

There is no treatment for killing disease ‘amok syndrome’

Evaluating the words of the murderer Özgür Arduç, who stabbed Ballerina Ceren Özdemir to death with a knife and said that he did not know her at all and wanted to target and kill women and children he deemed weak as prey, Psychiatrist Psychotherapist Onur Okan Demirci described the murderer’s psychology as amok syndrome. Demirci said: “Some of the people who have suffered from Amok take the act of killing people with unjustified anger or aggressive attitude and do not express any regret by performing it in cold blood.”

Psychiatrist Psychotherapist Onur Okan Demirci from Istanbul Gelisim University evaluated the disease of Özgür Arduç, the killer of Ceren Özdemir. Demirci talked about the amok syndrome known as ‘killing disease’ as follows:

“In the recent murder, in which a young woman was brutally murdered, the killer’s cold-blooded, emotionless expressions drew attention. This shows that the killings were not only committed for revenge, animosity, jealousy. In the world of psychiatry, there is a condition called ‘Amok Syndrome or disorder’. In some sources, it is also called ‘running amok’ or ‘amok’. The word Amok comes from the Malay word ‘mengamok’, which means very angry and helpless attack.”

"SEVERE ANGER AND AGGRESSIVE BEHAVIORS ARE SEEN"

Describing that Amok syndrome is usually seen in undeveloped or developing Asian societies, Psychiatrist Psychotherapist Onur Okan Demirci said: “It is rarely seen in developed societies. It was first observed by Captain James Cook in one of the primitive island societies in Malaysia 200 years ago. There are 2 types of Amok disease: Beramok and Amok. Beramok type is generally associated with aggressive behaviors as a result of the loss of a relative and depressive mood, whereas Amok, the other type, is associated with severe anger and aggressive behavior after a mental health problem such as psychotic disorder, personality disorder and delusional disorder.”

"THEY HAVE NO JUSTIFICATION"

Telling that Amok people kill people with an anger or aggressive attack but without any justification, Psychiatrist Psychotherapist Onur Okan Demirci said as follows:

“They do this in cold blood and do not express any regret. After performing the act of killing, another part of them enters into a depressed mood and completes the process with the act of killing themselves (suicide). They are often predisposed to violence. Rarely, it can also be seen in people with no background of violence. This is called ‘running Amok’ because the person can act thoughtlessly and soulless with the desire to kill whoever he encounters. Persons with amok disorder are likely to engage in defensive action by attacking with primitive behavior as a result of the threat perception created by some structures in the brain (amygdala, etc.). These people have the potential to kill people whoever he encounters without any justification, and in this case they can be classified as very dangerous.”

"PRECAUTION WILL BE THE MOST EFFECTIVE TREATMENT METHOD"

Noting that there is no effective treatment for Amok disorder, Psychiatrist Psychotherapist Demirci evaluated as follows: “Therefore, it would be more effective than treatment to try to take precautions by identifying these people before treatment. Observing clues such as paranoia thoughts, self-harm behaviors, loss of a relative or behavior changes after a financial crisis, other attack events in the past before the killing actions of the people with Amok disorder may be the only way to prevent the murders that the person may have in the future.”

They embraced life with their hearts and they left their rivals behind

Ahmet Serdar Demir and Dilan Onğulu are only two of the disadvantaged persons in our society. Serdar is spinal cord paralyzed and Dilan has no arm or leg. The goal of the two swimmers who do not give up despite their disabilities is to achieve new successes leaving their rivals behind.

25-year-old Ahmet Serdar Demir became spinal cord paralyzed after the accident in the water when he was 17. Demir, who resumes life with sports after 7 years of physical therapies, has been trying to regain his losses in water. 24 year-old Dilan Onğulu who is born without arms and legs, races for the championship without giving up and saying ‘If Dilan does it, everyone can do it’. The success of many young people like Serdar and Dilan has been the subject of photography exhibitions. The young people who are in the frames of photography artist Neşe Arı, came together in the exhibition ‘Hold on to the Life’ hosted by

Istanbul Gelisim University. Photography artist Neşe Arı, saying that each photograph and person has a different story and said: “I watched an athlete coming from scratch one to the present. This was very important to me.”

