

DEPRESSION CAUSES EATING, EATING CAUSES DEPRESSION

Nutritionist Başak Can emphasized that depression, which is a treatable disease, supports psychotherapy along with drug treatment and that there is a need for individualized medical nutrition therapy, and said, "Depression and nutrition are two concepts that mutually affect each other quite a lot. While depression affects food intake, food intake also affects the risk of depression."

Stating that iron has many biological functions in our body and that the frequency of depression is significantly higher in individuals with iron deficiency, Nutrition Specialist Başak Can from Istanbul Gelisim University Faculty of Health Sciences Department of Nutrition and Dietetics said, "There is still no consensus for iron as there are studies against this. It is stated that the depression situation worsens in zinc and selenium deficiency. More studies are needed to determine the exact relationship between all these micronutrients and depression."

"IT IS SEEN MORE FREQUENTLY IN INDIVIDUALS CONSUMING LESS FISH"

Stating that deficiencies of vitamins such as C, B1, B3, B6, B12 and minerals such as folate, zinc and selenium are observed in individuals with depression, Başak Can said, "Likewise, in epidemiological studies, the incidence of depression is higher in individuals who consume less fish and have low levels of omega-3 fatty acids in the blood. In addition, the deterioration of the ratio of omega-6 and omega-3 fatty acids is also shown as one of the mechanisms that lead to depression."

"B6 AND B12 ARE EXTREMELY IMPORTANT IN NUTRITIONAL TREATMENT"

Stating that B vitamins have a very important place in the medical nutrition treatment of depression, Can said, "B vitamins are micronutrients that have a direct effect on monoamine metabolism in the central nervous system. Therefore; Vitamins B12 (low cellular SAM concentration in the central nervous system) and B6 (acting as a cofactor in tryptophan and serotonin pathways) have been found to be associated with depression in studies."

“MORE FRUIT, VEGETABLES AND LEGUMES SHOULD BE CONSUMED”

Can ended her speech as follows:

“Despite this, there are situations that should be considered in the nutrition of all individuals with or without a diagnosis of depression. Trans fat intake should be reduced. Plenty of fruits, vegetables and legumes should be consumed. Oily fish should be consumed at least 2-3 times a week, paying attention to the omega-3 fatty acid intake of 500 mg per day. Processed ready-to-eat foods should be excluded from the diet. Selenium-rich foods should be included in the diet, such as beans and legumes, lean meat, low-fat dairy products, nuts, seafood (oysters, sardines, crab, fresh and saltwater fish, whole grains (such as whole grain pasta, brown rice, oatmeal). Research shows that people with vitamin D deficiency have a higher rate of depression than people who are adequate in terms of vitamin D. Therefore, individuals should benefit from sunlight as much as possible. Individuals should increase their daily physical activity duration with activities such as walking, jogging, swimming. Mediterranean type diet is a very balanced and healthy diet. It contains plenty of B12 and folic acid. Accordingly, the health benefits of eating the Mediterranean diet should be explained to the public and the consumption of the Mediterranean diet should be expanded compared to the traditional Western diet.”

BREATHING EXERCISES FOR LUNGS DAMAGED FROM CORONAVIRUS

Providing breathing exercise techniques for lungs which are damaged by COVID-19 most, Physiotherapist Çağıl Ertürk says, “With the right breathing exercises one can make their lungs ready and stronger against coronavirus. Moreover, stronger lungs can help you overcome the process much easier.”

It is widely known that those who have healthy lungs and a strong immune system are luckier against viruses. In this context, the lungs, on which Covid-19 viruses stick, spread and do the most damage, have become more important for health after the pandemic. Having experienced Covid-19 and expressing that he overcame it much more easily with the breathing exercises he did, Physiotherapist Çağıl Ertürk underlines that the right breathing techniques strengthen not only the lungs but also the whole immune system.

“WE CAN HAVE A WELL-EQUIPPED WEAPON AGAINST COVID IF WE TRAIN OUR LUNGS”

From Istanbul Gelisim University Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation, Lecturer Çağıl Ertürk emphasizes that the lung capacity of those who have Covid-19 decreases and says, “The lung capacity of those who had or have Covid-19 decreases and this virus affects our breathing negatively due to inflammation, which we call cytokine storm. As we strengthen the functional capacity of our lungs during Covid-19, after or before we have the illness, we have a well-equipped weapon against it.”

