

SDG PROGRESS REPORT

on **SDG-3 GOOD HEALTH and WELL-BEING**

**20
21**



SDG PROGRESS REPORT

ISTANBUL MEDENIYET
UNIVERSITY

**Istanbul Medeniyet University
Sustainability Office**

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https://www1.undp.org/content/seoul_policy_center/en/home/sustainable-development-goals.html



We have made great progress against several leading causes of death and disease. Life expectancy has increased dramatically; infant and maternal mortality rates have declined, we've turned the tide on HIV and malaria deaths have halved.

Good health is essential to sustainable development and the 2030 Agenda reflects the complexity and interconnectedness of the two. It takes into account widening economic and social inequalities, rapid urbanization, threats to the climate and the environment, the continuing burden of HIV and other infectious diseases, and emerging challenges such as noncommunicable diseases. Universal health coverage will be integral to achieving SDG-3, ending poverty and reducing inequalities. Emerging global health priorities not explicitly included in the SDGs, including antimicrobial resistance, also demand action.

But the world is off-track to achieve the health-related SDGs. Progress has been uneven, both between and within countries. There's a 31-year gap between the countries with the shortest and longest life expectancies. And while some countries have made impressive gains, national averages hide that many are being left behind. Multisectoral, rights-based and gender-sensitive approaches are essential to address inequalities and to build good health for all.

400
MILLION

people have no basic healthcare

7
MILLION

people die every year from exposure to fine particles in polluted air



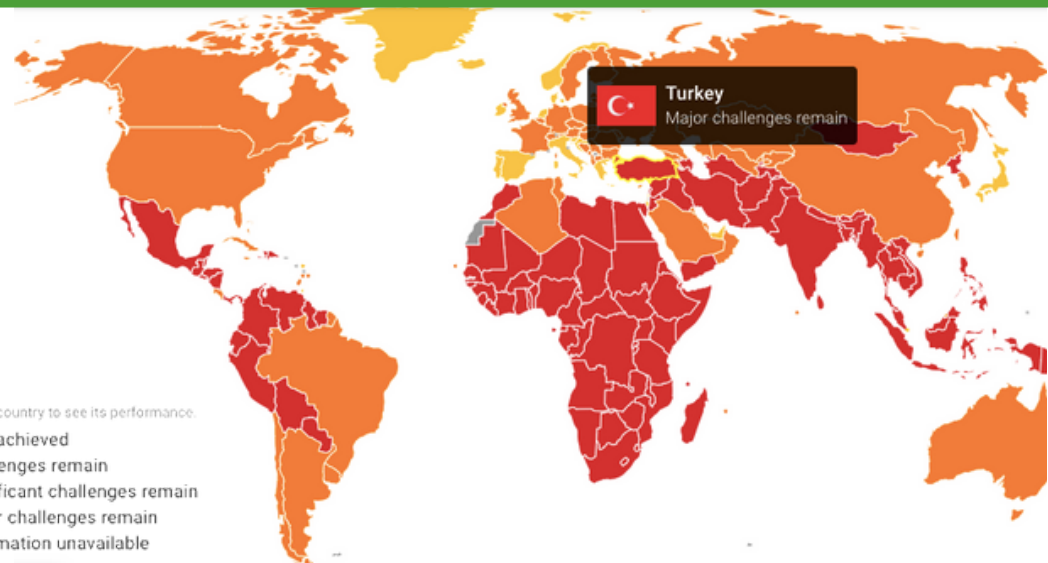
women have experienced either physical or sexual violence at some point in their life

15
MILLION

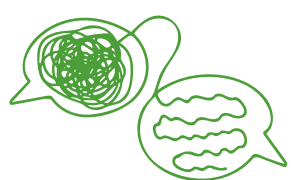
people living with HIV are still waiting for treatment

2
SECONDS

someone aged 30 to 70 years dies prematurely from noncommunicable diseases



431
STUDENTS
graduated in health professions



free psychotherapy service for all students, staff and staff relatives

401-600
Good Health and Well-Being
2022 Rank in



2.750+
STUDENTS
from local schools were allowed to use our sport facilities



smoke-free policy in campus buildings

Health and Mental Health Support

As Istanbul Medeniyet University, we attach great importance to ensuring that our students and staff are in good health and well-being and can always have access to good-quality healthcare services. Therefore, in Göztepe Süleyman Yalçın City Hospital, with which we have signed a collaboration protocol, our staff members are provided with primary **healthcare services** as well as free **sexual and reproductive healthcare services**.

Throughout 2021 when the Covid-19 pandemic still held sway over our community, we distributed **free surgical masks and disinfectants** to all our staff members in order to contribute to health protection for our staff and to maintain hygiene within our campuses.

All of us may sometimes find ourselves facing problems that are difficult to cope with. Some problems relating to school achievement, emotional relations, family, and work etc. may undermine our cognitive, emotional, and physical resilience. And at this point, one may need psychological support. For stress-coping methods and resilience levels are different for all of us. Thus, as Istanbul Medeniyet University, we offer **free psychotherapy and counseling services** to our students, staff, and staff relatives via our **Psychotherapy and Counseling Center** in the South Campus.