HIS DEAD BODY GOT OUT OF WATER

Ahmet Serdar Demir, who had lived healthily until the age of 17, broke his neck by jumping into shallow water during his vacation in 2011. Saying that his dead body was removed from the water and that there were a doctor and a nurse were on the beach by chance, Demir said: “They applied first aid to me. After that, I had a surgery, a platinum was put on my neck and my physical therapy started. I've had physical therapy for 7 years in different places. As a result of physical therapy, I started to maintain my own life. I started swimming a year ago. In a short period of time, I developed so much physically. Our training was very intense. I got the 3rd rank in my first competition twice in Turkey and also the 2nd rank twice in Turkey. I won the Turkish championship in this year's competitions of mine. I want to represent our country in Europe by winning national team auditions.”

“I DID NOT RESENT THE WATER, I SAID I WILL GET BACK WHAT IT TOOK FROM ME”

Stating that he did not resent the water after the incident at sea, Demir said: “When I entered my first race, I made a promise to myself and I said, ‘I will get back what I lost in the water.’ After that, I continued to swim with determination and intense tempo. I reaped the fruits of it.”

“I WAS AFRAID TO SHOW MYSELF”

Describing how uncomfortable he was due to the eyes on him, Demir talked as follows:

“I was afraid to show myself. That the eyes outside looked at me bothered me but when I started swimming, I began to go outside and socialize. This disability is now a simple and ordinary thing for me. Thanks to the sports, I overcome that too. Sports opened the doors of the university to me. Before starting sports, I used to spend my time on computer at home after a physical therapy session for 2 hours. But as I realized what I could do, I developed a lot in terms of thinking. After saying to myself ‘Serdar, there's nothing you can't do. You have

to hold on to the life; you have to succeed.”, I started to achieve great works by holding on to the life through sports in a very nice way.”

Saying that tomorrow will not be clear, Ahmet Serdar Demir pointed out that persons with disabilities should be directed to sports.

"I DIDN'T THINK I COULD SWIM"

Dilan Onğulu, who was born without arms and legs, said that she started to swim by chance. 24-year-old young swimmer told her story with the words as follows:

“I started to swim thanks to the teacher I met on my way to have my prosthesis made. I didn't take a swimsuit in the first day because I didn't think I could swim because I had no arms and legs. However, my teacher told me to trust him about this. Indeed, I put on a bathing suit and went into the pool. After 1 month, I got my first medal in the inter-district race and I still win these races. When I first swam, I couldn't stand on the water, when I tried again and again, I noticed that water got into my nose. When we solved this problem, I started swimming 5 meters. Then I achieved swimming 10 meters, 15 meters, and now 50 meters.”

“IF DILAN CAN DO IT, EVERYBODY CAN”

Saying that she does not see herself as disabled, that the arms and legs are of no importance and that the real disability is in the eyes that cannot see and heart that cannot love, Onğulu said: “Now I started thinking this way and I say ‘If Dilan can do it, everybody can’. I've had great successes and I've known great people. I don't sleep and wake up every day and every night before I say "Dilan, you're beautiful today". Everything ends in the heart.”

"WHILE WE HAVE NO OBSTACLES, WE DON'T HOLD ON TO THE LIFE LIKE THEM"

The photographer Neşe Arı, owner of the ‘Hold on to the Life’ exhibition, said that this exhibition took about 4 years. She said that she started her project in order to raise awareness, Arı said: “A photo frame means adding a document in the history. Even though my work seems to be over now, my shooting is still going on. Every photo has a different story for me. I watched an athlete coming from scratch as one to one. This was very

important to me. There are great people, and I don't even see that determination in myself. I can't live like them; I can't swim like them when even I have no obstacles. These people go to work and school at the same time and are present at every moment of life. We should not marginalize them.”

