



Faculty of Health Sciences



MONTHLY EVENTS AND NEWS BULLETIN

JULY 2023 | ISSUE 31 | VOLUME 3



JULY 2023

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1 July : Cabotage and Maritime Day



15 July : Democracy and National Unity Day



17 July : World Emoji Day



24 July : Journalists and Press Day



28 July: World Hepatitis Day



30 July : World Friendship Day



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Significant success in the 'Accessible and Clean Energy' Category From IGU!

World universities ranking organization Times Higher Education (THE) Impact Ranking was announced in 2023. In the ranking, Istanbul Gelisim University, among 1591 universities from 112 countries, achieved success by ranking 12th among Turkish universities in the "Accessible Clean Energy" category for the first time this year.

In the list of 1591 universities in the Times Higher Education (THE) 2023 ranking, the world's leading higher education rating agency based in the UK, the success of Istanbul Gelisim University (IGU) was graded in six different categories in line with the United Nations Sustainable Development Goals. IGU, which was included in the "Accessible Clean Energy" category for the first time in the Impact Ranking 2023 list, was ranked 12th among Turkish universities.

Rated in 6 different categories

In the ranking carried out in line with the 17 categories determined by the United Nations within the scope of the Sustainable Development Goals (SDG), Istanbul Gelisim University was graded in 6 different categories with its studies in the field of education, innovative projects and contributions to society. IGU;

- Ranked 12th in Turkey in the SDG-7 Accessible and Clean Energy category, 201-300 worldwide,
- Ranked 12th in Turkey in the category of SDG-10 Reducing Inequalities, 301-400 worldwide,
- ranked 14th in Turkey and 401-600 worldwide in the category of SDG-8 Decent Work and Economic Growth and achieved significant success.

“We attach importance to sustainability studies in every field”

Abdulkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University (IGU), who made statements about the ranking aimed at evaluating the effects of ecological, economic and environmental sustainability practices on society according to the United Nations 17 Sustainable Development Goals, said, "We attach importance to sustainability studies in all areas, especially environmental sustainability, by adopting the Sustainable Development Goals. While implementing practices for the effective use of natural resources, we continue our prominent works on 'Energy and Climate Change' by advancing with a universal sense of responsibility within the scope of energy and waste management. Under the leadership of YÖK President Prof. Dr. Erol Ozvar, we support the fact that universities are sustainable, energy-efficient, compatible with nature and minimally damaging to the environment, and we support the introduction of energy efficiency and renewable energy applications in university campuses. The rating we get in the Accessible and Clean Energy category is therefore very valuable to us. Within the scope of the 'Zero Waste Project' in our university, we fully believe that we will take part in higher levels in the coming years with more effective execution of the waste management system, interactive activities in the fields of rain harvesting, transportation, education and research."





Faculty of
Health Sciences



JULY 15

DEMOCRACY AND NATIONAL UNITY DAY

Faculty of Health Sciences, Department of Social Work faculty member Prof. Dr. İsmet Galip YOLCUOĞLU attended the July 15 event as a speaker. Dean of the Faculty of Health Sciences Prof. Dr. Rifat MUTUŞ, Vice Dean Dr. A. Yüksel BARUT and faculty members from different departments attended the event where the coup attempt was evaluated in the focus of the New World Order and Turkey's independence.

 **SİVAS CUMHURİYET ÜNİVERSİTESİ** Seminer

YENİ DÜNYA DÜZENİ

15 Temmuz 2016 Darbe Girişimini
Önleyen Güçlü Türk Devleti'nin Bağımsızlaşması

15

TEMMUZ

KONUŞMACI
Prof. Dr. İsmet Galip Yolcuoğlu

14 Temmuz, 2023
Cuma

14.30

<https://meet.google.com/va-puzw-ldi?authuser=0>

gmrtruluz  @gmrtruluz  @gmrtruluz

İSMET GALİP YOLCUOĞLU sunuyor



Katılımcılar





OUR UNIVERSITY'S 1ST AND 2ND
CONGRATULATIONS!

FROM FACULTY OF HEALTH SCIENCES





IGÜ 2022-2023 GRADUATION'S TOP 1 AND 2 ARE FROM THE FACULTY OF HEALTH SCIENCES!

The İGÜ 2022-2023 graduation ceremony was celebrated with great enthusiasm on July 19, 2023, at the Yahya Kemal Beyatlı Show Center, with the participation of all graduating students, their esteemed families, and valued academics. The event that marked this meaningful day was the graduation of the top 1 and 2 students of Istanbul Gelişim University's 2022-2023 academic year, who were from the Faculty of Health Sciences. To share this pride, we directed the microphone towards our students.

As the Faculty of Health Sciences, we congratulate Melisa DANIŞ and Şara FIRAT.



GRADUATE AT THE TOP OF OUR UNIVERSITY'S

MELISA DAMIS

RESUME

I was born on November 3, 1999, in Bakırköy, Istanbul. I completed my high school education at Mehmet Baydar Anatolian High School. Later, I was accepted to Istanbul Gelişim University in the Department of Child Development. After completing the first year, I decided to take advantage of the double major program and chose the Nursing department. I have completed internships in various kindergartens and hospitals for both departments. Additionally, I have a moderate level of proficiency in English as a foreign language.

How was your undergraduate education, and what did you do during this process?

Throughout my four years of education, I focused on developing myself in my field of study. Through my internships, I realized how right of a decision I had made. During this time, I pursued a double major and completed the internships for my second major, Nursing. In short, I can say that I had a fulfilling four years.

What were the factors that contributed to becoming the top student in the university and the faculty, or supported this achievement?

I consistently took notes related to my courses and tried not to disrupt this routine. Moreover, the trust and support from my family and professors were also contributing factors to this achievement.

What are your goals and plans after graduation?

Among my plans is to start working in a kindergarten or in special education to take the first step in my professional life. Later on, if possible, I would like to work as a Child Development Specialist in a hospital.

Do you have any advice for your friends, university, and faculty?

I believe that if they dedicate enough time to their studies, they will succeed. Of course, I advise them not to solely focus on their studies but also engage in various activities, such as going to the cinema or theater, to develop themselves in a balanced way.

How did you spend your leisure time during your undergraduate education?

To improve my foreign language skills, I attended language courses. I participated in beneficial activities and seminars related to my field of study with my friends. In my spare time, I also read books and spent time with my friends as much as possible.

Finally, how did it feel to receive an award from our Rector and Chairman of the Board of Trustees during the graduation ceremony?

