

"THIS DECISION HAS NO BINDING EFFECT"

Saying that the 43rd President of the United States of America, Joe Biden's describing the events of 1915 as "genocide" in the official language for the first time in the country's history caused scandal, the Sociologist and International Relations Specialist Dr. Bahlul Aliyev continued, "This decision has only a political purpose. "It has no legal binding effect."

"ARMENIAN REVOLT WAS DIRECTED BY RUSSIA AND FRANCE"

Evaluating the background of the 1915 events, Dr. Professor Bahlul Aliyev from Istanbul Gelisim University said, "When we look back on history, we see a great Armenian revolt led by Russia and France. For some reason, the memory of more than 500 thousand Anatolian people who were cremated, buried alive, killed by various tortures and impaled as a result of these riots is ignored while the temporary deportation of the Armenians who committed this brutality creates an agenda built with fake history software."

"BIDEN STIRS UP THE CHAOS"

Emphasizing that US President Josef Biden came to power by fueling and using chaos in the country, Dr. Aliyev said, "Josef Biden is a leader who managed to come to power by fueling the destructive chaos that the extreme leftist Antifa and BLM organizations started in the country before the US elections and by shaping their discourse accordingly. Therefore, we can clearly say that he feeds on chaos. For the last month, he was repeatedly warned by many Senators and Representatives of Armenian origin to keep his promise that he made when he was a Senator to officially recognize the so-called genocide when he came to power in return for financial support. We saw this from the speeches at the congress. Thus, we can say that Biden made such a decision under pressure."

"POLITICAL IRRATIONALITY"

Expressing that Biden's use of the word "genocide" in his speech was also a big mistake in terms of American politics, Dr. Aliyev continued his words as follows:

"Such a decision is also a big mistake in terms of realpolitik. Turkey is the most important strategic ally of the US in the region. To weaken the relations with Turkey is clearly serving to Russia's strategic purposes especially when the tension is rising in Ukraine - Russia border and after Biden personally made a support promise to the President of Ukraine, Volodimir Zelenski. Also, right after coming to power Turkey government condemned Russia's attack to Georgia, which made Turkey the strongest opposition of Russian in the region. Therefore, it is politically irrational to come out against Turkey."

"PANDORA'S BOX IS OPENED"

Pointing out that this polemic initiated by Biden will have bad consequences for the USA, Dr. Aliyev said, "Pandora's box was opened when 'the president' chose such a discourse. If Turkey is to response on the basis of reciprocity, USA will have to face its own history built on blood and massacres. In other words, USA will have to face events that are against human dignity such as the murders of Native Americans, physical extermination of more than 15 million people, slavery and violent attitudes towards Africans, Napalm bombs used against civilians in Vietnam, nuclear bombs dropped on Hiroshima and Nagasaki despite the end of the war, murders committed in Afghanistan and Iraq, Abu Ghraib and Guantanamo. It is possible to extend this list further, but these events should cause an embarrassment and they are sufficient enough to be an answer for the fictional history written on 1915 events."

"HAS NO POLITICAL BINDING"

Underlining that the US President Josef Biden's discourse has no legal binding, Aliyev concluded his words as follows:

"30 countries in the world officially recognize the events of 1915 as 'Genocide'. This is not legally binding. 49 of the US states recognize the so-called genocide at the state assembly level. For some reason, Mr. Erdogan's promise to accept the

proposal of establishing a joint commission for the Armenian side and its results has always been ignored and not accepted. However, no leader in the world has acted so sincerely. This shows that both the Armenian lobby and the states that use them as tools are applying double standards to an obvious level. No matter what the results are, it's just a political decision taken to put pressure on Turkey, it has no validity in historiography."

TELEREHAB FOR PATIENTS DURING PANDEMIC

Expressing that serious restrictions were imposed on physical therapy protocols to control the spread of virus during the pandemic, physiotherapist Çağıl Ertürk says that telemedicine and telerehab applications are gaining popularity again and indicates "Telerehab provides convenience for patients who have coronavirus and various movement disorders."

Stating that the COVID-19 epidemic has increased the use of telemedicine, Physiotherapist Lecturer from Istanbul Gelişim University Faculty of Health Sciences, Çağıl Ertürk says, "In this age, one of the mechanisms of providing physical therapy patient care is telemedicine. Telerehabilitation or telerehab is a technological audio-visual system that is especially used to serve patients with coronavirus to improve their lung functions."

"PRELIMINARY EVIDENCES FOUND"

Providing information about telerehab, Ertürk says, "We have found preliminary evidences that the adoption of telerehab instead of face-to-face interventions is beneficial for reducing pain and improving physical function in patients suffering from chronic musculoskeletal pain due to low back pain, lumbar stenosis, neck pain and osteoarthritis."

