



Faculty of Health Sciences



MONTHLY EVENTS AND NEWS BULLETIN

JANUARY 2023 | ISSUE 25 | VOLUME 3





January

2022

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1 January: New Year's Day



2 January: Science Fiction Day



4 January: Spaghetti Day



9-15 January: Energy Savings Week



16 January: World Hygiene Day



21 January: World Hugging Day



28 January: Data Privacy Day



29 January: World Leprosy Day



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INFORMATION

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How to Apply?

01

Get Access to the application form by clicking the "APPLY" menu on this website.

02

Fill the information requested on the form as in the example below:

- Passport Number: 0123456
- Name: L.....
- Surname: B.....
- E-mail: lb.....@gmail.com
- Phone Number: 511 111 22 22
- The Name of the School You are Studying in/ Graduated From: A..... High School
- Class: Graduate (If you are still studying, write the class you are in.)
- Gender: Female
- What is your Dream Job?: ----
- Do you have an award, cup or certificate of success in any field?: ----

03

After completing your personal information on the form, click on the "NEXT" button in the bottom right corner of the page. Select the courses you want from the page with the courses. To select the courses you want, click on the "Course Selection" boxes next to the courses.

04

After completing your course selection, click on the "NEXT" button at the bottom right corner of the page. Click the "SEND FORM" button after marking the box.

Enter the SMS Code sent to your phone in the field indicated on the screen and click the "SEND APPLICATION" button. Your application will be completed. When your application is completed, an e-mail will be sent to your e-mail address. You can attend the courses you choose according to the information contained in the e-mail.

[Click here for the details of the news.](#)

PSYCHOLOGICAL COUNSELING UNIT ONLINE APPOINTMENT SYSTEM IS ACTIVE NOW



PSYCHOLOGICAL COUNSELING UNIT ONLINE APPOINTMENT SYSTEM IS ACTIVE NOW. OUR STUDENTS AND STAFF WHO WANT TO GET SUPPORT CAN MAKE AN APPOINTMENT BY FOLLOWING THE INSTRUCTIONS.

The system is accessed using the links in the Obis (Student Information System) and Persis (Personnel Information System) menu.

User login will be provided automatically. After the user login, the system will be directed to the appointment search and appointment page directly.

After determining the desired conditions by specifying two date ranges and/or choosing an expert in the left block on the page, when the "Search Appointment" button is clicked, available appointments suitable for the selections can be listed in the right block. Possible Choices: Start Date / End Date, Specialist.

Available appointments are also listed on the right block. After selecting the appropriate appointment from the list, the Personal Data Protection Consent Text box is selected and the I accept button is clicked on the screen that opens, and then an appointment can be created by clicking the "Make Appointment" button in the red circle. User can create only one appointment in a week.

The "Make Appointments" and "My Appointments" pages can be accessed from the user icon in the upper right corner of the screen.

All our appointments are listed on the My Appointments page. Appointments in green are active and upcoming appointments. Appointments in yellow are overdue appointments. Appointments in red are inactive and canceled after the appointment.

[CLICK FOR INFORMATION ABOUT APPOINTMENT PROCEDURES](#)

Energy Savings Week

"The cheapest energy is the energy saved."

Every year, the 2nd week of January is **Assoc. Prof. Gülay TAMER** in order to use energy resources rationally, without extravagance, as much and efficiently as necessary and to spread this awareness.

Energy is one of the most important elements of our day and its consumption is increasing due to the increasing population, the increase in the level of welfare, industrialization and the development of technology. On the other hand, factors such as the gradual decline of conventional energy sources, the ever-increasing prices of fossil fuels, the energy crisis, environmental problems caused by energy consumption, and global warming make it necessary to use energy efficiently.

"Energy saving is defined as reducing the amount of energy required to obtain a good or service without sacrificing the level of welfare, without reducing quality and performance". In other words, energy saving is a conscious decision to use less energy.

In our country, which has to import 62% of its energy needs, it is of great importance to use energy effectively and efficiently without wasting it. For this reason, the concept of energy saving is among the top priority issues in our country as well as all over the world.

The cheapest solution to the global energy demand will be possible by saving energy first. With both small changes and larger lifestyle changes, energy use can be greatly reduced. As a result, money can be saved and the carbon footprint can be reduced at the same time.



So, how to save energy individually?

Turn off standby devices - "ghost energy", also known as "standby energy" or "vampire energy", is electricity used by electronic devices when they are off or in standby mode. Standby energy is a significant waste of energy. By unplugging the devices, an average of 610 TL can be saved per year.

