

Attention! Experts warn: 20 percent of cancers are seen in the digestive system

20 percent of the cancers in the body are the digestive system cancers. Among the cancers of the digestive system, colorectal cancer is 8 percent of all types of cancer.

Every year 17 million people get cancer in the world. It is known that this number is about 160 thousand in Turkey. It is estimated that these figures will increase every year due to today's lifestyle and diet. General Surgeon Asst. Prof. Fatih Çiftçi stated that 20 percent of cancers consist of the digestive system cancers that includes oesophagus, stomach, gall bladder and bile tract, liver, pancreas, small intestine, large intestine and anus, and among these, colon cancer is the most common.

Specifying the symptoms of the digestive system cancers General Surgeon Asst. Prof. Fatih Çiftçi said "The sign of these kind of cancers can be vomiting or vomiting with blood, constipation, hepatitis, the feeling of discomfort in the middle or upper part of the abdomen, weight loss, stomach pain or bloating after meal, black coloured stool, getting exhausted quickly and weakness, blood in the stool, changes in the habit of defecation without apparent cause, loose defecation, abdominal pain in the bottom part."

Referring to the importance of prevention and early diagnosis of these insidiously progressive diseases, General Surgeon Asst. Prof. Fatih Çiftçi from Istanbul Gelisim University said that it is important to consult a physician if any of the digestive system habits changes, and in the later process when necessary, endoscopic imaging of the stomach and intestine can help diagnosis.

ATTENTION TO 40's!

Stating that through the latest scientific and technological advances, many advanced cancer cases are treated with oncological treatment principles, Asst. Prof. Fatih Çiftçi said "In the treatment, surgical options may be considered or the treatment can be conducted with the braches of surgical, medical oncology and radiation oncology. Current treatments include hormone therapy, immune system strengthening treatments and smart pharmacotherapy in addition to surgical treatment."

Stating that colon cancer among the digestive system cancers consists of 8 percent of the all types of cancers, Asst. Prof. Fatih Çiftçi made an explanation: “This type of cancer after lung and prostate cancer in men is in the third rank, and it is in the second rank in women just after breast cancer. Those who are fed with low fibre and pulp ratio, those who are fat, and those who are consumed with excess fat and burnt food are at risk. Risks increase after the 40’s.”

Expressing that early diagnosis, stool occult blood test and regular control are very important, Asst. Prof. Çiftçi expressed that it is possible for people to be diagnosed early by secret blood test in stool at intervals of 5 or 10 years before getting cancer.

The new miracle of psychology: EMDR

Desensitization and Reprocessing (EMDR) training was given at Istanbul Gelisim University Continuous Education Center about the problems such as post-traumatic stress disorder, phobias, panic attacks and anxiety disorders.

Desensitization and Reprocessing (EMDR) method training, which destroys unwanted memories by penetrating into the depths of the human mind and newly heard in our country, has been organized. The field professionals attended the 6-day training held at Istanbul Gelisim University Continuous Education Center. Practitioner certificates were given to those who were successful in the written and practical exams after the training.

“PERMANENT RECOVERY FROM DISTRESSFUL THOUGHTS AND FEELINGS”

Giving a speech about EMDR training, a Faculty Member of Istanbul Gelisim University, Mental Health and Diseases Specialist Dr. Onur Okan Demirci said: “EMDR is a method of psychotherapy that is implemented by using eye movements or different stimuli. It is used especially in the field of post-traumatic stress disorder, but now, it is also used in phobias, anxiety disorders, panic attacks, obsessions, depression, encountering distressing events or remembering continuously. The aim of using EMDR technique is to permanently put people out of distressing thoughts and feelings. With EMDR, the person who gets rid of these thoughts and feelings can continue her / his life with different perspectives, more willing and more confident about the future.”

Underlining that EMDR trainings have a very important place in psychology and psychotherapy and it is a very effective method for psychotherapy techniques, Dr. Onur Okan Demirci said: "The training does not involve unreal practices such as demonstration or role play, but involves actual practices in which participants can take part in the process personally. Since advancing with superficial theoretical knowledge in the trainings cannot provide a solution, it includes the neurobiological basis of EMDR technique and the disorders it is applied to. In this way, the participants can create a much clearer idea what, to what and how they apply in their minds."

Having a speech about the education on mental health, Istanbul Gelisim University Continuous Education Center Director Faculty Member Dr. Fuat Fatih Tuncer said "That EMDR trainings which held at our university for the first time in Turkey are successfully completed is a very proud situation on behalf of us. In this process, seeing the happy expressions on the faces of the participants makes us happier than them."

