINA ETKİSİ
15:25-15:40	Emrah TÜNCER	FELAKET KAPİTALİZMİ VE SOSYAL POLİTİKA: DOĞAL AFET SONRASI SOSYAL HİZMET
15:40-15:55	Kadir ULUSOY Belinay ULUSOY	KÜLTÜR VE MİRAS KONULARININ ÖĞRETİMİNDE SANAL MÜZELERİN KULLANILMASININ ÖĞRENCİ TUTUMLARINA ETKİSİ



## "SMOKING AND CANCER" SEMINAR

**"Cigarette and Cancer" Seminar held by Coordination of The Fight Against Addiction Coordinator Asst. Prof. Nurten ELKİN to the students of Istanbul Gelişim University Faculty of Dentistry on 06.04.2023**

Asst. Prof. Nurten ELKİN in her speech; Cancer is an important public health problem that ranks second after cardiovascular diseases among deaths with known causes in the world and our country. At the same time, it causes very heavy losses in the economy and workforce of countries due to high treatment costs. However, considering that there are cancer types where treatment is possible and quality of life can be increased when diagnosed early, the importance of prevention increases even more. "1-7 April Cancer Week" activities, which are organized to intensify public information/awareness/raising awareness activities, have a very important place in the fight against cancer. However, keeping in mind that information, awareness-raising, and awareness-raising activities are not limited to one week of the year, but continued throughout the year will provide important gains in the fight against cancer.



Among the environmental factors, cancers develop due to 90% environmental and 10% genetic factors; Today, it is known that it can be prevented by 30-50% by preventing tobacco use, alcohol consumption, being overweight and/or obese, and exposure to infections. The importance of prevention becomes even more important, especially when considering the types of cancer that can be prevented from occurring, death can be prevented by screening, and treatment can add a lot to the quality of life when diagnosed early. Smoking is the most important preventable cause of cancer worldwide. Many studies conducted to date have demonstrated the harmful effects of tobacco use on human health, based on strong epidemiological data. Tobacco use is the leading cause of preventable death worldwide. Numerous scientific studies conducted to date show that half of the tobacco users die due to a tobacco-related disease. Most tobacco-related death rates are due to Atherosclerotic Heart Disease (ASCH), Cancer, and Chronic Obstructive Pulmonary Disease (COPD). Tobacco use increases the risk of many other acute and chronic diseases, including cancer, in many organs other than the lung. In addition, diseases caused by the use of tobacco products during the current (COVID-19) period have directly constituted a risk factor for severe COVID-19 disease. There are thousands of chemicals in tobacco. Some of the tens of substances in tobacco, also known as carcinogens, trigger cancer directly, and some are suspected to trigger cancer. Among these carcinogenic substances, especially PAHs and N-nitrosamines, aromatic amines, ethylene oxide, 1,3-butadiene, and oxi radical damage are important substances. These carcinogens act by ingestion or absorption by the mucous membranes and lungs. In laboratory studies, it has been shown that the carcinogen DNA binary formation in tobacco smoke causes cancer. However, the development of cancer shows a lot of individual differences. Smokers are especially at high risk of developing lung, larynx, esophageal, and head and neck cancers. In addition, the relationship between smoking and leukemia, pancreatic, kidney, bladder, and cervix cancer has been proven. Cessation of tobacco use reduces the risk of developing a second use-related malignancy and improves the outcomes of cancer treatment. In the studies conducted, quitting tobacco use even during the diagnosis and treatment process of cancer patients prolongs cancer-related life expectancy.



## INTERPERSONAL RELATIONSHIP ADDICTION AND SCHEMA THERAPY

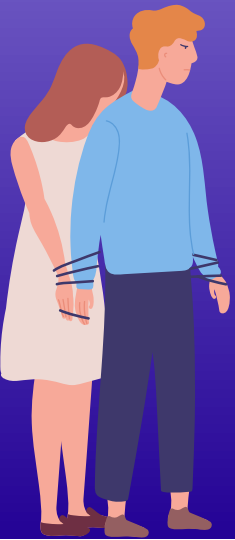


"Interpersonal Relationship Addiction and Schema Therapy" Seminar held online by Istanbul Gelişim University Coordinatorship on 07.04.2023.

The moderator of the event, Coordinator of Combating Addiction, Asst. Prof. Nurten ELKİN; Mental Health and Diseases Specialist Prof. Dr. Esra YANCAR DEMİR shared her knowledge and experience on the subject with the participants.

