

Risk of Corona virus in wild livestock markets

Stating that viruses can spread by mutation and turn into more dangerous species in the livestock markets, where wild animal species coexist, veterinarian Dr. Başak Gökçe Çöl said: “People who hunt, sell and consume wild animals are at risk of catching zoonotic diseases.”

Stating that new type of Corona virus (2019-nCoV) coming from the same virus family which have caused the deaths of hundreds of people in recent years such as severe acute respiratory distress syndrome (SARS) and Middle East respiratory syndrome (MERS) is transmitted by air, and infects especially the upper respiratory and gastrointestinal tract of mammals, birds, Veterinary Doctor from Istanbul Gelisim University Başak Gökçe Çöl gave important information about the virus.

THREATENS THE WHOLE WORLD

Emphasizing that zoonotic diseases transmitted from animals to humans have recently become an important public health problem worldwide, affecting all continents, Veterinary Dr. Başak Gökçe Çöl, said: “Human contact with wild animal species plays a role in transmitting zoonotic factors they carry. Far Eastern countries, where wild animals (bats, snakes, mice, foxes, etc.) are consumed with high demand as food, are also regions that are risky in terms of transmitting diseases from wild animals to humans. It is one of the viral zoonotic factors with high Corona virus mortality and contagion threatening the world, especially China.”

“NO CURE OF THE DISEASE”

Mentioning that the virus, which undergoes a series of genetic mutations, gains the ability to infect humans, Çöl said: “Unfortunately, an approved vaccine or antiviral treatment for Corona virus infection is not yet available. The life cycle of 2019-nCoV needs to be better understood both in the prevention and treatment of the disease and its origin and how it is transmitted.”

“VIRUS SEEN IN CATS AND DOGS DOES NOT TRANSFER TO PEOPLE”

Veterinary Dr. Başak Gökçe Çöl continued as follows:

“It raises questions from the posts of social media in the mind that people can get Corona virus from cats and dogs. The types of Corona viruses affecting the respiratory tract in humans in cats and dogs mostly cause intestinal infections (diarrhea-bloody diarrhea). The Corona virus seen in cats does not pass to dogs, and the coronavirus seen in dogs is only contagious and does not pass to cats. The coronavirus seen between cats and dogs is not from zoonotic diseases and is not transmitted to humans.”

“THE THREAT IS HIGH IN WILD LIFESTOCK MARKETS”

Describing that the disease has spread through infected breath, cough, sneezing and contact with anything that contains the new type of coronavirus, which is highly infectious, Çöl added: “Demand for wild animals in Asia, especially China, threatens human health for many years, increasing the occurrence of global epidemics. It is a fact that live animal markets where wild animal species coexist can spread viruses and become more dangerous species. People who hunt, sell and consume wild animals are at risk of catching zoonotic diseases. Necessary measures should be taken immediately to prevent contamination from wild animals for the protection of public health.”

2nd Volume of the book "The Economic Crisis with a Multidisciplinary Approach" published

The second book of the study, in which the Asst. Prof. Dr. Gülgün Çiğdem from Istanbul Gelisim University (IGU) started to question the economic crises through an interdisciplinary study, was published.

In a process involving long studies, the studies that were questioned by scientists from different disciplines by discussing the crises and their effects from different perspectives were presented to the use of the public, students and researchers. In the second work published by the international publishing house “Akademisyen Publishing House” under the editorial of Asst. Prof. Dr. Gülgün Çiğdem and Asst. Prof. Dr. Semra Boğa, and Res. Asst. Esra Sayın as an assistant editör, Dr. Semra Boğa, Asst. Prof. Dr. İsmail Erkan Çelik, Asst. Prof. Dr. Kemal Erkişi, Asst. Prof. Dr. Onur Çelik, Asst. Prof. Dr. Hasan Hüseyin Yıldırım, Asst. Prof. Dr. Onur Özdemir, Res. Asst. Yakup Karakuş, Assoc. Prof. Dr. Deniz Ünal, Begüm Çığsar, Asst. Prof. Dr. Gülgün Çiğdem, Asst. Prof. Dr. Banu Yinal and Seda Kuşçu Özbudak questioned the

effects of economic crises on macroeconomics, finance, banking, development, energy market, energy companies, politics, gender-specific crisis perception, culture, arts and artists and the translation sector.

