

“NEARLY 20% OF THE POPULATION IS AT RISK FOR KIDNEY DISEASE”

“Turkish Kidney Foundation Awareness Seminar” was held by the Faculty of Economics, Administrative and Social Sciences. Turkish Kidney Foundation Projects Coordinator Ayşe Onat and Renal Dietitian and Trainer Gökçen Efe Aydın, who participated in the event, explained the symptoms of kidney diseases. Expressing that nearly 20% of the population is at risk for kidney disease, Onat stated that women have a higher risk.

“Turkish Kidney Foundation Awareness Seminar” was held by the [Istanbul Gelisim University \(IGU\) Faculty of Economics, Administrative and Social Sciences](#). In the event organized to raise awareness, information and suggestions for the protection of kidney health were shared.

SYMPTOMS OF CHRONIC KIDNEY DISEASE

Ayşe Onat, the Turkish Kidney Foundation Projects Coordinator, stated, “Kidney disease is actually a national public health problem. It is pretty common. If you or someone close to you has not had a kidney problem, this disease is seen as far away as Mars. When you experience it, then you understand. Turkish Society of Nephrology conducted research. Nearly 20% of the population is at risk for kidney disease. Women are at higher risk than men. It is higher than the Turkey average.” Onat listed the symptoms of chronic kidney disease as follows:

- Fatigation,
- Muscle cramps and frequent urination at night,
- Swelling around the eyes, feet and legs,
- Dryness and itching of the skin.

“WHEN PROTEIN IS TAKEN IN EXCESS IN DIETS WITHOUT CARBOHYDRATES, KIDNEY PROBLEMS OCCUR”

Diet has a serious impact on health. Ayşe Onat said, “The amount and frequency of meals are very important in order to prevent kidney diseases and have a healthier body. If you have a health problem or are constantly taking medication, make sure to consult your doctor. From milk and dairy products, cheese, milk, yogurt, kephir should be consumed. According to the season, vegetables and fruits, and bread from the grain group are very important for our nutrition. Many people struggle with eating disorders. When protein is taken in excess in diets without carbohydrates, kidney problems occur. We see them in the long run. The kidneys are the organs that hold the load of protein in the body. Hence, one-way, non-diverse diets should be avoided.”

BE CAREFUL IF THE URINE IS DARK IN COLOUR!

When it comes to kidney health, the first thing that comes to mind is water consumption. Daily water consumption is of great importance for both general health and kidneys. Renal Dietitian and Trainer Gökçen Efe Aydın indicated, “The amount of water we consume is very significant. This can be understood by looking at urine colour. Healthy urine color is yellow. When it is light yellow, it means that the body's need for water has been met. Light yellow is better for health. When you first wake up in the morning, its color will be dark since you did not drink

water during the night and your body needs water. There may be differences in the color of urine due to medications and various diseases. It may also have something to do with food coloring. If we see the color red, we need to control what we eat and drink. In general, red color is seen in kidney stone falls. If the yellow urine color is foamy, it is associated with protein leakage. If it is seen repeatedly, it is necessary to consult a doctor.”

GREAT INTEREST IN THE “ON-CAMERA ACTING WORKSHOP”!

The third of the Wednesday Workshops, organized in partnership with Istanbul Gelisim University (IGU) Fine Arts Faculty Radio, Television and Cinema Department and IGU Career Guidance Application and Research Center, was held with the subtitle of Front-Camera Acting Workshop.

Wednesday Workshops, organized by the Department of Radio, Television and Cinema and the IGU Career Development Center as of the 2022-2023 academic year, started to take place as an event series that includes workshops on various subjects. The first workshop of the series was held on November 16, under the title of Cinematography Workshop, under the instructor of the cinematographer Berkan Dörtkardeş. The second of the workshops was held under the title of Film Communication under the tutorship of assistant director, poster designer and translator Erdem Doğan. The third workshop was held on December 28, 2022, with the subtitle of Front Camera Acting, under the instructorship of Asst. Prof. Dr. Önder Paker. The event, which took place in Istanbul Gelisim University K Block classroom no. 802, attracted great attention. A group of approximately twenty-five students participated in the event, which had limited participation. Students from different faculties and departments of Istanbul Gelisim University also took part in the workshop, which mainly consisted of students from the Faculty of Fine Arts, Radio, Television and Cinema.