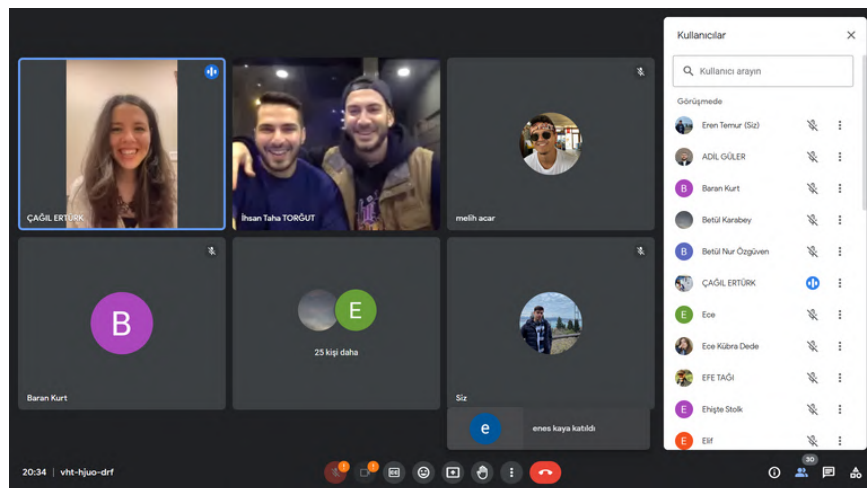
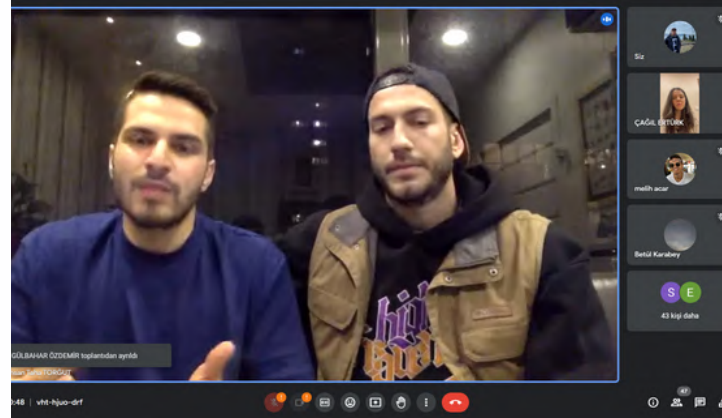
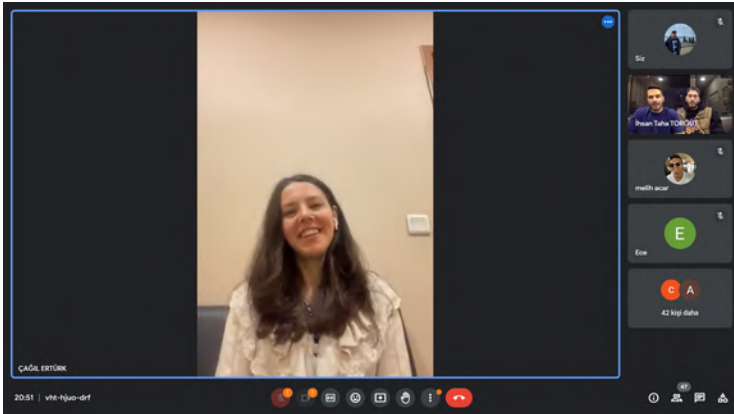


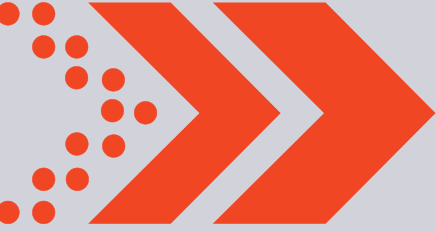
Prof. Dr. Esra YANCAR DEMİR in her speech; "It is necessary to determine and distinguish between commitment and dependency in relationships. To decide whether a person is addicted or addicted, it is of great importance to identify the needs that underlie feelings, thoughts, behaviors, and attitudes. When addicted individuals try to gain the attention of others by presenting themselves as weak and humble, or when they fear that the relationship will end by following a different path, they may act quite assertively and aggressively, using the way deemed necessary to ensure that they are not abandoned. One of the conditions for self-actualization, which is at the top of Maslow's hierarchy of needs, is addiction. Schema Therapy was developed by Jeffrey E. Young. It was born out of Cognitive Behavioral Therapy. Attachment and interactions with primary caregivers are important in the origin of schemas. Diagrams serve as a shortcut to quickly get us to what we think is most likely true and save us the need to process all the details we come across. The expectation that the individual's desire to receive emotional support at a normal level cannot be adequately met by others includes the concept of emotional deprivation which may be in the form of a lack of care, lack of empathy, and lack of protection. While some schemas are active, some schemas remain dormant and an event may trigger that schema. Young et al identified 18 schemas collected in 5 schema domains. Any person can have a single schema or a combination of several schemas. Usually, every person has more or fewer schemas. Clients who do not have personality disorders, have limited life problems, and have a high level of social functioning score high on only one or two schemas.



