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23 April

NATIONAL SOVEREIGNTY AND CHILDREN'S DAY



WORLD UNIVERSITIES HAVE BEEN RANKED ACCORDING TO THEIR "POWER OF INFLUENCE": ISTANBUL GELISIM UNIVERSITY HAS RANKED 24TH IN QUALITY EDUCATION!



24th in World Impact Ranking 2021
Qualified Education - (SDG4)

#THEglobalimpact

Ecological, Economic and Social Sustainability



World universities ranked according to their
"Power of Impact" : Istanbul Gelisim University
Ranked 1st in Turkey Quality Education!

An organization ranking and evaluating world universities, Times Higher Education's (THE) Impact Ranking 2021 results have been announced. In the ranking, Istanbul Gelisim University (IGU) has ranked 24th to provide the highest quality education among the universities in the world, and achieved a great success.

Times Higher Education 2021 Turkey Impact Ranking

The top 10 universities in the "Qualified Education" category were listed as follows;

1. **Istanbul Gelişim University**
2. Istanbul Technical University
3. Atatürk University
4. Bahçeşehir University
5. Bolu Abant İzzet Baysal University
6. Abdullah Gül University
7. Aksaray University
8. Boğaziçi University
9. Kadir Has University
10. TED University

Ranking according to the general average of the scores obtained by the universities:

1. Abdullah Gül University
2. Istanbul Technical University
3. **Istanbul Gelişim University**
4. Middle East Technical University
5. Özyeğin University
6. Boğaziçi University
7. Erciyes University
8. Hacettepe University
9. Istanbul Bilgi University
10. Bahçeşehir University

Continuation of the news on the next page.

World Universities Have Been Ranked According To Their "Power of Influence": Istanbul Gelisim University Has Ranked 24th in Quality Education!

Reputable international higher education ranking agency, Times Higher Education (THE) has announced that it received 1240 applications from 98 countries for the 'Impact Ranking 2021' (Impact Ranking 2021), which aims to measure the contribution of universities to the sustainable development of societies.

In the category of "Quality Education", Istanbul Gelisim University has achieved a great success by ranking 24th among 1240 universities worldwide. Leaving behind 45 participant universities, Gelisim university has ranked 1st from Turkey.

In the ranking, which was done in line with seventeen sustainable development goals determined by United Nations (UN) and carried out in accordance with the goals and university studies in the field of education and innovative projects, in order to evaluate their contribution to society, Istanbul Gelisim University ranks 4th in the "Health and Quality of Life" category, 2nd in the "Accessible and Clean Energy" category, 3rd in the "Partnerships for Purposes" category, 10th in the "Decent Work and Economic Growth" category in Turkey. It also ranks 95th in the "Clean Energy" category and 201st out of 300 university from all around the world in general category, while it ranks 3rd in Turkey.

"WE ASCENDED 72 STEPS, WE ARE 24TH IN THE WORLD"

Referring to the importance of the ranking done by London-based higher education rating agency Times Higher Education (THE) for higher education institutions, [Abdülkadir GAYRETLİ](#), the Chairman of the Board of Trustees of Istanbul Gelisim University, reminded that they succeeded in being 96th among the first hundred universities in the world in the category of "Quality Education" last year and said:

"We continue our claim in the Quality Education category. While we were ranked 96th in the world in the same category last year, our ascending 72 steps and placing in the 24th place shows that we have achieved our goals. We are both motivated and proud that all our work we carry out for the sustainable development of the society are evaluated and appreciated by Times Higher Education (THE), one of the world's most respected international higher education rating institution.



"We are both motivated and proud that all our work we carry out for the sustainable development of the society are evaluated and appreciated by Times Higher Education (THE), one of the world's most respected international higher education rating institution. We have been crowned once again at the international level in quality in education and we will continue our success by aiming to rank among the top 10 universities in the world in the coming period.

"THE FUTURE OF HUMANITY IS POSSIBLE BY SUPPORTING SUSTAINABILITY STUDIES"

Underlining that they have adopted sustainable development goals in order to leave a better world to future generations, [Abdülkadir GAYRETLİ](#) said, "The future of the world and humanity is possible with the support of sustainability studies. We pay special attention to education and researches in line with this purpose. Mankind's living in peace and prosperity, eradicating poverty depend on these goals."

"WE MAINTAIN OUR DETERMINATION IN INTERNATIONAL EDUCATION"

Emphasizing that with the leadership of Prof. Dr. Yekta SARAÇ, the Higher Education Council (YÖK) has taken strategical steps in line with the New Turkey's 2023 and 2053 vision, [Prof. Dr. Abdülkadir GAYRETLİ](#) added, "Prof. Dr. Yekta SARAÇ encourages us with the idea that Turkish Universities should compete with world universities and stand out in international rankings. As IGU, we continue to work towards these goals. Our 63 programs have been accredited by international accreditation organizations and we have been certified that we provide education at international standards. Now, with these crowning successes, we continue our claim in international education by competing with world universities."

[Click here for the details of the news.](#)

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İGÜ Sağlık Bilimleri Fakültesi

SPEECH-LANGUAGE AND COMMUNICATION SKILLS IN AUTISM SPECTRUM DISORDERS

Lecturer Betül Özsoy TANRIKULU

Lecturer Betül ÖZSOY TANRIKULU at Istanbul Gelisim University Faculty of Health Sciences, Department of Speech and Language Therapy, gave information about "Speech-Language and Communication Skills in Autism Spectrum Disorders" on April 2, Autism Awareness Day.



How Does ASD Affect Communication Skills?

The origin of the word "autism" comes from the word "autos", which means "self" in Greek. Children with ASD often prefer to be on their own and appear to be in a private world where their ability to successfully communicate and interact with others is limited. They show serious limitations in communicative intention. Children with ASD may have difficulty developing language skills and understanding what others are saying to them. They also have difficulty understanding and using non-verbal communicative behaviors such as gestures, eye contact and facial expressions. The ability of children with ASD to communicate and use language depends on their cognitive and social development. Some children with ASD have very limited speaking skills; some may not be able to communicate using speech or language. On the other hand, some children with autism, may have a rich vocabularies and be able to talk in detail about specific topics. These children often have problems with the rhythm of speech. In addition, they may not be able to understand body language and the meanings of different vocal tones. Taken together, these difficulties negatively affect the ability of children with ASD to interact with others, especially peers of their own age. Some of the language usage and behavior patterns frequently found in children with ASD are as follows:

-Repetitive or Strict Language: Often, children with autism who can speak say things that have no meaning or that have nothing to do with conversations with others. For example, a child can count from one to five repeatedly during a conversation not related to numbers. Or a child may repeat the words he/she hears continuously (echolalia). Immediate echolalia occurs when the child repeats the words someone has just said. For example, a child can answer a question by asking the same question. In delayed echolalia, the child repeats the words he hears at a later time. For example, the child can say "Do you want something to drink?" whenever he or she asks for a drink. Some children with ASD may speak in a high-pitched or melodious voice or use a monotone (robot-like), unemotional speech.

-Limited and Fixed Areas of Interest: Some children with autism may present an in-depth monologue about a topic that holds their interests, even if they cannot have a two-way conversation on the same topic.

-Abnormal, Irregular Language Development: Many children with ASD develop some speech and language skills, but this development is not at a typical level of ability and their progression is often irregular. For example, some children with ASD can very quickly develop a strong vocabulary on a particular topic of interest. Some may start reading before the age of five, but may not understand what they are reading. They often do not respond to the speech of others and may not react to their own names.

-Difficulty with Non-Verbal Language Skills: Children with ASD are often unable to use expressive gestures such as pointing at an object. Often they avoid eye contact. Without meaningful gestures or other non-verbal skills to improve their verbal language skills, many children with ASD fail to communicate their feelings, thoughts, and needs.

How to Handle Language and Speech Problems in ASD?

If a doctor suspects that the child has ASD or another developmental disorder, they will usually refer the child to various specialists, including a speech and language therapist. The speech and language therapist makes a comprehensive assessment of the child's communication and language skills, creates an appropriate therapy program and guides the family in this regard. Teaching children with ASD to improve their communication skills is essential for helping them reach their full potential. While there are many different approaches, the best intervention program begins early in preschool years and is adapted to the child's age and interests. Parents and caregivers can increase the chances of reaching this goal by paying attention to the child's language development early on. Just as young children learn to crawl before walking, children develop their pre-language skills before they start using words. These skills include using eye contact, joint attention, association, gestures and facial expressions, affects, and other vocalizations to help them communicate. These skills are evaluated by a speech and language therapist and are addressed within appropriate individual therapy approaches.

[Click here for the details of the news.](#)

"PLAY AND PLAY THERAPY IN CHILDREN" SEMINAR

SPEECH AND LANGUAGE THERAPY CLUB

Istanbul Gelisim University (IGU) Faculty of Health Sciences organized an online seminar on "Play and Play Therapy in Children" on 08.04.2021 by the Speech and Language Therapy Club. As a speaker at the online seminar, Dr. Aziz ZORLU was invited. Before the guest starts his words, the Department of Speech and Language Therapy Res. Assist. Rumeysa Nur AKBAS started the online seminar by briefly mentioning the resume of the guest. The seminar continued with useful information given by Dr. Aziz ZORLU about play therapy.

Dr. Aziz ZORLU started his words as follows: "Garry Landreth is one of the greatest living doyen names in play therapy. He says; birds fly, fish swim, adults talk, children play. With these words, I think Garry Landreth talked about the place and importance of play in a child's life. Because play is a tool that makes significant contributions to the physical, mental, emotional and language development of children." after these explanations, she reinforced her words by giving examples from the children she applied play therapy.