IMU Psychotherapy and Counseling Center aims to:

- assist our students, staff, and staff relatives in their emotional, mental, and social development and academic problems, and
- support their ongoing psychological treatment particularly through cognitive behavioral psychotherapy with the approval and collaboration of the patient's doctor.

No health insurance is required for counseling visits and all our students, staff members, and staff relatives can use our counseling services by making an appointment through the system. No appointment is needed for emergency visits.

Smoke-free Policy

As per **Law no 4207 on the Prevention and Controlling of the Harmful Effects of Tobacco Products** and the circular order for enforcing the provisions of the said law, which was put into effect after being published in the Official Gazette on 16 July 2009, consuming tobacco products was banned in all public buildings in Turkey. And as per the aforementioned legislation, it is legally prohibited to consume tobacco products inside all our campus buildings.

Sport Support and Shared Sports Facilities

In four campuses, Istanbul Medeniyet University has a total of 19 different sports facilities/fields along with their equipment: 2 artificial turf football fields, 2 tennis courts, 5 basketball/volleyball fields (one indoors), 7 ping pong tables and equipment, 1 billiards table and equipment, 1 walking/ running track and cycling track.



Sport facilities in Göztepe Campus

Our students and staff members can use all our sports facilities free of charge after making a reservation with the Department of Health, Culture and Sports. **Local community can also use the sports facilities** in our Göztepe South Campus after 17:00 by making a reservation. Moreover, as Istanbul Medeniyet University, we share our campus areas and the sports fields/facilities inside them with **students from many local schools**. Through the collaboration agreements we made, the students of three high schools were allowed to use our campus areas and sports facilities in 2021.

“ **2.750+**
STUDENTS
from local schools were
allowed to use our sport facilities ”



Furthermore, through the collaboration protocol for sports we signed with Üsküdar District Sports Directorate, in 2021, our students were given **free sports training in 4 different branches**. 75 students of ours received karate, taekwondo, and aikido courses from coaches working for Üsküdar District Sports Directorate, while 54 other students received swimming lessons free of charge from Res.Asst. Ayça ÇELİKBİLEK, our academic staff member who is also an open water swimmer and who served as their trainer on a voluntary basis. Through our collaboration initiatives, a total of **129 IMU students were given free sports training lessons** in four different sports branches for 2.5 months.

ISTANBUL MEDENİYET
UNİVERSİTESİ
SAĞLIK, KÜLTÜR VE SPOR DANIŞMANLIĞI

2021-2022 AKADEMİK YILI SPOR KURSLARI

Karate Kursu Aikido Kursu

Yüzme Kursu Tekvando Kursu

Son Başvuru Tarihi: 15 Ekim 2021
Kurs Başlangıç Tarihi: 19 Ekim 2021
Kurs Bitiş Tarihi: 7 Ocak 2022

Not: Kurslar yeterli sayıda başvuru olduğu takdirde açılacaktır.

Ön Kayıt İçin: /imu_sks sks.me



Free Sports Training Lessons for Our Students

As Istanbul Medeniyet University, we not only lead the society by carrying out activities to achieve Sustainable Development Goals (SDGs) at the institutional level and but also guide how the SDGs are applied at local, national, and international levels as a community through our collaboration efforts and support solving of problems through our research projects.

Istanbul Medeniyet University supported the healthcare and **vaccination efforts** carried out during the Covid-19 pandemic. For this purpose, a special booth was installed near Block C in our South Campus, where our students were vaccinated by the staff of Kadıköy District Health Directorate until 15.30 on November 11, Thursday. The staff also informed the booth visitors about Covid-19 throughout the day.



Vaccination Efforts in Our University

11 November 2021

Current Collaborations on Health

A collaboration protocol was signed between our university and the **Ministry of Health** concerning the assignment of the staff working in T.R. Ministry of Health Istanbul Göztepe Training and Research Hospital and its related units for conducting theoretical and practical training for the students of IMU Faculty of Medicine and the students in the other health-related departments of the university and the theoretical and practical training activities for the instructors, lecturers, chief assistants, and specialists as well as the shared use of related facilities.

Our University signed a collaboration protocol with the **Turkish Red Crescent Society** to conduct public health research and practices.

A collaboration protocol was signed between our University and the **Governorship of Istanbul** to create a **Healthcare, Training, and Research Region**. As per the protocol, our pre- and post-graduate medical students and specialty students are sent to serve in the Training Research Community Health Centers (EATSAMs) and the Training Research Family Health Centers (EAASMs); training programs are designed for the healthcare institutions in the region; and training is provided for the healthcare staff working in the EATSAMs and EAASMs.