“COMPLICATIONS CONTINUE UP TO A YEAR”

Stating that the problems in the lungs may continue from 6 months to 1 year after Covid-19, Çağıl Ertürk said that the breathing exercises to be done in this sense can shorten this process even more. Ertürk said, “In the post-Covid-19 period, these complications remind themselves within a period of at least 6 months. In other words, after a period of 6 months, these complications gradually decrease and disappear up to a year. I also felt its effects for six months after having Covid-19. But I repeated my exercises during and after I had the illness, and it made me get through this process a little easier.”

"CORRECT BREATHING IS IMPORTANT"

Ertürk said that according to recent studies, not only breathing but also correct breathing is important, “As a result of scientific studies, a common conclusion has been reached for both; breathing is not merely enough, how we breathe is also quite important for our immune system. If we can breathe slowly and deeply instead of taking an ordinary breath, we can stimulate our vagus nerve, which has been researched a lot in recent scientific terms. This nervous system calms our body and strengthens our fighting mechanism.

HERE IS THE BREATHING EXERCISE THAT STRENGTHENS BOTH THE LUNG AND THE IMMUNE SYSTEM!

Finally, explaining the exercises that strengthen both the lungs and the immune system, Ertürk said, “We need to exhale twice as long as our inhaling duration.

There are two types of breathing exercises. The first is chest breathing, the second is diaphragmatic breathing. We put our hands on the area we want to breathe before. We complete inhalation in about 3 seconds and then exhale in 7 seconds. If we do these exercises for both the chest and the diaphragm 10 times a day, it will support our immune system against Covid-19. Not only during exercise, but always for breathing, we should inhale through our nose and exhale through our mouth. Some people experience symptoms such as dizziness and nausea after a few repeats. If we encounter such a situation, we should stop doing the exercise and get into the resting state.”

ARCHAEOLOGICAL EXCAVATIONS CONTINUE IN ÇOBANKALE

Archaeological excavations continue at Çobankale Castle, which played an important role in repelling the First Crusade and the establishment period of the Ottoman Empire. Many researchers from various universities accompany the studies, in which Res. Asst. Esra Sayın from the Cultural Heritage Conservation and Restoration Department of Istanbul Gelisim University is also a part of the scientific committee.

Archaeological excavations, first carried out by Clive Foss and Prof. Dr. Halil İnalçık in the 19th century, continue in Çobankale, located in the Altınova District of Yalova. Excavations to uncover Çobankale and bring the region to cultural tourism are carried out under the direction of Assoc. Prof. Selçuk Seçkin from Mimar Sinan Fine Arts University. The project, supported by the Turkish Historical Society, continues uninterruptedly for 12 months of the year.

“MANY WORKS WHICH SHED LIGHT ON TURKISH HISTORY”

From Istanbul Gelisim University, Department of Cultural Heritage Conservation and Restoration, Esra Sayın gave information about the excavations and said, “The Çobankale Castle, built in the 11th century and thought to have been used until the 14th century, played an important role in the East Roman Seljuk struggle, repelling the First Crusade and the establishment period of the Ottoman State. In the archaeological excavations carried out since 2017, many artifacts that shed light on Turkish history have been unearthed.”

Sayın continued her speech as follows:

“Having witnessed important events in Turkish and world history, Çobankale also plays an important role in illuminating the historical geography of the Marmara Region. It is planned that the castle will be restored after the excavation works are completed.”

“PAST AND PRESENT OF THE MONTESSORI EDUCATION SYSTEM” CONFERENCE HELD

The conference titled "Past and Present of the Montessori Education System" was held under the moderation of Lect. Buse Kerigan, Department of Child Development, Faculty of Health Sciences, Istanbul Gelisim University (IGU). The conference, in which Lect. Selçuk Aydın Bülbul, President of the International Montessori Schools Education Association, was the speaker, was held online.

“IT PROVIDES OPPORTUNITIES TO LEARN BY DOING AND EXPERIENCED”

Selçuk Aydın Bülbul said that the researches on early childhood programs and their practices contributed to the emergence of different models in pre-school education. It is child-centered, giving importance to the prepared environment that makes the child independent in his own environment, providing the child with learning opportunities by doing and experiencing, giving importance to family participation, providing individual education and giving importance to cultural elements.

The importance of learning by doing was emphasized at the conference, in which Deputy Dean of the Faculty of Health Sciences Asst. Prof. A. Yüksel Barut, Head of Child Development Department Asst. Prof. Nurten Elkin and Prof. Dr. Nefise Semra Erkan attended.