

The biggest problem for PKUs is ‘expensive special food’: They spend 500 Turkish liras per month

A study was conducted to identify the problems and needs of children diagnosed with PKU. Pointing out that the biggest problem of patients is expensive special food, the study shows the average monthly expenditure on these foods is 500 Turkish lira.

One of the rare diseases, phenylketonuria (PKU), which limits one's protein breakdown and can cause serious brain damage, affects 1 in 10,000 people in Europe. While there are over 20 thousand individuals with PKU in Turkey, approximately 300 children with PKU are born each year in the country.

Lect. Mehmet Başçillar from the Department of Social Service at Istanbul Gelisim University and his student Yasemin Aydođan conducted a 5-month study to identify the problems and needs of children with PKU. According to the study conducted with 89 parents, the biggest problem of patients with PKU was that special food is not affordable. It was determined that the expenditure of the participants on special foods was 500 Turkish Liras per month.

THE BIGGEST CAUSE IS KIN MARRIAGE

Yasemin Aydođan, one of the conductors of the study and giving information about the disease, said: “Children diagnosed with PKU cannot consume high protein foods such as meat and meat products, milk and dairy products, egg, biscuits and cakes. Children need to live a life appropriate to their special diet. If not, the disease causes mental retardation and nervous system problems. PKU can be diagnosed with a drop of blood from the heel. It is estimated that over 20 thousand people in Turkey have been diagnosed with PKU. Each year, about 300 children with PKU are born in Turkey. The reason for this ratio to be high compared to other countries in the world in Turkey, it stems from the prevalence of kin marriages in Turkey.”

FOOD SUITABLE FOR THIS DISEASE IS NOT SOLD IN SCHOOL CANTEENS

Lecturer Mehmet Başçillar explained the other results of the research. According to this, 3 out of 5 parents complain about not selling food suitable for PKU disease in the school canteen. In the study, 3 out of 5 parents stated that this disease negatively affected their

children's mental health, and almost 1 out of every 2 people reported that eating different foods from other students during the lunch break make them feel sad. In addition, 4 out of 5 participants stated that the society do not know about PKU disease.

"RAW MATERIAL SHOULD BE PRODUCED IN TURKEY"

Emphasizing that the disease is not known by the society deeply affects the social life of individuals with PKU, Mehmet Başçillar suggested: "Although special foods are manufactured in Turkey, we import raw materials and it increases the price continuously due to the exchange rate and they are over the market prices. The related ministers should support the projects to ensure the production of the raw materials for the special foods in Turkey and announce the stimulus package in order to prevent this increase. In this way, not only the food prices will fall below the desired level and there will be no need for financial assistance to the families of children diagnosed with PKU."

"THE SOCIETY NEEDS TO BE INFORMED"

Mehmet Başçillar continued his suggestions as follows:

"Also, we see that children cannot access the appropriate foods in the school canteen. The Ministry of National Education should particularly supervise school canteens, take measures and make arrangements on this issue. Psycho-social support needs to be provided to children and their caregivers by relevant professionals, particularly social workers. Children spend most of their time at school just after home. For this reason, we understand the importance of social service at school and the emergence of the implementation of social service at school. There is a need to be informed the society by the related public institutions and organizations especially professionals on public health through public service ad. Otherwise, children may be exposed to negative behavior."

THEY CREATE A CUSTOMIZED DIET

Underlining the need to create a customized diet, Lect. Azize Nur Yıldırım from the Department of Nutrition And Dietetics at Istanbul Gelisim University said: "Phenylketonuria is a disease diagnosed with blood taken from the heel after childbirth. Therefore, it is absolutely necessary to plan the amino acid we call phenylalanine, which individuals can

tolerate. The remaining protein needs to be complemented with protein mixtures. Because almost all foods contain high or normal amounts of phenylalanine. We have to give these people phenylalanine through restricted diets. Otherwise, intelligence and developmental retardation are inevitable. The level of phenylalanine that can be tolerated is calculated by dietitians according to the customized phenylketonuria rate. Nutritional level is planned according to the highest level of phenylalanine from these foods. For example, one gram of protein contains about 50 milligrams of phenylalanine. We even give breast milk by calculating this amount.”

Faculty of Dentistry has been established

According to the President's Decision, which was published in the Official Gazette with the signature of President Recep Tayyip Erdoğan, Istanbul Gelisim University (IGU) the Faculty of Dentistry has been established. IGU increased its number of faculties to 4.

“WE ARE NOW IN A DIFFERENT PLACE”

Stating that Head of the Council of Higher Education (YÖK) Dr. Yekta Saraç has encouraged universities to be innovative and entrepreneurial, IGU Chairman of the Board of the Trustees Abdulkadir Gayretli said that they work hard to reach the great design of Turkey. Gayretli added: “We follow the horizon to have been widened by Saraç. His contributions to the university community are of great importance. The horizon broadening studies of YÖK have qualified universities. Universities now have quality and internationalization strategies. As a result of a common superior effort, our studies with the discipline of internationalization positions us today in a different place among the present higher education institutions. As a university, we take the first place in the preferences of students. Istanbul Gelisim University, which has always adopted improvement as a principle with the slogan ‘Open for Improvement’, now opens its doors of the Faculty of Dentistry to students. Best wishes.”

