

FOODS CONSUMED DURING MEDICATION MAY POSE A RISK!

Getting enough and balanced nutrients is one of the sine qua non of a healthy body. While the significance of nutrition is better comprehend, many studies are being conducted on the subject. Asst. Prof. Dr. Ayşe Huri Özkarabulut from Istanbul Gelisim University made statements about food and drug interactions. Asst. Prof. Dr. Özkarabulut remarked that the exposure of drugs to many interactions poses great risks, and drew attention to the foods that should not be consumed in the use of some drugs.

Most of the time, it cannot be predicted that the drugs used and the foods consumed may pose a risk. Food and drug interactions are frequently encountered. This may adversely affect the treatment results of patients. Significant drug interactions are more likely to occur, especially in patients taking multiple medications. Asst. Prof. Dr. Ayşe Huri Özkarabulut from the Department of Nutrition and Dietetics, Faculty of Health Sciences, Istanbul Gelisim University (IGU) stated the following: The role of the pharmacist is great in informing the patients. Doctors and dietitians should also warn patients about complications.”

“THE EFFICACY OF MANY DRUGS DEPEND ON WHETHER THE PERSON IS HUNGRY OR FULL AT THAT MOMENT”

Food and drug interactions are handled in many ways. These interactions can have physical, chemical, physiological and physiopathological dimensions. Dr. Ayşe Huri Özkarabulut: “If some nutrients in the food are taken orally at the same time with some drugs, the absorption and treatment effectiveness of the drug may vary. Nutrients may interact with the drug and cause unexpected or unwanted side effects. The effectiveness of many drugs can change whether the person is currently hungry or full. In the use of drugs, it should be stated that they will be used with or without food. Some drugs can change the person's nutritional status and prevent the use of nutrients in the body, changing their excretion from the body, causing nutritional deficiency.

DRUGS THAT PREVENT BLOOD CLOTTING MUST NOT BE CONSUMED WITH THESE FOODS!

When antibiotics are taken with acidic foods, fruit juices, caffeine and tomatoes, they increase stomach acid and affect absorption. Dr. Özkarabulut: “Some antibiotics must not be consumed at the same meal as dairy products. Medicines that prevent blood clotting can be taken on an empty or full stomach. Vitamin K makes the drug less effective, for instance. Care should be taken when consuming foods rich in vitamin K such as potatoes, bananas, apricots, broccoli, cabbage, kale, spinach, lettuce and radishes. Blueberries must not be consumed. Antidepressants can also be taken on an empty or full stomach. The medicine should be swallowed whole, not chewed. Interacts with foods rich in thiamin. It must not be consumed with old

cheese, sausage, figs, broad beans, sauerkraut, calf's liver. Thiamin can raise blood pressure to a deadly level. It can cause headache, vomiting and death. It is of great importance that this information must be known widely."

CONSUMING CHEESE SUGGESTION AT SUHOOR AGAINST BAD BREATH CAUSED BY TOOTH DECAY

Dentist Lect. Nuri Yeniev made suggestions to prevent bad breath, which is a serious problem who fasting during Ramadan. Lect. Yeniev stated that cheese, which prevents tooth decay in terms of some minerals it contains, may be effective for bad breath caused by decay.

Pointing out that it would be beneficial to consult a dentist first against oral and dental health problems such as caries, abscesses and tartar, which may occur due to prolonged thirst during Ramadan, reducing the saliva buffering effect; Lect. Nuri Yeniev, Istanbul Gelisim University Faculty of Dentistry, shared significant information to protect oral health in this process.

Not doing oral care regularly can have negative effects on dental health, and bad breath can also cause problems that affect social life. Lect. Yeniev stated the following: The foods consumed in iftaar and suhoor are also effective for dental health. Consuming cheese in sahur is crucial in preventing bad breath. Some minerals in cheese prevent the formation of caries. Healthy teeth that do not develop cavities also prevent the formation of bad breath."

