



GREAT LEADER MUSTAFA KEMAL ATATÜRK WAS COMMEMORATED AT EMU

Great Leader Mustafa Kemal Atatürk, founder of the Republic of Turkey, was commemorated at the Eastern Mediterranean University (EMU) on the 80th anniversary of his death.

A Conference Was Held

In scope of the commemorative events in honour of Great Leader Mustafa Kemal Atatürk, the first was a conference titled 'Atatürk and Modernisation through the Window of World History'; held on November 9th 2018, Friday (14:30) by EMU Atatürk Research and Application Center (ATAUM). The conference began with a moment of silence followed by the Turkish National Anthem. Afterwards, Ankara University, Faculty of Languages, History and Geography, History of the Republic of Turkey Program Chair, Prof. Dr. Neşe Özden gave a presentation. During the keenly participated conference Assistant Prof. Dr. Turgay Bülent Göktürk, President of ATAUM, defined the reason for this gathering as a commemoration for the 80th anniversary of our Great Leader Atatürk's death; whose loss is deeply felt each passing day. At the end of the conference, Assist. Prof. Dr. Göktürk presented Prof. Dr. Özden with flowers in gratitude for her contributions.

Furthermore, Prof. Dr. Özden visited EMU Rector Prof. Dr. Necdet Osam in his office. She expressed her pleasure of being a guest



of EMU and received information from Prof. Dr. Osam about the university. After the visit, Prof. Dr. Osam presented Prof. Dr. Özden with a Lefkara Lace board pertaining to Cyprus.

November 10th Commemoration Ceremony

The commemoration ceremony in honour of Great Leader Atatürk, began in front of the EMU Atatürk Monument on November 10th 2018, Saturday (08:45) with the participation of EMU academic and administrative staff, and students. The ceremony continued with EMU Rector Prof. Dr. Necdet Osam laying a wreath in front of Atatürk's monument, the moment of silence to honour him at 09:05 and the Turkish National Anthem. In his speech, Prof. Dr. Osam included the following: "We are Turkish and we shall remain on Atatürk's path until our last days. No political oppression or persecution could turn us away from our Turkish identities or Atatürk's path". He also reminded the younger generations to always stay on the path that Atatürk set before them. Prof. Dr. Osam said "We shall remain true to his principals until our last breath. We remember him with respect and longing". The ceremony ended with a chorus performance by the students of EMU Faculty of Education, Department of Fine Arts Education,

Music Teaching Programme.

A Photography Exhibition Was Held

On the other hand, a photography exhibition titled 'Atatürk in 1938 Press and Photos of Atatürk' was held at Özyay Oral Library Exhibition Hall (09:30) organised by EMU ATAUM. The opening of the exhibition was done by EMU Rector Prof. Dr. Necdet Osam, Vice Rector Prof. Dr. Naciye Doratlı, Faculty of Health Sciences Dean Prof. Dr. Mehtap Malkoç, Faculty of Education Dean Prof. Dr. Ülker Vancı Osam and EMU ATAUM President Assist. Prof. Dr. Göktürk. EMU ATAUM President Assist. Prof. Dr. Göktürk stated that 72 photos brought from Republic of Turkey Atatürk Research Center and Anıtkabir Commandership were displayed during this highly participated exhibition. Furthermore, Assist. Prof. Dr. Göktürk gifted his personal collection of original newspaper pages, dating back to 1938 and including the news about Atatürk's death, to EMU. In his opening speech, Prof. Dr. Osam said that activities as such that help the younger generations learn about Atatürkist Thought in the right manner, should be improved and maintained. He also thanked the participants for attending the event. The exhibition will be open for visitors until November 14th 2018, Wednesday (17:00).



HANDOVER AT EMU STUDENT COUNCIL



Following the completion of the Student Council elections at the Eastern Mediterranean University (EMU), a handover ceremony took place at the Social and Cultural Activities Directorate. Former student council members were presented with plaques of appreciation and new members were introduced to public. Present at the ceremony were EMU Rector Prof. Dr. Necdet Osam, Vice Rector for Student Affairs Prof. Dr. Sonuç Zorlu Oğurlu, Vice Rector for Academic Affairs Prof. Dr. Halit Tanju Besler, department chairs, academic staff members and students.

