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CYPRUS

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ABSTRACTS
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BIRTH WEIGHT, LENGTH AND BODY MASS INDEX VALUES IN MODERATE TO LATE PRETERM AND TERM NEWBORN TWINS

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Tutor: Associate Professor Serkan Kaya

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University & Faculty: Namık Kemal University Faculty of Medicine

Introduction:

It is very important practice to use singleton growth standards to assess twin growth. Twins who are born preterm need the special care. The aim of this study is to determine twin birth weight and length standards and also discuss the use of body mass index (BMI) values among moderate to late preterm and term newborn twins.

Methods:

We studied variables of 33 twin pregnancies. They were divided into two groups. The values for mean±SD of gestational age (GA) of the groups were 35.6±0.9 weeks for preterm and 38.2±1.0 weeks for full-term babies. Their weights and lengths were measured. The BMI values were calculated. Low birth weight babies were also identified. The statistical evaluation was performed. Statistical significance was accepted as $p \leq 0.05$.

Results:

Mean±SD values for birth weights of preterm and full-term babies were 2397±276 g. and 2609±380 g., respectively ($p \leq 0.01$). The corresponding values obtained for birth length were found as 47.7±1.5 cm. and 49.0±2.2 cm ($p \leq 0.05$). BMI values calculated for the groups were almost the same (10.6 ± 1.1 vs 10.8 ± 1.2 kg/m²) ($p \geq 0.05$). In full-term babies, correlations between GA and weight ($p \leq 0.05$) as well as length ($p \leq 0.01$) were observed. In the other group, the only correlation detected was between GA and length ($p \leq 0.05$). In both preterm and full-term babies, BMI was correlated with weight ($p \leq 0.01$).

Conclusion:

Weight and length values have been used as important criteria for better physical, psychological and intellectual development of the infant. Correlations between BMI and weight as well as the lack of correlation between BMI and length in both groups, the lack of difference between the groups in terms of BMI values have pointed out that BMI value is not useful at birth among twins. Birth weight is one of the most important anthropometric measures in the evaluation of an infant and keeps its significance.

Keywords: twins, gestational age, body mass index

BORN TOO SOON: BIRTH HEAD, ABDOMEN AND THORAX CIRCUMFERENCES COMPARED TO THOSE OF TWINS BORN AT OR NEAR TERM

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Introduction:

In recent years, frequency of twin pregnancies has considerably increased due to the common use of assisted reproductive techniques. Multiple pregnancies may lead to preterm birth, which is a global problem in terms of quality of life. This study aimed to assess the values related to head circumference (HC), abdominal circumference (AC) and chest circumference (CC) among twins born too soon in comparison with those of full-term infants.

Method:

The present study is performed on twin births in a Turkish population. We analyzed data of 66 twins. The gestational ages (GAs) of preterm and full-term infants varied between 33.3-36.6 weeks and 37.0-40.2 weeks, respectively. They were also evaluated for being small for gestational age. The values for HC, AC and CC were determined. The statistical analyses were performed. $p \leq 0.05$ was accepted as the degree of significance.

Results:

In our study low birth weight in preterm and full-term infants were evaluated. Upon evaluation of HC (32.8 ± 1.1 vs 32.9 ± 1.0 cm), AC (28.6 ± 1.8 vs 27.9 ± 2.3 cm) and CC (29.5 ± 1.5 vs 29.5 ± 1.4 cm) values, no statistically significant difference between groups for each of these parameters was observed ($p \geq 0.05$). In both groups, CC was correlated with AC and HC. In full-term infants there was a correlation between GA and CC ($p \leq 0.05$). In preterm infants, a strong association between GA and HC was observed ($p \leq 0.01$).

Discussion:

A statistically significant correlation between GA and CC couldn't be detected in preterm group, while a significant one was obtained in full-term group. The difference in the correlations related to GA and CC between preterm and full-term groups may be attributed to the fact that lungs are not yet fully developed among some of the preterm infants.

