

## **EXPOSURE TO LOUD SOUNDS FOR MORE THAN 8 HOURS IS HARMFUL TO HEARING**

Noting that the studies on the harm of headphones to human health in recent years have shown that being exposed to sounds of 85 dB for more than 8 hours is harmful to hearing health, Audiologist Lect. Mehmet Uyar said, "It makes people restless, prevents verbal communication, reduces work efficiency. It causes sleep problems. It causes damage to the sense of hearing and auditory canals."

Technological developments affect our lives more and more every day. Headphones are one of them. Earphones were previously an accessory attached to the music player, but they have entered our lives more and more with the developing mobile phone technologies. Stating that technology can harm people as well as being beneficial, Audiologist Lecturer Mehmet Uyar said, "Many studies have been conducted on the harm of headphones to human health in recent years, and these studies show that being exposed to sounds of 85 dB for more than 8 hours is harmful to hearing health." Talking about the effects of noise on human health, Audiologist Mehmet Uyar added, "It makes people uneasy. It inhibits verbal communication. It reduces operating efficiency. It causes sleep problems. It causes damage to the sense of hearing and paths."

### **THERE ARE TWO KINDS OF EFFECTS ON THE HEARING SYSTEM**

Stating that noise has two kinds of temporary and permanent effects on the hearing system, Uyar said, "If a normal ear is exposed to harmful noise for a long time, hearing sensitivity occurs and this occurs as a temporary decrease in hearing threshold. But this returns to normal after a while. This phenomenon usually resolves after two hours of exposure to noise. Most temporary threshold changes resolve within the first two days, approximately 16-18 hours. A temporary threshold change of more than 40 dB is diagnosed as pathological and is associated with a permanent threshold change. Permanent hearing loss can be defined as irreversible hearing loss that occurs prominently at 4 kHz. While hearing loss is at its highest level in the first 2-3 years, it progresses gradually after 10-15 years. Hearing remains the same after exposure to noise is eliminated. It is a clinical picture that continues with tinnitus

and dizziness. It can be seen in one ear. As hearing loss, sensorineural hearing loss can be seen alone or together with conductive hearing loss.

Uyar continued his words as follows:

“In this type of noise-induced cochlear hearing loss, partial or complete damage to the organ of Corti can be seen with rupture of the eardrum, rupture of the ossicular system, fistula formation in the round and oval windows due to trauma in the middle ear and inner ear. Listening to loud music with headphones for long periods of time can have temporary and permanent effects on the auditory system.”

#### ATTENTION TO THESE SYMPTOMS

Noting that tinnitus and headache are the main complaints arising from the use of digital musical instruments, Uyar said, “Hearing loss and related problems can be observed in 10 percent of those who listen to music with headphones. Early symptoms such as humming and ringing may be ignored by the person. However, hearing loss can be noticeable when the person's communication with the environment is impaired, and in this case, it may be too late. Our advice to young people who like to listen to music with headphones is to apply to a specialist without wasting time when the first complaints about their hearing systems begin to occur (buzzing in the ears, pain, hearing loss, ringing etc.).”

#### **“HEART ATTACK RISK IS HALVED FIVE YEARS AFTER QUITTING SMOKING”**

Stating that more than 19 thousand people die in a day in the world due to diseases caused by smoking, Public Health Specialist Dr. Nurten Elkin, “Two hours after quitting smoking, nicotine starts to leave the body. After six hours, heart rate and blood pressure begin to drop. In five years, the risk of heart attack is reduced by half.”

Indicating that about seven million people die every year in the world due to smoking, Dr. Nurten Elkin made statements about the importance of not smoking in healthy living behaviors and the its harms to the health. Underlining that smoking,

hookah, pipe smoking or passive smoking create psychological and physical dependence on the person over time, Dr. Elkin said, "There are more than 4,000 chemicals in tobacco products. Cardiovascular diseases, lung diseases and chronic obstructive pulmonary disease caused as a result of narrowing of the bronchi, vascular occlusion and related paralysis, gastric gastritis, ulcer and stomach cancer, yellowing of the skin, wrinkles, skin cancer, bad breath and yellowing of teeth are some of the important health problems."

