

PEOPLE WHO HAVE CHILDREN UNDER THE AGE OF 1 SHOULD BE CAREFUL: THIS BACTERIUM AFFECTS CHILDREN THE MOST!

Salmonella (Salmonellosis) bacteria, which is detected in packaged snack products frequently consumed by children, causes thousands of casualties and economic losses every year. Underlining that this bacterium is seen more in children younger than one year old, Prof. Dr. Mustafa Nizamlioglu warned parents.

The world took action after Salmonella was detected in 151 foods linked to chocolate products. This bacterium, which is usually transmitted to humans from animal foods, demonstrates itself with symptoms such as vomiting, abdominal pain, diarrhea and fever. Prof. Dr. Mustafa Nizamlioglu, from the Department of Food Hygiene and Technology at Istanbul Gelisim University, stated that the symptoms last between 1-7 days and the severity of the disease varies depending on the number of bacteria taken and the resistance of the person.

“KNOW THE AGENCY, PROTECT YOURSELF FROM BACTERIA!”

Salmonella, which poses a serious public health risk, ranks first among foodborne infections. The bacteria that have been detected in the packaged products of world-famous brands in recent times brought the question to those who consume these products, “What if I had this bacteria too?”. Prof. Dr. Mustafa Nizamlioglu: The widespread presence of Salmonella in nature and the environment facilitates its transmission to humans. Knowing the causative agent, the characteristics of the infection and the risk factors are very significant in the prevention of bacteria.

ONE IN EVERY THREE FOOD BORNE ILLNESSES IS CAUSED BY SALMONELLA

Prof. Dr. Nizamlioglu indicated the following: “Salmonella bacteria, which has over 2600 species, is mostly found in children younger than 1-year-old. One in three foodborne diseases in the EU is caused by Salmonella. The second most commonly reported gastrointestinal infection in humans. As a result of the widespread use of antibiotics in animal feeds and the unconscious use of antibiotics, we observe that this bacteria is increasing even more, as a large number of antibiotic-resistant animals are raised. The toxic effect of the disease is that it is more severe in young children, the elderly and individuals with other diseases.

DEATH RATE IS UNDER 1%

Prof. Dr. Nizamlioglu remarked that the mortality rate for Salmonella is below 1%. Red meat and egg products are the most risky foods. He further explained the ways to protect from bacteria as follows:

“Foods such as milk, cream and cream products, mayonnaise, seafood (mussels, shrimp), salads, convenience food, vegetables and fruits that may be associated with animal products are in the high risk group. To protect yourself from bacteria, first of all, make sure the hygiene of the foods you consume. Contaminations must be avoided in the preparation of foods. It is very crucial that the products that will deteriorate quickly are produced by cold storage. Moreover, effective heat treatment (pasteurization) should be done to prevent the activities of microorganisms in food”.

LOCAL FLAVORS OF TURKISH CUISINE HAVE BEEN REFORMED WITH IGU STUDENTS!

Students of Istanbul Gelisim University Gastronomy and Culinary Arts Department ranked third in the Local Chef Universities Competition within the scope of the 4th International Gastronomy Festival (GastroAntep) held in Gaziantep.

The 4th International Gastronomy Festival (GastroAntep) was held in Gaziantep between 15-18 September. In the festival, the theme of which is "Sustainability and Biodiversity", the "Local Chef Universities Competition" was held, where the students of the Gastronomy Department of the universities could also show their talents.

Samet Tutuř, Özge Özkan and Esra Çoraksu, students of Istanbul Gelisim University Gastronomy and Culinary Arts Department, won the third prize with their khash (sheep's head and foot soup) and Beyran soup (a famous Antep dish prepared with lamb), spicy ground beef wrapped in lase fat, back of lamb and crispy kadayif (oven baked shredded pastry with pistachio filling in thick syrup angel's hair dessert) with pistachio and baklava (sweet pastry with nuts).

ONLY 6 UNIVERSITIES ARE INVITED TO GASTROANTEP!

Gaziantep, the most famous Turkish cuisine, offered future chefs the opportunity to practice what they learned at the Local Chef Universities Competition organized as part of the 4th International Gastronomy Festival. 3 students from each university participated in the competition, where only 6 universities in Turkey were invited. Samet Tutuř, Özge Özkan and Esra Çoraksu, students of the Department of Gastronomy and Culinary Arts of the Faculty of Applied Sciences, represented Istanbul Gelisim University and exhibited the unforgettable tastes of Turkish cuisine with great success.

The 4th International Gastronomy Festival, which ended with the Masatder Chef Competition on September 18, hosted local/foreign chefs and gastronomy professionals for three days.

