



# Uluslararası Müzik Dans ve Sağlık Kongresi

## KONGRE KİTAPÇIĞI

10-11-12-13 Ekim 2018



## Davet

Değerli Bilim İnsanları,

Üniversitemiz Türk Müziği Devlet Konservatuvarı ile Van Sağlık Hizmetleri Meslek Yüksek Okulunun **10-11-12-13 Ekim 2018** tarihlerinde birlikte düzenlediği ulusal ve uluslararası düzeyde uzman çağrılı konuşmacıların yer alacağı; Hemen tüm kültürlerde tarihi binlerce yıl öncesine dayanan Türklerde Şaman, Baksı ve Tasavvuf kültürlerinde varlığını gösteren, günümüzde modern tıbbın bir alanı sayılabilen Müzikle tedavinin yanı sıra Dans ve Sağlık konularının günümüze ve geleceğe tüm yönleriyle tartışılabileceği; uygulamalar ile örneklendirilebileceği; dünya coğrafyasında uygarlıklar beşiği olarak adlandırılan, tarihi İpek Yolunun önemli duraklarından olan, Doğu Anadolu'nun incisi Van'da bulunan Yüzüncüyıl Üniversitesinde düzenleyeceğimiz **Uluslararası Müzik, Dans ve Sağlık Kongresi**'ne sizleri davet etmekten mutluluk duyarız.

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## HUMAN HEALTH SAFETY

**Necmettin KOÇ,** *Türkiye ve Orta Doğu Amme İdaresi Entitüsü*

The person created in the best way has the ability to think differently from all other living things. Because of this feature, contrary to the other living things, the world has reshaped, shaped and made many civilizations. This is directly related to the curiosity, thinking and knowledge of human beings. Along with human existence, the world has gained meaningful natural beauty. With the words of Sheikh Galip, "the essence of the kingdom and the pupil of the world." Health is the basic condition for people to live on earth. Because unhealthy man can not give anything to the world, he can not contribute. Suleiman the Magnificent, who sits on the throne of the Ottoman Empire, has pointed out the importance of health as a verbal promise. The World Health Organization (WHO) has defined the concept of health as "a kind of goodness not only from illness or disability, but from physical, spiritual and social aspects." Safety is considered as the basic condition of health. The security that is considered to be the most basic necessities of human health makes man feel peaceful in the world. These basic structures that constitute the basis of human life necessitated the concept of occupational health and safety in our country and in the world. The main objective of OHS activities, including the protection of the right to life in its essence to prevent occupational accidents and occupational diseases before they occur. The Law on Occupational Health and Safety No. 6331, which was adopted in 2012, has progressed progressively and started to be implemented in all public and private institutions. Looking at occupational health and safety, which is an important priority at national and international level, in the last period, it is seen that importance is given to the formation of occupational safety consciousness and prevention culture in terms of employee, employer and employee. As a result, with the enforcement of Law No. 6331, our country was the first to have an independent blood on "Occupational Health and Safety". With this law, the "traditional" approach, the "reactive" approach, has replaced the "proactive" approach of contemporary security approach. So instead of taking measures after an accident, an approach was adopted that aimed at taking precautions before accidents. The concept of occupational health and safety should be seen as a therapeutic and developmental approach, a means of supporting our health and safety, rather than being perceived as an obligation to comply with the legislation.

**Keywords:** health, safety, human, music

# Electromagnetic Radiation Attenuation Properties Of Different Types Of Concretes

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In the present study, electromagnetic radiation attenuation properties of some concretes produced using normal aggregate, hematite ore and serpentine ore have been investigated. The mass attenuation coefficients ( $\mu_p$ ) and the effective atomic numbers ( $Z_{eff}$ ) of concretes were calculated theoretically for total photon interaction mechanism at photon energies changing from 1 keV to 100 GeV. The obtained results showed that attenuation parameters change with energy of incident photon and chemical composition of the concretes. We have found that these ores are suitable for photon shielding.

**Keywords:** The Mass Attenuation Coefficient ,Effective Atomic Number, Concretes

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Kod: SS - 19  
(Sözlü Sunum)



## The Effect Of Exercise On Infertility

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**Objective:** The effects of exercise, which has many positive effects on health, on reproductive functions are examined in the light of the literature.

**Material Method:** National and international databases were scanned to investigate these effects.

**Findings:** Infertility is inability of a couple to achieve a clinical pregnancy within one year of regular and unprotected intercourse. 15% of the married couples are affected by this situation for a number of reasons. There is a growing accumulation of knowledge about the development of healthy lifestyle behaviors that may reduce the negative effects of these factors on fertility. Exercise has an important place among healthy lifestyle behaviors. Exercise affects ovulation by modulating the hypothalamic pituitary gonadal (HPG) axis by increasing the activity of the hypothalamic pituitary adrenal (HPA) axis. If 30% of the female infertility is thought to cause anovulation, the exercise activates the HPG axis and performs ovulation. Male origin infertility is due to spermatogenesis process and disorders in sperm function. Inflammation and oxidative stress play an important role in the pathogenesis of male infertility. Exercise has been shown to strengthen antioxidant defense mechanisms, reduce inflammation in body. It has also been shown in studies that oxidative state in seminal fluid and changes in proinflammatory cytokines after exercise can prevent oxidative stress and inflammation in the seminal plasma, thereby causing improvements in sperm parameters and sperm DNA integrity, all of which may lead to positive results for spermatogenesis and male fertility.

**Conclusion:** Moderate exercise has positive effects on infertility.

**Keywords:** exercise, female, infertility, male

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# Socio Cultural Activities As A Factor In Motivating Healthcare Workers

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**Introduction and Aim:** In recent years, sociocultural activities that are potential candidates to increase and sustain motivation started to gain significance as motivating factors for various institutions (1,2). In Turkey there are already sociocultural activities being employed such as cultural events, art exhibitions, sports events, photographic exhibitions and concerts by many institutions with the aim of increasing the sense of belonging, reducing stress in workers and improving communication and cooperation among them (2). The aim of this declaration is stressing the importance of sociocultural activities directed towards increasing motivation among healthcare workers.

**Materials and Method:** For the purposes of this declaration, a literature survey has been conducted on the Internet with the related keywords.

**Findings:** In many studies, it is expressed that healthcare institutions are establishments that bring various healthcare workers together as a team that provide much needed healthcare services for the public and that one of the most important factors determining the success of these institutions is the proper motivation of healthcare personnel in line with the aim and objectives of the institution. In some studies, it has been demonstrated that when the employees are appropriately motivated, favorable results such as willing and efficient working, high amounts of workplace satisfaction, secure communication and cooperation among the team members, and by a natural extension of these developments, patient satisfaction, were achieved. On the other hand, inadequate personnel motivation was shown to result in problems such as lack of interest for the work, absenteeism, exaggeration of existing problems, arguments and complaints, lack of cooperation (which is vital for problem solving and overcoming difficulties), and unreasonable resistance against changes. (3,1).

**Conclusion:** According to the surveys on the Internet on the subject, it has been concluded that the due importance of sociocultural activities that could motivate the doctors and nurses, especially those on frequent and long term contact with patients is not recognized. In conclusion, it is evident that healthcare workers, no matter how qualified, may fail to provide the proper services for the patients or the institution if they are not well motivated (3). In this regard, it can be surmised that organizing and sustaining appropriate sociocultural activities aimed towards healthcare workers with heavy workload or work related stress may have a significant effect on increasing the motivation of healthcare workers and reducing work related stress.

**Keywords:** Healthcare workers, sociocultural activities, motivation



## Nursing As A Science And An Art Form

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Aim and Introduction: In the last decades, there has been a considerable effort on the part of nursing theoreticians and trainers to shift nursing education from colleges to higher institutions. The end objective to this endeavor is to make nursing a legitimate academic discipline. Accordingly, nursing specialties were developed and education in nursing became a legitimate scientific discipline that offers graduate certification and post graduate education. In spite of these favorable developments, studies show that the public image of nurses is of people who “obey directives given by a doctor” or “someone who measures blood pressure and temperature and gives out injections”. All in all, society seems to regard the profession as having little societal prestige. In another study, it was found that doctors regard nurses as “assistants to doctors” (1 4). It is generally accepted that public image has been among impeding factors in the way of professionalizing of nursing, which has a history of 100 to 150 years throughout the world (1,5). The public opinion on the image of nursing is affecting the nursing profession, faculty members and students one way or another. It is imperative for nursing to be perceived as a professional job to improve this image. In order to achieve this goal, there needs to be adequate efforts to educate the youth and the society at large on the importance of nursing. Moreover, it is stated that the nursing faculties at universities should be pioneering this campaign (4,6). In light of all this information, a need to represent nursing as a scientific art form that prioritizes humanity and compassion was born, instead of an apprenticeship that just serves to measure temperature and blood pressure, give out injections or to obey directives from doctors. The thematic photographic exhibition named “Nursing: A Science and An Art Form” is now open for that purpose. The multi purpose activity of photography, in a few studies, has been referred to as a language based on symbols (7). Photography is an activity that is now an art, a vehicle for socializing, a deliverer of news, a snapshot of the moment and then an international language that cannot be considered a mere document. Taking a picture serves to form a connection between the person and their environment. In conclusion, the exhibition that has brought many people together featuring nurses that carry out their duties with considerable sacrifice and much selflessness is thought to become a significant step in spreading awareness about and improving the image of nursing in the future.

**Keywords:** Nursing, nursing areas, public image, photography exhibition

# THE EFFECTS OF MUSICAL SOUND STIMULATIONS ON GENDER HORMONES OF GMO FED RATS

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**Objective:** This study aimed to determine the effects of feeding with GMO, swimming exercise and different auditory stimuli on rat sex hormones. Erciyes University Animal Studies Ethics Committee, supported by Erciyes University BAP Unit, this study was carried out using 40 Sprague Dawley rats from Erciyes University DEKAM.

**Materials and Methods:** The rats were divided into four groups both male (M) and female (F) in randomly and their physical profile characteristics and some physiological functions of all subjects were followed during the experiment. All experimental animals were housed in the laboratory condition. The rat groups were applied both musical auditory stimuli and feeding with GDO food. Musical Auditory stimuli were applied to all the rats of the experimental groups between 10.00 11.00 every day. Estrogen and testosterone hormones levels of all groups were determine with the blood samples were taken for the identification at end of the experimental phase. All data obtained during the study period were evaluated using computerized statistical methods and the significance level was taken as 0.05.

**Findings:** The body weights of the rats were found to be statistically significant with respect to the control group, which increased approximately 25% in all other groups ( $p<0,05$ ). Estrogen levels increased in male GMO and Auditory groups according to the control group (13%), whereas decreases in all groups of female rats were detected significantly ( $p<0,05$ ). Testosterone levels also were found to be increased in male and female rats according to the control group (11%), while female hormone levels (25%) were found statistically significant ( $p<0,05$ ). As a result it was found that the sex hormone levels with multipotent effects were influenced significantly by the effects of both genetically modified nutritional substances and phenotypic effects of both GMO nutrition and musical quality sound stimuli.

**Keywords:** Sex hormone, Musical effect, GMO effect

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# Akut Aort Diseksiyonunda Tanı Konulma Zamanının Mortalite Ve Morbiditeye Etkisi

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**Amaç:** Akut aort diseksiyonları (AAD) aort intima ve media tabakasının ayrılması sonucu gelişen ve tüm vücudu etkileyen bir hastalıktır. Bu nedenle erken tanı konulması ile mortalite ve morbiditede ciddi düşüşler olmaktadır. Biz bu çalışmamızda hastaların şikayet zamanları ile tanı konulma zamanları arasındaki zamanı ve sonrasında gelişen mortalite ve morbidite arasındaki ilişkiyi araştırmayı amaçladık.

**Materyal ve Metod:** Ocak 2013- Aralık 2017 tarihleri arasında acil servise başvuran bilgileri kayıt edilen toplam 32 hasta retrospektif olarak çalışmaya dahil edildi. Çalışmaya alınan hastalar tanı konulma süresi ilk 4 saat olanlar (Grup I) ve 4 saatten fazla sürede tanı konulanlar (Grup II) olarak iki gruba ayrıldı. Grup I'de 22 hasta, Grup II'de 10 hasta bulunuyordu.

**Bulgular:** Çalışmaya alınan hastaların yaş aralıkları 28-82 yıl olmakla beraber ortalama yaş  $57.3 \pm 10.2$  yıl idi. Grup I'de 22 hasta (6 K, 16 E), Grup II'de 10 hasta (2 K, 8 E) vardı. Ortalama yaş Grup I'de  $57.4 \pm 8.3$  yıl, Grup II'de  $58.2 \pm 5.5$  yıl olarak saptandı. Tanı konulduğu andaki kreatinin Grup I'de  $1.1 \pm 0.8$ , Grup II'de  $2.3 \pm 0.9$  idi ve istatistiksel olarak anlamlı idi ( $p < 0.05$ ). Grup I'de CRP düzeyi  $2.6 \pm 1.1$ , Grup II'de  $8.9 \pm 5.3$  olarak ölçüldü ve istatistiksel olarak anlamlı idi ( $p < 0.05$ ). Hastaların operasyon sonrası ekstübasyon süreleri Grup I'de  $5.3 \pm 2.1$  saat, Grup II'de  $12.5 \pm 8.6$  saat idi ve istatistiksel olarak anlamlı idi ( $p < 0.05$ ). Grup 1 hastalarından 4 (%12.5) tanesinde, Grup 2 hastalarından 5 (%15.6) tanesinde mortalite görüldü ve istatistiksel olarak anlamlı bulundu ( $p < 0.05$ ).

**Sonuç:** AAD acil tanı ve tedavi gerektiren morbidite ve mortalitesi yüksek bir hastalıktır. Tanı konulma zamanı bu morbidite ve mortalite ile direkt ilişkilidir. Bu nedenle acil çalışanları olarak bu hastalıklar mutlaka akılda tutulmalı ve vakit geçirilmeden hastalar operasyona verilmelidir.

**Anahtar Kelimeler:** Aort Diseksiyonu, Tanı, Zaman

## Incidental Amyand Hernia

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### Introduction

The presence of appendix vermiformis in inguinal hernia is known as Amyand hernia. Amyand hernia is a rare condition estimated to account for approximately 1% of all inguinal hernias. In our case we want to show our approach to incidental Amyand hernia.

### Case Report

An 80 year old male patient was received at urology service because of prostatic symptoms which were last during 3 months. There were comorbid factors like hypertension, chronic obstructive lung disease and geriatric age. However, no surgery history and laboratory pathology were determined. After tests, doctors had an open prostate surgery decision. At the operation, because of the comorbid factors, prostate surgery was planned with spinal anesthesia. Surgeons invited us to evaluate his giant left inguinal hernia for simultaneously hernia surgery. We evaluated hernia and saw distal ileal segments, proximal right colonic segments and inflamed appendix at hernia defect. Because of appendix inflammation we performed appendectomy. After hernia content was delivered into the abdomen, patient's hernia was repaired with mesh. There is no hemorrhage during surgery, but because of comorbid factors, we put a drain at surgery area. At postoperative first day, the patient discharged with drain. The fifth day of surgery, the drain was pulled out. At the time of 1st and 3rd month check of the patient, we saw that there was no problem about surgery.

### Discussion

There are different surgical modalities for Amyand hernia. Appendectomy is recommended in inflamed appendix without using mesh. The use of mesh for hernia repair in contaminated wound is advocated by some surgeons but is strongly opposed by others due to high possibility of post operative wound infection. It is generally accepted that mesh should not be used in infected cases because prosthetic material can increase the inflammatory response and result in an increased incidence of wound infection.

**Keywords:** Appendectomy, Amyand Hernia and Mesh

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# Investigation Of The Relationship Between Physical Activity, Obesity And Sleep Quality Of Health Services Vocational High School Students In Gümüşhane University

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**ABSTRACT** Objective: In this study, it was planned to investigate the relationship between physical activity, obesity and sleep quality of Gümüşhane University Health Services Vocational School students. Data and Method: The students who were educated in Vocational School of Health Services of Gumushane University and voluntarily participated in the study were taken. It was planned to collect data with an evaluation form consisting of demographic information, Pitsburg Sleep Quality Scale and International Physical Activity Questionnaire (Short) for volunteers to participate in the study. Results: 276 people participated in the study, 75 of them male (27.2%) and 201 of them were female (72.8%). The average age of participants was  $19.82 \pm 1.93$ . When the level of physical activity in males was found to be higher ( $p = 0.000$ ), there was no significant difference ( $p = 0.445$ ) between sleep quality according to sex. The percentage of students with low physical activity level who were studying in the first and emergency department with Medical Laboratory was lower than the other departments ( $p = 0.046$ ): In addition, the proportion of persons with normal VKI values was significantly higher ( $p = 0.030$ ). There was no significant difference ( $p = 0.567$ ,  $p = 0.673$ ) between physical activity levels and sleep quality according to body mass index. Smoking, alcohol and non drug users were significantly better than those who used sleep quality ( $p = 0.009$ ,  $p = 0.015$ ,  $p = 0.044$ ). Conclusion: Gümüşhane University, Vocational School of Health Services In the study conducted on the students, 31.5% of the students were found to have low physical activity level and 69.2% of them had poor sleep quality. In order to increase the knowledge level of the students who will work in future health care institutions and to show them the exemplary behaviors, it is very important for the health department to add lessons to these curriculums or to organize the trainings. People who use cigarettes, alcohol and drugs in universities should be evaluated in terms of sleep quality and necessary health services should be provided.

**Keywords:** Physical Activity, Obesity, Sleep quality

# Nursing In The Intensive Care Period Of The Patient With Cardiac Disease

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## INTRODUCTION

Nursing care is important to prevent post-operative complications and to ensure good quality of life. Nursing care in the postoperative intensive care unit of patients with mass in the left atrium was performed according to the NANDA diagnostic list based on Gordon's Functional Health Patterns. Usually benign tumors are found in the heart. The prevalence is 1/100000. Mostly benign tumors show mixed myoma (1,2). It is more common in women. They usually settle in the left atrium, but can be seen in other parts of the heart. The diagnosis is made by two-dimensional echocardiography. Symptoms and signs of the disease include dyspnea, anemia, elevated sedimentation, systemic emboli, and mitral valve stenosis

## CASE

A 42-year-old female patient admitted to polyclinic with complaints of shortness of breath. After the pre-op preparation was made elective, the patient was taken to the operation and the right atrium was opened to create a temporary ASD and left atrium was reached. The mass from the left atrium was removed and pathology was sent. The created defects were closed again and the operation was completed. Pace marker was attached to the patient during the operation. After heart surgery, there is the risk of having rhythm disturbances AF, VF, VT, in such patients. There is no standard therapy, followed by general intensive care. The patient was exposed after 3 hours, with respiratory values, muscle strength and consciousness being at acceptable limits. The patient was followed up for 2 days in the intensive care unit of KVC and then received service. Post-operative life-time parameters in cardiovascular surgical intensive care unit; pulse 82, T.A: 110 /70, ph: 7,38, pCO<sub>2</sub>: 39,8, T: 36,8, Hb: 10,1, Hct: 31, SpO<sub>2</sub>: 99,2 The patient with massive left atrial appendage, Gordon's Functional Health Patterns Based on the NANDA Diagnostic List. Early postoperative nursing diagnoses of postoperative intensive care period were evaluated (4).

## The Diagnoses:

Acute pain, risk of infection, motion intolerance, self-feeding deficiency, lack of hygiene, the lack of using the toilet on its own, lack of self-dressing, lack of sleep pattern, lack of self-circulation, liquid volume imbalance risk, the risk of bleeding, anxiety, hypothermia and risk of electrolyte imbalance.

## RESULT

Consequently, according to Gordon's functional health patterns model and NANDA nursing diagnoses, health problems and care needs related to nursing care were tried to be solved for two days in intensive care.

**Keywords:** cardiac mass, intensive care, nursing care, nursing

## Evaluation Of Dose Dependent Effects Of Nesfatin 1 In PTZ Induced Acute Seizures In Mice

Özlem ERGÜL ERKEÇ, Van Yüzüncü Yıl Üniversitesi

Epilepsy is a chronic, neurological disorder that affects 70 million people worldwide. Despite regular current antiepileptic drug usage, one third of epileptic patients continue to have seizures. An imbalance between excitatory (Glutamate) and inhibitory (GABA) systems was reported to cause seizures. Neuropeptides have been reported to have powerful modulator effects on GABA and glutamate neurotransmitters. For this reason, recently neuropeptides have seen as potential targets for developing new anticonvulsant drugs. It was reported that serum nesfatin 1 levels increased in the epileptic patients and in the kainic acid epilepsy model in rats. Therefore, it is thought that nesfatin 1 might act as a proconvulsant substance on seizures. However, the effects of nesfatin 1 administration on seizures are unknown. The aim of this study was to investigate the dose dependent effects of nesfatin 1 on pentylentetrazole (PTZ) induced acute seizure model in mice. Adult male mice were randomly divided into 6 groups (n = 8): (1) Control, (2) PTZ, (3) PTZ + Nesfatin 1, (4) PTZ+Nesfatin 10, (5) PTZ+Nesfatin 20, (6) PTZ+Nesfatin 40. Mice in the control group received only SF (1 ml kg i.p). Experimental groups received nesfatin 1 (at doses of 1, 10, 20 and 40 µg kg i.p) or SF. Half an hour following nesfatin 1 or SF injection, PTZ (80 mg kg i.p) was injected to all experimental groups to induce epileptic seizures. Latencies of the first myoclonic jerk (IMJK), generalized clonic seizures (JKN) and tonic generalized extension (TJE) and duration of TJE were determined after PTZ injection. Nesfatin 1 did not show anticonvulsant or proconvulsant effects at all doses. All mice in the PTZ group died at the end of the TJE. In the nesfatin 1 treated groups, the number of surviving mice was 1 3 at the end of the TJE. However, the survival numbers of mice after TJE are insignificant among groups. It was concluded that nesfatin 1 administration does not cause anti or pro epileptic effects on all seizure types, at least PTZ (80 mg kg) induced acute seizures.

