

FULL CLOSURE RECOMMENDATION FROM PSYCHIATRISTS: VIDEO CHAT WITH YOUR LOVED ONES

Stating that the pandemic brings many problems such as depression, feeling of burnout and especially trauma, Psychiatrist Dr. Alişan Burak Yaşar says, "There are moments when we feel helpless. We cannot use coping mechanisms such as human relations and solidarity. People heal people. Talk to our loved ones in the morning and evening by video chatting for 10-15 minutes if possible."

The lockdown process continues in the coronavirus. Pointing out that a mental pandemic is also being experienced in this period, Psychiatrist from Istanbul Gelisim University Alişan Burak Yaşar says, "We are in a very difficult period in terms of dating, social relations and meetings due to the pandemic. Previously, when a person felt bad, they would go visit their neighbor and meet with their friends. At least, they used to go for a walk. People had already limited their social relationships in fear of being infected before the lockdown started. We are deprived of social opportunities, we cannot label it as good or bad because we had to do so. But we must realize that this situation will cause psychological wounds."

SOCIAL HEALING HAS CHANGED

Emphasizing that a solution should be found according to the conditions, Yaşar says, "If possible, let's talk with our loved ones in the morning and evening for 10-15 minutes. Many people work from home, our relationship with the internet has greatly increased. People used to meet at work or in social settings. Now, they come across in meetings and applications in the virtual environment, which seems to be social. Our social recovery opportunities have changed a lot compared to pre-pandemic period. However, we can build social opportunities unique to today."

WE HEAL WITH RELATIONS

Yaşar says, "People get better with relations, we need resources for this. That's why we use resources on social media. In fact, this can close many gaps because we used to meet in the market or we would meet at weddings, associations, sport events, art events. However, we now put on masks, we only see each others' eyes, we do not communicate with gestures. People heal people."

CHANGE IS INEVITABLE EVEN THE PANDEMIC IS OVER

Stating that every contact will leave a mark, Yaşar says, “A person can never return to their previous state completely. Therefore, what we have been taught and how we have been affected by the pandemic will leave significant marks on us, even if the risk is completely vanished.”

THE SPIRITUAL PANDEMIC

Emphasizing the importance of solidarity, Yaşar indicates, “WHO has also announced there is a spiritual pandemic. The number of people suffering from depression, trauma and burnout has risen considerably. We also conducted a research on healthcare professionals. We have found that they have significant difficulties with insomnia and hopelessness. We experience moments when we feel helpless. We cannot use coping mechanisms such as human relations and solidarity. The most important strength of man in the face of difficulties is solidarity. Man cannot survive alone. We find it very difficult to be together.”

"BALANCE RESTING AND BEING ACTIVE DURING THE LOCKDOWN"

Stating that the full closure may result in various health problems in many people as a result of being inactive or wrong resting, Physiotherapy Specialist Gülşah Konakoğlu from Istanbul Gelisim University (IGU) School of Health Sciences Physiotherapy and Rehabilitation warns, “First of all, we need to balance resting and being active since the muscles in our body have a certain working capacity and when we do not use them, their strength decreases. This situation may lead to a decrease in cardiovascular endurance and spine problems that negatively affect waist and neck health.”

Experts warn that sedentary life invites various health problems and even lying down and resting is dangerous. Lect. Physiotherapist Gülşah Konakoğlu states that many people move less especially during the pandemic process, and she gives information about the diseases that can be caused by sedentary life and the correct forms of rest.

RESTING AND MOBILITY MUST BE IN BALANCE

Stating that it is necessary to balance resting and movement during the full closure process, Konakoğlu says, “We have started to spend time in our homes due to the full closure. During this period, we need to pay attention to a number of issues in order to maintain our physical well-being. First of all, we need to balance the rest and activity. During the day, we should

balance the periods of lying, standing and sitting. Because the muscles in our body have a certain working capacity and when we do not use these muscles, the strength of the muscles decreases. If we stay in a sedentary lifestyle for a long time, we will get tired more quickly when we want to use the muscles in our body. In this period, we do not want to move, we want to lie down although we cannot clearly understand why. In fact, this is a situation related to the decrease in our muscular endurance capacity due to total inactivity."