BEWARE OF CARIES AND GUM DISEASE!

Lect. Nuri Yeniev talked about the most common oral and dental health problems in Ramadan: "The most common problem is bad breath. Moreover, with the change in our eating habits, the risk of caries may increase since the decrease in the saliva rate in the mouth and the decrease in the physical cleaning provided through food cause caries and some gum diseases.

MEASURES TO PREVENT BAD BREATH

Lect. Yeniev listed the measures to be taken regarding bad breath: "Some measures can be taken to prevent bad breath in Ramadan. It is necessary to pay attention to the brushing of the teeth. We recommend brushing your teeth twice, morning and evening. However, it is necessary to pay attention to the cleaning of the tongue and surrounding tissues, cheeks, lips and the whole mouth. Tongue brushes can be used for that. Particularly the use of mouthwash is very crucial. For those who do not want to use mouthwash, we recommend that they gargle with salt water."

CONSUME "CHEESE" AT SUHOOR

It is possible to get rid of bad breath with consumed foods. Lect. Yeniev remarked: "A dryness of the mouth occurs with excessive use of tea, coffee and cigarettes. In order to avoid dry mouth, plenty of water should be consumed between iftaar and suhoor during the Ramadan month. When dry mouth occurs, bad breath also occurs. Consuming cheese in suhoor is significant in preventing bad breath since some

minerals in cheese prevent the formation of caries. Healthy teeth that do not cause decay also prevent the formation of bad breath. Furthermore, it is also beneficial to have oral and dental check-ups done by professionals before Ramadan.”

HOW MUST PROPER CARE BE DURING THE DAY?

Some routines can also be developed for oral care that will not endanger fasting during the day. Lect. Yeniev pointed out: “We find it sufficient to brush the teeth twice, suhoor and iftaar. The important thing is to do the physical cleaning of the mouth and teeth. In this regard, miswak can be used. During the day, a physical cleaning can be achieved with it. Moreover, cleaning is ensured by brushing without using any toothpaste.

HOW TO PROPERLY BRUSH YOUR TEETH

Lect. Yeniev also gave information about the mistakes made in brushing teeth and concluded his words as follow: “Floss must be used. Correct brushing is done by making light brushing movements at an angle of 45 degrees from the gingiva to the tooth. Wrong brushing can cause problems for gum health. In this regard, brushing must be done from top to bottom in the upper jaw and from the bottom up in the lower jaw. Teeth must be brushed without pressing the brush too much on the chewing surfaces.

TUBITAK SUPPORT FOR THE PROJECTS OF IGU STUDENTS

Within the scope of 2209-A University Students Research Projects Support Program conducted by TUBITAK Scientist Support Programs Presidency, 5 projects of Istanbul Gelisim University students were entitled to receive support.

Istanbul Gelisim University (IGU) advances with the vision of "Research University" and enables its students to work on scientific, technological, research and development. With 2209-A University Students Research Projects Support Program conducted by TUBITAK Scientist Support Programs Presidency (BİDEB), 5 projects of IGU students were entitled to be supported.

PROJECTS THAT ENTITLED TO RECEIVE SUPPORT

The program aims to encourage undergraduate and associate degree students studying at universities to do research through projects. In the program where the projects developed by the faculty members and students are supported, 5 projects developed by the students and academicians of the Faculty of Engineering and Architecture, Faculty of Health Sciences and Vocational School of Health Services were entitled to be supported by TUBITAK.

Student projects that entitled to receive support as a result of the TUBITAK 2209-A University Students Research Projects Support Program were listed as follows:

-The project named "Implementation of FPGA-Based Rapid Image Processing in Unmanned Aerial Vehicles (UAV)" by Responsible Researcher Student Samet Tuzlupinar, under the supervision of Asst. Prof. Dr. Sevcan Kahraman.