Talking about the importance of the play for the child, Dr. Aziz ZORLU said, "Play also contributes to the self-confidence of the child. In this sense, we can say that it contributes not only to the physical and cognitive development of the child but also to her emotional development. Play enables the child to get to know the world, to comprehend the life he/she lives in, and to distinguish between the real and the unreal. It also ensures that the child acquires the skills necessary for school life. At the same time, the play has an important effect on the child's overcoming emotions such as anxiety, fear, anger, guilt, and disappointment. Children can also get rid of the tensions brought about by daily life through play. Play also provides an opportunity to discharge the accumulated energy that is not accepted by the society, such as aggression. Play for the child is like water for fish. According to the information written in the sources I researched, a child spent more than 15,000 hours in the play until he was 6 years old. As a result of a study conducted in London, England, it was found that ¼ of the children spend less time in the open air than a prison inmate.



Urbanization and advances in technology can be counted among the biggest reasons for this situation. Unfortunately, many parents view children's play as a waste of time. As Stuart Brown said, if the purpose of something is more important than doing it, then it is probably not a play. What is imposed on the child from outside is not play. Play is the activities that the child initiates, continues, postpones and stops whenever he/she wants with natural factors. During play, the child gives the impression that he is comfortable and safe and is in a lower stress level than other activities." Then he showed the play therapy room that he had created.

Stating that clinicians started to use play to improve children, ZORLU said, "Clinicians have developed various play therapy approaches. In many play therapy theories, plays are used in the treatment of mental and behavioral problems in children of various ages. It has been assumed that play has a healing effect on the child. It has been determined that play therapy has a healing effect of 0.8 in children. In the scientific research literature, this rate is referred to as a strong effect. Filial therapies we worked with parents were found to have the strongest effect, with a healing effect rate of 1.12."

Finally, ZORLU conveyed information about why play therapy is used in children and said, "Children's vocabulary is weak, inadequate. Although children are incapable of expressing their own problems, adults can express their problems by telling. Therefore, children can express themselves better through play and toys. Actually, play is the child's language, and the toys are his/her words. Thus, with play therapy, the opportunity to understand the problems of children is provided. It is difficult to communicate with young children. The play provides assistance in communicating with young children. Play therapies have the longest history among psychological intervention methods, and their effect has been scientifically proven."

Dr. Aziz ZORLU ended his speech after answering the questions of the students who participated in the seminar. Speech and Language Therapy Department Chairman Assist. Prof. Dr. Emrah TÜNCER thanked Dr. Aziz ZORLU for this seminar.

[Click here for the details of the news.](#)



INSTAGRAM LIVE BROADCAST ON "THE EFFECT OF HEARING ON LANGUAGE AND SPEECH DEVELOPMENT"

"The Voice In Me" Project, which was established to improve the social skills of children between the ages of 6-12 who have speech impairment and have access to the Internet, to support their self-confidence development and to raise awareness, with Res. Asst. Rumeysa Nur AKBAŞ on the "Effect of Hearing on Language and Speech Development", a seminar on instagram live carried out over the broadcast.

Res. Asst. Rumeysa Nur AKBAŞ, gave the following information with the participants:

"Hearing is one of the indispensable factors for language and speech to exist. Hearing processes begin from the first 20th week in the mother's womb. As soon as children are born, they start hearing and listening. While they learn to speak, they imitate the sounds they hear in their environment. Therefore, normal hearing is essential for a healthy speech and language development. Because any hearing impairment in the child causes delays in speech and language development. In fact, we can say that these are the reasons why we are talking about this topic today.

Hearing is the process by which sound is transmitted from the external auditory canal to the inner ear, stimulating the nerve cells located there, and transferring it to the brain and perceiving it. Language, is called the system of symbols used by societies to express meanings, which has become traditional and whose rules are based on consensus. Language starts from birth and continues throughout life. An important feature of language development in children is that the early stages are universal. In other words, language development in children of societies speaking different languages is similar. However, this universality in the first years disappears after 18-32 months with the effect of social class differences. If we come to what speech is, it is expressed as a form of language transformed into sound.

In order to determine possible speech and language problems that may occur in the child, it is necessary to know the normal hearing, comprehension and speech development stages. Hearing loss in children is a silent and hidden obstacle. Because children cannot express that they have little or no hearing. If this situation is not noticed and hearing aids are not used in the early period, it leads to speech and language problems, social and emotional problems and academic failure. As the diagnosis and treatment is delayed, the negative effects to be seen in the child increase.

The most important function of hearing is learning to speak. Depending on the type and degree of hearing loss, the child's learning to speak will be affected in different ways. Speech disorders that may occur due to hearing loss are as follows; speech problems, language problems, fluency problems, sound and resonance problems, reading and writing problems.

A person with slight hearing loss misses 10% of speech sounds at a distance of 1.5 meters in a noisy environment. These people have difficulty hearing low intensity and long distance speech sounds, and this is hardly noticeable unless a hearing test is performed. Language development and articulation errors in these people should be followed up by the Speech and Language



A person with mild hearing loss misses 25-40% to 50-75% of speech sounds. In these people, inattention, learning difficulties, speech-language problems can be seen. Support should be given to language, articulation, speech reading, and the development of auditory and reading skills.

A person with moderate hearing loss misses 80-100% of speech sounds. These people have delayed and erroneous syntax and limited vocabulary. Since the person lacks the ability to hear and control his own voice, the sound quality also deteriorates.

A person with moderately severe hearing loss misses 100% of speech sounds. The person has difficulty in situations that require verbal communication during face-to-face and group communication. These people need to use the hearing aid continuously. Special support should be given in learning the grammar rules, in the ability to use the language, in developing vocabulary.

In severe hearing loss, the person can only hear high intensity sounds without a hearing aid. If their hearing loss begins before the language learning period (prelingual), speech-language does not develop spontaneously. If hearing loss has recently started (postlingual), speech and sound quality also deteriorates.

In profound hearing loss, the person notices more vibrations than sounds. These people have very limited vocabulary. It is not possible to achieve speech and language development without using a hearing aid.

"The Voice In Me" Project Volunteer thanked Istanbul Gelisim University, Department of Speech and Language Therapy Res. Asst. Rumeysa Nur AKBAŞ for her participation.

[Click here for the details of the news.](#)

"TECHNOLOGY ADDICTION DURING PANDEMIC PERIOD" SEMINAR

Assist. Prof. Dr. Deniz YILDIZ

Istanbul Gelisim University, Faculty of Health Sciences, Department of Child Development, Assist. Prof. Dr. Deniz YILDIZ, a member of Kadıköy Kazım İşmen Anatolian High School, held a seminar on 'Technology Addiction During Pandemic Period' for students, teachers and their parents.

"Technology addiction can be defined as frequent and obsessive technology-related behavior increasingly practiced despite negative consequences to the user of the technology. Technology addictions can be listed as social media addiction, mobile phone addiction, online gaming addiction, television and internet addiction." said.

"Among the reasons for technology addiction, the lack of knowledge about the current process and its consequences, individual difficulties, the idea of proving oneself via the Internet rather than through real-life accomplishments, the influence of the technology addicted peer group, and the structure of technology leading to addiction can be listed. During pandemic; technology addiction has increased as a result of the increase of communication established on the internet, the increase in the use of internet as a source of information and the use of technological tools as an object of relaxation in an atmosphere of uncertainty."



"Technology is very useful when it is used responsibly, safely, consciously, for purposes and for a limited period of time. However, if using technology causes dysfunctionality, if technology is used in an uncontrolled way or for long periods, technology addiction can be mentioned. Technology addiction has many negative effects in psychological, physical, cognitive and social areas."

YILDIZ said "To prevent technology abuse and addiction; there are important points to follow such as protecting family time, talking to the child about the characters they like in online games or movies, to discuss about the possible role models, raising awareness on the addictive structure of technology, having rules in the home and following them, encouraging children to take responsibility ... It is also suggested to include additional activities in child's life and to be physically active. In this context, in situations where difficulties are encountered, it is necessary to consult a child and adolescent psychiatrist without delay and before the problem gets bigger."

[Click here for the details of the news.](#)





İSTANBUL GELİŞİM UNIVERSITY JOURNAL OF HEALTH SCIENCES (IGUSABDER)

Istanbul Gelisim University Journal of Health Sciences (IGUSABDER) has received acceptance from the Directory of Open Access Journals (DOAJ) (<https://doaj.org/>).

Istanbul Gelisim Universitesi Journal of Health Sciences (IGUSABDER) is an international peer-reviewed journal will be published three times a year (April, August, December). Our journal is registered in the Turkish Citation Index (Health Sciences Area Index), Directory of Open Access Journals (DOAJ), and Journals Directory.

Assist. Prof. Dr. Abdullah Yüksel BARUT (Editor)
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"Physiotherapy and Rehabilitation Career Days" event was held online on Sunday, April 4th, with the participation of Assist. Prof. Dr. Motaz ALAWNA and Assist. Prof. Dr. Ayman MOHAMED. "Physiotherapy and Rehabilitation Career Days" event was held online on Sunday, April 4th, with the participation of Assist. Prof. Dr. Motaz ALAWNA and Assist. Prof. Dr. Ayman MOHAMED. Due to the fact that the language of the event was English, We met intense participation from our foreign students.

The event started under the moderation of IGU FTR Club Vice President Sena ÇİL. Talking briefly about the purpose and way of functioning of the event, Sena ÇİL gave the floor to Assist. Prof. Dr. Motaz ALAWNA. In his presentation, Assist. Prof. Dr. Motaz ALAWNA talked about the history of Istanbul Gelisim University, Faculty of Health Sciences and Physiotherapy and Rehabilitation English Department. Later Alawna talked about the number of students, the department curriculum, internship opportunities and student mobility programmes. Then Assist. Prof. Dr. Motaz ALAWNA gave the floor to Assist. Prof. Dr. Ayman MOHAMED for the main presentation of the event.

Assist. Prof. Dr. Ayman MOHAMED talked about the history and job opportunities of the physiotherapy and rehabilitation department. Later, he touched on the changing occupational definitions and job opportunities according to the countries. He completed his presentation, which was liked by the students, by accepting his thanks.

At the end of the event, Assist. Prof. Dr. Ayman MOHAMED and Assist. Prof. Dr. Motaz ALAWNA ended the event by answering the students' questions.