“We Will Serve As a Bridge”

Speaking at the ceremony former Student Council Chair Arda Özden indicated that it is time to pass on his duty as Student Council Chair which was obtained roughly this time last year, relaying his thanks to EMU Rector Prof. Dr. Necdet Osam and his administrative team. Meanwhile new Student Council Chair

Mustafa Kırılmaz indicated that they will serve as a bridge between the administration, academic staff and students in the 2018-2019 Academic Year.

“We Thank You”

In his speech at the ceremony, EMU Rector Prof. Dr. Necdet Osam congratulated the former council for their work and wished success for the new council. In her speech, EMU Vice Rector for Student Affairs Prof. Dr. Sonuç Zorlu Oğurlu gave some examples of the successful work of the former council and thanked them for their contribution. Prof. Dr. Oğurlu wished good luck to the new council members. After the speeches, Prof. Dr. Osam, Prof. Dr. Oğurlu and Prof. Dr. Besler handed the new and former Student Council members their plaques of appreciation.

Names of the Members of the 2018-2019 Academic Year Student Council are as



follows: Mustafa Korkmaz (Chair), Mithat Karahanlı (Vice Chair), Ahmet Toma (General Secretary), Osman Ersoy Bakal (Financial Affairs), Süleyman Salih Arık (Member), Ferhat Arslan (Member), Çağın Şehit (Member), Ghydaa Annan (Member), Merve Özbilen (Member), Selvergül Yaman (Member), Kasra Ghorbani (Member), Mesut Güler (Member), Rami Robotham (Member), Sadek Alfaitouri (International Student Representative).

EMU HOSTS SOLOTÜRK ST-STORE TRUCK



Eastern Mediterranean University (EMU) hosted the second truck of Solotürk fleet attached to Turkish Air Force, who came

to the Turkish Republic of Northern Cyprus (TRNC) on the 14th of October 2018 Wednesday for flight shows. Solotürk ST-

Store Trucks supports the Kartal Foundation which aids the families of martyrs and war veterans with the products they sell. The second truck of the Solotürk fleet that came to the island for 15 October Republic Day celebrations was located next to EMU Faculty of Arts and Sciences, on the road that leads to the Atatürk Square. The truck sold products of Solotürk fleet such as t-shirts, sweatshirts, hats, badges, key holders, cups, wristlets and watches, all of which attracted the intensive attention of EMU students. EMU Rector Prof. Dr. Necdet Osam and Vice Rector for International Affairs and Promotion Prof. Dr. Cem Tanova also visited and supported the Solotürk Truck.

EMU HOSTS INTERNATIONAL PRESS MEMBERS



International press members who came to the Turkish Republic of Northern Cyprus (TRNC) to observe the 15th of October Republic Day celebrations, also paid a visit to Eastern Mediterranean University (EMU). Press Members from various countries such as Kosovo, Poland, Qatar, Azerbaijan, Pakistan, Germany, Kirghizstan, Russian

Federation, Croatia, Finland, Hungary, Zimbabwe and Kuwait, earned the privilege to discover EMU during their campus tour and expressed their excitement about the opportunities of EMU and its campus. After the tour, the press members met with EMU Rector Prof. Dr. Necdet Osam at a lunch organization at EMU Beach Club, where

they received detailed information about the university. Prof. Dr. Osam stated that EMU is the most rooted public university of the TRNC and that they are more than happy to host international media members every year. EMU Vice Rector for International Affairs and Promotion Prof. Dr. Cem Tanova was also present at the meeting.

EMU FACULTY OF HEALTH SCIENCES HELD A PANEL TITLED “THE EFFECT OF DIABETES TO FAMILY AND FAMILY ON DIABETES”



Eastern Mediterranean University (EMU) Faculty of Health Sciences, Department of Nursing, organized a panel titled “The Effect of Diabetes on Family and Family on Diabetes” on Wednesday, the 14th of October 2018, at 2:30 p.m., at Mustafa Afşin Ersoy Conference Hall. In the opening speech, the moderator of the panel and EMU Faculty of Health Sciences Dean Prof. Dr. Mehtap Malkoç stated that diabetes is in a serious increase in recent years and the increase throughout the world is calculated as 213%. Prof. Dr. Malkoç mentioned about two studies from Turkey titled “TURDEP 1” and “TURDEP 2” and stated that the results show that there is a significant increase in diabetes in Turkey.