"SAFETY PRECAUTIONS SHOULD BE TAKEN CAREFULLY"

Ertürk says, "Safety precautions should be taken carefully since all data of a patient needs to be transferred safely on online platforms. Ease of use and practicality are also important to encourage adherence to the treatment." He also states that remote evaluation and intervention technology has been improved and developed in the last ten years.

Speaking about the advantages of Telerehab, Ertürk continues his words as follows:

"One of the biggest advantages of telerehab in the past was the ability to overcome physical barriers, namely transportation. More and more people are discovering the convenience, effectiveness and other benefits of completing tasks remotely with lockdown measures taken

across the country. Telerehab provides indirect interaction-contact between the clinician and the patient. By removing the travel obligation between the patient and the provider, it reduces travel costs, rehabilitation services and caregiver's burden. It provides convenience for patients with movement disorders.

RESEARCH: THE ELDERLY ARE MORE HELPFUL

According to a study conducted with two groups aged 18-36 and 55-85 in the UK, the elderly were found to be more empathetic, participative and helpful compared to young people.

Evaluating the research which reveals that the elderly tend to work and labor more for others without any benefit, Gerontologist Sila Ayan from Istanbul Gelisim University Faculty of Health Sciences says, "In this research, the helping behavior that changes with aging is defined as helping a person take steps and take actions rather than a financial help. The study conducted with 95 adults aged 18 through 36 and 92 adults aged 55 through 85 has shown that the latter group is more empathetic, participative, and helpful than the former. The research reveals important data on elderly people's participation in social services and their benevolence attitudes."

"THEY TAKE RESPONSIBILITY TO SOLVE THE PROBLEM"

Indicating the fact that young people are defined as 'selfish' compared to elderly according to the research, Ayan says "The elderly have a prosocial approach in order to solve problems. They take responsibility to solve the problem or they accept to be a part of the solution."

Sila Ayan continues, "People's willingness and helpfulness to work in favor of someone else is evaluated separately from financial resources or available time. The elderly tend to work and labor more for others without expecting any benefit in return." She also emphasizes that the elderly define helping as "breaking a sweat" in contrast to young people.

"TURKEY IS THE SECOND FASTEST AGING COUNTRY IN THE WORLD"

Emphasizing that old age is a life period that offers opportunities for both individuals and societies, Ayan says, "We need systems that support voluntary and wage-based activities and works of our elderly people, who constitute 9.5% of our society and whose number is rapidly increasing, and we also need gerontologists to build these systems. Turkey is the second fastest aging country in the world. In this respect, ensuring that our elderly people remain active and we benefit from their experiences should be the backbone of sustainable development, not a secondary gain for us."

"FULL CLOSURE WILL FURTHER INCREASE DEPRESSION IN CHILDREN AND ADOLESCENTS"

Child and Adolescent Psychiatry Specialist in Istanbul Gelisim University Psychology Department Assoc. Prof. Canan Tanıdır indicates that children and adolescents have remarkably been affected by the pandemic. She expresses her concerns by saying there is a great increase in the frequency of depression, especially in adolescents. Moreover, the depression in children and adolescents will become more intense in the period of complete closure.

Stating that the admission to clinics has increased with the increase of depression seen in children and adolescents in the pandemic, Dr. Canan Tanıdır says, "Children experience the psychological distress of being at home all the time and not being able to socialize. They experience more depression. Some of them are very anxious and their obsessions have increased. Especially because of the high death risk in people with any chronic illness from the virus, there are many children who apply with the concern of 'What if something happens to my parents?' At first, there was perhaps an uncertainty, but the longer the process lasts, the less hope they have left. Children and young people now apply to the clinic with too many problems" and she underlines that they sometimes have to apply medication for young people.

"FULL CLOSURE WILL BE VERY TOUGH FOR CHILDREN"

Emphasizing that it is very essential for children to be able to socialize in childhood and adolescence period, Assoc. Dr. Canan Tanıdır says that no matter how much they communicate via phone or social media, this is not a substitute for going to school, and the routines of the children were disturbed during this period She continues her words as follows:

“They don't get up in the morning and go to school, those who used to go to gym cannot go now. Screen addiction has increased since they're always at home. They have no physical activity. The full closure was expected, yet this is still against human nature. People feel as if their freedom has been taken away. Three weeks is not a short time and the weather is getting better. During this period, children will have difficulties. Especially going out and spending part of the day outside is very essential for children with autism and hyperactivity. Site administrators have also received a warning. In the period of full closure, children are not even allowed to play in front of their apartments. This means staying at home for three weeks. So this is like torture for kids who like getting around, going out.”

