

## **"DO NOT BE DIRECTLY EXPOSED TO THE AIR BLOWN BY THE AIR CONDITIONER"**

With the increase in hot weather, the use of air conditioning in homes, workplaces and cars is increasing. Stating that the long-term and uncontrolled use of air conditioners paves the way for health problems, Chest Diseases Specialist Asst. Prof. Dr. Aygün Gür warned that the diseases of people with lung diseases such as COPD and asthma may be exacerbated. The windows should be opened occasionally, the environment should be ventilated and the air blown by the air conditioner must not be exposed directly.

The fact that the air temperature is above the seasonal normals has made the use of air conditioning indispensable. However, the misuse of air conditioners brings with it many problems. Stating that upper respiratory tract and lung diseases occur in people exposed to cold and dry air for a long time, Istanbul Gelisim University (IGU), Chest Diseases Specialist Asst. Prof. Dr. Aygün Gür stated that the most common respiratory diseases due to the use of air conditioners are sinusitis and bronchitis.

## **BEWARE OF AIR CONDITIONER DISEASE!**

In addition to respiratory diseases caused by the use of air conditioners, there are also various microorganisms and fungi that are transmitted to humans through air conditioners. Chest Diseases Specialist Asst. Prof. Dr. Aygün Gür, "People with lung diseases such as air conditioning, COPD, and asthma can easily get infected and their diseases exacerbate. 'Legionnaires' disease, popularly known as air conditioning disease, is a type of lung infection that manifests itself with symptoms such as high fever, cough and shortness of breath."

## **"INDOOR AND OUTDOOR TEMPERATURE DIFFERENCE MUST NOT EXCEED 8-10 DEGREES"**

When used correctly, air conditioners provide people with healthy and comfortable environments, while in allergic people, the cold air blown by the air conditioner and the dust it spreads to the environment can trigger severe cough and asthma attacks. Stating that some points should be considered while using the air conditioner, Asst. Prof. Dr. Gür: "Air conditioners should be periodically maintained and their filters should be cleaned at frequent intervals. The optimum temperature is 24-25 degrees, and one of the important details is that the indoor and outdoor temperature difference must not exceed 8-10 degrees and the humidity should be 40-50%. Rapid cooling of the environment may lead to complaints such as cough and shortness of breath. Therefore, the environment should be cooled slowly. While the air conditioner is working, the

environment should be ventilated by opening the windows occasionally and the air blown by the air conditioner should not be exposed directly."

Adding that the use of air conditioning has some risks for asthmatic and allergic patients, Chest Diseases Specialist Asst. Prof. Dr. Aygün Gür: "The risks of high temperature and humidity cannot be ignored. Therefore, these patients can use air conditioners consciously and appropriately by paying attention to the specified rules."

## **BEST TRAILER AWARD FROM RTS!**

Stendhal short film directed by Berk Köse and Ferit Doğan, fourth year students of Istanbul Gelisim University (IGU), Faculty of Fine Arts (GSF), Radio, Television and Cinema Department, won the best trailer award at the TMFF (The Monthly Film Festival) held in Scotland.

The short film project Stendhal, written and directed by Berk Köse and Ferit Doğan, fourth year students of the Radio, Television and Cinema Department, and in which Beyza Sude Yüksel, Buğra Cihan Çakır and İsmail Akbal are in the film crew, continues its successful festival journey.

The film, which is about what happened to Gökhan, who invited his girlfriend Selin to a dinner, focused on the effect of a work of art escalating the tension between the couple and disrupting the perception of time. Stendhal, a film with high tension and excitement, won an award at the TMFF with a one-minute trailer that directly reflects the tension and excitement.

The film, which won the best trailer award at The Monthly Film Festival in Scotland, confronts its characters with their desires, passions and fears. Explaining this as a special choice, Ferit Doğan, one of the screenwriters and directors of the film, underlines that as you explore human nature, storytelling becomes much more enjoyable.

## **JOURNEY OF SUCCESS**

Stendhal, who started his festival journey by receiving an honorable mention from the Student World Impact Film Festival, was also entitled to an honorable mention in the best horror film category at the BR Banshee Festival, also known as the horror film festival, held in Rio De Jenerio in Brazil. Crowning his successful journey with the best trailer award in Scotland, Stendhal's festival journey continues.

## **7 NEW PROGRAMS HAVE BEEN OPENED FOR INSTITUTE OF GRADUATE STUDIES!**

New programs were opened for Istanbul Gelisim University Institute of Graduate Studies. With 4 theses, 2 non-thesis and 1 doctoral program, IGU Institute of Graduate Studies now has 39 theses, 38 non-thesis and 9 doctoral programs in total.

Istanbul Gelisim University (IGU) Institute of Graduate Studies, which progresses with the vision of leading scientific developments and developing national and international projects, has opened 7 new programs. Within the IGU Institute of Graduate Studies, following programs now is opened;

- Sports Management (PhD)
- Public Relations and Publicity (With Thesis) (Master's Degree)
- Architecture (English) (With Thesis) (Master's Degree)
- Turkish Language and Literature with Thesis / Non-Thesis (Master's Degree)
- Political Science and International Relations (English) with Thesis / Non-Thesis (Master's Degree)

With the newly opened programs, there are 39 thesis, 38 non-thesis and 9 doctoral programs within the Institute of Graduate Studies.

## **ORTHODONTIC PROBLEMS CAN CAUSE SELF-CONFIDENCE PROBLEMS!**

Healthy teeth, a beautiful smile is everyone's dream. Oral health, which affects both eating and drinking, laughing and speaking, also affects the psychology of people significantly. Expressing that orthodontics and psychology are closely related to each other, Orthodontist and Clinical Psychologist Asst. Prof. Dr. Hüseyin Özkan stated that the self-confidence of people who have concerns about their teeth and smiles is also affected.

In orthodontics, it is aimed to correct the mutual relations of the positions of the teeth and jaw. Stating that the relevant needs of the patients should be taken into consideration during this treatment, Istanbul Gelisim University (IGU), Faculty of Dentistry, Orthodontist and Clinical Psychologist Asst. Prof. Dr. Hüseyin Özkan: "The relationship between orthodontics and psychology is very deep and meaningful. In orthodontic applications, it is necessary to benefit from the theories of psychology."

## CHILDREN AND YOUNG PEOPLE ARE PARTICULARLY AFFECTED

Laughing plays an important role in people's social relationships, personalities and thoughts about themselves. Hence, it is important to have a nice smile in order to meet the psychological needs of people. Orthodontist Asst. Prof. Dr. Hüseyin Özkan: "The relationship between orthodontics and psychology is related to people's self-confidence. Children and teenagers, in particular, may experience concerns about their teeth and smiles. These concerns can affect people's self-confidence. Therefore, orthodontists should be very careful in assessing the self-confidence of patients."

## BOTH PHYSICAL AND PSYCHOLOGICAL NEEDS ARE MET WITH ORTHODONTIC TREATMENT

Among the theories of psychology, especially the "Cognitive Behavioral Approach" can be used to understand the relationship between the thoughts and behaviors of patients. Asst. Prof. Dr. Özkan: "This therapy can be aimed at increasing the self-confidence of the patients and reducing their anxiety by addressing the negative thoughts of the patients. During orthodontic treatment, it is necessary to consider the psychological needs of patients in order to contribute to a healthy smile, self-confidence and well-being. In this way, both the physical and aesthetic needs of the patients and the psychological factors are met."