Conclusion:

In terms of cognition, preterm infants appear to be different from their full-term counterparts. In preterm, rapid growth soon after term is associated with a better cognitive outcome and may be of substantial benefit to later cognition. HC values may be closely related to brain development and future intellectual functioning of the infants. The strong association between GA and HC may be a preliminary finding related to the increase in intellectual capability following rapid catch-up growth in preterm infants.

Keywords: twins, preterm, head circumference

3 FABRY OLGUSU SUNUMU İLE FABRY HASTALIĞI'NA FARKINDALIK

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Danışman: Prof. Dr. İsmet Melek

Sorumlu Araştırmacı: Dilan Coşgun

Üniversite ve Fakülte: Mustafa Kemal Üniversitesi Tıp Fakültesi

GİRİŞ: Fabry nadir görülen alfa-galaktozidaz A enzim eksikliği sonucunda oluşan renal, glomerüler ve tübüler, epitelyal, myokardiyal, valvüler nöronal, vasküler, endotelyal ve düz kas hücrelerinde Gb 3(glibotriaçilseramid)birikmesiyle seyreden multisistemik semptomlara neden olan bir lizozomal depo hastalığıdır. Çok ender görülen bu hastalığa Mustafa Kemal Üniversitesi'ne başvuran 3 hastada tanı konulmuştur. Bunun üzerine biz de bu hastaların hastalık bulgularını tedavi süreçlerini izleyerek bu çalışmayı oluşturduk.

METOT:3 olgu inceledik. 1. vaka:5 yıldır fabry tanısıyla takip edilen 31 yaşındaki erkek hasta, lomber ve gluteal bölgede kaşıntılı cilt lezyonları, el-ayakta uyuşma, bacaklarda güçsüzlük bulguları bulunan hastada alfa galaktozidaz:47,85(n:200-2000)olup düşük bulundu.24 saatlik idrarda1,5 gr/gün proteinürisi bulundu. 2. vaka:8 yıldır fabry tanısıyla takipli 40 yaşında erkek hasta 1. vakanın abisidir. Bulguları ortaktır. Alfa galaktozidaz:98,25(n:200-2000) olup düşük bulunmuştur.24 saatlik idrarda 1 gr/gün proteinüri saptanmıştır.3.olgu:8 yıldır fabry tanısıyla takipli 48 yaşındaki erkek hasta aynı bulgulara sahiptir. Hasta ek olarak rekürren inme atakları geçirmiştir ve MR'ında posterior talamus tutulumu mevcuttur.

3 hastada ortak olarak önemli fabry hastalığından şüphelendirecek terlememe ve normal EMG(hastalık kısa lifleri tuttuğu için)bulgularını saptadık.2 haftada bir enzim tedavisine gelen hastaları bulguları açısından gözlemledik. Nefroloji, dermatoloji, göz hastalıkları, endokrinoloji nöroloji konsültasyonları ile hocalarımızın değerlendirmelerini kaydettik.Gb3 birikimi açısından biyopsi sonuçlarını inceledik. Tedavisi için yapılan enzim replasmanının sonuçlarını gözlemledik.

BULGULAR: Yaptığımız incelemelerimiz sonucunda olgularımızın üçünde de Gb3 birikimi olduğu, bunun sonucunda da üç hastada da tipik bölgelerde benzer deri lezyonlarının olduğu, MR'larında posterior talamus tutulumu görüldüğü, gözde kornea bulgularının olduğu, idrarda proteinüri ve ketonürinin görüldüğünü saptadık.3 olgudan birinde de rekürren inme atağı olduğunu gördük.

SONUÇ: Ender görülen ve tanısı çok atlanan ve ciddi morbidite ve mortalitesi olan fabry hastalığının tanı koyduran spesifik bulgu ve belirtileri üzerine olgular üzerinden dikkat çekmeye çalıştık. Erken tanı ve erken enzim replasmanı tedavisiyle hastaların yaşam kalitesinin arttığını ve mortalitenin azaldığını gördük.