**Keywords:** Epilepsy, nesfatin 1, seizure, neuropeptide, pentylentetrazole

## The Effect Of Serum Osmolality On Fontan Procedure

**Babürhan Özbek**, Sağlık Bilimleri Üniversitesi Van Eğitim ve Araştırma Hastanesi Çocuk Kalp ve Damar Cerrahisi Kliniği

**Introduction:** In patients who have a single functional ventricle, there is a ventricle which can provide pump function with cardiac effect. Fontan procedure which is a palliative surgical method is applied in patients who have this condition seen in 1 out of 1000 live births. Close medical follow up is required for the patients before and after this operation. Serum osmolality is one of the easy and important parameters to be evaluated in this close follow up. The aim in our study was to investigate the effect of serum osmolality on fontan procedure. **Material and Method:** All of the 43 patients who had Fontan type operation between May 2011 and February 2017 in our clinic were retrospectively evaluated in three groups based on their serum osmolality values. Serum osmolality values of 8 patients in Group 1 were under 280 and hyposmolar. Serum osmolality values of nineteen patients in Group 2 were between 280 and 295 and isosmolar. Serum osmolality values of sixteen patients in Group 3 were hyperosmolar. Pre operative, operative and post operative data of the patients in all three groups were registered and evaluated in detail. **Result:** Cardiopulmonary bypass guided extracardiac fontan operation was applied in all of the patients included in our study. A total of 43 patients including 18 male (42%) and 25 female (58%) between 22 months and 23 years old were operated. 18 mm tubular graft was used most commonly during the operation (19 patients, 44%). Mortality was observed in six patients (14%). There was no statistical difference among the groups in pre operative left ventricle dominance ( $p>0.05$ ). Inotropic agent use during the operation was found statistically high in Group 1 patients ( $p$

**Keywords:** Mortality, Serum Osmolality, Fontan Procedure

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# AN INVESTIGATION OF THE EFFECTS OF DIFFERENT DOSES OF STREPTOZOTOCIN ON OPTIC NERVE OF RAT BY STEREOLOGICAL METHODS

Veyisel Akyol, van yüzüncü yıl

Necat Koyun, van yüzüncü yıl

**Introduction** Optic nerve transmits the received stimulation to the brain in a healthy manner and is responsible for the transmission of the response to the eye. In diabetes, very serious complications occur due to affection of optic nerve and causes failure of fulfilling the described function of optic nerve. **Aim** This study aims to investigate the effects of different doses of streptozotocin (STZ) by stereological methods. **Material and Methods** In this study, 20 male adult rats, 3 4 months of age weighing 250g were used. Four groups were made which have five rats in each group. Before the experiment weights and blood groups of the rats, after the experiment blood glucose values and weights were measured in four week for once a week. Diabetes is made by intraperitoneal application of STZ (45mg/kg and 65mg/kg). After four week which was the period of the experiment, all rats were perfused following ketalar anesthesia (50 mg/kg). Optic nerve was prepared for light microscopic investigations. Sections of the nerve were stained with Masson trichrome stain for volume and photographed by light microscope. Total volume of the nerve tissue, rates of epineuria and number of glia cell were calculated by disector cavalieri treated and principle of Cavalier and volume fraction for each groups. Obtained values were evaluated by statistical methods which were Kruskal Wallis and Tukey multiple test **Results** There were significant decreases in the optic nerve volumes and glia cell in all groups (P<0.05).

**Keywords:** Optic nerve, streptozotocin, stereological, diabetes

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# KINETIC CALCULATIONS OF METHYLENE BLUE ADSORPTION STUDY ON ALMOND SHELL TAKEN FROM VAN AKDAMAR ISLAND

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**Ali Rıza KUL**, Yüzüncü Yıl Üniversitesi

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Heavy metal cations which are among the causes of environmental pollution must be removed from waste water. Adsorption is frequently used to remove such pollutants. Adsorption can be carried out using ingredients such as almond shell. The purpose of this study, Using biomass made from the shells of natural almonds taken from Van Akdamar island, it is the purification of waste water containing methylene blue in various concentrations. The difference between this study and previous studies is that it contains materials from almond tree grown on the island of Van Lake Akdamar. In our literature surveys and researches, we have not previously taken from this region with almond shell and methylene blue adsorption. For this reason, our work in terms of substances used for the first time is not only a study, but also an original study in terms of adsorption of waste water and heavy metal cations in water. The data samples are taken and the first degree and second degree second order kinetics and the kinetic model were applied to the resulting data, it is observed that in accordance with the model.

**Keywords:** Almond Shell, methylene blue, adsorption, kinetic

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# THE INVESTIGATION OF PURSED LIP RESPIRATORY EXERCISES ON HEALTHY YOUNG PEOPLE ON EFFECTS ON SLEEP QUALITY AND LIFE QUALITY

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***Aydın Sever**, Bingöl Üniversitesi*

**Aim:** In recent years, the reason of the decline in quality in sleeping and accordingly the decline in the quality of life is caused by the sedentary life especially in young people. Together with other reasons. This study aims to determine the effects of pursed lip respiratory exercises commonly used in pulmonary rehabilitation on quality of sleep and life in young people without a chronic condition.

**Material and Methods:** The study was carried out on 35 healthy individuals who study at Physiotherapy Program of Bingöl University, Health Services Vocational School between April 2018 and May 2018. The Pittsburgh Sleep Quality Scale (PUKI) and the Euro-QOL 5-D (EQ-5D) scale were conducted as pre-tests for those eligible to participate in the study. Information was recorded and the subjects were given pursed lip respiratory exercises for a total of 8 weeks with 3 sessions per week. At the end of 8 weeks, individuals were evaluated with the Pittsburgh Sleep Quality Scale (PUKI) and Euro-QOL 5-D (EQ-5D) scales as a final test. The data is processed through the IBM SPSS program, and compared.

**Findings:** According to the analysis of the data obtained at the end of the study, in the healthy young people who do the pursed lip respiratory exercises, significant improvement in quality of sleep and life was observed ( $P < 0.05$ ). No significant decrease in heart rate was observed ( $P > 0.05$ ). However, a significant decrease in the frequency of respiration was observed ( $P < 0.05$ ).

**Conclusion:** The study showed that quality of sleep and life was significantly improved by the application of pursed lip respiratory exercises from Pulmonary Rehabilitation Exercises in Young Healthy individuals without chronic illness

**Keywords:** Pursed lip respiration, Sleep Quality, Life Quality, Pulmonary rehabilitation

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# THE INVESTIGATION OF THE EFFECT OF DIAPHRAGMATIC RESPIRATORY EXERCISES ON SLEEP AND LIFE QUALITY IN HEALTHY YOUNG INDIVIDUALS

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**Aim:** This study was conducted to determine the effect of diaphragmatic respiratory exercises on quality of sleep and life, which can be easily applied in daily life, to minimize the effects of reasons that lower the quality of sleep and life, which is one of the biggest problems of today.

**Materials and Methods:** The study was carried out on 45 healthy individuals who study at Physiotherapy Program of Bingöl University, Health Services Vocational School between April 2018 and May 2018. The Pittsburgh Sleep Quality Scale (PUKI) and the Euro-QOL 5-D (EQ-5D) scale were conducted as pre-tests for those eligible to participate in the study. Information was recorded and the subjects were given diaphragmatic breathing exercises for a total of 8 weeks with 3 sessions per week. At the end of 8 weeks, individuals were evaluated with the Pittsburgh Sleep Quality Scale (PUKI) and Euro-QOL 5-D (EQ-5D) scales as a final test. The data is processed through the IBM SPSS program, and compared.

**Findings:** According to the analysis of the data obtained at the end of the study: Significant improvement in quality of life and sleep was observed in persons who were performing diaphragmatic breathing exercises among the healthy young individuals ( $P < 0.05$ ). No significant decrease in heart rate was observed ( $P > 0.05$ ). However, in the frequency of respiration, a significant decrease was observed ( $P < 0.05$ ).

**Conclusion:** The study showed that the quality of sleep and life is improved by the application of diaphragmatic respiratory exercises from Pulmonary Rehabilitation Exercises in Young Healthy individuals without chronic illness significantly.

**Keywords:** Diaphragmatic respiration, Sleep Quality, Life Quality

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# The Importance Of Student Clubs At Universities, Marmara University Health Services Vocational School Example

Nuran Akyurt , Marmara Üniversitesi

Universities set up “Student Communities” to help students in their own fields grow better in today s conditions, contribute to their leisure time, motivate their energy in positive areas, support the social and cultural development of their communities and seek solutions to various human problems. Universities around the world realize social responsibility in three different ways. These include participation in voluntary activities by students outside of their classes Participation of students in social responsibility activities through college community engagement programs carry out social responsibility activities as part of the academic curriculum. To this end, students have the opportunity to set up student clubs for professional, educational, scientific, social, cultural and artistic purposes, approved by the organization s authorized bodies. For this purpose, there are student clubs established by the university students for vocational, educational, scientific, social, cultural and artistic purposes and recognized by the authorized bodies of the organization. Another reason for the formation of the student clubs is the social responsibility of the students. The Marmara University “Young Innovative Health Club (GiSK)” was officially established on March 23, 2016. For the purpose of the establishment, “Innovative works in the health sector, quality of health services, new studies in diagnosis and treatment processes, and creating an information climate for university students about the new approaches to candidate health work”, has been defined. GiSK s field of activity includes a large spectrum of topics like the introduction of new technologies in the field of health, activities related to unhindered life in health care, awareness raising activities on common diseases in the society, business associations with health related NGOs, awareness studies on health and sport, animal rights in a healthy society. “Young Innovative Health Club” students are participating in the events organized by Marmara University apart from activities which are carried out intensively as individual endeavors. It is explained that the students go through various activities and identify their interests through communities.

**Keywords:** Healthy Living, Volunteering, Student Clubs, University Communities

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## Tennis Project Youth On The Tennis Court For Heart Health, Marmara University Example

Erem Akyurt , Marmara Üniversitesi

Nuran Akyurt , Marmara Üniversitesi

The risk of developing cardiovascular diseases due to hypertension, smoking, inactivity and excess weight in the world and in our country rises rapidly from very early ages. Therefore, we need to raise awareness and take precautions to protect our young people s health and minimize the risks. For this purpose, the “Young Innovative Health Club (GİSK)” wanted to contribute to this by Tennis Project “Youth on the tennis court for heart health”. The project, which aims to draw attention to cardiovascular diseases that threaten humanity as well as our students, has been planned and organized as an activity to love sports through tennis sports. As a project beneficiary, 23 university students were selected who wanted to make sports and meets with tennis sport. The project was included in the official calendar of sports activities of the National Turkish Commission of UNESCO (United Nations Educational, Scientific and Cultural Organization). NGOs such as Rotary have also fully supported the implementation of the project activities. Project activities were held between 20 February 2018 and 11 April 2018 at Marmara University Göztepe Campus tennis courts. Tennis lessons are planned and given by GİSK President and National Tennis Player Erem Akyurt. After basic tennis excersizes, forehand and backhand hits, ball movements and ball hits with racket, serve and return techniques, agility exercises, basic and practical lessons at training matchs a tournament was organized. It is important for Marmara University students to determine their knowledge, attitude and behavior regarding healthy life, to include tennis sport culture in university environment and lifestyle for healthy lifestyle and to provide the necessary awareness activities to university authorities.

**Keywords:** Healthy living, Heart health of students, Inactivity and excess weight, Tennis

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# Cervical Smear Cytology And Histopathology Correlation From A Tertiary Referral Hospital In The Eastern Region Of Turkey

**Feyza Demir,** *Yuzuncu Yil University, Medical School, Medical Pathology Department, Van, Turkey*

**Aim:** We aimed to determine the cytologic histologic correlation between cervicovaginal smear findings and cervical biopsy findings, a correlation which is specific to our department and could be accepted as representing our region. We also aimed to evaluate our false positive and false negative rates by comparing them with those reported in the literature in Turkey and around the world.

**Materials and Methods:** The study included a period of four years and reviewed 258 cases of cervical biopsy, conization, and curettage that had been evaluated with smear test three months earlier. The cytological samples were classified according to the Bethesda system (TBS). After retrospectively comparing the cytological and histopathological findings, comparative tables were established and the false negative and false positive rates were calculated.

**Results:** Of the 168 cases reported as benign on cytology, 9 (5.4%) were diagnosed as cervical intraepithelial neoplasia grade 1 (CIN1), 1 (0.6%) as squamous cell carcinoma (SCC), 1 (0.6%) as adenocarcinoma, and the remaining 157 (93.5%) as concordant benign cases on histology. Of the 39 cases diagnosed with atypical squamous cells of undetermined significance (ASCUS) on cytology, 30 (76.9%) were diagnosed as benign, 6 (15.4%) as CIN1, and 3 (7.7%) as cervical intraepithelial neoplasia grade 3 (CIN3) on histology. Of the 22 cases diagnosed as atypical squamous cells, cannot rule out high grade squamous intraepithelial lesion (ASC H) on cytology, 14 (63.6%) were diagnosed as benign, 3 (13.6%) as CIN1, 2 (9.1%) as cervical intraepithelial neoplasia grade 2 (CIN2), 2 (9.1%) as CIN3, and 1 (4.5%) as SCC on histology. Of the 13 cases diagnosed as low grade squamous intraepithelial lesion (LSIL) on cytology, 3 (23.1) were diagnosed as benign, 8 (61.5%) as CIN1, and 2 (15.4%) as CIN2 on histology. Of the 12 cases diagnosed as high grade squamous intraepithelial lesion (HSIL) on cytology, 1 (8.3%) was diagnosed as CIN1, 8 (66.7%) as CIN3, 3 (25%) as SCC, and no case was diagnosed as benign on histology. Of the 2 cases diagnosed as SCC on cytology, 1 (50%) was diagnosed as CIN3 and the remaining 1 (50%) was diagnosed as SCC on histology. Of the 2 cases diagnosed as atypical glandular cells of undetermined significance (AGUS) on cytology, both cases (100%) were diagnosed as benign on histology.

**Conclusion:** The overall false negative and false positive rates in our cases were 6.5% and 54.4%, respectively, which were similar to the rates reported in some studies and were remarkably different from the rates reported in some other studies. However, our false positive rate, as consistent with the literature, is likely to have affected our findings due to the high rate of atypical cytological diagnoses (ASCUS, ASC H, AGUS). On the other hand, the ASC SIL ratio in our study, which has been used as a reliable tool in numerous studies for evaluating smear findings, was 2.52 (63 25), which is an acceptable ratio given that a ratio between 2 and 3 is acceptable.

**Keywords:** Cervical smear cytology, histopathology, correlation

# Investigation Of The In Vitro Effect Of Some Antihypertensive Active Ingredients On Angiotensin Converting Enzyme Purified From Bovine Lung By Affinity Chromatography

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Vedat Türkoğlu, van yüzüncü yıl üniversitesi

**Objective:** In this study, angiotensin converting enzyme (ACE) was purified from bovine lung by affinity chromatography in single step. The effect of the ACE inhibitors lisinopril, captopril, fosinopril, the beta blockers atenolol, propranolol, the diuretics triamterene, spironolactone, and indapamidine ACE activity were investigated. **Material and Methods:** ACE was purified using affinity chromatography method from bovine lung. The enzyme activity was measured spectrophotometrically at 345 nm. Lisinopril, captopril, fosinopril, atenolol, propranolol and triamterene solutions were prepared. However, since spironolactone and indapamide could not be taken into solution, studies related to them could not be made. In order to determine the IC50 values of these agents were drawn Activity% versus Inhibitor graphs. At the same time, Lineweaver Burk graphs was plotted to determine the inhibition type and Ki values of these compounds. **Results:** ACE purified 1750 fold with a spesific activitiy of 7070 EU mg protein from bovine lung. The purity and molecular weight of ACE was determined by SDS PAGE and seen three bands 57 kDa, 66 kDa and 190 kDa on the gel. Gel filtration chromatography was performed to determine why ACE gave three bands in SDS PAGE, and whether it was successful in the purification process. The native molecular weight of ACE was determined to be about 303 kDa by gel filtration chromatography. In other words, SDS PAGE revealed that ACE was separated into subunits. Diuretic (triamterene) showed inhibition effect on ACE activity while B blockers did not show any the effect. IC50 values for lisinopril, captopril, fosinopril, and triamterene was found to be 4.085 nM, 0.835 nM, 1.159 µM, and 227 µM, respectively. Type of inhibition for lisinopril, captopril, fosinopril, and triamterene from graph Lineweaver Burk was determined to be reversible non competitive inhibition. . Ki constants for lisinopril, captopril, fosinopril, and triamterene were calculated as 6.449 nM, 1.057 nM, 1.675 µM, and 419.5 µM, respectively. **Conclusion:** ACE enzyme is an important enzyme. Today many people are suffering from hypertension. Therefore, this enzyme is important in inhibitors. When the enzyme is inhibited, the blood pressure falls, and tension also falls. The most important goal of this study is to investigate the in vitro effects on pure ACE activity of ACE inhibitors such as captopril, lisinopril, fosinopril, beta blockers such as atenolol, propranolol and diuretic such as triamterene, spironolactone and indapamidine. In conclusion, in this study compared the effects of drugs including these active ingredients used in hypertension patients.

**Keywords:** Angiotensin converting enzyme, purification, ACE inhibitors, beta blockers, diuretics.



# Investigation Of Inhibition Effect Of Butanol, Ethyl Acetate, And Water Extracts Of *Thymbra Sintenisii* Bornm. Et Aznav. Subsp On Angiotensin Converting Enzyme From Human Plasma

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Objective: *Thymbra* (Labiatae) is represented by two species and four taxa flora in Turkey: *Thymbra sintenisii* Bornm. & Aznav and *Thymbra spicata* L. These species are grown in Mediterranean climate regions. Flower clusters and dried leaves of this plant are called zahter in Southeast Anatolia. At the same time, this plant has antiseptic and stimulating effects. Angiotensin converting enzyme (ACE, peptidyl dipeptidase A, EC 3.4.15.1) plays an significant role in the regulation of blood pressure. In this study, the effect of ethyl acetate, butanol and water extracts of *Thymbra sintenisii* Bornm. et Aznav. Subsp (TS) used in traditional medicine on angiotensin converting enzyme (ACE) activity in human plasma was researched. Material and Methods: ACE was purified using affinity chromatography method. The enzyme activity was measured spectrophotometrically at 345 nm. Extracts of *Thymbra sintenisii* Bornm. et Aznav. subsp plant with ethyl acetate, butanol and water were prepared. The effect of these extracts on ACE activity was investigated. Results: Ethyl acetate extract of TS didn't show any effect on human plasma ACE activity. Butanol and water extracts of TS showed inhibition effect on ACE activity. IC<sub>50</sub> values for butanol and water extracts of TS was calculated to be 0.395 mg mL and 1.696 mg mL respectively. Type of inhibition for butanol and water extracts of TS from graph Lineweaver Burk was designated to be reversible non competitive inhibition. Conclusion: ACE inhibitors are used in the treatment of hypertension. However, synthetic ACE inhibitors have many side effects. For this reason, ACE inhibitors have been recently investigated from natural plants. These results show that butanol and water extracts of *Thymbra sintenisii* Bornm. et Aznav. subsp plant may have an ACE inhibitor potency.

**Keywords:** Angiotensin converting enzyme, inhibition, *Thymbra sintenisii*, extract, natural plant.

# MALIGNANCY RATE IN CASES DIAGNOSED AS ATYPIA OF UNDETERMINED SIGNIFICANCE (AUS) OR FOLLICULAR LESION OF UNDETERMINED SIGNIFICANCE (FLUS) ON THYROID CYTOPATHOLOGY

Remzi Erten, Van Yüzüncü Yıl Üniversitesi

**Aim:** Atypia of undetermined significance (AUS) or follicular lesion of undetermined significance (FLUS) of The Bethesda System for Reporting Thyroid Cytopathology is used for specimens that contain cells with architectural atypia that is not sufficient to be classified as suspicious for follicular neoplasia, suspicious for malignancy, or malignant. In this study, we aimed to investigate the cytopathologic/histopathologic correlation and to determine the malignancy rate in cases that had resection material and were diagnosed as AUS/FLUS by fine-needle aspiration (FNA).

**Materials and Methods:** The retrospective study reviewed the pathology reports of thyroid FNA and thyroid resection specimens issued in our laboratory over the last three years. The cytopathologic diagnoses were reclassified according to the 2017 Bethesda System and the histopathologic diagnoses were reclassified based on the 2017 World Health Organization criteria. Of the 304 cases diagnosed as AUS/FLUS on cytopathology, 71 cases that had an existing thyroid resection material were reexamined on histopathology and were included in the study. Age and gender of the cases and the cytopathologic/histopathologic correlation were evaluated based on the reports and then the malignancy rate was calculated.

**Results:** The 71 cases comprised 59(83.1%) women and 12(16.9%) men with a mean age of 47.7 (range, 23-83) years and a female-to-male ratio of 4.9/1. Of the 71 cases, 28 (39.4%) were histologically diagnosed as non-neoplastic, 9 (12.7%) as follicular adenoma, 3 (4.2%) as noninvasive follicular thyroid neoplasm with papillary-like nuclear features (NIFTP), and 31 (43.7%) as malignant.

**Discussion and Conclusion:** Although the risk of malignancy for the thyroid resection specimens of AUS/FLUS cases is estimated to be between 10-30%, the malignancy rate in our cases was 43.7%. In our patients, we found a higher risk of malignancy, which can be best explained by the fact that a repeat FNA was performed in most of our cases based on their clinical and sonographic findings and no resection was performed. However, the overall malignancy rate in our cases was estimated as 10.2% when all the AUS/FLUS cases and the cases that did not undergo excision were included. In conclusion, although the exact risk of malignancy among AUS/FLUS cases remains unknown, the actual risk of malignancy among our cases can be asserted to vary between 10.2-43.7%.

