

Public Health Specialist Assist. Prof. Dr. Elkin: We are one of the fastest aging countries in the world

Public Health Specialist Assist. Prof. Dr. Nurten Elkin stated that the elderly population in Turkey will have increased in proportion as 10.2 per cent till 2023 according to TurkStat data, and that the 'gray tsunami' defined as rapid aging has come and said: “We experience the change in a period of 20 years while the European countries do in almost a century. This shows that we are one of the fastest aging countries in the world.”

Stating that Turkey gets older and 'gray tsunami' (rapid aging) is expected along with the increasing number of elderly, Public Health Specialist Assist. Prof. Dr. Nurten Elkin said that they organized the 1st International Istanbul Gerontology Workshop with the foresight of this important change. Emphasizing that many important scientists will attend the workshop to be held on November 5 at Istanbul Gelisim University, Elkin said: “Aging and the risks posed by aging from a biopsychosocial point of view also make these phenomena a public health problem. Taking all kinds of protective measures that will ensure the physical, psychological and social well-being of the elderly will ensure that our elderly receive a healthy age. Aging is not a disease but a physiological and social issue. Multidisciplinary studies and service models that enable this situation to be managed through a well-designed process from birth to death have become as important as demographic change.”

THEY WILL MAKE SCIENTIFIC SHARING

Turkey's first gerontologist, Head of Akdeniz University the Faculty of Health Sciences the Department of Gerontology, Tazelenme University and the National Social and Applied Gerontology Association Prof. Dr. İsmail TUFAN, Prof. Dr. Terence SEEDSMAN from Victoria University Melbourne Australia, who is the so-called “Einstein of Alzheimer’s” at his own country, Head of Geropsychiatry Association and Turkish Alzheimer Association Prof. Dr. Engin EKER one of the pioneers of geropsychiatry in our country, Lect. Gerontologist F. Sila AYAN from the Department of Gerontology of the School of Health Sciences at Istanbul Gelisim University will make scientific share, moderated by Head of the Department of Gerontology at the School of Health Sciences from Istanbul.

WHAT IS GERONTOLOGY?

Stating that gerontology is a discipline that study aging from a multi-faceted and holistic perspective, Elkin said: “This new field established by Prof. Dr. İsmail Tufan from Akdeniz University in 2006 has started to offer education-training under IGU School of Health Sciences as of 2019-2020 academic year. According to TurkStat data, the elderly population in our country will increase to 8.6 million people i.e. 10.2 percent in 2023. This prediction means that we experience the change in a period of 20 years while the European countries do in almost a century and that we are one of the fastest aging countries in the world. Conducting scientific interventions in the aging process of the aging population with a multidisciplinary understanding will provide essential targets for sustainable development such as improving individual and social quality of life, effective use of resources and maximizing healthy longevity.”

"WHAT SHOULD WE DO FOR HEALTHY AGING?"

Saying that aging is not a period of loss, Asst. Prof. Dr. Nurten Elkin expressed: “Aging is a chance and privilege. Being a person who has the chance to age depends on gaining a biopsychosocial protective and healthy lifestyle and a positive perspective in the early stages of life. Gerontology, on the other hand, adopts an approach that seeks to ensure healthy and active aging, rather than being a discipline that meets the risk management and maintenance needs in old age.” Elkin continued her speech as follows:

“In this respect, it is essential to do exercise, healthy eating, regular sleep, to avoid harmful habits, to have periodic health checks to follow, to achieve a high level of compliance with the treatment of non-communicable diseases, to socialize and to lead a productive life, being open to new ideas, not to take risks, to learn and thrive for a lifetime in order to have a healthy and long life.”

"DO NOT FEAR THE GENETIC STRUCTURE"

Stating that studies on monozygotic twins show that aging processes are related to environmental factors and individual behaviors rather than genetic structure, Elkin said that in this respect, we should manage the process with the right choices and behaviors rather than fearing our genetic structure or relying on the large number of long-lived individuals in our family.

Financial Markets Expert Yıldırım: People are convinced that gold is increasing due to the dollar

Financial Markets Expert Hakan Yıldırım stating that people are convinced that gold only increases or decreases due to the dollar exchange rate, said: “It is not taken into account that gold has increased in dollars per ounce. Society believes gold prices rise due to economic developments.”