Anahtar Kelimeler: Nefropati, Serebrovasküler Olay, Anhidrozis

PARKINSON HASTALIĞINDA OKSİDAN VE ANTİOKSİDAN DÖNGÜNÜN DEĞERLENDİRİLMESİ

Yazarlar: Eray Metin Güler, Sinem Uçak, Fatih Uçkaya, Halit Enes Güneş, Makbule Deniz Borucu, Şahabettin Selek, Abdurrahim Koçyiğit

Danışman: Abdurrahim Koçyiğit

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Giriş

Parkinson hastalığı (PH), 65 yaş üstü popülasyonun % 2'den fazlasını etkileyen, bazal ganglionlardan başta substansia nigra olmak üzere, diğer beyin sapı pigmentli nöronlarını da etkileyen ve yaşlanma ile birlikte gelişen nörodejeneratif bir hastalıktır. Hastalığın patolojisinin ayırt edici özelliği dopaminerjik nöron kaybı ve Lewy cisimciği olarak bilinen hücre içi protein agregatlarının varlığı olmakla birlikte etiyojisi henüz tam olarak aydınlatılabilmiş değildir. PH'nin patogeneğinde yaşlanmayla birlikte genetik ve çevresel birçok faktörün yanı sıra serbest radikallerin oluşumunun da önemli bir rol oynadığı düşünülmektedir. Çalışma ile amacımız PH' da oksidatif stres durumunun göstergeleri olan Total antioksidan seviye (TAS), total oksidan seviye (TOS) ve oksidatif stres indeksinin (OSI) araştırmaktır.

Materyal Metot

Sağlık Bilimleri Üniversitesi Ümraniye Eğitim ve Araştırma Hastanesi Nöroloji Kliniğinde Parkinson tanısı konulan 45-60 yaş arası 40 hasta ile demografik açıdan aynı özellikteki 40 sağlıklı kontrol gruplarından alınan venöz kan örnekleri santrifüj edilerek serumları ayrıldı. Serum örneklerinden TAS ve TOS seviyeleri fotometrik yöntem ile ölçüldü. OSI seviyeleri hesapla bulundu.

Sonuç ve Tartışma

Parkinson hastalığı ile sağlıklı kontrol gruplarından elde edilen sonuçlar karşılıklı olarak değerlendirildiğinde hasta gruplarındaki TOS ve OSI seviyeleri sağlıklı gruba göre anlamlı yüksek ($p<0,001$); TAS seviyeleri ise anlamlı derecede düşük ($p<0,001$) bulundu. Hasta ve kontrol gruplarında TAS ile TOS ve OSI arasında anlamlı negatif ilişki vardı. Sonuç olarak, PH' da oksidatif stresin önemli derece arttığı, ancak bu artışın PH'm bir "nedeni mi yoksa sonucu mu? "olduğuna dair ileri araştırmaların yapılması gerektiği, ayrıca antioksidan takviyesinin hastalığın iyileşmesinde rolü olabileceği sonucuna varıldı.

Anahtar Kelimeler: Parkinson, Oksidatif Stres, Antioksidan

BETA THALASSEMIA AND ITS CONTRIBUTION TO OSTEOPOROSIS

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Introduction: Thalassemia major is a hereditary hemolytic disorder caused by a defect in the ability of erythroblast to synthesize the beta chains of adult hemoglobin. Patients with beta thalassemia are treated with blood transfusion and over time leads to iron overload and corresponding iron toxicity in several organs of the body; therefore we investigated blood transfusion in beta thalassemia patients and its possible contributions to the pathogenesis of osteoporosis.

Methods: A comparative retrospective study was carried out. We collected patient's medical records for 13 years from the beta thalassemia center at the general hospital Nicosia TRNC. Sample size was n=99 which comprised of males=48 and females=49. The research was comprised only of the Cypriot population. Data analysis was done using the SPSS software with descriptive statistics, t-tests, and bivariate correlations. We entered clinical laboratory average values which included estrogen, ferritin, hemoglobin, calcium, bone mineral density values for the years 2003, 2009, and 2015 and the total number of transfusions for 13 years running from 2003-2016.