Choice of the right profession during the preference period matters

With the announcement of the results of the university exam, millions of students will prefer their department and university. Stating that it is very important to consider personal characteristics in the choice of profession, Guidance Specialist Şeyma Demirkol said that if the personal trait is not suitable with the profession, the success in the profession will decrease and cause unhappiness.

Stating that individuals should keep their unique abilities, experiences and desires in the forefront when choosing a profession, Istanbul Gelisim University Guidance Specialist Şeyma Demirkol said "Talent is an issue that affects and determines success in professional life. It is also necessary to consider the activities that will really be done without compulsion. It is need to think the questions 'Which areas are in their interest?' and 'Which of the technical, social and health fields will they be happy to work in?', and to pay attention if the interest is long-term or not."

ATTENTION TO PERSONAL CHARACTERISTICS IN CHOICE OF A PROFESSION

Pointing out that personal characteristics need to be suitable for the profession, Ms. Demirkol said that “If the personal trait is not suitable with the profession, success in the profession will decrease and will cause unhappiness. If you are not talkative and introverted, how can you be successful and happy when you are engaged in a profession that you are intertwined with people?”

“RECOGNIZE PROFESSIONS”

Emphasizing the necessity of recognition of professions before the choice of a profession, Ms. Demirkol said: “For example, when an individual who cannot bear to see blood, are uncomfortable with odours, cannot be cool, and have no flexibility in hand skills choose a profession in the health services field may cause her/his unhappiness and failures in the future. When serious, impatient individuals who do not like to tell, to narrate choose to be teacher, both they would have difficulties and they cannot give a qualified education to children. Therefore, it is right for individuals to make choices after taking into consideration their personal characteristics by recognizing and comparing those occupational characteristics with themselves.”

“EXPECTATIONS DETERMINE PROFESSIONAL VALUES”

Saying that one of the cases determining professional values is expectations, Ms. Demirkol warns: “Expectations are the opportunities that one wants to obtain as a result of professional activities. Expectations will vary from person to person. Some of them have a material expectation, some of them aim to achieve professional satisfaction and some of them aim to achieve spiritual happiness. What is important for the individual is to determine these values on her/his own and to turn to a profession in which s/he can obtain it.”

“HAVE A MILIEU”

Stating that it also matters that individuals develop themselves by their chosen profession, Ms. Demirkol expressed: “People should exchange ideas with people in the chosen profession. The human network that has been created comes to the forefront in this context. In order to increase career opportunities in the private sector, the individual who

uses the communication network well can find more qualified jobs easier both in terms of its opportunities and suitability of her/him.”

IGU will train gastronomy experts

The Gastronomy program, which is being carried out at the undergraduate level by Istanbul Gelisim University, will start to offer graduate level education as of this year. Head of Gastronomy Department Assist. Prof. Dr. Serdar Çöp said: “In order to increase the familiarity level of Turkish cuisine and train academic personnel in the field of gastronomy, we also started to provide graduate education in gastronomy. At this point, we have the first and only doctorate program in gastronomy among foundation universities.”

Istanbul Gelisim University that have Gastronomy department since the academic year of 2012-2013 announced that they opened master and doctorate program of Gastronomy. Making a statement about the issue, Istanbul Gelisim University Graduate School of Social Sciences Head of Gastronomy Department Assist. Prof. Dr. Serdar Çöp said: “Our university also started to provide graduate education in gastronomy, in order to follow the developments in the world closely, to increase the familiarity level of Turkish cuisine and to train academic personnel in the field of gastronomy by closing the gap in the graduate programs of our university. At this point, we have the first and only doctorate program in gastronomy among foundation universities.”

“WE WILL TRAIN GASTRONOMY EXPERTS”

Stating that the purpose of the program is to train professionals that can present the gastronomic elements specific to Turkey in the universal field of gastronomy, Assist. Prof. Dr. Çöp said: “In this way, we think that Turkish cuisine, one of the richest and most unknown gastronomic cultures in the world, will be understood better. More importantly, it will have the chance to be evaluated and protected in the international arena.”

GASTRONOMY IS NOT ONLY ABOUT FOOD AND BEVERAGE

Mentioning that gastronomy is briefly characterised as culinary science or art but it is not limited to that, Assist. Prof. Dr. Çöp said: “Students will learn the close relation between

gastronomy and the field of food science, tourism, psychology, sociology, health and anthropology, and various fields of art.”

