

## **VACCINATION ADVICE TO STUDENTS, ACADEMIC AND ADMINISTRATIVE PERSONNEL**

Following the President of the Council of Higher Education (CoHE), Prof. Dr. Erol Özvar's statement that "Face-to-face formal education will start at universities", Istanbul Gelisim University, announced that they will start education at the university on September 30 by taking the necessary precautions and measures, and advised students, academic and administrative personnel to get vaccinated.

After the announcement of the YKS placement results, face-to-face education and training preparations at universities are on the agenda. Announcing that they will start education at the university by taking the necessary precautions on September 30, Istanbul Gelisim University advised students, academic and administrative staff to get vaccinated.

### **"WE ARE IN THE SWEET RUSH OF GETTING TOGETHER AGAIN"**

Making statements on the subject, Chairman of the Board of Trustees of Istanbul Gelisim University, Abdülkadir Gayretli said, "We are in a hurry to reunite with our students, from whom we have been separated for almost two years. We look forward to meeting our students who joined our family according to the YKS preference results. We advise our students, academic and administrative staff to be vaccinated so that our education and training activities are not disrupted and we are not separated again."

### **"CONGRATULATIONS TO ALL STUDENTS"**

Stating that he congratulated all students who preferred Istanbul Gelisim University, Abdülkadir Gayretli said, "I wish all students good luck with their university placement results. I wish each of them a healthy and beautiful academic year."

## **BRUSHING TEETH HARD CAUSES 'BRUSH CARIES'**

Oral, Dental and Maxillofacial Surgery Specialist Prof. Dr. Ahmet Mihmanlı emphasized that hard tooth brushing does not clean teeth better. Mihmanlı said, "Brushing the teeth hard, instead of cleaning the teeth, causes abrasions called 'brush caries'."

Mentioning that a hard toothbrush does not clean the teeth better, Mihmanlı said, "Brushing well is not about the hardness of the brush, but about the brushing technique. Brushes that are too hard can wear down the teeth. Brushing too softly may not clean the teeth. Brushing hard doesn't clean teeth better either. Brushing the teeth hard, instead of

cleaning the teeth, causes abrasions called 'brush caries'. As the enamel layer of the teeth is eroded, the yellow layer called dentin underneath is exposed and the teeth look even more yellow. In addition, hard brushing causes tooth sensitivity and gum recession. Rechargeable brushes should also be equipped with a pressure sensor and a soft brush should be used.”

#### “DO NOT WET THE TOOTH BRUSH”

Stating that the toothbrush should not be wetted before brushing, contrary to what is known, Istanbul Gelisim University Faculty of Dentistry Oral, Dental and Maxillofacial Surgery Specialist Prof. Dr. Ahmet Mihmanlı said, “Brush bristles lose their hardness when wet. Sufficient liquid is available in the mouth for the paste to foam. Using too much toothpaste will not scratch the teeth. The scratching of the enamel layer of the teeth is not related to the excessive use of the paste, but to the large granules of the paste used. Although the granules of large pastes that quickly clean cigarette stains make the teeth look clean at first, they cause the teeth to become stained more quickly in the long run. Therefore, long-term use of pastes with large granules should be avoided. The amount of paste put on the brush should be the size of a 'lentil grain’.”

#### “CAVITIES ARE NOT FATE”

Stating that cavities can develop due to genetic factors, Mihmanlı said, “Cavities can be genetically transmitted. However, this is not an unchangeable destiny. Cavities susceptibility may differ between individuals. However, in the case of correcting bad eating habits, giving importance to oral hygiene and regular dental check-ups, the predisposition to caries does not matter.”

Making statements about the known mistakes during pregnancy, Mihmanlı ended his speech as follows:

“Not every pregnancy takes away a tooth. Tooth loss is seen in cases where oral care cannot be fully provided, the presence of untreated caries and the progression of gingival diseases. Gum bleeding during pregnancy is not due to calcium withdrawal from the tooth. The reason for the bleeding is the formation of gingivitis or exacerbation of the existing gingivitis as a result of hormonal changes in pregnancy, if oral care is not adequately provided.”

## **‘URINARY TRACT INFECTIONS ARE 90 PERCENT LESS COMMON IN CIRCUMCISED BABIES’**

Stating that circumcision reduces the risk of urinary tract infections in infants and children, Pediatric Surgery Specialist Prof. Dr. İbrahim Ötgün made statements on the subject. Ötgün said, “Urinary tract infections are seen approximately 90 percent less in circumcised infants and children.”

Expressing that circumcision is mostly done in the first two years, Pediatric Surgery Specialist Prof. Dr. İbrahim Ötgün said, “From a medical point of view, it is more appropriate to perform circumcision during infancy when wound healing is rapid. It is mostly performed with local anesthesia in newborns and in the first three months. However, it can be done at any age, as long as general anesthesia is used under appropriate conditions.”