Istanbul Medeniyet University signed a protocol with **MSD (Merck Sharp Dohme)**, a health company that has been developing medicines and vaccines against the deadliest diseases of the world for over 130 years, for scientific collaboration in clinical research with particular emphasis on oncology, diabetes, cardiology, and vaccines.



04 February 2021

Collaboration Protocol with MSD

As Istanbul Medeniyet University, we collaborate with health institutions not only for the delivery of healthcare services and health research but also to raise awareness. For instance, in 2021, our university and the **Turkish Transplant Foundation** organized an **international cartoon contest on organ donation** to raise social awareness about organ donation in the national and international arena.



International Cartoon Contest on Organ Donation

Current Collaborations on Sports and Well-being

The **Youth and Volunteering Cooperation Protocol** was signed between Istanbul Medeniyet University and the **Ministry of Youth and Sports of Turkey** and as part of the protocol, a **Youth Office** was created to carry out sports, educational, social, cultural, and artistic activities in our university campuses. Located in our Göztepe North Campus, the Youth Office aims to contribute to our students' scientific, professional, personal, social, and physical advancement, strengthen their volunteering spirit, and support them in becoming individuals who are well aware of their social responsibilities.



Youth and Volunteering Protocol

A collaboration protocol was concluded between our University and **Istanbul Directorate** of National Education allowing our academic staff members to teach sports and cultural subjects in project schools.

Our University signed **collaboration protocols concerning sports** and cultural areas with Kadıköy Girls' İmam Hatip High School and Kandilli Girls' High School. Furthermore, it has signed collaboration protocols on the **shared use of campus facilities including sports fields** with the students of local schools including İTO Şehit Ragıp Ali Bilgen Anatolian İmam Hatip High School, Kadıköy Anatolian İmam Hatip High School, and Rabia Anatolian İmam Hatip High School for Girls.

Our Urban and Regional Planning Department member Res.Asst. Ayça ÇELİKBİLEK, who is also a national underwater sports referee, was invited by the **Provincial Directorate of Youth and Sports** as a referee for the Underwater Hockey Seniors Turkey Championship in 2021. ÇELİKBİLEK, who was assigned by our university after the correspondence between the two institutions, directed more than 30 matches in the national championship.



IMU Department of Sociology, Health and Civilization Association, Üsküdar Municipality, and Health-Union jointly held The Health and Civilization Symposium titled '**Medical and Social Pandemic**', on Saturday, October 9, 2021, at Üsküdar Municipality Bağlarbaşı Congress and Culture Center. During the past two years, the Covid-19 pandemic has caused a crisis in many areas around the world, resulting in the need for a systemic revision. In the symposium held for this purpose, the impact of the pandemic in our country and in the world and the issues it brought to light were discussed with a broad perspective. Speakers consisted of physicians, deontologists, sociologists, lawyers, journalists and writers, all experts in their respective fields.



Medical and Social Pandemic Symposium



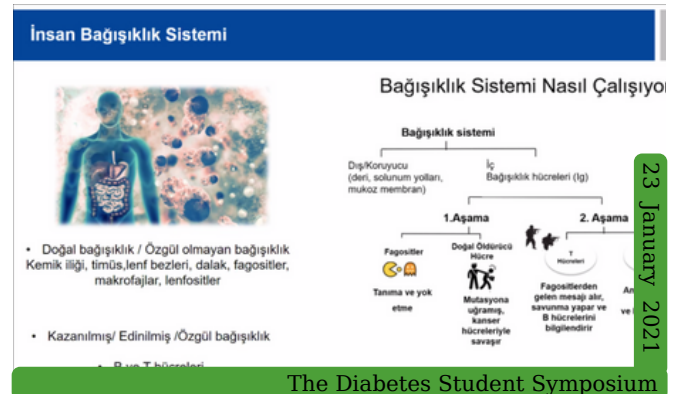
Oral and Dental Health Event

On 24 November 2021, our Department of Dentistry organized an event in our central Library building in the North Campus to celebrate the Dentists' Day. The faculty members of the department delivered presentations and our fourth-year dentistry students made demonstrations during the **oral and dental health** themed event, which brought together different stakeholders in oral health, including dentists and oral health brands who discussed the new developments in the sector and also the general public who were informed about oral health and hygiene through the event. Representatives of oral and dental care firms promoted their products and distributed free samples to the participants.

The Diabetes Student Symposium, organized with the collaboration of Istanbul Medeniyet University Nutrition and Dietetics Department and Faculty of Medicine, was held for the fourth time this year. In accordance with the pandemic conditions, the symposium was held online on January 23, 2021. The theme of the symposium this year was "**Pandemic and Diabetes**" within the scope of the COVID-19 pandemic. At the symposium, faculty members of our university's Medicine Faculty and Nutrition and Dietetics Department discussed topics such as the use of tele-medicine, nutrition, immunity, and physical activity during the Covid-19 pandemic at the sessions.