First and foremost, receiving an award from our esteemed Rector and Chairman of the Board of Trustees in front of thousands of people was extremely prideful for me. At that moment, I felt both very happy and in a very special position.



GRADUATE AT THE SECOND OF OUR UNIVERSITY'S ŞARA FIRAT

RESUME

I was born on July 14, 2001, in Istanbul. I graduated from Özel Bakırköy Final High School. I got accepted into Istanbul Gelişim University's Nutrition and Dietetics Program. During my university years, I pursued a Double Major with the Gastronomy Department. Throughout my time at the university, I completed my internships at Medicana International Istanbul Hospital, Titanic Port Bakırköy, Memorial Bahçelievler Hospital, and Istanbul University Istanbul Medical Faculty Hospital.

How was your undergraduate education, and what did you do during this process?

In my department, the most common advice given by our professors was to improve ourselves. Therefore, I studied hard, participated in various trainings, and joined the double major program, which is one of the advantages offered by our university.

What were the factors that contributed to becoming the second-best in the university and the faculty, or supported this achievement?

I owe a lot to my family and friends regarding this matter. They have always supported and motivated me. I attended many trainings with my friends, and we positively influenced each other.

What are your goals and plans after graduation?

My first goal is to work as a clinical dietitian at a hospital and make a positive impact on people's lives. Another goal of mine is to pursue a master's degree and specialize in a particular area.

Do you have any advice for your friends, university, and faculty?

The best advice I can give to my friends is to find a balance between their academic life and social activities. We are all young, and of course, we have social lives, but I believe that if we can strike a balance without neglecting our responsibilities, success will follow.

How did you spend your leisure time during your undergraduate education?

I am someone who loves reading books a lot. I allocate a specific time of my day for reading. Besides that, I enjoy going to the theater, watching movies, and exploring new places.

Finally, how did it feel to receive an award from our Rector and Chairman of the Board of Trustees during the graduation ceremony?

I was truly happy and proud. Also, since it marks the end of our student life, I couldn't help but feel a bittersweet sadness.



IGU FACULTY OF HEALTH SCIENCES ON OPEN DAYS!

WHICH OF OUR DEPARTMENTS CAN YOU FIND IN
THE PROMOTION AREA



- NUTRITION AND DIETETICS (TR&ENG)
- CHILD DEVELOPMENT (TR&ENG)
- SPEECH AND LANGUAGE THERAPY
- OCCUPATIONAL THERAPY
- PHYSICAL THERAPY AND REHABILITATION (TR&ENG)
- NURSING (TR&ENG)
- PERFUSION
- AUDIOLOGY
- HEALTHCARE MANAGEMENT
- SOCIAL WORK

DEPARTMENT OF NUTRITION AND DIETETICS

The latest studies in the field of nutrition, which is rapidly updated with the use of changing life conditions and the use of new technologies, have highlighted the necessity of nutrigenomics and a personalized diet. Besides, the importance of the proven relationship between the microbiota and diseases, the structuring of the healthy microbiota, the consumption of functional foods, the right choice of antioxidants, pulp and probiotics has also increased. One of the tasks of nutrition science is to create sustainable plans for community nutrition and to implement these projects. Nutrition science, which examines not only individual but also community nutrition, also works on matters such as sustainable nutrition, alternative food sources and nutrition in space.

Nutrition and Dietetics is a science to protect the health of individuals from all parts of society and increase their quality of life. It requires continuous learning and is based on applying the learned information within the framework of ethical rules.



HISTORY OF THE DEPARTMENT

The Department of Nutrition and Dietetics, which started to accept students as the Department of Nutrition and Dietetics (Turkish) in the 2012-2013 Academic Year within the Istanbul Gelisim University School of Health Sciences, had first graduates in 2015-2016 Academic Year. In the same year, the Department of Nutrition and Dietetics (English) also started accepting students. In 2016-2017, the Department of Nutrition and Dietetics Non-Thesis Master's Program was established within the Istanbul Gelisim University Health Sciences Institute.

In 2017, the Department of Nutrition and Dietetics became one of the departments within the School of Health Sciences entitled to receive accreditation by the Germany-based Accreditation Agency in Health and Social Sciences (AHPGS), which accredits education in health, social sciences and similar branches. With the President's Decree No. 3203 published in the Official Gazette dated 25.11.2020 and numbered 31315, the "School of Health Sciences" was converted into a "Faculty of Health Sciences". Turkish and English Nutrition and Dietetics Departments, which are included in the Faculty of Health Sciences of Istanbul Gelisim University in the 2020-2021 Academic Year, aim to train dietitians who can work in partnership with other health professionals with their current curriculum.



LABORATORY FACILITIES

We conduct our hands-on lessons in our laboratories equipped with cutting-edge devices, and we do field applications intensively in the 2nd and 4th grades. There are 3 laboratories belonging to the Turkish and English Departments of Nutrition and Dietetics: Food Analysis Laboratory (C-Block lab no 013), Culinary Laboratory (C-Block lab no 019), Anthropometry Laboratory (C-Block lab no 002).

FIELDS OF WORK

Our graduates with multidisciplinary and versatile education, have opportunities to work in the food industry, R&D institutions, mother and child nutrition, community health, nursing homes for the elderly, catering industry, sports nutrition, diet counselling centres, in bedded and non-bedded health institutions that provide diet therapy for diseases, enteral/parenteral nutrition field as oncology dietitian, hemodialysis dietitian and bariatric dietitian. Graduates who get a master's degree or PhD degree can also find the opportunity to work as academicians in institutions that provide professional training or work as lecturers.

One of the other goals of our department is to be a bridge between the traditional and the innovative while raising professionals who love their profession and believe in themselves, who do not harm first, who know how important teamwork and human relations are throughout the entire education.



CHILD DEVELOPMENT TURKISH-ENGLISH

Department's Aim: Developmental screening/evaluation of the mental, language, motor, social, emotional development and self-care skills of children 0-18 years of age with normal development, special needs, protection needs, at risk and hospitalized, and supporting all development and skill areas, is to raise Child Developmentalists who provide services to families, educators and society

Objective of the department

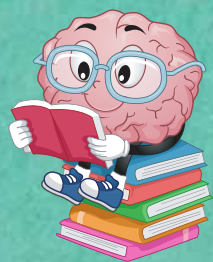
- Knowing the importance of healthy development and education of children and young people who will shape the future of the country,
- Able to use advanced theoretical and applied knowledge/skills in the field of Child Development in the fields of care and education,
- Aware of professional responsibilities and committed to ethical values,
- Ability to follow scientific research in the field of Child Development, health and education, technology and policies that direct the child's health and education,
- Able to identify the problems in the field of Child Development and support the production of solutions,
- Open to innovative thoughts, conscious about values, attentive, creative and critical thinking skills,
- Able to develop themselves in the professional field by adopting lifelong learning,
- Able to communicate effectively in written and verbal
- Sensitive to social events and can take individual responsibility,
- Able to take an adequate and effective role in the education and health team,
- To raise Child Developmentalists who respect differences and human rights.