Result: Over the past 13 years, patients undergoing long-term blood-transfusions had a major decrease in their femoral BMD t-score, with the average dropping from -0.47 to -1.79. Lumbar BMD showed a minor increase from -2.13 to -1.80. Males showed a larger drop in femoral BMD, reaching -3.64. Calcium levels showed an increase in all patients, but stayed in the normal range. Although estrogen levels were scarcely measured among patients, the documented measurements showed a decrease, but no correlation was established with the BMD (N=0.932) & (N=0.998). In addition to that, we found no correlation between BMD and the number of transfusions the patients had in the center (N=0.236) & (N=0.256).

Conclusion: No significant correlation was established between the amount of blood transfusions the patients underwent and the bone BMD t-scores, neither between estrogen and BMD. Blood level changes of calcium, hemoglobin, ferritin, and estrogen were as expected.

EFFECT OF LONG TERM TRANSFUSION THERAPY ON BETA-THALASSEMIA PATIENTS' BLOOD GLUCOSE LEVEL

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Introduction: In this research, the quality of life in thalassemia major patients was studied. Thalassemia patients often face serious problems throughout their lives, and our research tried to find out whether their treatment helps them raise their quality of life or not.

It is hypothesized that having transfusion for a long time could cause an increase in ferritin and blood sugar level in patient's blood.

Methods: For searching about this, the research was done longitudinally and data of 111 thalassemia major patients from 2003 until 2016 who received transfusion in general hospital of Nicosia was checked. After that, 85 patients were selected based on complete data. To continue this research, our group checked the ferritin and fasting blood glucose levels during (2003, 2009, and 2016).

Results: The results obtained proved that before starting treatment in 2003, fasting blood glucose average was 105, which shows a pre-diabetic area. After 6 years of treatment, it decreased to 93. Furthermore, in 2016 it increased again and reached 113, which is again pre-diabetic. Checking ferritin levels proved that it was 2358 in 2003, then it decreased to 1871 in 2009, and finally it increased again in 2016 and reached 2083, which was in general less than first ferritin level but it is more than normal level.

Another interesting point was that in 2003, 2009 and 2016 women had higher ferritin levels compared to men. However they had less fasting glucose level.

Conclusion: In conclusion, it is proved that our hypothesis was correct and all values decreased after starting treatment. But after years in 2016 they increased again. That means treatment for these patients has risky side effects which must be considered

ADHERENCE TO EVIDENCE BASED GUIDELINES IN TREATMENT OF COMMON COLD

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Introduction: Evidence based guidelines for acute respiratory tract infections are well established. In Macedonia are introduced in 2007. This study was done to determine adherence of general practitioners to evidence based antibiotic prescribing in patients for common cold.

Methods: A cross sectional study, based on a representative sample of GPs was conducted. The survey was run 4 weeks in November 2014. 107 general practitioners were invited to participate and 86 doctors have finished the study (80%). For all patients with ARTI a questioner was fulfilling.

Results: During the study period a total number of 9154 patients with ARTI were reported. 2283 patients were diagnosed with common cold. The diagnoses predominate in infants and children less than 10 years of age and adult's age from 21-50 years. Average number of days with symptoms was 3 days. Most common symptoms and signs were cough and rhinorrhoea (59 % and respectfully 56%). Although guidelines recommend symptomatic treatment without antibiotics, 12,6% of patients received antibiotics- 45,7% Amoxicillin and 27,6% cephalosporin. Specialist prescribe less antibiotics compared to general practitioners without specialization $p < 0.05$.

Conclusion: Those results suggest the importance of using guidelines in rational prescribing of antibiotics. The link between adherence to guidelines and specialization suggest opportunity for intervention.

Keywords: common cold, evidence based guidelines, irrational prescription of antibiotics

THE CONTRIBUTION OF PERSISTENT FETAL HEMOGLOBIN TO A RELATIVELY MILD CLINICAL PHENOTYPE IN TURKISH CYPRIOT PATIENTS WITH B-THALASSEMIA

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Introduction: β -thalassemia, which results from the reduced or absent biosynthesis of the β -globin chains of hemoglobin, is one of the most common monogenic disorders worldwide, with the highest incidence reported in Cyprus. Symptomatic forms of β -thalassemia fall into two categories according to their transfusion dependence: β -thalassemia intermedia (TI) and β -thalassemia major (TM). It is often proposed that interpatient variation in persistent fetal hemoglobin (HbF) levels is one of the main modifiers of disease severity between these two clinically significant phenotypes.

