





# J U L Y

*July is the month of marching,  
children / with carnations in your  
hands...*

*Gülten Akın*

M	T	W	T	F	S	S
	1★	2	3★	4	5	6
7	8	9	10	11	12	13
14	15★	16	17	18	19	20★
21	22	23	24	25	26	27
28★	29	30★	31			

July 1: Maritime and Cabotage Day

July 3: International Plastic Bag Free Day

July 15: Democracy and National Unity Day

July 20: World Chess Day

July 28: World Hepatitis Day

July 30: International Day of Friendship

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**15<sup>th</sup>**  
**JULY**

*We Remember*

**OUR MARTYRS**

*with Mercy and Gratitude*



# Four New Programs Opened at Istanbul Gelisim University



Istanbul Gelisim University (IGU) continues to expand its education range by focusing on the professions of the future. With the General Assembly Decision of the Council of Higher Education dated 03.07.2025, four new associate degree programs approved for student admission as of the 2025-2026 academic year once again reveal the vision of the university in vocational education.

The newly opened programs are as follows:

- Medical Data Processing Technician Program (Vocational School of Health Services)
- Tele-Health Technician Program (Vocational School of Health Services)
- Carbon Management Technician Program (Istanbul Gelisim Vocational School)
- Intelligent Infrastructures Technician Program (Istanbul Gelisim Vocational School)

These programs, which are shaped by digital transformation and sustainability-oriented environmental awareness in the field of health, aim to train qualified technicians who will respond to the needs of the age.

## Future Shaping Education Approach

Proper processing and management of medical data is of great importance in increasing the quality of service in the health sector. While the Medical Data Processing Technician Program aims to gain competence for this need, the Tele-Health Technician Program aims to respond to the need for qualified human resources that has emerged with the spread of remote health services.

On the other hand, while the Carbon Management Technician Program, which will raise awareness in the field of environmental sustainability, provides technical information for the calculation, monitoring and reduction of carbon footprint, the Smart Infrastructure Technician Program aims to train experts in the field of infrastructure technologies that come to the fore with the digitalization of cities.

Istanbul Gelisim University continues to prepare its students not only for today's but also for the world of the future with its dynamic and innovative programs.



## IGU Admission and Promotion Days Begin

With the announcement of the Higher Education Institutions Exam (YKS) results, the excitement of the application period has begun. Istanbul Gelişim University (İGU) offers a comprehensive application and promotion program to help prospective university students navigate this process effectively. The İGU Admission and Promotion Days, which begin on July 21st, will continue to welcome prospective students on campus until August 11th.



### Expert Preference Consultants and Academicians Will Provide Guidance

Prospective students will have the opportunity to meet one-on-one with preference counselors and academics at a promotional area on the İGU campus . Each student will be supported in developing a roadmap tailored to their scores, interests, and career goals. The İGU-developed "Preference Robot" will also provide digital support during this process.

### Campus Tour and Hands-on Experience Opportunity

Istanbul Gelişim University's preference orientation days aren't just about gathering information. Prospective students will have the opportunity to explore every corner of the campus, from laboratories and studios to libraries and social spaces, accompanied by guides . They'll also have the opportunity to chat with current students at department stands and hear about real-life student experiences.

### Wide Range of Programs and International Opportunities

İGU offers a wide range of undergraduate and associate degree programs, catering to diverse interests, from engineering and health to communications and fine arts . Detailed information will also be provided regarding the university's internationally accredited departments, double major and minor programs, Erasmus+ exchange programs , and scholarship opportunities of up to 100%.

### Additional 10% Scholarship Opportunity for Prospective Students Making an On-Campus Choice

Istanbul Gelişim University encourages campus visits to allow prospective students to experience the university atmosphere firsthand and make informed choices. To this end, all applicants who visit the İGU campus during the application period and make their in-person selections will receive a 10% "On-Campus Choice Scholarship" in addition to their top-five choice scholarship .

### The First Step of Your Career Journey Will Be Taken During These Promotion Days

Emphasizing that the application period is not just a ranking process but also a long-term career planning process , İGU officials invite prospective students to get to know the university better and find answers to all their questions.

# Faculty of Health Sciences Administration

*The dean and vice dean of Istanbul Gelişim University's Faculty of Health Sciences assumed their duties on July 22, 2025.  
We wish them success in their new roles.*



**Prof. Dr. H. Hakan BOZKURT**

Dean

He was born in 1967 in the Boyabat district of Sinop. He graduated from Istanbul University, Faculty of Veterinary Medicine in 1989. He completed his doctorate at Bristol University, Faculty of Medicine in 1994. He became an Associate Professor in 1999 and a Professor in 2007. Since 2019, he has been working as a Professor in the Department of Nutrition and Dietetics, Faculty of Health Sciences, Istanbul Gelişim University. Since 2023, he has served as the Quality Coordinator at Istanbul Gelişim University.



**Assoc. Prof. H. Merve BAYRAM**

Dean Vice

She was born in 1990 in Bath, England. She graduated from Hacettepe University, Faculty of Health Sciences, Department of Nutrition and Dietetics in 2013. She completed her master's degree in Community Nutrition at Hacettepe University, Institute of Health Sciences, Department of Nutrition and Dietetics in 2016. She completed her doctorate at Marmara University, Institute of Health Sciences, Department of Nutrition and Dietetics in 2022. She works as an Associate Professor in the Department of Nutrition and Dietetics at Istanbul Gelişim University, Faculty of Health Sciences, Department of Nutrition and Dietetics. She has been serving as the Head of the Department of Nutrition and Dietetics since 2024.



**Asst. Prof. A. Yüksel BARUT**

Dean Vice

He was born in Tokat, he completed his primary and secondary education in Tokat and his high school education in Sivas. He entered Istanbul University Istanbul Faculty of Medicine in 1968 and graduated in 1974. He specialized in Radiology at Uludağ University Faculty of Medicine. He served as Chief Radiology Assistant and Radiology Clinic Chief at Istanbul Training and Research Hospital, retiring in September 2012. He began his career as the Founding Director of the Istanbul Technical University School of Health Sciences on September 24, 2012, and continued in this position until the Faculty of Health Sciences was established on November 25, 2020. He currently serves as a faculty member at IGU.



## IGU 2024–2025 VALEDICTORIAN AND SALUTATORIAN ARE FROM THE FACULTY OF HEALTH SCIENCES!

The IGU 2024-2025 graduation ceremony was celebrated with great enthusiasm at the Yahya Kemal Beyatlı Performance Center on July 23, 2025, with the participation of all our graduating students, their esteemed families, and our esteemed academics. The highlight of this meaningful day was the Istanbul Gelişim University Faculty of Health Sciences, continuing its tradition since the 2015-2016 academic year, graduating with its first and third-graders. To share this pride, we turned the microphone to the students of the Faculty of Health Sciences, the first and third-graders of the 2024-2025 academic year.