Financial Markets Expert Hakan Yıldırım indicating that gold prices and minimum wage comparisons are wrong, said: “It is tried to emphasize that the economic situation is deteriorating by comparing gold with the minimum wage. The increase in the dollar exchange rate increases the price of gram gold quite naturally, but gold prices in Turkish Lira depend not only on the exchange rate of the dollar, but also on the price of ounce of gold in dollars.”

Indicating that a comprehensive perception operation was carried out against the markets in different quality but serving a common purpose, Financial Markets Expert at Istanbul Gelisim University Asst. Prof. Dr. Hakan Yıldırım added: “Some foreign countries, Economists that has adopted commenting against Turkey with false information a matter we are encountered frequently in recent days on TV programs. There are reports comparing the minimum wage and gold prices for 2005 and 2019. With this news comparing 17.1 grams of gold was taken with a minimum wage of 350 Liras in 2005, and 2 thousand and 20 Liras with a minimum wage of 7 grams of gold was taken in 2019, it is tried to create a false and different perception.”

Yıldırım said: “While the dollar rate for 2005 was 1.34 pounds, the average for 2019 was 5.65. If we do not take into account the exchange rate of gold in ounces of grams of gold when the price of a dramatic rise in prices is reached again.” dedi.

“COMPARING WITH THE MINIMUM WAGE IT IS BEING CREATED THE STRESS THAT THE ECONOMY GOES TO BAD”

Hakan Yıldırım stating that people believe that gold only increases or decreases due to the exchange rate of dollars, said: “It is not taken into account that gold has increased in dollars

per ounce. The society was convinced that gold prices were rising due to economic developments. In addition, gold is compared with the minimum wage and the economy is shown as undermined. The increase in the exchange rate will naturally raise the gold prices. The increase in the dollar exchange rate increases the price of gram gold quite naturally, but gold prices in Turkish Lira depend not only on the exchange rate of the dollar, but also on the price of ounce of gold in dollars.”

Yıldırım continued as follows:

“On the other hand, it is extremely wrong to make comparisons with precious metals such as gold when making comparisons for minimum wages, which may lead the public to be misguided during the evaluation of macroeconomic outcomes.”

Physiotherapists with CP met with IGU students

Two physiotherapists, Simay Atıcı and Selcen Kankul, who had cerebral palsy, came together at the event “To Become a Physiotherapist in the Fight Against CP” organized by the Physiotherapy Club of Istanbul Gelisim University. Two physiotherapists who have been struggling with CP for many years now work as physiotherapists for patients with CP.

Patients Cerebral Palsy (CP), known as paralysis of brain, hold on to life through special education and physiotherapy support. With early diagnosis and treatment, many patients can hold on to life. Simay Atıcı and Selcen Kankul are among these patients. Now they are physiotherapists to patients with cerebral palsy like themselves.

Simay Atıcı stated that she decided to become a physiotherapist after the diagnosis of CP and said that her biggest dream was to help patients with CP: “I studied the physiotherapy and rehabilitation department because I wanted to work with individuals like myself. During my university years, I took part in social responsibility projects related to cerebral palsy and tried to support as much as I could.”

Selcen Kankul, who has been in physical therapy for a long time, said that she was attracted to the idea of becoming a physiotherapist during these treatments: “My dream was to be an example to children like me as a CP, to be hope. I could empathize, understand them, know what they were thinking. I will continue to hope for the patients.”

At the end of the event, Mervener Sökmen, Chairman of the Physiotherapy Club presented a plaque and certificate of appreciation to Simay Atıcı and Selcen Kankul, faculty members of the Physiotherapy Department for their participation.

What is CP?

Cerebral palsy (CP) is seen in 17 million people worldwide. Experts describe the disease as 'cerebral palsy'. In Turkey more than 16 babies is born with CP every day, and more than 6 thousand children a year get a diagnosis of CP. This problem can be accompanied by different conditions such as vision, hearing, perception problems and epilepsy along with movement disorder. 1 out of every 4 children with CP cannot speak, 1 out of 3 children cannot walk, 1 out of 2 children is mentally disabled, 1 out of 4 children has epilepsy.

Alzheimer's Einstein Prof. Dr. Terence Seedsman and 109-year-old Mehmet Yılmaz met

Prof. Dr. Terence Seedsman known as Alzheimer's Einstein around the world and 109-year-old Mehmet Yılmaz from Ordu met in the International Gerontology Workshop in Istanbul. Prof. Dr. Seedsman called him as "super miracle" stating that Yılmaz is a very young gentleman. Yılmaz, on the other hand, said that the 109-year life passed like one-night-dream.