Replace your light bulbs - Although energy efficient light bulbs are more expensive off the shelf, their efficient energy use and longer life means they cost less in the long run.

Buy energy-efficient appliances - When buying a device, you should pay attention to two figures: the first purchase price, the second the annual operating cost. While energy-efficient appliances have higher purchase prices, they often save you money on your monthly electricity bill as well as energy.

Insulate your home - Insulation plays an important role in lowering your electricity bills by conserving heat in the winter and keeping the heat out of your home in the summer.

Use natural light - Using light from the sun is an intuitive way to reduce your energy consumption. When looking for a house, it is better to have windows facing north and south rather than east and west if possible.

TUBERCULOSIS IS THE 13TH CAUSE OF DEATH WORLDWIDE

Tuberculosis (TB), still one of the most significant public health problems in the world, caused 1.6 million deaths in 2021. **Asst. Prof. Nurten ELKİN** from Istanbul Gelisim University (IGU) Faculty of Health Sciences made a statement within the scope of "76th Tuberculosis Education and Awareness Week".



Tuberculosis, which is among the important public health problems that require global struggle due to its incidence and effects, is an infectious disease that can affect all tissues and organs such as bones, skin and eyes, especially the lungs. Asst. Prof. Nurten ELKİN, from the Faculty of Health Sciences at Istanbul Gelisim University, said, "It is estimated that approximately two billion people in the world are infected with TB bacillus. She also added that although this disease is mostly seen in the lungs, it is also very common in the pleura, lymph nodes, bones, kidneys and cerebral cortex.

What is Tuberculosis?

Conditions that reduce body resistance, diseases and factors that affect immunity play an essential role in the emergence of TB. Symptoms of tuberculosis are fatigue, loss of appetite, weight loss, inability to gain weight in children, fever and night sweats. Tuberculosis should be suspected in the presence of a cough that lasts longer than two to three weeks and does not respond despite receiving antibiotic treatment. Asst. Prof. ELKİN said, "The definitive diagnosis of the disease is made by seeing the tuberculosis bacillus in the sputum. This disease, which also causes diseases that affect immunity, can also occur in cases where immunity is low. The coexistence of HIV/AIDS and tuberculosis are common, as HIV/AIDS is one of the diseases that reduce body resistance the most. Diabetes Mellitus, chronic kidney failure, some cancers, drug and alcohol addiction, and cigarette use can also lead to the emergence of Tuberculosis by lowering body resistance."

"Regular use of medicines for the treatment of tuberculosis is very significant"

Tuberculosis treatment in our country is carried out in all health institutions in accordance with the standards determined by the "Diagnostic and Treatment Guide" published by the Ministry of Health. The treatment of new TB patients takes 6 months. Dr. ELKİN underlined that the regular use of medicines is very important for the success of the treatment. Tuberculosis bacillus can become resistant to drugs if the drugs used in the treatment are taken incompletely or used irregularly. Babies who have completed their second month after birth can be protected from TB with the BCG (Bacille Calmette Guerin) vaccine administered free of charge in Family Health Centers or Tuberculosis Dispensaries.

[Click here for the details of the news.](#)



This disease is also seen in desk job workers: Acid Reflux

Acid reflux, which is caused by factors such as wrong diet, smoking and alcohol use, is a burning sensation that happens when some of the acid content of the stomach flows up into the esophagus as a result of bending over or lying down after eating. If care is not taken, it can cause problems such as burning in the anterior region of the rib cage, difficulty in swallowing and coughing. Specialist Dietitian Hasan Fatih AKGÖZ from Istanbul Gelisim University underlined that this disease can be seen in individuals with low physical activity.

Reflux is one of the most common public health problems. Specialist Dietitian Res. Asst. Hasan Fatih AKGÖZ from the Department of Nutrition and Dietetics, Faculty of Health Sciences, Istanbul Gelisim University, stated that the incidence of acid reflux disease is increasing day by day and that wrong lifestyle practices are the most significant problem for this disease. Akgöz also added the following:

“Eating high-fat foods, spicy foods, acidic foods and drinks, and foods high in sugar and salt increases the occurrence of reflux. In addition to the frequent consumption of these foods, reflux can also be seen in those who consume cigarettes and alcohol, and in individuals with low physical activity who work at a desk.