[Click here for the details of the news.](#)

İSTANBUL
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Seminer

**Physiotherapy and
Rehabilitation Career Days**

4 Nisan 2021
Pazar
18.00/20.00

<https://meet.google.com/aaa-vvq-aaa>

gelisim.edu.tr

REPORT ON HEALTH LITERACY PUBLISHED

With "Turkey's Health Literacy Levels and Related Factors Survey" which was conducted over 6 thousand 228 households by Directorate General for Health Improvement (DGHI), health literacy levels were determined at the national level.



Vice Dean of FHS Assist. Prof. Dr. A. Yüksel BARUT

38 PERCENT OF THE SOCIETY HAS NO HEALTH LITERACY

Giving information about the study conducted by DGHI, Dr. BARUT said: "There is a study carried out by the General Directorate of Health Improvement. A survey was conducted with individuals from all levels over 6 thousand 228 households. The study is based on two fundamental dimensions. First, treatment and service; the second is on the protection and promotion of health. When we look at it as a process, we see that 4 processes are being examined. We can respectively name them as; accessing information, understanding information, questioning and evaluating information, and finally applying information. These four processes are complementary to each other. In this survey, individuals are asked questions about information and examined in 4 groups as "inadequate", "problematic ones", "medium and near perfect ones" and "excellent ones". As a result, scary numbers emerge. When we look at the inadequate category, it approaches 31 percent, and when we look at the problematic ones, it is almost 38 percent. Adding these percentages, we see that 68 percent of the society does not have health literacy. The rate of those who are perfect is around 7 percent."

INCREASES COST AND RISK OF CHRONIC DISEASE

Noting that healthcare costs increase if the level of health literacy is low, Dr. BARUT said: "These rates bring the increase in our healthcare costs. When a country has low health literacy, its spending on health is apt to increase. We are moving away from preventive medicine. However, if the individual had access to information and used it to improve health, the costs would decrease. By doing so preventive medicine and public health will be preserved. The Ministry of Health will evaluate what needs to be done through this questionnaire, but when we look at the basics, it is necessary to provide the first education for how to reach, understand, evaluate and improve the health information of the individuals. "When the education of these concepts is given to the individual, the health expenses of the country will decrease."



FHS Lecturer Bahar Nur KANBUR

IT AFFECTS THE ENTIRE SOCIETY

Emphasizing the need to raise awareness of the society about health literacy, Faculty of Health Sciences lecturer Bahar Kanbur made various suggestions. Kanbur said: "In fact, low health literacy is one of the issues affecting the whole society. Therefore, healthcare professionals and individuals need to increase these abilities and capacities. Of course, this is a multidimensional and multi-sectoral study. Therefore, many stakeholders are required. At this point, individuals need to be able to read their individual health information, interpret their own health charts, use basic devices such as thermometers and blood pressure measurement devices that the individual and his family need, and adjust the doses and timing of their own medicines. For example, it is very important that babies are breastfed in the first 6 months of life. However, we see that it is rarely applied in women with low health literacy in the society. Therefore, these women and their families need to be made aware of by healthcare professionals."

THE PATIENT SHOULD KNOW THE COMPLAINT MECHANISM

Underlining the need to organize education programs that will increase health literacy in accordance with age, Kanbur said: "It may be good to raise awareness of the elderly on health literacy, to prepare patient-friendly written materials, and to organize awareness-raising campaigns. In fact, there are some campaigns run by the Directorate General for Health Promotion. The rational use of antibiotics, the fight against obesity, and the campaign against addiction can be given as examples. It is important for the patient to know the complaint mechanism. It may be helpful to actively or passively direct them to benefit from these health services. In the meantime, we observe that mobile health applications are also very useful. Because when a person enters all his information here, he can actually make his own health management more clearly."

[Click here for the details of the news.](#)

THE STONE AND THE SHADOW

Assist. Prof. Dr. Emrah TÜNCER

I
ANOTHER

It was common to hear stories of supernatural winds causing insanity in southern China. Those who know this story were sure to be caught in the wrath of the wind, and even if they were not crazy, they keep telling that they had experienced short-term shocks. Those who did not have a history were not aware of the wind or the disease it caused. In India, there are also frequent stories of people getting gilhari (lizard) syndrome (in Rajasthan, India, a group of people claimed that a lizard called the gilhari roamed under the skin and would die if it reached their necks). In fact, in the survey conducted in the city of Bikaner, India, 928 out of 1000 people stated that they knew this syndrome and that it happened to their relatives. However, no one had this syndrome in nearby Jaipur and Delhi. In this case, two options came to mind, either there were no lizards in Jaipur and Delhi, or the people there had no stories.

While reading Burhan Sönmez's latest book, I kept thinking about how many people have different narratives and stories in our country. There are so many stories, narratives, life stories that belong to our country. There is almost no one who does not hear them, and who does not be affected, or who does not experience similar things. In this country, you become a part of every event that occurs, every story that happens - wherever you are - in the future.

Sönmez's latest novel "The Stone and The Shadow", which contains many codes and cultural codes from the past, begins in a hut in the Merkezefendi Cemetery in December 1984. Like Edward Said said "I have a simpler past? Couldn't I have the same troubles every day because of questions that are wholly Egyptian or somewhere else that takes one back to words that seem to lack a fixed origin?", Avdo who is the main character of the novel, also appears as a person who grew up an orphan and spent his childhood homeless. Starting from this point, Sönmez transforms the main character of the novel, Avdo, into a story that belongs to all of us in a place where life has been distilled, within the intro which the tombs and the distant and recent past have clarified. Although the main impulse of the story is suffering, the hope, beauty, simplicity, and mystical stance of many people, including Avdo, are intertwined. There are many people unique with their names, nicknames and titles in this novel; Ensign Adem, his fiancée Miskal, Josef Usta from Mardin - who played a role in the growth of Avdo and the formation of his personality, Dikran Usta from Urfa, Elif - the hapless and beautiful girl of the Haymana Plain Konak Görmez Village, the village's shepherd's son Baki, the new lord of the village Mikail, the famous arabesque singer Perihan Sultan, Seyrani, blond sailor, fabricator Vahit Koçsanlı, Merkezefendi Mosque imam Muhittin, Reyhan's investigating police chief Kobra, Reyhan's close friend Süreyya, two loyal dogs Apostles and Toteve and others...



Burhan Sönmez
Taş ve Gölge



Author: Burhan Sönmez
Publisher: İletişim Yayıncılık
Pages: 328
First Edition Year: 2021

It is like Sönmez drew a painting that was created based on the fate of these people, containing occasional historical narrative, but also full of color abundance extending to Venice and Jerusalem, and placed the characters there. In this table, destinies often coincide, times intertwine.

Although the theme of the collapse of the past to the present is an old trend, Sönmez's novel characters often walk with their future behind them and turning their gaze back. The sounds, words, memories, and smells of the past in the novel are like the wings of the angel in Paul Klee's "Angelus Novus" painting. The characters of the novel try to reach the future through the ruins of the past, just as the angel of history, who sees the past as a series of disasters, is dragged into the future due to the storm of progress.

II
MY HOMETLAND

In the living room of the damp house where we stayed in Istanbul, Fatih, we always tried to pass without stepping on the puffed parquet under the carpet on the right when we entered through the door. Again in the kitchen, we used to fry fish, and we believed that the smells of the food disappear when we opened the doors and windows, when we lit the candle, and when the floor was wiped with ozonated water. These were familiar setbacks for our home. For these three who come from different regions of Turkey, we always postponed solving these problems and getting the malfunctions repaired because of a bit of laziness, and strange rhythms created by them in our lives. It was as if this was an attitude handed down to us from our grandparents. Maybe it was a behavior that was inherited, handed over, or remained from the Sumerians, Babylonians.

The problems experienced by the people in the novel and the events that happened in the historical periods in which they were born, appear as a series of events in which the confrontation was postponed, not thought over, not resolved, and naturally encountered again in different periods of history. It covers a time from the period of Musa bin Muslihiddin bin Kılıç (Merkez Efendi), one of the Ottoman Sufis, to the 27th of May and then to the 12th of September and to the present day. Moreover, this period, the provincial loneliness, confinement, the villages affected by the pressure of the political, social media, violence themed neighborhoods, carries the implicit and explicit representation of the relationships of domination over Turkey today.

"The ability to see someone's life as a story is the heart of identity," says Dan McAdams. Sönmez does this so well in this novel. It takes us on a journey where we do not know how far we will go, how long our knots will last, and where we will hit the shore. When the novel ends, it makes visible the stories we believe in, lives we know, and defects, and turns this into the heart of our identity.

Sönmez is a writer who has made his presence felt intensely recently, such as Orhan Pamuk, Murathan Mungan, İhsan Oktay Anar. During this time, his books sold a lot, received awards, were translated into many languages and were read with interest. His fifth novel, "The Stone and the Shadow", on the other hand, is a book that tells a lot about existence and truth, feeds on multi-meaning rather than a single focus of meaning, and is adorned with images, metaphors and symbols.



WHO IS BURHAN SONMEZ?

He was born in Haymana (1965). He graduated from Istanbul University Faculty of Law. He stayed in Britain for many years. Following the novels of North (2009), Innocents (2011), Istanbul Istanbul (2015) and Labyrinth (2018), The Stone and the Shadow (2021) is Burhan Sönmez's fifth novel. Innocents received the 2011 Sedat Simavi Literature Prize and the Izmir St. Joseph Novel Prize. Sönmez, who participated in the story compilations of A Dersim Story (Metis, 2012), Tell Me Your Name (YKY, 2014) and Gezi (Germany, Binooki, 2014), received the 2015 Story Honor Award given by BUYAZ. He translated the poet William Blake's The Marriage of Heaven and Hell into Turkish (Ayrıntı, 2016). He gave lectures on literature at METU. His novels have been translated into forty-one languages. He was deemed worthy of the Vaclav Havel Prize in the USA (2017) and the EBRD Literature Prize in Britain (2018).



