

THIS ILLNESS IS DIFFICULT TO DIAGNOSE

Emphasizing that attention deficit and hyperactivity disorder (ADHD), which has been on the agenda of children for the last ten years, is also high in adults, Asst. Prof. Alişan Burak Yaşar stated that according to the results obtained in a study, one out of every twenty adults has this disease, and said, "Six percent of adults have attention deficit and hyperactivity disorder."

Defining attention deficit and hyperactivity disorder as a kind of "hidden pandemic", Istanbul Gelisim University Asst. Prof. Alişan Burak Yaşar pointed out that the incidence of this lifelong disease in adults is quite high. In a meta-analysis article, especially in adults, 6 to 7 percent of attention deficit and hyperactivity disorder were detected, Asst. Prof. Yaşar said, "At least one out of every 20 people have symptoms of this disease."

Stating that if the disease started in childhood in an individual, the neurobiological symptoms and complaints may continue throughout life, Yaşar noted that the disease can be noticed as hyperactivity in children and predominantly attention deficit in adults. Yaşar emphasized that in studies on this subject, if a child has attention deficit and hyperactivity, it is highly likely that one of his parents will also have it.

VERY LOW DETECTION RATE

Mentioning the low rate of recognition of attention deficit and hyperactivity disorder, Yaşar said, "The development of psychology and psychiatry has accelerated in the last hundred years. Many diagnoses and classifications that we use in diagnostic books today actually consist of various categories that started in the 1930s and are updated approximately every 10-15 years. Therefore, it seems that the way we will go about mental illnesses is much longer. In addition, it is still very difficult to diagnose mental illnesses. We still mostly identify and treat diseases at the syndromic level. In this respect, we can link the developments in attention deficit and hyperactivity disorder to the studies in the last two decades."

CAUSES TRAUMA IN THE INDIVIDUAL

Stating that the disease progresses differently in adults and children, Yaşar said, “There are two parts of attention deficit and hyperactivity disorder. One of them is attention and the other is mobility symptoms. What is noticeable in children is more hyperactivity that attracts attention. If the child looks naughty, can't stand still and shows activity, it is immediately noticed and expressed as hyperactive in the society. However, as age progresses, mobility decreases and attention deficit remains dominant. For example, when an individual is given a sequential task, they cannot organize the given task and gets bored quickly. When they start a job, they show a high performance at first, but when the feature of being new wears off, they have difficulty in maintaining that job, they get bored and their performance drops rapidly. These individuals are often clumsy. In this syndrome, which we abbreviate as ADHD, they forget their belongings somewhere, lose them and have a hard time finding them. They cannot focus on their environment and when a question is asked, they try to answer it before the question ends or they interrupt the conversation in the middle. They are also bad at time management. They can't organize the time, so they are either late for meetings or come too early to make up for it. We see such people very often in our daily lives and unfortunately we label them as lazy and act as if they are so on purpose. People also see these situations as personality traits. Thus, they may have a much lower performance than they can do. In addition, we consider attention deficit mostly career-oriented, but it affects social relations more. It can lead to consequences up to exclusion in social relations, and this can cause a lot of trauma in the person.”

HIGHLY COMMON

Talking about the treatment methods of the disorder, Yaşar said, “If we roughly express attention deficit and hyperactivity disorder, we can say that it is a filter disorder in the mind that collects and maintains attention. This disease is like a hidden pandemic because it is so common and affects quality of life. In this regard, professional treatment is very important. The most important treatment method is pharmacological treatment. In addition, there are drugs that will improve people's quality of life. There are also various methods of psychotherapy and social

interventions. We saw that our patients also took some precautions to manage the disease. We have patients who keep daily notes, plan their lives and work lives, and develop various tactics in order not to be late for their destination. We use a variety of such strategies for our patients in psychosocial interventions and therapies. However, the most important treatment method is the drug treatment.”

POOL-BORNE INFECTIONS ARE CAUSED BY PARASITES

Providing information about pool-borne infections, Public Health Specialist Dr. Nurten Elkin said, “Pool-related infections are usually caused by parasites (43.6 percent). As viral agents, adenovirus, hepatitis A, norovirus and echovirus are generally detected.”

Public Health Specialist Dr. Nurten Elkin evaluated swimming pools in terms of health.

FECAL PARASITES HAZARD IN POOL OUTBREAKS

Indicating that pool-borne infections are usually caused by parasites, Dr. Elkin said, “Shigella and Escherichia coli can be responsible for epidemics from swimming pools. While diarrhea, fever and nausea are observed in Shigella outbreaks, epidemics caused by E. coli may include bloody diarrhea, hemolytic uremic syndrome (a disease characterized by the development of hemolytic anemia and acute renal failure, usually in young children and the elderly), vomiting, and fever. Giardia and Cryptosporidium are fecal-borne parasites that are increasingly important in pool-borne outbreaks.”