Child Development department graduates career opportunities:

- Making evaluations on the development of child development services in the Ministry of Health (Hospitals, Public Health, Community Health, Family Health, Healthy Life Centers etc.); To carry out studies in cooperation with the relevant person and the branch in order to produce plans, programs and projects and to implement them and to create opportunities for internal and external cooperation,
- In the Ministry of Family and Social Services (General Directorate of Child Services, Children's Houses, Family Counseling Centers etc.), the child development specialist is responsible for determining the developmental levels of children living in the service area and monitoring their development. Carries out professional studies for the solution of problems; prepares and implements programs for the children in the center by using professional techniques and methods and in the preparation of the necessary material; Child development workers who will work in children's homes are responsible for carrying out the professional work related to the care and upbringing of the child admitted to the children's home by the coordination center. They prepare and implement educational programs related to the physical, mental, emotional and social development of each child in line with their age, disability, interests and needs. Child Development and Child Development Specialists,
- In the Ministry of National Education (Special Education Institutions and Guidance and Research Centers, private kindergartens, kindergartens, etc.),
- As academic staff in associate, undergraduate and graduate education staff at universities,
- Child and Youth Centers,
- Public Education Centers,
- General Directorate of Security (Children's branch directorate/office head, etc.),
- They can work as project producer, coordinator and consultant in UNICEF, ILO and voluntary organizations (NGOs).
- They can find the opportunity to work as a consultant in the fields of children's magazines, theaters and toy making.



SPEECH AND LANGUAGE THERAPY



What is Speech and Language Therapy?

It is a field that works for the prevention, identification and rehabilitation of language, speech, communication, voice and swallowing disorders.

Who is a Speech and Language Therapist?

Interested in the prevention, diagnosis, evaluation, rehabilitation of the development and disorders of communication, language, speech, voice and swallowing processes, and scientific research in the field of speech and language therapy; is a healthcare professional who aims to increase the quality of life of healthy, sick or disabled individuals.



What are the Application Areas?

- Fluency disorders
- Swallowing disorders
- Language disorders
- Voice disorders
- Speech sound disorders
- Motor speech disorders
- Resonance disorders
- Alternative and supportive communication
- Dyslexia and dysgraphia
- Autism spectrum disorder

What are the Working Areas?

- Hospitals
- Universities
- Special Education and Rehabilitation Centers
- Counseling Centers
- Elderly and Nursing Homes
- Private Clinics



OCCUPATIONAL THERAPY

What Does Being an Occupational Therapist Do for Me?

A dynamic event oriented to events related to daily events related to person, education, therapy, goal and goal-related events.



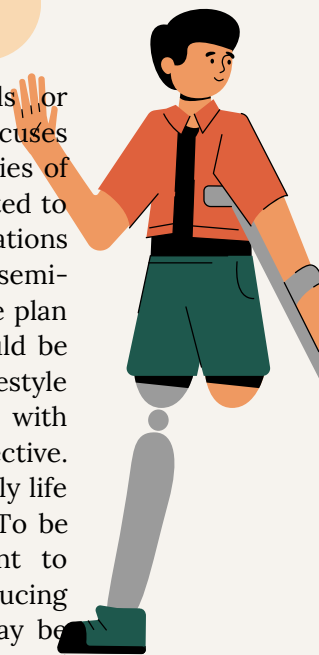
What is the Occupational Therapist's Duty?

Occupational therapy is a person-centered health profession concerned with promoting well-being and well-being through meaningful and purposeful engagements. The primary aim of occupational therapists is to increase the functional and independent participation of individuals in life through daily living activities.

In order to achieve this result, the occupational therapist coordinates the process by working with individuals and communities to develop their potential to perform the roles and responsibilities they want, need or are expected to do, or by making the necessary spatial and environmental arrangements to support their activity participation performance.

How Does the Occupational Therapist Work?

The process by which occupational therapists work with individuals or communities is interactively based on initial and repeated assessments. He focuses on both his abilities and problems in the light of the roles and responsibilities of the people he works with and the individual and environmental factors related to their activities. Evaluation; It includes the use of standard procedures, observations in various settings, consultations with the person's social environment, and semi-structured interviews. The results of the evaluation; It forms the basis of the plan that includes short and long-term treatment goals. treatment plan; it should be related to the person's developmental stages, roles and responsibilities, lifestyle and environment. Intervention program; It is carried out intertwined with environmental factors by prioritizing an individual-oriented perspective. Intervention process; It is designed to facilitate the fulfillment of tasks in daily life and the adaptation to the environment in which he works and socializes. To be clear, planning, teaching supportive techniques, or providing equipment to increase a client's independence and functionality in self-care activities; Reducing environmental barriers and providing various support to reduce stress may be among the objectives of the intervention process. Teamwork is essential throughout the process. In order to provide a holistic approach, it is important to coordinate with the cooperation of other health professionals, family, caregivers and volunteers.



OCCUPATIONAL THERAPY

Who and Where Does It Work?

Occupational therapists in various physical, cognitive and psychosocial areas; It can work with any age group. In terms of job opportunities, within the hospital; It is possible to work actively in physical therapy, neurology, pediatrics, oncology and psychiatry services. They can work in special education and rehabilitation centers, private clinics, nursing homes or nursing homes, schools, universities, prisons, sites where children are under state protection, home care programs, and industrial areas in terms of ergonomics and environmental regulations. In addition, many occupational therapists prefer to provide consultancy services in private practice.

What are the Features that Can Contribute to an Occupational Therapist in the Field?

- People who will specialize in the field of occupational therapy, which is a health profession based on the individual, primarily love people and be patient, leading to success in their profession.
- Occupational therapist's imagination and vision while managing the therapy and intervention process will increase the alternatives to reach satisfaction.
- The development of crisis management and problem-solving skills of people who have devoted themselves to this field are among the factors that will bring success in the field.
- It will be possible for people with strong communication and empathy skills to do good work in this profession, with the virtue of respecting people of all races and opinions.