#### "WITHIN 2 TO 12 WEEKS BLOOD CIRCULATION IS IMPROVED"

Stating that nicotine begins to be excreted from the body two hours after quitting, Dr. Nurten Elkin said, "After six hours, heart rate and blood pressure begin to decrease. After twelve hours, the toxic carbon monoxide from cigarette smoke is cleared from your bloodstream and makes your lungs work better. After two days, your senses of taste and smell become sharper. Within 2 – 12 weeks, blood circulation improves, which facilitates physical activities such as walking and running. After three to nine weeks, problems such as coughing, shortness of breath, wheezing will decrease and your lungs will become stronger. Within five years, the risk of heart attack is reduced by half. After ten years, the risk of lung cancer is halved, while the risk of heart attack falls to the same rate as a person who has never smoked."

#### "BRUSH YOUR TEETH, TAKE A SHOWER"

"Decide on your quit day. Throw away all cigarettes, lighters, matches and ashtrays around you. Set small goals. Find activities to distract yourself. Brush your teeth and take a shower more often. Watch your diet, drink plenty of water. Stay away from the factors that will trigger your desire to smoke. Stop your urge to smoke by chewing gum or drinking herbal tea. Get fresh air, move. If you want a cigarette, take 10 deep breaths" said Dr. Elkin while giving advice to quit smoking.

#### "ANXIETY, RESTLESSNESS, NERVOUSNESS CAN BE EXPERIENCED"

Talking about some of the physical and psychological problems people may encounter when quitting tobacco, Elkin made the following statements:

“Headache may be experienced in the first days of quitting smoking. Dryness or a metallic taste may be felt in the mouth. This is one of the symptoms that the body shows during the period of being free from tobacco. Anxiety, restlessness, irritability, decreased heart rate, difficulty in focusing, increased appetite and weight gain, sweating, stress and tobacco craving are experienced. People should be prepared for physical and psychological symptoms that may disturb them. However, it should be noted that this is a normal and temporary situation. Quitting smoking can be challenging for many. The first step in overcoming this challenge is to make some preparations before starting this process. The aim of drug therapy is to eliminate nicotine withdrawal that occurs in the period following quitting. These drugs are prescribed by the physician.”

## **RECORD SUCCESS IN THE IB DIPLOMA, OPENING THE DOORS OF UNIVERSITIES ABROAD**

Gökuşağı College IB students who graduated from the IB (International Baccalaureate) Diploma Program, which prepares high school students personally, socially and academically before university, while also preparing them in accordance with the criteria requested by universities abroad, showed outstanding success in the May 2021 assessment-evaluation period and set the institution's new record in IB history. 42 percent of the students got 40 or more points out of 45, and 83 percent of the students scored 30 or more.

IB started to play an important role in education life as a program that is preferred by students who dream of university abroad during their high school education and provide young people with many skills both socially and academically for two years. Students who graduate from the diploma program have the opportunity to study at more than 2,000 universities around the world with scholarships. Within the scope of the program, students are both preparing for university life and taking an active role, on the way to become individuals who dominate the whole world. The Diploma Program, which is implemented in more than 5000 IB World Schools with 6 courses as well as 3 core elements of Knowledge Theory, CAS (productivity, activity,

community service) and Extended Paper, which are integral parts of the program, focuses on developing critical thinking and problem-solving skills by encouraging diversity, curiosity, international perspective and a healthy enthusiasm for learning.

In this sense, realizing that apart from LGS or YKS achievement, providing an IB Diploma is an important criterion in school preferences, Gökkuşığı Schools are among the educational institutions that offer IB Diplomas. By doing so, it also aims to provide a quality education to its students. Gökkuşığı College IB students, who graduated from the IB Diploma Program, which prepares individuals aged 16-19 for higher education in every sense in 140 countries around the world, set the new record of the institution in the history of IB by achieving outstanding success in the May 2021 assessment and evaluation period.

Nur Betül Gayretli, who was the top student of the school in the 2020-2021 academic year, achieved the highest score ever achieved in the school's IB adventure by getting 44 IB points out of 45 points, while the rate of students scoring 40 and above IB points is 42 percent, and the rate of students scoring 30 and above is 83 percent. The college has both achieved a success above the world average with an average of 36 points out of 45 in the IB diploma category, where the world average for the May 2021 period is 33, and the rate of awarding Gökkuşığı college students with an IB diploma is 92 percent while the award rate with IB diploma is 89 percent in the world average.