### Resume

Hi, I am Yaren Selen SÖYLEMEZ. I am from Tekirdağ. I graduated from Kırklareli Science High School in 2020. At our university, I was a student in the Faculty of Health Sciences, Department of Speech and Language Therapy. This year, I graduated as the valedictorian of my class.

**Question 1:** How was your undergraduate education, and what did you do during this process?

Completing my undergraduate education in Istanbul was a great opportunity for me. Exploring Istanbul as a student and discovering many of its places were among my most enjoyable experiences. In addition, I had the chance to attend congresses and various seminars throughout this period. I took advantage of the opportunities provided by both Istanbul and our university to improve myself.

**Question 2:** What were the factors that helped you become the top student of the university and the faculty?

I believe the biggest factor in becoming the top student of the university and the faculty was my study discipline. Coming from a science high school also played a role in this. Studying and learning new things have always been enjoyable and fulfilling activities for me.

**Question 3:** What are your goals and plans after graduation?

I have now returned to my hometown, Tekirdağ, where I will be working. However, I believe one foot of mine will always remain in Istanbul.

**Question 4:** Do you have any advice for your friends, our university, and our faculty?

University years do not come back. I would advise my friends to make the most of this time and develop themselves as much as possible within their means. I have always tried to do my best in everything I did. They should also do their best. My only regret regarding our university and faculty is that we do not have a practice center for the Department of Speech and Language Therapy. I hope my friends who come after me will have the opportunity to gain experience in a practice center.

**Question 5:** How did you spend your extracurricular time during your undergraduate education?

I devoted my extracurricular time to various social activities. I have always had an interest in art. I attended various workshops such as sculpture and ceramics. I also went to concerts and theaters with my friends. Looking back, I wanted to leave my university years with many memorable moments.

**Question 6:** Finally, how did it feel to receive an award from our Rector and Chairman of the Board of Trustees at the graduation ceremony?

It was a very exciting and proud moment for me. Being on stage, delivering a speech in front of my family and loved ones, with their support, was the greatest reward for me. I am very happy to have received the reward for my efforts.



# ADVICE TO PROSPECTIVE STUDENTS FROM

**Prof.Dr.Nefise Semra ERKAN**

*Faculty Member of the Department of Child Development*

Dear prospective university students,

You are standing at the threshold of a new journey—one that involves not only choosing a profession but also constructing a personal and professional identity. **University life is not merely about acquiring knowledge; it is about questioning, analyzing, transforming, and building your own intellectual world.**

University offers a multidimensional environment that supports your academic, social, and personal development. Clubs, events, volunteer activities, and friendships are integral components that will empower you to become not only an individual but also a respected and responsible member of society. Go beyond what is taught in the classroom: read widely, conduct research, and engage with diverse perspectives. **Remember, success is not solely measured by grades, but also by your intellectual curiosity and willingness to grow and develop.** Be patient, open-minded, and diligent throughout this process. Invest in yourself, as the foundations you lay during these years will shape the strong individuals you will become in the future.

We are just as excited as you are today. It is with great joy and indescribable happiness that we welcome you. By the end of these four years together, you will graduate not only as "Child Development Specialists" but also as individuals who bring hope, love, and light to our children—the future of our society—and play a crucial role in their personality development.

There is a place for all of you under this roof.

**We are here, and we are waiting for you. May your journey through university be filled with success and fulfillment.**

With my best regards,

Prof. Dr. Nefise Semra ERKAN



Authored By Prof.Dr.Makbule Meziyet ARI

# DEPARTMENT OF CHILD DEVELOPMENT

The discipline of Child Development began to emerge globally in the early 20th century. In Turkey, undergraduate education in this field was first initiated in 1968 at Hacettepe University under the name "Child Development and Education." Today, our department adopts a comprehensive approach to training experts in the fields of health, education, and social services, and it stands out with both its academic depth and strong emphasis on practical applications.

Childhood is one of the most critical and foundational periods of human development. A child represents the future of a society; therefore, investing in children means investing in the future. For this reason, Child Development is among the most studied, discussed, and valued disciplines of our time. Ensuring the healthy development and well-being of a child is not only the responsibility of the family in which the child is born and raised, but also a societal obligation. The primary aim of the Department of Child Development is to educate professionals who will guide and support both families and society in this vital area.

The objective of the Child Development Program at Istanbul Gelişim University is to train qualified child development specialists who are capable of assessing the cognitive, motor, self-care, social, and emotional development of children aged 0-18, including those who are typically developing, have special needs, are under protection, working, migrant, in conflict with the law, or hospitalized. These specialists are trained to design and implement individualized developmental and educational support programs tailored to each child's unique needs and characteristics. While fulfilling these duties, they develop and implement contemporary, research-based projects involving children, families, educators, and society—ensuring the widespread dissemination of such initiatives for the greater benefit of all children and families. Graduates of the Child Development Program can pursue careers in education, healthcare, social services, and various other sectors.

With the hope of raising and nurturing qualified generations by supporting children's health and developmental domains—grounded in the principle of the best interest of the child and children's rights...  
We wish all prospective students the best of success in their academic journey.

**PROF. DR. MAKBULE MEZİYET ARI**

**DEPARTMENT OF CHILD DEVELOPMENT**



## Child Development



# ACADEMIC STUDIES



Faculty of Health Sciences

## ARTICLE

An article titled “The Effect of Neoliberal Policies on Social Inequality and an Evaluation from the Perspective of Social Services” prepared by Asst. Prof. Emrah TUNCER and Prof. Dr. İsmet Galip YOLCUOĞLU, faculty members of the Department of Social Work, Faculty of Health Sciences of our university, was published in Paradox Economy Sociology and Politics Journal.

[Click here to access the article.](#)



## ARTICLE

The article titled “Evaluation Of The Knowledge Level Of Academicians Working At Universities About Vocal Fatigue And Vocal Hygiene” prepared by Assoc. Prof. Mustafa ÇELİK, Lect. Seda KETEN, Lect. Fadime Aybüke KILIÇ and High İhtisas University faculty member Asst.Prof. Çiğdem Eryılmaz CANLI was published in the Journal of Praxis of Otorhinolaryngology.

[Click here to access the article.](#)



# ARTICLE



The article titled 'Investigation of Academic Career Awareness of Language and Speech Therapy Students' prepared by Assoc. Prof. Mustafa ÇELİK, Lect. Seda KETEN, Lect. Fadime Aybüke KILIÇ, Private Language Speech Special Education and Rehabilitation (DİLKOM) Mehmet BAĞCI and High İhtisas University faculty member Asst.Prof. Çiğdem Eryılmaz CANLI was published in the Journal of Praxis of Otorhinolaryngology.