Valuable works, including empirical studies, were offered for sale in publishers and on the Internet.

Psychiatrist Dr. Tan: Earthquake trauma is contagious

Stating that 75% of people may experience emotional reactions due to trauma as a result of natural disasters such as earthquakes, Psychiatrist Dr. Tan said: "Among these disorders, post-traumatic stress disorder (PTSD) comes first. Trauma is contagious. Although people are not directly exposed to trauma, those who witnessed the event, those who watched in the media and especially those who are in the rescue team can also be traumatized."

Referring to the fact that people can suffer mental trauma due to a death or death threat, or a serious injury or sexual assault, Psychiatrist Dr. Tan from Istanbul Gelisim University stated: "Depending on the current situation, if there are the psychological symptoms such as repeated occurrence in the mind, nightmares, avoiding situations reminiscent of the event, over-excitability, being alert, restlessness, anxiety, nervousness, and these have been occurring for more than a month and their life quality and functionality impair, we can consider these as post-traumatic stress disorder."

Stating that earthquakes also pose risks for various anxiety disorders, depression, short psychotic attacks and alcohol-drug addiction, Dr. Tan also gave information about the risky groups.

WHO ARE AT RISK?

Mentioning that not everyone will be affected equally by a trauma, Psychiatrist Tan said: "Perceived severity of the event is the most important risk indicator. Those who are left under the wreckage, those who have lost their relatives, and those who have damaged the house have a higher risk than compared to those who have not.

Tan continued the speech as follows:

“Those who have previously experienced trauma, have a physical disability and chronic illness that makes their life seriously difficult, those who cannot get social support, those who have difficulty to explain or suppress their feelings, and those who feel intense guilt about the incident are riskier to get sick in the future.”

Pointing out that men are exposed to more traumatic stress factors throughout their lives, Dr. Tan said that women are at least 2 times more at risk of getting sick considering the rate of illness.

“EVERYTHING SUPPRESSED COMES BACK”

Expressing that it is necessary not to hesitate to talk about the events, to understand and share feelings about the events, Tan said: “Being human is not a stand-alone situation, but it is possible only with the presence of the other. For this reason, one needs another to recover from trauma. Do not hesitate to get help from your environment, friends and relatives. Ask questions and try to find answers until you are convinced and your trust is rebuilt. The person may feel embarrassed for his survival, feel guilty for not being able to help others or directly considering himself responsible for the event. These feelings are somewhat acceptable, but when they become more intense and severe, they pose a risk to the disease. The person may tend to avoid feelings, to suppress or deny what happened and what they feel. Everything that is suppressed returns, and even because it is return, it can be worse than it was originally. There are cases (late-onset type) that appear to be unaffected by trauma 6 months later and are much more difficult to treat.”

“YOU CAN GET A PSYCHOLOGICAL SUPPORT”

Psychiatrist Dr. Emre Tan stating that getting sick is not related to power and mind, and that it can affect almost everyone, added: “Get psychiatric-psychological help when you realize that your mood is getting worse and your life is disrupted. Trauma is contagious. Even if they are not directly exposed to trauma, those who witnessed the event, those who watched in the media and especially those in the rescue team may also be traumatized. Information, training and preventive studies should be done on this subject and if necessary, they should be included in the treatment process.”

American professor toured 112 countries, moved to Turkey

International faculty members of IGU, who came from the countries like the USA, India, Hungary and Pakistan told their experiences, Turkish students, how they lecture and thoughts about Turkey. The American professor stated that Turkey has left a mark on him the most saying he served in 112 countries.