The seminar on “What to Know About Hearing Loss and Laryngeal Cancer” was held

Istanbul Gelisim University (IGU) Vocational School of Health Services Health Institutions Management Program held a seminar on " What to Know About Hearing Loss and Laryngeal Cancer". In the seminar, causes of hearing loss, external effects of hearing loss, symptoms of laryngeal cancer, risk factors and treatment methods were discussed.

Otorhinolaryngology Specialist Assoc. Dr. Murat Ulsan and Prof. Dr. Serkan Orhan met with the students at the seminar " What to Know About Hearing Losses and Laryngeal Cancer" organized at IGU.

Assoc. Dr. Murat Ulsan pointed out that the most frequent cancer is the larynx cancer in Turkey and said that the biggest risk factor should be avoided smoking adding that the age of the people being laryngeal cancer is over 45 years and is more common in men than women.

Prof. Dr. Serkan Orhan, giving warnings and recommendations about hearing loss, stated that hearing loss is age-related and stems from noise, impact, explosion and the misuse of the ear stick.

Assoc. Dr. Murat Ulsan and Prof. Dr. Serkan Orhan took a plaque of appreciation at the end of the seminar held by Lect. Ebru Cengiz and under the leadership of Director of Istanbul Gelisim University (IGU) Vocational School of Health Services Prof. Dr. Mustafa Nizamlioglu.

Asst. Prof. Dr. Gülgün Çiğdem at IERFM

Asst. Prof. Dr. Gülgün Çiğdem, a faculty member of Istanbul Gelisim University (IGU) the School of Applied Sciences the Department of Banking and Insurance, attended the 3rd International Economic Research and Financial Market Congress with her study titled ‘Inflation-Interest Rates Nexus: A Comparative Analysis for Developed and Developing Countries’.

The third International Economic Research and Financial Markets Congress, one of the biggest organizations in the field of finance, was held in Gaziantep hosted by Nişantaşı University and Trakya University. Asst. Prof. Dr. Gülgün Çiğdem attended with her studies contributed to the literature on inflation-interest rate, which constitutes an important agenda item of recent days on behalf of Istanbul Gelisim University in this international organization, which brings together academics, market professionals and financial media working in the field of economics and finance, and questioned the relation between these two variables on the basis of developed and developing countries.

Following her study which determines the bidirectional causality relation between variables and is compelling, Çiğdem pointed out that future studies are important answering the question "what should be the inflation rate will not increase the interest in Turkey and what should be the interest rate will not increase inflation?" in the congress.

50% of occupational diseases are musculoskeletal system disorders

Stating that musculoskeletal disorders are the most common occupational diseases, Physiotherapist Gülşah Konakoğlu said: "Fifty percent of all occupational diseases are musculoskeletal diseases depending on the people's job".

Stating that the musculoskeletal diseases occur in different parts of the body depending on the people's job, Physiotherapist Lect. Gülşah Konakoğlu from Istanbul Gelisim University said: "Musculoskeletal disorders, usually associated with nonspecific findings, may occur in different shapes and symptoms. 45 percent of occupational diseases are in hand and wrist, 32 percent of it are on shoulder and 19 percent are, on the other hand, elbow problems."

"THEY OCCUR FROM SOME SIMPLE BODY MOVEMENTS"

Noting that occupational musculoskeletal disorders are caused by simple body movements such as bending, straightening, holding, grasping, twisting and reaching out, Konakoğlu stated: "These are not movements that harm your health in daily life. What makes these movements detrimental are repetitions during work, the need to apply force and rapid movements. Occupational musculoskeletal disorders are not immediate traumas but slow trauma with increasing degrees."

“PAIN IN THE LATER STAGE DOES NOT RELIEVE WITH REST”

Stating that these diseases affect the quality of life negatively; they appear as pain, weakness, fatigue, numbness, stiffness, tingling, coordination disorder and functional disorders, Konakoğlu said: “Musculoskeletal disorders are not usually caused by severe traumas. They occur slowly due to repeated injuries in the soft tissues such as muscles, tendons, ligaments, joints, cartilages and the nervous system. While occupational musculoskeletal diseases are in the first phase, pain and fatigue disappear as a result of rest and work performance is not affected. In the middle phase, pain and fatigue occur immediately at the beginning of the work, and a decrease in performance is observed in repeated works. In the later phase, pain does not relieve with rest, and a decrease in performance becomes obvious. Although the sensation of pain, which is the most complained condition due to musculoskeletal disease, changes according to the severity of the disease, it can generally focus intensely on the shoulder - neck part, upper extremities (hand and arm parts), lower extremities (waist and leg parts).”