EMU Faculty of Health Sciences, Department of Nursing Lecturer Assist. Prof. Dr. Handan

Sezgin delivered a presentation considering the current status of diabetes in the world and in our country, where she also talked about the 2018 theme of the International Diabetes Federation titled “Family and Diabetes”. Assist. Prof. Dr. Sezgin informed the attendees about the effect of the family on the prevention of diabetes and its treatment. In her speech, EMU Faculty of Arts and Sciences, Department of Psychology Senior Instructor Naife Sevdalı Zaim talked about the difficulties families and patients who have diabetes face and how they should get through with the disease. Zaim also mentioned the support areas patients can receive for the struggle through the changes of life style.

In the panel, Nurse Ayşe Doğan made a presentation as a Diabetes Nurse. Doğan has been working with Type 1 diabetic

patients for a long time. Doğan talked about diabetes training for patients after diagnosis, the difficulties she experienced with the individuals with diabetes, expectations and solution offers.

Also, Özlem Alkan (mother of an individual with diabetes) made a speech. Alkan talked about the experiences they had in the family and her child after being diagnosed with diabetes Type 1. Ateş Farisoğlu (a diabetic participant) talked about the methods to cope with the problems that occur after being diagnosed by Type 2 diabetes. Gizem Oymacı (another diabetic participant) talked about the life of a student with Type 1 diabetes in the university. Oymacı told the attendees about what she had been through during her studies with her family and her experiences of receiving help from health professionals.

10th NOVEMBER AND 15th NOVEMBER ANNOUNCEMENTS FROM ATAUM

10th November Announcement

Assist. Prof. Dr. Turgay Bülent Göktürk, President of Eastern Mediterranean University Atatürk Research and Application Center (EMU – ATAUM), issued a statement commemorating the 80th anniversary of Great Leader Mustafa Kemal Atatürk's passing. In his statement, Assist. Prof. Dr. Göktürk included the following:

With the War of Independence Epic, the miracle that is today's Turkey and countless reforms he made real, without the shadow of a doubt, one of the most distinguished places in world history belongs to Great Leader Atatürk. The saviour of Turkish Nation and the founder of Republic of Turkey, the peerless Leader accomplished more in his short fifty-years than others could possible fit in a lifetime.

He was the Turkish Nation's hero in Çanakkale during the dark days of the First World War and a beacon of light for other countries still under bondage. He started the National Struggle in Anatolia to save the Turkish Homeland, band a nation battling with poverty together, became the victor of the Turkish War of Independence and the pioneer in carrying the torch for freedom in the world.

Despite all obstacles, he formed a modern republic on a homeland that was shattered. In a short time, he established better relations with the countries he once fought as enemies and turned the Republic of Turkey into a state respected by the whole world. Alongside all of these, joint with his nation, he made the reforms that are the foundations of modernisation.

Neither did Atatürk pursue vain hopes and nor did he believe in impossible dreams. This great man got all his inspiration from the reality of science

and mind; and he formed his reasoning system by his personal experiences. While the ideologies that many have died over disappeared into the darkness of history, Atatürkist Ideology System still stands firm and will continue to guide the Turkish Nation.

The Turkish public, an irreplaceable part of this Nation, has regarded Atatürk as a saviour and followed his course. In this scope, they simultaneously and willingly accepted the reforms Atatürk introduced to the Republic of Turkey. Together with the free and independent Turkish Republic of Northern Cyprus established 35 years ago, they showed their tenacity and determination in eternising Atatürk's principles and reforms at every turn.

