

## **FREQUENTLY USED MOUTHWASHES CAN CAUSE THIS DISEASE!**

Moniliasis, which is usually seen on the tongue, palate and cheeks, can cause many complaints. Stating that this fungus is more common in babies. Asst. Prof. Dr. Hasan Değirmenci, from Istanbul Gelisim University (IGU) Faculty of Dentistry, Basic Sciences Department, explained the methods of prevention and treatment process from moniliasis.

Moniliasis, which is frequently encountered in diabetic patients, pregnant women, infants and patients with suppressed immune system, occurs in the tongue, palate, cheeks and oral cavity. Asst. Prof. Dr. Hasan Değirmenci from Istanbul Gelisim University Faculty of Dentistry, Basic Sciences Department stated that frequently used mouthwashes can also cause moniliasis.

### **THE SENSE OF TASTE CHANGES**

Oral candidiasis, commonly known as moniliasis, is usually seen in infants, but can also occur in the mouth and throat of adult patients. This disease, which frequently occurs in pregnancy and diabetes, can occur despite good oral hygiene, in cases where the person becomes susceptible to infections due to some reasons. Asst. Prof. Dr. Hasan Değirmenci from Istanbul Gelisim University Faculty of Dentistry, Basic Sciences Department stated the following: "Thrush also known as moniliasis, which is seen as a white layer on the mucous membranes of the mouth and throat, is a typical example of an oral fungal infection. After these white layers are cleaned, there are red and inflamed areas under them that usually bleed easily. There is a constant feeling of hairiness in these areas. At the same time, the person's sense of taste changes. Sometimes pain or a burning sensation in the tongue also occurs. These symptoms also make it difficult to eat and drink."

### **PROSTHESES IN THE MOUTH INCREASE SUSCEPTIBILITY TO MONILIASIS**

One of the most significant items that predispose the patient to thrush is the prostheses in the mouth. Asst. Prof. Dr. Değirmenci: "Prostheses reduce the epithelial cleansing and mechanical washing properties of saliva. As a result, inflammation occur in the layer covering the inner surface of the mouth. At the same time, an increase in yeast and bacteria can be observed due to excessive sugar consumption, diabetes, and food limitation. In order to prevent thrush disease in the mouth, it is absolutely necessary to pay attention to oral hygiene. Teeth should be brushed regularly and floss should be used. Since the frequent use of mouthwashes used to help keep the gums healthy will disrupt the normal microflora in the mouth, care should be taken when using mouthwash.

Foods containing sugar or yeast can trigger thrush. Asst. Prof. Dr. Değirmenci also added: "In the treatment of moniliasis, the treatment recommendations written by the physician must be followed. Probiotic sources such as yoghurt and kephir should be added to the diet. It can help restore the microflora in the mouth.

## **BANKING AND INSURANCE DEPARTMENT STUDENTS BECAME FINALISTS IN TUBITAK-2242 COMPETITIONS!**

Under the consultancy of Banking and Insurance Department Head Asst. Prof. Dr. Lokman Kantar, department students Buse Avşar, Gülçin Yılmaz and Ender Dik became a finalist in the TÜBİTAK-2242 University Students Research Project Competition with their project "Examination of the Volatility Spillover of Bitcoin and Alternative Investment Instruments".

A total of 511 projects were evaluated by the assigned jury members in the TÜBİTAK-2242 University Students Research Project Competitions. As a result of the preliminary evaluation, a total of 115 projects in nine fields were entitled to participate in the final competition. The projects of the students of the Banking and Insurance Department were among the 11 projects that were finalists in the main field of "Social Innovation and Entrepreneurship".

Buse Avşar, Gülçin Yılmaz and Ender Dik, with their project "Examination of the Volatility Spillover of Bitcoin and Alternative Investment Instruments", which they prepared under the consultancy of Department Head Asst. Prof. Dr. Lokman Kantar, aimed to reveal the volatility spillover effect on the returns of Bitcoin and alternative investment instruments. (Bonds, Deposits, Ons, USD, EURO, BIST100). The deviation from the average in the returns of investment instruments is expressed as volatility.

The volatility spillover was analyzed with the DCC GARCH model, known as the multivariate GARCH model. According to the findings of the research, a positive and high volatility spread was observed between the Bond and Deposit rate, USD and EURO. A negative volatility spillover was observed between ONS and BIST100, between USD and EURO and BIST100.