-The project named "Smart Glasses with Artificial Intelligence and Cyber Security Features for Visually Impaired Individuals" by Responsible Researcher Student Furkan Onur, under the supervision of Asst. Prof. Dr. Kenan Şentürk.

-The project named "Electric Fan Motor Driven Unmanned Aerial Vehicle with Vertical Takeoff and Landing Feature (VTOL)" by Responsible Research Student Hüseyin Furkan Çelik, under the supervision of Prof. Dr. Osman Ergüven Vatandaş.

-The project named "The Effect of Nurses' Intercultural Sensitivity Levels on Care Behaviors" by Responsible Research Student Islam Sevgin and Assistant Research Students Songül Narin, Umut Güngör, Nihal Akak, under the supervision of Asst. Prof. Dr. Gülşah Ünsal Jafarov.

-The project named "Examination of Interleukin-4 (IL4) Gene Vntr Polymorphism in Patients with Breast and Ovarian Cancer" by Responsible Researcher Student Feyzi Can Öztekin, under the supervision of Lect. Tunay Doğan.

“WE ARE ALWAYS READY TO PROVIDE OPPORTUNITIES FOR SCIENTIFIC SUPPORT PROGRAMS IN WHICH OUR STUDENTS WILL REALIZE THEIR POTENTIAL”

Pointing out they are proud of the achievements of the faculty members and students, Istanbul Gelisim University Rector Prof. Dr. Bahri Şahin stated the following:

“We give priority to R&D studies to become a prestigious 'Research University' that will contribute to the production of new technologies. We are always ready to provide opportunities for scientific support programs in which our students will show their potential. The work of our esteemed academicians and students, who aim to contribute to society through science, not only for the present, but also for the future, are very valuable. Many projects were planned to create scientific cooperation, provide research support and encourage continuous learning by creating community awareness. I congratulate all our academicians who guide our students in the support program offered by TUBITAK. I also appreciate our students' efforts for their scientific activities and achievements.”

Those who contributed to the TUBITAK 2209-A University Students Research Projects Support Program;

1) The project named "Implementation of FPGA-Based Rapid Image Processing in Unmanned Aerial Vehicles (UAV)" by Responsible Researcher Student Samet Tuzlupinar, under the supervision of Asst. Prof. Dr. Sevcan Kahraman was entitled to receive support.

2) The project named "Smart Glasses with Artificial Intelligence and Cyber Security Features for Visually Impaired Individuals" by Responsible Researcher Student Furkan Onur, under the supervision of Asst. Prof. Dr. Kenan Şentürk and Asst. Prof. Dr. Serkan Gönen and Res. Asst. Tunay Acıman, who had great contribution to the acceptance of the project, was entitled to receive support.

3) The project named "Electric Fan Motor Driven Unmanned Aerial Vehicle with Vertical Takeoff and Landing Feature (VTOL)" by Responsible Research Student Hüseyin Furkan Çelik, under the supervision of Prof. Dr. Osman Ergüven Vatandaş, was entitled to receive support.

In this bachelor's degree graduation study, an unmanned aerial vehicle with a vertical take-off (VTOL) feature and a weight of 20 kilograms is designed. In this unmanned aerial vehicle, it is aimed to provide a transition between flight regimes with a system that directs the thrust for vertical and horizontal flight.

4) The project named "The Effect of Nurses' Intercultural Sensitivity Levels on Care Behaviors" by Responsible Research Student Islam Sevgin and Assistant Research Students Songül Narin, Umut Güngör, Nihal Akak, under the supervision of Asst. Prof. Dr. Gülşah Ünsal Jafarov, was entitled to receive support.

5) The project named "Examination of Interleukin-4 (IL4) Gene Vntr Polymorphism in Patients with Breast and Ovarian Cancer" by Responsible Researcher Student Feyzi Can Öztekin, under the supervision of Lect. Tunay Doğan.

Asst. Prof. Dr. Arzu Özgen also had great contribution in the program.