7 NUTRITIONAL RECOMMENDATIONS TO PROTECT FROM ACID REFLUX

The incidence of obesity increases after a while in individuals who are generally fed with fat and carbohydrate. Thus, the mechanism between the stomach and the esophagus is disrupted, and as a result, burning and stomach acid contents flow up. Specialist Dietitian Res. Asst. Hasan Fatih AKGÖZ made 7 nutritional recommendations to prevent reflux:

- Meals should not be consumed quickly, very hot or very cold foods should be avoided.
- One should not go to sleep right after a meal. Food consumption should be stopped 2-3 hours before bedtime.
- A balanced diet with low-fat, high-fiber and protein-rich foods should be preferred instead of a diet that includes foods rich in fat and carbohydrates.
- Fatty foods such as margarine, butter, mayonnaise and cream should be avoided.

- Fatty fried foods, roasting, fermented meat products (sausage) and offal products should be avoided.
- Consumption of foods such as spices, tomatoes, onions, garlic, pickles and citrus fruits that may irritate the esophagus must be minimal. Tea and coffee consumption should be paid attention to.
- Water consumption should be given importance, consuming water frequently during the day has a positive effect on acid reflux complaints.

[Click here for the details of the news.](#)



The article titled “Greenhouse gas emissions in the food system: Current and alternative dietary scenarios” by Assoc. Prof. S. Arda ÖZTÜRKCAN and Asst. Prof. H. Merve BAYRAM, teaching staff in the of Nutrition and Dietetics at the Faculty of Health Sciences, was published in the Mediterranean Journal of Nutrition and Metabolism, which is a Q3 journal.

Abstract

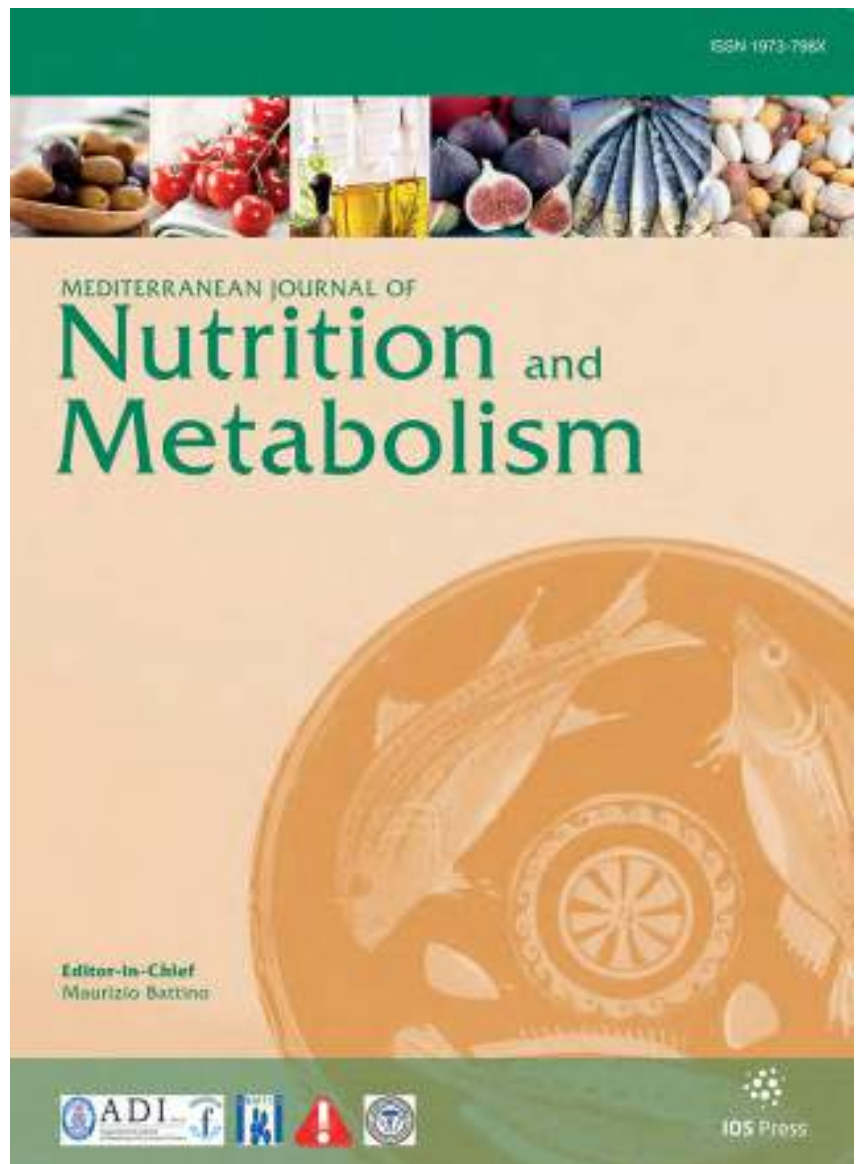
BACKGROUND: There is a growing interest in diets due to the high contribution to greenhouse gas emissions (GHGE).