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Physiotherapy and Rehabilitation

TURKISH
AND
ENGLISH

History of the Physiotherapy

The foundations of the physiotherapist profession are quite old. In the 460s BC, first Hippocrates, then Galen, made history as the first to apply massage, manual therapy techniques and hydrotherapy for the treatment of patients. After the development of orthopedic science in the 18th century, medical massage and some gymnastic movements began to be used in order to increase health in countries such as Sweden, Norway, the Netherlands and Germany in Europe to be used in the systematic exercises of the joints.

The most important progress started in the 19th century. At the beginning of the 19th century, as a result of the Poliomyelitis (polio) epidemic that started in the United States, American orthopedists began to treat children with poliomyelitis who had physical disabilities, paving the way for the development of the physiotherapist profession. The development of the profession accelerated with the rehabilitation processes of the wounded soldiers returning from World War II. In the 1980s, the WCPT (World Confederation of Physiotherapy) recommended that physiotherapy undergraduate education programs should be given at universities for at least 4 years and be independently approved and accredited in all countries, including Africa.

The foundation of the physiotherapist profession in Turkey was laid for the first time by the honorary rector Prof. Dr. İhsan Doğramacı with the establishment of Hacettepe University School of Physical Therapy and Rehabilitation in 1961.

Physiotherapists; are professional health workers who have completed 4-year undergraduate education, who plan and implement physiotherapy and rehabilitation programs for patients diagnosed by a doctor, prevent diseases and injuries by increasing physical compliance with exercise and rehabilitation programs in healthy individuals. Since physiotherapy is a science that can be applied to many fields of medicine, physiotherapists; can treat patients in neurology, neurosurgery, orthopedics, general surgery, pediatrics, cardiology, cardiovascular surgery, rheumatology, gynecology and obstetrics and sports sciences.

Areas of Employment

- Inpatient Treatment Centers (University, Public and Private Hospitals)
- Special Education and Rehabilitation Centers
 - Sports Clubs
- Elderly Care and Rehabilitation Centers
 - Universities, Research Institutes
 - Spa Centers
 - Pain Centers
 - Municipalities
- Private Clinics, Medical Centers

Features Required to Be a Physiotherapist;

Like every profession, it is necessary to have some personal characteristics in order to fulfill the responsibilities of the physiotherapist profession and to be a successful physiotherapist. Some of these can be developed with experience in the profession, but before choosing this profession, loving helping people and communicating with people patiently and well is the most important feature to have.



NURSING

TURKISH & ENGLISH

Purpose of Department

At national and international level; It is to give graduates who are sensitive to individual / public health, meet the care needs in cases of deviation from health, see and solve problems, and do not deviate from ethical principles.

Target of Department

Nursing (English) Undergraduate Program aims to train nurses with the following characteristics; Having advanced knowledge and skills in the field, using nursing processes / models / theories in their practice, performing nursing roles, making the right decisions and taking responsibility in critical situations, analyzing and solving health care problems based on evidence, using professional autonomy, serving as a member of the healthcare team cooperating in the field and interdisciplinary, doing national and international studies, successful in employment and academic exams, taking part in all areas where health services are provided, protecting human dignity and privacy.

Career Opportunities

People who have the title of Nurse are effectively employed in all areas where health services are provided. They participate in decision-making mechanisms within the framework of legislation in the implementation of health policies created. Specialist nurses will always be needed today and in the future. Working places are:

- Hospitals within the University
- Government Hospitals
- Hospitals Affiliated to the Social Insurance Agency
- Private Health Institutions
- Family Health Centers
- Community Health Centers
- Medical Centers
- Rehabilitation Centers
- Elderly Care Centers
- Schools and Nurseries
- Workplace Health Units
- Postgraduate Programmes



The science of hearing is referred to as audiology. Audiology is a science that encompasses research into the diagnosis and prevention of hearing and balance impairments in people of all ages, as well as habilitative and rehabilitative treatment options, such as device selection and use.

The mission of the Audiology Department is to train healthcare professionals who work on the diagnosis and rehabilitation and are given the title "audiologist." By providing high information standards, clinical services, and research conditions to undergraduate program students, our department seeks to deliver the greatest service to the public.

WHAT DOES AN AUDIOLOGIST DO? WHAT ARE THE CAREER OPPORTUNITIES FOR AUDIOLOGISTS?

Duties of the Audiologist:

- Studies for the protection of hearing health and the prevention of hearing loss,
- Evaluation and rehabilitation of hearing and balance disorders,
- Selection and programming of devices to be used in hearing rehabilitation,
- Auditory perception evaluations and rehabilitation
- Participating in hearing screening programs and applying tests,
- Interpreting and reporting audiological test results,
- Evaluating and following up on Cochlear implant candidates,
- Making noise measurements, and providing information to protect hearing health,
- Preparing hearing-related training programs

Audiologists can work in public hospitals, private hospitals, private practice, Ear, Nose, and Throat centers, hearing aid manufacturing and sales centers, cochlear implant companies, special education and rehabilitation centers, hearing impaired schools, universities and research centers, industrial companies, schools, and nursing homes.

Our graduates can work as a pediatric audiologist, educational audiologist, clinical and rehabilitation audiologist, and industrial audiologist in a variety of fields. If you want to pursue a career in academia, our graduates can apply to master and doctorate programs.

Candidates who want to choose the Audiology Department, be responsible, have strong empathy skills, be open to lifelong learning, be able to perceive details and pay close attention, be able to establish good interpersonal relationships, have a high visual and auditory perception, and be careful, meticulous, tolerant, and patient.

WHAT ARE THE HIGHLIGHTS OF THE AUDIOLOGY DEPARTMENT?

Audiology Science is a relatively new discipline. Therefore, there are wide opportunities to work as an audiologist in private and public institutions. Although it is a new branch of science, it is possible to get a master's degree and a PhD degree in audiology.

The Department of Audiology has completed its education accreditation. Educational accreditation necessitates the regular upgrading of the curriculum, the involvement of students in educational processes, and the ongoing solicitation of their comments.

In the fall semester of the 2019-2020 Academic Year, the first-semester Audiology Master Program students started their education at our university. The availability of a master's program with a thesis is a significant benefit, particularly for students who want to advance in their academic careers.

