

DO NOT SAY IT IS JUST A MOSQUITO BITE: THIS VIRUS DOES NOT SHOW SYMPTOMS IN 80% OF PATIENTS!

While the West Nile Virus (WNV), which has recently come to the fore again, causes loss of life in Greece, people think "What if I caught this virus?". Infectious Diseases Specialist Dr. Savaş Vural warned about the virus, which is transmitted to humans and some animal species from mosquito bites. Emphasizing that the virus can be prevented with some basic precautions, Dr. Vural also made recommendations to those who will go to regions where West Nile Virus is common.

"IT MAY TAKE TIME FOR PATIENTS TO RESTORE THEIR HEALTH"

West Nile Virus, which is transmitted through mosquito bites and manifests itself with high fever, weakness and headache, has mobilized the whole world. Istanbul Gelisim University Infectious Diseases Specialist Dr. Savaş Vural explained the ways to prevent the disease, the symptoms of which last between 3 and 10 days. Dr. Vural stated: "There is no effective vaccine against the virus for humans yet. West Nile virus (WNV) infection is a viral infectious disease that is often transmitted by infected mosquito bites, which can lead to fever, sometimes neurological symptoms and death in humans. Headache, weakness, pain behind the eyes, muscle aches, digestive system symptoms (nausea-vomiting, abdominal pain and diarrhea) and skin rashes can be seen in West Nile Fever with sudden onset fever. Acute symptoms may last 3-10 days, however, in some patients the symptoms may be prolonged and it may take time for the patient to restore his/her health.

NO SYMPTOMS IN 80% OF THE PATIENTS!

It is known that there is no treatment method for West Nile Virus yet. Considering serological studies, about 80% of people infected with WNV recover without symptoms. Dr. Vural made the following recommendations for those who work in environments where the risk of disease is very high or who will travel to those regions:

- Wearing insect repellent sprays for 35-40 seconds both inside and outside of the clothes provides protection against mosquitoes. In this way, even if the clothes are washed, the effect of the spray continues for 2 weeks.
- Applying insect and insect repellent containing DEET on the skin can increase the effectiveness of protection against the virus, even in places where the risk of disease is lower.
- Buckets, tires, flower pots, small ponds, etc., where mosquitoes can lay their eggs, should be emptied once a week, cleaned, covered or thrown away.
- Wearing clothes that will cover the arms and legs during the stay in such areas is one of the measures that can be taken against the virus.

TIPS FOR TAKING APPETIZING FOOD PHOTOS IN 7 STEPS!

Along with the entrance of social media and smartphones into our lives, we have met many new professions. One of them is “Food Photography and Stylist”. Asst. Prof. Dr. Cagla Kaya Ilhan touched upon the technical details that should be considered while taking food photos.

We often come across pictures of eye-catching and appetizing food on social media. Businesses increase their customer potential by working with “Food Photographer and Stylist”, sharing their presentations on social media and appealing to wider audiences. Many people also share their own cooking on social media with their own style and presentation. With the rapid expansion of the food and beverage industry and the introduction of social media into our lives, users are introduced to new definitions and professions every day.

FOOD PHOTOGRAPHY IS AN ART

Food photographers create art with their delicious food photos. Asst. Prof. Dr. Cagla Kaya Ilhan, from Istanbul Gelisim University Faculty of Applied Sciences Department of New Media and Communication, stated, “Food Photographers and Stylists create art beyond making consumers' appetites whetted by just looking at the photo or video of the food without tasting or smelling the food. Food stylists who prepare food for photography with various tools and accessories need to pay attention to various techniques such as color harmony and composition. In this case, food stylists use not only edible but also inedible tools such as glue and paint when preparing the food to be photographed.”

Asst. Prof. Dr. Cagla Kaya Ilhan indicated there are technical details that need attention in food photography and styling. Here are tips:

1- The food to be photographed must have a fresh appearance

The food to be photographed should look natural and fresh, and should not have any stains or rot on it.

2- The food stylist must have a plan

Setting a composition is key. That is why food stylists need to set a plan before preparing food for the shoot.

3- There should not be any distracting elements in the background

There should not be any objects in the background that will disturb the integrity of the composition and distract attention. In addition, the photographer can use his/her imagination to use substrates such as wood and wood that are compatible with the food s/he will be shooting.

4- Natural light should be used as much as possible during shooting

Correct use and adjustment of light are of great importance. Trying to benefit from daylight as much as possible instead of lamps with artificial light sources such as fluorescents gives a higher quality appearance to the photograph.

5- Shooting angle should be determined

The most significant step is that the surface in the photo is clean. Another detail is to ensure that the ingredients of the food to be photographed are visible to users.

6- Be fast while shooting

Food prepared for shooting will begin to deteriorate rapidly. For this reason, it is of great importance that the shooting takes place within a maximum of two minutes.

7- Post-production phase after shooting should not be forgotten

After photographing the food, necessary revisions must be made through some photo editing programs.

DO NOT FIGHT WITH MIGRAINE AND GET ALONG WELL WITH IT!

Migraine, the most common type of headache, affects many people's daily lives and quality of life. Pediatric Neurology Specialist Prof. Dr. Ebru Kolsal made a statement during the 5-11 September Migraine Awareness Week. Stating that headaches experienced in childhood are one of the most common complaints, she also added, "Do not fight with migraine, get along well with it."

Migraine and tension-type headaches are among the two most common causes of headaches. In migraine, in which headaches of varying intensity and severity are often throbbing sensations, avoidance of light and noise and situations such as nausea and vomiting are among the complaints of the patients. Migraine diagnosis is more common in individuals with a family who has a migraine history.