PROBLEMS DAMAGING WAIST AND NECK EMERGE

Stating that it is necessary to strengthen the muscles by moving or exercising, Konakoğlu says, "Especially when we spend time at home, we take our computer on our lap in front of the television and when we are buried in soft sofas, we invite spine problems that completely harm our waist and neck health. Moreover, when we do not use our muscles for a long time and our muscle strength decreases, and when we do not stand and put weight on our bones and sit or lie down for a long time, the bone destruction process accelerates since we do not apply enough weight to our bones. Especially in older ages, we observe this a lot. The decrease in muscular endurance also causes a decrease in cardiovascular endurance at the end of the day. Because the heart also works with muscle. "The endurance of our heart muscle also weakens."

Konakoğlu made the following recommendations regarding the movements to be made during the day:

"We must do our activities in a balanced way during the day in order to prevent health problems and maintain the endurance of body. We should walk for at least 30 minutes. We must place exercising or sports in the center of our lives. Stretching and strengthening exercises at home will be beneficial and should be done as much as possible. Especially the muscles in the front of the body and the back leg muscles shorten. These can be stretched. Exercises done with body weight will also maintain physical capacity."

WHEN TO PULL OUT WISDOM TEETH?

Drawing attention to the problems caused by wisdom teeth, the third molar tooth that usually develops before the age of 25, Mouth, Dental and Maxillofacial Surgery

Specialist Asst. Prof. Dr Özge Özdal Zincir says, "These teeth should be pulled out in case of caries, gingivitis, cystic structure due to tissue damage or disrupting the tooth alignment."

Stating that wisdom teeth are completely embedded, partially impacted or completely erupted third molars, Zincir says, "These fully or semi-embedded wisdom teeth cause decay, gingivitis and cyst formation in contact with neighboring teeth. As a result of the pressure they make, they can disrupt the tooth alignment. Embedded wisdom teeth are the ones that are not fully erupted and are located at the back of the jaw. There are a total of four wisdom teeth, two in the upper and two in lower jaws. Although this number is less than four in some people or one may never have wisdom teeth."

MAY CAUSE DECAYS OR INFLAMMATION

Stating that wisdom teeth should be pulled out depending on the effect they have on neighboring teeth, Asst. Prof. Dr Özge Özdal Zincir makes the following statements:

"There is not enough space in the lower or upper jaw bone for wisdom teeth to continue growing so their mis-positioning may cause them to be partially erupted or to completely remain embedded. These teeth should be pulled out in case of decay, gingivitis, tissue damage, cystic structure on the adjacent teeth or disrupting the tooth alignment. "

Talking about the problems caused by wisdom teeth, Zincir says, "Due to their bad positions, wisdom teeth, which partially erupt to the mouth environment, hold food. This causes tooth decay and odor with the proliferation of bacteria. Since these partially erupted teeth cannot find a place properly, brushing or using dental floss is difficult. They create an environment for bacterias to enter the gum. It increases the risk of infection and causes pain and swelling in the jaw. Wisdom teeth which cannot find enough space to come out cause congestion by pushing other teeth. Cyst formation around the embedded or semi-embedded tooth is possible. "This cyst not only damages the roots of neighboring teeth over time, but also erodes the bone to which the teeth are attached."

Being a member of Istanbul Gelisim University Faculty of Dentistry, Department of Oral and Maxillofacial Surgery, Ass. Prof. Dr Özge Özdal Zincir concludes her speech as follows:

"Since these teeth can also affect neighboring teeth, your dentist can decide whether healthy teeth are damaged during the examination, whether there is pain and infection, cyst or tumor formation, and whether there is a risk of infection. Due to the problems it causes, it is often necessary to remove wisdom teeth for a healthier mouth in the long term. Although they are not painful, they may have disease potential. They also create oral hygiene problems. Therefore, they can cause many different problems. Your dentist can tell you all the details during the examination and tell you whether or not the wisdom tooth should be withdrawn. "

THE "DIGITALISM" THEMED ILLUSTRATION COMPETITION CONCLUDED

The illustration contest organized within the scope of Design Fest 21, which has the theme of "Digitalism", was concluded. The contest, organized with the theme "Digitalism: Evolution in Art and Design", was held among high school, associate and undergraduate students. Intense interest was shown to the contest, which aims to be an indicator of the digital reflections of the global epidemic process in the fields of art and design.

