

**DO NOT DO IT TO YOUR PETS!**

The craziness pertaining to the dying the hair of dogs and cats turned out to be a trend worldwide in recent years. Prof. Dr. Rifat Mutuş, who made an explanation about the matter, indicated that the use of dye products on animals may cause serious health problems, even further the death as well.

The pets with their hair dyed by their owners, who want to distract attention, are frequently seen at streets. This treatment, made entirely towards the discretionary and visual anxieties of people with the effects of social media sharings, has serious negative effects on the animals. The use of these products on the animals may be causing the occurrence of serious health problems such as allergy, poisoning and changes in behaviours and even the deaths of them as well.

**DYES HAVE TOXIC EFFECT**

Prof. Dr. Rifat Mutuş, who is the Dean of the Faculty of Health Sciences of the Istanbul Gelisim University (IGU) and indicated that the dye products, produced for people, have negative consequences for the animals, further said that "The contact of these products with the animal skin may cause various types of skin problems such as irritation, itching, burning and so on. Nevertheless, it may cause digestive system problems where the symptoms such as vomiting, diarrhoea and so on, as a result of toxic effects of the dyes following the licking by dogs and cats of their hair." and also indicated that the sense of smell of animals are developed very well and distinguish even the smells at low-density."

**NATURAL SMELL OF ANIMALS IS NOT TO BE SUPPRESSED**

It is necessary to abstain from the behaviours that will spoil the natural structure of animals through the use of aesthetical materials, designed for the people, over the pets. Mr. Mutuş, who indicated that the materials so used may affect the behaviours of the animals by creating toxic effect on them, further said: "The sense of smell takes up a role at the first degree in animals at structuring the emotional behaviours. As a consequence, the use of dyes having a certain aroma that will suppress the natural smells of animals may cause abnormal changes in the behaviours of animals."

**OBESITY IS SEEN IN 40 % OF PATIENTS SUFFERING FROM ASTHMA**

The asthma disease that has been a serious public health problem affecting an approximate number of 370 millions of people throughout the world is seen on one among every 13 persons in our country. Dr. Nurten Elkin, who is a Public Health Specialist from the Istanbul Gelisim University and drew attention to the fact that there was not any drug therapy available in any part of the world totally eliminating the asthma, emphasized the false facts in asthma on the occasion of May 5 International Asthma Day.

The asthma, which affects the people from every age, however, can be taken under control only through correct methods of treatments, is not a disease of childhood as thought and may be developed at later stages as well. Mrs. Elkin, who made evaluations with relation to the disease, experienced relevant increase in the number of cases every year, emphasized that there might be a fall in the daily life qualities of the patients suffering from the asthma.

## “NO DRUG TREATMENT TOTALLY ELIMINATING THE ASTHMA IS AVAILABLE ANYWHERE IN THE WORLD”

The asthma, known as a chronic lung disease, is not a contagious infection, however, allergens, occupational factors, use of tobacco products, domestic and external air pollution, infections, upper respiratory tract infection (flu, sinusitis, nose polyp and so on), psychological factors, drugs, foods and so on, may cause the asthma. Dr. Nurten Elkin, who is a Public Health Specialist from the Faculty of Health Sciences of the Istanbul Gelisim University and said that no drug treatment totally eliminating the asthma was available anywhere in the world, continued to indicate as follows:

“The disease shows itself with symptoms such as recurrent difficulty in breathing, wheezing/rattle/whistling occurring while breathing, chest tightness, cough and so on. The objective of the asthma treatment is to take the complaints of disease under control and cause the life of the patient to be maintained in a way as close as to the normal life. The symptoms of the asthma could be taken under control with administering convenient drug treatment. It is crucially important to abstain from the factors causing the occurrence of the disease and use of drugs in a proper and regular manner.”

The asthma is seen in one among every 12-13 adults and one of every 7-8 children in our country.

## OBESITY IS SEEN AMONG 40 PER CENT OF THE PEOPLE SUFFERING FROM THE ASTHMA

The researches so made show that the use of drugs by the patients as instructed by their physician, giving up smoking and loss of weight by the obese patients, nourishment in a balance and sound way, exercising regularly, keeping the ambient air breathed clean facilitate the control of the asthma. It is reported that 30-40 % of the patients suffering from the asthma also suffer from the obesity as well, and loss of weight could improve the control of the illness. Mrs. Elkin indicated that the loss of weight among the asthmatic patients, who also suffer from the obesity, under the observation of physicians and dieticians would affect the course of the disease in an affirmative way, and it is also understood from the researches that giving up smoking and loss of weight among the patients suffering from obesity have facilitated the control of the asthma.

## IF YOU SUFFER FROM THE ASTHMA, KEEP AWAY FROM THE FOLLOWING!

The Academic Member Dr. Nurten Elkin, who indicated that there are many false facts available among the public, listed up especially those that the patients suffering from the asthma have to pay attention thereto. In this respect it is necessary:

1. To increase ventilation in residents and workplaces.
2. To protect from domestic dusts and mites, and wear mask while doing domestic work.
3. To wear mask while getting in touch with the pets.

4. Not to disregard wearing sun glasses and masks in order to protect from pollen during the mid-seasons.
5. To prevent the contact of the patient with tobacco smoke.
6. To abstain from the gases arising from paints and polishes, stoves, oven fuel, fried oil and so on, and the rooms related thereto have to be ventilated properly in case of these kinds of circumstances.
7. That it is possible to make exercises and even further, heavy sports if the disease is under control in the patients suffering from the asthma.
8. That the opinion having indicated that the asthma drugs cause addiction is entirely untrue, and none of the medicines, used in the treatment, has any effect creating addiction. When the medicines abandoned, the patient will never suffer from the lack of such medicine(s).
9. Not to use the substances having irritation effects such as bleaches, hydrochloric acid and so on, among the cleansing materials at domestic places.

The Academic Member Dr. Nurten Elkin, who indicated that it was possible to put the asthma under control through the related treatment, further emphasized that taking necessary protective measures and raising the conformance of the patient to the treatment might create important developments in the course of the disease in the event that the triggering and risk factors were abstained therefrom.