“DISEASES CAN COST FOR THE FAMILY”

Stating that occupational musculoskeletal disorders can cost much to employees, their family and the society, Physiotherapy Konakoğlu said: “The first effect is shown by preventing the employee from doing her/his work. An important factor that increases labor loss is late recovery and frequent recurrence. It is known that 60-70 percent of low back pain heals in 6 weeks, 70-90 percent in 12 weeks and recurs 20-44 percent in the first year.”

“AWARENESS MUST BE RAISED”

Emphasizing the need to raise awareness about solving the problems related to ergonomics in the workplaces and the protection of employees from occupational musculoskeletal diseases, Konakoğlu said: “It is necessary to regulate workplace working conditions with priority to employee health and safety. Occupational trainings to introduce occupational risks to employees may improve risk perception and behavioral change and reduce the frequency of injuries.”

International students of Gökkuşığı High School were informed about ‘Adolescence Period’

Istanbul Gelisim University (IGU) hosted over 200 international students at Gökkuşığı High School from the Beylikdüzü and Bahçeşehir campuses for the presentation on ‘adolescence period’. The presentation was made by Asst. Prof. Dr. Mehran Rustamzadeh at Istanbul Gelisim University the Department of Psychology.

The presentation on ‘adolescence period’ was made for over 200 international students at Gökkuşığı High School from the Beylikdüzü and Bahçeşehir campuses in Istanbul Gelisim University. Stating that adolescence is a period of development from the beginning of the mentioned period with the end of childhood to the physiological maturity of the individual in the developmental process, Asst. Prof. Dr. Mehran Rustamzadeh said: “Adolescence can be defined as a developmental process between the end of childhood and the beginning of adulthood which is a period people take responsibilities in social life.”

Stating that parents are afraid of adolescence period of their children, Rustamzadeh expressed this period as an opportunity for everyone. Rustamzadeh said: “It is an opportunity to discover a whole new stage in adolescence and face new challenges.”

Private schools will meet at ETP2020 event

Istanbul Gelisim University will host the Educational Technology Platform (ETP2020) which will be held for the 7th times by the Association of Private Schools in Turkey this year.

The administrators, academics, managers, decision-makers and many teachers are expected to attend the ETP2020 organization where is planned to be held on March 21, 2020 with over 2000 participants from different provinces in Turkey.

The organization aims the schools’ administrators and teachers to raise awareness about the use of technology in education, and also to contribute teachers’ to examine studies that can help their own education and training processes and to extend the participants’ professional developmental networks.

Thanks from Iraq Cultural Attaché Dr. Jaber to IGU

Istanbul Gelisim University hosted Embassy of the Republic of Iraq Cultural Attaché Culture Undersecretary Dr. Mustafa Jaber and his delegation. IGU Chairman of the Board of Trustees Abdulkadir Gayretli was also accompanied the meeting where the decision of cooperation on mutual education between the two countries has been taken.

Gayretli informed the delegation about the achievements of the university made in a short time emphasizing the importance of internationalization they attach to. During the visit, Embassy of the Republic of Iraq Cultural Attaché Culture Undersecretary Dr. Mustafa Jaber and his delegation also had the opportunity to visit the campuses of the university and often expressed their satisfaction during the trip.

Delivering a certificate of appreciation to the Rectorate of Istanbul Gelisim University, Dr. Mustafa Jaber expressed his gratitude to the university for the hospitality with the delegation from Iraq and wished the relations between the two countries to continue.

At the end of the visit, Undersecretary of Culture Dr. Mustafa Jaber was presented a plaque of appreciation for his support to education and science.