The aim of the symposium this year, as it is every year, was to increase public health by increasing the awareness and knowledge level of the society and health professionals about diabetes. In the "Open Chair" session, which was held for the first time this year, physicians, dietitians, and nurse health professionals shared their knowledge and experience gained in diabetes follow-up during the pandemic days. In the "Students Competing" session, which has become a tradition, students competed online and the first-placed student was presented with a gift the book.

In the last session of the symposium, "Our students have the say!", our students presented various pandemic-themed titles. Approximately 300 students from medical faculties, nursing, nutrition, and dietetics departments of many universities and especially students of Istanbul Medeniyet University, attended the symposium. The importance of patients' ease of access to healthcare professionals was emphasized by establishing the treatment of diabetes with a multidisciplinary approach. It was underlined that patients with access to healthcare professionals can receive support to achieve a healthy lifestyle.



The Diabetes Student Symposium



Our leadership activities are not limited to Turkey but also reach overseas. Launched in 2018, [Istanbul Medeniyet University Africa Health Training and Research Center](#) (IMU MASAM) carries out training, application, and research in health in the African continent and in this context contributes to training specialists and researchers of medicine, surgery and other health areas and collaborates with healthcare institutions.



IMU MASAM continues its ongoing training and application programs in surgery and medical sciences in Uganda, Sudan, Somalia, and Somaliland and carries out activities to initiate new training programs in the African continent. MASAM carries out activities in the African continent concerning undergraduate, graduate, and postgraduate medical training programs; national and international meetings on health-related subjects such as panels, symposia, seminars, conferences, workshops, etc.; research projects on medicine and surgery; medical patient treatment and care; health education and preventive healthcare.

MASAM has been organizing an international medical seminar series called "[Istanbul-Africa Health Meetings](#)" and the third one of the seminar series was held online on 25 May 2021 under the theme "Obstetric Fistula Fact in Africa".

ISTANBUL-AFRICA HEALTH MEETINGS 3

Obstetric Fistula Fact in Africa

Moderator

Dr. Shukri Mohamed Dahir
General Surgery Resident at
Hargeisa University &
Istanbul Medeniyet University

25 May 2021

Istanbul- Africa Health Meetings - 3

Our faculty members working for MASAM have medically examined and performed free surgeries for numerous patients in need during their visits where they teach the medical students of the African Universities we have been collaborating. Within the scope of the International Education Programs conducted by Istanbul Medeniyet University Africa Health Training and Research Center (IMU MASAM) in 2021, 53 students from 13 different universities in 7 different countries (Azerbaijan, Palestine, Sudan, Uganda, Jordan, Yemen, Somaliland) received medical training in 12 different departments at Istanbul Medeniyet University Göztepe Prof. Dr. Süleyman Yalçın City Hospital.

As part of the collaboration protocols concluded between our University and numerous African universities, physician associates can visit our hospital and our Faculty of Medicine for training and observation purposes. Within the scope of

MASAM's [General Surgery and Cardiology Resident Training Program](#),

one general surgery resident and two cardiology residents from Somaliland Hargeisa University visited our training and research hospital as observers for two months in 2021.



Also in 2021, meetings were held by our faculty members working for MASAM to plan for the Residency Programs in [Pediatrics](#) and [Gynecology and Obstetrics](#), which started in 2021 to continue for three years. In the programs, seven pediatrics residents and five residents of gynecology and obstetrics from Somaliland Frantz Fanon University will receive training in our hospital by our medical faculty members.

Learning processes are key in achieving SDGs. Thus, universities play a critical role both by training professionals who will prioritize SDGs in their future practices and by increasing local, national, and global capacity to successfully achieve SDGs. As Istanbul Medeniyet University, we are fully aware of our critical role and thus aim to empower and motivate for SDGs not only our students through course contents, co-curricular activities, and student club activities, but also the community at large at a much wider scale. Therefore, we organize university-wide life-long learning activities, online courses, certificate programs, seminars, workshops, congresses, symposia, and panels that are open to all segments of society for participation. In 2021, we held a wide range of learning activities to improve health and well-being for all.

Our Urban and Regional Planning Department member Assoc.Prof.Dr. Yıldız AKSOY designed a course on design processes for public health which came to the fore again after the Covid-19 pandemic. She started to teach the course "**Public Health and Urban Design**", as an elective course in the our Faculty of Medicine in the fall semester of the 2021-2022 academic year. The main aim of the course is to question how cities can be reconsidered in terms of public health. In this context, in addition to teaching general concepts, the course also covers topics such as how to design healthy and livable spaces in an inclusive way and how to ensure that these spaces are accessible equally.

In the 12nd seminar of the "Istanbul Urban Studies", organized by Urban and Regional Planning Department Ece ÖZMEN and Tolga KAYACAN, PhD. made a presentation about **urban stress and healthy cities**. Researchers explained the burnout syndrome and its symptoms which was defined as a disease in ICD (International Classification of Disease) by WHO in 2019. They evaluated the world's most stressful cities and told that stress producing factors are divided in 5 groups as social based, economical based, health based and also circumstances surrounding cities and environmental factors. Researchers pointed out that increase of public open spaces, improving of transportation options, safety measures, convenient. and sufficient urban furniture breaking the monotony are proper solutions providing problem based approaches.