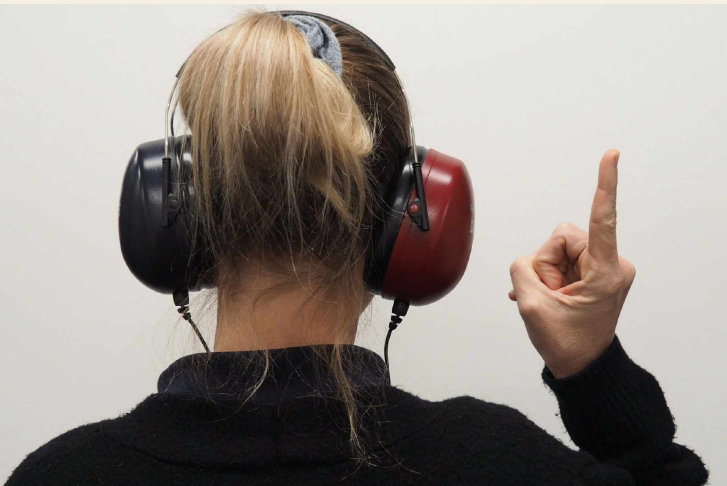
Our knowledgeable expert staff, who work in our faculty as well as with individuals with hearing and balance disorders, helps to guide our students in both theoretical and practical areas.

WHAT ARE THE LABORATORY OPPORTUNITIES IN THE DEPARTMENT OF AUDIOLOGY?

Adult and pediatric patients can have detailed hearing assessments, balancing assessments/rehabilitation, and newborn hearing screening pieces of training performed in the Audiology Laboratory of Istanbul Gelisim University's Faculty of Health Sciences.

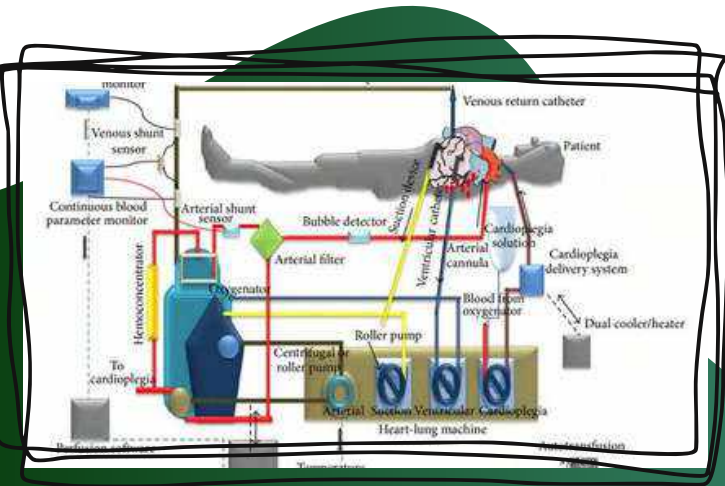
Pure Tone Audiometry, Speech Audiometry, Free Field Audiometry, Play Audiometry, Visual Reinforcement Audiometry, Tympanometry, Acoustic Reflex Test, Eustachian Tube Function Test, Reflex Decay, Otoacoustic Emission Tests, Advanced Electrophysiological Tests, Videonystagmography (VNG), Caloric Test, Video Head Impulse Test (V-HIT), and REM Device are all available in our laboratory.

Our department, which educates individuals in the early diagnosis of hearing and balance losses and the implementation of appropriate treatment with a rehabilitative approach, will continue to train audiologists who are innovative, enterprising, and have professional ethical principles, and their success will grow day by day. We welcome you to our Department of Audiology, Faculty of Health Sciences, and look forward to a new beginning with you.



DEPARTMENT OF PERFUSION

According to the definition of a perfusionist, this is "the person who isolates the cardiopulmonary system and performs the perfusion task by using the heart-lung machine in cooperation with the surgeon and anesthesiologist in interventions to be performed in the heart and large vessels requiring Extra Corporeal Circulation (ECC)".



Extracorporeal membrane oxygenation (ECMO) and management of short, medium, and long-term ventricular assist devices; production of gel and platelets when necessary; management of intravascular membrane oxygenation; protection of the myocardium (administration of cardioplegia); hemofiltration, ultrafiltration, and apheresis applications; transfusion of blood products via extracorporeal circulatory equipment; administration of necessary medication and anesthetic agents; the perfusionist is responsible for establishing and operating the dialysis machine and circulation machine during liver transplantation.

We have a lab with a heater-cooler device, heart-lung machine, and supplies.



WHY SHOULD I CHOOSE THE DEPARTMENT OF HEALTH MANAGEMENT?

The importance of clinically focused occupational groups such as physicians and nurses in health services cannot be denied. However, the existence of these in sufficient numbers and the desired quality is not sufficient to solve the health problems of the country. Because a large part of the problems arise from mismanagement, and at this stage, Health Managers are needed, who manages the planning, organization, execution, coordination and control processes of health institutions and organizations and are responsible for the effective and efficient use of resources allocated to health. In this context, Istanbul Gelişim University, Faculty of Health Sciences, Department of Health Management aims to contribute to the training of health managers at different levels needed by health institutions and organizations. Students who complete the Health Management undergraduate program are given the title of "Health Manager".

The curriculum of the Department of Health Management has focused on general culture knowledge, management field knowledge, health management field knowledge and health administrator professional skills since the first semester. In addition to theoretical courses, it is aimed to provide our students with professional experience through compulsory summer internships and field studies. The Health Management Department aimed to cooperate with the sector and was accredited by the AHPGS Accreditation Agency, and its training programs were structured accordingly.

The students who graduate from Health Management Department have wide opportunities to work in private and public health institutions. Our graduates can continue their careers in management units of all fields of medical institutions and organizations, in public and private sector health institutions, in the field of health tourism, in the fields of health services promotion, marketing, corporate communication, and as academicians with the Master's degree. Activities are actively organized by Istanbul Gelişim University Health Managers Club, thus bringing together students and Health Managers working in the sector.

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2020-2021

WHY SOCIAL WORK AT IGU?

Why Social Work Department at IGU?

The Department of Social Work primarily aims at graduating students with a human rights-oriented perspective. During their education, the students of the department take courses on social service development for different groups and have the opportunity to put their theoretical knowledge into practice by going into professional practice. The curriculum and course contents, updated to meet the needs of the period, make the students of the department sensitive to the developments in the national and international conjuncture, from the neighborhood level to the city, and invite them to find solutions to the problems that arise. The department adopts the principle of producing graduates in a way that responds to the need of qualified social workers who can produce services for the solution of problems that require urgent intervention such as urbanization and environmental problems, climate change, migration and refugees.



Which Social Work Areas Are Provided with Education?