#### “STUDENTS LEARN TO PREPARE A THESIS IN HIGH SCHOOL”

Expressing that they are very happy with the results, Gökkuşığı Schools IB Diploma Program Coordinator Murat Kotan provided information on the subject. He said, “The program is the most prestigious program in the world, which is known as a high school program all over the world, and aims to provide students with a balanced academic education. We can also call it a pre-university education. Because there are many important lessons such as epistemology that helps students develop critical thinking skills. In addition, students get ready for university by experiencing the thesis writing process at the high school level. They gain skills such as academic writing skills, citation rules, and non-plagiarism. In the courses, students are chosen based

on the departments in the university they dream of. In this way, each student makes a choice according to their university dreams. The assessment and evaluation system is also different, it is a system that activates the students, puts them in the center of the lesson, and in which the teachers are somewhat passive. It works not with a single exam, but based on a system where students can reveal their performance throughout the program.”

### “UNIVERSITIES IN TURKEY SHOULD ALSO ACCEPT THE IB DIPLOMA TO PREVENT THE BRAIN DRAIN”

Emphasizing that this diploma, which is accepted by many universities in the world, should also be accepted by universities in Turkey in order to prevent brain drain, Kotan said, “This is an international program and approximately 3,000 students in Turkey are included in this program. The world's most distinguished and well-equipped students graduate from this program and receive acceptance from all universities abroad. This causes a brain drain by inclining our students and children abroad. It is very important for well-equipped students to find a place in Turkey and to be accepted. Just as students abroad prefer universities in our country within the framework of certain rules, we expect IB students to study at universities in Turkey without going abroad with certain criteria. In this sense, we expect a study from the President of Council of Higher Education, Yetka Saraç and ministries.”

### “THE PROGRAM MADE ME A WORLD PERSON”

Nur Betül Gayretli, who achieved a great success by getting 44 points out of 45, said that she prepared herself as a world person thanks to the program and said, “It was a very enjoyable journey for us, our academic and social life has really improved. That's why I feel very happy now that I got what I paid for. The IB Program has made me a person of the world. We had a lot of discussions on global issues. For example, we were dealing with the problems of any country in the classroom. In this way, our critical thinking has also increased. At the same time, we have learned a lot both intellectually, socially and academically. Students find themselves in a different dimension throughout this education. Now I have started to make many plans for university. Since universities in Turkey do not accept this diploma at the

moment, I applied to good universities abroad, especially in England. I am accepted by all of them.”

## **STUDENTS WILL COMPETE FOR A SOLUTION TO THE CRISES IN AVIATION**

Aviation Management 1st National Student Competition begins. Held with the participation of 12th grade students of secondary education, in the competition students will struggle to find the best problem scenario and solution proposal for the operational crisis of BUASO Airline caused by heavy snowstorms (natural disasters). Hypothetical problems and their solutions will be studied by experts in the field.

**“SOLUTIONS TO THE CRISIS SCENARIO WILL BE EXPLAINED IN 1000 WORDS”**

Offering secondary education 12th grade students the opportunity to participate in real aviation world problems, The 1st National Student Competition in Aviation Management begins. The subject of the competition, organized by Istanbul Gelisim University Faculty of Economics, Administrative and Social Sciences, Aviation Management Department, was stated as follows:

“Istanbul Airport was affected due to the heavy snowstorm. BUASO Airline has landed at Istanbul Airport, although all parking lots are full of planes and taxiways are closed. While waiting for the parking lot to open, the plane remained on the runway for up to eight hours and passengers were not allowed to get off the plane. Prepare a text describing the scenario and solution proposals in at least 1000 words, describing the problem before, during and after the crisis.”

The names in the Preliminary Evaluation Committee and Jury List of the competition, whose application deadline was announced as Friday, July 9, 2021, are Asst. Prof. SARP Güneri, Asst. Prof. Olcay Ölçen, Res. Asst. Feleknaz Burcu Çolakoğlu, Res. Asst. Büşra Önler, Res. Asst. Onur Tayfun, Res. Asst. Ahmet Can Şenlik, Prof. Dr. Kürşat Yalciner, Asst. Prof. Yeşim Koçyiğit, Asst. Prof. Çağla Arıker, Asst. Prof. Rıza Haluk Kul, Asst. Prof. Habibe Güngör.

Details on the competition application criteria can be found on the university's website.