STUDENTS WILL LEARN ‘THE SUSTAINABLE GASTRONOMY’

Noting down that applied courses are also added to the curriculum, Assist. Prof. Dr. Çöp said: “In addition to having the personnel of trainers who are competent in the field of gastronomy and cooperate with the sector, the ‘Sustainable Gastronomy’ course is also included in the curriculum with the globally popular sustainability theme in order to provide solutions to ecological problems. In this way, students will be able to produce creative solutions for our country and the world by adopting sustainability from a gastronomic perspective.

Guest students had a culinary experience

The guest students of Istanbul Gelisim University (IGU) Turkish and Foreign Languages Application and Research Center (IGUTÖMER) visited the kitchen of IGU Gastronomy Department. Lecturer Levent Demirçakmak guided the guest students away from cooking in the program which is organized with the aim of presenting Turkish cuisine.

IGUTÖMER guest students visited the kitchen of IGU Gastronomy Department. It was offered Hünkârbeğendi (eggplant puree with cheese), Tuzda Kuzu (sheep cooked in salt), artichoke with orange sauce and Sütlaç (rice pudding) in the organized program. Lecturer Levent Demirçakmak guided the guest students away from cooking.

As the guest of the organization, IGU Secretary General and Head of Gastronomy Department Assist. Prof. Dr. Serdar Çöp said: “With the idea that gastronomy is a culture, that international guests have a new cuisine experience is an important factor in the integration of that culture and language learning. Especially when the local cultural dishes are introduced with regular activities, it also attracts many international guests to that region. In terms of gastronomic tourism, the increase in the budget allocated to food and beverage and the search for taste in order to gain new experiences are becoming increasingly important. Awareness of the values of a country in terms of gastronomy and

speaking the language of that country are two important cultural elements that complete each other.”

Assist. Prof. Dr. Serdar Çöp thanked to the guest students who attended in the organization and those who contributed to the organization.

The success sequence matters for undergraduate programs and the point sequence for associate programs

Students taking the exam for university, are waiting the results to be announced. Explaining what is needed to pay attention during the preference days to the students, Guidance Specialist Pelin Karahancı said: “Students who will prefer an undergraduate program should pay regard to the success sequence. On the other hand, students who will prefer an associate program can consider the point sequence as well as the success sequence.”

Giving suggestions on correct preference to the students, Istanbul Gelisim University (IGU) Guidance Specialist Pelin Karahancı said: “The first thing they need to know before making a preference is that they can only prefer an associate degree program with TYT points. In order to prefer an undergraduate program, they must have received at least 180 points from AYT. Students can submit their preferences by logging into the system through the official website of OSYM.”

“THE EXAM RESULT DOCUMENT MUST BE READ CAREFULLY”

Underlining the importance of reading the exam result document carefully, Ms. Karahancı said: “When students first see the test results, they see lots of different points and sequences, and they do not know which point or sequence is the part they should take into consideration during the preference period. For this reason, the best advice about the issue to the students is that if there is a Y-expression against the points, this means the ‘Placement Point and Sequence’ column. In short, after analysing the points, the students should look at the points of Y-TYT, Y-SAY(Quantitative), Y-EA(Equally-Weighted), Y-SÖZ(Verbal), Y-DİL(Foreign Language), and their sequence in the test result document.”

SHOULD THEY CONSIDER THE SUCCESS SEQUENCE OR POINT SEQUENCE?

Emphasizing that the students need to make the preference according to the success or point sequence, Ms. Karahanci said: "After examining the results of the exam, the first thing that comes to mind is whether students will prefer according to the success sequence or according to the point? Particularly while preferring an undergraduate program (for 4,5,6 years), it is necessary to pay regard to the success sequence. While preferring an associate program (for 2 years), the preference can be made according to the point as well as the success sequence."

HOW TO CALCULATE THE ULTIMATE POINT IN 2019?

Explaining how to calculate the ultimate point, Ms. Karahanci said: "The student will use whichever point is the highest. The points will be converted into points corresponding to these percentile values in 2019-TYT by taking as a reference the percentile values of prospective students whose 2018-TYT exam point is 200 and above. The converted points may be higher or lower than the 2018-TYT points of the prospective students, ranging from 200-500 points. The numerical value which is obtained by multiplying the percentage of success sequence of the prospective students in the relevant year to the number of prospective students with 200 and more points from TYT in the same year by 100 is named as the 'percentile value' of the prospective students."

