

### **“PEOPLE WITH LATENT DIABETES ARE AT HIGHER RISK OF A DIABETIC PATIENT!”**

Diabetes, one of the most common diseases, is increasing day by day. Making a statement within the scope of 14 November World Diabetes Day, Asst. Prof. Dr. Mahruk Rashidi stated that awareness of pre-diabetes, which is known as "latent diabetes", should be increased.

If no precautions are taken and awareness is not raised about "latent diabetes", which is a public health problem that is rapidly increasing in prevalence all over the world, the probability of developing diabetes increases. Diabetes causes many complications such as neuropathy, retinopathy, nephropathy and cardiovascular diseases.

### **THERE IS A 106% RISE!**

Asst. Prof. Dr. Mahruk Rashidi from Istanbul Gelisim University (IGU) Health Sciences Faculty Nursing Department said, “Individuals with latent diabetes are more likely to develop diabetes later in their lives. This situation is not only valid for diabetes but also for chronic diseases including cardiovascular diseases. When we compare individuals with latent diabetes and those with normal blood sugar, we conclude that people with latent diabetes have a high risk of developing diabetes. In the 2020 Turkey Diabetes Epidemiology Study, the prevalence of latent diabetes is 28.7%. When we look at a study conducted in 2013, it was determined that there was a 106% increase in the incidence of latent diabetes in a twelve-year period.

### **“DIABETES IS A PROGRESSIVE DISEASE”**

While examining the screenings for latent diabetes, the individual should be evaluated as a whole and the factors that will cause the disease should be comprehensively addressed. When the studies are examined, diabetes education given by nurses is effective in providing metabolic control for individuals. Asst. Prof. Dr. Mahruk Rashidi stated, “Diabetes is seen as a progressive disease. It is very important for individuals with this disease to change their lifestyle habits. Changes made in the lifestyles of people diagnosed with latent diabetes create a safe and effective environment to reduce the risk of Type 2 Diabetes progression. We aim to raise awareness on 14 November World Diabetes Day in order to experience a behavioral change in diabetes patients and to create motivation for this change.”

### **DIRECTOR AHMET BIKIC EVALUATED DOCUMENTARY CINEMA**

While the production in the cinema industry continues to increase with the developing technology and opportunities, hundreds of film festivals are organized throughout the year. Award-winning director Ahmet Bikiç from Istanbul Gelisim University evaluated documentary cinema, which has a significant role in the cinema industry. Director Bikiç discussed many issues such as position of documentary cinema in society.

Director-Lect. Ahmet Bikiç emphasized that the production of documentary films has increased especially in recent years and stated the following: “It is known that developing technical equipment has helped many directors. Considering that documentary teams work with small budgets, technological developments are positively healing and helpful for documentarians. The bad and

dangerous side of this situation is that everyone who has a camera thinks they are a director. Sector productions, whose quality and quality have decreased, also show themselves at this point.”

#### “WE HAVE LACK OF PERSPECTIVE ON DOCUMENTARY FILMS”

Lect. Ahmet Bikic from Istanbul Gelisim University (IGU) Faculty of Fine Arts, Department of Communication and Design:

“Documentary films not only strengthen intercultural communication, but also immortalize these cultures and thus contribute to the development of society. As a society, our views and perspectives on documentary films are quite lacking. The documentary sheds light on societies and future generations. Hence, it must be in a very important position. In the past, filmmakers put pressure on the director to use the budget well, emphasizing that s/he should be careful in situations such as choosing a subject and using time. Extending the deadline meant an increase in the budget. Acting by conducting in-depth research on the subject s/he thought to shoot with these restrictions, the director was producing quality works. Today, thanks to technology, many people have the opportunity to make films and research easily and have the opportunity to use their time savings well. The state of comfort and convenience also reveals new forms of expression.”

Bikic also added: “One of the most important issues to be considered in a documentary film is choosing the subject of the documentary. In the documentaries that can be watched by all segments of the society, the subjects can be very sensitive. Therefore, in order not to make mistakes, it is necessary to have knowledge on the subject to be shoot.”

#### THE FOCUS OF DOCUMENTARY CINEMA IS HUMAN

Documentary films that emerged as a result of long-term research are the reflection of science and art on the screen. Director Bikic: “I shoot documentaries that focus on “human”. Documentary cinema also draws attention in terms of comprehending and expressing the society. As a society that does not have the reading habit much, documentary cinema should be an alternative warning mechanism to society.”

#### IGU STUDENTS DISCUSSED "CYBER SECURITY"

This week, students came together to talk about “Cyber Security” at the IGU Coffee Talks event held within the scope of Istanbul Gelisim University (IGU) Development Workshops. Asst. Prof. Dr. Serkan Gönen stated that social engineers have found a vulnerable point where they can deceive people and send unknown links to steal their social media accounts.

Istanbul Gelisim University brings together students throughout the year with Artistic Development, Sportive Development, Cultural Development and IGU Coffee Talks events, enabling them to both receive education and socialize in different fields. This week, students talked with Asst. Prof. Dr. Serkan Gönen, Head of Software Engineering Department, Faculty of Engineering and Architecture, about "Cyber Security", which has become one of the most significant subjects of our time.