Great Atatürk,

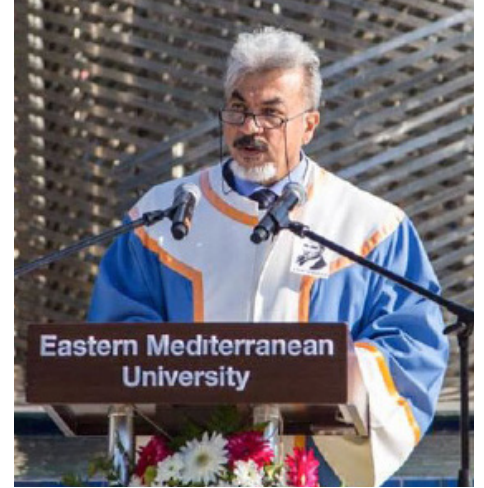
With the work you entrusted in us and your ideas that we understand further day by day, you will live forever in the heart of the Turkish Nation.

With these thoughts in mind, we remember Great Leader Atatürk on the 80th anniversary of his death and once again, we bow before his supreme memory with love, respect and longing.

15th November Republic Day

Assist. Prof. Dr. Turgay Bülent Göktürk, President of the Eastern Mediterranean University Atatürk Research and Application Center (ATAUM), issued a statement on the 35th anniversary of TRNC's establishment. Assist. Prof. Dr. Turgay Bülent Göktürk included the following in his statement:

15 November 1983 is a historic day for the Turkish Cypriot Community to be proud of since it is the day they crowned their struggle for existence and independence with the establishment of



their state.

The was stricken with many griefs. By following the Turkish National Struggle as an example, under the leadership of Gazi Mustafa Kemal Atatürk; and the Republic they formed afterwards, the Turkish Cypriot people gave their own struggle for existence and freedom. This struggle ended with the Peace Operation carried out by the Mehmetçik and Mücahit . Fighting side by side, they carried the Turkish Republic of Northern Cyprus, established thanks to the free and independent will of the Turkish Cypriot Community, to its peak point.

Today, many countries around the world are struggling to establish their own state and live in peace; and they are paying the price with lives. We, who have achieved this goal with our blood and lives, should always aim to work hard to demonstrate our tenacity and determination for eternising this independent state.

As we are honoured and proud to celebrate the 35th anniversary of our Republic, the symbol of the Turkish Cypriot Community's glorious struggle and free existence, we salute our Leader Dr. Fazıl Küçük who helped us earn our independence and freedom, we salute all our martyrs with gratitude, especially our Founding President of the Republic Rauf R. Denктаş, we salute our veterans with respect and celebrate our November 15th Republic Day.

SCHOLARLY EVENT OF EMU PSYCHOLOGY STUDENTS CLUB



Eastern Mediterranean University (EMU) Faculty of Arts and Sciences, Department of Psychology welcomed Keele University Department of Psychology Faculty Member Assist. Prof. Dr. Hüseyin Çakal. Coming to Turkish Republic of Northern Cyprus (TRNC) upon the invitation of the Psychology

Students Club (EMU Department of Psychology Students Club), Assist. Prof. Dr. Çakal delivered a presentation titled “Three Hats of a Psychological Scientist” at the Arts and Sciences Faculty Lecture Hall at 4:30 p.m. on Wednesday, the 7th of November 2018. Many Psychology Department

students and academic staff attended the presentation during which Assist. Prof. Dr. Çakal mentioned the three roles one assumes by being a scholar. Focusing especially on research and implementation fields, Prof. Dr. Çakal gave hints on how to attain a good career after graduation.



RENOWNED DIRECTOR MEHMET TURGUT MET STUDENTS OF EMU



Renowned director, photographer, presenter and producer Mehmet Turgut visited the Turkish Republic of Northern Cyprus (TRNC) upon the invitation of the Eastern Mediterranean University (EMU) Social and Cultural Activities Directorate and gave a seminar titled "Portrait and Editing". The attendance to the seminar was immense. The owner and creative

director of 46 Magazine Mehmet Turgut was presented the "Artist of the Year" award at the field of photography by the Art Institute in 2009. Also, Mehmet Turgut was awarded the second place at the PX3 Prix De La Photographie Paris International Photography Contest in the categories of "Fine Art-Collage" and "Advertising-Beauty". The attendees of the seminar came

with their cameras where Mehmet Turgut informed them about the technical and basic characteristics of a camera. Turgut also talked about shooting techniques and general mistakes. EMU Photography Club President Samet Yıldız presented Mehmet Turgut a plaque of appreciation for his visit to EMU.