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# ARTICLE

## Araştırma Makalesi / Research Article

Sağlık Bilimlerinde Değer / Sağlık Bil Değer  
Value in Health Sciences / Value Health Sci  
ISSN: 2792-0542 sabdi@duzce.edu.tr 2025; 15(2): 222-229  
doi: <https://dx.doi.org/10.33631/sabdi.1503247>

## Associations Between Chronotype, Mindful Eating, and Depression, Anxiety and Stress in Adults: A Cross-Sectional Study in Türkiye

Hatice Merve BAYRAM<sup>1</sup>, Zehra Margot ÇELİK<sup>2</sup>

### ABSTRACT

**Aim:** The relationship between chronotype and mental well-being underscores the importance of considering individual circadian preferences in promoting healthy eating behaviors and overall well-being. This study aimed to investigate the association between chronotype and depression, stress, anxiety, mindful eating, and intuitive eating among Turkish adults. **Material and Methods:** This descriptive, cross-sectional study was conducted among adults between October 2023-March 2024 in Istanbul, Türkiye. An online questionnaire including demographic characteristics, Depression, Anxiety, and Stress Scale (DASS-21), Mindful Eating Questionnaire (MEQ), and Intuitive Eating Scale-2nd edition (IES-2) was performed. Additionally, height and body weight were taken with the declaration of the participants. Data were analyzed using SPSS 24.0. **Results:** In this study, 250 adults (8% morning type, 46% intermediate type, 46% evening type) participated. DASS-21 scores were higher in evening types and statistically different from morning types ( $p=0.001$ ) for depression and stress scores,  $p=0.004$  for anxiety scores). In contrast, MEQ scores were statistically higher in morning types than in intermediate types ( $p=0.030$ ). A weak positive correlation was found between chronotype and MEQ scores ( $r=0.228$ ,  $p<0.001$ ), whereas weak negative correlations were identified with stress scores ( $r=-0.245$ ,  $p<0.001$ ), anxiety scores ( $r=-0.149$ ,  $p=0.019$ ), and depression scores ( $r=-0.219$ ,  $p<0.001$ ). Evening type was associated with higher MEQ scores, depression, stress and anxiety according to logistic regression analysis, after with and without adjustment (95% CI: 0.177,  $p=0.014$ , and 95% CI 0.174,  $p=0.008$ , respectively). **Conclusion:** Depression, stress, anxiety and mindful eating were associated in adults with the evening type. **Keywords:** Chronotype; depression; mindfulness; mindful eating.

The article titled 'The Impact of Chronotype on Mental Health and Eating Awareness in Turkish Adults' prepared by Assoc. Prof. H. Merve BAYRAM and Asst.Prof. Zehra Margot ÇELİK, was published in the Journal Value in Health Sciences, which is indexed in TR Index.

[Click here to access the article.](#)



# ARTICLE



Available online at [www.medicinescience.org](http://www.medicinescience.org)

ORIGINAL ARTICLE



Medicine Science 2025;14(2):555-9

## Risk factors and management of postoperative stroke in patients with advanced cancer: A comparative analysis with myocardial infarction

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### Abstract

Patients with advanced cancer commonly undergo major surgical procedures, which, despite offering potential benefits in survival and quality of life, pose a heightened risk of arterial ischemic events such as ischemic stroke (IS) and myocardial infarction (MI). Malignancy-related hypercoagulability, surgical stress, and existing cardiovascular comorbidities may converge to amplify this risk. In this single-center retrospective cohort study, 233 patients with advanced cancer (breast, colorectal, upper gastrointestinal, lung, gynecological, pancreatic, or urological tumors) who underwent major surgery between 2021 and 2023 were analyzed. Using hospital records, we identified IS and MI events within one year of surgery. We employed logistic regression to estimate odds ratios (ORs) for events during hospitalization and used flexible parametric survival models to calculate hazard ratios (HRs) post-discharge. Sensitivity analyses excluded less invasive procedures, and relevant comorbidities were included as predefined risk factors. The median age of the cohort was 66 years, and 51.9% were male. The one-year cumulative incidence was 1.3% for both IS and MI. Pancreatic and lung cancers exhibited notably higher risk profiles, with ORs for MI and IS of 8.71 and 7.39 in pancreatic cancer, and 9.25 and 8.62 in lung cancer, respectively. Men had slightly higher event rates than women, and patients under 50 years demonstrated comparatively lower risks. Most events clustered in the early postoperative period. IS and MI pose a considerable risk in patients with advanced cancer undergoing major surgery, particularly in pancreatic and lung cancers. Focused perioperative management, including vigilant monitoring and targeted antithrombotic interventions, may mitigate the burden of these complications, ultimately improving postoperative outcomes in this vulnerable population.

**Keywords:** Advanced cancer, postoperative stroke, myocardial infarction, arterial ischemic events, risk factors, perioperative management

The article titled ‘Risk factors and management of postoperative stroke in patients with advanced cancer: A comparative analysis with myocardial infarction’ prepared by Prof. Dr. Seyfettin Arda ÖZTÜRKCAN, Asst. Prof. Amil HUSEYNOV and Spec. Dr. Vugar JAFAR, faculty members of the Department of Nutrition and Dietetics of the Faculty of Health Sciences of our university, has been published in the Journal of Medicine Science.

[Click here](#) to access the article.

## PRESENTATION



Assoc. Prof. Dr. Neşe KISKAÇ, one of the lecturers of the Nursing Department of our faculty, participated in the 9th International Izmir Congress of Medicine, Nursing, Midwifery and Health Sciences with nursing students Ayşe YILDIRIM, Beyza GÜMÜŞ, Dilara GÜMAN, Büşra TOPCU. She took part in the congress by presenting her work on “The Effect of Non-Pharmacological Methods on Pain Level in Diabetic Foot Patients”.

# CONGRESS PARTICIPATION



## International Achievement from Istanbul Gelişim University Department of Speech and Language Therapy!

Three different poster presentations prepared by the faculty members and students of the Department of Speech and Language Therapy at Istanbul Gelişim University have been accepted to be presented at the 2025 ASHA (American Speech-Language-Hearing Association) Convention, one of the world's most prestigious conferences on speech and language disorders, which will be held in Washington, DC between November 20–22, 2025. We are proud to share the honor of representing our department and university at an international level at the 2025 ASHA, one of the leading conferences in the field.

### Accepted Presentation Titles and Authors:

**Title:** Exploring the Relationship Between Self-Compassion, Social Anxiety, and Depression in Individuals Who Stutter

**Session Format:** Poster (In-Person)

**Author(s):** Seda KETEN, Esra EROL, Ayşegül Sarı SÜLÜKER, Deniz YILDIZ, Sena Nur HAYIRLI, Merve Gamze ÖZDEMİR, İlayda EZDESİR, Kübra Gül YAĞAN

**Title:** Cognitive Flexibility and Self-Compassion: A Comparison Between Individuals With and Without Stuttering

**Session Format:** Poster (In-Person)

**Author(s):** Seda KETEN, Esra EROL, Aysegul SARI SÜLÜKER, Deniz YILDIZ, Merve KARAKOÇ, Mizgin CAN

**Title:** Investigating the Relationship Between Self-Compassion and Psychological Resilience in Individuals With and Without Stuttering

**Session Format:** Poster (In-Person)

**Author(s):** Esra EROL, Seda KETEN, Aysegul SARI SÜLÜKER, Deniz YILDIZ, Beyzanur GÖBÜL, Gözde CANBAZ, Kardelen BARLAS





## Postoperative Stroke and Myocardial Infarction Risks Investigated in Patients with Advanced Cancer

*The scientific study conducted by Istanbul Gelisim University Vice Rector and Faculty Member of the Department of Nutrition and Dietetics, Prof. Dr. S. Arda ÖZTÜRKCAN, in collaboration with researchers Dr. Amil Huseynov and Dr. Vugar Jafar, has been published in the journal Medicine Science.*

This original research, titled "Risk factors and management of postoperative stroke in patients with advanced cancer: A comparative analysis with myocardial infarction," provides a comprehensive evaluation of ischemic stroke (IS) and myocardial infarction (MI) risks following major surgical interventions in patients with advanced-stage cancer.