OBJECTIVE: The study was aimed to estimate the impact on GHGE of replacing the current diet with eight alternative diets, which would be associated with GHGE, to contribute to the discussion of how dietary changes affect the GHGE.

METHODS: The latest National Nutrition and Health Survey was utilized to determine the nutrient composition of Turkey's current diet, with eight dietary scenarios designed to meet the National Dietary Guidelines.

RESULTS: The current diet had the highest GHGE with 3254.50g CO₂eq/person/day with beef, lamb, and cheese products accounting for the majority of emissions (18.61%, 17.15%, and 10.89%, respectively). The Model diet had a GHGE of 2994.18g CO₂eq/person/day, whereas vegetarian diets had the lowest (lacto-ovo vegetarian diet with 1944.95g CO₂eq/person/day and vegan diet with 1166.80g CO₂eq/person/day). Low energy efficiencies were associated with high diet-related GHGE levels.

CONCLUSION: When evaluating future dietary guidelines for a sustainable diet, our study highlighted the need of integrating both health and environmental aspects. The present study found that dietary changes would significantly contribute to lowering GHGE. These findings will be beneficial in informing Turkey's nutrition, agriculture, and public policymakers.



ArticleLink: <https://content.iospress.com/articles/mediterranean-journal-of-nutrition-and-metabolism/mnm220006>

BECOMING A DIETITIAN IN THE ACADEMY

The event titled "Becoming a Dietitian in the Academy, Processes of Master's Degree and Doctorate" was held online with the valuable participation of Asst. Prof. Merve BAYRAM from the Department of Nutrition and Dietetics (Turkish) at the Faculty of Health Sciences, Istanbul Gelisim University under the moderation of Dietitian Ecem ÖZGÜR on the Instagram account called BiarastirmaBisunum.

Asst. Prof. Merve BAYRAM shared her professional knowledge and experience with the students of the Department of Nutrition. Merve BAYRAM provided information about the profession of a dietitian at the academy as well as the process of a master's degree and a doctorate and answered the students' questions. At the end of the event, Dietitian Ecem ÖZGÜR thanked Asst. Prof. Dr. Merve BAYRAM.

[Click here for the details of the news.](#)



PROF. DR. N. SEMRA ERKAN'S INTERNATIONAL BOOK CHAPTER HAS BEEN PUBLISHED



Istanbul Gelisim University Faculty of Health Sciences Child Development Department, Prof. Dr. N. Semra ERKAN's book chapter entitled "The Life Skills Program's Effects on Life Skills, Self-Conceptions and Social-Emotional Compatibility Levels of Children" has been published.

Prof. Dr. N. Semra ERKAN said "In many countries of the world, life skills education programs, known as development and prevention programs or early intervention programs, are implemented to reduce risk factors and improve protective factors for children. With education programs based on life skills, it is aimed to raise respectful and tolerant individuals who have a high sense of self, value themselves and their environment, and are aimed to be seen in society. In line with these goals, various life skills training programs are developed in order to help children overcome the difficulties they will encounter in daily life and continue their lives as healthy individuals. In Turkey, it is seen that there are not enough studies to support the life skills of children in early childhood. In line with this need in the literature, a 12-week "Early Childhood Life Skills Program" was developed by researchers for preschool children. The effect of the program on children's life skills, social-emotional adjustment and self-perceptions was examined using a pre-test post-test control group design. As a result of the research, it was determined that the Life Skills Program applied to the experimental group children created a statistically significant difference in the life skills, self-perception and social-emotional adjustment levels of the five-year-old children. "

Erkan said, "This study is important in terms of drawing attention to the importance of supporting the life skills of children in early childhood and raising awareness in our society."

[Click here for the details of the news.](#)

"The Tenacious Defense of Nutritional Therapy Against an Army Like Cancer" Seminar

"The Tenacious Defense of Nutritional Therapy Against an Army Like Cancer" seminar was organized by the Department of Nutrition and Dietetics (English), Faculty of Health Sciences, Istanbul Gelisim University.