Asst. Prof. Dr. Önder Paker first briefly talked about the historical background of acting. Afterwards, he produced small mise-en-scènes and made the participating students practice acting, and the right and wrong of the students were shown through the images that were simultaneously recorded on the camera and projected onto the screen. Items such as letters, boxes and weapons were also used while the mise en scene was enacted. The students, who were able to learn from both their own plays and the plays of other participants by watching each other, had a pleasant time with Asst. Prof. Dr. Önder Paker's guidance. Stating that they were very pleased with the event that continued with question and answer, the students also indicated that the organization of such workshops opened up a space for them.

WEDNESDAY WORKSHOPS WILL CONTINUE!

The Wednesday Workshops series will continue in the new period. To be informed about the workshops, follow the announcements of the Radio, Television and Cinema department website and the official social media accounts of the Faculty of Fine Arts of IGU.

AN ACCESSIBILITY SYMPOSIUM WAS HELD

Istanbul Gelisim University, which set out with the slogan of "accessible education for everyone", continues to maintain its understanding. “Accessibility Symposium” organized by the School of Physical Education and Sports on Wednesday, January 4, 2022, was held with

the participation of Master Architect and Accessibility Specialist Ebubekir Gündoğdu, Physically Disabled Swimming National Team Coach Abdullah Duran Arslan, Visually Impaired Psychologist Mizgin Gemsiz and Paralympic National Swimmers Umut Ünlü and Serdar Demir.

“We want to show activities in the field of health technology for people with disabilities”

Stating that he will remove all obstacles that make it difficult to study at [Istanbul Gelisim University](#), Rector Prof. Dr. Bahri Şahin indicated:

“One of the most developed units of Istanbul Gelisim University is the School of Physical Education and Sports. Our school is in an important position both in the sports community and in Turkey with the number of national athlete students it has. Accessibility is very broad. We all have goals we want to reach, the important thing here is accessibility at the physical point. Physical accessibility is much easier to me than mental accessibility. We, as Istanbul Gelisim University, have also talked to our expert friends, and we are ready to do whatever needs to be done in this regard. There is much more to be done, one of which is to develop health technology. We want to be able to continue activities for disabled individuals in this health technology and in the field of accessibility. I do not consider them disabled since there is no obstacle in their minds. As a university, we are ready to do our part. Our university is open to all our students with disabilities who want to pursue graduate, doctorate or undergraduate education.”

We aim to ensure accessibility and be sustainable!

Assoc. Prof. Dr. Mehmet Soyal, Director of Istanbul Gelisim University [School of Physical Education and Sports](#):

“Accessibility is of great importance in all areas of social life. Individuals should benefit from health, education, transportation, rehabilitation services, participate in production, participate in social, cultural and sports activities, and the transportation systems of these places should be accessible. As the School of Physical Education and Sports, we are ready to do our part to create an accessible world and society with our departments, field practices, observations and solution-oriented projects. We aim to be sustainable with the steps we take in this area.”

With accessible architecture, it can be ensured that individuals with disabilities can self-actualize themselves

One of the speakers of the “Accessibility Symposium”, Master Architect Accessibility Specialist Ebubekir Gündoğdu stated the following:

“One of the most important elements in Maslow's hierarchy of needs is the human self-actualization factor. The most significant need for people with disabilities is the need for self-actualization. As in the definition of the concept of accessibility, our duty here is to ensure that all individuals living in a city can access all the services offered by the city in all public spaces.” Ministry of Youth and Sports, Federation of the Physically Handicapped Swimming Team National Trainer Duran Arslan:

“When the students of the School of Physical Education and Sports start their profession in the future, their biggest task is to know how to get the disabled to do sports. In this way, when disabled people come to your schools or gyms, you can teach them the sport you do and help them hold on to life. You have a lot of work to do here. We need to protect these students.”