The study analyzed one-year follow-up data of 233 advanced cancer patients who underwent major surgeries between 2021 and 2023. According to the findings, the overall incidence of stroke and myocardial infarction was identified as 1.3%. Notably, the incidence of these complications was significantly higher in individuals with pancreatic and lung cancer. The study reported that patients with pancreatic cancer had an 8.71-fold increased risk for MI and a 7.39-fold increased risk for IS, whereas these rates were 9.25 and 8.62, respectively, for patients with lung cancer.

The research also revealed that advanced age, male gender, hypertension, diabetes, atrial fibrillation, and other cardiovascular comorbidities contribute to a higher susceptibility to arterial ischemic events. It emphasizes that the risk is particularly concentrated in the early postoperative period, underlining the necessity of intensive clinical monitoring, timely interventions, and the implementation of personalized preventive strategies for high-risk patients.

[Click for this article.](#)

*We congratulate Prof. S. Arda ÖZTÜRKCAN  
for this significant scientific contribution  
and wish him continued success.*



# World Hepatitis Day

## *Time to Raise Awareness Against a Silent Threat*

World Hepatitis Day, celebrated every year on July 28, aims to raise public awareness about hepatitis viruses that threaten liver health. According to Assoc. Prof. Neşe KISKAÇ, a faculty member in the Department of Nursing, hepatitis is often a disease that progresses silently without showing symptoms and can lead to serious health problems if not diagnosed early. According to data from the World Health Organization, millions of people around the world live with hepatitis B and C. Yet hepatitis is a preventable disease through early diagnosis and protective measures. Therefore, being informed about the disease and not neglecting regular health check-ups are of great importance in protecting liver health.

World Hepatitis Day is celebrated every year on July 28 to raise awareness in society about hepatitis viruses that threaten liver health. Hepatitis means inflammation of the liver tissue and is mostly caused by hepatitis A, B, C, D, and E viruses. Millions of people around the world live with hepatitis, and the biggest challenge of the disease is that it often progresses without symptoms.

According to the World Health Organization, 296 million people worldwide live with chronic hepatitis B, and 58 million live with chronic hepatitis C. Hepatitis B and C viruses can lead to serious illnesses such as liver cirrhosis and liver cancer in the long term. Approximately 1.1 million people die each year from hepatitis-related causes. However, hepatitis is a disease that can be prevented through early diagnosis, treatment, and preventive measures.

### **How Is Hepatitis Transmitted?**

- Hepatitis A and E are usually transmitted through contaminated water and food.
- Hepatitis B, C, and D are transmitted through blood and body fluids.
- Infected needles, blood products, and non-sterile surgical and dental procedures pose risks.
- It can be transmitted from mother to baby during birth.
- It can be transmitted through unprotected sexual contact.

### **What Are the Symptoms?**

Hepatitis may sometimes show no symptoms and therefore progresses silently. Possible symptoms include:

- Fatigue and weakness
- Loss of appetite
- Nausea and vomiting
- Abdominal pain
- Yellowing of the skin and eyes (jaundice)
- Dark-colored urine
- Light-colored stool



### **How Can We Protect Ourselves?**

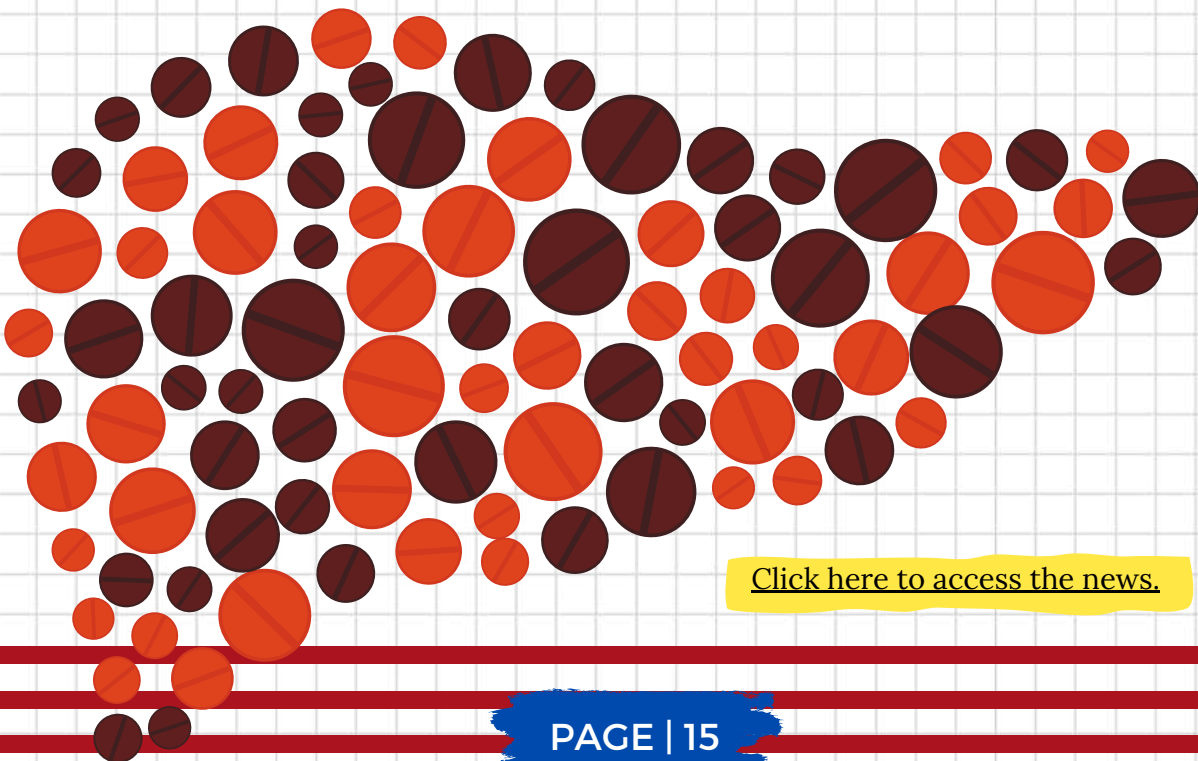
- **It is possible to be protected with the hepatitis B vaccine. This vaccine should be administered to everyone starting from the newborn period.**
- **Clean water and hygienic food consumption should be ensured.**
- **Tattoos and piercings should not be done in non-sterile environments.**
- **Personal items such as toothbrushes and razors should not be shared.**
- **People in contact with blood and blood products (including healthcare workers) should use gloves and protective equipment.**
- **Unprotected sexual intercourse should be avoided.**

There is currently no vaccine for hepatitis C, but it has become a treatable disease today. Therefore, it is important for people in risk groups to get tested to detect the disease early.