"**Non-Invasive Facial Treatments**" training hosted by the Department of Otorhinolaryngology of Istanbul Medeniyet University Faculty of Medicine was held on 16 November 2021 in our Aşık Paşa Conference Hall. In line with the Sustainable Development Goals and within the scope of partnerships for the goals, the training was held with the cooperation of the Facial Plastic Surgery Association, with the contributions of Bilim Ilac and Seltek Group companies, and aimed to increase access to technology and knowledge to help our physicians follow the recent developments through vocational training courses. In the training, instructors Prof.Dr. Taşkın YÜCEL and Prof.Dr. Gökçe ÖZEL discussed botulinum toxin and filling applications on the face. More than 150 otorhinolaryngologists chiefly from Istanbul and various provinces such as Kocaeli, Sakarya, Düzce and Zonguldak participated in our event, which aimed to raise healthy individuals and provide equal access to education.

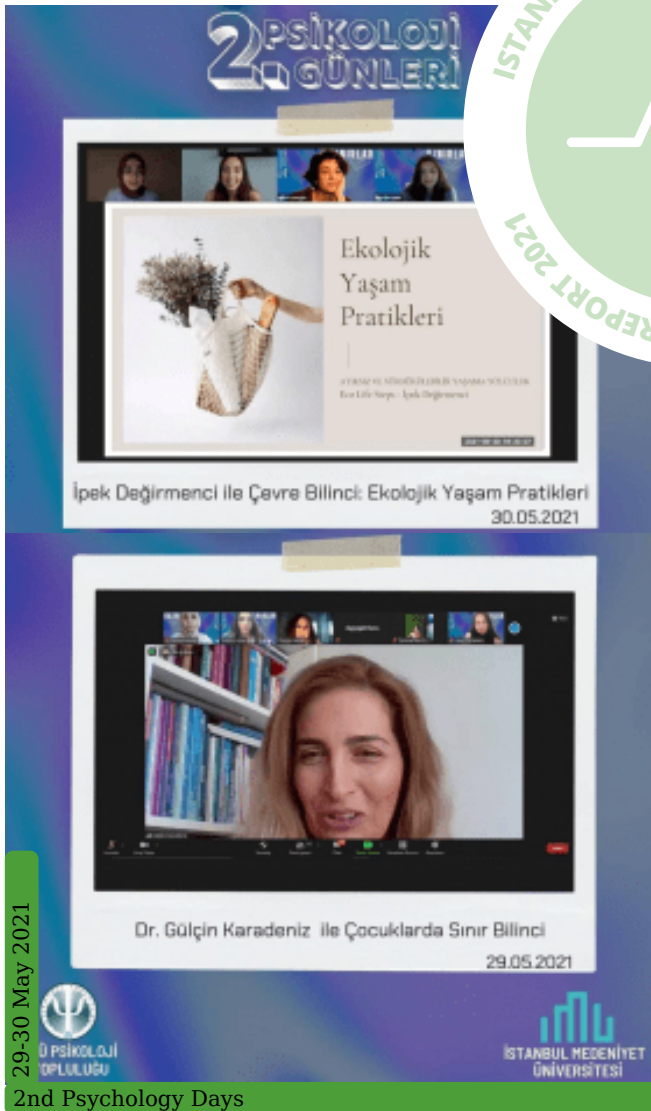


Psychology Club of our university held an online event called '**2nd Psychology Days**' on May 29-30, 2021. Many psychologists and students, who are experts in the field, participated in this event with the theme of 'Boundaries', which included several presentations on health and well-being. Dr. Ezgi TOPLU DEMIRTAŞ from MEF University talked about what behaviors can be violence and the importance of boundaries in her speech titled "**A Protective and Preventive Practice Against Dating Violence: Setting Limits**". She mentioned that dating violence against women is common and that those who are exposed to dating violence experience psychological harm. In the second speech, the subject of Boundaries in Sexuality was discussed by Specialist Psychologist and Sexual Therapist Kayıhan ABA, who provided information on the limitations in bilateral relations, truth in sexuality and the impact of incorrect information on psychology,

and the psychological harm suffered by individuals who have been subjected to sexual violence.

In the third speech, Dr. Merve MAMACI from Fenerbahçe University delivered a speech titled "Boundaries in the Field of Business". She talked about the factors that will motivate us at work, **psychological well-being**, job satisfaction, life satisfaction, the effect of mobbing in the workplace on our mental health, and positive psychology.

In the fourth speech, Dr.Ps. Deniz BOZUNOĞULLARI gave a speech titled '**Borders, Migration and Trauma**'. She talked about the limits we can set against people who have migrated as a collective action caused by migration, which is a geographical, cultural and social displacement movement from one place to another for psychological, sociological, economic and individual reasons with the aim of returning or permanent settlement in the short, medium or long term, and commented on the trauma that may occur as a result.



