

EGG FREEZING IS SIGNIFICANT FOR WOMEN UNDERGOING CANCER TREATMENT

We often hear about the importance of egg reserves in women who desire to have children. Gynecologist Asst. Prof. Dr. Ayşe Konaç stated that the detection of decreases in egg reserve is learned by looking at some hormones in the blood, and added today, with the advancement of gestational age, women tend to freeze their eggs.

About 1 million potential eggs (follicles) are present in the ovaries of newborn girls. When adolescence begins, these egg candidates are chosen one by one each month, and menstrual bleeding is consistently observed as a result of the methodical and coordinated functioning of the hormones in a specific order. The cycle starts and ends with menopause if there is no interruption in the release of hormones. If there is a disruption, the cycle continues until the follicular reserves in the eggs are depleted. Infertility occurs if, for a variety of reasons, these reserves decline during the menstrual cycle and monthly irregularity starts.

EGG RESERVE DECREASES WITH AGE

Egg reserve means the number, quality and sufficiency of follicles (egg-producing) in the eggs. Asst. Prof. Dr. Ayşe Konaç, Gynecology from Istanbul Gelisim University, Faculty of Health Sciences, Department of Nursing stated the following: "These reserves naturally start to decrease as a woman gets older. To identify decreases in egg reserve, certain hormones are examined in the blood. Ultrasonography is used to count the egg candidates within the eggs. Of course, we also evaluate the patient's general state of health since it is equally vital. The greater involvement of women in business, the raising of the marrying age, and the fast-paced nature of modern employment have all contributed to advancement in the gestational age."

DEMAND FOR EGG FREEZING HAS INCREASED

Advances and innovations in medicine increase the demand of women, who are faced with the threat of declining egg reserves, for cryopreservation of egg tissue and follicles in full-fledged hospitals. Dr. Konaç also added the following:

"The freezing of eggs is very significant in patients undergoing treatment for ovarian and uterine cancer. Otherwise, particularly young patients are at risk of going into early menopause, and egg freezing is of great importance because of the possibility of not having children due to problems such as infertility. Egg freezing processes also have a certain period of time. The longer the wait, the lower the quality of the eggs or follicles and the chance of success. It is of great importance that these stored tissues are taken under appropriate conditions and properly."

TRAUMATIC EVENTS INCREASE PSYCHOLOGICAL RESILIENCE

Trauma, also known as mental injury, occurs after traumatic events. Asst. Prof. Dr. Erkal Erzincan, a faculty member at Istanbul Gelisim University stated traumatic events increase the psychological resilience of people.

Asst. Prof. Dr. Erkal Erzincan, Department of Psychology at Istanbul Gelisim University, indicated most people encounter at least one traumatic event at some point in their lives. The development of the disease can occur even years after the traumatic event.

"TRAUMATIC EVENTS ARE MORE COMMON THAN EXPECTED"

Traumatic events that cause intense feelings of helplessness, horror and embarrassment also damage the physical and mental integrity of the person. Asst. Prof. Dr. Erkal Erzincan, Faculty of Economics, Administrative and Social Sciences, Department of Psychology, at Istanbul Gelisim University, emphasized that Post Traumatic Stress Disorder (PTSD) is a chronic disease and added the following:

"In a study conducted with a total of 68,894 adult participants from 24 countries, it was reported that more than 70% of the participants were exposed to at least one traumatic event, while 30.5% were exposed to four or more traumatic events. Although traumatic events are so common, Post Traumatic Stress Disorder does not develop after every traumatic event. Contrary to popular belief, the most common mental disorder that occurs after a traumatic event is major depressive disorder. Again, contrary to popular belief, the most common situation in the face of a traumatic event is not the emergence of a mental disorder, but the continuation of psychological resilience and health."

Stating that traumatic events are more common than expected, Asst. Prof. Dr. Erkal Erzincan said that the implementation of preventive mental health practices is very vital, particularly in times like today, when the risk is high.

IF YOU EXPERIENCED ONE OF THESE BELOW, YOU MAY HAVE HAD A TRAUMATIC EVENT

Asst. Prof. Dr. Erkal Erzincan stated that according to the Diagnostic and Statistical Manual of Mental Disorders (DMS), if a person notices at least one of the following in herself/himself, s/he may have had a previous traumatic event. These are as follows:

- 1- Experiencing a direct traumatic event(s).
- 2- Witnessing the event(s) that happened to others directly.
- 3- Learning that a traumatic event(s) has happened to a family member or close friend. The actual death or probability of death of a family member or friend must have been by force or accident.
- 4- Repetitive or excessive exposure to the unpleasant details of the traumatic event(s) (e.g., primitives to collect human remains, police officers re-experiencing details of child abuse).

"THE RUSSIAN-UKRAINE WAR CAUSED MENTAL TRAUMA TO HUMANITY"

Asst. Prof. Dr. Erkal Erzincan: "People from all across the world have been impacted by the current war, not just those in Russia and Ukraine. As people awoke from their "Metaverse" dreams as a result of this battle, they were made aware of the dangers present in the actual world. All of mankind was alarmed by the nuclear weapons use threats from Russia and the potential commencement of a third global war. Furthermore, war-related photos proliferate wildly and indiscriminately on social media. Many people all across the world, particularly those in Ukraine, have experienced mental trauma once more as a result of this process".