With the comprehensive education received within the framework of generalist social work, social workers can be employed in public institutions and organizations that serve children, the elderly, disabled, young, women, refugees, criminals and poor individuals, private institutions and organizations serving in the same fields, non-governmental organizations they will be employed in social aid platforms, in institutions serving at the regional level, and have the opportunity to pursue an academic career.

In Which Institutions and Organizations Are Graduates Employed as Social Workers?

Social Service Centers, Kindergartens, Nursing Homes, Child Support Centers, Children's Homes, Orphanages, Nursing Homes, Women's Shelter, Violence Prevention and Monitoring Centers, Special Education and Rehabilitation Centers, Elderly Care and Rehabilitation Center, Hospitals, Mother and Child Health and Family Planning Centers, Ministry of Justice, Prisons, Family Courts, Juvenile Courts, Universities, Municipalities, Non-Governmental Organizations and Foundations, Community Health Centers, Provincial and District Social Assistance and Solidarity Foundations, İŞKUR, Nursery and Day Care Centers.

What are the Facilities of Istanbul Gelisim University and Faculty of Health Sciences?

- AHPGS International Accreditation
- Free Double Major Program (DMP)
- Transportation expenses of students who want to improve their foreign language at partner language schools in England are covered.
- Students are provided with academic support, project and patent application opportunities. Our student, who has an idea, can design his/her work by choosing a supervisor. You can get a patent and pay no expense in the process.
- Our student, who graduates ranking first in class is supported to become a research assistant in the department.
- Our university provides the office furniture needed by our students who want to open their office after graduation.
- Erasmus+ Learning and Traineeship Mobility Opportunity



SLOW FOOD



Faculty of
Health Sciences

Asst. Prof. Ayşe Huri ÖZKARABULUT

Slow Food is an international movement started by Carlo Petrini in 1986. It is part of the Slow Movement, which promotes traditional local food use and slow eating patterns against fast food habits and preserves the characteristics of ecosystems.

Slow Food directed to protect the right to enjoy, respect for the rhythm of life and a harmonious relationship with nature. It also aims to explore, define and develop the food culture, develop appropriate taste and smell education from childhood, and protect and defend the agro-industrial heritage while respecting the cuisine of each country.



Slow Food supports the spread of quality food products while protecting consumer rights and promoting an environmentally responsible approach. The movement acknowledges that food is a fundamental factor for human health and well-being, and it aims to help improve people's relationships with their environment and with each other by promoting the proper use of food ingredients.

Carlo Petrini, the founder of Slow Food, defines gastronomy as a cultural product that is intricately linked to quality, sustainability, biodiversity, and social justice. Criticisms directed towards the fast food industry align with the growing interest in Slow Food. The rapid consumption of food and beverages that emerged with globalization has proven to be detrimental to human health. Fast food has become an increasingly controversial subject due to concerns regarding food safety, quality, obesity, and various other health issues. Foods that can be eaten quickly have been shown to lead to high food intake and low satiety effects.

According to the International Charter:

In response to the negative impact of globalization on human life, social movements advocating for new ways of living, such as Slow Food and Cittaslow, have emerged among certain local groups.

The Slow Food movement emerged as a response to globalization, which poses a threat to traditional ways of life. Its primary purpose is not only to advocate for good food and culinary pleasure, promoting a slower pace of life, but also to defend and preserve traditional foods, primary ingredients, cultivation and processing methods, and biodiversity. It addresses the negative consequences of globalization, such as environmental degradation associated with industrialized agriculture, the disappearance of small-scale producers, the loss of low-profit varieties of vegetables, fruits, and grains, and the erosion of cultural identity.

The Slow Food movement has taken the humble snail as its symbol, and while it epitomizes its celebration of "rest" and "slowness", some of its goals are ambitious and far-reaching. Its defence in the Manifesto of the Slow Food movement is rooted in its fundamental belief: to envision a better world, explicitly express their traditions, and savor a sense of togetherness.

Behind food quality comes a stronger and broader awareness of cultural, historical, natural, social, ecological, institutional, productive conditions and mechanisms. In fact, the pleasure of food should be shared, and eating together is a primary way of socializing. Therefore, Slow Food promotes food culture by preserving and defending the cultural heritage, craftsmanship, social relationships, and associated biodiversity of local communities.



- Food should be good. This means that every meal consumed by individuals should taste good and provide pleasure without compromising its natural essence. It should meet the criteria of authenticity and naturalness, specific to a particular time, place, and culture, ensuring that the taste is enjoyable and satisfying.
- Food should be clean. It should be produced in a sustainable manner that does not harm the environment, animal welfare, or human health. It is necessary to protect the health of consumers and producers at every stage of the agro-industrial chain, including consumption, and to protect the ecosystem and biodiversity.
- Food should be fair. Food producers should receive fair compensation for their work under humane conditions, while their reputation, knowledge, and skills are respected and valued.

Initially, some local farmers and gardeners approached the projects with skepticism, but as consumer demand increased, they became more enthusiastic partners. In the Health Action Zone, they have also worked closely with local schools to help educate children about the benefits of regularly consuming fresh fruits and vegetables, the ingredients of foods, and the effects of different foods on the body.

Fast-consumable foods and distractions during meals can disrupt the body's ability to receive nutrients at healthy levels. Our current eating environment also affects our food intake control. The obesogenic environment stimulates food (energy) intake and inhibits energy expenditure. Large portion sizes, presence of a wide variety of foods, high energy density foods and high taste of foods are important factors in this regard. It has been suggested that when more people are present at an eating event, people eat more, this effect may be due in part to less attention span when dining with others than when eating alone. A similar thought may apply to eating while watching TV. Focusing on the television at the table distracts attention from internal signals and leads to impaired satiety response.

Future research should focus on the physiological, neurological and molecular mechanisms underlying how our current eating environment influences our control of food intake. Eating slowly, paying attention to food and the eating environment are important in preventing obesity. The Slow Food movement supports this.

An Alternative for a Gluten-Free Diet: Pseudo-Grains

Lect. Zeynep Şeyda BİLİM

Lect. Zeynep Şeyda BİLİM, the Department of Nutrition and Dietetics at Istanbul Gelisim University, Faculty of Health Sciences, shared information about "Pseudo-Grains."

Celiac disease is an immune-mediated inflammatory disorder caused by the consumption of gluten proteins found in wheat, rye, and barley. Gluten consumption leads to malabsorption and gastrointestinal symptoms. A gluten-free diet is a treatment method for celiac disease, and the elimination of gluten from the diet improves intestinal lesions and clinical symptoms.