Istanbul Gelisim University held I. International Gerontology Workshop. Prof. Dr. Terence Seedsman from Victoria University in Melbourne, known as Alzheimer's Einstein, Prof. Dr. İsmail Tufan from Akdeniz University the Department of Gerontology, Head of Geriatric Psychiatry and Alzheimer Association Prof. Dr. Engin Eker, 109-year-old Mehmet Yılmaz from Ordu, the faculty members of IGU and students attended the workshop in the Conference Hall of the University.

Psychology, social life and illnesses of the elderly were discussed in the workshop and it was noted that human life was prolonged by increasing preventive health services such as control of contagious diseases, treatment of infections, adequate and balanced nutrition. In the event where it was mentioned that Turkey became an aging country rather than the one with young population, it was pointed out that the lives of the elderly can be facilitated by developing policies in cooperation among society, individuals and the government.

MAKE NEW STORIES AS YOU AGE

Prof. Dr. Terence Seedsman from Victoria University, known as Einstein on Alzheimer illness suggested to make new stories as people age. Prof. Dr. Seedsman said: “Aging is actually a part of human life, a period of life in which we grow, develop and mature, and in this sense, I approach to aging positively. There is a social aspect of aging. The individual must get support from the community in trying to optimize their aging. We can say that the responsibility is shared by both society and the individual.”

SOCIETY AND PEOPLE SHOULD BE IN COOPERATION

Stating that people's stories will never end, Prof. Dr. Seedsman said: “While societies provide the best aging of individuals, government policies should be established to support the family, the individual and the elderly during periods of fragility and illness. People's stories never end. We have a breakthrough potential to build and develop our lives when we are young, to work and produce in our adulthood and to make new stories by blending all these experiences in our old age. Human development never ends and continues throughout life.”

TURKEY'S AWARENESS IS RISING

Professor Dr. Seedsman said: “Awareness in the field of aging in Turkey and the proliferation of initiatives in this sense I think it is very meaningful, I was very impressed. Turkey is now aware that rather than being a young country it is an aging country. It is ready to take steps. This is what the increasing number of elderly people require.”

PROF. DR. TERENCE SEEDSMAN: MEHMET IS A YOUNG GENTLEMAN

Coming together with 109-year-old Mehmet Yilmaz from Ordu in the workshop Professor. Dr. Terence Seedsman described Mehmet Yilmaz as a ‘super miracle’. Prof. Dr. Seedsman said: “My friend Mehmet is a very young gentleman. He's 109 years old. He still continues to write, develop and produce stories. We call people over 100 years old as ‘centuries-old individuals’, we can say that it is a super miracle.”

109-YEAR-OLD MEHMET YILMAZ SANG A SONG FOR HIS WIFE

109-year-old Mehmet Yılmaz, born and raised in Gök y district of Ordu with a population of 30,000, lives alone and does all his own work. Still vigorous and energetic Yılmaz has 7 children and he doesn't know the number of his grandchildren.

Uncle Mehmet was married for 65 years and 7 years ago lost his wife H sne Yılmaz, and stating that he misses her very much sang a song from Ordu region "Yayla Yaylaya Bakar" ("Highland faces highland").

Yılmaz stating that he lived a hard life of until 109 years old, said: "I did four years of military service. When I finished military service, I married my wife. I farmed, looked after my children. I didn't make hem to need anyone. The secret of my longevity is the order of Allah".

"109 YEARS OLD LIFE PASSED AS ONE-NIGHT DREAM"

Stating that 109 years have passed like a dream, Mehmet Yılmaz said: "I don't know how it went, it was like a dream. Nobody understands how age goes. I have three sons and four daughters. I can't count my grandchildren. I can't choose them which one's child"

WHAT SHOULD BE DONE FOR BEAUTIFUL AGING?