A 100% barrier-free university promise

In the symposium, in which the difficulties experienced by individuals with special needs in all social life areas and how to establish a more accessible living space for them were discussed, Ebubekir Gündoğdu, Abdullah Duran Arslan, Psychologist Mizgin Gemsiz, Umut Ünlü and Serdar Demir shared all the difficulties they experienced in daily life with the participants. A question-and-answer activity was also held at the end of the symposium. Rector Prof. Dr. Bahri Şahin asked about the problems they encountered during their university education and their expectations from the university administration. He promised IGU students a 100% barrier-free university within a year.

TTO TECHNOLOGY AND PROJECT GROUPS ARE WAITING FOR NEW IDEAS

Technology and Project Groups established by Istanbul Gelisim University (IGU) Technology Transfer Office (TTO) on various subjects are waiting for new ideas. TTO, which has 8 different project groups, will evaluate the projects of academicians and students in the relevant groups.

The [Technology Transfer Office](#) (TTO), which carries out R&D and innovative technology studies at Istanbul Gelisim University, aims to create added value by increasing production on the basis of industry. TTO Technology and Project Groups, formed in 8 different fields, are waiting for academicians and students who do basic research on the specified topics and have new ideas/projects.

What are TTO Technology and Project Groups?

- Food
- Energy
- Cyber security
- Health
- Robotics
- Material
- Artificial intelligence
- Aerospace

Technology Transfer Office stands out with its Flying Car Project

TTO, which has signed many projects that have made a sound in the robotics sector, is working on the production of new prototypes while coming to the fore with the Flying Car Project TUSI,

the construction of which started in 2018. The project, developed by Turkish engineers and students, attracted great attention at the Airtaxi World Congress held in Istanbul. The Flying Car Project, named after the 13th-century Persian scientist Nasiruddin TUSI, was designed in the vehicle infrastructure as a front-wheel drive system with 3 wheels and 6 rotors and 6 electric motors. Afterwards, the number of rotors was reduced to 4 and the number of electric motors increased to 8 in order to increase the carrying capacity. TUSI, which can be used with remote control or internal pilot control options, can also be adapted to the fields of the defense industry, search and rescue, agricultural spraying and cargo transportation, apart from personal use.

While the Flying Car was exhibited at TUSI 2022 Airtaxi World Congress with a special invitation, IGU was also on the list of congress sponsors. TUSI, which was also exhibited at the 2022 MUSIAD fair, attracted great attention from visitors. While the AI-supported project of TUSI, targeted as ZIHA, arouses excitement in the participants, R&D studies continue for the production of new prototypes and applications in different fields. There is currently a 10-minute flying time, and work continues to extend this time, such as increasing battery power and reducing body weight. A drone version of TUSI for agricultural spraying is also included in the targeted studies.

For application: tto@gelisim.edu.tr

IF THE CUTTING BOARD IS NOT CLEANED PROPERLY, IT CAN CAUSE SALMONELLA AND COLI BACTERIA!

One of the most used tools in the kitchen is undoubtedly cutting boards. The issue of how this kitchen tool, which has many types such as glass, plastic, polyethylene and wooden cutting boards, is cleaned, particularly when used in restaurants, leaves a question mark in mind. The samples were taken from the cutting boards in the kitchens of 20 artisan restaurants by Assoc. Prof. Dr. Murat Dogan and Res. Asst. Ayse Seray Cetin from the Department of Gastronomy and Culinary Arts at Istanbul Gelisim University revealed surprising results. Making evaluations on the subject, Assoc. Prof. Dr. Murat Dogan stated that if the cutting board is not cleaned well, it may cause Salmonella and Coli bacteria.

Separate cutting boards should be used for each food group

Food goes through many processes from the place of production to the table. In order to obtain safe and healthy food, the personnel working in food production areas should receive adequate training on issues such as general hygiene, sanitation, personal hygiene and cleanliness, and environmental cleanliness. Assoc. Prof. Dr. Murat Dogan from Istanbul Gelisim University Fine Arts Faculty Gastronomy and Culinary Arts Department stated the following:

“Problems that occur during improper processing of raw materials, especially microorganisms in the environment and poor hygiene conditions in food businesses, can cause food safety and serious health problems. We conducted a study on cutting boards that are in direct contact with food in 20 artisan restaurants operating in various parts of Istanbul. The detection of microorganisms that can cause food poisoning and even infections in samples taken from cutting boards suggest that these food production sites may pose a potential food safety risk in

terms of public health. Moreover, poorly cleaned hands, chopping board surfaces and knives, pathogens such as Salmonella and E. coli can also develop in food and infect people.”