KEPAN Vice President Prof. Dr. Mutlu DOĞANAY and members of the Ankara City Hospital Clinical Nutrition Unit team, Dietitian Memduh UYANIK, Doctor Dietitian Pırl TUNCAY, Nurse Hülya EGUN and Nurse Arzu ŞAHNA, were held online via the Zoom platform. In the event moderated by Dilara SERARSLAN, Lecturer in the Department of Nutrition and Dietetics (English),

Prof. Dr. Mutlu DOĞANAY stated about the multidisciplinary structure of the Clinical Enteral Parenteral Nutrition (KEPAN) Association and the Nutrition Team. After Prof. Dr. DOĞANAY's informative presentation, the event continued with the Nutrition Team's presentation of their own professional experience and experiences.

Then Dr. Dietitian Pırl TUNCAY shared her case presentation titled "Nutritional Management and Challenges After Esophagus Cancer Surgery" with the participants.

[Click here for the details of the news.](#)

NEW YEAR THEMED CUPCAKE & COOKIE DECORATING WORKSHOP FROM THE ENGLISH AND TURKISH DEPARTMENTS OF NUTRITION AND DIETETICS

"Cupcake & Cookie Decorating Workshop" organized by the Nutrition and Dietetics English and Turkish Departments was held on Wednesday, December 28th with the valuable participation of Lecturer Chef Tuğba YAVAŞÇA.

Lecturer Chef Tuğba YAVAŞÇA shared the details of cupcakes and cookie making with Nutrition and Dietetics English and Turkish students in the workshop where the New Year theme was determined. The cupcakes and cookies prepared at the workshop's end were decorated per the New Year theme.

The event ended with the heads of the English and Turkish Departments of Nutrition and Dietetics thanking Lecturer Chef Tuğba YAVAŞÇA and celebrating the New Year.



[Click here for the details of the news.](#)

The Bebis Program Education

"The Bebis Program Education" meeting organized by the Nutrition and Dietetics Turkish and English Departments of the Faculty of Health Sciences of Istanbul Gelişim University was held on Wednesday, January 4 with the valuable participation of Dietitian Ramazan BALBAY.

Bebis Education Consultant Dietitian Ramazan BALBAY shared information about the new version of the Bebis Program, e-Bebis, with the students of the Turkish and English departments of Nutrition and Dietetics. The interactive meeting ended with the thanks of Asst. Prof. Ayşe Huri ÖZKARABULUT, Head of Nutrition and Dietetics (Turkish) Department, to our valuable guest, Dietitian Ramazan BALBAY.

[Click here for the details of the news.](#)

World Leprosy Day

Lecturer Ayşe Mücella SOYDAN

In order to raise awareness of leprosy in the world, the last week of January is celebrated as World Leprosy Week and the last Sunday as World Leprosy Day. The Anti-Leprosy Association celebrated the 70th World Leprosy Day on Sunday, January 29, 2023, with the event “Leprosy Cases in Turkey in 2022, Hospital Studies and Contributions to Eye Health” with the title of TÜRKAN SAYLAN'S CONTRIBUTIONS TO LIFE SYMPOSIUM-XIV.

Leprosy (leprosy), a disease as old as human history, is a social health problem that can be treated. Its causative agent is a bacterium called *Mycobacterium leprae*. The disease predominantly affects the skin and peripheral nerves. When leprosy is not treated, the disease can cause progressive and permanent disability. Leprosy is transmitted by nasal and oral droplets, possibly during close and frequent contact with untreated patients. The onset of symptoms can vary from one to twenty years. Leprosy affects the skin, peripheral nerves, mucosa of the upper respiratory tract and eyes. Leprosy, which can be treated with multi-drug therapy, can cause progressive and permanent damage to the skin, nerves, extremities and eyes if left untreated. Despite its low mortality rates, leprosy is a socially prominent disease due to its morbidity that causes physical disability, deformity, psychological disorders, economic dependence and social exclusion. People affected by leprosy may face stigma and discrimination as well as physical deformity.

People who were affected by leprosy but recovered after treatment, is closely related to their economic situation to continue their lives as respected individuals. For this reason, it is very important that they have a job and economic power to support their families. It should not be ignored that the social aspect of leprosy is important as well as its medical aspect.

Translator: Res. Asst. Buse SAYGIN ŞAHİN

Who is who?

Safiye Hüseyin Elbi is one of the first Turkish nurses. She was born on June 29, 1882, in Istanbul. Her father is Ferik Amet Besim Pasha, chief engineer of Tersane-I Amire, one of the pioneers of mechanical engineering in Turkey, and her mother is Josephine Wilward, the daughter of Hammond Wilward, an English noble (after her marriage, she converted to Islam and took the name Firdevs).