UN has reported that the worldwide Covid-19 pandemic has reversed the positive effects of decades of developments in global healthcare. As Istanbul Medeniyet University, we have held numerous informative public events during the pandemic to contribute to the protection of public health.

For instance,

Within the scope of the 2021-2022 academic semester opening event of the Department of Sociology of our University, Prof.Dr. Veysel BOZKURT from the Department of Economic Sociology of Istanbul University gave a seminar titled "**Social Effects of the Pandemic**" on October 12, 2021 at Aşık Paşa Conference Hall. Prof. BOZKURT stated that the Covid-19 pandemic, which has seriously affected and changed everyone's life both in our country and throughout the world, has transformed social life and public health in every conceivable field from production to consumption, from international relations to education, from transportation to entertainment, and from religious worship to sports events. In this context, he noted the increase in people's existential anxieties about catching viruses, losing loved ones, and death and underlined hat as the pandemic prolonged, fatigue, boredom and increasing depression symptoms have become the most important problems. He noted that with the increase in stress during pandemic periods, more than half of the society are now feeling lonely due to social distance measures as such security measures usually weaken interpersonal relations.



Throughout the year, our academic staff members from our Faculties of Medicine and Health Sciences inform the public about health and nutrition issues to improve access to basic services for all. For this purpose, they deliver seminars in various public and private institutions and also share their scientific expert opinions and experiences on how to avoid health risks and overcome health challenges by appearing on national media outlets.

To provide a few examples for the year 2021, Prof.Dr. Belgin ERHAN of IMU Department of Physical Medicine and Rehabilitation spoke about **osteoporosis and muscle health** on the TV show "Doktorum Yanımda" on the national TV channel 360 TV on September 27, 2021. ERHAN mentioned that there are currently more than 200 million osteoporosis patients globally and noted that we now have numerous options both for early diagnosis and prevention and treatment of the condition. She identified the important risk groups for osteoporosis and provided information about the treatment process. She also explained what to do to reduce the disease risk and shared her lifestyle recommendations.



Assoc.Prof.Dr. Hasan Hüseyin KARADELİ of IMU Department of Neurology informed the audience on the **risks of uncontrolled use of protein powder** in an interview published in the national newspaper Sabah on August 24, 2021. In the interview, Prof. Dr. KARADELİ informed that these products can only be used as complementary dietary products for people who are not able to get their protein needs sufficiently from food within the protein-carbohydrate-fat balance and that significant health problems may arise when they are used as a main constituent in one's diet in an uncontrolled manner.

In addition to the invaluable information they shared with the public on specific health challenges, our academic staff members also contributed greatly to improving access to basic healthcare services for all by sharing the results of their academic research and their scientific expert opinions and recommendations on protection from COVID-19 through media outlets during 2021, when the pandemic continued to affect our society.

To cite only a few instances among many, Prof. Dr. Sadrettin PENÇE was interviewed about his latest research on the **mutations of the virus** on the national TV channel HaberTürk on March 10, 2021. Prof.Dr. PENÇE pointed out that genome screening is critical in Turkey as a point of entry and exit for many different regions and informed the audience about the importance of PCR tests for diagnosing the disease.



Prof.Dr. Sadrettin PENÇE of IMU Department of Basic Medical Sciences provided information about the **UK variant of coronavirus** on the TV show Gece Kuşu. Noting that all three of the existing variants have been observed in Turkey, he informed that the UK variant is dominant with a higher rate of infectivity.

Prof. Dr. Hasan GÜÇLÜ of IMU Department of Basic Medical Sciences provided an assessment of the pandemic's effects in Istanbul on the same TV channel on March 25, 2021. Prof. Dr. GÜÇLÜ explained the importance of mask use for protection against Covid-19 in Istanbul as one of the most densely-populated metropolises in the world and pointed out to the most common mistakes made when using masks, sharing important information on how to use masks correctly.



Pandemic's Effects in Istanbul Speech on Tv Show



Prof. Dr. Belgin ERHAN's Interview on Sabah

Prof. Dr. Belgin ERHAN of IMU Department of Physical Medicine and Rehabilitation was interviewed by the national newspaper Sabah about how a 91-year-old patient, after being treated for Covid-19 by our hospital staff and getting full recovery, became bedbound despite having no paralysis nor any problems with her spinal cord. Prof. Dr. ERHAN explained that she had developed bedsores due to lack of movement in the post-treatment period and seemed to lose her ability to walk. She then provided information about the treatment process she and her team applied on the patient and how she regained her ability to walk only in eight weeks. In the interview, Prof. Dr. ERHAN highlighted the importance of movement for recovering Covid-19 patients the post-treatment period.