Investors were given information about which products would have a linear or inverse relationship if the relationship between the project and the volatility of investment instruments was determined. It is particularly crucial to figure out which investment instruments are affected by the volatility of a financial investment instrument that is more risky than other investment instruments such as Bitcoin, or which investment instruments are affected by it in order to guide investors who will invest in this highly debated digital currency.

## **“WE CAN PREFER NOT TO BULD PARKING LOTS, BANKS, SHOPS, GALLERIES AND STORES ON THE GROUND FLOORS!”**

Istanbul Gelisim University organized an event titled "Damage and Causes of Collapse in Reinforced Concrete Structures Caused by Earthquakes". Assoc. Prof. Dr. Anıl Niş remarked that the fact that the ground floor and sometimes some of the upper floors of the buildings are car parks or shops with glass showcases caused their destruction.

Reasons such as weak column-strong beam, short column, cutting of columns, beam not connected to columns, lack of earthquake curtains in the structure, low concrete quality, flat and low strength of construction iron, absence of stirrups, rusting due to the use of sea sand cause heavy damage or destruction in the earthquake.

On February 6, an earthquake with a magnitude of 7.7, the epicenter of which was Pazarcık, Kahramanmaraş, caused disaster in 11 provinces. The scale of the disaster increased with the earthquake of 7.6 magnitude that occurred in the Ekinözü-Elbistan region just 9 hours after the first earthquake. In the event titled “Damage and Causes of Collapse in Reinforced Concrete Structures Caused by Earthquakes”, Assoc. Prof. Dr. Anıl Niş stated that the examination of 1 million 188 buildings consisting of 4 million 371 thousand independent sections in earthquake zones was completed. Assoc. Prof. Dr. Anıl Niş from Istanbul Gelisim University (IGU) Faculty of Engineering and Architecture, Department of Civil Engineering, was informed by the Ministry of Environment, Urbanization and Climate Change about 156 thousand buildings consisting of 507 thousand independent sections were demolished, will be demolished immediately and damaged.

## **“LIGHT STRUCTURES BEGIN TO MOVE Laterally, WHILE HEAVY STRUCTURES BEGIN TO HIT INTO THE GROUND”**

Poor ground conditions are the leading causes of damage and collapse due to earthquakes. When the structures are examined, it is seen that the earthquake damage is mostly the structures built on fertile agricultural lands. Assoc. Prof. Dr. Anıl Niş: “After the examinations, the structures with multi-storey and flexible carrier system on weak soils at risk of liquefaction were damaged. During the earthquake, ground became fluid like a liquid. Light structures begin to move laterally, and heavy structures begin to hit the ground. This caused serious damage to the structures. This showed that adequate measures were not taken on the ground or the necessary ground tests were not carried out during the construction of the structures.”

## **“APPROXIMATELY 70 PERCENT OF THE HORIZONTAL DISPLACEMENT CAUSED BY EARTHQUAKE OCCURS IN THE SOFT STOREY”**

In general, the ground floor and sometimes some of the upper floors of the buildings are built as parking lots, galleries, banks or shops with glass showcases. Other floors are built with infill walls. This is a common practice for commercial reasons.

Assoc. Prof. Dr. Anıl Niş: “Floors with infilled walls are much stronger in earthquakes than floors without walls or with glass showcases. Floors without walls or with glass showcases are powerless. This soft floor irregularity has emerged both in new constructions and after the conversion of old residences into workplaces for commercial reasons. Moreover, the fact that the height of one floor is higher than the other floor causes soft floor irregularity. This is the main reason for the collapse of multi-storey structures with soft storey irregularities in the 1999 Gölcük earthquake and the 2023 Kahramanmaraş earthquake. Soft storey formation must be prevented. The load-bearing system should not only consist of columns, and the earthquake force must be met by shear walls by giving weight to the curtain carrier.

Assoc. Prof. Dr. Anıl Niş, who also warned against a possible Marmara Earthquake, added that houses must be inspected at certain periods, similar to the inspection of vehicles. Especially in multi-storey buildings, the renovations made by the site management must be examined very seriously. Some homeowners and shop owners may intentionally or unintentionally damage the structural system of the building during the renovation. The carrier system such as columns, curtains, beams should never be lifted.