CANCER IS AN IMPORTANT PUBLIC HEALTH PROBLEM IN OUR COUNTRY AND IN THE WORLD

Assist. Prof. Dr. Nurten ELKİN

Cancer week is seen as an opportunity to remind about "cancer screening" in common types of cancer, to emphasize that early diagnosis and treatment can be life-saving in cancer and efforts are made to raise awareness on both issues with the training programs.

Cancer is a common name given to many diseases because of its common features. But the common feature of hundreds of diseases gathered under this heading is the uncontrolled proliferation of cells in our body.

The symptoms of cancer can be summarized as follows:

- The palpation of a painless, growing mass in the breast
- Palpable swelling under the skin in areas such as armpits, neck, groin
- Weight loss or gain for no known reason
- Loss of appetite and feeling tired
- Non-healing wounds
- Prolonged hoarseness or cough
- Formation of a new mole (nevus) in the body or changes in the existing mole
- Changes in bowel habits such as diarrhea and constipation
- Difficult or painful urination
- Indigestion after eating
- Difficulty swallowing
- Abdominal pain
- Unexplained night sweats
- Bloody urine, irregular menstrual bleeding, nose and gum bleeding, blood in the stool
- Bleeding under the skin and easy bruising

The cause of these symptoms may not be due to cancer most of the time. But if the symptoms last for more than a few weeks, it requires an application to a health institution and a physician's examination. Many cancers are likely to be cured if diagnosed early and treated appropriately.



It is important to know by individuals in the society that at least one third of deaths from cancer can be prevented by not using tobacco products, providing adequate and balanced nutrition, increasing physical activity, maintaining a healthy weight and avoiding alcohol. In addition, prevention of air pollution, avoiding exposure to sunlight especially between 10:00 and 16:00, and taking protective measures, protection from infectious agents such as cancer-causing HPV and Hepatitis B, and occupational and environmental exposure to carcinogens are also important in protection from cancer.

Early detection of cancer symptoms and referral of patients for further examination increase the chance of early diagnosis. For this reason, it should be aimed to increase the knowledge of the society with early diagnosis programs in cancer and their awareness about early diagnosis should be increased. Early admission to the health institution when individuals encounter symptoms will have very positive results in diagnosis and treatment. Screening programs are carried out for breast, colon and cervical cancers in our country.

- Community based cancer screening programs are carried out in Cancer Early Diagnosis Screening and Training Centers, Community Health Centers, Healthy Life Centers and Family Health Centers. In our country, screening services are provided free of charge against breast, colon (colorectal) and cervical cancers.
- Breast cancer screening, performed annually by women between the ages of 40-69 are clinical breast examination and by mammography every 2 years.
- Cervical cancer screening performed by all women between the ages of 30 and 65 are screened with HPV-DNA every 5 years, free of charge.
- Colorectal (large intestine) cancer screening performed by men and women between the ages of 50-70 are screened by stool occult blood test every 2 years and a colonoscopy every 10 years.

Cases found suspicious after every three screening are directed to Post-Screening Diagnosis Centers.



Cancer is an important public health problem as it is the second cause of death after cardiovascular diseases among the deaths whose cause is known in the world and in our country. The leading factors that cause cancer are 90% environmental factors and 10% genetic factors. When we look at environmental factors, it is alcohol, use of tobacco products, infections, unhealthy diet and obesity; these are preventable causes.

[Click here for the details of the news.](#)

Cancer is an important public health problem because it is the second cause of death after cardiovascular diseases among the deaths whose cause is known in the world and in our country.

AUTISM AND HEARING LOSS FROM THE AUDIOLOGISTS' PERSPECTIVE

Res. Asst. Çağla TÜRK

Res. Asst. Azize KÖSEOĞLU

On April 2, World Autism Awareness Day, awareness-raising activities are carried out in our country as well as all over the world, and studies are carried out to raise awareness on autism.

Autism Spectrum Disorder (ASD), seen as a communication problem, can be congenital or present during the first years of life. Although the etiology of the disease is unknown, studies are carried out on the effects of genetic and environmental factors.

In genetic and cytogenetic studies, chromosomal number or structure disorder was not revealed, and autism was not proven to be a single gene-related disease. Embryological neurodevelopmental studies also emphasize the difference in brain and nervous system development and nerve branching in the first trimester of pregnancy.

When we look at environmental factors, common infections in the prenatal period, environmental pollution, advanced age of parents, immune system disorders, malnutrition, diseases and neurochemical disorders play a role in the emergence of ASD.

Autism manifests itself from infancy through dysfunctional behaviors such as making eye contact, indifference to signs and the environment. If the child is not interested in the game that his/her peers play, shows an excessive interest in spinning objects, shows obsessive behavior, has a retarded speech, does not react when he/she is called and overreacts to changes in the order in his daily life, he/she may be showing signs of Autism Spectrum Disorder. The effects of ASD continue for life and its severity is variable.

Some symptoms specific to autism start between the ages of two and earlier. However, it takes an average of three years for the situation to be noticed by the family and to apply to a health institution. The physical development and external appearance of babies with ASD are not different from their typically developing peers. However, most of them suffer from sleep and nutrition problems.

It is known that approximately 50 percent of children with autism who receive an early diagnosis and intensive education with an accurate method for Autism Spectrum Disorder can control their symptoms and make progress.

In ASD, diagnosis is made based on behavioral characteristics observed in children rather than a laboratory method or a special test. Undiagnosed conditions such as hearing loss, communication disorders, mental retardation, anxiety disorder, seizures and even post-traumatic stress disorder should be evaluated with a multidisciplinary team.

One of the most important criteria for the diagnosis, a psychiatric examination is carried out by an expert. During the evaluation, it is important to take a detailed developmental history, make observations in the natural environment, video images and advanced medical evaluations, and thus early diagnosis of ASD. Autism can be diagnosed in our country by pediatric psychiatrists and pediatric neurologists, taking into account the Diagnostic and Statistical Manual of Mental Disorders (DSM) 5 diagnostic criteria.

Cases in which hearing loss and Autism Spectrum Disorder are diagnosed together are not rare. It is stated that hearing-impaired individuals are also lagging behind in their language development and social skills, similar to those in ASD, and that repetitive behaviors are observed in these individuals. However, individuals with hearing impairments can be distinguished in terms of their ability to maintain communication and regulate appropriate emotional responses, in accordance with their level of development.

Parents of children with ASD often suspect hearing loss because their children cannot use speech as a language of communication and show indifference to speech sounds. In the hearing assessment of children with ASD, behavioral audiometry tests often cannot be answered and their hearing should be evaluated with objective methods. For this, Auditory Evoked Brainstem Responses (ABR) and Transient Evoked Otoacoustic Emission (TEOAE) tests can be used. Autism can be diagnosed later in children with hearing loss than in children with normal hearing.

In special education, no definite information could be obtained on the etiology of autism, and a definite conclusion could not be reached regarding its treatment. Since each individual has different characteristics, methods including different perspectives can be used together in treatment. In the treatment, first of all, the strengths and weaknesses of the individuals should be determined and individualized training plans should be applied.

[Click here for the details of the news.](#)



HEALTH TOURISM UNDER THE SHADE OF PANDEMIC WITHIN THE SCOPE OF TOURISM WEEK

Res. Asst. Semanur OKTAY

In December 2019, a new and infectious virus, coronavirus (COVID-19), appeared in Wuhan, China's most populous city. The virus quickly became a global epidemic and turned into a public health crisis, leading many countries to take drastic measures. One of these measures was to restrict human mobility. This situation not only negatively affected the tourism sector, which is based on human mobility, but also significantly affected health tourism.

The concept of "health tourism", which emerged as people travel outside of their location for treatment and unites the tourism sector with the health sector, was negatively affected by the changing attitudes and behaviors of countries with the Covid-19 pandemic.

Before Covid 19, 3-4% of the world population was traveling for health tourism every year in the world, and the share of health tourism was around 500 billion dollars. As well as the infrastructure that Turkey, with its trained manpower, facilities with high quality and affordable services, factors such as the state with the support and hospitality was an important actor in this field. So much so that in the first quarter of 2020, 143,266 patients received health services in our country within the scope of health tourism (USHAŞ). However, with the pandemic, restrictions on transportation and hospitals' allocation of resources to fight the pandemic caused its operation to become complicated. At the same time, with the COVID 19 pandemic, planning and strategies differed, patients began to avoid unnecessary travel. Demand for voluntary and low-risk treatments under health tourism has also stalled, as international travel has been interrupted by pandemic measures.

Considering all these, it can be said that closing the borders of countries with the Covid 19 outbreak has brought health tourism to a halt and the pandemic has negatively affected the development of health tourism. In this sense, it is important to work on what can be done in order to recover health tourism in our country after the Covid 19 pandemic and to encourage tourists who will start to visit our country again within the scope of health tourism.

[Click here for the details of the news.](#)



IMMITANSMETRIC MEASUREMENTS AND INTERPRETATION

İSTANBUL
GELİŞİM
ÜNİVERSİTESİ

İGU SİKS

Söylüşü

**İMMİTANSMETRİK
ÖLÇÜMLER VE
YORUMLAMA EĞİTİMİ**

9 NİSAN 2021
11.00/12.00

UZM. ODY. AYHAN ADMIŞ

gelisim.edu.tr

Google Meet
meet.google.com/evq-hcgb-qrif

An interview titled “Immitansmetric Measurements and Interpretation Activity” was held by Istanbul Gelişim University (IGU) Faculty of Health Sciences Audiology Club. The event, in which Specialist Audiologist Ayhan ADMIŞ participated as a speaker, was held on April 9, 2021 between 11.00 - 12.00, online via Google Meet.

The opening speech of our event, moderated by our student Çağla Ruşen KISA, a member of the Faculty of Health Sciences Audiology Club, was given by Assist. Prof. Dr. Selva ZEREN and left the floor to Specialist Audiologist Ayhan ADMIŞ. Specialist Audiologist Ayhan ADMIŞ started his speech by emphasizing the importance of acoustic immitansmetry in clinical practice. With acoustic immitansmetry, we obtain information about the condition of the eardrum, ossicular chain, eustachian tube, endolymphatic hydrops, semicircular canal dehiscence, cochlear and retrocochlear pathologies. He also continued his words saying that "Acoustic Immitansmetry also provides information about objective tinnitus."