Assoc. Prof. Dr. Arda IŞIK of IMU Department of General Surgery was interviewed by Anadolu Agency about prioritizing the patients who are planned to be operated in Covid-19 vaccinations. In the interview, IŞIK shared the results of the scientific study in which he was a part of the team of researchers in the international "COVIDSurg Collaborative" led by Birmingham University. IŞIK informed that in the study, they calculated the yearly amount of vaccines needed to prevent Covid-19-related deaths based on the post-operative rates of Covid-19 infections and death rates and noted that the amount of vaccines needed by pre-operative patients is consistently less than the general population.

Health Outreach Programmes

Our University has a collaboration protocol with Ümraniye Type-T Closed Penitentiary institution concerning the performance of health screening tests and organizing sports events for the convicted prisoners in the institution run by the Ministry of Justice General Directorate of Prisons and Detention Houses as well as organizing training programs to help them acquire the knowledge and skills they need for rehabilitation into social life.



Sexual and Reproductive Health Care Services for Students

Psychology Club of our university held an online event called '2nd Psychology Days' on May 29-30, 2021. In the event's second speech, the subject of Boundaries in Sexuality was discussed by Specialist Psychologist and Sexual Therapist Kayihan ABA, who provided information on the limitations in bilateral relations, truth in sexuality and the impact of incorrect information on psychology, and the psychological harm suffered by individuals who have been subjected to sexual violence.

The academic staff members of our university carry out research on reducing maternal mortality ratio; ending preventable deaths of newborns and children under 5 years of age; effectively fighting communicable diseases; reducing mortality from non-communicable diseases and promoting mental health and well-being; treating and preventing substance abuse; reducing injuries and deaths from road traffic accidents; ensuring universal access to sexual and reproductive health and family planning services and education; achieving universal health coverage; reducing the number of deaths and illnesses from hazardous chemicals and pollution; strengthening the implementation of WHO Framework Convention on Tobacco Control; supporting the research and development efforts for and providing universal access to affordable medicines and vaccines; increasing health financing and supporting health workforce in developing countries; and improving the early warning systems for global health risks, publish the results of their research and share them with other researchers, decision-makers, stakeholders, and the public.

Rabia ERDOĞDU, our graduate student has been working with her advisor Asst. Prof. Dr. Ümmühan DEMİR of IMU Department of Molecular Biology and Genetics on a research project that aims to find a cure for prostate cancer and to reduce the death rates due to diseases such as cancer and diabetes by showing the anti-cancer effect of a specific molecule in prostate cancer. The research project titled **"Investigation of the Anti-Tumor Effect of the PGC-1 α -targeted SR-18292 Molecule with Known Anti-Diabetes Effect in Prostate Cancer Cell Models"** has been supported by the Scientific and Technological Research Council of Turkey (TUBITAK). The SR-18292 molecule, whose anti-cancer effect has been shown only in one type of cancer, was aimed to be tested in prostate cancer for the first time with this project. The tumor suppressive effects of SR-18292 will be investigated for the first time in prostate cancer cells, and specifically, SR-18292 in prostate cancer; It was aimed to investigate the effects of tumor growth, 3D culture formation, migration-invasion, colony formation and epithelial-mesenchymal transition. The study aimed to reduce human mortality due to cancer and diabetes within the scope of global goals.

The project titled **"Determination of Biomarkers for Ankylosing Spondylitis Disease by Integrated Analysis of Genome-Scale Metabolic Models and Gene Expression Datasets"**, which was conducted by Hatice Nur AYDIN, our undergraduate student at the Department of Bioengineering, under the consultancy of Asst.Prof.Dr. Muhammed Erkan KARABEKMEZ, was also entitled to receive support from TUBITAK. There are over 350,000 Ankylosing Spondylitis (AS) patients in Turkey, and HLA-B27, the only biomarker to be used in the early diagnosis of this disease, is not a useful biomarker due to its high false positive rate. Therefore, AYDIN and KARABEKMEZ found that we need effective new biomarkers to detect this disease today. The study aims to support a healthy and quality life to contribute to the health system, which is an important element in achieving the sustainable development goals. If the disease is diagnosed early and treatment is started early, it is expected to give results in line with our national interests by increasing the life expectancy of people and reducing the cost of these human medicines. Thus, it was aimed that people benefit from health services as one of their most basic needs in the most beneficial way.

A project executed by two academic staff members of IMU Department of Sociology has also been entitled for support of TUBITAK. Asst.Prof.Dr. Ayşe POLAT and Res.Asst.Dr. Zübeyde DEMİRCİOĞLU are working on the project titled **"Experiences of Filiation Teams in Istanbul during the Covid-19 Pandemic Process: A Multidisciplinary Phenomenological Analysis"**. The project focuses on the experiences of healthcare workers who perform the 'filiation' (case and contact detection) activities carried out to keep the COVID-19 pandemic under control in Turkey. As part of the project, in-depth interviews will be held with the filiation teams working in various districts of Istanbul, and information will be collected about how the filiation studies have been carried out since the beginning of the pandemic, how the participants experienced the fieldwork, and the difficulties they faced individually and professionally. The project also aims to examine the opinions of the teams about the organization and its operation, the problems they identified during the process, and the solution proposals.