The Higher Education Council (YÖK) has renewed the procedures and principles regarding the employment of international faculty members. In recruiting faculty members to work in language preparation classes, the main language criterion will no longer be considered sufficient, and new criteria such as academic background, work experience and international certificates will be sought. The faculty members came from different countries working in Turkey evaluated the criteria to be applied for the proposals to be made as from January 20.

The faculty members who approve the decision of YÖK emphasized that academicians should constantly improve themselves for quality. The international lecturers stated that Turkish students are open to learning and work hard, and expressed that they are here because they loved Turkey especially Istanbul. They emphasized the importance of speaking English mentioning that academic culture in Turkey is well-improved.

QUALIFIED LABOR FORCE IS A MUST TO FULFILL OBJECTIVES

Istanbul Gelisim University (IGU) Vice Rector Responsible for Accreditation and Quality Prof. Dr. Nail Öztaş, expressing that new regulations are necessity, said: “Turkey's goals for 2023 to reach 500 thousand international students. There are over 190 thousand international students now. This regulation is essential to Turkey's interests, its vision and our role in the international geography. We need qualified labor force to attract international students and to produce the knowledge and technology we aim to achieve.”

THERE IS A NEED OF LABOR FORCE WITH DOCTORAL DEGREE

Emphasizing that new professions will emerge, Prof. Dr. Öztaş said: “According to the research of YÖK, we are not yet able to train labor force with doctoral degree we need annually. We have 207 universities and these universities need labor force with doctoral

degree. The real sector also needs it. Our annual number of our graduate students in the doctorate is around 5 thousand but this number should be 12 thousand.”

“WE NEED A HIGHER EDUCATION SYSTEM THAT WILL SHAPE THE FUTURE”

Prof. Dr. Öztaş said: “According to the OECD report, 60 percent of the professions in the world will change and disappear in 15-20 years. It is estimated that new professions will emerge. Instead of a reactionary, passive and monitoring higher education policy, we need a higher education system that is proactive, shapes, reveals new professions, creates its programs, determines its content, and shapes the future.”

53 INTERNATIONAL FACULTY MEMBERS FROM 23 DIFFERENT COUNTRIES

Explaining that the criteria determined by YÖK should be conducted in order to raise quality in the higher education, Prof. Dr. Öztaş said: “There are 53 international faculty members from 23 different countries at IGU. While recruiting faculty members, we look at whether they graduated from qualified universities or not. Many of our faculty members are our colleagues who have experiences of studying or lecturing at the first thousand universities in the world. Secondly, we already regard their publications, and when they join to the IGU family, we want them to continue their researches and publications.”

PROF. DR. MOSIER: I HAVE MORE THAN 50 PUBLICATIONS AND 2 BOOKS

American Prof. Dr. William Mosier who lectures in the fields of cognitive development, neurology and psychology at IGU expressed that any innovation towards higher quality in higher education are beneficial. Prof. Dr. Mosier said: “If the lecturers’ quality increases, it will also affect the students’ quality.”

Prof. Dr. Mosier stating that he graduated from the Department of Child Development and Counselling at University of Southern California, said: “I have more than 50 publications in various magazines related to my field. I published two books. I especially work on family dynamics, child development, children with autism and disabilities.”

“I WOULD CHOOSE ISTANBUL IF I HAD A CHANCE TO CHOOSE A CITY TO LIVE”

Prof. Dr. Mosier came to Turkey last year, expressed: “I am here because Istanbul is a wonderful city. I would choose Istanbul if I had a chance to choose a city to live. I worked in over 100 countries. My son marks the countries I have been on the map, he knows the exact number, but it can be 112 countries. The most impressive country for me is Turkey. I think Turkey is a beautiful country to visit.”

“I FOLLOW HOLISTIC APPROACH IN MY COURSES”

Stating that he follows holistic approach in his courses, Prof. Dr. Mosier said: “Having a speech is not the only thing in my courses. I create an environment that students and I can discuss together. I make presentations in the courses. I use an interactive method in the presentations. I make the students attend the courses.”