EMU FACULTY OF EDUCATION WELCOMES NEW STUDENTS

Eastern Mediterranean University (EMU) Faculty of Education, Department of Elementary Education organized an orientation event for the new students who registered to the department for the 2018-2019 Academic Year Fall Term. EMU Faculty of Education Dean Prof. Dr. Ülker Vancı Osam, department chairs, academicians, administrative staff and students were amongst the attendees of the event. The event commenced with the introduction of faculty members to the students by Chair of Elementary Education Department Assoc. Prof. Dr. Eda Yazgın. In her speech, faculty lecturer Prof. Dr. Ayşe Işık Gürşimşek addressed students, stating “You have come to a very beautiful country and university. All of our doors are open for you. We embrace you. We hope that you graduate and serve to the children of our country.”

“Welcome To the Best University of Cyprus”

In his speech, Faculty of Education, Department of Elementary Education Lecturer Assist. Prof. Dr. Bülent Kızılduman stated that, “Welcome to our university. You are very lucky to study here. We are also very lucky to have you and educate the people that will shape our future. You came to the best university of Cyprus that has proven itself in the world rankings. I wish you a great academic year.” In her speech, Faculty of Education, Department of Elementary Education Chair Assoc. Prof. Dr. Eda Yazgın stated that, “We will see each other frequently during your educational process and come together at various events. Our aim is to introduce you methods that will contribute to your future careers and healthy development. Success comes with discipline and stability. Use all opportunities provided by the university and develop your potential to maximum. Always differentiate yourself as EMU graduates. I wish you a successful academic year.”

“You Will Touch the Souls of Children”

In her speech, Faculty of Education Dean Prof. Dr. Ülker Vancı Osam stated that the faculty has successfully moved to its new building and operates as one of the most crowded faculties in the university with eight different departments. Prof. Dr. Osam stated, “You came here voluntarily by choosing the profession of teaching. All professions are



valuable, but teaching is a profession that raises individuals for all professions. You will touch the souls of children. In the duration of four years, you will be fully equipped for your career and after graduation you will be ready for your professional lives by all means. You should be teachers that constantly continue to learn even after graduation. Learn English very well and improve yourself on

implementing your knowledge of digital technology to teaching. I wish good luck to all of you.” After the speeches, a barcovision show considering the photographs taken from the events of the Department of Elementary Education took place. Afterwards, the academicians and students socialized at a cocktail that was organized at the faculty yard.

EMU SCHOOL OF COMPUTING AND TECHNOLOGY HOLDS WORKSHOP FOR THE STAFF OF THE COMMITTEE ON MISSING PERSONS



Organised by the Eastern Mediterranean University Continuing Education Center (EMU-CEC), EMU School of Computing and Technology (BTYO) is holding a workshop for the Committee on Missing Persons staff. Prof. Dr. Mustafa İlkan, Director of EMU – BTYO, stated that the training is being provided by Kamyar Fuladlu (academic staff member at EMU – BTYO, and Urban and Geological Sciences

researcher) for the first time. He delivered that the training provides an extensive education about Geographical Information Systems (GIS).

Prof. Dr. İlkan mentioned the importance of Geographical Information Systems (GIS) in understanding and managing resources and stated that the training provides effective tools and concepts for detecting and solving problems. Prof.

Dr. İlkan expressed that the training is an opportunity for developing computer based GIS skills essential for creating, arranging and visualising geographical data. In this scope, he said that by using ESRI's ArcGIS software, the participants are trained on theory, creating data, data entry, creating features, data processing, visualisation, analyse and presenting geographical information.