“UNSUSTAINABLE FASHION HABITS MUST CHANGE TO ENSURE SUSTAINABILITY”

In recent years, the concept of “sustainability” has entered our lives by increasing awareness with the climate crisis, depletion of resources and environmental pollution in the world. Asst. Prof. Dr. Sonese Yurdakul stated that consumption habits should be changed for sustainable development in the fashion industry.

Nowadays, with the depletion of natural resources, the increase in the cost of traditional energy resources, the decisions are taken at the global level to reduce carbon emissions, and the increase in social-environmental awareness, sustainable production strategies have become mandatory. Asst. Prof. Dr. Sonese Yurdakul, from Istanbul Gelisim University (IGU) Faculty of Fine Arts, Fashion and Textile Design Department stated the following: "Contrary to the fast-fashion approach, where resources are rapidly consumed, based on cheap labor and creating environmental pollution with the high amount of waste generation, the concept of "sustainable fashion", which is based on ecological integrity and social justice, has been rapidly adopted in the fashion and textile industry in Turkey, along with the whole world. Hence, in order to ensure sustainability, unsustainable fashion habits need to change."

SENSITIVITY BEGAN TO INCREASE IN TURKEY

In the sustainable fashion approach, attention is paid to the use of natural materials that are eco-friendly. This understanding aims to reduce the damage caused by the sector to the environment, to produce quality products that can be used for a long time, that can be recycled and that produce the maximum amount of waste, animal and nature friendly. Many world-famous fashion brands invest in sustainable fashion production in order to reduce environmental impacts. Sensitivity toward this issue started to increase in Turkey as well.

FASHION IS POSSIBLE WITHOUT CRUELTY

While it is significant to take into account the water consumption of plant sources, the usage of animal products highlights societal concerns. The most prevalent of these sensitivities is veganism, which is based on the idea of "Fashion Without Cruelty." The fast-growing trend of veganism, which forgoes all things with animal origins or those derived from animals in favor of solely obtaining one's requirements from plant sources, has prompted the fashion industry to create vegan apparel. The foundation of vegan fashion is the idea that neither primary nor secondary materials of animal origin should be utilized in the manufacture of apparel or accessories.

INFORMATION SHOULD BE INCLUDED ON PRODUCT LABELS

Asst. Prof. Dr. Sonese Yurdakul indicated, "The most essential step to be taken in ensuring sustainability is to raise social awareness. It is impossible to achieve this without changing unsustainable consumption behaviors and gaining the habit of consuming what is needed. Therefore, in order to raise awareness of consumers on this issue, sustainable fashion should be explained more frequently in the mass media, brands and companies should highlight their sustainability features, the aforementioned information should be included on product labels, central and local governments and non-governmental organizations should be more active in waste collection. "

WARNING FROM THE EXPERT: THERE IS NO SUCH THING AS A FAT-FREE DIET!

Asst. Prof. Dr. Ayşe Huri Özkarabulut, the Head of the Nutrition and Dietetics Department at Istanbul Gelisim University, stated that the body's fat needs can be met with 10-15 hazelnuts, raw almonds or 5-6 walnuts to be consumed daily.

Fat consumption, which is very significant in diet, causes question marks in the minds of dieters. Asst. Prof. Dr. Ayşe Huri Özkarabulut, Head of the Nutrition and Dietetics Department at Istanbul Gelisim University, indicated, "We need to consume a little fat in order to take fat-soluble vitamins into our bodies. As an alternative to vegetable oils, we can increase fish consumption and meet some of our oil needs with oil seeds. At the same time, the body's fat needs can be met with 10-15 hazelnuts, raw almonds or 5-6 walnuts that we will consume daily.

"VEGETABLE OILS KEEP CHOLESTEROL UNDER CONTROL"

Asst. Prof. Dr. Ayşe Huri Özkarabulut, a faculty member at Istanbul Gelisim University, Faculty of Health Sciences, Department of Nutrition and Dietetics, stated, "It is imperative to consume oils that are highly beneficial in terms of omega, such as olive oil, sunflower oil, soybean oil, and maize oil. If you are not vegan, you can consume less extra solid fat by getting your saturated fat from animal products. However, unsaturated fats like omega-3 and omega-6 fatty acids, which are also found in vegetable oils like sunflower oil, assist to manage cholesterol. Hence, it is significant to take these oil types from the outside in a balanced way.

In daily life, individuals can increase their intake of healthy fats by eating 10-15 olives for breakfast or by substituting walnuts for oil when making salads.

AN EXCESS OF FAT CAUSES CANCER

Taking 10-25% of polyunsaturated fats as omega-3 is the recommended amount for preventing heart diseases, reducing the risk of cancer and healthy eating.

Consuming too much fat raises cholesterol levels, which leads to cholesterol buildup in vein walls and vein narrowing. Due to the decreased blood flow to the heart, this constriction may result in a heart attack. In the studies conducted, there is a connection between oil consumption and breast cancer, according to Özkarabulut. She also underlined that too much-fried oil consumption increases the risk of developing stomach cancer particularly.