“THE ACADEMIC CULTURE IS WELL-IMPROVED IN TURKEY”

Indian Asst. Prof. Dr. Ashifa Kattur said that the new regulation of YÖK will also make a major contribution for themselves, expressed that they will publish more papers and write books, and continued: “This regulation will encourage faculty members working especially in the social sciences to publish papers and develop themselves more.”

Ashifa Kattur, who graduated from Gandhigram Rural Institute and lectures in the field of social service, articulated her analytic thoughts about Turkish students. Ashifa Kattur stated that the academic culture is well improved in Turkey and continued: “I have been in Turkey for 3 years. I lecture through the collaborative method. I am not the only one who speaks in the courses, I want the students to express themselves in the discussion environment.”

“LEARNING SHOULD BE FUN, NOT EXHAUSTING”

Nigerian Asst. Prof. Dr. Festus Victor Bekun, lecturing on investment analysis and portfolio management, said: “I graduated from the Near East University. I have over 55 published articles. 35 of them are scanned in Web of Science, created by the Scientific Information Institute. 15 of them were published in Scopus magazine. I think learning is two-sided. We need to give qualified education to get a good result from students. I use the interaction model in my courses. Presentations allow students to show themselves through discussions.

A lecturer should also motivate the students. I encourage group work on assignments to motivate. I support entertaining education. Learning should be fun, not exhausting.”

SHE CAME TO TURKEY BY ERASMUS ACADEMIC STAFF MOBILITY PROGRAM

Dr. Annamaria Csiszer stated that she came from the Department of Communication and Media Sciences at Hungary Dunaújváros University to IGU by Erasmus Academic Staff Mobility Program and said: “We have common historical roots with Turkey, but I had never been here before so I preferred Turkey. I thought I would stay longer because I had positive impression. Education is an important phenomenon all over the world. Since there is continuous improvement especially in the field of social sciences, those working in this field must constantly improve themselves so that we contribute to the development of young people. I have lectured many students with different ethnic backgrounds in Hungary. I observe cultural differences in Turkey, and I find it very important.”

“TURKISH IS A BEAUTIFUL COUNTRY”

Dr. Annamaria Csiszer stating that Turkish students are quite open to learning and said: “In general, their knowledge of what is happening in the outside world is also very high. They are very knowledgeable especially in my field. I work on European researches and public policy. Turkey is a beautiful country, especially with this beautiful city Istanbul. I would like to see the other provinces of Turkey. Its culture and people are interesting.”

“I AM AMONG THE TOP 7 SCIENTISTS IN PAKISTAN”

Pakistani Assoc. Prof. Dr. Shehzad Ashraf from the Department of Computer Engineering said: “I find it very valuable to increase the quality of writing in articles. It is very important to research and improve yourselves for quality in education. It is necessary to research and read constantly. I wrote more than 80 articles. 60 of them were published in journals scanned in Web of Science. My papers received more than 4 thousand citations. I am among the top 7 scientists in Pakistan in functional computer programming.”

Mentioning that Turkey is such a beautiful country, Ashraf who graduated from University of Sialkot continued: “My friends also visited Turkey before. I find Turkish people very friendly

and kindly. This country has an incredibly rich history. Therefore, I am here and I feel honored by this decision.”

Asst. Prof. Dr. Murat Doğan’s book "Introduction to Food Engineering" has been published

A book entitled "Introduction to Food Engineering" by Asst. Prof. Dr. Murat Doğan from Istanbul Gelisim University (IGU), where he provides the basic information necessary to ensure the production of healthy and safe foods with the best quality and efficiency, has been published.

"Introduction to Food Engineering" book, published as a result of year-long work written and edited by Asst. Prof. Dr. Murat Doğan, a faculty member of Istanbul Gelisim University Gastronomy and Culinary Arts Department, explains the main features of the basic concepts and applications of food science and engineering.