Materials and Methods: This cross-sectional, analytical study was performed on 69 Turkish Cypriot patients with β -thalassemia who were diagnosed with either TI (n = 24) or TM (n = 45) by a physician (hematologist) at Thalassemia Centre in Nicosia. The relative percentage of HbF was determined by subjecting hemolysates prepared from whole blood samples to cellulose acetate hemoglobin electrophoresis. Ferritin levels and the number of transfusions, which were previously measured at several visits during 2015, were also included in this study.

Results: The independent t-test revealed that there was a significant difference in the mean HbF levels between patients with TI and patients with TM. Also, Pearson's correlation showed that HbF levels were negatively related to the total number of transfusions in β -thalassemia patients (two-tailed test), which was also significant. There was no interrelationship between HbF levels and averaged ferritin levels.

Conclusion: Persistent HbF levels appear to contribute to a relatively milder clinical phenotype in Turkish Cypriot patients with β -thalassemia, possibly through decreasing transfusion requirements. In contrast, persistent HbF levels may not be a good indicator of iron overload and the efficacy of chelation therapy in the same population of patients.

FLASH ERG AND VEP – COMPARISON OF STIMULATION BY LED AND XENON LAMP

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Objective: Electroretinography (ERG) examines the functional integrity of the retina. Visual evoked potentials (VEP) are electrical responses recorded from occipital cortex which provides information about central visual pathways. The purpose of this study is to compare ERG and VEP results elicited with two different types of flash stimulator which are Xenon and LED. The “click” sound created by Xenon type flash light source while flashing is one of the disadvantages of the use of flash light source for the visual evoked potential (VEP) recordings. The resulting auditory evoked potential (AEP) components temporarily overlap with those of VEPs and negatively affect VEP response due to their opposite polarity. In our study, we aimed to prevent the artifacts caused by simultaneously occurring clicks of flash light source used in electroretinogram (ERG) and VEP recordings by replacing it by a new generation LED (light-emitting-diodes)

Methods: 31 volunteers participated in this study ages between 21 and 30. ERG and Vep responses were recorded from both left and right eyes separately with LED light source and traditional Xenon light stimulator.

Results: Latencies and amplitudes of “a” and “b” components of ERG responses and N2 and P2 components of flash and LED VEP responses were compared with “paired t test”. According to results, latencies of “a” and “b” components of LED stimulation were longer than those of flash stimulation, but the difference was not statistically significant. Amplitudes of “a” and “b” components of LED stimulation were smaller than those of flash stimulation ($p < 0,001$). With LED stimulation, latencies of N2 and P2 components were longer than those of flash stimulation, but this difference was not statistically significant. There wasn't statistically significant difference in the amplitudes of N2 components between flash and LED VEP. However amplitude of P2 component of LED stimulation was decreased ($p < 0,001$) compared to flash stimulation. Adjustments, such as re-designing the probe, optimizing the eye distance, to provide identical light intensity with flash stimulation were not finished yet.

Conclusion: These results taken all together suggest that we could produce similar VEP and ERG responses with Xenon lamp and LEDs.

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ATTITUDES OF HEALTH SCIENCES AND LAW STUDENTS TOWARDS ABORTION IN NORTHERN CYPRUS

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Introduction: Attitudes towards abortion have been studied world widely in relation to many variables. However, studies on attitudes towards abortion are limited in Northern Cyprus. This study therefore aimed to investigate the degree of agreement with induced abortion among young generation in relation to variables such as nationality, religion, and gender, and also to compare the attitudes of Law and Health Sciences in two universities students towards abortion.

Methods: A cross-sectional study was carried out in Law and Health Sciences Faculties of Girne American University and Eastern Mediterranean University. The total number of participants was 280 subjects, consisting of 140 from each university; 70 from each faculty. Data was collected during March, 2016 through self-administered questionnaires which were distributed through sample of convenience method without any preference of gender or nationality. The questionnaires involved Attitudes about Abortion Scale (2004) and Abortion Attitude Scale (1983), each obtained from literature.