EMU DR. FAZIL KÜÇÜK MEDICINE FACULTY'S STATEMENT ON TRANSPLANT WEEK

Eastern Mediterranean University (EMU) Dr. Fazıl Küçük Medicine Faculty sensitively continues to acquaint the society with matters regarding community health care and to mediate in answering the most popular questions in this regard. Most recently, Marmara University Faculty of Medicine, Surgical Medical Sciences Department academic staff member and general surgeon, Prof. Dr. Ender Dulundu answered the questions prepared by EMU Dr. Fazıl Küçük Medicine Faculty academic staff member and surgeon Didem Rıfki within the scope the of Transplant Week. During the speech, Prof. Dr. Dulundu emphasized that there is no age limit for organ donations while she stated that 10 year survival rates for liver and kidneys are 70% and 80%, respectively. Prof. Dr. Dulundu added that in case of kidney transplantations, there is an 85% chance for 5 year survival rates.

“Unethical to Use a Living Individual's Organs”

Mentioning that Hepatitis B and C act as indicators in deciding whether individuals who have diabetes and blood pressure problems fit or do not fit to be donors, Prof. Dr. Dulundu also added that; “We refer this group of patients as marginal donors. If organs of patients with such health problems are not damaged in a way that they do not become dysfunctional, then the

individuals can be donors. We normally decide if a patient with such conditions is appropriate for donating organs or not by either doing some blood analysis or doing a biopsy on the relevant organ of the person in question. The foremost important risk in situations like this is risk of having a single kidney which might lead to a possible kidney failure in case if it does not work properly. Therefore, the importance of organ donation cannot be underrated. The organs of a deceased person vanishes in soil no matter what. However, the organs of a deceased person can give 8 other people spirit. Thus, it is not acceptable under normal conditions to take an organ from an alive person and risking his/her life.”

“Everyone Has Equal Rights”

Stating that diabetes is just like a calcified water pipe which can cause narrowness in the veins, Prof. Dr. Dulundu also touched on the following by saying; “For this reason, achieving success in organ transplantations in people with diabetes are more risky but we cannot say that it is always unsuccessful. All people, regardless of their race, sex and age have equal rights. Therefore when there is a deceased person who wished to donate organs, all patients with appropriate conditions can take advantage of such rights”. Emphasizing that the majority of patients return their normal life cycles within the first six months or up to a year



following their transplantation. As Prof. Dr. Ender Dulundu expressed; “Having a healthy diet, exercising on a regular basis, and using the medicine regularly and accurately play a vital role on staying healthy. 75% of patients undergoing liver transplantations approximately live five more years after their surgery. In some cases, the liver disease experienced prior to the transplantation can re-occur and need for a second liver transplantation can come into question. Liver is an organ which can renew itself and, a big amount of it reaches its normal volume within 3 to 6 weeks. All kinds of surgical infections, bleedings or even deaths are possible in transplantation cases. In transplantations where a liver grafting (piece of liver donated from an alive donor to an alive person) is in question, the risk of organ rejection is lesser than the transplantations from deceased. The survival rates are higher in alive transplantations”.

EMU DR. FAZIL KÜÇÜK MEDICINE FACULTY RELEASES A STATEMENT ON 14 NOVEMBER WORLD DIABETES DAY: “FAMILY AND DIABETES”

Eastern Mediterranean University Dr. Fazil Küçük Medicine Faculty academic staff member and Internal Diseases Specialist Assist. Prof. Dr. Bülent Sezgin released a statement on 14 November World Diabetes Day. The said statement aims to highlight common misconceptions regarding diabetes for the people of the Turkish Republic of Northern Cyprus. Stating that the World Diabetes Day has been observed on 14 November since 1991 in honor of the birthday of insulin co-discoverer Frederic Bantig, who provided this unique treatment for millions of diabetics, Assist. Prof. Dr. Sezgin added that this year’s theme specified by the “International Diabetes Federation” is “Family and Diabetes”. The reason for choosing the aforesaid theme is to raise awareness on diabetes and promote the importance of family support in the management of diabetes.