**Keywords:** Thyroid, AUS, FLUS, Malignancy

# Examination Of The Effect Of Music Therapy On Angle Of Spasticity In Cerebrovascular Event Patients

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**Objective:** The aim of this study is to examine the effect of music therapy on spasticity in cerebrovascular event patients **Material and Method:** In this study, 20 studies and 20 control groups were included in the study, which included the cerebrovascular event (CVE) outcome hemiplegia in the physical therapy unit and met the inclusion criteria for the study. The Tardieu Scale (TS) spasticity angle parameter was used to assess spasticity severity before and after treatment. Elbow flexor, shoulder extender, shoulder adductor, shoulder external and internal rotator, hip adductor, hip extender, knee flexor and ankle plantar flexor muscles were taken into account in assessing the spasticity of the patients. Routine physical therapy treatments were applied to both groups. In addition to the working group, the music chosen by Farabi s hüseyini maker, which gives peace and comfort to people according to Turkish Music classification, was listened for 30 minutes. According to Farabi, the influence of the hüseyini makam in terms of time was more effective in the morning, so music listening was performed in the morning and before the patients were treated. **Results:** The study and control groups participating in the study were 50% women and 60% right hemiplegia. The mean age of the patients was  $63.95 \pm 9.128$  years in the study group and  $60.75 \pm 12.834$  years in the control group. When the patients had SVO, they were  $18.60 \pm 16.320$  months in the study group and  $21.40 \pm 19.154$  months in the control group. In this study, there was no statistically significant difference between the patients sex, age mean, hemiplegic side and duration of illness ( $p > 0.05$ ). A statistically significant difference was found on the spasticity angle of the musculoskeletal flexor, shoulder extender, shoulder adductor, shoulder internal rotator, knee flexor and ankle plantar flexor muscles in the goniometric measurements according to the Tardieu scale (spasticity angle) (p

**Keywords:** Music, Music Therapy, Spasticity, Spasticity therapy

# OSMANLIDA HASTALARA MÜZİK İLE ŞİFA VEREN ALİMLER

**ÖZGÜR EROĞLU**, Van Bölge Eğitim ve Araştırma Hastanesi

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Bu çalışma Osmanlı döneminde müzikle tedavi sonucu şifa bulan hastaları tekrar vurgulamak amacıyla, günümüzde başta müzik profesyonelleri ve hekimler olmak üzere pek çok insan profiline faydalı olacağı düşünülmüş yazılmıştır. İnsanlar mutluluklarını, hüznlerini, aşklarını, başarılarını ve birçok duygusal aktivitelerini müziği kullanarak dış dünyaya yansıtmışlardır. Müzik duygu ve düşüncelerin aktarılmasında bir araç görevi görmüştür. Müzik sağlıklı insanların stresten uzaklaşmasını sağlarken hastaların tedavi edilmesinde de önemli bir yere sahiptir. Osmanlıda müzikle tedavi, tıbbi tedavi yöntemlerinin yanında başvurulan önemli bir tedavi şekli olmuştur. Müzikle tedavinin kendine özgü metodları bulunmaktadır. Tarihteki gelişimlere paralel olarak müzikle tedavide bazı gelişmeler göstermiştir. Osmanlı Dönemi'nde hastalıklarla ilgili pek çok başarıya imza atmış olan Gevrekzâde Hâfız Hasan Efendi (1724 1801) , çok sayıda tıp kitabını incelemiş, kendi deneyimlerini de katarak hastalıkların teşhis ve tedavisine yardımcı olacak önemli yenilikler yapmıştır. 1769 yılında ordu başhekimisi olarak görevlendirilmiştir. Gevrekzâde Hâfız Hasan Efendi "Emraz ı Ruhaniyeyi Negama ı Musikiye" adlı eserinde, çocuk hastalıklarına hangi makamın iyi geldiğini şöyle anlatmıştır: Irak Makamı: Çocuktaki menenjit hastalığına faydalıdır. İsfahan Makamı: Zeka, zihin açıklığı verir ve soğuk algınlığı ve ateşli hastalıklardan korur. Zirefkend Makamı: Felç ve sırt ağrısına iyi gelir, kuvvet hissi verir. Rehavi Makamı: Tüm baş ağrılarına, burun kanamasına, ağız çarpıklığına, felç ve balgam hastalıklarına iyi gelir. Büzürk Makamı: Beyin, kulunç ağrılarına iyi gelir, kuvvetsizliği ortadan kaldırır. Zirgüle Makamı: Kalp, beyin hastalığı, menenjit, mide harareti, karaciğer ateşine iyi gelir. Hicaz Makamı: İdrar yolu hastalıklarına iyi gelir. Buselik Makamı: Kalça, baş ağrısı ve göz hastalıklarına iyi gelir. Uşşak Makamı: Ayak ağrıları ve uykusuzluğa iyi gelir. Hüseyini Makamı: Karaciğer, kalp hastalıklarına, nöbet, gizli hummalara iyi gelir. Neva Makamı: Bluğ çağına ulaşmış çocuğa, kalça ağrısına, gönül sevincine iyi gelir diye ifade etmiştir. Osmanlılar döneminde hastanelerde müzik ile tedavi edilen hastalar mevcuttu. Rönesans döneminde Osmanlı mimarları tarafından yapılan Topkapı Sarayı'nda bulunan, Enderun Hastanesi'nde müzik ile tedavi edilmiş ve şifa bulmuş çok hasta vardı. Enderun Hastanesi' inde hastalar hastalıkların gruplarına (akıl hastalığı, bulaşıcı hastalık vb.) göre birbirinden ayrılarak tedavi edilmekte idi. 1675 yılında Baron bir eserinde, Enderun Hastanesi'nde, öğrencilerin müzikle tedavi edildiğini anlatmıştır. On sekizinci yüzyıl Osmanlı tıp âlimlerinden Zamânın usûllerine göre tahsilini tamamlayarak, kendisini tıp sahasında yetiştirdi. Kendisinden önceki tıp kitaplarını incelediği gibi, müşâhedelerine (gözlemlerine) dayanarak yeni bilgiler ortaya koydu. Sultan Üçüncü Mustafa Han tarafından 1769'da orduya başhekim tâyin edildi. Sultan Birinci Abdülhamîd Han tarafından 1785 senesinde Reîs ül Etibbâ seçildi. Pekçok tıp eseri yazdı. Hastalıkların tedavisine yardımcı olarak kullanılan müzik makamları örnekler şunlardır: Irak Makamı: Çocuktaki menenjit hastalığına faydalıdır. İsfahan Makamı: Zeka, zihin açıklığı verir ve soğuk algınlığı ve ateşli hastalıklardan korur. Zirefkend Makamı: Felç ve sırt ağrısına iyi gelir, kuvvet hissi verir. Rehavi Makamı: Tüm baş ağrılarına, burun kanamasına, ağız çarpıklığına, felç ve balgam hastalıklarına iyi gelir. Büzürk Makamı: Beyin, kulunç ağrılarına iyi gelir, kuvvetsizliği ortadan kaldırır. Zirgüle Makamı: Kalp, beyin hastalığı, menenjit, mide harareti, karaciğer ateşine iyi gelir. Hicaz Makamı: İdrar yolu hastalıklarına iyi gelir. Buselik Makamı: Kalça, baş ağrısı ve göz hastalıklarına iyi gelir. Uşşak Makamı: Ayak ağrıları ve uykusuzluğa iyi gelir. Hüseyini Makamı: Karaciğer, kalp hastalıklarına, nöbet, gizli hummalara iyi gelir. Neva Makamı: Bluğ çağına ulaşmış çocuğa, kalça ağrısına, gönül sevincine iyi gelir diye ifade etmiştir.

**Anahtar Kelimeler:** Müzik ile tedavi, makamlar, şifa

# WISEMAN THAT TREATED THE PATIENT WITH MUSIC IN THE OTTOMAN EMPIRE

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Treatment with music in the Ottoman Empire has been an important treatment modality in addition to medical treatment methods. Music therapy has its own methods. Parallel to the developments in the past, some progress has been made in therapy with music. "Gevrezâde Hâfız Hasan Efendi" (1724 1801), who has accomplished many successes in diseases during the Ottoman period, has studied many medical books and has made important innovations that will help diagnosis and treatment of diseases by adding his own experiences. In 1769 the army was appointed as chief physician. "Gevrezâde Hâfız Hasan Efend" in his book "Emraz ı Ruhaniyeyi Negama ı Musikiye" described what position came to the child s diseases as follows: "Iraqi mode": It is beneficial to the child with meningitis. Isfahan mode: Intelligence gives mind clarity and protects against colds and feverish diseases. Ir Zirefkend mode : Gives a good feeling of force and paralysis and back pain. "Rehavi mode": It is good for all headaches, nosebleeds, mouth rash, paralysis and sputum diseases. Büzürk mode,: The brain is good for the pain of the stomach and eliminates weakness. Zirgüle mode: Heart, brain disease, meningitis, stomach temptation, good for liver fever. "Hijaz mode": It is good for urinary tract diseases. "Buselik mode": It is good for hip, headache and eye diseases. Uşşak mode: It is good for foot pain and insomnia. Hüseyini mode,: The liver is good for heart diseases, seizures and hidden fever. Iştir Neva mode: She has reached the age of blueprint, hip pain, expressed the joy of the joy of a good income. During the Ottoman period, patients were treated with music in hospitals. During the Renaissance period, the Enderun Hospital, located in the Topkapı Palace built by Ottoman architects, was very patient with music and healed. In Enderun Hospital, patients were treated according to the groups of diseases (mental illness, infectious disease, etc.). In 1675, in a Baron work, he explained that at Enderun Hospital, students were treated with music.

**Keywords:** Healing, Music, Ottoman

# THE RETROSPECTIVE INVESTIGATION OF THE PATIENTS WHO APPLY WITH THE CAUSE OF LOW BACK PAIN TO THE CHIROPRACTIC CLINIC

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**Objective:** The aim of this study was to retrospectively study the relationship between age, gender, activities of daily living habits, clinical examination findings and the number of Chiropractic treatments given to patients with mechanical lowback pain. **Patients and Methods:** In our study, the data of 1200 patients were obtained. These patients were treated at Bursa Epila Clinic, between January 2010 and December 2017 with the complaints of lowback pain. These files were examined and 408 patients data were accepted, into this study. The demographic characteristics of the patients, physical examination findings and imaging results were examined and included: age, gender, sedentary time (sitting), activity level, stress level, pain duration, subluxation segments and number of treatments. **Results:** The mean age of the 408 patients studied was  $43.1 \pm 12.6$  years, of which, 205 were male (50.2%) and 203 (49.8%) were female, respectively. When the total number of treatment sessions received by the study patients were examined, the average number of treatments received for all patients was  $3.5 \pm 2.9$ . The number of treatments were significantly higher in the group with pain duration of 6 10 years and 11 years and above, compared to the group with 0 5 years of pain ( $p = 0.009$ ). There was no significant difference in the number of treatments ( $p > 0.05$ ) between 6 10 years and 11 years and over groups. **Conclusion:** There was a significant difference between the patients pain duration and the number of treatment sessions. However, there was no significant difference in age, gender, daily life activity habits, clinical examination findings and number of treatment sessions in our study.

**Keywords:** Low Back Pain, Chiropractic, Spinal Manipulation

# THE EFFECT OF CORE EXERCISES AND DURABILITY STUDIES ON THE PERFORMANCE OF THE SWIMMING ACTIVITIES

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This study was carried out to determine the effect of Core Exercise and Endurance Studies on Water Performance of Swimming Athletes. The research was applied to 10 athletes engaged in swimming at the Yakup Kilic Sports Hall in Elazig. 6 weeks a week, 3 days a week Core training quickness, and endurance exercises. The participants were applied supine (50m, 100m, 200m), butterfly (50m), breaststroke (50m, 100m) and freestyle (50m, 100m, 200m, 400m) before and after exercise. SPSS 22 statistical package program was used for analyzing the data and presenting the results in tabular form. The data were statistically evaluated at the level (p

**Keywords:** Core Exercise, Endurance, Swimming

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# THE EFFECT OF QUICK STRENGTH TRAINING ON THE SHAKE SIZE AND VERTICAL SPRAYING IN FOOTBALLS

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The aim of this study is to investigate the effect of quick strength training on smash hit and vertical jump. Malatyaspor football team football players randomly passed 14 football players. The participants were measured twice before the start of the training and at the end of the six week program. As a result of the measurements, age, height and weight of the athletes were taken and accurate shot and vertical jump test were applied. The data were analyzed by using SPSS 22 package program and the results were evaluated. As a result of the analysis, a difference was found in the accurate smash test and a statistically significant result was found ( $p<0,05$ ). As a result, it was seen that rapid strength training caused weight loss and increased smash rates.

**Keywords:** Football, Quick Force, Vertical Bounce

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# THE EFFECT OF FOUR WEEKLY PLIOMETRIC TRAINING ON SOME PHYSICAL CHARACTERISTICS IN 10 13 AGE GROUP HANDBALLS

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This study was carried out to investigate the effect of four week plyometric training on some physical properties in handball players aged 10 13. The handball is composed of 15 women handball players who have been playing handball for 2 years. Participants were divided into two equal groups as control (n: 7) and experimental group (n: 8). The experimental group continued its normal training, while plyometric training continued for four weeks, 3 days a week. The rest of the participants were taken twice before the start of the training and at the end of the four week program. At the end of the measurements, the levels of the athletes (weight, hand grip, leg strength, back force, vertical jump, jumping forward, sprint) were analyzed. The data were analyzed by using SPSS 22 package program and the results were evaluated. There was no difference between the groups. In the results of intragroup analysis no difference in the control group ( $p>0,05$ ), there were significant differences between the pre test final test values (hand grip, leg strength, back force, sprint) of the experimental group (p

**Keywords:** Pliometric, Splash, Force

# THE EFFECT OF 8 WEEKLY AEROBIC EXERCISE PROGRAM ON PHYSICAL COMPATIBILITY PARAMETERS IN WRESTLING INDIVIDUALS

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This study was carried out to determine the effect of 8 week aerobic exercise program on physical fitness parameters in wrestling individuals. The study consists of a total of 18 athletes aged between 15 17 years in the Elazığ Road Sports Club. The participants were given 3 days 30 minutes of aerobic exercise program per week. The participants levels before and after exercise (right hand grip, left hand grip, back, leg, vertical jump, sprint, shuttle, push ups) were analyzed. The data were analyzed by using SPSS 22 package program and the results were evaluated. At the end of the study, wrestlers right hand grip, left hand grip, back, leg, vertical leap, values were changed according to pre exercise a statistically significant result was found. Sprint, shuttle, push up values did not show any difference ( $p>0,05$ ). As a result, it can be said that 8 week aerobic exercise program has a positive effect on some physical fitness parameters.

**Keywords:** Wrestling, Exercise, Physical Fitness

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# COMPARISON OF THE PHYSICAL AND PHYSIOLOGICAL MEASUREMENTS OF BOXERS AND FOOTBALLS IN THE 14 15 AGE GROUP

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*Muzaffer SELÇUK, Yüzüncü Yıl Üniversitesi Beden Eğitimi ve Spor Yüksekokulu*

This study was carried out to compare the physical and physiological measurements of boxers and footballers in the 14 15 age group. The research was applied to 14 athletes in the 14 15 age group Elazığ Fenerbahçe Football School and İstanbul Youth Sports Club. Height, weight, flexibility, vertical jump, 30 m running, hand grip strength, Cooper test, long jump and push up shuttle tests were applied. SPSS 22 package program was used for data analysis. The data obtained were evaluated statistically (p

**Keywords:** Boxing, Football, Physical Measurement

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# SOME PHYSICAL CHARACTERISTICS OF SPORTS INVESTIGATION WITH PATH ANALYSIS

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**Abdullah YEŞİLOVA**, Yüzüncü Yıl Üniversitesi Ziraat Fakültesi

This study was carried out on some physical characteristics of the students who entered the number of shuttles before the test, duration of the test preparation, and the number of times the test has entered the exam have been examined. In male students, the relationship between the number of shuttles before the examination, the duration of the preparation, and the number of independent examinations (p

**Keywords:** Direct effect, Indirect effect, Path coefficients, Correlation analysis, Sports

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## DEVELOPMENT OF SOME ENGINE SPECIFICATIONS OF DOWN SYNDROME CHILDREN

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This study was conducted to investigate the development of some motoric features of children with Down s syndrome. The study was consisted of 6 male and 4 female participants with a total of 10 Down Syndrome participants. Participants were given some basketball training sessions for 8 weeks, 2 days a week. The participants were measured twice before the start of the training and at the end of the eight week program. As a result of the measurements, shuttle, push up, right hand grip, left hand grip, and long jump levels were analyzed. The data were analyzed by using SPSS 22 package program and the results were evaluated. At the end of the study, there were differences between girls pre test and post test and statistically significant differences were observed ( $p<0,05$ ). As a result, families with children with Down s syndrome can contribute to the development of their motoric characteristics by enabling their children to participate in such programs.

**Keywords:** Down syndrome, motoric development

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# THE EFFECT OF PLIOMETRIC TRAINING ON SOME PHYSICAL AND PHYSIOLOGICAL CHARACTERISTICS OF LONG DISTANCE RUNNER

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This study was carried out to investigate the effect of Pliometric Training on Some Physical and Physiological Characteristics in Long Distance Runners. The study consists of 14 long distance runners at Elazığ Sports High School. Participants were divided into two equal groups as control (n: 7) and experimental group (n: 8). The experimental group continued its normal training for six weeks, while pliometric training continued, while the control group continued normal trainings. Two time restrained measurements were taken from participants before the start of the training and at the end of the six week program. As a result of the measurements, the levels of the athletes (weight, hand grip, leg strength, back force, vertical jump, jumping forward, sprint 20m, 100m running, Long distance running, Cooper test) were analyzed. The data were analyzed by using SPSS 22 package program and the results were evaluated. As a result of the analysis, there was no difference in the control group ( $p>0,05$ ), between the pre test and post test values of the experimental group significant differences were determined (weight, leg force, vertical bounce, jumping forward jumping, sprint 20m, 100m running, long distance running, Cooper test) (p

**Keywords:** Pliometric, Vertical Splash, Cooper

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# PHYSICAL FITNESS AND SELF-CONFIDENCE STATUS OF 10-12 YEAR-OLD GROUP STUDENTS WHO DOING SPORTS AND NOT DOING SPORTS IN IRAQ

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In this study, the physical fitness of 10-12 age group primary school students studying in Iraq is measured by eurofit test battery and the differences between are doing sports and are not doing sports students are examined.

In addition, it is aimed to determine the effect of physical fitness status on self-confidence levels. The universe and the material of the study was consisted of 210 students, 105 of whom were female and 105 of whom were male students from Süleymaniye Şehit Abdulrezzak Primary School. 120 of these students do not do sports and 90 people do sports.

At the stage of collecting data, it was aimed to proceed to the measurement phase of EUROFIT TEST battery after the Self Confidence Level Scale developed by Piers Harris was applied. Flamingo balance test, sit and reach, standing broad jump, crunch test, bent arm hanging test, handgrip test, 20 meter endurance shuttle run, 10x5 meter shuttle run test, and anthropometric measurements were applied and the statistical analysis of the data was done by using SPSS package program. According to independent t test results of the physical properties of eurofit test data and the physical characteristics of the male and female students who practice sports for the variables that show normal distribution weight loss, body fat, twisted arm hanging other eurofit test results were found to be significantly different in favor of the students who practice sports for the girls ( $p < .05$ ).

There were significant differences in terms of height, weight, Body Mass Index, balance, sit and reach, paw power, except for 10x5 running between males in favor of the students who practice sports ( $p < .05$ ). According to the results of Normality Test for girls and boys age, 20 m running and self confidence were not found to show normal distribution characteristics ( $p < .05$ ). Non parametric tests were applied to these variables. According to the non parametric test results for age, 20 m running and self confidence variables for the male and female students who are practicing sports or not there is no significant difference in age. However, there were significant differences for 20 m running and self confidence levels for both gender, in favor of the students who are practicing sports ( $p < .05$ ). In conclusion, it can be said that practicing sports has a positive effect on physical fitness and self confidence in the Iraqi girls and boys between the ages of 10 and 12.

**Keywords:** Physical Fitness, Body Mass Index, Eurofit Test Battery, Self confidence.

# APPLE SHELL VAN MURADIYE IS USED FROM THE AQUEOUS SOLUTIONS TEXTILE MATERIALS BY ADSORPTION

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*Vedat AVCI, Yüzüncü Yıl Üniversitesi*

Industrial activities are present in nature but increasing rapidly are important because of the toxic effects of dyeing and environmental damage which are increasing day by day in the amount of water, soil and air environment the textile dyes that appear as a result of uncontrolled in the environment can exhibit toxic effects for their live life. Methylene blue ( $C_{16}H_{18}ClN_3S \cdot 3H_2O$ ) (3,7 bis) phenanthroline chloride has been used sector widely as a redox indicator in the textile. Methylene blue is an cationic dye in the waste water. Adsorption studies have been carried out with apple shells collected in the Muradiye region. The adsorption mechanism at pH= 5.15 one of the physico chemical properties of methylene blue, concentrations and temperature were investigated so that it was observed that there were different adsorption behaviors of methylene blue and apple shell at pH 5.15.