### **Remember: Hepatitis Can Be Controlled with Early Diagnosis**

World Hepatitis Day is an important opportunity to raise our awareness of this silent yet serious disease. Having accurate information about hepatitis, following protective measures, and not neglecting regular health check-ups will help protect your liver health.

**Take a step today for a healthier future:  
Don't forget to get tested for hepatitis.**



[Click here to access the news.](#)



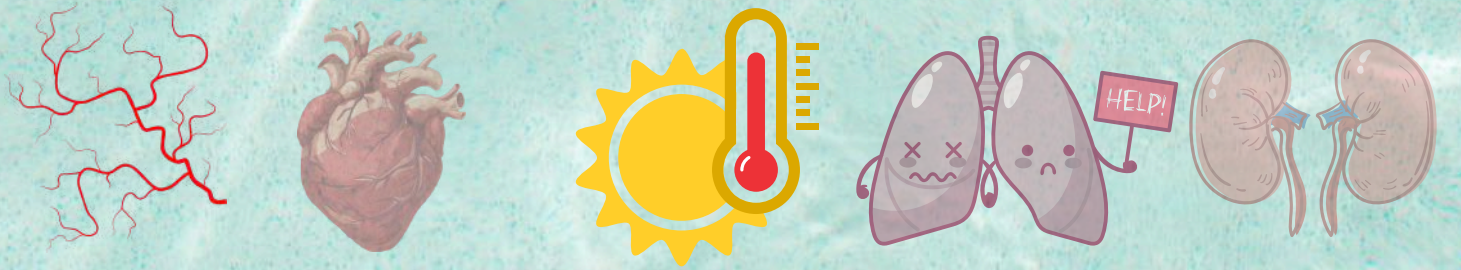
# Be Careful Against the Heat in the Summer It is a Life-threatening Threat to Chronic Patients!

While rising temperatures in the summer can be challenging even for healthy individuals, they pose serious risks, especially for people with chronic conditions. According to experts, conditions such as heat stroke, dehydration and change in drug effects can lead to vital consequences in heart, diabetes, COPD, kidney and hypertension patients. The ways of protection from summer heat and the measures to be taken against the heat are explained by Assoc. Prof. Neşe KISKAÇ, Istanbul Gelisim University, Faculty of Health Sciences, Department of Nursing.

## "Cardiovascular, Diabetes, Respiratory and Kidney Diseases are in the Most Risky Group"

Assoc. Prof. Neşe KISKAÇ, Istanbul Gelisim University, Faculty of Health Sciences, Department of Nursing said that summer temperatures have more destructive effects on the elderly, children and individuals with chronic diseases and listed the diseases most affected by this situation: "Chronic diseases that are more affected by hot weather include cardiovascular diseases, respiratory diseases (COPD, asthma), diabetes, kidney diseases, hypertension and some neurological diseases."

Pointing out that the physiological reactions of the body to temperature can cause serious health problems in people with chronic diseases, Assoc. Prof. KISKAÇ emphasized that water and electrolytes lost, especially with sweating, can adversely affect many systems from heart rhythm to kidney functions.



## "Dehydration Thickens the Blood, Tires the Heart"

Stating that the vessels expand and increase to lower the body temperature in hot weather, Assoc. Prof. KISKAÇ: "With increased sweating, the body loses water and electrolytes, which leads to dehydration. Dehydration lowers blood pressure, thickens the blood and disrupts kidney functions. This may increase the risks such as heart attack, stroke, kidney failure."

Emphasizing that summer temperatures put a great burden on the circulatory system of especially heart patients, Assoc. Prof. KISKAÇ also added: "The heart needs to work harder because in hot weather the body pumps more blood to the skin. This can trigger heart failure or angina attacks. Excessive fluid loss also increases the risk of stroke by increasing clotting."

Stating that the scientific researches also support these warnings, Assoc. Prof. KISKAÇ continued as follows: In the period of high temperatures, patients with heart failure saw an average increase in hospitalization rates of between 2% and 10%, while extreme temperatures affected cardiovascular disease deaths by 3% to 12%.



## **Diabetics Are More Sensitive to Heat Stress**

Emphasizing that diabetes patients are another risk group affected by hot weather in addition to heart diseases, Assoc. Prof. KISKAÇ said that high-temperature air can disrupt the blood sugar balance of diabetes patients: "Due to fluid loss, blood sugar rises, insulin activity decreases. The risk of hyperglycemia or hypoglycemia increases. Especially patients using insulin need to keep their medication in a cool environment." In patients with diabetic neuropathy, burns may occur as a result of contact with hot surfaces and if this situation is not noticed, the increased risk of infection is among the issues to be considered.

## **Air Quality is Vital for Respiratory Patients!**

Summer months are full of serious triggers for individuals with respiratory diseases such as COPD and asthma. Assoc. Prof. Neşe KISKAÇ: "High temperature increases ozone and particulate matter levels. This can trigger asthma and COPD attacks. Air quality should not be taken out on bad days, and should be kept in air-conditioned and filtered environments."

## **Hypertension and Kidney Patients Should Pay Attention to Fluid Balance!**

Assoc. Prof. KISKAÇ: Blood pressure may decrease due to the expansion of the vessels in hot weather, this time after fluid loss, the blood pressure may rise suddenly. Hypertension drugs, especially diuretics, can disrupt the body's fluid balance in hot weather. This increases the risk of fainting, heart rhythm disorders and stroke." Assoc. Prof. KISKAÇ also provided explanations for individuals with kidney disease.

High temperature airs trigger the risk of dehydration in kidney patients. It is difficult to balance due to limitations in fluid intake. Excessive sweating can lead to acute kidney injury. However, in some patients, taking too much fluid may also trigger edema and heart failure. Loss of potassium and sodium in dialysis patients may affect heart rhythm."

## **Beware of Wrong Practices in Hot Weather! Prevention Guide for Chronic Patients**

While hot and oppressive weather affects the whole country, some common practices preferred to protect from the heat also carry risks for patients. "Suddenly drinking too much cold water can lead to heart rhythm disorders, while sudden cold showers can cause blood pressure spikes. Suddenly entering an air-conditioned environment forces the respiratory system. It is not right to change the drug dose without the approval of the doctor. Emphasizing that patients in the risk group should especially be careful, Assoc. Prof. KISKAÇ recommended that individuals with chronic conditions take the following basic precautions in hot weather:

- You should avoid going out between 10:00–16:00.
- You should drink water at regular intervals.
- Wear light-colored, cotton clothes; you should wear hats and sunglasses.
- Stay in cool environments; if there is no air conditioning, you should prefer public air-conditioned areas.
- Avoid heavy meals, you should eat mainly vegetables and fruits.
- You should do the exercises morning or evening.
- You should protect your medicines from direct sunlight and heat.