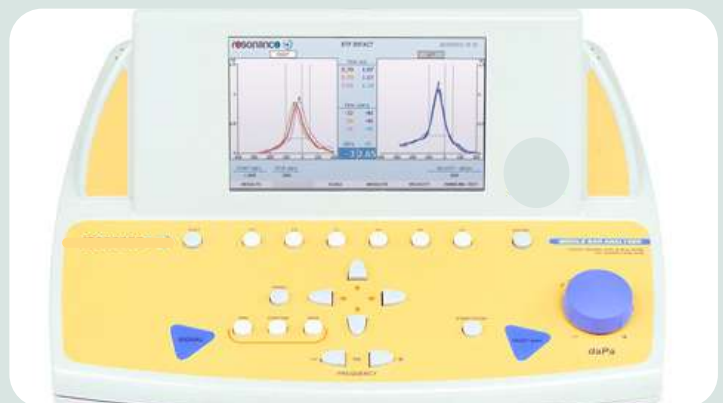
ADMIŞ focused on the working system of Tympanometry. He stated that tympanometry consisted of TDH 39 headphones and probe.

Tympanometry test, the auricle is pulled back and up, the probe is inserted and a 226 Hz probe tone is used, he said. He explained middle ear pressure, admittance, compliance, ear canal volume and gradient. He gave information about the normative values of the tympanometry test and tympanogram types. He explained the visuals and features of Type A, Type B, Type C, Type As, Type Ad, Type D, Type E tympanograms, and in which pathologies they may be encountered. He stated that a 1000 Hz probe tone should be used in babies.

He talked about tympanogram-audiogram analysis. He showed examples of audiograms and tympanograms in various pathologies. He explained the maneuvers called Valsalva and Toynbee, how to do it and how to interpret the results. He explained the measurement of Acoustic Reflex, fistula test, reflex arc, right-left ipsi and contra reflexes. While talking about Metz Recruitment and Reflex Decay tests; He said The Metz Recruitment Test may be a guide in the diagnosis of cochlear pathologies, and the Reflex Decay Test in the diagnosis of retrocochlear pathologies. Specialist Audiologist Ayhan ADMIŞ concluding his speech; He informed that the Acoustic Reflex Test, Reflex Decay Test and Metz Recruitment interpretation are short-term tests that provide reliable information in the distinction between cochlear and retrocochlear pathology. It was a very productive activity for our students.

While coming to the end of this event organized by the Audiology Club, our Head of Department, Research Assistants and students thanked our speaker, Specialist Audiologist Ayhan ADMIŞ. Thus, our activity, which was productive by all our faculty members and students, came to an end.

[Click here for the details of the news.](#)



5N1K HEALTH MANAGERS KNOW THE SECTOR



The “5N1K Health Managers Know the Sector” event prepared by Istanbul Gelisim University (IGU), Faculty of Health Sciences, Health Management Club was held online on Sunday, April 11 between 20:00 and 21:00. SAYÖMDER (Health Management Students and Alumni Association) President Hüseyin YAZICI, SAYÖMDER Vice President Nurben ÖZTÜRK and the Association's General Secretary Nazlı ÖZDEMİR participated in the event, which started with the words of Assist. Prof. Dr. Gülay TAMER and with the introduction and thanks of the Club President Gökçe ÖZTÜRK.

İlker Mete UYSAL, the former president of the club and a 4th grade student, said that the event will take place interactively with the questions to the participants and after the participants briefly introduced themselves, Nazlı ÖZDEMİR, the general secretary of the association, explained the association and the activities carried out by the association. ÖZDEMİR, who talked about the meaning of SAYÖMDER, the activities held in the association and its importance for the Health Management department of the association, completed his words by presenting the association's participation video.

Association president Hüseyin YAZICI stated that students are also involved in the activities carried out by the association and that students' participation in these platforms will have an effect on promoting the Department of Health Management in the field and strengthening the department. Stating that the Health Management has not yet reached the place it deserves, but the department has started to be recognized by the sector, although it is slow, YAZICI stated that the wheel has started to spin. YAZICI emphasized that the awareness of the Department of Health Management in the private sector is increasing day by day and that the graduates of the department can find a place in the sector, adding that this process progresses slowly and that it is a process that can only progress if we are in unity.

ÖZTÜRK, the vice president of the association, said, "Thanks to the platforms created for Health Management and this association, the recognition of the department and us has increased, which is a positive development for the department."

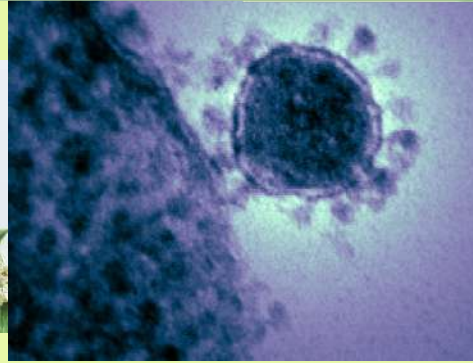
In response to the question of what positions students who graduate from the Department of Health Management can work in the sector, YAZICI said that the health sector is a multidisciplinary field and there are different areas such as patient services, human resources, purchasing and so on. He added that on the way towards management, it is important to master the whole process, starting from the ground up. He added that in order to become a manager, there is competition with all healthcare professionals, from doctor to nurse. He emphasized that students should be patient, hardworking and visionary, and they need to be equipped in a specific area. He underlined the importance of making a difference.

TAMER contributed with examples showing that students who graduated from the field of Health Management took up managerial positions in the continuation of a process. She said that, "Health Management is important and recognized in the world but can not see the value it deserves in Turkey."

Head of Department Assist. Prof. Dr. Abdullah Çetin YİĞİT talked about the importance of a healthcare manager to think analytically and rationally and act with scientific data. He said, "We will strengthen ourselves, make a difference against employment problems, and everyone should witness what a health manager can do in the field. We should be a team with its academicians, students, and graduates, only in this way can we be successful."

In the continuation of the event, the questions asked to the participants by the students were answered and the students were informed about what awaits them and what competencies they should have when they graduate. The event ended with thanking the participants and contributors and wishing to meet on healthy days after the pandemic.

[Click here for the details of the news.](#)



The Relationship Between Cancer and Nutrition

Res. Asst. Hasan Fatih AKGÖZ

Cancer, which has become quite common worldwide in recent years, is one of the major global health problems. Scientists predict that cancer, which currently ranks second among the world's leading causes of death, will eventually rise in the coming years to take first place. Hereditary and environmental factors are among the factors that cause cancer. Environmental factors that cause cancer include smoking, diet, obesity, hormones, chemical agents, and viruses. Global cancer incidence rises in tandem with global population growth and the rate of aging. The most common types of cancer are prostate, lung, liver, and stomach cancers in men, and breast, lung, and thyroid cancers in women.

The Relationship Between Cancer and Nutrients

- **Carbohydrates:** Our body's main source of energy is carbohydrates. If carbohydrates are taken above their needs, the excess is stored as fat, which leads to weight gain and obesity. Cereal products, vegetables, fruits, legumes are carbohydrate sources. Adequate consumption of these products increases pulp intake and ensures regular bowel movements. This situation is protective against bowel-rectal cancer.
- **Fats:** Fats are another food type that has significant effects on our bodies. Taking large amounts of this group increases the risk of cancer formation. Since carcinogenic substances accumulate in fats, excessive consumption of these fats increases the entry of carcinogenic substances into the body. In addition, excessive fat intake also disrupts the working order of sex hormones.
- **Proteins:** When it comes to proteins, those that consume animal protein (red meat, for example) are more likely to develop colon, lung, pancreatic, prostate, and breast cancer. On the other hand, consuming these proteins in their lean forms does not increase the risk of cancer.

- **Vitamins:** The role of vitamins in cancer is also very important. Vitamins (vitamin A, vitamin C, vitamin B, vitamin D, vitamin E) have strong antioxidant properties and are protective against carcinogenic substances with these properties.
- **Minerals:** When the relationship between minerals and cancer is examined, it is stated that some minerals lead to cancer formation, while others are said to be cancer-preventive. Arsenic, Nickel, Asbestos, and Lead are minerals that cause cancer. Selenium, Zinc, Iodine, Iron, Copper, and Calcium are protective minerals against cancer.
- **Foods that increase cancer risk:** Fried, salted, and smoked foods, chemical processing methods such as nitrite and nitrate, foods cooked at high heat and very close to the fire, foods with high sugar content, and excessively fatty foods are foods that increase the risk of cancer.
- **Foods that protect against cancer risk:** Vegetables (tomato, cucumber, cabbage, spinach, parsley, carrot, pepper, etc.), fruits (apple, pear, orange, banana, melon, watermelon, etc.), nuts, almonds, chickpeas, walnuts, cereals, and Whole-wheat bread, eggs, milk, and dairy products (yogurt, ayran, kefir, cheese, cottage cheese) are foods that reduce the risk of cancer.

Suggestions:

- All nutrients should be consumed in sufficient and balanced quantities, and balanced menus incorporating these food groups should be prepared.
- Foods with high pulp content should be consumed. A minimum of 5 servings of vegetables or fruits should be consumed per day. Green leafy vegetables and citrus fruits (lemon, orange, tangerine, grapefruit) should be consumed.
- Refined products (pure sugar and refined grains) should not be consumed.
- High fat and processed red meats should not be consumed.
- Red meat consumption should not be too high and alternatively, white meat such as fish, chicken, or legumes should be consumed.
- Meals should be cooked in low fat, and cooking methods such as grilling, baking, and boiling should be used.
- Harmful habits such as smoking, and drinking alcohol should be avoided.
- It should not be sedentary, physical activity level should be increased.

[Click here for the details of the news.](#)

Who is Who?



REŞİT GALİP
(1893-1934)

"Reşit Galip died among his books; the standing heart of a human body in a simple bed, buried in books; it will carry a silent virtue in the horizons of his functioning mind and great memory!"
Dr. Ahmet Şevket Elman

Reşit Galip ..