**Keywords:** Apple shell, Biosorption, Methylene blue

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# CHARACTERIZATION OF THE CARBON ELEMENTS AND THE ADMINISTRATION OF THE LEAD BY ADSORPTION BY CHEMICAL ACTIVATION FROM ORANGE SHELLS

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Melike YILDIZ, Yüzüncü Yıl Üniversitesi

Although existing in the nature, heavy metals, the amount of which is increasing in water, soil and air day by day as a result of rapidly increasing industrial activities, have become crucially important due to their toxic effects and the damage they cause in the environment. Heavy metals, which occur in the natural wetlands because of uncontrolled industrial wastes, may accumulate not only in the water mass but also in the living body of wetlands. These accumulated heavy metals may have toxic effects on wildlife. Despite the fact that active carbon has some disadvantages such as, it is expensive and its recycling brings about extra costs, its large surface area, microporous structure, high adsorbant capacity and its surface reactivity makes this adsorbant desirable in adsorbant studies. In this study, adsorption experiments were carried out with the active carbon obtained from orange skin. The effects of changing metal concentrations and the temperature on adsorption mechanism were worked out in our research. As a result, it was observed that there are various adsorption tendencies between heavy metals and active carbon obtained from orange skin.

**Keywords:** Heavy metal, Adsorption, Isotherm, Orange shell, Active carbon, thermodynamics

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# EFFICACY OF LISTENING MUSIC ON VITAL FINDINGS OF CANCER PATIENTS DURING RADIOTHERAPY TREATMENT

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**Purpose:** To determine changing of vital findings of cancer patients listened music during radiotherapy treatment (RTT).

**Methods:** This prospective study investigated changing of vital findings on cancer patients listened music at Radiotherapy Department of Oncology Hospital, Ankara. Each patient of totaly 30 patients on Music Therapy Group (MTG) received 15-30 min of music therapy during RTT at first day of treatment. Music was announced to the treatment room during RTT. The other 30 patients were control group and no music was listened. Both groups were evaluated before and after RTT on blood pressure, oxygen saturation, temperature and heart pulse.

**Results:** Music therapy during RTT significantly decreased systolic and diastolic blood pressure (p:0,011, p:0,021) blocking sympatic system. Heart rate was also decreased on MTG comparing to control group even if it statistically was not supported(p:0,081).

**Conclusion:** Music therapy for cancer patients during RTT may be benefical. But we need further studies to research defining role of music therapy.

**Keywords:** Music therapy, radiotherapy, blood pressure, heart rate, oxygen saturation

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## Van Centenary University Students Preferring Their Preferred Music Types In Mood Changes

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Music is known to have a positive effect in many areas. Scientific research shows that music has a psychological effect on human beings and that regardless of the level of influence, music preferences and personality characteristics of individuals are closely linked. In fact, it is estimated that individuals have a personality based on their preferred music types (1,2). Based on this information, it is aimed to reveal the music listening profile of 300 students in Van Yüzüncü Yıl University by describing their preferred music types according to mood changes and to determine the reasons for choosing the music types they are listening to. The correlation between categorical variables was determined by Chi square test using the SPSS program. 189 female students and 11 male students were evaluated among 11 categories of music. (Types of music 1. Turkish Art Music, 2. Turkish Pop Music, 3. Turkish Folk Music, 4. Western Classical Music, The 5. Foreign Pop Music, 6th. Jazz, Blues, 7. Rock Music, 8. Hip Hop Music, 9th.Slow Music, 10. Arabesque Fantasy, 11. Sufism Music.) In the data obtained, there was no significant difference between the popularity of the preferred music type, family predisposition and changes in the friends environment ( $P>5$ ). the preferred music type was found to be statistically significant in the mood changes(P

**Keywords:** mood, music preferences

## A Common Public Problem In Our Region Clinical And Radiological Evaluation Of Liver Hydatid Cyst

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**Abstract Objective:** To raise awareness about the hydatid cyst which is an endemic parasitic disease in our region. **Materyal and Method:** Although it is relatively easy to diagnose and treat, it can be confused with many cystic diseases. Ultrasonography is the most commonly used imaging modality for diagnosis and computed tomography (CT) and magnetic resonance (MR) modalities are used. Ultrasound is fast, inexpensive, easy to apply and without radiation. CT and MR can be used as problem solvers together with cost effectiveness and BT being second in the forefront due to ionizing radiation disadvantages. **Results:** Cyst Hydatid (CH) Many potential intrahepatic and extrahepatic complications affecting liver and other organ systems are endemic in the world, particularly in Central Europe, Africa, South America, New Zealand, Australia, Central Asia and China is a disease and a public health problem. The causative agent is a parasite called *Echinococcus granulosus*. The disease is transmitted to the human with the eggs thrown in the dog feces. Dog feces and eggs are taken from people who eat raw and poorly washed fruit and vegetables, dirty drinking water. These eggs are opened in the intestines, cross the bowel wall, blood and lymph, primarily through the liver, lungs and other organs in the form of cysts by settling into the living lives. CH is the most common site of liver. Intrahepatic complications include vascular, biliary and infectious complications. Extrahepatic complications are the result of compression effect and hematogenous spread. Hematogenous spread can affect all organs and systems. **Conclusion:** Early diagnosis and treatment of CH lesions are important in terms of decreasing morbidity and mortality

**Keywords:** Hydatid Cyst, Liver *Echinococcus granulosus*, Ultrasonography, Computed Tomography, Magnetic Resonance

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## Alveolar Cyst Hidatic Imaging Findings In Liver

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**Abstract Objective:** To review the literature in order to differentiate alveolar echinococcosis which can be mixed with many diseases by clinical, serological and radiological. **Materyal and Method:** Imaging procedures are essential in diagnosis and evaluation of the extent of the disease. Ultrasound is the screening method of choice . Classically, Computed Tomography demonstrates an infiltrating tumorlike hepatic mass with irregular margins and a calcified or cystic component. The fibroparasitic component may enhance a little, in contrast to the necrotic areas, which appear hypoattenuating. The cysts are classically rarely identified . In uncertain cases, Magnetic Resonance imaging may be performed to confirm the diagnosis and visualize the lesion in different planes. It is the best imaging procedure to demonstrate a cystic component. **Result:** Hepatic alveolar echinococcosis, North and northern Europe, northern Asia, Japan, China, Turkey, and is a rare parasitic disease caused by *E. multilocularis* from endemic regions of North America. An abnormal intermediate host (like human) exhibits a slowly progressive, life threatening tumor like growth in the liver and delays the diagnosis for several years (1).According to the natural history, liver is the most common site (95% of cases). With secondary hematogenous spread, the adrenal gland can reach other organs such as the lung (10%) and the brain. This process can also spread by direct spread adjacent to adjacent organs (2). **Conclusion:** As a result Alveolar echinococcosis is a chronic chronic disease with many years of symptoms and symptoms It can be confused with many different diseases and only more than one third of the affected can be detected by chance. If the disease is not treated early, it is usually fatal.

**Keywords:** Alveolar echinococcosis, Hepatic alveolar echinococcosis , Ultrasonography, Computed Tomography, Magnetic Resonance

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## LEVELS OF SOME SELECTED TRACE ELEMENTS IN PATIENTS WITH POLYCYSTIC OVER SYNDROME

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**Objective:** Polycystic ovary syndrome (PCOS) is a disease characterized by chronic anovulation and hyperandrogenism. It was stated that manganese (Mn) levels were decreased in PCOS patients and may play a role in the etiopathology of PCOS. In our study, it was aimed to investigate the calcium (Ca), selenium (Se), magnesium (Mg), copper (Cu) and lead (Pb) levels were how changed in patients with PCOS. **Materials and Methods:** This study was performed on 40 patients who were diagnosed with definitive PCOS in the Adult Endocrinology Polyclinic of Van Yüzüncü Yıl University Medical Faculty between September 2013 and September 2014. Thirty women who did undiagnosed of PCOS were healthy control group. Blood samples taken from the subjects into the biochemistry tubes were centrifuged at 25000 xg and 10 min, and serum was collected. Se and Pb were measured in furnace unit of Atomic absorption spectrophotometer (Shimadzu AA 7000) while Cu was measured in flame unit of same device, in serum samples. Ca and Mg were measured using the calibrator, control and test kits by chemiluminescent microparticle immunoassay (CIMA) in the I4000 SR autoanalyzer of Abbott Architect System. **Results:** Se levels of PCOS patients were significantly lower than healthy control group ( $p < 0.05$ ). There was no significant change in Cu, Ca and Mg levels of PCOS patients and was similar to the healthy control group level ( $p > 0.05$ ). **Conclusions:** These results showed that Se was decreased significantly and a partial increase in Pb and Cu levels in patients with PCOS. This suggests that Se, Cu and Pb may be important in the etiopathogenesis of PCOS. However, in order to better clarify the role of trace elements in the etiopathogenesis of PCOS, it is important to perform similar studies in more samples and with more repetitions.

**Keywords:** PCOS, trace element, Cu, Ca, Mg, Pb, Se

# THE IMPORTANCE OF MUSIC ON CHILDREN WITH SPECIAL EDUCATION

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THE IMPORTANCE OF MUSIC ON CHILDREN WITH SPECIAL EDUCATION Dilek Baykal Lecturer Yüzüncü Yıl University Gül Ulay Lecturer Yüzüncü Yıl University Purpose of the study: Special education is called the education of children in need of special education, which requires special services and measures in addition to the education of normal children in order to carry out education and training activities due to their physical, mental, social and emotional characteristics. Material: No scale and questionnaire was used. Method: In order to collect the data, document review and data scanning and literature review techniques were used. Findings: In the studies examined the effect of music was examined on Children with autism, Children with autism, People with special learning disabilities, people with emotional and behavioral disorders, Those with physical disabilities, People with language and speech impairment, People with hearing impairment, Those with intellectual disabilities, People with visual impairment, In children with attention deficit and hyperactivity disorder. The positive results of the music were found in the data. Result: It was found that the music activity in education had a positive effect on the education of these children. It is thought that treatment of music with a well established history will have an effective place in the field of special education and will provide positive changes in the lives of children with special needs and their families In this field, as in many other countries, it is necessary to educate students at the undergraduate level who will give music education or to organize in service training seminars and to raise awareness of the special educators. In special education centers where children with special needs are trained, music education or musical play activities should be included in the individual training programs prepared for the disabled.

**Keywords:** Özel eğitim, Müzik, İşitme yetersizliği.

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# The Investigation Of The Relationship Between Music And Human Physiology And Bioritim

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Therapeutic use and general therapeutic goals of music (a) influence personal change (b) facilitate interpersonal relations (c) nurtures growth and development, (d) self realization and (e) helping the individual to enter society. For many years, perceptual and emotional musical experiences have been known to cause changes in blood pressure, pulse rate, respiration, psycho galvanic reflexes and other autonomic functions. These autonomous changes represent the vegetative reflections of psychological processes. The nature and scope of such somatic changes and the decisive factors have been accurately analyzed by the use of modern recording techniques. Apart from treatment, music can be used as follows. Solving concentration problems in young people and temporarily increasing intelligence are some of them. In this sense, Mozart s music is thought to be useful. In the experiment, it is observed that the problem solving and response rates of Mozart listeners are more advanced. It is said that Mozart s adaptation of the complex music structure to the complex music structure has an impact on it. Some studies have shown that music therapy is effective for improving emotional relaxation, cognitive processing skills, and positive behavioral changes in patients with chronic schizophrenia. As a result, music and rhythms are closely related to human physiology. we think that there are points that need to be clarified.

**Keywords:** Music, Bioritim, Physiology

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# THE EFFECTS OF AN ANTIOXIDANTS AS FOOD SUPPLEMENT ON EXERCISE

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Murat Çetin RAGBETLİ,

Like many organisms in nature, humans need oxygen to survive. During the metabolism of oxygen entering the body, free oxygen radicals are occurred. Free radicals are shown as the cause of many diseases including cancer and aging. The cells against the destructive effects of free radicals, organism has its own antioxidant systems. These mechanisms act by eliminating the precursors of free oxygen radicals or by removing free radicals. These systems are antioxidant vitamins, glutathione, sulfidryl and antioxidant enzymes. When free radicals are more intense than the body's antioxidant activity, an imbalance occurs and oxidative damage occurs in cells. It is well known intense physical exercise enhances the usage of oxygen which causes a dramatic increase on formation of free oxygen radicals. An increase in the level of free oxygen radicals during exercise is thought to occur when lipid peroxidation pass through the antioxidants which is inside of the defense capacity of the cells. Malondialdehyde (MDA), one of the substances resulting from lipid peroxidation, is used as an indicator of oxidative stress. It is thought that the size of the damage in the body may affect the time of regeneration in athletes. However, the exercise strengthens the antioxidant defense when it is done at a certain level and regularly. The antioxidant capacity may also vary depending on the type of muscle fiber. There is no consensus in the literature about the effects of exercise on the antioxidant enzyme activity of muscle fibers. Some researchers have reported an increase in enzyme activity, on the other hand, the others reject this theory and inform that there is no change. During exercise, associated with the severity of muscular activity, the amount of circulating erythrocyte and its circulatory rate and arterio venous oxygen difference i.e oxygen content that's transferred to active muscle and metabolic rate increase. This leads to an increase in free radicals release. In the case where oxygen consumption is low, the superoxide radical and its derivatives are rendered harmless by the antioxidant defense. However, in the case of exercise when the rate of oxygen consumption increases significantly, these defense mechanisms may not keep up with the formation of free radicals, which can result in cell damage. It has been reported that acute exercise increases the level of lipid peroxidation. Exogenous antioxidants such as vitamins (A, E, C, B9) and coenzyme Q10 are used to prevent oxidative damage such as lipid peroxidation. During intensive exercises, the need for energy causes oxidative stress. Antioxidants lead to a decrease in muscle pain and allow oxidative stress in the body to reach low levels. Athletes participating in competitions must be able to recover themselves quickly between intense repetitive training. When they take antioxidant supplements from foods, it is observed that they are able to recover quickly and performed again at the maximum level. The mechanism of action of antioxidant agents used in physical activities has become a popular research field in recent years. Therefore, many studies on the effect of antioxidants on exercises have been studied. This paper provides current information on the biological effects of major known antioxidants on exercise physiology.

**Keywords:** Antioxidant, exercise, lipid peroxidation, oxidative stress, free radicals

# INVESTIGATION OF RELATION BETWEEN BODY COMPOSTIONS AND SOME BLOOD PARAMETERS

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Purpose: In this study, it is aimed to search whether there is a relation between the levels of mean cell volume(MCV), red blood cell (RBC), Hemoglobin (HGB), mean hemoglobin volume ( MHV), serum, iron, triglyceride, lipid, high density lipoprotein (HDL), low density lipoprotein (LDL) and pulse values at rest, height, weight, age, body mass index (BMI), waist Height ratios from the blood parameters of male participants who are between 23 and 38 . Methods: Consequently, 20 non sporting male participants whose mean age  $29.50 \pm 4.28$  age and mean height  $173.10 \pm 4.14$  cm. are included in this study. Height, weight, age, BMI, waist and waist height ratios of male participants are identified. Apart from stated identifications, blood samples of participants identified on an empty stomach at a certified health care facility. Obtained data is forwarded to digital environment. Analysis of data is performed by using Bivariate test on SPSS 23 package software. Results: Pulse values at rest has a significant relation with body weight, waist circumference value, BMI on p

**Keywords:** Body composition, Hemoglobin, Triglyceride, HDL, LDL

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# When And How Should Be Ultrasound Screening Performed In Developmental Dysplasia Of Hip

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**AIM:** Ultrasound (US) is a safe method for monitoring of developmental hip dysplasia and it is necessary for early diagnosis and treating hip dislocation. We aimed to evaluate that when and how US should be used in screening developmental hip dysplasia

**DISCUSSION:** Localisation of femoral head in a different place from the normal relationship of femoral head with acetabulum is known as developmental dysplasia of the hip (DDH), which may develop due to various reasons in prenatal life, at birth, after birth or during childhood. DDH is a dynamic disease which is the structures of the hip which are normal during intrauterine life subsequently show structure deterioration due to various reasons. Although the etiology of it is unknown, it is successfully treated with conservative methods in the early period. It is estimated that the prevalence of DDH between about 5 and 15 per 1000 live births. This means that approximately 14 18 thousand newborns are likely to suffer in our country every year, if they are not treated. Hip US is performed to babies which are 0 6 months old. The deepest point of the acetabulum became, difficult to be seen with the calcification of the hip epiphysis core in the growing baby.

**Materyal and method:** The best time for US screening has been reported as 4 6 weeks. Neonatal hip US is performed in babies at lateral decubitus position, hip knee semiflexed, lying in 15 20 degrees internal rotation. In this position the trochanter major of the femur is exactly in lateral and below the probe. There is a standart cross section to compare the result of each US and each structure can be measured in the same plane. There are three important things that should be in standard section:

- 1 Iliac bone should be parallel to the skin
- 2 Labrum should be seen
- 3 The tip of the ilium in the acetabulum should be seen

The method in these technique ,which is a static method ,acetabulum morphology is evaluated with lateral coronal images which are obtained by lineer probe. The alpha angle in the Graf method is the angle between the iliac bone edge and the acetabular ceiling. Normally it should be above 60 degrees. Beta angle is the angle which between iliac bone and labium axis.

**CONCLUSION:** US is a safe, noninvasive, radiation free method for monitoring DDH and is needed for early diagnosis and treatment of DDH. US is the gold standard for diagnosing DDH if it is applied at the right time and with the right technique.

**Keywords:** Ultrasound , Hip , Graf method ,Dysplasia of Hip

## A Commonly Common Situation In Society, VEZICOURETRAL REFLUX

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Vesicoureteral reflux (VUR) is defined as the non physiological backflow of urine from the bladder to the ureter and the renal pelvis. Our aim in this study is to present the diagnosis and imaging findings. Because of its relevance to urinary infections and delay in renal failure, hypertension and renal development, VUR is the one of the most important diseases of childhood which should be recognized and treated in early period. Vesicoureteral reflux has a very low incidence in all ages and in both sexes (0.2 1%) without urological symptoms. Clinically pyelonephritis and cystitis. Although the physical examination and laboratory results are nonspecific, the primary diagnostic procedure for the diagnosis of the actual VUR is fluoroscopic Voiding Cystourethrography. As a result, VUR is a preventable disease that can lead to renal failure when diagnosed and treated but not diagnosed.

**Keywords:** vesicoureteral reflux,bladder,urological symptoms

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## Dance And Music In Urartu Kingdom

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The Purpose of Study Music was used not only as an art throughout the history of mankind, but also as part of various rituals. The music was utilized during childbirth, death, weddings, war, making the gods happy and resting the spirit. In the early ages, the first gods of people who respected the power of nature and animals have been among nature and animals. People must have given the first examples of music and dance by imitating the sound of nature and the movements of animals. The music was used to soothe the concepts they feared and also admire and prevent them from hurting themselves. Information on the Kingdom of Urartu King of Assur III. It passes on the expedition records belonging to Salmanasar (858 824 BC). Here we have information about the two founding kings of Urartu, Aramu and I. Sarduri (Çilingiroğlu, 1994: 14 Salvini, 2006: 36 Sevin, 2011: 434 Tarhan, 1980: 83 92). The first written document of the Urartu period belongs to the King of Sarduri (840 830 BC). There are no real musical instruments in the Urartu period. On Urartu belts, music and dance were included in the scenes showing these celebrations among women. The aim of the study was to investigate these bronze arches and to explore which kind of music and dance were used in celebrations on the arches. Method The written and visual artworks of Urartian civilizations have been examined. Musicians and dancers from the scenes on the bronze belts in various museums are examined. The musical instruments played by musicians are what they are and the dances made in the Preasian civilizations are examined. Findings It is seen that music and dance are used as part of the banquet ceremonies in Urartu arches. There are musical feast scenes on the Urartu arches. Some researchers say that these scenes are related to a wedding (Belli, 2011: 56 2012: 76 Çevik, 2000: 87 Konyar, 2013: 249 251). Some of the researchers say that the depiction of a woman walking under a blanket on a belt is the bride and some are singers (Belli, 2011: 59 2012: 80 Konyar, 2013: 249 251). There are also researchers who think that these belts are ceremonies made at certain times in open spaces in the administration of the Queen by women (Çavuşoğlu, 2014: 43, 44). Outside the castles, the dishes of the outdoor entertainment, which are made outdoors, must also be cooked in the depicted ovens. During the entertainment, the acrobats, which we see early examples in Hittite art, perform demonstrations accompanied by music (Akurgal, 1995: şek. 26 Sipahi, 2005: fig. 1). In this open air feast and celebrations, all participants are composed of women except acrobats. Women carrying gifts from castles move towards the feast scene. In addition, these scenes are seen in weaving loom and weaving women (Çavuşoğlu, 2017: 149). Conclusions Some banquet scenes in the Urartulas were performed with multiple musical instruments accompanied by dancers and acrobats. Only acrobats and dancers are men in these scenes showing the ceremonies of Urartu women together. These ceremonies were held outdoors in the vicinity of Urartu Fortress accompanied by food and music. These entertainments show the celebration of weddings or the ceremonies that only women do together. Urartu, Music, Feast, Banquet, Bronze Belt

**Keywords:** Urartu, Music, Feast, Banquet, Bronze Belt

## Music In Late Hittite Feast Ceremonies

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**Introduction** The Hittites, the first great state of Anatolia, was founded in 1650 BC, and the center was founded in the west of the Kızılırmak River and perhaps a bit westward. Hittites ruled until 1200 BC II. Šuppiluliuma (1210 1190 BC) experienced a complete collapse due to internal and external problems (Ünal, 2002: 84). In this period, the Hittite Empire should be demolished by the plunder, led by the Anatolian people, drought, the wave of migration and also by the predatory community called the sea tribes (Akurgal, 1995: 65 Bryce, 2012: 34 Collins, 2007: 74). Thus, the Hittite Empire was withdrawn from the stage of history and the Late Hittite Period began. Late Hittites, in the southern and southeastern states of the empire after the collapse of the Hittites, were the continuation of the Hittite culture for at least five hundred years. Many researchers differentiate these city states between 1200 BC and 700 BC. The most used among these nomenclatures are Late Hittite (Akurgal, 1949: 129 Woolley & Barnett, 1921: 40), Syrian Hittite (Bonatz, 2000: 3 vd. Bryce, 2012: 80) and Neo Hittite. Late Hittites, consisting of many small independent kingdoms, are not organized around a single leader. We know the ceremonies with late Hittite period music from Hittite written documents and artworks depicted. **The Purpose of Study** The aim of this study is to examine the relationship between music and the feast of late Hittite period. The aim of this course is to investigate the importance of the festivals in the art of Hittites. **Method** The method of the research consists of examining the Late Hittite Art Works, which were established especially in Southeast Anatolia and Northern Syria with the end of the Hittite Imperial Period. In this study, the orthostats in Kargamış, Karatepe and Zincirli, which are important Hittite centers, were examined. While examining these works of art, the written documents of the Hittite State were read. Eid ceremonies and music are explained together with the visual art works of these texts were examined. **Findings** According to the findings obtained from the research, there is a connection between the Hittite written documents and the works of late Hittite design. As a result of the research, it is understood that almost all rites were musical in the Hittite Period. However, more music is played in the ceremonies that the king and queen have sacrificed (Ardzinba & Uravelli, 2010: 92). It is seen that music is used in many parts of Eid (Ardzinba & Uravelli, 2010: 40, 62). In Dancing Festival, dance is performed with music and songs are spoken in Hatti Language (Ardzinba & Uravelli, 2010: 40 42). At the Feast of Antah, it is written that the king or prince is drinking music while drinking (Ardzinba & Uravelli, 2010: 62). The King sat three times in different times of the feast and the offerings were brought (Ardzinba & Uravelli, 2010: 40, 62) The voters consisted of a bull and eight sheep, three bulls and fifteen sheep and eight sheep, respectively (Ardzinba & Uravelli, 2010: 40, 62). The introduction of the bull in the lower stage of the banquet scene in the Karatepe Ortostati points to musical votive ceremonies in these festivals. **Conclusions** In the Late Hittite Period, we can see similar ceremonies of musical ceremonial banquets in the Karatepe, Zincirli and Kargamış orthostats as well as in the works of Yeni Asur and Urartu. There are musicians on either side of the banquet scene (Perrot, 1884: 106, 107), which includes Asurbanipal and his wife in the Neo Assyrian. The musicians on the left side are moving towards the king. In the same way, musicians from the Sargon Palace towards the banqueters in room number two are seen. Another example is the Nimrud on the Ivory Gate, behind the figure sitting five musicians (Barnett, 1957: fig. 16). In the Urartian period, the scenes with the musicians are seen on the bronze arches (Kellner, 1991: fig. 260, 264 Seidl, 2004: abb 99, sm 36, 37). Some of the important civilizations of the first half of the 1st millennium BC, the Late Hittites, some ceremonies were performed with the orchestra with more than one musical instrument. These scenes show the ceremonies of the feast and shows that these ceremonies were performed in open air with food and music. Reflecting the delightful effect of music and food, these works emphasize the power and richness of the organizer.