Res. Asst. Ayse Seray Cetin emphasized that hygiene rules should not be ignored. Çetin said, “Microorganisms use food as a tool to pass on to humans. In addition, the consumption of foods such as salad, which is eaten raw without heat treatment, can lead to food poisoning and infections due to the contamination of the factors in question. There are a few rules to be made to prevent the contamination of a harmful factor in food with other foods with hands, tools and equipment. One of them is choosing a chopping board according to the material to be used.” Cutting board colors should be as follows:

Red: Raw red meat,

Yellow: Raw poultry meat,

Green: Raw vegetables and fruits,

Blue: Raw seafood,

White: Milk and dairy products,

Brown: Baked products

A SPECIALIST SHOULD BE CONSULTED BEFORE GINGIVAL RECESSION PROGRESSES!

With proper and effective oral hygiene, many problems can be prevented by maintaining gum health. Problems such as gum recession can be prevented by regular checkups. Asst. Prof. Dr. Eser Elemek from Istanbul Gelisim University stated that bleeding, swelling and edema problems in the gums should not be neglected and that a specialist should be consulted before proceeding.

Teeth are of great importance for a person to feed, speak and have a beautiful smile. In cases where regular controls are not made and oral care is neglected, many problems are encountered. In cases where gum disease is not prevented at the beginning level, surgery may be required in the following years. Asst. Prof. Dr. Eser Elemek from Istanbul Gelisim University (IGU) Faculty of Dentistry Department of Periodontology stated that regular gingival specialist checks should be made.

Surgery may be required for gum recession!

In addition to the toothbrush, dental floss is also needed for gum health. With regular check-ups in addition to these cares, an initial problem can be eliminated without the need for gingival surgery in the future. The first sign of gum disease is bleeding gums. Asst. Prof. Dr. Eser Elemek: “In the following periods, swelling and edema of the gums can be seen along with gingival bleeding. While gingivitis is limited to the gums at the beginning level, melting can also be seen in the jawbone surrounding the teeth in the future. This condition does not usually

cause pain, but progressive bone resorption may be followed by gingival recession. The tooth root surface exposed due to gingival recession may cause hot and cold sensitivity, or aesthetic

anxiety may develop as the teeth will appear longer in length. When gingival recession is accompanied by bone resorption, gaps and wobbles may also occur in the teeth. If a gum specialist is not consulted in the early stages of the disease, surgery may be required.

What are the causes of gum recession?

Stating that gingivitis is not the only reason for gingival recession, Asst. Prof. Dr. Elemek listed the factors that cause gingival recession as follows;

- Wrong brushing technique,
- Use of hard brushes,
- Crowding of teeth,
- Continuous pulling force application by positioning the muscle connections that connect the cheeks and lips to the gingiva, close to the gingiva,
- Plaque accumulation that causes gingivitis,
- Clenching and/or grinding the teeth.

How is gum recession treated?

It is necessary to prevent the progression of gingival recession by eliminating the factor that causes gingival recession. Speaking about the treatment methods, Dr. Elemek said:

“If it depends on hard brushing, different brushing techniques need to be used with softer brushes. If it is thought to be due to teeth clenching/grinding; muscle relaxants, edema solvents or night plates can be used to prevent this. Because of the high muscle connections in the cheek and lip, these should be eliminated. If the patient has a complaint of hot-cold sensitivity on the exposed root surface due to gingival recession, anti-sensitivity treatments should be applied first. For this, methods such as fluoride applications, desensitizing toothpastes and avoiding acidic foods for a while can be preferred. Since the teeth will appear long due to gingival recession, surgeries such as tissue transfer from the palate may be needed, especially in patients with aesthetic concerns in the anterior region.