“Early Diagnosis and Treatment are of Paramount Importance”

Putting forth that around 425 million individuals are diabetic worldwide, Assist. Prof. Dr. Sezgin added that the majority of these individuals have ‘Type 2’ diabetes that can mostly be prevented by regular exercise, a healthy and balanced diet and healthy living environments. In the prevention of risk factors, family plays an important role. For this reason, focusing on raising the awareness level of families regarding diabetes and provision of the relevant training both are of paramount

importance. One in every individual with diabetes is not aware that she or he has diabetes. Early diagnosis and treatment are the two important factors in the prevention of complications caused by diabetes.

“Diabetes Requires Life-Long Treatment”

Assist. Prof. Dr. Sezgin also added that diabetes occurs due to our body not producing insulin at all, or not producing insulin at desired levels to meet the needs of the body or the produced insulin not showing sufficient effect. According to Assist. Prof. Dr. Sezgin, “Diabetes is a chronic disease which requires life-long treatment. The simplest method used in the diagnosis of the disease is the measurement of preprandial blood glucose levels with a drop of blood. Individuals who have a family history of diabetes and who lead an unhealthy lifestyle with lack of sports and obesity have a higher risk of becoming diabetic. Symptoms of the disease are as follows: frequent urination, loss of weight, constant tiredness and ongoing feeling of thirst. Diabetes is a chronic disease with increasing frequency within our country. The disease, which may negatively affect an individual’s life quality, may lead to serious organ losses.

Dietary Recommendations

Assist. Prof. Dr. Sezgin also recommends the following: “Avoid sugar and sugary food. Prefer food with low glycemic index



and fiber. Each food item has a different ability of increasing blood glucose levels after its consumption. This is called “glycemic index”.

Common Misconceptions

Listing common misconceptions on diabetes, Assist. Prof. Dr. Sezgin concluded his statement by saying “One should never forget that the most important condition of protecting oneself from diseases is to have information about the disease”. According to Prof. Dr. Sezgin, common misconceptions regarding diabetes are:

- Insulin treatment increases body weight
- The use of insulin damages kidneys and eyes
- Insulin treatment prevents individuals from doing sports
- The use of insulin in pregnancy is harmful for the baby
- Blood sugar pills may be used for the place of insulin treatment

EMU FACULTY OF HEALTH SCIENCES ISSUES A STATEMENT ON NOVEMBER 14TH WORLD DIABETES DAY



Assist. Prof. Dr. Handan Sezgin, Faculty Member at Eastern Mediterranean University (EMU) Faculty of Health Sciences Department of Nursing, made a statement on November 14th World Diabetes Day. In her statement, Assist. Prof. Dr. Sezgin included the following:

Importance of Family in

Preventing Diabetes

With its dramatic increase, diabetes has become a serious global problem. Currently over 425 million people live with diabetes. In the last 10 years, the rate of diabetes has increased by 100% and one of every

two people is unaware that they have diabetes. Most of the diagnosed patients have ‘Type 2’ diabetes that can mostly be prevented by regular exercise, a healthy and balanced diet and by the encouragement of healthy living environments.

International Diabetes Federation determined the theme for 2018 World Diabetes Day as ‘Family and Diabetes’. When diagnosed with diabetes, not only the patient but also the family is affected by the situation. Diabetes affects all decisions concerned with what the individual will eat, wear, do and how they will take care of themselves. Additionally, diabetics have to maintain their diabetes-based lifestyle 24/7, 365 days a year due to the reason that uncontrolled diabetes is directly associated with organ loss; as in heart and veins, kidneys, eyes, brain and nerves, feet and legs. Diabetes diagnosis causes a chaotic social environment that

is enhanced by shock, anxiety and a feeling of inadequacy. Thus, the adaptation process is usually a bitter experience for both the diabetic and the family.

Managing diabetes is complicated. Family is the key factor for preventing life-long organ damages and improving the life quality of the diabetic. The patients and family members need to be informed about diabetes and support for effective self-management. Furthermore, the patients are given multiple tasks: Having regular medical appointments, abiding by their medication regimen, keeping track of their blood sugar, foot-care, dietary alterations and increased physical activities. The family also needs to adjust to these personal care habits. For this reason, spreading awareness about diabetes symptoms, risk factors and treatment in families is considered to be of vital importance.