He was born in Rhodes in 1893, In 1917, he graduated from the School of Medicine, affiliated to Istanbul Darülfünun, as a doctor.

He challenged Atatürk, saying, "Nobody asked your permission to defend the revolution."

In a speech on Ankara Radio, he said, "We will defend the revolutions against everyone, everywhere. If necessary, even against our father and our children! .." he said. This is how he believed in Atatürk and his work.

He was a true enlightenment and revolutionary. Those revolutions he dreamed of were being made,

That's why he was so happy and so enthusiastic.

He was the minister of national education,

He made an intense effort to increase the schooling rate in the country.

Students would start the day every morning with an oath saying "I am Turkish, right, hardworking .." ... It was this "our pledge", on April 23, 1933, he wrote.

He founded the National Library.

The Anatolian Civilizations Museum was designed during his ministry.

He made the 1933 University Reform.

He brought in the professors who fled Nazi Germany.

One day he said to Atatürk; "Venerable veteran, you are not only a hero of this nation, you are much greater than these. You are a member of this nation. Your first greatness is your pride and being a member of this nation.

Neither his master nor his slave, one of each individual!

As Ozan said, "It's like being a stone on the wall of the homeland, like being a citizen".

It was winter time.

There was no heating in his house.

For as long as he knew himself, he was giving all his income to orphans.

He got cold. He had pneumonia.

And on a spring day

His body was found lying in his room in the books.

Reşit Galip's breathe one's last among his books ,was because his lungs did not endure the fatigue of the revolutionary who was trying to catch up with Atatürk, running beyond his own horizon.

He was 41 years old when he was buried on March 5, 1934. On that day, the country lost a brave revolutionist, a fervent nationalist, a clean politician and statesman, a sincere populist, a competent orator and a doctor.

Reşit Galip was a true patriot...

It is said that French writer Marcel Proust chatted with the characters he created and asked them questions. It is stated that he wrote these questions, also known as the "Proust Questionnaire", at the age of 13 and answered him when he was 20. Using these questions prepared by him, we ask different questions to the students of different high schools for each issue.



OUR GUEST IN THIS MONTH

BESNA DAYAN

HAKKARİ/ YÜKSEKOVA-ATATÜRK ANATOLIAN HIGH SCHOOL
12TH GRADE STUDENT

1-Let's say you decide to start a new society and discover a beautiful island. What would be the first rule you put in place?

I will never, ever allow violence, harassment and rape against women in the society I founded. I would require every individual in my society to play at least one instrument. Every individual soothes themselves with music and rests his soul with music.

2-Which of the inventions you would like to invent?

I would like to be the inventor of all musical instruments. The most beautiful and peaceful sounds of the world are produced with the labor of the individual without using electricity, water or any effort.

3-If you could witness any event in the past or future, which event would you choose?

I would like to witness the ceremony to ask for a girl when our culture was at its simplest.

4-If you were to write a book, what would its name be?

"Bir Kadının Müzikle Savaşı" or "Bir Neslin Gitarı"

5-If they had made a movie about your life, which actor/actress would you want to be the person who will role of you in this movie?

I would like Şahin Kendirci to portray me in the movie "Müslüm".

6-What are the 5 words that best describe you?

Marginal, foresighted, music, dreamer, realist

7-Do you know and love cooking/dessert? If your answer is yes, what is the best food/dessert you can cook?

I do it very fondly. You eat your fingers with the taste of my apple pies. Of course, we shouldn't forget about "Çiğ Köfte".

8-What kind of talent would you like to have?

I wish I could be flexible and be able to dance quite nicely.

9-Who is your hero?

Sezen Aksu

10-What is your favorite author?

Stefan Zweig

11-Where would you like to see yourself after 10 years?

After 10 years, I would like to play violin for my students in a cute classroom of a school and also have a concert in the evening.



THE AUTISM DIFFERENCE



Autism spectrum disorder is a neurodevelopmental disorder that affects the whole life of the child and adulthood, characterized by social communication disorder, insufficient interest and repetitive movement behaviors

Autism, which dates back to 1911, is a neurobiological disorder that has been defined by Bleuler by analogy with schizophrenia symptoms such as withdrawal and self-restraint, and has been increasing in frequency to date.

The root of the word autism comes from the Greek word meaning "autos" (withdrawn).

Although there are deficiencies in motor development and sensory disorders, it also shows the difference in autism with special differences.

Integration in every sense is very important for children with autism.

The most natural right of a child, such as running, playing, education, socialization, sports and most importantly, a sense of belonging, is the most natural right of a child with autism, and more importantly, these gains should be given with a meticulous approach. Studies conducted with individuals with autism also show that programs with integrated plans tailored specifically to them contribute positively to both their social communication and their physical development.

It is very important for adults in both their health, education and social environment to know them, know their differences, and spend time with them. No education and health program to be planned without knowing its developmental features will not make it possible to reach them.

Differences in self-awareness in individuals with autism, since previous studies obtained from various sources, cause them to have difficulties in their daily lives. What are these differences belonging to people with autism that we all need to know;

- They cannot use language actively to convey their behaviors and emotions.
- They have communication problems.
- They cannot understand the reasons for the actions of their peers and adults because they cannot think abstractly.
- Cannot perceive the concept of friendship and cannot feel the self that friendship gives.
- Cannot enter, understand and understand complex social relationships due to lack of theory of mind
- Unless they have a mental disability, their memory level is at the right level.
- Has unresponsive and repetitive movements
- Does not initiate any action herself/himself
- They are indifferent to everything around them and are closed to learn anything from the educator or healthcare staff.
- They may not feel the pain
- Their tactile senses are highly developed
- Doesn't hesitate to hurt herself/himself
- Obsessed with order and routine

There are four most important components in creating education and health plans for individuals with autism. Experts at all levels who will work with autistic people should learn these four communication skills and make their plans accordingly;

1. Becoming a model
2. Physical assistance
3. Verbal help
4. Reinforce



Parents, educators, physiotherapists, occupational therapists, speech therapists, private lecturers, social workers, dieticians and physicians should work on these four principles with individuals with autism and should understand the differences with these principles in every plan and make plans aware of the difference. Sports education should be indispensable for the education life of individuals with autism and its positive effect on all development areas is undeniably strong.

A child with autism who has not been given academic skill acquisition cannot coordinate his future life and has problems in the socialization process. Academic skills and developmental training should also be given by physiotherapists and educators who are aware of autism from the moment of diagnosis, and children with autism should be easily adapted to life. Children with autism spectrum disorder often have digestive problems and these problems are manifested by restless behaviors such as aggression, harm, and sleep disorders. In this process, working with a physician and dietician who is knowledgeable about autism will help the child with autism to relax.

Children with autism and spectrum disorders are unable to play and imagine games like typical grown-up children. The lack of theory of mind causes this interaction to be impaired. They are individuals who are very interested in some subjects, unresponsive to some subjects, overreactive to different or normal situations, and extremely sensitive to stimuli. Professional staff such as child developers, teachers, social workers should work with individuals with autism, considering these situations and knowingly.

It often shows the difference in autism in the field of socialization. The social development area, which is like an umbrella, includes many areas of social competence. Autism difference can be demonstrated by trying to give individuals social skills and socializing them with social gains.

Imitation and modeling techniques should be used in both social and academic education, motor imitation, voice imitation and imitation with objects can be supported in all areas of their development, and they can be taught to socialize in society.

The difference of autism starts with the awareness of every field that will work with autism and being informed for its difference. Autism is in life, it is up to all of us to make a difference for those children.

Büşra AKDAĞ, Child Development 4th Grade Student

First Child-Friendly Day: April 23 National Sovereignty and Children's Day

Organizing many activities within the celebrations of April 23 National Sovereignty and Children's Day is seen as a Mega event in terms of increasing national enthusiasm, promoting our country abroad, providing mobility with visitors from inside and outside of the country, and providing economic and social contributions to the cities where it is planned. This holiday also has the distinction of being the first internationally recognized and child-friendly holiday. In our country, April 23 National Sovereignty Day has been celebrated as "Children's Day" since 1926. This holiday, which has been celebrated since this date, is a festival for children and other participants and has been celebrated enthusiastically.

During the April 23 National Sovereignty and Children's Day, which was celebrated for the first time in 1927, both the Himaye-i Etfal Society and Mustafa Kemal Pasha and Başekil showed great interest and attentive attitude to the children who are the owners of tomorrow and made a special effort to celebrate the children's day in a festive atmosphere. Mustafa Kemal Pasha separated one of his cars for the children in the ceremonies and assigned the Presidential band to the children's palace for the children's holiday. Himaye-i Etfal expressed the importance and support of Mustafa Kemal Atatürk gave to children and the Children's Day with the words "Since Turkish children have never seen such a degree of affection and ownership from any of the top state administrators, our children, who have achieved this happiness, should be proud and happy.". In the 1970s, April 23 National Sovereignty and Children's Day began to be celebrated by large crowd. In this direction, the 1970s are regarded as a turning point in terms of children's holiday. The year 1979 was declared the International Year of the Child by UNICEF.



The "April 23 National Sovereignty and Children's Day Meeting" prepared by the Child Development Department and Child Development Health Awareness Club was held with the participation of many children. During the event, in accordance with the meaning and importance of the day, images about the children's holiday were shared and information was conveyed to the children. The children were informed that this day was gifted to the children of the world by Mustafa Kemal Atatürk, the founder and first president of the Republic of Turkey. The activity started by watching the animation "April 23", which contains the meaning and importance of the day, for the age group of the children. Today, it has been mentioned that children from many countries attend the April 23 National Sovereignty and Children's Day, various performances are prepared with these children, ceremonies and various activities are organized in schools. In addition, it was also shared that the tradition of accepting children to the office, which started with Atatürk in 1933, continues today as children replace civil servants in state institutions for a short time. During the event, the feelings and thoughts of the children about April 23 were taken and talked about how they felt. After reading the story titled "Mustafa Kemal Atatürk and the Child" with an interactive book reading method, the comments made by the children about the story have listened together with the children. Towards the end of the event, pictures were made for the April 23 National Sovereignty and Children's Day, and dance activities were performed with background songs prepared for children. The interest and participation of children in the "April 23rd National Sovereignty and Children's Day Meeting" event were high. At the end of the event, Lecturer Buse KERİGAN said, "It was very enjoyable to celebrate April 23 with our children on the online platform during the pandemic we were in. We had a quality celebration together with the children, and we would like to thank all our children and students who participated".