The book **“Sağlık Bilimleri İçin Diyabet”** (Diabetes for Health Sciences) edited by Asst.Prof.Dr. Berna DİNÇER of IMU Nursing Department and IMU Department of Internal Medicine members Prof.Dr. Aytekin OGUZ and Asst.Prof.Dr. Miraç VURAL KESKİNLER was published by Istanbul Tıp Kitabevleri. The book prepared by a multidisciplinary team of authors on the subject of “Diabetes Mellitus”, which is described as the epidemic of the modern age as a serious human health risk and whose prevalence is increasing rapidly in our country, is a book containing the most up-to-date information for all health sciences professionals who are engaged in the fight against diabetes and accompanying diseases. Prepared as reference work, the book consists of 23 chapters and contains many sub-sections such as creating a healthy lifestyle to fight against diabetes, the diagnosis of diabetes, its clinical signs and symptoms, its prevention and complications, medical management of diabetes, diabetes management in pregnant women, children, and adolescents, the conditions for which diabetes creates a health risk, diabetes technologies, psychosocial aspects of diabetes, patient education and care in diabetes, and complementary practices used in treatment, topics covered in depth by the experts. The large editorial and author team that consists of 50 academics from different sub-disciplines of medicine and health sciences includes 37 faculty members and lecturers working in the Faculties of Health Sciences and Medicine in our university.



"Sağlık Bilimleri İçin Diyabet" Book Cover

A paper titled **“Additives Used in Food Industry and Their Relation to Health”** co-authored by Res.Asst. Seren BAYDAN of IMU Gastronomy and Culinary Arts Department on the relationship between food additives and public health was published in a special issue of the Journal of Tourism and Gastronomy Studies. In the paper, the authors discussed the changes in food preferences with the rapid flow of life and the increase in global demand for foods that can be consumed more easily. Today, in parallel with the rapidly developing industrialization, there has been an increase in the consumption of foods that are resistant to oxidative and microbial deterioration and are formulated according to consumer needs, which has paved the way for the widespread use of food additives. Stating that the effects of food additives on human health are still a matter of debate, the authors said that nausea, vomiting, eczema, urticaria, intestinal diseases, angioedema, migraine, hyperactivity, and other behavioral disorders are among the most frequently reported disorders on human health due to the use of these substances. The researchers stated that especially with the impact of globalization, the use of additives is inevitable in order to ensure sustainability in the food industry; and the use of food additives above the upper limits allowed in the regulations or the fact that they are not in food purity can be counted among the main reasons for the negative effects on human health. They emphasized that both food producers and consumers should be informed about responsible production and consumption to prevent or minimize the health risks of food additives.

Assoc.Prof.Dr. Yıldız AKSOY of IMU Urban and Regional Planning Department, presented the research paper titled **“Covid-19 Pandemic and Built Environment”**, of which she is one of the authors, in the International Theory and History of Architecture Conference. For thousands of years, people have redesigned cities, infrastructure, architecture and interiors in order to minimize the risk of infectious disease. In their study, researchers investigate the relationship of infectious diseases with the built environment and historical examples regarding this relationship. Then, they discuss the necessary changes in built environment for the control of the pandemic under four headings: urban design, building design and construction, transport-active travel and mobility, green areas.

At the 'Medical and Social Pandemic' symposium, of which we were one of the organizing institutions, Res.Asst. Elyesa KOYTAK of IMU Department of Sociology presented his paper titled **"The Changing Social Position of the Medical Profession during the Pandemic"**. In his study, KOYTAK dealt with the pandemic issue from a sociological perspective and addressed the question of how the social position of medicine changed in Turkey during the pandemic. Evaluating the social position of physicians before the pandemic, the author expressed his views on the working conditions of medicine, the push of practitioners to be a lower class within the profession in terms of income and status, and the weakening public reputation and image of the profession. However, specialties such as epidemiology, virology, immunology, vaccine studies, infection, which were not known or heard only by name before the pandemic, started to be represented by experts in live broadcasts every evening and there was a large amount of one-way and univocal information and guidance, used by the citizens seeking not to catch the disease. In this sense discourse on the pandemic, which penetrates every moment and corner of life more intensely than the virus, and pandemic management mechanisms have entered our lives from family to working life, from education to culture, to the fate of the fundamental rights and freedoms of the elderly and children. Therefore, as public health and the fight against the disease are defined with the metaphor of war and the healthcare professionals working in the clinic are idealized as tired and unpaid warriors at the front of the struggle, KOYTAK stated that this situation restores the lost social status of physicians in certain branches and increases their authority.



09 October 2021

SAĞLIK ve MEDENİYET SEMPOZYUMLARI-2

"Tıbbi ve Toplumsal Açıdan Pandemi"

9 Ekim 2021 Cumartesi 09.00 - 18.00
OSKODAR BELEDİYESİ BAĞLARBAŞI KONGRE VE KÜLTÜR MERKEZİ

Medical and Social Pandemic Symposium