## **STARTS WITH A SMPLE PAIN, CAUSES RESTRICTİON OVER TIME**

Frozen shoulder syndrome (adhesive capsulitis) may be underlying the severe pain in the shoulder that occurs as a result of staying in front of the computer or television for long hours, carrying heavy bags with one shoulder, and making a sudden and wrong move. Lect. Hüsniye Merve Yılmaz, Physiotherapy and Rehabilitation Specialist from Istanbul Gelisim University Health Services Vocational School, stated that people with frozen shoulder syndrome are mostly women and people aged 40-65.

Lect. Hüsniye Merve Yılmaz, Head of the Physiotherapy Program of Istanbul Gelisim University (IGU) stated that the frozen shoulder syndrome that occurs suddenly and unexpectedly, causes a great pain in shoulder joint movement. Lect. Yılmaz also added that frozen shoulder usually starts with one shoulder, however, the symptoms affect the other shoulder over time.

## **THESE DISEASES INCREASE THE RISK OF ADHESIVE CAPSULITIS**

Not being able to comb hair, sign, or even having trouble getting dressed can be caused by frozen shoulder pain. Frozen shoulder syndrome can make a person unable to move at all over time. Physiotherapy and Rehabilitation Specialist Hüsniye

Merve Yılmaz stated the following: "If there are problems such as pain, stiffness, limitation of movement that last longer than 10 weeks, the reason may be frozen shoulder. For the treatment of this clinical condition, a physician should be consulted and a diagnosis must be made. If appropriate, medical and conservative treatment approaches must be initiated. Frozen shoulder can lead to substantial loss of shoulder function as a result of the gradual, progressive loss of joint motion. Conditions such as trauma/surgery, hormonal diseases such as diabetes, ACTH deficiency and thyroid disease, neurological diseases such as heart diseases, Parkinson's and stroke, neurosurgery, malignancies, hyperlipidemia increase the risk of individuals to be affected by frozen shoulder problem."

#### IT CAN BE TREATED WITH PHYSICAL THERAPY, MASSAGE AND EXERCISE

Patients with frozen shoulders typically show a characteristic history, clinical picture, and recovery. It is known to be a self-limiting musculoskeletal problem lasting 18-24 months without long-term tissue damage. Although most of the patients show full recovery from the disease, some may have long-term pain and limitation of movement. Physiotherapy and Rehabilitation Specialist Yılmaz says: "As a result of a detailed evaluation of the patient, treatment is started as soon as possible, such as physical therapy, massage, exercise, which are planned for the patient. The most crucial factor here is the continuity of the treatment. This is the only way to get effective results."

#### A PROTOCOL WAS SIGNED BETWEEN ISTANBUL GELISIM UNIVERSITY AND ENERGY INCORPORATED COMPANY

Yüksel Yalçın, General Manager of Istanbul Industry and Trade Energy Inc., visited Istanbul Gelisim University Rector Prof. Dr. Bahri Şahin in his office. In the meeting that took place, a protocol was signed within the framework of university and industry cooperation.

Taking firm steps towards becoming a prestigious "Research University" that will contribute to the production of new technologies, Istanbul Gelisim University (IGU) is advancing with the understanding of developing, producing and quality education in accordance with the era with the projects and collaborations it has realized. On 10.03.2023, Yüksel Yalçın, General Manager of Istanbul Industry and Trade Energy Inc., a company of Istanbul Metropolitan Municipality operating in the field of energy, visited Rector Prof. Dr. Bahri Şahin in his office.

A protocol was signed within the framework of university-industry cooperation in the meeting attended by our University Vice Rector Prof. Dr. Nuri Kuruoğlu, Dean of the Faculty of Economics, Administrative and Social Sciences Prof. Dr. Kenan Aydın and Istanbul Gelisim University Vocational School Director Asst. Prof. Dr. İsmail Cem Ay.

## MAIN TOPICS OF THE PROTOCOL: ENERGY, SUSTAINABILITY AND R&D

IGU, which prioritizes the themes of science, technology, R&D and sustainability and achieves success on a global scale with its national and international standards, included the following subjects within the scope of the protocol signed with the Energy Inc.;

-Supporting scientific studies such as field research and project studies on "Energy Technologies",

- Establishment of working groups in areas such as "Smart City" and "Sustainable Energy Management",

-Project partnership in R&D studies

At the end of the meeting, Rector Prof. Dr. Bahri Şahin presented a plaque to Yüksel Yalçın, General Manager of Istanbul Industry and Trade Energy Incorporated Company. Prof. Dr. Bahri Şahin stated that they are happy for the cooperation and to host Yüksel Yalçın.