# "Career Talks"

"A 'Career Talks' event was held moderated by Lec. Çağıl ERTÜRK. PT İhsan Taha TORĞUT, who is one of the graduates, and National Rower Ogeday GİRİŞKEN participated as speakers. TORĞUT and GİRİŞKEN shared their knowledge and experiences, and offered different perspectives to the participants. TORĞUT, who has been in the same seats as our students, talked about career choices. The event ended after the participants' questions."





# OUR GUEST OF THIS MONTH

Asst. Prof. Canan ÖRÜKLÜ



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 expect rules to be formed with their own value judgments

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

Electric

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

Proclamation of the Republic

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

The Power of Now

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

Natalie Portman

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

Affectionate, Laughing, Shy, Hardworking, Minimalist

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

Teleport

**8-Who is your hero?**

Mustafa Kemal ATATÜRK

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

Mine Söğüt

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

Happiness



FATMA ACAR

## First Public Health Nurse Fatma Abdurrahman Acar

Prepared by: Lec. Ayşe Mücella SOYDAN

Fatma Abdurrahman Acar is one of the first 16 Turkish nurses to receive a diploma from Hilal-i Ahmer Nursing School in 1927. She is a successful student and for this reason, she is appointed as the assistant head nurse of the school she graduated from.

In 1928, she became the head nurse of Samsun Hometown Hospital.

In 1928-1929, she was at Eberswalde Hospital in Germany for a year to increase her manners and knowledge.

Between 1929 and 1931, she worked as a teacher and assistant head nurse at the Red Crescent Nursing School.

Between 1930-1931, she received nursing education in the USA.

She studied public health nursing at the University of Toronto in Canada from 1931 to 1933 and was a visiting nurse at Orange Memorial Hospital.

She worked as the first public health nurse in Edirnekapı Health Center, which was established in 1934 with the help of the Rockefeller Foundation in 1934-1951.

Between 1933-1951, she was the head nurse of Edirnekapı Health Center.

Between 1951-1954, Şişli Laborant Nursing School Directorate renders services.

She is one of the second founding members of the Turkish Nurses Association, which was founded in 1943.

In 1950, she wrote the book "Nursing and Visitor Nursing Technique", which is one of the Publications of Tuberculosis.

Acar, whose date of birth is unknown, died in 1955.



**Faculty of  
Health Sciences**

## ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM

The Alumni Tracking System (METSİS) was created in order to monitor the employment and postgraduate education status of our graduates and to generate statistical data.

Istanbul Gelisim University launched METSİS in order to strengthen its relations with alumni and contribute to the employment of graduates. Members of METSİS can sign up for free after graduating. Our graduates can become a member of METSİS free of charge. Our graduates who are members of METSİS can update their personal profiles and follow our job postings.

### What Are the Steps to Join METSİS?

1. Use the web interface at [metsis.gelisim.edu.tr](http://metsis.gelisim.edu.tr) to log in
2. You can follow the postings in the open positions box.
3. To apply for the positions, you can establish an account from the "new candidate" box.
4. You can view job posts after making an account on the top page and apply for positions that interest you.



Instagram -  
[igu\\_mezunlarkoordinatorlugu](https://www.instagram.com/igu_mezunlarkoordinatorlugu)



LinkedIn -  
IGU ALUMNI AND  
MEMBERS COORDINATOR

**MC**

MEZUN CARD

Dear IGU Alumni,  
Alumni who want to benefit from the opportunities of our university and the discount rates we provide from the companies we have contracted with will be sufficient to fill out the form. When your card is ready, you can pick it up from the Alumni and Membership Coordinator's Office on the 3rd floor of Block K.





**OFFICIAL SOCIAL MEDIA  
ACCOUNTS**



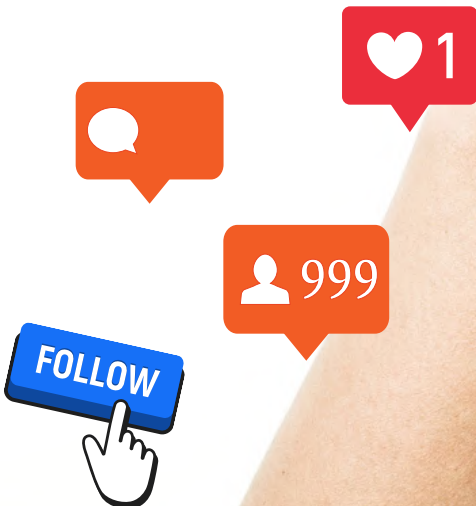
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İGÜ Sağlık Bilimleri Fakültesi



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# Faculty of Health Sciences

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