Emphasizing that summer temperatures should not be underestimated, Assoc. Prof. Neşe KISKAÇ, Istanbul Gelisim University, Faculty of Health Sciences, Department of Nursing: These risks can be mitigated with simple measures, so it is vital that individuals and their relatives act consciously.



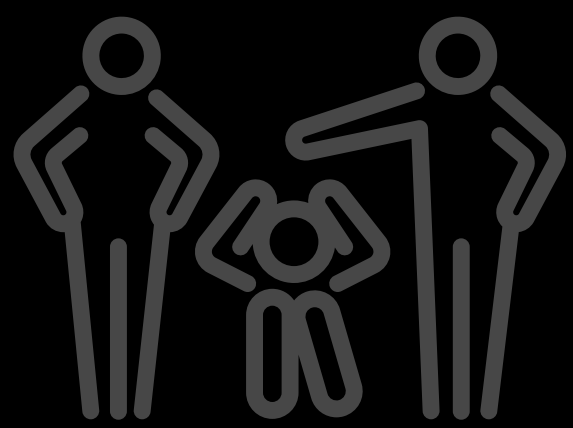
# CHILDREN GROWING UP IN THE SHADOW OF VIOLENCE



On the street, at school, even in the corners of their own rooms... Childhood is no longer a realm echoing with innocence and play. Today, unfortunately, it has transformed under the dark shadow of violence into a fragile reality – sometimes the target, sometimes the instrument. All around the world, children are not only victims of violence; they also appear as its carriers, witnesses, and often as tragic figures drawn into it unknowingly. This situation goes beyond individual tragedies and signals a deep-rooted societal crisis that has long been overlooked. Asst. Prof. Emrah TÜNCER, a faculty member in the Department of Social Work, summarizes this picture as follows:

"Violence is no longer a passive event that simply happens to children; on the contrary, it has become an active mechanism that spreads through them, and at times, is even produced by their hands. This transformation is the result of a profound rupture in the social fabric—one that adults and institutions have ignored for far too long."

## The Changing Faces of Violence



The most tragic reflections of this rupture can be clearly seen in the lives of children living in conflict zones. According to UNICEF's 2024 data, approximately 468 million children worldwide live in conflict-affected areas. From Gaza to Sudan, and from Myanmar to Ukraine, children struggle to survive under severe conflict conditions. Limited access to basic education and healthcare, combined with deep psychological trauma, negatively impacts their development.

However, this issue is not confined to conflict zones alone. In the United States, as of 2021, firearms surpassed traffic accidents to become the leading cause of death among children and adolescents.



In Turkey, however, the picture is more complex. Especially in regions affected by poverty and social exclusion, children are being drawn into crime and used by organized criminal networks—whether on the streets or through digital platforms. Dr. Emrah TÜNCER emphasizes that this process is not a choice but a consequence of having no other way out:

"Children who are unseen, undervalued, and unheard are forced to turn to these structures as a form of belonging. Behind this choice lie multifaceted factors such as social deprivation, cultural void, and public neglect. As a result, violence becomes a dangerous refuge that fills the emptiness children have internalized."





## Threats Born of Silence and Social Responsibility

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Violence is no longer limited to physical assault or armed conflict; it now presents itself in far more insidious and complex forms.

The threats children face in the digital world — virtual criminal networks, content that glorifies violence, and the social media presence of organized crime groups — pose deeper and more destructive risks. The European Commission's 2023 "Better Internet for Kids" report includes striking warnings on this issue. Dr. Emrah TÜNCER explains the situation as follows:

"Many parents think that their child sitting quietly at the computer in their room is 'safe.' Yet that very silence may mark the moment of first contact with a digital crime network. The new language of violence is being written in silence. And with the influence of cultural approval, children in a society that applauds violence can all too easily reach for a weapon."

Every child left in silence may seek different ways to be seen, heard, and to feel their existence recognized.

This is not just a matter of individual tragedies — it carries the potential for widespread social collapse. Dr. Tüncer offers the following solution "What we need is not more surveillance, more walls, or more punishment; we need more visibility, stronger relationships, and a fairer system of distribution. There is a multi-layered responsibility zone when it comes to children's well-being: families, educators, local governments, and civil society organizations must all be involved. Early intervention programs, psychosocial support services, equal opportunities in education, and improved digital literacy are concrete steps that can be taken against these threats. Because children do not belong to us — but we are responsible for their fate. This social obligation must be our primary goal in shaping the society of tomorrow."

# Important Announcement Regarding the 2025 Childhood Vaccination Schedule Update

**Research Assistant Dilara CENGİZLİ** from Istanbul Gelişim University Faculty of Health Sciences Nursing Department shared information about the update of Turkey's 2025 childhood (National) vaccination schedule. She stated that the updated schedule brings significant innovations for child health and community immunity.

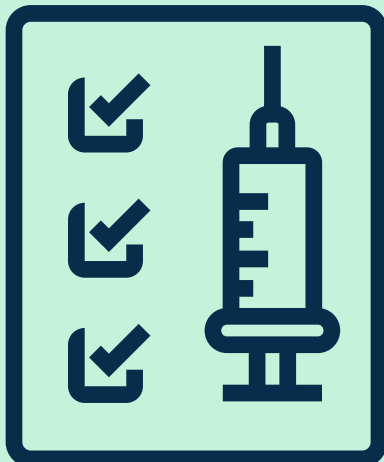
Within the new vaccination schedule implemented by the Ministry of Health in 2025, vaccines protecting against diphtheria, pertussis, tetanus, poliomyelitis (polio), Hib, and hepatitis B have been combined into a single injection. Thanks to this six-component combined vaccine, children will now gain broader immunity with fewer injections.

Dilara CENGİZLİ said, "Providing protection against six diseases with a single injection will reduce the difficulties experienced by both children and their families during the vaccination process. Additionally, the workload of healthcare workers will be eased. This update is a very important step taken to increase Turkey's immunity rates and prevent contagious diseases."

According to the new schedule, vaccines will continue to be administered according to a planned timeline starting from birth. Moreover, children who have started with the existing five-component combined vaccine will complete their remaining doses with the new six-component vaccine. This vaccination program, offered free of charge at Family Health Centers and authorized health institutions, is critical for strengthening public health.

Research Assistant CENGİZLİ added, "Vaccination is one of the fundamental pillars of public health. It is vital for families to closely follow the updated schedule to ensure their children grow up healthy and are protected from diseases."

Turkey's 2025 childhood vaccination schedule update offers hope in the health field as an important step for both individual protection and community immunity.



