

### **“THE PROFESSION SHOULD NOT BE CHOSEN JUST FOR INCOME”**

Making statements to the students who were entitled to enroll in the university after the YKS placement results, Asst. Prof. Derya Kavgaoglu said, “Even though the dominant effect of economic conditions on the choice of profession is known, the profession is a set of activities not only to generate income but also to meet psychological and social needs.”

YKS placement results have been announced. Evaluating the points that young people consider when making a choice, Asst. Prof. Derya Kavgaoglu said, “Young people take into account how much the profession can help them realize their potential in line with their interests and abilities, and how it will contribute to their gaining social prestige, as well as the economic return of the profession. The researches show that even people who do not have to work with the concern of earnings, to a large extent, prefer to be performing a profession.

### **“THE PROFESSION IS NOT A FATE ANYMORE”**

Emphasizing that in the 21st century, the profession is no longer a life-long destiny that can only be obtained by high exam scores, Kavgaoglu said, “Technological developments and industrialization in the 21st century, on the one hand, differentiate valid knowledge and skill sets, and on the other hand, shape the scenarios related to the future of education. Having skills such as life and career skills, learning to renew and learn, knowledge curiosity, and media and technology skills, which are also known as 21st century skills, can positively affect the practice of developing and designing the future in that profession as well as choosing the right profession.”

### **“MANY TRADITIONAL PROFESSIONS HAVE LOST VALIDITY”**

Stating that many traditional professions have lost their validity, Kavgaoglu said, “Many previously unknown professions supported by new digital technologies such as artificial intelligence, internet of things and augmented reality have entered the list of future professions and are already in demand. The constant change of

current professions with interdisciplinary combinations will be an advantage for the new generation that is sensitive and adaptable to this change, as well as self-aware and aware of their competencies. Students who can associate their personal qualities with the features required by the professions will discover and design professions in which they can work with pleasure and excitement, and will be able to achieve faster success on the career path they have opened for themselves.”

#### **“THE FAMILY, SOCIETY AND INSTITUTIONS HAVE DUTIES”**

Stating that the families, society and institutions have some duties and responsibilities to support young people to create value for themselves, for the society and the world they live in, by using their potential, Asst. Prof. Derya Kavgaoglu said, “It is necessary to support students to get to know themselves from an early age, discover their interests and talents, experience the pleasure of success in projects suitable for their interests and abilities, support these processes with objective measurement tools, provide information about current professions and educational opportunities in the world, encourage their excitement on this issue, and make decisions. It can be considered in this context to support teaching skills, produce professional information, provide professional and vocational guidance and counseling, and create and implement effective education policies for all of these purposes.”

#### **A TREATMENT METHOD OF RHEUMATIC DISEASES; EXERCISE**

Stating that one of the potential treatments for rheumatic patients is exercise, Physiotherapist Çağıl Ertürk said, “Instead of thinking that exercise increases inflammation, physical activity is now advocated as an anti-inflammatory treatment for patients with rheumatic diseases.”

Emphasizing that persistent systemic inflammation, which is a typical feature of rheumatic diseases, is associated with high cardiovascular risk and predisposes to metabolic disorders and muscle loss, Physiotherapist Çağıl Ertürk said, “These disorders can create a vicious cycle of chronic inflammation by leading to decreased physical activity, exacerbation of inflammation and the development of a network of chronic diseases.”

## MAY INCREASE THE DEVELOPMENT OF CHRONIC DISEASES

Ertürk continued his speech as follows:

“Persistent systemic inflammation is a typical feature of inflammatory rheumatic diseases such as rheumatoid arthritis and systemic lupus erythematosus. Chronic inflammation predisposes to a network of chronic diseases such as insulin resistance, dyslipidemia, accelerated vascular occlusion problems and thus type 2 diabetes, cardiovascular disease and dementia. Disease-specific symptoms may adversely affect the mobility, physical activity and physical capacity of patients with inflammatory rheumatic disease. Physical inactivity can cause fat accumulation in the internal organs and further increase the development of chronic diseases in this 'vicious circle' of chronic inflammation.”

## “MYOKINE PROTEIN RELEASES DURING EXERCISE”

Stating that skeletal muscle communicates with other organs by secreting proteins called myokines during exercise, Physiotherapist Cagil Erturk from Istanbul Gelisim University Faculty of Health Sciences said, "Some myokines create anti-inflammatory responses in each exercise session and mediate the improvements in cardiovascular risk factors with long-term exercise and indirectly. It is thought to have an anti-inflammatory effect. “Therefore, contrary to fears that physical activity may exacerbate inflammatory pathways, exercise is a potential treatment for patients with rheumatic diseases.”

## ASPERGER'S SYNDROME SYMPTOMS MAY INCREASE DURING SCHOOL- AGE

Child and Adolescent Psychiatrist Assoc. Prof. Canan Tandır made statements about Asperger's syndrome (AS). Stating that the cause of the syndrome is not yet known, Tanıdır said, "The characteristic symptoms usually appear around the age of 8-10. The difficulties associated with the syndrome become more apparent as children go to school since at these ages, social expectations increase.”

Providing information about Asperger's Syndrome (AS), Child and Adolescent Psychiatry Specialist Assoc. Prof. Canan Tanıdır, "It is one of the pervasive

developmental disorders characterized by significant difficulties in social and communication, limited interests and repetitive movements. The difference from classical autism, which is the first example of pervasive developmental disorders, is that there is no significant delay in language development, cognitive development and self-care skills in the first 3 years.”

#### “WEAK EMPATHY SKILLS”

Child and Adolescent Psychiatrist Assoc. Prof. Canan Tandır shared the following information about the syndrome:

“In 1944, Austrian Pediatrician Hans Asperger described four children who had difficulty integrating with their peers socially. Being unaware of Kanner's definition of ‘early infancy autism’ published a year before him, he called this self-described “autistic psychopathy”. Hans Asperger stated that these children, despite preserved intellectual skills, are markedly deficient in non-verbal communication such as gestures and tone of voice, and have weak empathy skills, a tendency to intellectualize emotions, and interests in unusual subjects make up a large part of their speech.”

#### “OCCUR BY 8 – 10 YEARS OLD”

Emphasizing that the cause of AS is not known yet, Child and Adolescent Psychiatry Specialist Assoc. Prof. Canan Tandır said, “Genetic inheritance is thought to be important in many cases. Characteristic symptoms usually appear around 8-10 years of age. The difficulties associated with the syndrome become more apparent as children go to school since at this age, social expectations increase.”

#### “THEY CANNOT RESPOND EMOTIONALLY”

“In fact, these individuals want to interact with others and make breakthroughs for this, but their approach is inappropriate and strange,” said Tandır and continued;

“They engage in a one-way, long-winded, pedantic conversation about an unusually narrow topic. They are excluded because of their inept social approach and insensitivity to other people's feelings, intentions, and implied communications.

Family members of individuals with AS complain of a lack of mutual emotional sharing. They cannot evaluate events from the other person's point of view and cannot empathize with the other person; therefore, they cannot provide appropriate emotional responses. This is considered as coldness and insensitivity by the other person. They have special interests that take up most of their time. It is problematic when people devote too much energy and time to this interest rather than its content. So much time and energy is wasted that little time is left for all other activities. Most of their social exchanges are also related to this area of interest.”