**Keywords:** Late Hittites, Music, Feast, Banquet, Orthostat

## Effect Of Two Types Of Music Played At Different Tempos On Some Physiological Markers

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This study was conducted to investigate effect of two types of music played at different tempos on skin resistance, heart rate and respiratory rate. For this purpose 20 healthy volunteer adults were involved into the study. Music with different tempos was played in a quiet environment and with a headset reducing the noise. These two songs had different tempos. Largo by Handel 60 beats per minute (bpm) was chosen as slow tempo music and Barbaque 200 bpm was chosen as rapid tempo music. To avoid personal preferences in music type, solely tempo of the music was chosen to assess its effect on physiological responses. Such responses were recorded during silence period and during listening these two songs. Three physiological markers [Galvanic skin resistance (electrodermal activity), heart rate and respiratory rate] were measured with the help of dermal electrodes and data were recorded with MP36 computerized data collection set. Following a relaxation and adaptation period, measurements were conducted in resting period, during rapid tempo music and during slow tempo music. 2 minutes of resting period was also added between rapid tempo and slow tempo music. In each measurement period such measurements were recorded during 8 times in 5 second intervals. ANOVA and Duncan tests were performed for statistical analysis. One way ANOVA was performed to compare groups. Following the ANOVA, Duncan multiple comparison test was used to determine different groups. Statistical significance level was considered as 5% and SPSS (ver: 13) statistical program was used for all statistical computations. Results show that skin resistance significantly increased in rapid tempo music ( $0.3812 \pm 0.2099$ ) compared to resting state ( $0.1433 \pm 0.0616$ ) and slow tempo ( $0.1800 \pm 0.066$ ) music ( $p < 0.05$ ). Respiratory rate was again highest in rapid tempo music ( $20.2 \pm 2.90$ ) compared to resting state ( $17.8 \pm 3.5$ ) and slow tempo music ( $18.3 \pm 3.1$ ) ( $p > 0.05$ ). Results of this study show that rapid tempo music increases skin resistance which is a parameter indicating stress response of the listener. Similar pattern was also observed for heart rate and respiratory rate although not statistically significant. No other stimulus was given to volunteers therefore this stress response seems solely related with the tempo of music. Since stress response shows the alertness status of the body, results of this study suggests an augmentation of stress level due to rapid tempo music. In conclusion the preliminary results of this study suggest that slow tempo music might decrease stress response.

**Keywords:** Music, health, stress response, skin resistance, heart rate, respiratory rate



## Being Patient With Neural Tube Defect

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**Aim:** Neural tube defect is a congenital malformations that may lead to death with significant financial and social dimensions in prenatal and postnatal period. Patophysiology of neural tube defect is a multisystemic disorder involving both genetic and environmental factors. Prevalence of neural tube defect throughout the world is known as 0.5 2 1000 pregnancy, across Europe 1 1000 pregnancy, in the US 0.5 1 1000 pregnancy. According to the results of studies conducted in various centers the incidence of neural tube defect in Turkey ranges from 3 5.8 1000 pregnancy. We want to remind you of commonly known as congenital malformation that has inadequate study in our country. **Findings:** In our hospital an average of 40 50 neural tube defect patients are seen and operated per year. Many of these patients have additional pathologies such as 90 95% of hydrocephalus, 30 35% of chiari malformation, scoliosis, neurological deficits ( especially in the lower extremities), urinary and stool in continence and orthopedic deformities. **Discussion:** One of the important reasons affecting the growth, development and sociological structuring of societies is congenital defects. We can classify the causes of these congenital defects as structural, functional, metabolic, behavioral or hereditary. Under this grouping, it is reported that 50 60% of congenital defects are caused by unknown factors, 20 25% of it caused by multifactorial inheritance, 7 10% by environmental agents, 7 8% by mutant genes and 6 7% by chromosomal anomalies. Neural tube defect is one of the most common congenital malformations and has the most severe clinical features. Neural tube defect is occur in during the embryogenesis because of the neural plaque is fails to form neural tube. There are many different types of neural tube defect that have different characteristics. Genetic and environmental factors play role in the development of neural tube defect. Formation and development reasons of neural tube defect and underlying molecular mechanisms have not been fully identified. But generally, among the reasons for the development of neural tube defect diabetes mellitus, hormonal imbalance, teratogens, folic acid deficiency, usage of a number of drugs (such as analgesics,antiepileptics) and excessive vitamin. A usage, hypothermia and environmental factors (large amount of oligoelement in drinking water) are reported to be effective. This disease is multifactorial as seen. Although attempted to prevent neural tube defect formation by environmental factors such as diet (folic acid and B vitamins supplementation), this approach is not sufficient. It is need to determine the prognostic, predictive and or therapeutic genetic factors for prevent of neural tube defect.

**Keywords:** Chiari malformation, Congenital malformation, Hydrocephalus, Neural tube defect,



# Investigation Of The Relationship Between The Cultural Intelligence Of Health Care Workers And The Compassion Emotion

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Introduction Especially in the occupational groups where human relations are predominant, the sense of compassion gains more importance and it is necessary to exhibit appropriate behavior against individuals with different cultures in our country which has cultural richness. For this reason, it is important for health professionals to show compassionate behaviors by taking cultural differences into account for patients suffering from pain and their relatives when they provide diagnosis and treatment services. Many different definitions and classifications of intelligence are made. The ability to establish relationships with people from different cultures and to be maintained for a while is considered as an ability to speak the same language and make the right perceptions within these differences and the concept of cultural intelligence is mentioned. It is much more vital than social life not to be understood correctly in a hospital environment. When a patient admitted to a hospital is being treated, they want to be understood correctly and find compassionate behaviors with a smiling face. Health professionals who are together with the patients for the longest time and establish more face to face communication are the first group of patients that their patients and their relatives have applied to in every question they have experienced. For this reason, it is important for health professionals to show compassionate behaviors by taking cultural differences into account for patients suffering from pain and their relatives when they provide diagnosis and treatment services. There are insufficient number of studies examining the feelings of cultural intelligence and compassion in health professionals and health sciences students (İş et al., 2013 İşgör, 2017 Polat and Erdem, 2017). The aim of this study was to investigate the relationship between the cultural intelligence of health workers and their feelings of compassion. Material and Method: Data of this cross sectional study were collected between 20.06.2017 05.12.2017. The population of the study is composed of health workers (nurses, midwives, doctors, faculty, nurses, health technicians and technicians, dieticians, physiotherapists) who serve at the YYU Dursun Odabaş Medical Center (excluding administrative staff, the number of health care workers in the hospital is 925). The sample of the study included 748 health workers, who were volunteers for the study and who were not on annual leave or maternity leave. The data of the study were collected through "Personal Information Form", "Cultural Intelligence Scale" and "Compassion Scale". Data were evaluated by the researchers. The data were evaluated with SPSS 13.0 statistical package program. Nonparametric tests were used because the data did not show normal distribution. For statistical analysis Ratio Test, Mann Whitney U test, Kruskal Wallis test and Spearman Correlation Analysis were used. Written permission was obtained from the Medical Research Ethics Committee of Yüzüncü Yıl University Faculty of Medicine dated 05.06.2017. Results: The mean age of the health care workers was  $31.15 \pm 6.99$ . The average working year of the health care workers was found to be  $7.83 \pm 6.06$ . The mean score of the cultural intelligence scale was  $96.54 \pm 18.43$ . Considering that the range of points is between 20 and 140, it is found to be higher than the average. The mean score of the Health Workers mercy scale was  $88.61 \pm 14.96$ . Compassion scale scores ranged from 25 to 110, according to which health workers mercy levels are above average. It was determined that there was a strong positive relationship (0.74) between the cultural intelligence and the feelings of compassion.

**Keywords:** health workers, cultural intelligence, Compassion

# Investigation Of The Relationship Between Basic Swimming Instruction And Some Physical And Motor Characteristics

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In this study, it was aimed to investigate whether basic swimming training has effects on height, body weight, right and left hand grip strength, right and left hand lengths, shoulder width, chest circumference, standing long jump characteristics. The study is important in terms of making individuals in the growth period and investigating the physical development of major technical studies from force studies. It is known that regular sport has also developed physical features along with many other features. However, there is not a complete consensus about the sport, its violence, its frequency and duration. The study using the experimental research method included 114 individuals with a mean age of  $11.03 \pm 1.23$  years. The study group, consisting of 58 subjects, received regular swimming lessons twice a week for two hours at a time over a period of 7 months. The sedentary control group included 56 subjects who received no sports instruction apart from their standard physical education classes. Prior to the start of the study, measurements were taken for height, body mass, right and left hand grip strength, right and left hand length, shoulder width, chest circumference, and standing long jump for both groups. The same measurements were taken again 7 months later, at the conclusion of the study. The differences between the initial and final measurements of both the study group and the control group were statistically compared within the group and between the groups. In this comparison, the General Linear Model method was used in the SPSS 21 Package program. As a result, it was found that the increase in height, body weight, right hand grip strength, right and left hand lengths, chest circumference and standing long jump mean values of swimming training subjects were found to be different at p

**Keywords:** swimming training, height, body weight, hand grip strength, hand lengths,

## EVALUATION OF MUSIC THERAPY EFFECTS ON PAIN

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DİLEK BAYKAL, YÜZÜNCÜ YIL ÜNİVERSİTESİ

The aim of the study and a brief overview: Music Arts is describing thoughts and feelings using sounds and magic throughout history, it has also been used for therapeutic purposes other than religious and entertainment purposes. Music therapy has several definitions. Music therapy people s physical, psychological, social and mental evidence based clinical purposes to meet their needs in a way that therapeutic approaches used forms of musical elements. Music therapy music s physical, functional, it is a branch of health care used to help treat various psychological and educational status. Music therapy implementation used is a natural non expensive venture. There are no side effects and the individual s physical, psychological, social, have an active role in emotional healing. Today it is used safely in all areas of health music therapy. Music therapy has no side effects on human health. This study was conducted to evaluate the effect of pain on the state of the theses on music therapy in Turkey. Methods: The research in order to collect the data, "the National Council of Higher Education Thesis Center Data Base" "music therapy" and "pain" was screened with keywords. Scanning made on the subject at the end of 10 years, built between 2010 2018 were included in the thesis examination, it has reached the relevant thesis and evaluated. Results: Considering the thesis studied music therapy bone marrow aspiration and biopsy children undergoing surgical procedures Heart patients in mechanical ventilation in intensive care, vascular surgery patients undergoing chemotherapy Patients undergoing abdominal hysterectomy or myomectomy under general anesthesia Patients who underwent coronary artery bypass graft surgery with an open heart surgery method hemodialysis patients All patients admitted to the emergency room patients undergoing endoscopy or colonoscopy spianal anesthesia administered during surgery and patients It has been achieved, including theses. These 3 are 7 of them are made in the nursing department of the work is done in an area of specialization in medicine. Conclusion: The hypothesis that the effect on pain relief Music therapy studied in the treatment of pain, has been found to be effective in the prevention and relief of pain. become a standard practice in music therapy for pain control applications and is recommended to increase the work done. According to other units related to this field of research nurses have more arguments. Supporting made arrangements for an independent study of nurses in music therapy is recommended in the regulations in our country.

**Keywords:** Music therapy, pain, thesis

# Effects Of Music On Patients Undergoing Primary Percutaneous Coronary Interventions In Coronary Care Units

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**Objective:** It was aimed to determine the effect of music on physiological parameters and level of groin pain in patients undergoing primary percutaneous coronary intervention (PPCI) after myocardial infarction (MI). **Methods:** A total of 156 consecutive patients were randomized to either to listen instrumental, soft music (study group, n=78) or not (control group, n=78) after MI in coronary care unit. Patients in study group were allowed to listen their preferred music from MP3 player with headphones. Physiological parameters (systolic blood pressure (SBP), diastolic blood pressure (DBP), heart rate (HR), respiratory rate (RR) and oxygen saturation) were recorded at baseline and at 1st, 3rd and 6th hours. Their psychological status was recorded based on the UCLA universal pain assessment tool after sheath removal. **Results:** There were no statistically significant differences in relation of demographic parameters and baseline physiologic parameters. Study group showed better outcomes in physiologic parameters (SBP, DBP, HR, RR, and oxygen saturation) at 1st, 3rd and 6th hours ( $p=0.001$ ). The control group felt the pain worse than the control group after the sheath removal ( $p=0.001$ ). **Conclusion:** Music may influence (in positive way) the physiologic and psychological parameters of patients undergone PPCI with MI.

**Keywords:** Music, primary percutaneous coronary intervention, myocardial infarction , psychological status, Physiological parameters

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# MİMARİYLE MÜZİK ARASINDAKİ BENZERLİK VE FARKLILIKLAR

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Mimari ve müzik arasında bir ilişkinin olduğu varsayımı geçmişten günümüze hep vardır. Hatta bu ilişki ile ilgili bir takım matematiksel formüller bile geliştirilmiştir. Örneğin, Avrupa daki Barok döneminin mimarisi ve müziği arasında da ilişki kurulur. Dönemin mimarisindeki heykele yakın kabartmalar ve detayların, Barok müzisyen Bach ın müziğindeki ince melodilere ve süslemelere denk düştüğü söylenir. Mimari ile Müzik arasındaki benzerlikler duygu, armoni, üretim, estetik, birikim, özgünlük, özgürlük, sanatsal akımlar vb. pek çok açıdan ortaktır denebilir. Sessizliğin olduğu yerde sesin, boşluğun olduğu yerde mekanın ve mimarinin kıymeti bilinir. Mekan ve ses arasında kurulan ilişkiyi sesin odalarımızdan kente kadar hemen her ölçekte etrafımızı sarmasında görebiliriz. Mimarlık ve müzik arasındaki en büyük benzerliğin her iki pratiğin de zaman tanımlı ve bilinmeyenli uğraşlar olduğudur. Ses mekansız olmaz, sessiz bir mekan da mümkün değildir. Müzik, mekanı sesle süslemenin yollarından biridir. Goethe "mimari dondurulmuş müziktir" cümlesiyle iki disiplin arasındaki ilişkiyi güzel özetlemiştir. Mekanlar, dolayısıyla mimari, müziklere ev sahipliği yapar ve argümanları farklı olsa da aralarında pek çok ortak yön vardır. Mimari de, müzik de çok değişkendirler ve içlerinde bir çok faktör barındırırlar. Bu çalışma mimari ve müzik arasındaki benzerlik ve farklılıkları örneklerle yorumlamayı amaçlamaktadır. Konuyla ilgili yapılmış çalışmaların belirli bir sistem içinde sıralanması ve örnekler üzerinden tartışılması, çalışmanın kapsamını oluşturmaktadır.

**Anahtar Kelimeler:** Mimari, Müzik, Farklılıklar, Benzerlikler, Üretim

## TASARIM SAĞLIK İLİŞKİSİNİN HASTANE MEKANLARINDAKİ YANSIMALARI

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Hastane binaları, kullanıcıların sağlıklarının iyi olmasını sağlamayı amaçlayan yapılar olarak kabul edilmektedir. Genel olarak, hastanın, binaya ilk girdiğindeki izleniminde ürkütücü olmayan ve konuksever bir etki yaratılması hastanın yaşadığı stresi azaltmaktadır. Sağlık kurumunda yön bulma ile ilgili özelliklerin, hastaların bekleme sürelerini, personelle iletişim sıklığını, kaygı ve stres düzeyini ve hastane içindeki kalabalıklığı etkilediği tespit edilmiştir. Tasarımın tıbbi sonuçları nasıl etkilediğini anlamak için üç anahtar başlangıç noktası bulunmaktadır: 1. Psikolojik: endişe, depresyon veya kızgınlık, 2. Fizyolojik: yüksek kan basıncı, zayıflayan bağışıklık sistemi, 3. Davranışsal: uykusuzluk, düşmanca davranış. Hastane binaları ve çevrelerinin hasta sağlığına etkileri ile ilgili gözlem ve deneyimleri inceleyen araştırmalar günümüzde sağlık çevrelerinde giderek artmaktadır. Bu araştırmaların tasarım ve uygulamaya yansımaları ise, henüz gerektiği kadar etkin şekilde görülmemektedir. Dolayısıyla bu bağlamda, 'iyileştiren hastane' kavramı öne çıkmaktadır. Bu çalışma hastane mekanlarının sağlık üzerine etkisini, tasarım sağlık ilişkisini ele almakta, iyileştiren hastane kavramına farklı mimari örnekler verilerek değinmeyi amaçlamaktadır.

**Anahtar Kelimeler:** Hastane Mimarisi, İyileştiren Hastane, Mekan, Mimari, Sağlık Mekanları

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## GENDER SENSITIVE MEDICAL SERVICES

Sema Sancak, Van YYÜ

The term “gender equality” refers to the state where men and women can utilize and benefit from social rights equally. That being said, our society currently does not have an equality between men and women in this regard. Women often find themselves in disadvantageous conditions in many aspects of society, including the medical services, which overall result in their discrimination. In the sensitive relationship between gender and health, the progress and state of health vary between men and women. As is known, women have a longer life expectancy. While women really live longer in many societies compared to men, they are also known to suffer from more diseases and stress related conditions. The women’s need for medical services should be considered as a whole which encompasses their lives from birth to death, and their access to these services should be made easier. This study tries to investigate and reveal how gender roles influence men and women in terms of medical services. The results of the study will reveal how current gender discrimination in the society adversely affects the women’s health, and will hopefully lead towards a gender sensitive medical service access perspective.

**Keywords:** Gender, gender discrimination, rights, women, health

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# Isoterm And Kinetic Studies In Removal Of Rhodamine B From Waste Water By Using Sediment

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Environmental pollution has increased considerably in this year compared to previous years. This situation is directly or indirectly effective on living things. Science people are using many methods to prevent environmental pollution. One of these methods is adsorption. Adsorption is cheap and effective is a method. Adsorption can be defined as the removal of a contaminant from the aqueous medium using an adsorbent having a porous structure [1]. Today, dyed wastewater in the textile industry damages living things because of the substances they contain, and because they are colored, environmental aesthetics it causes ugly images. Rhodamine B textile dye has some effects on living organisms. observed [2] In this study, the removal of Rhodamine B textile dye in aqueous media by using sediment was investigated and the data were analyzed by Freundlich and Langmuir. isotherms. Kinetic parameters were also investigated. When the data were analyzed, it was found that the analysis of Freundlich and Langmuir isotherm models on Rhodamine B was used. The isotherm model showed the best result at 308K but at other temperatures good results were obtained. Kinetic calculations As a result, it was seen that adsorption was suitable for second order kinetic model. Calculated and experimental  $q_e$  values close to each other it shows.