A NEW PERIOD IN HEALTHCARE FIELD

Pointing out that they train students who adopt science and intelligence as a guide, IGU Rector Prof. Dr. Burhan Aykaç stated that they always work for achieving better in national and international area. Aykaç continued: “We want to provide more qualified education in

the healthcare field and contribute to our country in this field. I believe that we will make a new breakthrough with the Faculty of Dentistry.”

Turkish team returned from the Robot Championship with an award

The students of Istanbul Gelisim University (IGU) Vocational School returned with an award from the 12th Robochallenge 2019 Romanian Robot Competition in Bucharest. The students participated in 4 categories; Mini Sumo, Line Follower, Nano Sumo and Micro Sumo, and came in 4th in the Mini Sumo category and received the Special Jury Prize.

The Robochallenge Romania Robot Competition, the biggest robot competition in Europe and being held for the 12th time, was held this year at Bucharest Politehnica University. 158 teams, 615 participants, 533 robots participated in the competition. Turkish students competed with teams from England, France, Greece, Japan, Bulgaria, Colombia, Ecuador, Latvia, Mexico, Peru, Poland, Republic of Moldova, Romania, Russia, Spain and Thailand.

Participants strived to win in 14 different categories of the competition. The categories were Mega Sumo, Mini Sumo, Micro Sumo, Nano Sumo, Humanoid Sumo, Line Tracker, Line Tracker Enhanced, Maze, Football, Humanoid Robot, Freestyle Showcase, Air Race; and for children, Mini Sumo and Line Tracker. In each category, robots competing with new generation technology and having been awarded in many competitions in the country and international arena competed. Robots with new generation technology, which have been awarded in many competitions in the country and internationally competed in every category.

Istanbul Gelisim University Vocational School participated in the international competition in Bucharest with a team of two students Abdullah Yıldırım and Onur Yılmaz, and Lect. Ekrem Süzen. The robot designs of the Turkish team, which performed quite well in the competition, received great admiration from the participants and the jury members and received the special jury award. It was invited to the 4th Jurabot Krasiejów 2020 robot competition in Poland on May 2, 2020 and to the robot competition to be held in Tokyo Japan on December 14-15, 2019.

High school students will spend their first holiday at university

There are a few days left for the new holiday regulation to be implemented for the first time this year. Istanbul Gelisim University (IGU) planning activities for students to spend this holiday more efficiently will meet the 11th and 12th grade students through the 'High School Midterm Holiday Academy'.

IGU will meet the 11th and 12th grade students with the courses it has determined for the implementation from different departments between November 18-22. The students will participate in whichever courses they prefer in the High School Midterm Holiday Academy aiming to support the students to determine their goals, to discover their interests, to provide support to recognize the university departments and programs before the Higher Education Institutions Exam (YKS).

There is a course named 'University Examination System' in order to enable the students to learn the details of the exam system and determine the exam strategies in this direction and also there are many other useful courses that the students can prefer in the event as follows:

“First Aid, Treatment Applications in Physiotherapy and Rehabilitation, Aircraft Maintenance Applications, Gastronomy, Aeronautical Engineering, Robotics Programming Training, Psychology, and Radio, Television and Cinema, Photography Training, Graphic Design.”

The courses to continue for 5 days and are free will be held by the faculty members of the university.

High school students will seek solutions to world problems

Istanbul Gelisim University will host Beylikdüzü Social Sciences High School Model United Nations'19 (BSBL MUN) Student Conference this year. Students will stimulate different committees of the United Nations and will discuss many different agenda items. At the end of the conference, the students will send their proposals to the United Nations.

MUN (Model United Nations), an educational and informative event which is mainly organized by high schools and universities, and basically the different committees of the

United Nations are stimulated in English by the students will be held at Istanbul Gelisim University (IGU) this year.

Organization of the conference, establishment of committees, preparation of working papers that outline the committee will be performed by the students of the host university, and the language of the event will be English. Many students from Istanbul and various provinces of Turkey will attend the conference of which opening speech will be given by IGU Accreditation and Quality Coordinator Vice Rector Prof. Dr. Nail Öztaş.

MUN conferences are very important for students to change their perspectives on many issues, to solve problems that seem very complicated with their committee members, to get informed about many world problems, to overcome the fear of speaking in front of the community, to meet with different people and to improve their foreign languages.

At the end of the 4-day conference, the main agenda issues which the students will send their proposals for to the United Nations for are as follows:

“Prevention of an Arms Race in Outer Space; Peace, Security, and Agreement on the Korean Peninsula, New commitments to reduce plastic pollution and, supporting the transition to a more circular economy, Preventing the child labour, exploitation and abuse of children, Countering Cyber-Terrorism In NATO Member States, Examining the Constitutional Authority of the Venezuelan Government on the Crisis in Venezuela and Setting Strategies to Alleviate the Economic Imperfections in Venezuela, Examination of the Maritime Border Dispute Between Somalia and Kenya, Global Seas, Eastern Mediterranean Seas and 1988: Chilean National Plebiscite”