Ulusal Çocukluk Dönemi Aşılamaya Takvimi (2025)											
	DOĞUM	2. AY SONU	4. AY SONU	6. AY SONU	9. AY SONU	12. AY SONU	18. AY SONU	24. AY SONU	48. AY	13 YAŞ	
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BCG		I									
KPA		I	II			RAPEL					
DaBT - İPA- Hib - HepB		I	II	III			RAPEL				
OPA				I			II				
Suçpeçli						I					
KKK					EK DOZ	I			II		
Hep-A							I	II			
DaBT-İPA									RAPEL		
Td										RAPEL	

> Hep-B: Hepatit B Aşısı

> BCG: Verem Aşısı

> KPA: Konjuge Pnömonokok Aşısı

> DaBT-İPA-Hib-HepB: Difteri, ösfililer Boğmaca, Tetanos, inaktif Polio, Hemofilus influenza tip b, Hepatit B Aşısı

> OPA: Oral Polio Aşısı

> KKK: Kızamık, Kızamıkçık, Kabakulak Aşısı

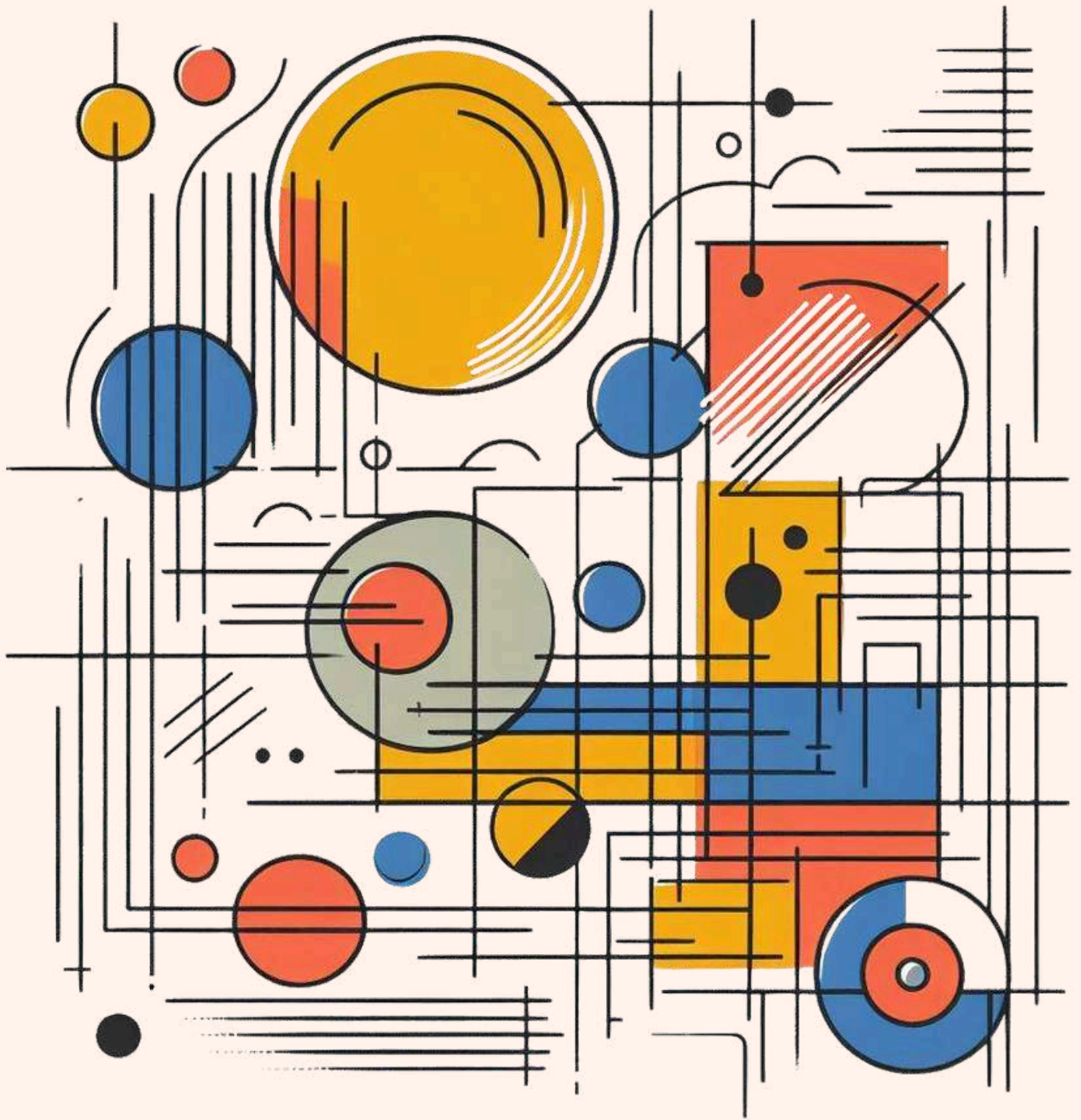
> Hep-A: Hepatit A Aşısı

> Td: Erişkin Tetanos difteri Aşısı

> Rapel: Pekileştirme Düz Aşısı

Aşı Detayları için  
QR Kodu Okutunuz





**CULTURE ART**  
**LITERATURE**

# The Forgotten Passengers of Charon: The Cemetery of the Nameless in Vienna

Asst. Prof. Emrah TÜNCER



According to ancient Greek mythology, the journey after death could only take place when not only the body but also the name of a person found security. To cross into the underworld, souls had to board the boat of Charon, the ferryman. For this, a coin was required – but more importantly, a proper burial. If the deceased had not been laid to rest or if their identity was unknown, their soul would wander the shores for a hundred years, restless and unfulfilled.

Amidst the murmurs of the Danube River in Vienna, a modern and heart-wrenching echo of this ancient belief resonates: Friedhof der Namenlosen, the Cemetery of the Nameless. This is where the anonymous bodies carried by the Danube are quietly buried. In a sense, it is the final gate for those forgotten passengers Charon never came for. From 1840 to 1940, this cemetery became the last stop for around 600 people washed ashore by the Danube – children, women, the elderly, the young; those fleeing wars, those defeated by poverty, those sent into exile, and those who chose to depart from life. What unites them all is that their names are no longer known.





Even reaching this cemetery is an experience that leaves a mark on the soul. Leaving behind the elegant and luminous center of Vienna, the city's noise gradually gives way to silence as you head toward the southern harbor of the Danube. Signage is scarce, as if this place harbors a secret it is reluctant to reveal. After a few transfers and at least a ten-minute walk, the path leads through enormous grain silos and cement factories. As you walk among these concrete giants, you might feel you're not approaching a cemetery, but a forgotten industrial zone. This contrast amplifies the emotional impact of the site: Friedhof der Namenlosen is not only a resting place for the unidentified dead but also a symbol of everything forgotten or rendered invisible by modernity.