It is thought that the book with the special issues related to the fields of work of food engineers, gastronomy specialists, dieticians, food technicians and cooks, will be an important source for courses.

Attention to accidents due to fall in the elderly

Noting accidents due to fall in old age, Gerontologist F. Sila Ayan said that about one in five elderly patients with hip fractures died within one year of injury.

According to the World Health Organization (WHO), "fall and accidents in old age" are shown as one of the 4 big problems of old age. Gerontologist Lecturer F. Sila Ayan from the Department of Gerontology at Istanbul Gelisim University also noted the accidents in old age. Ayan said: “Falling among the elderly is the primary cause of fatal accident. It is the most common cause of non-fatal injuries and hospitalization due to trauma.” And she continued her speech as follows: “Approximately 35-40 percent of people in the population aged 65 and above who are generally healthy fall once a year. In the elderly (80 years old and above), this rate reaches to 50 percent. Half of them are repetitive falls. The rate is 3 times higher in hospitalized people and nursing homes. The fact that a preventable and manageable problem leads to such sad consequences should be a focus for both academic studies and practical services.”

“30 PERCENT OF FALLEN ELDERLY ARE EXPOSED TO HEAVY INJURIES”

Gerontologist F. Sila Ayan stated as follows: “20-30 percent of people who fall are exposed to moderate/severe injuries, from bruises to hip fractures or head injuries. These injuries limit independent life and increase the chance of early death. More than 90 percent of hip fractures among adults aged 65 years and older are due to fall.”

Emphasizing that injuries due to falling cause health problems, decreased quality of life and early death, Ayan stated that about one in five elderly patients with hip fractures died within one year of injury.

“MOST PATIENTS WITH HIP FRACTURES ARE PLACED IN HOSPITALS WITHIN A WEEK”

Noting that one of the 10 elderly people who came to the emergency service applied for the fall injury, Ayan said: “The most common injuries due to falling are fractures (41 percent), open wounds (21 percent), sprains (10 percent), internal organ injuries (5 percent), dislocations (1.5 percent). 33 percent of elderly people with internal organ injuries and 41 percent of patients with fractures require long-term care. In the majority of the elderly who prefer to stay in nursing homes, there is a need for care due to complications that appear after a fall.”

WHAT IF HELP DOES NOT COME?

Gerontologist Lecturer F. Sila Ayan from Istanbul Gelisim University Gerontology Department, continued as follows: “Falls that do not cause an injury can cause death if a person cannot get up and call for help. Lying more than twelve hours can lead to pressure sores, dehydration, hypothermia, pneumonia and death. Almost 50 percent of fallen people need help to get off the ground in at least one fall. In many interviews, it was stated that the biggest fear of many elderly people living alone was not being able to call for help after the fall and passing away alone.”

POST-FALL ANXIETY IS AN IMPORTANT RISK TO BE EXCEEDED

Expressing that one of the most important principles of gerontology is always to be open to development, to be able to refer and manage changes and losses Ayan noted that one of the

main responsibilities of gerontologists is to provide consultancy and support to patients in this regard. Reminding that falls can cause anxiety (post-fall anxiety syndrome) that occurs after the fall and fear of falling in the elderly even if the falls do not result in a serious injury, Ayan added: “This situation may cause the self-confidence in the elderly to decrease, restrict daily activities, and lead a more sedentary life. This chain reaction may lead to gradual withdrawal and isolation of the elderly.”

WHAT CAN WE DO?

Stating that falling prevention is much easier, less costly and efficient than managing the consequences, Ayan drew attention to the comprehensive geriatric and gerontological evaluation that determined the condition of the elderly and the domestic arrangements appropriate for the elderly, the regular exercise, geriatric rehabilitation interventions that maintain strength and balance, rational drug use, regular nutrition, the selection of suitable shoes and the use of auxiliary equipment if necessary.