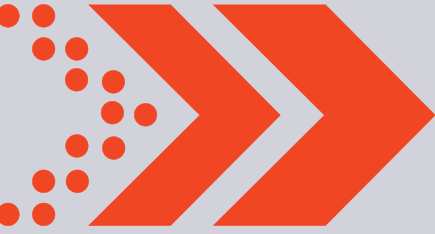
Safiye Hüseyin is a professional woman who contributed to the development of modern nursing in Turkey. She worked as a volunteer nurse during the Balkan Wars and World War I, and after the proclamation of the Republic in Turkey, she took part in many charities and associations. She worked for women to participate in social life. She worked as an administrator and teacher at the Red Crescent Nursing School, which was established in Istanbul in 1925.

Safiye Hüseyin Hanım's choice of nursing profession was influenced by what her grandfather, Colonel Şükrü Bey, told about Florence Nightingale, who was the cavalryman of the ship that took Florence Nightingale to Crimea during the Crimean War. With the guidance of Dr. Besim Ömer Pasha, she started nursing with her sister Fatma Nesime Hanım. The two sisters, who learned the Western culture and language due to their father's duty, knew English very well and were founded by the British Red Cross Society (British Red Cross Society), where British doctors served during the Balkan War. They were assigned to the Atika Museum Hospital (British Red Cross Museum Hospital).

Safiye Hüseyin, at the beginning of the First World War, was assigned to the 950-bed Galata Hospital built by Dr. Mehmet Ali Bey. Safiye Hanım, who participated in congresses in Germany and Switzerland during her reign, represented Turkey at the International Nurses Congress held in Geneva in 1923 and 1927. She gave conferences on nursing in the cities of Geneva, Paris, New York, and Chicago. She worked with the humanitarian organization Save the Children and became the inspector of the institution. She was among the founding members of the Tuberculosis Fighting Association. She took part in the establishment of the Turkish Nurses Association in 1933 and was the president of the society.

Safiye Hüseyin Elbi passed away on July 6, 1964 in Gureba Hospital .





OUR GUEST OF THIS MONTH

Asst. Prof. Deniz YILDIZ



It is said that the French writer Marcel Proust chatted with the characters he created and asked them some questions.

It is stated that he wrote these questions, also known as the "Proust Questionnaire", at the age of 13 and answered them himself when he was 20.

Using these questions prepared by him, we ask these questions to an experienced faculty member for each issue.

1-Let's say you decided to start a new society and you discovered a beautiful island. What would be the first rule you put in place?

To respect individual boundaries

2-Which of the inventions would you like to be the inventor of?

Internet

3-If you could witness any event in the past or future, which event would you choose?

I would like to see the happiest moment my child will experience when he becomes an adult.

4-If you were to write a book, what would it be named?

Parenting Through The Eyes Of A Child Psychiatrist

5-If they made a movie about your life, which actor /actress would you like to play you?

Catherine Zeta-Jones

6-What are the 5 words that best describe you?

Determined, Excited, Hardworking, trustworthy, happy

7-What kind of talent would you like to have?

Teleportation

8-Who is your hero?

Mustafa Kemal ATATÜRK

9-Who is your favorite author?

Agatha Christie

10-What word would be the summary of the years you lived?

Working



Sağlık Bilimleri
Fakültesi



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Dear IGU Alumni,
Alumni who want to benefit from the opportunities of our university and the discount rates we provide from the companies we have contracted with will be sufficient to fill out the form. When your card is ready, you can pick it up from the Alumni and Membership Coordinator's Office on the 3rd floor of Block K.



Faculty of
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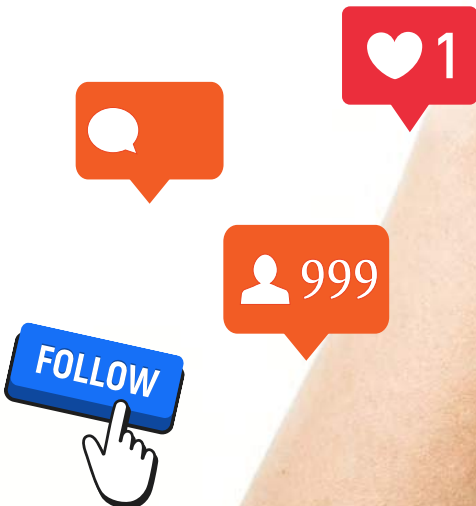
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