**Keywords:** Textile dyes, kinetic, adsorption, isotherm

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# A CASE OF FOUR SUBDURAL HEMATOMA AFTER DURA PUNCTURE

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**Aim:** Subdural hematoma develops as a result of rupture of the dural sinuses or the breaking of superficial cortical veins. These haemorrhages are a serious complication that can also be the result of dural puncture and rarely seen, resulting in death if it is untreated. In this article, we aimed to present four cases of subdural hematoma which are rarely seen after processes performed by dura puncture. **Findings:** Three male and one female patients were admitted to our clinic with complaints of critical and excruciating headache. It was learned that spinal anesthesia in two of these patients, intrathecal treatment in one and a dural puncture such as lumboperitoneal shunt insertion in the other were performed. They stated that they had headaches after this procedure, and as time went by, the pain increased and exacerbated. The general condition of the patients was good and their neurological examination was unremarkable. Subacute subdural hematomas were seen in the brain computed tomography (CT) of the patients. The treatment of cranial hypotension was begun for the patients whose general status was good and conscious and patients were followed up. There was a regression in subdural hematomas in the last CT scan of the patients whose symptoms were decreased as a result of the follow up. The patients were discharged with polyclinic recommendations as a result of good general conditions and decreased complaints. **Discussion:** Subdural hematoma occurs as a result of rupture of the dural sinuses or superficial cortical veins. Although it is usually seen due to trauma, it can also be seen due to coagulopathy, vascular malformation, rupture of arachnoid cysts, metastatic cancer, dural sarcoma, dural puncture, iatrogenic dehydration, shunt for hydrocephalus and spinal anesthesia. It constitutes the most urgent patient group of neurosurgery. Mortality is 65 80%. If it causes of neurological disorder or reaches surgical condition, it needs to be intervened urgently. Subdural hematoma is a rare but severe complication following dural puncture. In this article, we present cases with subdural hematoma after spinal procedures performed by dura puncture. It should be considered that a severe complication such as a subdural hematoma may occur after a dural puncture. After this procedure, it should not be hesitated to refer to the imaging methods for cause in patients who come to the hospital with headache.

**Keywords:** Dura Puncture, Lumboperitoneal Shunt, Spinal Anesthesia, Subdural Hematoma, Headache

## BEING EXAMINATION OF POSTGRADUATE THESES IN WHICH STUDIES ON SPORT IN HANDICAPPED INDIVIDUALS HAVE BEEN CARRIED OUT

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**ABSTRACT** Purpose: When literature is examined, different studies on sport in handicapped individuals are found. The purpose of this study is to analyze postgraduate theses written in the field of handicapped in Turkey according to their topics, their years in which they were done, their universities, their methods and their conclusions, and is to research effect of the aimed sport on handicapped. Materials and Methods: 34 postgraduate theses, including 4 doctoral theses, 30 master's theses which were defined from "Handicapped and Sport" key words and were certified by Council of Higher Education National Thesis Centre in Turkey between 1999 2018, were examined. Findings: Theses were examined in terms of purpose, method, participants, data collection tools and findings. These were analysed in two categories: Master's Theses, Doctoral Theses. They were grouped as 1 studies carried out in scanning method, 2 studies carried out experimentally, 3 studies carried out mixed. Findings obtained in the study are important because they will direct researchers towards more distinctive topics and they will be useful for usage of sport resources more effectively and efficiently while allowing for different studies on handicapped and sport. Conclusion: It is thought that conclusions obtained from the study will help researchers in choosing new research subjects in the field of attention and sport.

**Keywords:** Handicapped, Sport, Postgraduate Theses

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# DETERMINATION OF PHYSICAL ACTIVITY LEVELS OF WOMEN SITUATED IN VAN PROVINCE

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**ABSTRACT Purpose:** The purpose of this paper is to determine physical activity levels of women situated in Van. **Materials and Methods:** Data in this study were collected through survey method. 383 women among the women situated in Van were reached. In this study, short form of IPAQ (Physical Activity Level) survey, whose validity and reliability studies in Turkey were done, was applied. Age range of participants was determined as 18-28. Evaluation of data was done through SPSS 15.0 program. Because data did not show normal distribution as a result of Kolmogorov-Smirnov normality test, "Non parametric" test was used. For multiple comparisons Kruskal-Wallis H test and Mann-Whitney U test and descriptive statistics in analysis of distinction between groups were used in the situations in which normality and homogeneity of variances were not provided. Significance level for comparisons was determined as p

**Keywords:** Physical Activity, University, Student

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# BEING EXAMINATION OF POSTGRADUATE THESES IN WHICH STUDIES ON ATTENTION HAVE BEEN CARRIED OUT

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**ABSTRACT** Purpose: When literature is examined, different studies on attention are found. The purpose of this study is to analyze postgraduate theses written in the field of “attention” in Turkey according to their topics, their years in which they were done, their universities, their methods and their conclusions, Materials and Methods: 40 postgraduate theses, including 5 doctoral theses, 35 master’s theses which were defined from “attention and sport, attention level according to sport branch” key words and were certified by Council of Higher Education National Thesis Centre in Turkey between 1990 2018, were examined. Findings: Theses were examined in terms of purpose, method, participants, data collection tools and findings. These were analysed in two categories: Master’s Theses, Doctoral Theses. They were grouped as 1 studies carried out in scanning method, 2 studies carried out experimentally, 3 studies carried out mixed. Findings obtained in the study are important because they will direct researchers towards more distinctive topics and they will be useful for usage of human resources more effectively and efficiently. Conclusion: It is thought that conclusions obtained from the study will help researchers in choosing new research subjects in the field of attention and sport. Effects of the studies on attention and sport on success have been discussed.

**Keywords:** Attention, Attention and Sport

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# BEING EXAMINATION OF POSTGRADUATE THESES IN WHICH STUDIES ON LIFE QUALITY AND SPORT HAVE BEEN CARRIED OUT

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**ABSTRACT Purpose:** When literature is examined, different studies on life quality and sport are found. The purpose of this study is to analyze postgraduate theses written in the field of “life quality and sport” in Turkey according to their topics, their years in which they were done, their universities, their methods and their conclusions. **Materials and Methods:** 51 postgraduate theses, including 17 doctoral theses, 35 master’s theses and 3 specialty in medicine theses which were defined from “life quality and sport” key words and were certified by Council of Higher Education National Thesis Centre in Turkey between 1993 2018, were examined. **Findings:** Theses were examined in terms of purpose, method, participants, data collection tools and findings. Theses were analysed in three categories: Master’s Theses, Doctoral Theses Specialty in Medicine Theses. They were grouped as 1 studies carried out in scanning method, 2 studies carried out experimentally, 3 studies carried out mixed. Findings obtained in the study are important because they will direct researchers towards more distinctive topics and they will be useful for usage of human resources more effectively and efficiently. **Conclusion:** It is thought that conclusions obtained from the study will help researchers in choosing new research subjects in the field of life quality and sport.

**Keywords:** Life Quality, Life Quality and Sport

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# BEING EXAMINED OF POSTGRADUATE THESES IN WHICH STUDIES ON EFFECTS OF EXERCISE ON WOMENS HEALTH HAVE BEEN CARRIED OUT

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**ABSTRACT Purpose:** In the past years, an important increase in participation of women from different parts in our country in physical activity has been observed. The purpose of this study is to compile literature researches which support this participation and effect of exercise on women's health is examined in. **Materials and Methods:** By scanning literature which were defined from "exercise, woman, obesity, sport, health" key words in Turkey between 2000 2018, 48 postgraduate theses were reached. The study is a descriptive study figured in scanning method. **Findings:** Theses were examined in terms of purpose, method, participants, data collection tools and findings, and topics were discussed under the titles below: daily life and exercise in women, pregnancy and exercise, obesity in women and exercise, spiritual and mental health of women and exercise, sense of self in women and exercise. **Conclusion:** According to these studies related to women, that exercise has contribution to psychology the most has been seen. In the studies carried out with the women who do sport and do not do sport, it has been concluded that sport enhances body composition, strength and flexibility of muscle, cardiovascular endurance, physical activity aerobic performance, and contributes to formation of positive sense of self in women, and increases body satisfaction level, self confidence and self respect, and reduces anxiety. Changes that participation in physical activity creates in women's lives state importance of being increased of physical activity facilities offered for women. For this reason, improvement of special projects for participation of women should be one of the primary fields.

**Keywords:** Exercise, Woman, Obesity, Sport, Health

## BEING EXAMINATION OF POSTGRADUATE THESES IN WHICH STUDIES ON HEALTHY LIFESTYLE BEHAVIOURS HAVE BEEN CARRIED OUT

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**ABSTRACT Purpose:** The purpose of this study is to analyze postgraduate theses written in the field of healthy lifestyle and its behaviours in Turkey according to their topics, their years in which they were done, their universities, their methods. **Materials and Methods:** In this study, postgraduate theses carried out in Turkey between 2000 2018. In the study, 36 theses, including 2 doctoral theses, 34 master's theses which were defined from "healthy lifestyle, healthy lifestyle behaviours" key words and were certified by Council of Higher Education National Thesis Centre in Turkey, were reached. **Findings:** Theses were examined in terms of purpose, method, participants, data collection tools and findings. Findings of the study are important because they will direct researchers towards more distinctive topics and they will be useful for acquiring healthy lifestyle and behaviours. **Conclusion:** By taking that exercise and physical activity factors resulted in low frequency in healthy lifestyle behaviours into consideration, in order to perceive benefit of exercise and physical activity to healthy lifestyle, regulation of activity programs, preparing infrastructure appropriate to exercise(near buildings, gardens, parks) and being encouraged of individuals to take advantage from these services can be suggested.

**Keywords:** Healthy Lifestyle, Healthy Lifestyle Behaviours, Sport

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## BEING EXAMINATION OF POSTGRADUATE THESES IN WHICH STUDIES ON OBESITY IN CHILDREN HAVE BEEN CARRIED OUT

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**ABSTRACT Purpose:** The purpose of this study is to analyze postgraduate theses written in the field of obesity in children in Turkey according to their topics, their years in which they were done, their universities and their methods, and is to research effects of obesity in children. **Materials and Methods:** 51 postgraduate theses, including 11 doctoral theses, 39 master's theses and 1 specialty in medicine thesis which were defined from "child and obesity" key words and were certified by Council of Higher Education National Thesis Center in Turkey between 1996 2018. **Findings:** Theses were examined in terms of purpose, method, participants, data collection tools and findings. These were analysed in three categories: Master's Theses, Doctoral Theses and Specialty in Medicine Theses. They were grouped as 1 studies carried out in scanning method, 2 studies carried out experimentally, 3 studies carried out mixed. Findings obtained in the study are important because they will direct researchers towards more distinctive topics and they will be useful for usage of human resources more effectively and efficiently. **Conclusion:** It is thought that conclusions obtained from the study will help researchers in choosing new research subjects in the field of obesity in children. Studies on obesity in children have been discussed within physical education practices.

**Keywords:** Child, Obesity, Sport, Health

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## BEING EXAMINATION OF POSTGRADUATE THESES IN WHICH STUDIES ON PHYSICAL ACTIVITY HAVE BEEN CARRIED OUT

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**ABSTRACT Purpose:** When literature is examined, different studies on physical activity in children are found. The purpose of this study is to analyze postgraduate theses written in the field of physical activity in children in Turkey according to their topics, their years in which they were done, their universities, their methods and their conclusions, and is to research effects of physical activity. **Materials and Methods:** 51 postgraduate theses, including 13 doctoral theses, 35 master's theses and 3 specialty in medicine theses which were defined from "child and physical activity" key words and were certified by Council of Higher Education National Thesis Center in Turkey between 1993 2018, were examined. **Findings:** Theses were examined in terms of purpose, method, participants, data collection tools and findings. These were analysed in three categories: Master's Theses, Doctoral Theses and Specialty in Medicine Theses. They were grouped as 1 studies carried out in scanning method, 2 studies carried out experimentally, 3 studies carried out mixed. Findings obtained in the study are important because they will direct researchers towards more distinctive topics and they will be useful for usage of human resources more effectively and efficiently. **Conclusion:** It is thought that conclusions obtained from the study will help researchers in choosing new research subjects in the field of physical activity in children. Studies on physical activity in children have been discussed within physical education practices.

**Keywords:** Child, Physical Activity , Sport, Health

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# EVALUATION OF RADIATION DOSE OF TURKISH GRANITES IN TERMS OF HUMAN HEALTH

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Granites are used extensively in people s habitats. In addition to the bathrooms and kitchens, they are located in various forms inside and outside the houses. Since the granites are volcanic rocks, they have high radioactivity. Because of their high radioactive content, the radiation doses they form in indoor environments are important for human health. In this study, natural radionuclide activity concentrations of Turkish granites were measured by gamma spectrometer (with HPGe detector). Using measured natural radioactivity, the absorbed dose rates (D), the annual effective dose rates (AED), the radium equivalent activities (Raeq), the external hazard indexes (Hex), the internal hazard indexes (Hin) and the gamma indexes (I<sub>γ</sub>) were calculated. The obtained dose rate results were compared with the limit values accepted by the European Commission and the United Nations Scientific Committee on the Effects of Atomic Radiation. The dose rates of some Turkish granites exceed the limit values. Therefore, it is necessary to pay attention to human health when using high dose granites in homes.

**Keywords:** Granite, dose rate, gamma spectrometry, external hazard index,

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## Health Services Vocational School And Health Vocational School Students Determination Of Exercise Addiction Levels

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This study was carried out to determine the Exercise Addiction Levels of Van Yuzuncu Yil University Vocational School of Health Services and Health Vocational School Students.

The population of the study consisted of the students studying in Van Yuzuncü Yil University Health Services Vocational School and Health Vocational School. Exercise Addiction Scale (ESS), which was developed by Demir et al. (2018), was applied to the participants. Significant differences were found in comparisons (a) between age and over-focussing and change of emotion, (b) gender and postponement of individual-social needs and conflict, (c) regular sporting and conflict, (d) tolerance development and passion, (e) sporting frequency and over-focussing and change of emotion, ( $p < 0.05$ ).

As a result, regular exercise can be said to be effective for exercise dependence.

**Keywords:** Sports, Exercise, Health

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## Rahim Ağzı Kanserlerinde İskemi Modifiye Albuminin Rolü

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Rahim ağzı kanseri kadınlarda çok en sık görülen bir kanser türüdür, bu kansere sebep olan en önemli faktör HPV (İnsan Papilloma Virüsü)'dür. Albuminin bu modifiye şekli iskemi modifiye albumin (İMA) olarak bilinmektedir. İskemi modifiye albumin iskemi sonucu oluşan reaktif oksijen türevlerinin yol açtığı albuminde modifikasyon sonucu meydana gelebilmektedir. İskemi modifiye albumin, iskeminin yol açtığı hücresel boyuttaki değişimlerin albuminin N terminal bölgesinin kobalt, bakır ve nikel elementlerin bağlanma kapasitesini azaltması sonucu meydana gelebilmektedir. Yapılan çalışmalarda iskemi modifiye albumin (İMA) düzeyi, kardiyak dışı iskemili hastalıklar, pulmoner emboli, kardiyopulmoner resüsitasyon, son safha böbrek hastalıkları, serebrovasküler iskemi, akut mezenterik iskemi, sistemik skleroz, artroskopik diz cerrahisi, egzersiz sonrası iskelet kası iskemisi, diabetes mellitus (DM), karaciğer hastalıkları, bazı kanserler, infeksiyon ve periferik damar hastalıklarında yükseldiği saptanmıştır. Bu çalışmada rahim ağzı kanserlerinde iskemi modifiye albuminin rolü araştırılmıştır. Sonuç olarak, iskemi modifiye albumin rahim ağzı kanserlerin patogeneğinde önemli rol oynayabilir.

**Anahtar Kelimeler:** Rahim ağzı kanserleri, iskemi modifiye albumin, pelviks

## Rahim Ağzı Kanserlerinde Oksidatif Stresin Rolü

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Rahim ağzı kanseri kadınlarda çok en sık görülen bir kanser türüdür, bu kansere sebep olan en önemli faktör HPV (İnsan Papilloma Virüsü)'dür. Oksidatif stres, serbest radikaller ile antioksidanlar arasındaki dengenin serbest radikaller lehine bozulması olarak tanımlanmaktadır. Birçok hastalığın nedeni oksidatif stres den kaynaklandığı bilinmektedir. UV ışınları, ilaçlar, yağ oksidasyonu, bağışıklık sistemi reaksiyonları, radyasyon, stres, sigara, alkol gibi nedenlerle oksidatif stres oluşmaktadır. Metabolizmada meydana gelen serbest oksijen radikalleri, damar sertleşmesi, kalp hastalıkları, kanser, beyin kan dolaşımının azalmasına bağlı hastalıklar, sinir sistemi dokularına ait hastalıklar, şeker hastalığı, ani gelişen böbrek yetmezliği, anfiyem, bronşit, akciğer hastalıkları ve alkolik karaciğer hastalıkları ve yaşlanmaya bağlı doku bozuklukları gibi çok sayıda hastalıklar meydana getirmektedir. Bu çalışmada rahim ağzı kanserlerinde oksidatif stresin rolü araştırılmıştır. Sonuç olarak, oksidatif stres rahim ağzı kanserlerin etiyolojisinde önemli rol oynayabilir.

**Anahtar Kelimeler:** ROS, rahim ağzı kanser, oksidatif stres

# THE IMPORTANCE OF THERAPY WITH MUSIC IN MAINTAINING MENTAL HEALTH OF ELDERLY INDIVIDUALS

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**Aim:** The aim of this study was to increase the prevalence of musical therapy in reducing psychological distress such as pain, anxiety, stress and depression without invasive intervention in maintaining the mental health of elderly individuals. **Material and Methods:** The study was prepared with the collection of studies whose full texts were reached with the scans made with the words of elderly individuals, music, musical therapy via google academic and PubMed databases. **Findings:** Aging is an important issue in our society and worldwide. While the rate of the elderly population in Turkey was 7.7% in 2013, it was 8.5% in 2017. Depression is one of the major health problems in elderly people and is among common mental health problems in old age. When elderly individuals lose their skills in their social environment, their tendency to depression increases. Music reduces the behavioral, psychological symptoms and depression levels of the elderly by its psychological effect. Music therapy helps elderly individuals increase their positive feelings, reduce their anxiety, depression level and sleep disturbance problems. Music therapy is considered an effective method to help improve the physical and mental health of the elderly. Music therapy contributes to the reduction of stress experienced by elderly people due to neurological problems. Nurses and family members have often used the therapeutic effect of music in order to speed up the calm environment and healing in the nursing process. Pharmacological interventions effectively control behavior in elderly individuals who are agitated. Age related changes in elderly individuals may lead to longer duration of drug activity, variable drug effects, and increased incidence of adverse drug reactions. Therefore, the use of music among non pharmacological methods for reducing the agitation behavior has taken place and has produced effective results in the research conducted on the individuals in the nursing home. Music also lowers blood pressure, has positive effects on Alzheimer s disease, heart disease, and helps to regulate physiological parameters. **Conclusions:** In mental health maintenance and nursing care in elderly individuals, it is thought that extending the usage areas of the therapy method with music will facilitate the treatment without invasive intervention.

**Keywords:** Elderly individual, music therapy, nursing

# HEALTH LİTERACY FOR HEALTHY LİVİNG SUMMARY

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Health to acquire behaviors to protect, maintain and improve the well being of the individual, and to make the right decisions in matters that concern his or her health. Health literacy, a new concept individuals with knowledge and skills in health literacy are aware of their health and have methods of protection against the factors that will cause them, and how they can be treated in case of illness. People who know how to behave. With self responsibility in health care, individuals are expected to take their own health responsibilities, learn their knowledge, and take new roles in getting the right health care decisions for themselves and their relatives. It is thought that health literacy has an increasingly prevalent role in terms of health and health outcomes. Healthy literate individuals with inadequate love are less likely to use preventive health services such as pap smear testing, getting a mammogram, dental checkups, follow up vaccinations, they are delayed in seeking care, are more likely to use emergency services, understand health status, are inadequate in adhering to medical advice, can't manage their selfcare, and cause increased health care costs and increased mortality. It is necessary to raise the health literacy levels of the communities in order to increase the quality and quality of the healthy life of the individuals, to have a more active role in their health decisions, to provide better quality health care services and to gain the ability to use the health services received.

**Keywords:** Healthy Living, Health Literacy

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# EFFECTS OF MUSIC LISTENED TO PREGNANT WOMEN ON ANXIETY LEVEL

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Esin ÇEBER TURFAN, Ege Üniversitesi Sağlık Bilimleri Fakültesi

**GOAL** This research was carried out to investigate the effects of music on anxiety level that listened by women during the 20 days. **MATERIALS AND METHODS** This study is a randomized, single blind, experimental study. In gathering the data Descriptive Characteristics Information Form and Visual Analog Scale (VAS) were used. Those who meet the inclusion criteria and who have written and verbal approval, 50 pregnant women in the 36th gestational week were included in the control group and 50 pregnant women were included in the study group. 12 instrumental music options for listening to women were offered at home for 20 days. In the pilot application, 30 women were selected for the selection of music. These music, women stated to reduce their anxiety situation, were given for listening at home. VAS training was given to mark levels of anxiety to all pregnant women. Every day between 20.00 and 22.00 pm, the control group was asked to resting and mark their anxiety points on the VAS, before resting and after at least half an hour of resting during 20 days. In the study group, they were asked to mark their anxiety points for 20 days before listening to music and after listening to music at the same time. At week 38, all pregnant women in the study and control group made the markings complete and delivered. In the analysis of the data, SPSS 22.0 was used and a generalized mixed linear model approach was applied. This is a longitudinal structure and is considered to show poisson distribution. **RESULTS** There were no significant differences in the descriptive characteristics of pregnant women such as age, marriage age, income status, education, profession ( $p>0.05$ ). There was no statistically significant difference between the groups in terms of VAS values before the application ( $p>0.05$ ). Likewise, there is no significant difference in VAS values at different time points ( $p>0.05$ ). Post application VAS values showed statistically significant differences in both groups and time. **CONCLUSIONS** Positive effects of music use in decreasing anxiety level in pregnancy are reported with studies. Music studies are conducted in a short period of time in anxiety studies and try to get results instantaneously. In our study, the level of anxiety before and after listening to music for 20 days was determined and the study control group was compared. The positive effect of reducing music anxiety in terms of time and groups was determined in our study results.