Celiac disease can develop in individuals from childhood to adulthood, with an increased prevalence in women. Women are affected approximately 1.5 to 2 times more frequently than men.

The incidence of celiac disease increases in individuals with a family history of celiac disease, Down syndrome, type 1 diabetes mellitus (T1DM), selective IgA deficiency, autoimmune thyroiditis, Turner syndrome, Williams syndrome, juvenile chronic arthritis, and inflammatory bowel disease (IBD).

Symptoms of celiac disease

The clinical symptoms vary depending on the individual, but common digestive symptoms in adults include diarrhea, malnutrition, and weight loss, while children may experience abdominal distension, bulky stools, stunted growth, and failure to thrive.

Diagnosis of celiac disease

The diagnosis of celiac disease is typically based on clinical symptoms, serological markers, and small intestine biopsies. Celiac guidelines recommend serological screening for individuals with suspected symptoms or high-risk factors, with the condition that a gluten-containing diet is followed. Screening asymptomatic individuals without risk factors is generally not recommended. The decision to perform an endoscopic biopsy depends on the findings of serological tests and the severity of clinical symptoms. A temporary diagnosis of celiac disease is made for individuals who test positive for specific antibodies and exhibit characteristic histological changes in the intestinal mucosa. If a gluten-free diet normalizes the antibodies and improves clinical symptoms in individuals with suspected celiac disease, a diagnosis can be confirmed.



GLUTEN
Free

Treatment of celiac disease

The standard treatment for celiac disease is a lifelong gluten-free diet. A gluten-free diet helps alleviate symptoms, improve intestinal damage, and enhance quality of life. However, adhering to a gluten-free diet can be challenging for patients as gluten is present in many food products. Wheat, rye, and barley are the main sources of gluten, so individuals with celiac disease should avoid foods containing these grains as well as other gluten-containing ingredients. Despite its apparent simplicity, following a gluten-free diet can be difficult in reality, especially as the general population consumes increasing amounts of wheat and Western-style diets become more prevalent. Another concern is that a gluten-free diet may lead to inadequate and unbalanced nutrition. Some nutritional deficiencies in individuals with celiac disease can be corrected through dietary adjustments, although such diets are often restrictive, typically low in protein and fiber, and high in fat and salt. Therefore, incorporating pseudo-grains into the diet can be an alternative approach to diversify and optimize the gluten-free diet, improving the nutritional status and overall health of individuals with celiac disease.

Role of pseudo-grains in a gluten-free diet

Pseudo-grains are gluten-free, non-grass plants. While grains belong to the monocot class, pseudo-grains are classified as dicots. They are referred to as grain-like due to their starch content, taste, and characteristics. Amaranth, quinoa, buckwheat, and millet are examples of pseudo-grains. These pseudo-grains are increasingly recognized as attractive options for a gluten-free diet due to their high nutritional value. They are rich in minerals and vitamins, including complex carbohydrates and essential dietary fiber important for our bodies. Studies have shown that amaranth and quinoa contain more digestible proteins and contribute to balanced nutrition. Similarly, buckwheat is high in fiber content. Pseudo-grains contain various minerals such as iron, calcium, and zinc. Amaranth, in particular, is rich in calcium and beneficial for individuals with celiac disease who are prone to nutritional deficiencies.

Pseudo-grains consist of 60% to 80% carbohydrates by dry weight, with starch being the primary carbohydrate type. They also serve as a good source of dietary fiber. Additionally, pseudo-grains are valuable plant-based protein sources with higher protein quality compared to grains. They contain balanced essential amino acids. In terms of vitamin content, pseudo-grains are particularly rich in B-group vitamins, including B6, B2, and B9. They also contain vitamins E and A. In terms of minerals, they are abundant in magnesium, potassium, and phosphorus. Furthermore, they have higher selenium, iron, and zinc content compared to grains such as corn, wheat, and rice.

As pseudo-grains are gluten-free, they are considered a good alternative for the treatment of celiac disease. Commercially available gluten-free products often use processed gluten-free flour or starch, which may result in deficiencies of B vitamins, magnesium, iron, calcium, and fiber. Including pseudo-grains in the diet or adding them to gluten-free products can provide a more balanced and adequate nutrition for individuals with celiac disease.

[Click for the detailed news](#)



GLUTEN
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JUSTICE SHOULD NOT TIE UNRAVELABLE KNOTS

Book Review

Asst. Prof. Emrah TÜNÇER

What is truth?

In Murathan Mungan's Mesopotamia trilogy, "Geyikler Lanetler" (Deers Curses) book, the protagonist, while starting to converse with a snake with a human head, said, "I want to know the truth." The snake with a human head replied, "How much of the truth do you want to know?" This question and answer seem to gain more meaning as the years go by. What is truth? How much of it do we know? How much of it do we strive to know? Can we withstand the truth? Faruk Erem's "Bir Ceza Avukatının Anıları" (Memories of a Criminal Lawyer), which he wrote saying, "I have experienced some of the memories in this book. I heard some of them from my colleagues in the courthouse," is a book that confronts these kinds of truths and focuses on heartbreaking events from a legal perspective.



As is known, the law sometimes tries to limit the truth, but the truth exceeds the boundaries of the law. This is because the truth is woven with lived experiences, emotions, and thoughts. In this sense, the book contains numerous stories that demonstrate how the truth shatters the form of the law. For example, the law is helpless in the face of what Fındık Kız cannot express, as she is sentenced to a heavy punishment for the unspoken desire to throw her child onto her husband's lap during an argument but failing to hold on, resulting in the child's death. The law is helpless in the face of Elif's suicide, whose life comes to an end due to her husband, who brought a second wife from Germany and caused the death of Elif's first wife when she opened the door. The law is also helpless in the face of Bezenir, the mother who sacrifices herself to protect her twins, and Zeynep, who suffers and experiences thousands of injustices due to being deaf and mute.



We are not innocent, none of us.

In the book "Haneke Haneke'yi Anlatıyor" (Cieutat and Rouver, 2014), when asked the question, "Why do you frequently depict characters by the window in your films?" Haneke responded, "...one reason for having so many windows in my films is related to a natural behavior I often observe in everyday life. For example, during an argument, you prefer to look out into the distance through the nearest window instead of making direct eye contact with the person you're arguing with." Haneke's statement perhaps reflects a behavior where people choose to look away, towards the outside, rather than confronting things directly or facing difficulties. This representation in Haneke's films also establishes a meaning that supports Erem's anti-death penalty thoughts. In seeking a deeper understanding of the guilty party rather than completely eradicating or excluding them, looking through different windows may play an important role in achieving justice, of course.