Chairman of Geriatric Psychiatry and Alzheimer's Foundation Prof. Dr. Engin Eker stated that there is no such a rule that people of any age will face psychological problems. Professor Dr. Eker continued:

Those who are at peace with life, those who increase human relations, those who have a good marriage, especially those who continue to produce, who have hobbies, occupations and who are able to communicate with young people have a good aging period. In recent years the average life is extended: improvement of hygienic conditions, nutrition, vaccines have extended human life. Prolongation of human life is a risk for diseases such as dementia and Alzheimer's disease. The incidence of Alzheimer's is between 3 and 7 percent in the 65-70 age group, but increases to 47 percent in people aged 85 and over.

HOW TO PREVENT ALZHEIMER?

Professor Dr. Eker said: “To prevent Alzheimer, blood pressure and sugar must be controlled. Also, it is needed to stay away from stress, not to prefer loneliness by increasing communication with our environment and take care of the nutrition. Physical activity has also gained great importance in recent years. Our elderly people can be protected from Alzheimer's if they walk 3 or 4 days a week for half an hour.”

Gossip may not be harmful: 14 percent of daily conversations are gossip

Psychotherapist Onur Okan Demirci said that 14 percent of daily conversations are gossip. Demirci said: “Most of us can't stop gossiping. Research shows that gossip is quite common and often not malicious.”

When we see someone gossiping or hearing a gossip about us, we often criticize them, be upset or angry. Onur Okan Demirci, a psychiatrist-psychotherapist from Istanbul Gelisim University, stating that we describe people as malicious when they gossip in such situations, said that many studies were described gossip as normal behavior.

Demirci said: “Even if the gossip is not real, we will try to convince everyone that the gossip about us is not true by accepting it as real. We name their title such as hateful, insecure, liars and jealous ones to the gossipers. We also accuse those who believe in the reliability of gossip, as fools and idiots. However, many studies describe gossip as a normal behavior. According to a study, gossip accounts for about 14 percent of our daily conversations. Although we condemn the gossipers, there is gossip in some of our daily conversations. To sum up, don't be angry with the gossipers because we all do it.”

“GOSSIP STRENGTHENS THE BOND OF FRIENDSHIP”

There are data in the researches indicating that gossiping strengthens the bond of friendship, Psychotherapist Demirci, explained the types of gossip as follows:

“For example, talking about a friend's relationship, talking about the health of a relative, talking about politicians on current political issues are all gossip. If we define gossip briefly in terms of scientific and academic, we can say that it is a talk about someone who isn't there at the time. Contrary to popular belief, negative and disparaging rumors are not so common. A significant portion of the gossip is positive. The sentence “Do you know whom I saw him

with yesterday?” may make a gossip, but he may continue to say “I appreciate his determination” and can lead to the affirmation. Here, the sense of jealousy has been replaced by a sense or behavior of appreciation.”

“THE IDEA THAT WOMEN GOSSIP MORE THAN MEN IS WRONG!”

Stating that stigmatizing people who gossip rather than gossip behavior, which means that labeling behavior may be worse than gossip itself, Onur Okan Demirci said that the most common form of labeling on this issue is the belief that women gossip more than men do.

Stating that scientific data suggest that there are no conclusions that women gossip more than men, Demirci continued: “As a result of such labeling, being a woman automatically brings ‘the label gossip’. Perhaps because of this label, being a woman can make it difficult to find a job, facilitate dismissal, and bring prosecution. Women can be blamed for a gossip around them. In this respect, our prejudices against gossip may become more harmful than the gossip itself. Women are labeled in such a way that most of us almost act as if they say ‘attention gossip’ on their foreheads.”

"10 PERCENT OF THE GOSSIPS POSITIVE"

Stating that the researches show that 10 percent of the gossip is completely positive, Demirci said, “Such rumors as how beautiful, how handsome, how smart, how hard-working, and this kind of harmless sentences, we can evaluate as neutral rumors.”

Demirci stating that rumors can sometimes provide us with precautions, said: “For example, we can be cautious when doing business with someone we hear about as dishonest or untrustworthy. Positive gossip can make us tie up more closely to that person. Rumors create prejudices in our minds, but how we use those prejudices is in our hands. What is harmful is not the gossip itself, but our inability to manipulate ourselves in our view of the gossip material. A person who uses his mind efficiently and with a view to different perspectives will know how to turn any kind of gossip into his favor”

Demirci finished his talk with the following: “Gossip is part of our daily communication. Gossip is a kind of communication. If we can lead a life that is not governed by prejudices

rather than a life without gossip, we can live healthier. Human is a gossip animal. A thinking person is an animal that can evaluate gossip in a healthy way.”