**Keywords:** Music, Music Medicine, Anxiety, Pregnancy



# Thermodynamics Of Methylene Blue Adsorption Study On Almond Shell Taken From Van Akdamar Island, And Isotherm Calculations

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Almond shell the product obtained from the almond tree (*Prunus dulcis*) as a result of the process of breaking the grain as a result of separation from one of the Shell Material woody is a hard material. Almond peel is considered in terms of discourse after almond paste, almond paste after separation of almond grain from the shell is also called the material of the pulp. The aim of this study is to treat the waste water containing methylene blue in various concentrations by using biomass made from bark of natural almonds taken from Van Akdamar Island. The difference between this study and previous studies is that it contains materials from almond tree grown on the island of Van Lake Akdamar. In our literature surveys and researches, we have not previously taken from this region with almond shell and methylene blue adsorption. For this reason, our work in terms of substances used for the first time is not only a study, but also an original study in terms of adsorption of waste water and heavy metal cations in water.

**Keywords:** Almond Shell, methylene blue, adsorption, Thermodynamic, isotherm

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## Cardiac Myxoma With Self Arrhythmia

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**INTRODUCTION** The most common primary cardiac tumor in adult is a mixed tumor. The etiology of these tumors, which usually originate from the interatrial septum wall, is not fully known. If the tumor size is small, patients may be asymptomatic or have general disease symptoms such as fever, fatigue, weight loss, body aches, muscle aches. These tumors have no specific symptoms. In these patients, which are usually asymptomatic, complaints vary according to tumor location and tumor size. As the tumor diameter grows, they begin to show symptoms by acting like a barrier in the direction of blood flow or by occlusive closure. Breathlessness, pulmonary edema, hemoptysis, fainting, orthopedics and coughs can cause complaints. In this article, we aimed to present a patient who was diagnosed with echocardiography after an emergency department admission with a complaint of palpitation. Although cardiac tumors are rare, they can cause mortality and morbidity if not treated early. Seventy percent of cardiac tumors are benign tumors, the majority of which are myxomatosis (1). They are often seen in the third and sixth decades of life (2). These tumors frequently appear in the left atrium and follicular ovalis polypoid. But the heart can also appear in other cavities. It is thought that familial factors play a role in etiology. Myxomatosis has a gelatinous structure that is macroscopically attached to the tissue via a polyp. In the microscopic structure, mucopolysaccharide is present in the matrix with low cellular structures (3). These patients who do not have a specific laboratory finding can often be found to have anemia, erythrocyte sedimentation rate (ESR) and elevated C reactive protein (CRP) (4). Transthoracic echocardiography is sufficient for the diagnosis of these tumors. However, transesophageal echocardiography can be performed for detailed examination. Recently, it has been used in computerized tomography and magnetic resonance imaging. Patients over 45 years of age are required to perform coronary angiography (5). CASE A 39 year old male patient with no previous cardiac history referred to the emergency department with a sudden onset palpitation. Consciousness was clear and cooperative, blood pressure was 110/70 mmHg and pulse was 185/min on physical examination. There was no murmur in the patient's auscultation. Supraventricular tachycardia (SVT) was detected in the electrocardiogram (Figure 1). The rhythm was controlled by the patient's SVT metoprolol ampoule. In the blood samples taken from the patient, values except for CRP 12 mg/L, ESR 25 mm/h, white blood cell 11500/mm<sup>3</sup> and hemoglobin 11 g/dl were within normal range. The cardiothoracic ratio was slightly increased in the telegraph of the patient and there was no pathology other than mild hilar fullness. Echocardiography performed after the requested cardiology consultation showed a hyperechoic structure of approximately 8x6 cm in the right atrium. Tricuspid insufficiency could not be assessed due to mass entering and leaving the right ventricle from the tricuspid valve. But the pulmonary pressure was measured as 55 mmHg. No pathology was detected in other valve structures of the patient, and the ejection fraction was calculated as 60%. The patient was taken to the intensive care unit of the cardiovascular surgeon and the operation was started after the preparations for the operation were made. Full dose heparin was administered after median sternotomy. Following aortic and bicaval cannulation, cardiopulmonary bypass was introduced followed by cardiac arrest with 32°C hypothermia and antegrade blood cardioplegia. Right atriotomy was performed (Picture 2). It was found that the tumor originated from the fossa ovalis region (Picture 3)...

**Keywords:** Cardiac Myxoma, Arrhythmia

# CAN ARTICHOKE EXTRACT SHOW THE PROTECTIVE EFFECT ON OXIDAN And ANTIOXIDAN BALANCE, IN THE BRAIN TISSUE OF IRRADIATED RATS ?

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**Aim:** Although radiotherapy is often used in the treatment of diseases such as cancer, the efforts to reduce its side effects still continue. In this study, protective effect of artichoke extract on brain tissue of irradiated rats was investigated. **Method:** Wistar albino rat (approximately 4 month age and n=32) were separated into four group in equal number, randomly. Control group was fed with standart pelet food during 10 days. Radiation group after 5 gray single fractions irradiation, were fed with standard pellet feed for 10 days. Radiation + Artichoke group after 5 gray single fraction irradiation, was fed with pellet feed with 30 mL kg artichoke extract for 10 days. Artichoke group was fed with pellet feed with 30 mL kg artichoke extract for 10 days. Malondialdehyde (MDA, copper (Cu), superoxide dismutase (SOD) and zinc (Zn) levels were measured in brain tissue homogenates. **Results:** The MDA and Cu values of the radiation group were higher than the other groups, while the SOD values were decreased (p

**Keywords:** Cu and Zn, artichoke, MDA, radiotherapy, SOD

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# APPROPRIATE TRACT METHOD IN COMPUTED TOMOGRAPHY GUIDED PERCUTANEOUS TRANSTHORACIC BIOPSY

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***MESUT ÖZGÖKÇE, YÜZÜNCÜ YIL ÜNİVERSİTESİ***

Percutaneous transthoracic biopsy (PTB) is an imaging guided diagnostic method with cheap and high accuracy. Although it is preferred for peripheral lesions, it can be used successfully in central and mediastinal lesions. The patient's position is evaluated by previous imaging. Depending on the localization of the lesion, the patient should be given supine, prone or lateral position. If the lesion is anterior the supine position, posterior prone position and if the lesion is near the lateral thorax wall, lateral decubitus position should be preferred. The shortest path should be selected when passing through the parenchyma during biopsy. Attention should be paid to the absence of bullae, fissure, large bronchus and vascular structures in the tract of the biopsy needle. If there is more than one lesion, deep lesions, lower lobe lesions, hemorrhagic and necrotic areas should be avoided. Positron Emission Tomography (PET CT) should be examined with CT images as it will give an idea about the necrotic segments of the lesion. In central lesions, the relationship between vascular anatomy and lesion should be examined and initial should be planned. Contrast agent administration may also facilitate the separation of atelectasis from undefinable masses. Initial puncture into the atelectatic lung can reduce the risk of pneumothorax. It is important to localize and maintain internal mammarian vessels at the entrance through the anterior chest wall. In conclusion, appropriate position, appropriate tract and shortest path should be chosen to avoid complications in transthoracic lung biopsies.

**Keywords:** Transthoracic Biopsy, Computed Tomography

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# INTERLOBAR LOCATED CASTLEMAN DİSEASE, CASE REPORT

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**ABSTRACT** Castleman s disease is a rare lymphoproliferative benign disease of unknown etiology. Although it is common in adults, it can be seen at any age from childhood. In most cases, patients present with mediastinal mass but rarely seen in the whole body. We aimed to present a case of Castleman s disease as a rare interlobar location. **INTRODUCTION** Castleman s Disease (CH) was first described as a “thymoma like localized mediastinal lymph node hyperplasia” in 1956. The disease is located in the thoracic mediastinum or hilum in more than 70% of the cases and it can be found in the whole body. It is usually seen in young adults. The disease is asymptomatic and the lymph node is large and well defined. CD should be distinguished from other autoimmune and neoplastic diseases with mediastinal mass. Thymoma, lymphoma, tuberculosis, sarcoidosis and malignant lesions should be considered in the differential diagnosis. Histopathological evaluation is required for definitive diagnosis. Treatment of localized CD is surgery. We present a case of Castleman s Disease in the right fissure. **CASE A** 19 year old female patient was admitted to the outpatient clinic with one week cough. Enhanced chest computed tomography (CT) showed a 4x2.5 cm regular shaped mass with high enhancement in the right interlobar area. No transthoracic biopsy was planned due to high enhancement. The mass was resected by exploratory thoracotomy. Pathology results were reported as hyaline vascular type Castleman s Disease. The patient was discharged on the 5th postoperative day. The patient is being followed up by our clinic without any complaint **DISCUSSION** Castleman s disease is a rare lymphoid tissue disorder characterized by lymph node enlargement. Although its pathogenesis is not known exactly, it is thought to be caused by defect in immune regulation causing excessive B lymphocyte and plasma cell proliferation in lymphoid organs. No gender or race distinct. As in our case, it is seen mostly in healthy and young patients under 30 years of age. Castleman s Disease 86% is located in the thorax. The most common locations are the anterior mediastinum, the right paratracheal area, the hilar region and the posterior mediastinum. Extranodal areas may also be involved. Radiograph shows a soft tissue mass. The most characteristic finding is radial spread from the mass center or peripheral calcifications. This is mostly seen in abdominal masses and is seen at 5 10%. Its ultrasonographic appearance is similar to lymphoma. Focal homogeneous, hypoechoic and hypervascular lesion is observed. In CT, smooth and homogenous soft tissue mass is observed. Surgery is used for diagnosis and treatment of mediastinal Castleman Disease and other mediastinal masses. In conclusion, Castleman s Disease is a rare lymphoproliferative disease that is often located in the mediastinum or hilum. It should be considered in the differential diagnosis of mediastinum and hilar masses. In these patients, exploratory thoracotomy is recommended for diagnosis and treatment.

**Keywords:** Castleman, Interlobar

# Radiological Imaging Findings In The Differential Diagnosis Of Vertebral Fractures

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**INTRODUCTION:** Vertebral fracture is a common clinical problem. Osteoporosis is the leading cause of non traumatic vertebral fracture. Presence of vertebral fracture increases the chance of fracture in another vertebra and also increases the risk of subsequent hip fracture. Early detection can lead to immediate therapeutic intervention improving further the quality of life(1). In this presentation, we aimed to give a brief information for the vertebral fractures as far as we can find in the literature. With the widespread availability and use of Multidetector CT (MDCT), many fractures can be incidentally detected on routine sagittal reformations in patients undergoing CT scans for other indications(2). However, despite the ease of identifying vertebral fractures in CT, many fractures stil don't get reported because of assessment of vertebrae in axial sections only instead of sagittal sections(3). CT, because of its superior ability to depict bone as compared to radiographs, can also better detect cortical bone destruction and involvement of posterior elements of spine thus distinguishing benign from malignant fractures and acute versus chronic fractures(4). Emphasising the cortical buckling and subtle trabecular impaction seen with acute fractures compared to the well defined remodelled appearance of old fractures. CT can also better depict intraosseous air or "vacuum cleft sign" which is a reliable indicator of benign fracture(4). Low signal intencities on T1 weighted images ang high signal intencities on T2 weighted images meaning for the acute and metastatic fracture. İso signal intencities all sequences chronic fracture. The morphologic signs of benign fracture include maintenance of at least some normal arrow signal, no involvement of the posterior elements, fl uid sign or gas within the vertebral body, low intensity band along the fractured endplate representing the fracture line, lack of discrete soft tissue mass either in paravertebral or epidural location, no restriction of diffusion on DWI. Conversely, altered signal intensity in non fractured vertebrae, diffuse signal alteration in fractured vertebrae including posterior elements, and restricted diffusion strongly favour malignant etiology(5,6,7,8). **RESULTS:** İn acute and chronic vertebral fractures CT and MR images help differential diagnosis. İn daily routine reporting especially in terms of fractures examination of sagittal images is superior to axial images. Also detected fracture using MR and CT features acute chronic and benign malign discrimination provide clinicians with the convenience of patient management. **REFERENCES** 1. Anayan Panda, Chandan J. Das, Udismita Baruah. Imaging of vertebral fractures. Indian J Endocrinol Metab. 2014 18(3):295 303 2. Müller D, Bauer JS, Zeile M, Rummeny EJ, Link TM. Significance of sagittal reformations in routine thoracic and abdominal multislice CT studies for detecting osteoporotic fractures and other spine abnormalities. Eur Radiol. 2008 18:1696–702. [PubMed] 3. Williams AL, Al Busaidi A, Sparrow PJ, Adams JE, Whitehouse RW. Under reporting of osteoporotic vertebral fractures on computed tomography. Eur J Radiol. 2009 69:179–83. [PubMed] 4. Maldague BE, Noel HM, Malghem JJ. The intravertebral vacuum cleft: A sign of ischemic vertebral collapse. Radiology. 1978 129:23–9. [PubMed] 5. Malghem J, Maldague B, Labaisse MA, Doms G, Duprez T, Devogelaer JP, et al. Intravertebral vacuum cleft: Changes in content after supine positioning. Radiology. 1993 187:483–7. [PubMed] 6. Uetani M, Hashmi R, Hayashi K. Malignant and benign compression fractures: Differentiation and diagnostic pitfalls on MRI. Clin Radiol. 2004 59:124–31. [PubMed] 7. Tehranzadeh J, Tao C. Advances in MR imaging of vertebral collapse. Semin Ultrasound CT MR. 2004 25:440–60. [PubMed] 8. Griffith JF, Guglielmi G. Vertebral fracture. Radiol Clin North Am. 2010 48:519–29. [PubMed]

**Keywords:** Vertebral fractures, acute, chronic, benign, malign

## Sarcoidosis With Lung Findings

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**INTRODUCTION:**Sarcoidosis is a multisystem inflammatory disease of unknown etiology that manifests as noncaseating granulomas, predominantly in the lungs and intrathoracic lymph nodes. Pulmonary manifestations are present in ~ 90% of patients. Patients between 20 and 40 years of age are most commonly affected, although lung involvement can be seen at any age(1). Approximately 50% of patients are asymptomatic. The remainder present with either respiratory symptoms (e.g. cough and dyspnoea) or skin changes (e.g. erythema nodosum, lupus pernio, scars, plaques)(2). In this presentation, we aimed to give a brief information about lung sarcoidosis as far as we can find in the literature. Imaging evaluation can be tricky, as the manifestations are variable and depend on the stage of disease on both x ray and CT. In addition, it is essential to understand that imaging findings are non specific or atypical in 25 30% sarcoidosis is often termed the "great mimicker"(4). **FINDINGS:** Although there is a large spectrum of thoracic imaging findings, the most typical manifestations include Symmetric hilar and mediastinal lymphadenopathy (>75%).Hilar nodes nearly always involved, isolated middle mediastinal adenopathy rare presentation. Unilateral hilar enlargement without mediastinal involvement more rare findings about 1 3%. Atypical patterns more common in patients presenting ≥50 years of age.Wide spectrum of pulmonary parenchymal changes include perilymphatic micronodules, airspace opacities consolidation, lung masses and pulmonary fibrosis.If accompanied by pleural effusion usually small or moderate in size and generally resolve within 2 3 months(1,3). Treatment is predominantly with corticosteroids, which are usually administered only to patients with active disease(5). The overall mortality rate is approximately 5%, with patients who present insidiously faring worse than those who present with an acute onset. Recognised complications include Pulmonary fibrosis for the stage IV, pulmonary arterial hypertension(6), cor pulmonale and aspergillomas(3). The differential diagnosis depends on the stage of disease and particular appearances differential of intrathoracic nodal enlargement for the stage I, differential of chronic airspace opacities and differential of interlobular septal thickening for the stage III, differential of pulmonary fibrosis for the stage IV. **RESULTS:** As a result sarcoidosis is a multisystemic disease although lungs are frequently involved, lack of specific radiological findings, should be considered in differential diagnosis according to stage, insidious disease that mimics almost every disease. **REFERENCES** 1. Collins J, Stern EJ. Chest radiology, the essentials. Lippincott Williams & Wilkins. (2007) ISBN:0781763142 2. Miller BH, Rosado de christenson ML, Mcadams HP et al. Thoracic sarcoidosis: radiologic pathologic correlation. Radiographics. 1995 15 (2): 421 37. 3. Webb WR, Muller NL, Naidich DP. High resolution CT of the lung. Lippincott Williams & Wilkins. ISBN:0781769094. 4. Criado E, SáNchez M, RamíRez J et al. Pulmonary sarcoidosis: typical and atypical manifestations at high resolution CT with pathologic correlation. Radiographics. 2010 30 (6): 1567 86. 5. Abehsera M, Valeyre D, Grenier P et al. Sarcoidosis with pulmonary fibrosis: CT patterns and correlation with pulmonary function. AJR Am J Roentgenol. 2000 174 (6): 1751 7. 6. E. Morawiec, A L. Hachulla Lemaire, J. Chabrol, M. Rémy Jardin, B. Wallaert. Venoatrial compression by lymphadenopathy in sarcoidosis. European Respiratory Journal. 35 (5):

**Keywords:** Sarcoidosis, lung findings, great mimicker



# DOĞUMSONU DÖNEMDEKİ KADINLARIN EMZİRME ÖZ YETERLİLİĞİNDE ETKİLİ FAKTÖRLER

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**AMAÇ:** Bu araştırma, doğum sonu dönemindeki kadınların emzirme öz yeterliliği ve sosyo demografik obstetrik özellikler açısından etkileyen faktörleri saptamak amacıyla yapılmıştır. Araştırma doğum sonu dönemdeki kadınların emzirme öz yeterliliğinde etkili olabilecek sosyo demografik ve obstetrik özellikleri saptamak amacıyla yapılmıştır. **MATERYAL VE YÖNTEM:** Araştırma tanımlayıcı kesitsel tiptedir. Araştırmanın evrenini Bingöl İl Merkezinde yaşayan ve 4 6 hafta arasında bebeği olan anneler oluşturmuştur. Betimsel ilişki tarama modelinde olan çalışmanın evrenini Türkiye'nin Doğu Anadolu Bölgesinde yer alan bir ilin merkezinde yaşayan ve 4 6 hafta arasında bebeği olan anneler oluşturmuştur. Olasılıksız amaçlı örneklem ilkeleri doğrultusunda araştırmanın verileri 1 Mayıs 31 Ağustos 2018 tarihleri arasında il merkezinde bulunan Kadın Doğum ve Çocuk Hastalıkları Hastanesinin çocuk polikliniklerine başvuran ve araştırmaya katılmaya gönüllü olan annelerden (226 kişi) elde edilmiştir. Araştırmada veri toplama aracı olarak araştırmacılar tarafından literatür bilgisine uygun olarak geliştirilen, katılımcıların bazı sosyo demografik obstetrik öykülerini sorgulayan ve toplam 22 sorudan oluşan Bireysel Bilgi Formu ile Emzirme Öz Yeterlilik Ölçeği (EÖYÖ) kullanılmıştır. **BULGULAR:** Katılımcıların yaş ortalamaları  $30.41 \pm 5.99$  (17 48) olup %77'sini 35 yaş altı anneler oluşturmuştur. Eşlerinin yaş ortalaması ise  $35.03 \pm 10.71$  (20 99)'dir. Kadınların %12.4'ünün eşlerinin ise %6.2'sinin okur yazar olmadığı bildirilmiştir. Çalışmayan eş oranı %4.4 olup kadınların %55.3'ü ev hanımıdır. Gelirim fazla diyenlerin oranı %24.8'dir. Emzirme Öz Yeterlilik Ölçeği EÖYÖ puan ortalaması  $53.24 \pm 10.33$  (27 70)'dir. Katılımcıların eğitim düzeyi, medeni durum, gelir seviyesi algısı, sigara alışkanlığı, infertilite tedavisi görme ve gebelikte alınan kilo değişkenleri ise EÖYÖ puan ortalaması açısından farklılık yaratan veriler olarak saptanmıştır (p

**Anahtar Kelimeler:** Emzirme, Öz Yeterlilik, Doğum Sonu Dönem.



# GENÇ BİREYLERDE DİSMENORE VE NONFARMAKOLOJİK YÖNTEM KULLANMA DURUMU

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**AMAÇ:** Dismenore, yaşam kalitesini etkileyen bir durum olup iş verimliliğini, çalışma kalitesini azaltmakta, kazalara yol açmakta okula devamsızlıkta etkili olmaktadır. Bu çalışmanın amacı 18 25 yaş arasındaki bireylerin bazı sosyodemografik özellikleri açısından dismenore yaşama durumlarını ve nonfarmakolojik yöntemlere başvurma alışkanlıklarını irdelemektir. **MATERYAL VE METOD:** Tanımlayıcı karşılaştırmalı tipte olan ve saha taraması şeklinde planlanan bu çalışmanın evrenini Doğu Karadeniz Bölgesinde yer alan bir ilin merkezinde yaşayan 18 25 yaş aralığındaki gençler oluşturmuş olup kartopu örneklem yöntemine göre gönüllü olan katılımcılara ulaşılmıştır. Veriler araştırmacılar tarafından hazırlanan anket yöntemi kullanılarak toplanmıştır. Araştırmada tanımlayıcı veriler sayı ve yüzde ile verilmiştir. Kategorik veriler için ki kare analizi yapıldı. Elde edilen veriler istatistik paket programı ile değerlendirilmiştir. Anlamlılık düzeyi olarak p

**Anahtar Kelimeler:** Menstruasyon, dismenore, sosyo demografik özellik

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# Isotherm And Thermodynamic Studies On Removal Of Chrome Heavy Metal From Waste Water By Using Activated Carbon From Apple Shell

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Environmental pollution is one of the most important problems of our time. Increased pollution in parallel with fast growing technology threatens all life, especially heavy metals such as lead, mercury, cadmium, textiles or gases that pollute the air. In order to prevent corrosion of chrome, chromium is used in the fields of solder production, paint, polish, glass and ceramic materials, leather industry. When the chrome reaches the toxic level within the plant, it affects the germination of the seed. Chromium inhibits seed germination as a result of amylase activity and decreasing sugar transport to the embryo and increasing protease activity. Activated carbon is a general term used to describe the family of carbonaceous adsorbents with a large crystal form and a very large internal pore structure. Activated carbons are useful products that are harmless to human health and have a very high porosity and internal surface area. Their relatively expensive use is seen as the only obstacle to their common use. Therefore, the production of activated carbon from ligno cellulosic materials, which are cheap and abundant, and their performance in removing various pollutants are widely investigated. When we look at the data, the Freundlich and Langmuir isotherm models on the cadmium of the apple shell showed the best results in the Freundlich isotherm model at a temperature of 298K. As a result of thermodynamic calculations, adsorption was calculated as exothermic and spontaneous.