For example, in the book, Hakkı, who is believed to have killed his father, insists on his innocence, but no one, including his lawyer, believes him. Faruk Erem, who advises his client, "Confess, and you'll get a reduced sentence," goes to pick him up from prison years later when it is proven that his client is innocent and the real killer is found. In that moment, Erem emphasizes the importance of the decisions made: "What would have happened to Hakkı if he had received the death penalty, which was still part of the laws back then?" Therefore, Erem works tirelessly to ensure that such decisions do not yield incorrect results and to establish humanistic values in criminal law.

Lynching

In his book "Discipline and Punish: The Birth of the Prison," Foucault mentions Damiens. He had attempted to assassinate the king, but the price he paid was extremely severe. The death penalty alone was not enough. He had to be tortured first, then dismembered, and finally burned. In this way, both he and others were to learn a lesson. Damiens was dragged through the streets of Paris. The crowd threw stones at him, cursed him, and mocked him. Some watched with curiosity, some with fear, and some with pleasure. Damiens groaned in agony, but nobody heard. He was tied to four horses. His body was to be torn apart as the horses pulled, and he was to be lashed with hot irons. After all this, Damiens was left in blood and fire. He took his last breath. The spectators applauded. Justice was served (or was it?). With this story, Foucault reminds people of the fragility of justice and encourages them to take responsibility for the construction of justice. He emphasizes the importance of understanding the impact of wrongful decisions on individuals and making efforts to correct flawed justice systems.

Similarly, in his book "Memories of a Criminal Lawyer," shaped by his anti-death penalty thoughts, Faruk Erem highlights the importance of a legal system that respects human rights. His statement "Scratch the criminal, and you will find a human being underneath" reminds us that the guilty party is also a human being and therefore the law must respect human rights. Erem also emphasizes that "Justice should not tie an unravelable knot" and "When justice realizes its mistake, it should not take back what it cannot return." These statements draw attention to the fact that the errors of justice can have irreversible consequences. He points out that legal principles such as the presumption of innocence and the principle of trial without detention are factors that should be taken into account in ensuring justice before labeling someone as guilty.

WHO IS FARUK EREM?



Faruk Erem is a person who was born in Istanbul in 1913. He completed his secondary education at Ankara Erkek Lisesi (Ankara Boys High School) and his higher education at Ankara University Faculty of Law. After graduating from university, he went to Brussels and completed his doctoral studies at the Law Faculty. He then returned to Turkey and started teaching at Ankara University Faculty of Law. Erem served as the dean of the faculty for a period and was also the first president of the Turkish Bar Association.



Faculty of
Health Sciences

Who is who?

Prepared by: Res. Asst. Semanur OKTAY



Wangari Maathai

*"The generation that destroys the environment is not the generation that pays the price. That is the problem."
- Wangari Maathai*

Wangari Maathai was born in 1940 to a farming family in Kenya. Going to school was unusual for girls back then, but Wangari was a successful boy and wanted to know more about the world.

After completing her high school education, she started her higher education in the United States with the scholarship she won. Having completed her undergraduate education in Biology, Wangari continued her education with a master's degree in biological sciences. She later studied at the University of Nairobi, becoming the first female academic from East and Central Africa to earn a doctorate, and the first female professor in her home country of Kenya.

Returning to Kenya, she found that her once tree-filled country had virtually dried up as a result of the extensive deforestation practices of British colonization in the 1880s. Maathai watched with sadness the change of her hometown. But not only would she be sad, she was one of those born to take action.

Wangari had two goals in mind: to help restore Kenya and to give women the ability to support their families in a self-sufficient, sustainable way.

Maathai knew that the only way to restore Kenya was to educate locals by making them understand the importance of their own resources necessary for survival. She tirelessly talked to local women and raised awareness that if nothing was done, their homeland would soon become an unchanging desert. The only way to reverse desertification was to plant trees. So why didn't they plant trees themselves? It was from this idea that the Green Belt Movement was born.



The Green Belt Movement has proven that planting trees is simple. “You don't need a diploma to plant a tree,” Wangari said in an interview. She announced to the world that everyone can do something for nature. What emerged over time was the intersection between women's liberation and climate change. One tree became a thousand, a thousand became fuel, food, shelter, income, land and water. Wangari's message spread throughout Africa.

For her tireless work, both environmental activist and women's rights, Wangari was awarded the Nobel Peace Prize in 2004.

Wangari was 71 years old when she died in 2011. Today, millions of trees are growing from the seeds of Wangari, and we will fondly remember it every time we see a beautiful tree.

As Wangari puts it, “We all share one planet and we are one humanity; There is no escape from this reality.” This is why we must remember the saying “no one is small to make a change” and do our best to put out the fire, like a hummingbird, even if we can only carry a drop of water at a time.

“We all share one planet and we are one humanity; There is no escape from this reality.”



Faculty of
Health Sciences

ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM

The Alumni Tracking System (METSİS) was created in order to monitor the employment and postgraduate education status of our graduates and to generate statistical data.

Istanbul Gelisim University launched METSİS in order to strengthen its relations with alumni and contribute to the employment of graduates. Members of METSİS can sign up for free after graduating. Our graduates can become a member of METSİS free of charge. Our graduates who are members of METSİS can update their personal profiles and follow our job postings.

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3. To apply for the positions, you can establish an account from the "new candidate" box.
4. You can view job posts after making an account on the top page and apply for positions that interest you.



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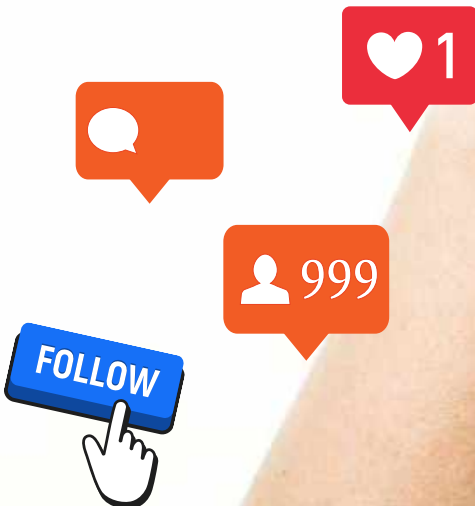
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Faculty of Health Sciences

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