EMU ATATÜRK RESEARCH AND APPLICATION CENTER ORGANISED A TRIP UNDER THE THEME OF "THE YOUTH OF EMU FOLLOWS THE PATH OF ATATÜRK"



Eastern Mediterranean University, Atatürk Research and Application Center (EMU ATAUM), organised a trip to Ankara between 11 and 12 November 2018 under the theme of "The Youth of EMU Follows the Path of Atatürk". Having taken place under the coordination of the President of EMU ATAUM Assist. Prof. Dr. Turgay Bülent Göktürk and EMU ATAUM academic staff member Süheyla Göktürk, the visit commenced with the Independence War Museum, also known as the First Grand National Assembly. The students

then visited the Second Grand National Assembly, also known as the Republican Museum, where Mustafa Kemal's great speech was delivered.

The visiting group also went to Çankaya Mansion Museum, the place in which Atatürk resided between 1921 and 1932. During the visit, students had the opportunity to see the great dinner hall where the Republic of Turkey was declared, the library where the Great Speech was put into script, Atatürk's bedroom and his individual possessions.

The next place visited was Atatürk's mausoleum in Anıttepe. Laying a wreath on Atatürk's mausoleum, the visiting group also signed the visitors book. "Great Leader Atatürk, on the 80th anniversary of your passing, we, as the academic staff and students of the Eastern Mediterranean University, are at your presence once again. We have come to reiterate our belief that we will continue to move forward without ever deviating from the goals you set, the goals of modern civilization. We vow to live and protect the Republic until the end. May your soul rest in eternal light". The group also visited "Atatürk and War of Independence Museum" located at the 3,000 meter square area under the Hall of Honor, which houses Atatürk's mausoleum. During their stay in the museum, the group also had a chance to see the medal and certificate presented to Anıtkabir by Prof. Dr. Aziz Sancar, the winner of 2015 Nobel Chemistry Award. Upon the completion of the trip, EMU ATAUM group returned back to the Turkish Republic of Northern Cyprus.

This Week's Academic Publications

Source: *Web of Science*

Faculty of Arts and Sciences

1 - Nazim I. Mahmudov "Finite-approximate controllability of fractional evolution equations: variational approach." *Fractional Calculus and Applied Analysis* 21, no. 4 (2018): 919-936.

Faculty of Pharmacy

1 - Bahar Gürdal, Jan Štěpánek, Vojtěch Zeisek, Jan Kirschner, and Neriman Özhatay. "What is and what is not *Taraxacum bithynicum* (Compositae, Crepidinae)." *Phytotaxa* 373, no. 3 (2018): 197-210.

Faculty of Health Sciences

1 - Zehra Buyuktuncer, Aylin Ayaz, Damla Dedebayraktar, Elif Inan-Eroglu, Basma Ellahi, and Halit Besler. "Promoting a Healthy Diet in Young Adults: The Role of Nutrition Labelling." *Nutrients* 10, no. 10 (2018): 1335.

2 - Burcu Aksoy, Deniz Miray Arca, and Halit Tanju Besler. "The Balanced Nutrition Test: An Online Dietary Assessment Tool Adapted from the Self Check Program for Use in Turkey." *Nutrition* 55-56 (2018): S22-S23.

3 - Halit Tanju Besler, Recı Meseri, Özge Küçükerdönmez, Habibe Şahin, Betül Çiçek, Esra Güneş, Şule Aktaş, Burcu Aksoy, and Begüm Mutuş. "Implementation of a "Balanced Nutrition Education Program" Among Primary School Children In Turkey." *Nutrition* 55-56 (2018): S18-S21.

Faculty of Business and Economics

1 - G. Olowu, M. Bein, and G. Olasehinde-Williams. "Examining the Relationship Between Financial Development, Sustainable Economic Opportunity and Ecological Footprint In Sade Countries." *Applied Ecology and Environmental Research* 16, no. 5 (2018): 7171-7190.



Eastern Mediterranean University
"Virtue, Knowledge, Advancement"

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Eastern Mediterranean University,
Famagusta / North Cyprus

On behalf of
Eastern Mediterranean University
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