Children of different countries celebrated April 23 National Sovereignty and Children's Day with their own local clothes and performed their own dance performances by playing their own country's music. The activities continued with the visit of the Great Leader Atatürk, who gifted this holiday to Turkish and world children, in Anıtkabir. At the end of the activities, the children of the world were united with feelings of friendship and peace thanks to these activities. April 23 National Sovereignty and Children's Day has been contributing to caring for children and drawing attention to the phenomenon of children, but in addition, it has been observed that it contributes to parents having a say in matters such as activities and timing. For children who celebrate April 23 National Sovereignty and Children's Day at homes due to the pandemic; Lecturer Buse KERİGAN, one of the lecturers of Istanbul Gelişim University Faculty of Health Sciences, Department of Child Development, met with children between the ages of 3-10 to celebrate April 23 National Sovereignty and Children's Day via Google Meet and celebrated the holiday.

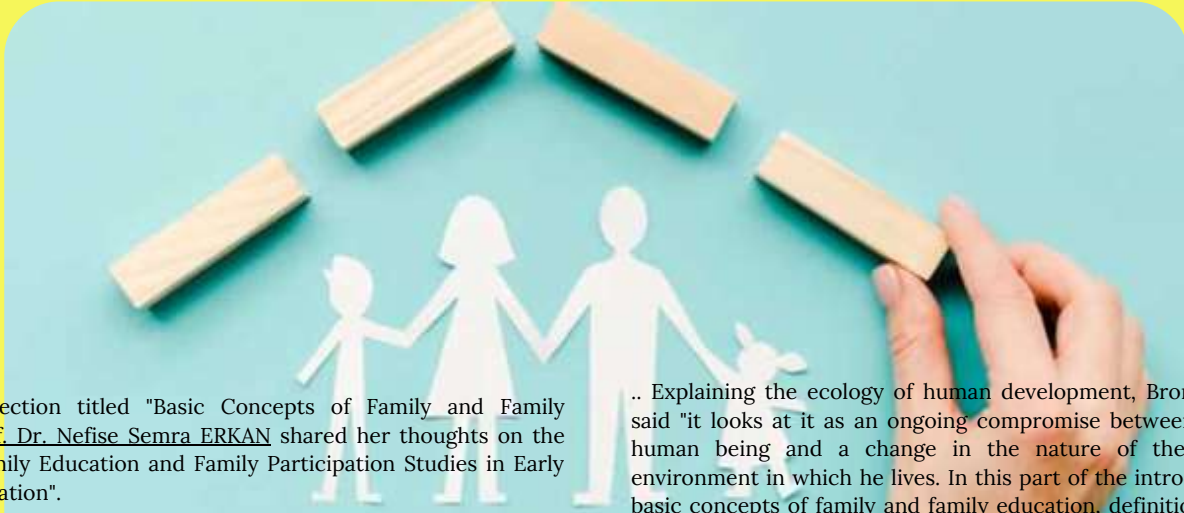
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23 NİSAN ULUSAL EGEMENLİK VE ÇOCUK BAYRAMI



The book chapter titled "Basic Concepts of Family and Family Education" has been published
Prof. Dr. Nefise Semra Erkan



In the book section titled "Basic Concepts of Family and Family Education", Prof. Dr. Nefise Semra ERKAN shared her thoughts on the book titled "Family Education and Family Participation Studies in Early Childhood Education".

Prof. Dr. Nefise Semra ERKAN said, " The book was prepared in order to help and support teacher candidates, child developers and educators who will work in the field of early childhood development, family participation, primary and secondary education institutions and valuable educators working in the field of special education and guidance in family education."

Prof. Dr. N. Semra ERKAN, In this scientific book named "Family Education and Family Participation Studies in Early Childhood Education"; Two basic issues were discussed, namely family education and family participation. Basic concepts related to family education, theories, practices in the world and in Turkey, rights and theoretical knowledge as well as families with working strategies such as legislation, family education methods and techniques discussed in detail, was presented with a sample application. Regarding family participation; She stated that principles and techniques that can help the family to participate effectively in education have been explained in order to strengthen the relationship between the home and the educational institution, to ensure the continuity of education and to increase the success in education.

ERKAN added," The family, which constitutes the basic building block of society, is the oldest and the most important social institution that always preserves its existence. Although it has shown some structural changes from the past to the present and from society to society, it has always held a very important place in people's lives. The foundations of the development of children in all areas are laid in the family environment, and with the possibilities and supportive attitude offered by the family, the child can begin his / her physical, social and academic life outside the family prepared. At this point, it is possible to talk about the importance of the family in the life of the child in early childhood. The family is the most effective and economical system to support the development of the child and ensure permanence.

The child in the developmental process is in direct interaction with his family, which is his closest environment

.. Explaining the ecology of human development, Bronfenbrenner said "it looks at it as an ongoing compromise between a growing human being and a change in the nature of the immediate environment in which he lives. In this part of the introduced book; basic concepts of family and family education, definition of family, family structure and types, parent-child interaction, school and society, family education, family participation, understanding of family and child rearing approaches in different cultures, family development cycle It is included. The understanding of family and child rearing approaches in different cultures, and detailed information on the family development cycle has been included. The understanding of family and child rearing approaches in different cultures, and detailed information on the family development cycle "has been included."

Why was this book needed?

Prof. Dr. N. Semra ERKAN says, "Today, instead of considering the effects of the environment in the upbringing and education of the child, instead of treating" him as a single entity ", addressing the family, school, physical and social environment together, which are the cornerstones of his development, is seen as a guarantee of success in education. Programs that provide education and support to the family in early childhood development programs benefit parents as well as children. Family education strengthens the responsibility of the family in the education of the child, ensures that the development of the child is permanent and long-term, and plays a complementary role in supporting the development of the child with a holistic approach. This book has been prepared based on these thoughts."

Suggestions to families and professionals about the book section

ERKAN said, " With this book, published in the 6th edition in December 2020 It is thought that family participation to child developers, teacher candidates and educators who work and will work in the field of early childhood development, and educators working in the field of primary and secondary education and special education and guidance will make significant contributions to family education. "

[Click here for the details of the news.](#)



Telerehab For Patients During Pandemic



Lecturer, Physiotherapist Çağrı ERTÜRK



Expressing that serious restrictions were imposed on physical therapy protocols to control the spread of virus during the pandemic, physiotherapist Çağrı 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, Çağrı ERTÜRK says, “In this period, one of the mechanisms of providing physical therapy 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.” She 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 her 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.”

[Click here for the details of the news.](#)



PROTECTION OF COMMUNITY HEALTH

Assist. Prof. Dr. Nurten ELKİN

Istanbul Gelisim University (IGU) Faculty of Health Sciences Child Development (Tr) Department Head Dr. Nurten Elkin attended the 5th INTERNATIONAL HEALTHY LIFE CONGRESS held online between 27.04.2021-28.04.2021 with two verbal statements on "Health literacy in the Pandemic Process" and "Effects of Care Burden on Elderly Care".



The rapid transformation of COVID-19 disease into a pandemic has forced people to learn about this new virus, adopt new behaviors, and make some lifestyle changes. In all this process, preventing the spread of infection and delivering protective measures to the society in a correct and complete manner constituted a very important part of the success in combating the pandemic. While doing these, health communication including information about the virus and the pandemic has become widespread. One of the important concepts in ensuring success in health communication has been health literacy. Before the pandemic, it is seen that studies on health literacy have been increasing in recent years; countries determine their health literacy status at the national level; While it is thought that the planning of health services to be provided to the society, the regulation of health literacy programs and the development of health policies, the importance of these studies has increased once again with the pandemic. Health literacy education should be carried out from early childhood: Basic concepts related to health should be given starting from early childhood and the concept of health promotion should be developed during school education. This process should be reinforced with adult education. In this context, it is not only the efforts of individuals or the health sector to improve health literacy in the society, but also the joint efforts of universities, non-governmental organizations, media and communication sector are required.

Effects of Care Burden on Elderly Care

Aging, which is an irreversible, inevitable and physiological process in which some physical, mental and social functions decrease and losses occur, and the problems of the increasing elderly population are an increasingly important public health problem for both our country and the world. Elderly care and care burden in this period; It is a very important issue for families and caregivers. Care burden affects the health and quality of life of both the patient and the caregiver. Interventions to be applied to the elderly and caregivers are important in order to ease the burden of care. Informing the caregiver as early as possible, training, counseling and providing social support are approaches that can be applied at the beginning. In the education to be given; old age, health problems of the elderly, treatment, medications, fluid intake and extraction, mobilization, exercises and so on. It is known that issues such as reducing the anxiety level of the caregiver and facilitate the management. The support of healthcare professionals not only in curative services but also in preventive and rehabilitative services should not be ignored.

She emphasized that both topics are important in protecting and improving public health.

[Click here for the details of the news.](#)

"IDENTIFICATION AND ASSESSMENT OF CHILD"

Prof. Dr. M. Meziyet ARI

A meeting on "2020-2021 PRESCHOOL EDUCATION SPEECHES: CHILDREN'S VIEW AND CURRENT TRENDS" was held between 23-25 April 2021, organized by the Turkish Preschool Education Development Association.



Istanbul Gelisim University, Faculty of Health Sciences, Department of Child Development, Prof. Dr. M. Meziyet ARI attended with a presentation titled "Identification and Assessment of Child" on 25.04.2021.