The faculty made the following statements with regard to the "Illustration Competition with Digitalism Theme", organized within the scope of Istanbul Gelisim University (IGU) Faculty of Fine Arts Design Fest 21:

"Digitalism: Digital evolution in the fields of Art and Design", which included the idea of holding this year's design festival online due to the pandemic, questioned the concept of the new digital age created by the rapidly developing and changing technology. It deals with the trilogy of technology, art and design relations. In this context, the illustration competition organized by the Faculty of Fine Arts within the scope of the Design Festival and shaped by the concept of "Digitalism" aims to reflect the process we are in with its pros and cons."

WORKS WITH DEGREES WERE OPENED TO VISIT WITH AN ONLINE EXHIBITION

The winners of the first, second and third place awards as well as three honorable mentions from two different categories of the contest, in which Prof. Dr. Güzin Şükran Ilıcak Aydınalp, Prof. Dr. İsmet Çavuşoğlu, Assoc. Prof. Dr. Aysun Cançat, Assoc. Prof. Dr. Metin Kuş, Assoc. Prof. Dr. Erol Yıldır, Asst. Prof. Dr. Nuri Sezer, Asst. Prof. Dr. Zerrin Funda Ürük, Asst. Prof. Dr. Yaprak Özel, Asst. Prof. Dr. Boyacı, Inst. Tarık Babayigit, Inst. Nihal Ekici Demir, Inst. İrem Fulya Özkan and Inst. Belgin İpek were jury members, were announced on the university's website.

In the high school category, the first prize was given to Kadıköy Anatolian High School student, Sare Onur, the second prize to Antalya Anatolian High School student Deniz Yıldız, and the third prize to Düzce Fine Arts High School student Setenay Azra Boran. In the associate and undergraduate categories, İnönü University student Sümeyra Ak won the first prize, while Erciyes University student Dilek Yiğen and Istanbul Gelişim University student Ayberk Can Mavu were awarded the second prize. It has been reported that the winning works and those that are entitled to be exhibited were opened to visit with an online exhibition.

"UNIVERSITY PROGRAMS RELATED TO AVIATION ARE IN DEMAND"

The increase in private aviation companies, the rapid growth and development process in air transportation bring the need for qualified personnel. It is noted that departments related to aviation are quite popular in universities and students who graduate from related departments have the opportunity to find well-paid jobs in a short time.

It is stated that within the framework of the cooperation between the Council of Higher Education and the General Directorate of Civil Aviation, a limited number of higher education institutions in Turkey have the "Recognized School" certificate and the students who graduate from universities with this certification have many privileges.

"IT HAS PRIVILEGES"

Making statements on the subject, Aircraft-Space Engineer Dr. Haluk Kul says, "This study has been initiated so that the experts, who have received higher education in aircraft maintenance expertise, do not suffer from limited working experience during their education. On the other hand, a certification named 'Recognized School' has been implemented so that

the education they receive can have the quality management and assurance systems required by the General Directorate of Civil Aviation (GDCA). There are some privileges for those who graduate from these recognized schools.”

"SAVES TWO YEARS"

Providing information about privileges, Dr. Haluk Kul says, “It requires a period of time to become a licensed specialist in the field. This period is reduced from five to three years for B1 and B2 licenses for those who graduate from a recognized school, and from 3 to 2 years for A license. During their education, students can perform the operations in the ‘Basic Practical Education Registry’ and take notes about what they are taught. If they are successful in the ‘Module Exemption Exams’ organized by the recognized school, they can also have the ‘Module Exemption’ privilege.”

Emphasizing that the students who successfully complete the Aircraft Electric-Electronics or Aircraft Body Engine Maintenance from the School of Applied Sciences of Istanbul Gelisim University and the Aircraft Technologies Program from the IGU Vocational School will have graduated with the stated privileges. Haluk Kul also informs that the university has recently expanded its certification scope with B2.