**Keywords:** Activated carbon, chrome, heavy metal, thermodynamics, adsorption, isotherm

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# RADIOLOGIC IMAGING IN DIAGNOSIS OF PLEURAL EFFUSION

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**AIM:** The purpose of our study is to review the role of radiologic imaging modalities for the diagnosis and assessment of pleural effusion. We will investigate x ray, ultrasound (US), ultrasound elastography, CT and magnetic resonance (MR) findings in pleural effusion diagnosis. **DISCUSSION:** Pleural effusion (PE), which is defined as the collection of fluid in the pleural space, is an entity frequently encountered in everyday practice and can be seen in both benign and malignant diseases. PE occurs due to either a high hydrostatic pressure gradient (transudate) or increased permeability in pleural vascular structures (exudate). PE detected in a patient requires careful differential diagnosis, as the therapy depends on the density of fluid. One of the most common reasons for transudate is heart failure, whereas malignancy and inflammation are the most common causes of exudates. Diagnostic evaluation of pleural effusion begins by obtaining a clinical history and doing physical examination, followed usually by chest radiography, and analysis of pleural fluid in specific situations. In addition to the chest radiography, US and CT have an important role in some cases. Posteroanterior (PA) chest radiography is the first method for the detection and follow up of PE. The chest posteroanterior (PA) view shows an abnormal blunting of lateral costophrenic angle when pleural fluid is over 200 mL. Thoracic ultrasonography (TUS) has a high sensitivity for detecting pleural effusion. TUS allows an easy differentiation of loculated pleural fluid and thickened pleura. Thoracic ultrasonography (TUS) is mainly used in diagnostic or therapeutic thoracentesis to show the most appropriate anatomic site. CT scanning is excellent at detecting small amounts of fluid and is also often able to identify the underlying intrathoracic causes (e.g. malignant pleural deposits or primary lung neoplasms) as well as subdiaphragmatic diseases (e.g. subdiaphragmatic abscess). Magnetic resonance imaging of chest is currently less satisfactory and higher cost than CT or TUS in pleural disease due to poor spatial resolutions and motion artifacts. MR can be used in cases where other modalities cannot be used in the diagnosis of pleural effusion. **CONCLUSION:** Chest x ray and CT are the standard imaging modalities in evaluation of a pleural effusion. US has an important role in small or loculated pleural effusions and guiding interventional procedures. MRI is used as a complementary method in patients who cannot be diagnosed with contrast enhanced CT and other methods.

**Keywords:** Pleural effusion imaging

# THE EFFECT OF MUSIC THERAPY ON THE ANXIETY OF PATIENTS IN RADIOTHERAPY

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RADYASYON ONKOLOJİSİ

**EBRU ATASEVER AKKAŞ**, SAĞLIK BİLİMLERİ ÜNİVERSİTESİ DR ABDURRAHMAN YURTASLAN ANKARA ONKOLOJİ HASTANESİ RADYASYON ONKOLOJİSİ

**PURPOSE** The aim of this study was to investigate the effects of anxiety levels on radiotherapy during music therapy. **METHOD** The State and Trait Anxiety Scale is a questionnaire developed to measure anxiety levels in cancer patients and is a questionnaire developed to examine the expression of these different concerns in individuals. The study was performed in Ankara Oncology Training and Research Hospital Radiation Oncology Department. Sixty patients who received radiotherapy were divided into two groups. Pre treatment State and Trait Anxiety Inventory was applied to all patients. Then, only the State Anxiety Inventory was repeated. Music was played in 30 patients during the treatment. Data were analyzed using SPSS version 15.0 software. T test and Mann Whitney U test were applied for analysis. p value

**Keywords:** radiotherapy, anxiety, cancer, music therapy

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## BRAIN MAGNETIC RESONANCE IMAGING COMMONLY OBSERVED WHITE STAINS, LEUKOARAIOSIS

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**Introduction:** In magnetic resonance imaging (MR), we will discuss the etiology, pathology, and clinical response of the hyperintense white foci seen in the T2 weighted images and the fluid attenuated inversion recovery (FLAIR) sequence in both hemispheres. White spots are common in T2 FLAIR weighted images and occur in 15% at 60 years of age and 80% at 80 years of age. It is found in most periventricular and perivascular area(1,2). Number, size, location, and features such as can be done with the clinical differential diagnosis. For example, a young female patient with perpendicular lesions to the corpus callosum usually points to Multiple sclerosis (MS). In elderly patients, they are usually due to atherosclerosis. When we look at the literature, the most common causes are demyelinating diseases (MS, Acute disseminated encephalomyelitis, Subacute sclerosing panencephalitis, etc.), dysmyelinous diseases (leukodystrophies), toxic demyelination (due to osmotic and toxic agents), demyelization related to small vascular structures (atherosclerosis chronic hypertensive vasculopathy, amyloid angiopathy, hereditary vasculopathies, venous collagenosis, radiotherapy), glial tumors(3). The most common causes in our region are MS , due to toxic agents (alcohol, substances and drugs (chemotherapeutics), chronic hypertensive vasculopathy, radiotherapy, glial tumors (astrocytomas, oligodendrogliomas etc.). **Follow treatment:** Follow up and treatment options are different for etiology. For example, MS is an immunosuppressive treatment because of attacks. In chronic hypertensive encephalopathy, treatment is given to the symptoms in the symptomatic period. Apart from this, follow up and treatment are done according to clinical features. Oxygen hyperbaric treatments can be given. **RESULT:** T2 FLAIR signal increases are common. Number, size, location, and features such as can be done with the clinical differential diagnosis. Follow up and treatment options are different for etiology. **REFERENCES:** 1 Garde E, Mortensen EL, Krabbe K, Rostrup E, Larsson HB: Relation between age related decline in intelligence and cerebral white matter hyperintensities in healthy octogenarians: a longitudinal study. Lancet 2000, 356:628–634. 2 Launer LJ: Epidemiology of white matter lesions. Top Magn Reson Imaging 2004, 15:365–367. 3 <https://radiopaedia.org/articles/white-matter-disorders>

**Keywords:** Brain MRI, Leukoaraiosis, white stains

# ARACHNOID CYST MAGNETIC RESONANCE FEATURES

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**INTRODUCTION:** Arachnoid cysts are benign, congenital, CSF containing, intraarachnoidal lesions. They are not connected to the ventricular system (1,2). They constitute 1% of all intracranial masses (3). Arachnoid cysts often form nonspecific symptoms associated with suboptimal cerebral function, including headache, dizziness or epilepsy and impaired detection. The imaging shows a sharply defined extraaxial cyst that pushes or distorts the neighboring brain parenchyma. They have similar intensity with CSF in all sequences and do not show contrast enhancement (3). However, sometimes hemorrhage and high protein content may complicate MRI. In this case signal change occurs (1,2,4). They are followed by MR and rarely show growth. Large arachnoid cysts are operated, which compress the brain parenchyma and important anatomical structures. **RESULT:** As a result, arachnoid cysts are benign extracranial cysts. They are followed by MRI. **REFERENCES:** 1 Osborn AG. Arachnoid cyst. In: Diagnostic imaging: brain. Salt Lake City, Utah: Amirsys, 2004 | 7 4 2 Osborn AG. Miscellaneous tumors, cysts and metastases. In: Diagnostic neuroradiology. St Louis, Mo: Mosby 1994. p. 631 49. 3 Osborn AG, Preece MT. Intracranial cysts: radiologic pathologic correlation and imaging approach. Radiology 2006 239: 650 64. 4 Burger PC, Scheithauer BW, Vogel FS. Intracranial meninges. In: Surgical pathology of the brain and its coverings. 4th ed. Philadelphia, Pa: Churchill Livingstone 2002 89 93.

**Keywords:** arachnoid cyst, MRI, benign lesions

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## Therapeutic Use Of Rheum Ribes L.

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**Aim:**Species Rheum ribes is medicinally important as it has hepatoprotective, spasmolytic, anticholesterolaemic, antitumor, antiseptic, antifungal, anti microbial, anti Parkinson"s, anti proliferative, immuno enhancing, antiviral and antioxidant properties. A huge array of bioactive compounds have been so far isolated from Rheum. This emphasizes on the need of extensive study for the survey of literature regarding the information on the medicinal importance of species of Rheum ribes L. Rheum ribes Linn another species of this genus, locally known as „Iskin, usgun or, Ucgun“ is distributed in Eastern Turkey, Lebanon and Iran. This is the only species of Rheum growing in Turkey. Rheum ribes is the source of one of the most important crude drugs in the Middle East. Young shoots and petioles of R. ribes are used against diarrhea as well as stomachic while juice of some parts of the plant is used against hemorrhoids, measles, smallpox and cholagogue .Its fresh stems and petioles are consumed as vegetable, and stems are also eaten fresh, which act as digestive and appetizer while the roots are used to treat diabetes, hypertension, obesity,ulcer, diarrhea as antihelmintic, anti psoriatic and expectorant The decoction of R. ribes roots possesses blood sugar lowering activity R. ribes, grown in Iran, is reported to have antimicrobial activity against gram negative pathogens such as Escherichia coli, Klebsiella pneumoniae, Proteus spp., Pseudomonas aeruginosa and Neisseria gonorrhoeae. Conclusion: As a conclusion, Rheum ribes L. pharmacologically active compounds in Rheum has been confirmed beyond doubt. The plant species is used both in traditional medicinal systems as well as in modern drug industry as a remedy for various disorders. The secondary metabolites of only a few species and their mechanism of action have been studied so far.

**Keywords:** Rheum ribes L., Treatmant

## Carcinogenic Effects Of Heavy Metals

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Each year there are more than 10 million new cancer cases worldwide and cancer is the cause of about 12% of all deaths. Epidemiological studies have been made to identify the risk factors. Those associated with heavy metals have received attention. Almost all heavy metals are toxicants as carcinogen. Environmental pollution, can lead human exposure to heavy metals and cause health disorders including cancer. It is important to continue the investigations on the genetic, epigenetic and biochemical level. Arsenic, cadmium, chromium and nickel are classified as Group 1 carcinogens by International Agency for Research on Cancer. However, the mechanism underlying heavy metal induced cancer remains unclear. Biological pathways involved may be clarified by using toxicology based methodologies combined with statistical and computational tools in heavy metal toxicity analysis. In this review, for four heavy metals the main sources of exposure, mechanisms of toxicity and carcinogenesis have been compiled according to existing literature.

**Keywords:** heavy metals, Cancer

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## Plant Extraction And Extraction Methods

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In this study, the traditional and developed extraction methods are discussed in general and the advantages and disadvantages of the methods are tried to be explained. Considering that each method has its own pros and cons, it can be concluded that the method choice will be shaped completely according to the aims and possibilities of the user. Pharmacological, industrial, or cosmetic? Is there adequate infrastructure and budget for modern methods? These questions can be further diversified, but the method of answers will be decisive. It should be remembered that although the extracts are extracted more quantitatively with conventional extraction methods that do not require a detailed infrastructure, the results are far from the natural chemical structure of the plant. Microwave extraction and other improved methods provide qualitatively satisfactory results, but are more economically burdensome. Improved methods can yield results in a shorter time, use less solvent to improve environmental health, give qualified results and, if desired, on a single volatile substance. It has attracted more attention in recent years with its advantages such as its ability to concentrate

**Keywords:** Plant ,extraction , extraction methods

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# KLASİK GİTARDA DURUŞ VE TUTUŞ ERGONOMİSİ İÇİN KULLANILAN DESTEKLEYİCİ APARATLARIN İNCELENMESİ, THE EXAMINATION OF ASSISTIVE KITS THAT ARE USED IN ERGONOMICS FOR POSTURE AND HANDLING POSITION IN CLASSICAL GUITAR

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The posture of the musician and the holding of the instrument is of capital importance in classical guitar as all of the other instruments. Being in a correct sitting position with the instrument and positioning the instrument towards the body allow the player to obtain a good, quality sound from his instrument and provide technical advantages as well. Wrong grip and sitting both technically limit the player and cause physical problems. Like other instruments, classical guitar has undergone structural changes in the historical process. This evolution of classical guitar interacts with many elements such as composer, repertoire, technique and style features. It is possible to complete the physical evolution of an instrument in the sense of form and to reach the highest level in terms of ease of play and to be preferred by the players (Northon, 2008: 9). The fact that modern classical guitar has the closest form to its present form is the second half of the 1800s with the contributions of Antonio Torres to the guitar. One of the main differences in Torres guitars is that the upper and lower arches of the body are larger and have deeper edges. Torres standardized the key length at 65 cm, gave a little curvature to the button and tried to prevent the left hand from being exposed to more stress than needed (Evans and Evans, 1977). Despite all these innovations, classical guitar players do not seem to have been overcome with the unsupported use of the guitar with this form of health problems in the left hand and back. It can be observed that: trigger finger syndrome, focal dystonia, tendinitis, pain and excessive use syndromes in the arm and forearm muscles occur (Çimen 2003: 176 Ergin, 2016: 3). Various auxiliary devices are used to prevent or reduce such complaints. These can be listed as guitar stand, ergonomic backrest, ergo play knee pad, non slip cloths, L supporter, guitar cushion, cut away form. Some guitarists prefer to use the legs as a supporter for an ergonomic exercise (especially flamenco type) and others as supporting them. In this research, supporting apparatus used for posture and grip ergonomics in classical guitar were examined. The research was a descriptive study and the screening method was used. In the research, the apparatuses which can be used in classical guitar posture and grip ergonomics have been researched and it is aimed to reach the entire universe which can be reached. In the conclusions and recommendations section of the research, the apparatuses which can be used in classical guitar posture and grip ergonomics were categorized and evaluations were made for their use in classical guitar education.

**Keywords:** KLASİK GİTAR, DURUŞ, TUTUŞ, ERGONOMİ, APARAT CLASSİCAL GİTAR, HOLDİNG, POSTURE, ERGONOMİCS, KITS

# EVALUATION IN COMPUTED TOMOGRAPHY FINDINGS OF PULMONARY SEQUESTRATION

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Pulmonary sequestration is a rare congenital anomaly involving dysplastic lung tissue that has no connection with tracheobronchial tree and pulmonary arteries. Nutrition is generally from the aorta. Two different types are defined: Intralobar and extralobar sequestration. We aim to address the CT findings of pulmonary sequestration accompanied by cases. The definitive diagnosis of bronchopulmonary sequestration is based on the imaging of the aberrant systemic artery in invasive arteriography. Computed tomography is the best method for detecting paraneoplastic abnormalities in a variety of noninvasive imaging methods. CT scans show solid masses in a homogeneous or heterogeneous appearance, with or without cystic changes. Sometimes it can be seen in the form of multiple cystic changes that includes air fluid levels. As a result, pulmonary sequestration can be confused with other diseases and definitive diagnosis can be made with radiological imaging.

**Keywords:** pulmonary sequestration, congenital lung disease

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# Isotherm And Thermodynamic Studies In Removal Of Methylene Blue From Wastewater Using Van Pears

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In parallel with rapid technological developments in our time, a rapidly increasing pollution is threatening the living. These pollutants can include textile dyes, heavy metals, factory chimneys or gases emitted into the atmosphere. The dyes are insoluble structures that are insoluble in water. The paint is applied to the surface with the drying oil by brush or painting guns. The painted surface is coated with a relatively thick new layer by the drying of the oil. Thus, the surface is covered with paint. Generally, dyes are inorganic in structure. But there are also organic ones. (Eg phthalocyanines, etc.). They do not make any changes on the surface they are applied to. They can be removed into large pieces from the surface by scratching [1, 3]. Adsorption can be defined as the removal of a contaminant from the aqueous medium using an adsorbent with a porous structure [2]. In this study, the removal of methylene blue textile dye in aqueous medium using pear collected from van region was investigated and the data were applied to Freundlich and Langmuir isotherms. Thermodynamic parameters were also investigated. According to data, Freundlich isotherm model of Freundlich and Langmuir isotherm models on methylene blue of Van Arm is the best result at 298K temperature. As a result of the thermodynamic calculations, the adsorption was calculated to be endothermic and spontaneous.

**Keywords:** Textile Dye, Thermodynamics, Adsorption, Isotherm

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## Kinetic Studies On Removal Of Methylen Blue From Wastewater Using Van Pears

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Live life is being damaged by the rapidly increasing environmental pollution at this time. It is essential to remove them from the natural environment quickly and effectively. Methylene blue (C<sub>16</sub> H<sub>18</sub> ClN<sub>3</sub> S<sub>3</sub> H<sub>2</sub> O) (3,7 bis (dimethylamino) phenazonium chloride) is a dark blue dyestuff with water (4 g L), easily soluble in ethanol and chloroform and capable of holding the water strongly. Methylene blue can be used to dye diphtheria bacterial cells and nerve tissue as dyes, as well as to dye cotton to pure blue tone. Adsorption can be defined as the removal of a contaminant from the aqueous medium using an adsorbent with a porous structure. In this study, the removal of the methylene blue textile dye in the aqueous medium using the pear collected from the van region was investigated. In addition, the kinetic modeling of the data was made. When the data were analyzed, it was seen that the best correlation coefficient of Van Arm on the methylene blue was 318 K in the second order kinetic model.

**Keywords:** Textile Dye, Kinetic, Adsorption

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# İmplantasyon Başarısızlığı Ve Prolidaz Enzimi Arasındaki İlişki

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İmplantasyon başarısızlığı iyi embriyoların normal uterus transferi sonucunda başarılı bir implantasyon ve gebelik sağlayamama durumudur. bu hastalığın nedenleri sırasıyla, maternal yaş, zayıf endometrial reseptivite, sub optimal embriyo transfer tekniği, genetik faktörler ve pıhtılaşma bozukluklarıdır. Bu durum ayrıca, kötü endometrial reseptivite, uterin kavite faktörü, endometrial kalınlık, immunolojik faktörler, KOH protokolü ve endometriozis ile yakın ilişkili olduğu gösterilmiştir. Prolidaz enzimi, karboksil terminal pozisyonunda prolin veya hidroksiprolin içeren imidodipeptitlerin (X Pro, X Hidroksiprolin) peptid bağına hidrolize eden bir enzimdir. Prolidaz enzimi, hücrede prokaryotik, kollajen ve prolin veya hidroksiprolin indükleyici enzimlerin katabolizmasında da önemli bir rol oynar. Prolidaz enziminin yokluğunda, nadir görülen bazı otozomal çekinik kalıtsal hastalıklar görülmüştür. Metalloproteinazlar, aynı zamanda manganez bağımlıdır. Metalloproteinazlar, trofoblast invazyonunda önemli bir enzimdir. Dolayısıyla prolidaz enzimi, trofoblastların implantasyonu ve invazyonu üzerinde önemli bir etkiye sahip olabilir. Prolidaz enzimin eksikliği implantasyon başarısızlığını etkileyen faktörlerden biri olabilir. Bu çalışmada prolidaz enzim üzerinde implantasyon başarısızlığı arasındaki ilişkisi araştırıldı.

**Anahtar Kelimeler:** İmplantasyon başarısızlığı, prolidaz enzimi, prolin

## Dış Gebelik Üzerine Oksidatif Stresin Etkisi

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Dış gebelik, sperm ve yumurta hücresinin birleşmesi sonucunda oluşan embriyonun, uterus dışında herhangi bir yere embriyonun rahim içine yerleşmesidir. Ayrıca, dış gebelik, doğum ile sonuçlanmaz. Erken teşhis edildiği takdirde tedavi şansı oldukça yüksektir. Tanı ve tedavisinde geç kalındığında ölümcül bir durum ortaya çıkmaktadır. Oksidatif stres, serbest radikaller ile antioksidanlar arasındaki dengenin serbest radikaller lehine bozulması olarak bilinmektedir. Oksidatif stres, birçok hastalığa neden olabilir. UV ışınları, ilaçlar, yağ oksidasyonu, bağışıklık sistemi reaksiyonları, radyasyon, stres, sigara, alkol gibi nedenlerle serbest radikaller oluşabilir. Oluşan serbest radikaller, damar sertleşmesi, kalp hastalıkları, kanser, beyin kan dolaşımının azalmasına bağlı hastalıklar, sinir sistemi dokularına ait hastalıklar, şeker hastalığı, ani gelişen böbrek yetmezliği, anfizem, bronşit, akciğer hastalıkları ve alkolik karaciğer hastalıkları ve yaşlanmaya bağlı doku bozuklukları yol açmaktadır. Sonuç olarak, uterus tüplerinin yapısal ve fonksiyon bozukluğu ektopik gebeliğe sebep olabilir.

**Anahtar Kelimeler:** ROS, ektopik gebelik, oksidatif stres

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