In this meeting, which started with the celebrations of April 23 National Sovereignty and Children's Day, a presentation titled "Identification and Assessment of Child" was made by Prof. Dr. M. Meziyet Ari from our university.

In his 50-minute presentation, Prof. Dr. M. Meziyet Ari emphasized the importance of developmental assessment in early childhood, the points to be considered in assessment, formal and informal assessment types and especially the benefits of developmental assessment results for children, families and society. She emphasized the importance of playing and drawing activities in evaluation during childhood.

Describing the formative and summative approaches in the evaluation of learning in the classroom, referring to the Ministry of National Education Preschool Education Program, which is among the first developers of the board, our main goal is to raise competent, critical, creative thinking, innovative and problem solving, effective communicator, collaborative, responsible students and citizens. stressed.

During the event, 64 speakers, 4 panels, 4 special sessions and the live broadcast of the teachers' room were shared on many national and international issues in early childhood education in 2020-2021.

The studies carried out and suggested to be carried out for the best benefit of the child with a holistic approach to the child were discussed.

[Click here for the details of the news.](#)

COMMUNITY HEALTH IS PROTECTED BY VACCINES

Istanbul Gelisim University (IGU) Faculty of Health Sciences (SBF) Child Development (Tr) Department Head Dr. Nurten Elkin said, "The development of vaccines is a very important invention in the prevention of infectious diseases and for people to live a healthy and long life."

The development of vaccines is a very important invention for the prevention of infectious diseases and for people to live a healthy and long life. Vaccines protect not only the individuals to which they are applied, but also the whole society; therefore, it is of great importance in protecting and improving public health as well as protecting and improving individual health. Approximately fifty years ago, the appearance and spread of many disease factors that caused the death and illness of millions of babies was prevented by vaccines, which is an important success in the field of preventive health services. 24-30 April 2021 has been accepted as World Vaccination Week.

VACCINE IS HEALTH

Viruses, bacteria and so on, which are capable of causing diseases in humans and animals. Biological products developed by purifying the disease-causing properties of microorganisms or removing the effects of toxins secreted by some microorganisms are called vaccines. By administering the vaccine to healthy and at-risk people; The person recognizes these microorganisms and toxins that do not harm him / herself and develops a defense against them. Thus, when it encounters the real microorganism, it fights with the previously developed defense system and the person does not get the disease and is now immune to that disease.

Immunization services are recognized by the World Health Organization (WHO) as one of the most important and cost-effective public health interventions in terms of preventing vaccine-preventable diseases and related deaths.

Basically individuals; In addition to the health benefits of immunization services aiming to protect infectious diseases from their killing and disabling characteristics; There are also economic and social gains.

Our Ministry of Health; Hepatitis B, Tuberculosis (Tuberculosis), Diphtheria, Whooping Cough, Tetanus, HIB (Hemophilus Influenza Type B)), Polio (polio), Pneumococcus, Measles, Rubella, Mumps, Chickenpox, Children are immunized against hepatitis A diseases.

It is especially important for mothers to be conscious about this issue and to have their children vaccinated on time and without delay.

In this process, Family Health Centers, where primary healthcare services are provided, are very important; It is responsible for the vaccination programs of children, pregnant women and adults in their population.

Especially in infant and pregnant vaccination, both family health personnel and family physicians provide the necessary training and consultancy to the families about the complete implementation of the vaccination schedule and perform the vaccination application.

This service is of great importance especially in preventing children from being immunized and rejecting vaccines. In our country, all vaccines in our vaccination program are applied free of charge.

VACCINE IS RELIABLE AND PROTECTIVE

Vaccines, like medicines, are medical products and, like all medicines, they may have some side effects. Undesirable effects that develop after vaccination can be partly classified as frequent mild side effects and very rare serious side effects.

Facts to know about vaccination

***Worldwide, more than one million people die each year from vaccine-preventable diseases. Many of these diseases are not seen or seen rarely in our country thanks to our vaccination program. Vaccines can prevent infectious diseases that kill or harm many babies, children and adults. Flower disease has been eradicated with widespread vaccination, and a 99% reduction has been achieved in polio. If your child is unvaccinated, he or she is at risk of many vaccine-preventable diseases such as measles, polio, meningitis, tetanus, jaundice, and the disability and death they may cause.

**** Vaccines are highly reliable biological products. They go through very strict control during the production and distribution stages. Vaccines used in our country are produced in accordance with GMP (Good Manufacturing Procedures) rules recommended and approved by the World Health Organization and tested in international reference laboratories. In order for a vaccine to be used in our country, it is necessary to prove to our Ministry that the vaccines are safe and effective by the manufacturers. Before the vaccines to be used are received and put into use in the field, they are also tested in our National Reference Laboratories and the vaccines that are proven to be suitable are accepted and put into use.

Until the vaccines are taken from the manufacturer company and applied to the person to be vaccinated, they are preserved in the cold chain system in all health institutions within the appropriate temperature range and the system is continuously monitored online. After vaccines are made available, undesirable effects after vaccination are monitored by our Ministry.

**** Childhood preventable diseases; They don't have to be a part of life, they can be prevented. Vaccine-preventable diseases are serious diseases, they can lead to serious consequences (complications) such as brain inflammation, pneumonia, blindness, blood inflammation, ear infections, congenital rubella syndrome and even death in both children and adults. These diseases can be prevented by vaccines. Failure to vaccinate against these diseases leaves children unnecessarily vulnerable and their health at risk. Vaccination; quarantine / isolation practices are much more effective and cheaper than other epidemic prevention activities such as common screening / diagnostic tests. In our struggle during the pandemic process we live in, vaccination is of great importance in gaining social immunity.

For this reason, our Ministry; It is important for individuals to be vaccinated in accordance with the "group order to be vaccinated".

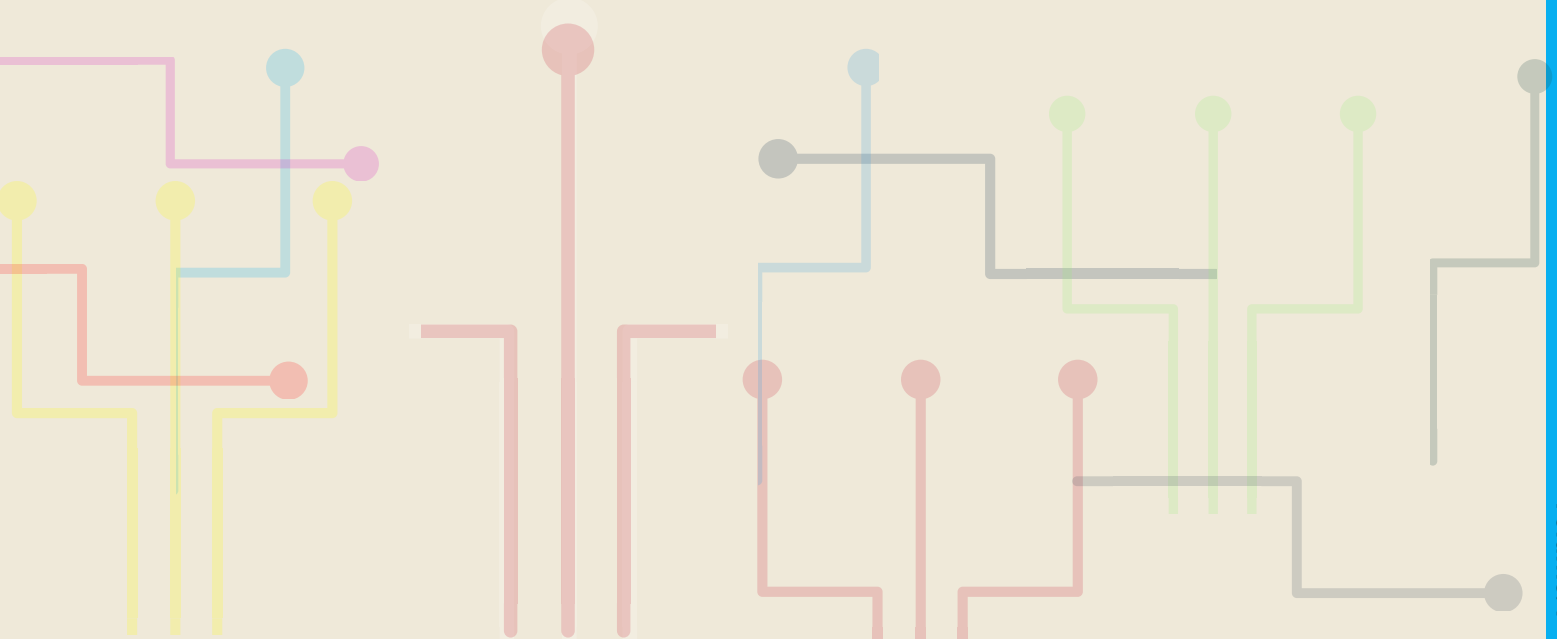
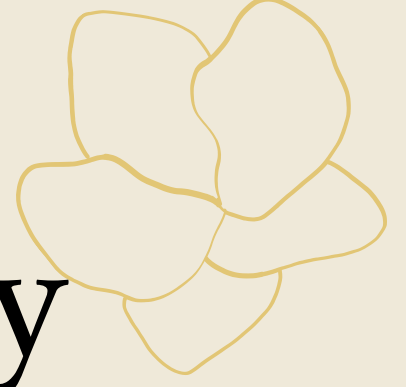
[Click here for the details of the news.](#)

**Do not forget;
Community health is under protection
with vaccines.**

Dr. Nurten ELKIN

Serenity, Joy and Health

EİD MUBARAK TO ALL!





IMPORTANT DAYS IN APRIL

April 1-7	Week of Cancer
April 5	Lawyers' Day
April 7	World Health Day
April 8-14	Health Week
April 10	Establishment of the Police Organization
April 15-22	Tourism Week
April 16	World Voice Day
April 17	World Hemophilia Day
April 17	Productivity Week
April 21-28	Midwives Week
April 23	National Sovereignty and Children's Day
April 25	Statistics Day
April 26	Pilots' Day
April 29	World Dance Day



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