Stating that health problems that may arise from swimming pools and similar environments are evaluated in three groups, Asst. Prof. Nurten Elkin said, “These are suffocation and injuries, microbiological risks and exposure to various chemicals. Drowning is one of the most common causes of death in the world. While not all cases of drowning result in death, it may result in permanent health problems that can last a lifetime in some individuals.”

Dr. Elkin continued her speech as follows:

“The most important factors affecting the prognosis in drowning are the ability to provide effective rescue and first aid in a short time, and then to apply a good hospital treatment program. Drowning is mostly observed in young children and is seen in individual swimming pools and similar environments in homes rather than public swimming pools. It is thought that the main reason here is that these environments are considered safe by the parents hindering the control of the children.”

THE MOST IMPORTANT REASON OF OUTBREAKS IS THE INSUFFICIENCY OF DISINFECTION APPLICATIONS

Emphasizing that regulations regarding pool water temperature are especially important for those with health problems, pregnant women and children, Dr. Elkin stated that the microbiological risks that may arise from swimming pools are usually caused by the contamination of the water by the feces of the pool users and added, “Moreover, the water being used may be contaminated from the source. Another source of pathological microorganisms in pool water is the dumping of human-made garbage into the pool or its surroundings. However, regardless of the source of microbiological contamination, the most important cause of pool-borne microbiological outbreaks is the inadequacy of disinfection applications.”

Dr. Elkin warned that swimming pools and similar environments may contain various physical, chemical and microbiological risks that may threaten the health of the society, and that practices for the control and regulation of these environments have an important place in preventive health services.

“MAKE YOUR TOP FIVE PREFERENCES WELL”

With the announcement of the results of the Higher Education Institutions Exam (YKS), the preference period for university candidates has begun. Giving advice to the candidates for the period that will start on August 5 and end on August 20, Abdulkadir Gayretli said, "Especially make your first five choices in order to benefit from the preference scholarships."

"EVERY STUDENT CAN STUDY IN ANY DEPARTMENT"

Reminding that the number of candidates whose exams are valid according to the 2021 YKS results is 2 million 416 thousand 748, Istanbul Gelisim University (IGU) Chairman of the Board of Trustees Abdülkadir Gayretli stated the candidates should not take a gap year, thinking that they will not be able to get into the department they want and added:

"If students do not have enough points to realize their ideals, they can transfer with a base score after studying for a year or a semester. If they want, they can transfer from a state university to a foundation university or vice versa. Even if students are placed in departments they do not want, they should not worry. Now, with double major, minor and lateral transfer opportunities, every student can easily study the department they want."

"GET A DOUBLE DIPLOMA"

Gayretli stated that they give scholarships of up to 50 percent to students preferring Istanbul Gelisim University in their first five choices and said, "Those who enroll in an undergraduate or associate degree program that is in their top five preferences of ÖSYM list receive a preference discount of up to +50% in addition to the ÖSYM scholarship. There are almost no students without a scholarship and all of our students have the chance to do a double major. The student gets a double degree by doing a double major without paying any fee to the department or the university, where he can not be placed through the exam."

Speaking about the candidate students who will prefer associate degree, Abdulkadir Gayretli said, "They can choose two-year departments and complete their education in 4 years after they are successful in the exam they prepared with our university's free Vertical Transfer Exam (DGS) courses."

Stating that the engineering and architecture departments are the oldest professions, Gayretli emphasized that "The working areas of these professions that will survive as long as humanity exists are wider."

“DIPLOMAS HAVE INTERNATIONAL VALIDITY”

Gayretli stated that a total of 63 programs have been accredited by international accreditation institutions and said, “With the accreditations, our students' diplomas have gained international validity. We have proven that our education quality is at international standards.”

ARTMINI EXHIBITION OPENED IN QUEBEC, CANADA

Attended by Turkish painter Ahmet Özel, the 11th Artmini Exhibition has been opened in Quebec, Canada. The exhibition, opened at the Louise-Carrier Gallery on June 27, can be visited until September 5.

The 11th Artmini Exhibition, where 256 works of 135 artists from 21 countries came together, opened its doors to art lovers. Participating from Turkey to the exhibition opened in Quebec, Canada, Istanbul Gelisim University Asst. Prof. Painter Ahmet Özel, takes part with two of his works.

COUNTRIES PARTICIPATING IN THE EXHIBITION

Germany, Australia, Canada, Croatia, Spain, the United States, France, Hungary, Israel, Italy, Lebanon, Malaysia, Mexico, Poland, Romania, England, Slovenia, Sweden, Switzerland, Turkey and Ukraine joined the exhibition, in which many artists take part.