### **“IT HAS MANY BENEFITS”**

Stating that circumcision has many benefits in terms of health, Istanbul Gelisim University Faculty of Health Sciences, Lecturer Prof. İbrahim Ötgün said, “Urinary tract infections are seen approximately 90 percent less in circumcised infants and children.”

### **“HEALING TAKES FIVE TO SEVEN DAYS”**

Prof. Dr. Ötgün continued his speech as follows:

“Although different methods are used for circumcision, it is the most reliable and the best classical method when it is performed by experts under appropriate conditions, and it is still the most frequently used. Recovery after circumcision usually takes five to seven days. Early periods can be passed without pain with proper treatments after circumcision. Regardless of the surgical method, redness, bruising and swelling may appear. Since there is no need for bandages after circumcision performed by experienced surgeons, there is no difficulty in urination and no need for special dressing today.”

## **POSTPARTUM DEPRESSION RATE INCREASED IN PANDEMIC**

According to the report published by the World Health Organization, Psychiatrist Dr. Alişan Burak Yaşar said, “The rate has been found to be 31% according to a worldwide study during the Covid-19 period, and 56.3 percent in Turkey. According to another study published in the Journal of Family Counseling, 63 percent of parents have symptoms of post-traumatic stress disorder.”

Emphasizing that pregnancy is a sensitive period that can have negative consequences for both mother and baby, Psychiatrist Dr. Alişan Burak Yaşar said, “It has been observed that pregnant women are particularly affected due to the increasing psychological problems with the Covid-19 pandemic and they are in the moderate risk group during the fight against coronavirus.”

#### ATTENTION TO PREPARTUM DEPRESSION

Stating that the increase in prenatal depression and anxiety affects the mood and baby development negatively by creating changes in the physical activities, nutrition and sleep patterns of the expectant mothers. Yaşar said, “As a result, the chances of miscarriage and premature birth increase. The most important cause of anxiety about the Covid-19 epidemic is the disease that threatens the life of the mother and her baby. According to the study published by Hacer Alan Dikmen in ADYU Journal of Health Sciences, 83 percent of pregnant women are afraid of infecting their babies with coronavirus. The fear of being separated from the newborn shows itself at a rate of 27.1 percent. This is followed by reduced access to prenatal care services that have changed due to the pandemic, canceled hospital appointments and not allowing a supportive relative to be brought to the hospital. Along with these, there are social isolation, relationship stress, economic difficulties due to job loss and fear of being infected.”

Underlining that it is normal to experience mental changes during pregnancy when hormonal changes are experienced, Dr. Yaşar advised that those who experience extreme fear during pregnancy should seek professional psychiatric help when necessary. Yaşar said, “Especially with cognitive behavioral therapy, a decrease in the anxiety and depression rates of pregnant women can be achieved by reframing the mindset, strengthening their coping skills and showing relaxation exercises.”

#### “RISING GOLD PRICES IN SUMMER CANNOT BE EXPLAINED BY WEDDINGS”

Stating that from the past to the present, gold has been seen as a safe haven by all segments under all circumstances, Finance Specialist Assoc. Prof. Hakan Yıldırım made statements about gold prices, which rose in the summer months. Yıldırım emphasized the impact of international markets, saying that the rising gold prices in the summer are not related to weddings.

Stating that even those who do not have financial literacy highly trust in gold, Finance Specialist Assoc. Prof. Hakan Yıldırım said “It is said that the number of weddings would

increase in India and Turkey, so the demand for gold would increase. Were there any justifications? Yeah. As the demand increases, so does the price. However, economics can not support the idea that the gold prices increase only due to this condition.”

#### “THE RISE OF GOLD PRICES HAS NOTHING TO DO WITH WEDDINGS”

Emphasizing that gold prices have nothing to do with weddings and ceremonies, Finance Specialist Assoc. Prof. Hakan Yıldırım said, “The gold price is falling in the international markets because all the important macroeconomic statements made by the US and the Fed's interest rate decisions have an important role in the decline of gold prices. For instance, the FED has decided to increase interest rates and aims to increase interest rates twice until 2023. This situation will be reflected in the commodity market and gold prices will have to show a downward behavior. On the other hand, the fact that the VIX index, known as the fear index, is falling and going below 30.00 can be expressed as one of the important reasons.”

#### “GOLD IN GRAM IS BELOW THE EXPECTED PRICE”

Evaluating the gold prices in grams, Assoc. Prof. Yıldırım said, “FED statements, the decrease in the VIX index and its movement below the 30.00 level, the shift of investments of a certain segment seeking confidence to crypto assets, the noticeable decrease in gold prices in ounces against US Dollars, the squeeze in the price movement of the Dollar / TL parity may be the reasons why gram gold prices remain below the expected price level.”

"Gold in ounces is priced in dollars, while gold in gram is priced in Turkish lira," said Dr. Yıldırım who also underlined that this is the most important issue that investors should know. He also said, “The situation is that while gold is at a low price level in terms of dollars in ounces, gram gold is not at the expected level since the Dollar/TL rate is also at a low level for gold prices, although it is not low for us.”