AN OVERPROTECTIVE PARENTAL ATTITUDE CREATES SOCIAL PHOBIA

Social phobia is defined as a situation where people refrain from interacting in social environments with fears and concerns such as being criticized for wrongdoing in crowded, being humiliated, embarrassed or being unsuccessful. Psychiatrist Asst. Prof. Dr. Yasin Genc stated that there is a genetic predisposition and protective parental attitude in the formation of social phobia.

In some people, anxiety and fear behaviors experienced in situations that require their relations with society prevent social life and cause negative effects on physical and mental health. Social phobia is a condition with the highest prevalence and loss of functionality among anxiety disorders. Physical effects such as palpitations, sweating, flushing, trembling and difficulty in breathing are observed when speaking in public, making presentations or attending events such as meetings.

SOCIAL PHOBIA COMMONLY STARTS IN CHILDHOOD AND ADOLESCENCE

Social phobia usually begins in childhood and adolescence. Psychiatrist Asst. Prof. Dr. Yasin Genc from Istanbul Gelisim University (IGU) Faculty of Economics, Administrative and Social Sciences, Department of Psychology, stated the following: "The age to apply for treatment is between 18-30 years old. Most of the patients do not seek treatment even though they live poorly. Because of this fear, one cannot

speak in front of others, make presentations, ask for something from their superiors, offer friendship to the opposite sex, eat at a restaurant or with their friends, and cannot enter public toilets. In cases of anxiety, there may be flushing or paleness of the face, trembling in the hands, sweating, speech disorders, palpitations and breathing difficulties. Some patients may try to treat themselves with substances such as tranquilizers before entering social situations or performing. With substance and alcohol abuse, the situation can become more complicated.”

GENETIC SUSCEPTIBILITY AND ENVIRONMENTAL FACTORS ARE SIGNIFICANT

It is considered that there is a genetic predisposition and environmental factors in the development of social phobia. Particularly in twin studies, there is a genetic contribution of up to 50%. Asst. Prof. Dr. Yasin Genc: “Overprotective parental attitudes can create a predisposition to social phobia by preventing the normal process of development of social abilities. Parents' overemphasis on the importance of other people's opinions may also make the child susceptible to negative evaluation from other people.” Moreover, socially anxious parents may lead to the development of social phobia in the child in the future by restricting the child's interaction with social environments in order to control their own anxiety. Apart from social phobia, other anxiety disorders, depressive disorders and alcohol use in the parents will also increase the probability of social phobia in the child.

INCREASING THE NUMBER OF HIGH-SPEED TRAINS CONTRIBUTES TO SUSTAINABILITY

Due to the interest in the high-speed train and the citizens' demands, the number of high-speed train services increased from 44 to 56 as of 10 September. Prof. Dr. Mustafa Karasahin made statements within the scope of the 23-29 September Rail Safety Week. He also indicated the most significant feature of railway transportation is the use of zero-emission electrical energy, adding that it contributes to sustainability.

Upon the request of the citizens, the number of high-speed train services was increased from 44 to 56 as of 10 September. Adil Karaismailoglu, Minister of Transport and Infrastructure, announced that on September 10, when the high-speed train service capacity increase was put into use, the passenger transport record was broken with 31 thousand 651 passengers per day. Mustafa Karasahin from Istanbul Gelisim University (IGU) Engineering and Architecture Faculty Civil Engineering Department, who made a statement within the scope of the 23-29 September Rail Safety Week, also remarked that railway vehicles are environmentally friendly and zero emission electrical energy is used.

“IF ALL ELECTRICAL ENERGY IS PRODUCED FROM RENEWABLE ENERGY SOURCES, THE GREENHOUSE GAS EFFECT WILL BE MINIMUM”

Along with the development of high-speed train management in Turkey, railways have gained an important market in passenger transportation. The development of high-speed train capacity has increased both the transportation between cities and the number of tourists. Sustainability was contributed by increasing the number of high-speed trains, which have significant advantages in terms of environmental pollution and energy saving. The most crucial feature of railway transportation is the use of zero-emission electrical energy. Prof. Dr. Mustafa Karasahin also added the following:

“If the electricity used in railway vehicles is produced entirely from renewable energy sources, the greenhouse gas effect of high-speed train vehicles is at the zero level. Considering that the use of



electric energy in road vehicles has just come to the fore, it is easy to comprehend how eco-friendly railway vehicles are. The use of renewable energy sources in the electrical energy produced in our country is 35%. The remaining electricity is produced with natural gas and coal. In conclusion, if all of the electrical energy is produced from renewable energy sources, the greenhouse gas effect of high-speed train vehicles will be minimized.”