The Danube is an ancient river that flows through the heart of Europe, connecting civilizations and destinies. For centuries, it has been a silent witness to trade, migrations, and wars. It is also a border – sometimes an escape route, sometimes a bridge to life, and at other times, a final destination. Over time, the river carries many bodies to its shores – some victims of accidents, others of violence, and many who chose to surrender to its waters. Tragically, most remain unidentifiable. Who they were, where they came from, remains a mystery, and they are simply recorded as nameless. These nameless souls arrive in Vienna after drifting from the Balkans, from the depths of Central Europe, from countless towns and villages along the river.

The original section of the cemetery was used between 1840 and 1900, but due to flooding, it was eventually submerged and abandoned. However, resistance to this oblivion began to emerge. In 1900, thanks to the efforts of a compassionate man named Albin Hirsch and several volunteers, a new cemetery site was established. Here, 104 more unidentified people were buried. After 1940, with changes to the Danube's course, the cemetery was no longer actively used, but it was never abandoned. It has been carefully maintained ever since, with the Vienna Municipality granting it a special status. Still, few people know about this mournful and haunting place. Even fewer make the effort to reach it through its long and winding paths.





One of the most touching stories associated with the cemetery belongs to Josef Fuchs, a volunteer gravedigger. For years, Fuchs personally buried the nameless dead, treating each one with care — not as if they were forgotten, but as if he were burying a loved one. He often attempted to identify them and, in some cases, managed to restore their names. Even after retiring, he continued to care for the cemetery until he passed away at the age of 90. The Vienna Municipality honored him with the Gold Medal of Merit. Today, his name lives on in a commemorative plaque in the cemetery's small chapel. His devotion stands as a powerful reminder that human dignity must be preserved under all circumstances.

Each year, on the first Sunday after All Saints' Day, a small but meaningful ritual is held in this silent graveyard. Organized by the Albern Fishermen's Club, a raft adorned with flowers and candles is released onto the grey waters of the Danube. As it drifts slowly across the river, it carries a symbolic gravestone that reads: "To the Victims of the Danube." This quiet ceremony is a remembrance for those without tombstones, without names — for those whose stories were never told.

In short, Friedhof der Namenlosen is far more than a cemetery. In its silence, it holds hundreds of untold stories. It is not merely about death — it is about human dignity. To bury an unidentified body is to bear witness, however belatedly. In this sense, the cemetery becomes a powerful symbol of the fragility of collective memory, the persistence of marginalization, and the overwhelming force of forgetting. The loss of a name is not just the loss of a person, but the erasure of a piece of our shared human memory.

And if one day you visit, you might not encounter a single soul. The place is often deserted, and solitude may settle over you. But the voice of the Danube still lingers. The wind whispers through the crosses — perhaps a name, perhaps a lament, or perhaps just a question:

Can a person truly be said to have lived, if their name is never spoken?



# OUR GUEST OF THIS MONTH

Res.Asst Çağla TÜRK

**Department of Audiology**

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?

**No one can harm another's existence. Freedom is beautiful as long as it is limited by respect.**

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

**The camera. The idea of being able to freeze memories is fascinating. It's like a way to stop time.**

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

**I would like to see the moment I was born, when I was a baby.**

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

**There's Something Hidden in Your Smile.**

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

**Anne Hathaway.**

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

**Intuitive, humorous, thoughtful, adaptable, compassionate.**

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

**The ability to feel "what's right" without thinking, analyzing, or getting worn out. An intuition without hesitation.**

8-Who is your hero?

**My mother and Mustafa Kemal Atatürk.**

9-Who is your favorite author?

**Dostoevsky.**

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

**"Transition." Not from one place to another, but from one state to another.**



French writer Marcel Proust is said to have chatted with the characters he created and asked them questions. It is thought that he wrote these questions, known as the 'Proust Questionnaire', at the age of 13 and answered them himself at the age of 20. Inspired by his questions, we ask these questions to the employees of our faculty for each issue.

# CLINICAL LEADERSHIP AND MANAGEMENT

## Development Readings

**Prof. Dr. Cengiz YAKINCI**  
**Prof. Dr. Işıl İrem BUDAKOĞU**

Health services are carried out with teamwork. The most important component of teamwork is leadership. The sine qua non of leadership is management knowledge. A.S. Relman says that few doctors and nurses are aware of what is going on in the health system they serve, why the system is changing so rapidly and where they are in the system. On the other hand, Pascal says, 'To manage is to anticipate.' Unfortunately, topics such as teamwork, leadership and management are not included in undergraduate and speciality medical education programmes. The existence of this important deficiency has led to this book, which is the first in its field. The book has been prepared for all professionals providing services in the field of health, especially for physicians who manage a clinic or laboratory.



Many academicians have written the following chapters in the book. Leadership, Teamwork in Health Services, Crisis Management, Medicine and Decision Making, Decision Making in Clinic, Communication with Patients and Patient Relatives, Giving Bad News, Dealing with Difficult Patients, Stress Management Perception and Image Management, In-Clinic Training, Time Management, Meeting Management, Electronic Media Management in Clinic, Web 2. 0 Technologies in Clinic, Statistics for Clinician, Media Relations and Health Journalism, Good Presentation Techniques, Mentoring, Project Management, Rational Drug Use, Rational Bed Use, Archive Management, Doctor Request Management, Visit Management and Disease Information, Patient Management in Outpatient Clinic, Medical Consultation, Home Patient Management, Health Promoting Hospitals and Patient Health Promotion, Health of Health Workers, Conflict Resolution and Negotiation Techniques in Clinic, Patient Management, Clinical Management from Legal Perspective, Drug and Medical Consumables Management, Medical Device Management, Social Services in Health Institutions, Income Concept and Income Management in Health Sector, Strategic Management, Preventing Medical Errors, Total Quality Management, Change Management, Clinical Ethical Decision Making Process, Philosophical Foundations of Clinical Practice, Emergency Service Management, Anesthesia Clinic Management, Biochemistry Laboratory and Management, Surgical Clinical Management, Skin and Venereal Diseases Clinic Management, Physical Therapy and Rehabilitation Clinic Management, Genetic Clinic and Laboratory Management, Haemodialysis and Peritoneal Dialysis Clinic Management, Blood Bank Management, Liver Transplant Management, Bone Marrow Transplant Process and Management, Microbiology Laboratory Management, Nuclear Medicine Clinic Management, Oncology Clinic Management, Pathology Laboratory Management, Psychiatry Clinic Management, Radiology Clinic Management, Neonatal Clinic Management, Intensive Care Clinic Management. This work, which can contribute to the field for courses and research, brings together many theories and practices.





**Faculty of  
Health Sciences**

## ISTANBUL GELISIM UNIVERSITY ALUMNI TRACKING SYSTEM

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

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

### What Are the Steps to Join METSIS?

1. Use the web interface at [metsis.gelisim.edu.tr](https://metsis.gelisim.edu.tr) to log in
2. You can follow the postings in the open positions box.
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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[igu\\_mezunlarkoordinatorlugu](https://www.instagram.com/igu_mezunlarkoordinatorlugu)



LinkedIn -  
**IGU ALUMNI AND  
MEMBERS COORDINATOR**



GRADUATE CARD

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.





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