## CYBER BULLYING AND PERSONAL DATA PROTECTION

In our era, our entire social life, from health to education, from shopping to chat, takes place on the internet, however, not enough attention is paid to safety while doing these. Asst. Prof. Dr. Serkan Gönen stated: “In our workshop, we talked about how social media accounts are stolen, which has been on the agenda recently, and social engineering, which is one of the important techniques used here. After discussing the differences between cyberbullying, critical infrastructures, cyber security and information security, we talked to our students about the points to be considered in passwords and the points to be considered in protecting our personal data in our daily lives. The students were very involved. We also talked about the questions about careers in cyber security and the work that needs to be done.”

### EVERYONE CAN BE FOOLED BY CYBER ATTACKS!

Students were also informed about the theft of social media accounts, which we hear frequently today. The main issue is that the links should not be clicked. Dr. Gönen said, “99.9% of the studies on stealing accounts is to find a vulnerable point where they can trick people through social engineering, send a link related to that topic and wait for them to click on it. For instance, the most commonly used links are the links sent to aid campaigns for children fighting life-threatening diseases. They try to take advantage of emotions that people will find weak, such as fear, pity, and compassion. When you click on the links, you are directed to a clone page as if you left your own social media account. After you enter your username and password, it redirects you to the real account, but the clone page in between steals your account. After that, you are asked for money to recover your account. We call these attacks ransomware attacks.”

Gönen also added, “The most important point to note is not to click on untrusted posts. There is no such thing as never be fooled by social engineers. The crucial thing is the social engineer attack that needs to be prepared for you, me and many people can fall for it. Do not click unknown links. It can even be pretended to be from your friend. In such cases, it is necessary to confirm it.”

### THE POISONOUS SUBSTANCE IN SPICES AND NUTS CAUSES CANCER

Food Engineer Murat Dogan stated that aflatoxin, which can be seen in spices, nuts and even dairy products, causes cancer. He also noted that when the milk with this substance is processed, the amount of poison increases 15 times.

There is a high probability of aflatoxin in nuts, spices and dairy products that are not produced and stored under appropriate conditions. Food Engineer Assoc. Prof. Dr. Murat Dogan from Istanbul Gelisim University Gastronomy and Culinary Arts Department warned to be careful about moldy foods. Dogan also said: “Aflatoxin, a toxic substance formed by molds, emits poison. Considering the way of production, this substance can occur in all products. If the products are not stored and produced under suitable conditions, this mold can grow due to humidity. These molds also produce a toxin after they reproduce. These toxins cause many problems in the liver, kidneys and nervous system.”

Assoc. Prof. Dr. Dogan indicated: “Unlike other microorganisms, the poison caused by these toxins does not disappear even if the product is processed. When a hazelnut or pistachio is used in baklava

or another product, if there is aflatoxin substance, the cooking process does not destroy this poison. By consuming these products, the poison is taken into the body. It may be taken in a minimum amount, but it returns as a health problem after 20-30 years.”

#### WHEN POISONED MILK IS PROCESSED, THE AMOUNT OF POISON ALSO INCREASES

“Aflatoxin can also be seen in dairy products through animal feeds. This mold can reproduce in animal feeds that cannot be stored in suitable conditions. Mold produces aflatoxin poison in feed. When animals consume these feeds, they transfer the poison into their milk. The animal expels the poison it has taken into its own body through its milk. By consuming these milks, we take the poison into our bodies. In addition, if another product is made from these poisonous milks, that product may contain more poison than milk. In other words, if there is 1 unit of poison in milk, this unit can go up to 15 in cheese.”

#### TRADITIONAL METHODS CAUSE MOLD

“Incorrect methods are used in drying and preserving nuts and spices with traditional methods. Chili peppers are produced using traditional methods. In this method, drying is done outside. With the drying process done outside, these molds can easily come from the air and multiply. Therefore, this mold produces aflatoxin. Hence, it produces poison. If chili peppers are dried in drying cabinets in fabricated conditions, these toxins can be prevented.”

“Aflatoxin substance related to mold can also be seen in dried nuts such as hazelnuts, peanuts and walnuts. For example, after the hazelnuts are collected, they are kept in storage in a pot. It also produces aflatoxin by molding as a result of moisture. If there is even a little mold outside of the nuts, the taste and smell of that mold can penetrate into it.”

#### “GENETIC PREDISPOSITION ACCELERATES THE EFFECT OF THE POISON”

“Poisonous substances taken from food cause chronic poisoning. It causes three main problems. It affects the liver, kidneys and nervous system. This effect happens over time. Moreover, if there is a genetic predisposition, it can affect more quickly.”

#### 'SUDAN DYES' DETECTED IN SPICES

“In the latest researches, dye was detected in chili powder and red pepper powder. However, it was not disclosed which paint it was. There is a dye called Sudanese red. This paint was used in many sectors until the 90s. This banned dye has been seen in the products of some companies that escaped control, albeit in trace amounts, in recent years. This dye causes cancer.”

#### “PAY ATTENTION TO THE SMELL AND COLOR OF THE PRODUCTS”

Dogan also gave information on how to detect the presence of aflatoxin and dye in nuts and spices. “When buying spices, it is necessary to smell the chili pepper in particular. If there is a problem with mold in the product, this can already be understood from its smell. Also, the liveliness and brightness of the color can be understood from the fact that there is dye in chili pepper and red pepper powder. I recommend not to buy products based on color.”