“OUR WOMEN PAINTERS 1” EXHIBITION MET WITH ART LOVERS

Lect. Murat Karaova's "Women Painters 1" exhibition at Istanbul Gelisim University Gelisim Art Gallery met with art lovers after the opening ceremony. Asst. Prof. Dr. Mustafa Gunay, The curator of the exhibition, stated that the "Women Painters 1" exhibition will continue and will be held as a series.

Istanbul Gelisim University Gelisim Art Gallery activities continue. Hosting valuable works of art in the 2022-2023 academic year, IGU attracts great attention from art lovers. The

opening ceremony of the "Women Painters 1" exhibition of Lect. Murat Karaova from [Istanbul Gelisim Vocational School](#), who participated in many national and international solo and group exhibitions with his works and made figurative works by taking social issues as themes, was held.

“We have positive discrimination towards art”

Prof. Dr. Bahri Şahin, Rector of Istanbul Gelisim University, who made the opening speech of the ceremony, stated: “We think that art is one step above other fields of science. We have positive discrimination towards art. A country without art has no civilization. Art is the measure of civilization. I want to combine the technical field with the artistic field. These are not separate things. In our university, we have many departments and programs related to art. We have industry around us. We actually want to bring art into them. We want to bring together engineering sciences, technical sciences, social sciences and artistic sciences with industry.”

The exhibition will continue as series

The exhibition features women painters who have left their mark on the art of painting from the Ottoman period to the Republican period and up to the present. Asst. Prof. Dr. Mustafa Gunay, curator of the exhibition: “A question may arise in the minds of whether we have only 11 female painters from the Ottoman period to the present day. Of course not. We have many women painters. As the name of the exhibition suggests, it is the exhibition “Our Women Painters 1”. The exhibition will pursue as series as Our Women Painters 2 and Our Women Painters 3. We look forward to the next series with great interest. I congratulate our lecturer, Murat Karaova.”

Lect. Murat Karaova, who has 11 works in the exhibition, said, “My biggest goal is to inspire my students. Everything in life that is described as beautiful, high quality and good has passed great responsibilities and great tests. Our women artists, who lived in their time, made good things happen in this country after many difficulties and struggles. We are carrying out scientific and artistic studies in order to take this country one step further. In this context, our students, who are the future of this beautiful country, must work hard.”

ACTOR ERDEM YILMAZ WAS THE GUEST OF "ACTING WORKSHOP"!

Erdem Yılmaz was the guest of the "Acting Workshop" event organized by Art & Communication Design, the student club of Istanbul Gelisim University (IGU) Fine Arts Faculty Communication and Design Department.

The "Acting Workshop" was organized by the Art & Communication Design Student Club, which aims to encourage students to work in the field before they graduate, to gather students from different departments from creative disciplines under one roof, to create a "communication design" culture together and to produce new projects. The workshop, where there was intense participation, was held with the participation of Erdem Yılmaz, who is an active actor in both cinema and theater. Erdem Yılmaz is known for various TV series and movies such as; The

Price of Love (2013), The Long Way (2014), Kulyas: The Price of Curse (2019), Broken Lives (2021).

“Every actor wants to work with a director who pushes the limits”

In the workshop, which was held with the actor Erdem Yılmaz, who is on the way to becoming one of the popular names of the last period, a conversation was held with Lect. Ahmet Bikic as the moderator. Actor Erdem Yılmaz: “I was a hyperactive and mischievous child, and I was not very successful at school. My parents used to send me to events so that I could throw off my excess energy. First, they sent me to football, however, I became the worst football player in the world. Then, after basketball, piano, guitar courses, I went to the theater. Even at that age, I decided to do this job.”

Yılmaz also added, "My family has always supported my passion for acting, which started in my childhood. No matter what a person does, s/he fails when s/he does not like the job they do. That is why doing what you love is what brings success. Different directors add different perspective to actors. Maybe, that is why actors in Nuri Bilge Ceylan's films show their highest performance in those films. Every actor wants to work with a director who pushes their limits."

At the end of the event, Lect. Ahmet Bikic presented a plaque to actor Erdem Yılmaz.