“QUARRELS MAY OCCUR”

Stating that she witnesses situations such as unhappiness in the pandemic, sense of meaningless life, confusion in goals, decreased success in education career, decreased interest in studying, introversion even in sociable children, distancing from parents and hobbies, Dr. Canan Tanıdır says; “The tension of the parents is also reflected on the children. When there is a problem, the children look at them and decide if it is serious. As the tension of the parents increases, so does the quarrels and tension in the house. Being too intertwined in the full closure period can trigger this situation. In addition, they spend a lot of time in front of the screen during this period. “This means an increase in sleep problems, nervousness, attention problems, not studying, and not being able to focus on the lesson.”

“SUICIDAL THOUGHTS INCREASE”

Expressing that they applied drug therapy in very severe cases in young people, Assoc. Dr. Tanıdır says that antidepressant-type drugs can be used in children and adolescents, and that they used medication and therapy together in some of their patients. Emphasizing that depression is not a simple condition, Dr. Tanıdır says, “Medication use has increased in pandemic. Sometimes, as the depression in children gets worse, they start to push them into suicidal thoughts. Life seems too meaningless for the adolescent who normally does not have any problems and they tend to think about committing suicide. They may attempt it. In

such cases, we apply inpatient treatment for the safety of the adolescent. One of the most common causes of death in adolescence is suicide. There are a lot of adolescents with suicidal thoughts. Therefore, it is very important to have time for your children.”

"RECOMMENDATIONS FOR THE FULL CLOSURE PERIOD"

Assoc. Prof. Canan Tanıdır gives the following advice for the full closure to children and adolescents;

“In this process, think about the activities you can do at home. For example, you can do puzzle, paint, or play musical instruments. This period is a great opportunity to strengthen family relationships. When they come together, they can chat and play various games. They can watch movies and talk about their old memories. Sometimes, they can call their friends by video and meet online. In this period, it is very important to look at the positive side and be hopeful. Since there is hope, all is going to be fine again.”

"REGENERATE BY EATING TWO MEALS A DAY"

Quality Life Specialist Assoc. Dr. Haluk Saçaklı says, “The full closure lasting seventeen days has begun. It is possible to regenerate by fasting or eating two main meals during this period.”

Stating that the body's immune mechanism triggers the formation of white blood cells after 3 days of fasting or when eating two main meals, Assoc. Dr. Haluk Saçaklı from Istanbul Gelisim University says, “When the human body is hungry, it destroys the unnecessary particles in weak and diseased cells. Our body renews our entire immune system. Fasting or eating 2 main meals a day appears to be a regeneration program.”

"APPLICABLE FOR LIFE"

Underlining that the body has too much autophagy (the state of cells eating itself) under stress, fasting or hunger, Saçaklı says, “The cell tries to produce energy by consuming its own internal sources. It primarily starts cleaning by digesting garbage and pathogenic bacteria. Thus, premature aging is blocked. If there is no continuity in the autophagy process, Parkinson's disease, diabetes and cancer are inevitable. Fasting for a month every year is a wonderful design. You can try it during this closing period. "If your body gets used to it and you are healthy, you can apply this kind of diet for a lifetime.”

“EAT TWO MAIN MEALS”

Saçaklı says, “Have a more balanced and stronger breakfast than ever. Nothing should be eaten until dinner. Water, tea, coffee and herbal teas are allowed. You can consume vegetable juice as soon as you feel your blood sugar is low. Even if it is natural, fruit juice will not be drunk. If breakfast is served between 07:00 and 08:00 am, dinner should be between 17:00 and 18:00 pm. If breakfast is eaten an hour late, so should the dinner, and finally if the breakfast is between 10.00 - 11.00 am, dinner should be eaten between 19.00 and 20.00. Dinner should never be eaten after 20:00 pm. Foods eaten after 20:00 pm are very difficult to digest. "You will gain weight and you will lose your health over time." He also underlines that having 2 main meals diet can open a new page in your life.

Saying that the toxic fruits should be preferred, Saçaklı concludes his speech as follows:

“Consume cherry, pear, apple, melon, watermelon, kiwi, peach, pineapple and plum. To increase the alkalinity value of the water, wash a slice of lemon well and put it in the water. You can add a stick of cinnamon, half a green apple or 1 teaspoon of apple cider vinegar (apple cider vinegar should not be used if you have gastritis) or a couple of stalks of mint if you want to. By doing so, the PH value of the water increases to 9.5 and your health improves noticeably.”