ATTENTION TO THE DEPARTMENTS WITH THE CONDITION OF SUCCESS SEQUENCE

Warning the students to pay attention while preferring the departments with the condition of success sequence, Ms. Karahanci said: "The student cannot prefer the departments if they do not meet the minimum success condition. The departments with success sequence condition and their success sequence are as follows: Law – EA - 190.000, Medicine – SAY – 50.000, Architecture – SAY – 250.000, to the Placements of Engineering programs (except for Faculty of Forest, Agriculture and Aquaculture, including Faculty of Agriculture Food Engineering Program) SAY - 300.000, to the Placements of Teaching Programs (including Psychological Counselling and Guidance) - Related Point Type – 300.000."

"DO NOT PREFER THE DEPARTMENT WHICH YOU WILL NOT ENROLL IN"

Stating that students need to research the department and the university they want to go to before they prefer and giving suggestions about not being afraid of making a useless preference, Ms. Karahancı said: “Students are really afraid of making a useless preference. What we call a useless preference in the YKS placement system can only be that if students do not enrol in the department that they do not want to study in the first place, which they prefer with the fear of not being placed in any department. Because the students may not enrol in case they do not like the university or the department, or they regret enrolling later. When they want to take the exam again in the next year, their High School Success Point (OBP) falls by half. Therefore, it would be useful to extendedly research their desired departments and universities during the preference days. The preferences are not useless, but they make the students regret.”

THEY HAVE 24 PREFERENTIAL RIGHTS

Reminding that students can 24 preferential rights in the YKS preference, Ms. Karahancı said: “Students can use all of these 24 preferential rights or make a single preference. While preparing the list, they should include the universities they dream of. They should devote a lot of space to departments and universities close to their sequences. If they are afraid of not being placed any department at all, they should definitely prefer places with less sequence than their own. Students who pass the minimum required score of all types can prefer any of them.”

“DO NOT BE DISAPPOINTED”

Underlining that students need to be careful during the preference days, Ms. Karahancı continued her speech as follows:

“They have to pay attention to the conditions of foundation universities and scholarship and not to misspell the program codes when entering the system. Some programs have special requirements. Students who do not meet these requirements may be disappointed during the enrolment. It is a good idea for the school’s top students to prefer places close to their score and they can only use this right in the year of graduation from the university. If they wish, they can prepare their own lists with the help of preference robots. It is also useful for them to make their preferences with experts in this field. We, as IGU, provide both

preference robots to our prospective students and provide free preference consultancy services at our university between 18th and 29th of July.”

Turned cement into art

The winners of the Cement Design Competition, which encouraged professional designers and students to produce designs using cement, were announced by the Oyak Cement Concrete Paper Group.

Oyak Cement Concrete Paper Group's Cement Design Competition, which was organized for the first time this year in order to increase and expand the correct use of cement and concrete, was ended. After the workshop in Adana, the winning projects were determined. As a result of the evaluation, in the category of students the student of Istanbul Gelisim University Department of Architecture Abdülkerim Uluer, 'Not Only One Thing, But Everything' project was awarded the third prize.

A total of 6 projects competed for awards in the student and professional categories in the competition organized under the theme of 'unexpected transformations' this year. Due to the intense participation, 6 more projects were invited to the workshop to implement their designs.

'BLOOB' PROJECT BECAME THE FIRST IN STUDENT CATEGORY

As a result of the evaluation, the first prize in the student category was given to Mert Topalođlu and Özge Türedi (Yıldız Technical University) with 'Bloob' project, the second prize to Bilge Kamalı (Gazi University) with 'Pieces' project, and the third prize to Abdülkerim Uluer (İstanbul Gelişim University) with the Project of 'Not Only One Thing, But Everything'. In the same category, Kerem Aydın's (Gazi University) 'UP2U' project, Fatih Eyice and Semih Seven's (Pamukkale University) 'Existence of Concrete' Project, Mustafa Sağdıç's (Mimar Sinan Fine Arts University) and Ahmet Faruk Varan's (Yıldız Technical University) 'Freedo' Project had the chance to apply their designs in the workshop process.

Preference and Familiarisation Days have started at IGU

The preference and familiarisation days of Istanbul Gelisim University have started for the 2019-2020 academic year. Students can visit the university until 29th July for the preference period that will officially start in 23rd July.

Students and parents have been continuing the search of a university after the announcement of the results of Higher Education Placement Exam (YKS). During this period, students have the chance to visit the university which they want to enrol in.

Istanbul Gelisim University announces that it organizes the preference and familiarisation days in Gelisim Tower in Avclar for the applicants to meet with academicians, administrative personnel and the students in the university and to familiarise the scholarship and fee waivers, the fields of education, culture and activities, and lecture theatre and auditorium classrooms and campus facilities.