ONE MUST BE CAREFUL ABOUT SUDDEN ONSET HEADACHES

Headaches greatly affect daily life, quality of life and school success in both children and adults. Prof. Dr. Ebru Kolsal, Child Neurology Specialist from Istanbul Gelisim University, Faculty of Health Sciences, Department of Child Development, made the following statements about September 5-11 Migraine Awareness Week:

"Headache is one of the most common complaints in childhood. Headaches reach 40% around the age of 7 and 70-80% in adolescence. Persistent headache is significant for the diagnostic approach. Sudden onset headaches must be taken seriously. There may be an infection accompanying the pain. Tumor-like formations that can cause increased intracranial pressure can be considered in headaches that wake people up at night, particularly in the morning accompanied by vomiting. It can also be a symptom of conditions such as loss of consciousness, seizures or loss of motor function, bleeding and stroke that occur with headaches.

DETAILED EXAMINATION IS REQUIRED WHEN DIAGNOSING MIGRAINE IN CHILDHOOD!

In Migraine with Aura (also called classic migraine) attacks, which is a type of migraine, patients see lines or circles before the pain starts. Along with these visual findings, which are the precursors of a migraine attack, sometimes severe pain in the eye, temporary paralysis-like symptoms in the eye muscles or zig zag lines in vision, blind spots can be observed. Especially in patients with such symptoms, epilepsy must be differentiated. Prof. Dr. Ebru Kolsal: "These visual symptoms or attacks of headache and vomiting can be confused with some types of epilepsy. When diagnosing migraine in childhood, it is definitely useful to have a detailed eye examination, imaging and EEG recording. Thanks to these examinations, diseases that should not be delayed in treatment will be caught."

CONSUMPTION OF CHOCOLATE, TEA AND COFFEE INCREASE MIGRAINE ATTACKS

It is known that migraine is a disease that progresses in attacks that last a lifetime. Depending on the frequency of the attacks, continuous drug therapy can be applied, or medication can be used only during the attack periods. Prof. Dr. Kolsal indicated, "The crucial thing here is to regulate living conditions and prevent attacks. Especially being sleepless and hungry increases the attacks. It is very significant for the patient with migraine to have a sleep pattern and to eat regularly. Moreover, the foods to be chosen in nutrition are of great importance in preventing attacks. Particularly ready-made foods containing additives, chocolate, excessive consumption of tea, consumption of coffee and fermented beverages increase migraine attacks. Identifying and avoiding foods that trigger attacks in patients with migraine will eliminate the need for continuous medication. You need to stay on good terms and stay away from behaviors you do not like by living like a friend, not by fighting migraines."

ANOTHER CONTRIBUTION FROM IGU TO SUSTAINABILITY AND ENVIRONMENTAL AWARENESS

Istanbul Gelisim University (IGU) Faculty of Fine Arts continues to be the pioneer of innovative approaches in education and training with the eco curriculum it has created within the scope of sustainability and environmental awareness.

Having a significant place in the world in terms of quality education, Istanbul Gelisim University continues to renew its education approach within the framework of current developments. In the Times Higher Education (THE) 2022 ranking, Istanbul Gelisim University achieved significant success in categories such as quality education, accessible and clean energy, healthy and quality life, clean water and sanitation, partnerships for purposes. It also contributed to sustainability and environmental awareness with the "Eco Curriculum" created by the Faculty of Fine Arts. With the eco-curriculum, it is aimed to contribute to the training of individuals who are environmentally conscious, innovative, adopting sustainability and protecting the environment and society principles.

NINE DIFFERENT COURSES

Nine different courses stand out in the eco-curriculum, which is prepared by taking into consideration the United Nations' Sustainable Development Goals (SDG). Many current issues such as environmentalism and sustainability, sustainability principles in buildings, climate and architecture, green building principles, energy problems, environmental awareness, sustainable development, and recycling are evaluated. The following courses are included in the curriculum contributed by all departments in Istanbul Gelisim University Fine Arts Faculty:

- Sustainable Design
- Food and Sustainability
- Film and Eco-Criticism
- Green Building Design
- Sustainable Materials in Design

- Global Environmental Issues
- Urban Identity and Cultural Sustainability
- Social Responsibility and Sustainability
- Ecological Literacy and Sustainability

NEW COURSES WILL BE ADDED TO THE CURRICULUM

Prof. Dr. Sükran Güzin Ilıcak Aydınalp, Dean at Istanbul Gelisim University Faculty of Fine Arts, emphasized that the eco-curriculum studies will continue in the future and new courses will be added to the curriculum. Considering the current problems in the world, people's perspectives on the environment need to change. In order to increase the level of consciousness in future generations, studies should be carried out from the early stages of the education and training process.

OUR STUDIES ON SUSTAINABILITY WILL CONTINUE

Prof. Dr. Aydınalp stated the following: “A university that acts with the vision of being one of the world universities that continuously create value on the path of “Development” and that has identified sustainability as the main theme must observe the relevant requirements in all its activities. We will be conducting many different activities not only within the scope of the curriculum, but also within the scope of sustainability in the future”.

OUR GOAL IS TO CREATE GREEN CAMPUS

Prof. Dr. Aydınalp also indicated, “We plan to increase the number of applied courses on sustainability and the environment in the future. In many foreign universities, students have the opportunity to be a part of the process instead of getting theoretical information. They can set up farms, grow crops, and participate in urban farming groups within the campuses.”