Results: Majority of participants agreed with carrying out induced abortion when mother's health is in danger (81.4%), there's risk of serious damage to baby (74.2%), mother is a rape victim (63.5%) or mother is mentally handicapped (53.6%). However, abortion was considered killing according to 56.8% of participants. 65.3% of the participants who agreed that abortion is wrong in any circumstance also agreed that women who had abortion should not be criticized. On the other hand, no significant difference was found between the attitudes of law and health faculty students regarding the scores of scale ($\chi^2 (2, N = 280) = 2.82, p = 0.25$). However, religion and different nationalities; Turkish (54.3%), KKTC (69.7%) Iranian (71.4%) Arab (33.3%) and Nigerian (27.8%), show significant differences on the same scale ($\chi^2 (8, N = 280) = 24.20, p = 0.002$).

Conclusion : The disciplines of students did not seem to affect their attitudes towards abortion while their nationalities and religions seemed to have more effect.

Key Words: Induced abortion, North Cyprus, scale, nationality, religion.

PSYCHOLOGICAL RESPONSES TO MENSTRUAL CYCLE AMONG FEMALE EMU STUDENTS

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Tutor: Dr. Berfu Çerçi Öngün

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University & Faculty: Eastern Mediterranean University Dr. Fazıl Küçük Faculty of Medicine

Objective: The purpose of this study was to assess psychological responses to menstrual cycle experienced by EMU female students, during which various premenstrual symptoms are usually experienced. The premenstrual period is characterized by the intensification of negative emotional states, and the worsening of the general self-image through the decline of the perception of physical attractiveness and satisfaction with oneself.

Methods: Premenstrual and menstrual psychological symptoms were evaluated in a cross sectional study, in which stratified sampling was utilized for proceeding the research. A total of 150 students were enrolled randomly, among which 100 females aged (18-24) participated by self-administrating questionnaires, as well as 50 males who were asked about what psychological responses they usually recognize in their female partners. Data were compared by using SPSS 22.

Results: Results indicated that more than half of the females agree on mood swings, 58% expect extra considerations from their surroundings. However, three quarters of the population stated that they do not allow their menstruation to interfere with their usual activities. Female participants had an average menarche of 13 and 78% have regular menstruation with 45% of them taking pain killers. According to the analysis of the male questionnaires, 60% of men often recognize behavior changes in their partners, 40% sometime feel distant, however on 26% of men think they find difficulty dealing with each other during that time of the month.

Conclusion: The majority of female EMU students experience several negative psychological responses during their premenstrual and menstrual periods, yet they do not allow them to have a vast negative effect on their daily life.

Keywords: Menstruation. Psychology. EMU

A DESCRIPTIVE STUDY ON PATIENTS WHO VISITED AN ENDOCRINOLOGIST IN FAMAGUSTA IN 2013

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Introduction: It was discovered that the endocrinology department is a very commonly visited department in Cyprus hospitals and due to this, we decided to obtain data on the patients in a particular hospital and to analyze the data to find out if there were any major prevailing complaints among the patients in a particular year.

Aim: This study aims to access and analyze the data in terms of the diagnosis of the patients. This was done in order to ascertain if there were any common diagnoses among the patients in the time period. This was also to compare the diagnosis in terms of sex, age and other modalities.

Method: A retrospective study was done on patient data from the hospital. The data was obtained with permission from both the presiding doctor and the hospital. 400 patients were chosen randomly for the year 2013. Data analysis was done through SPSS software.

Result: The total number of patients assessed were 400. 141 male and 190 female which sums up to 331 in total, the rest of the data (69) is categorized as missing data due to errors in the data. 21% patients out this total were diagnosed with diabetes mellitus, 24.5% with hypothyroidism, 9% with dyslipidemia, 18% with hypertension, 5% with Hashimoto's disease. A separate group of "others" was created and this includes goiter, pregnancy, and menopause. 66 out of the 400 (16.5%) patients were smokers, 275 (68.8%) nonsmokers and 44 (11%) recently quit. 29 (7.25%) drank alcohol, 348 (87%) did not drink alcohol and 17 (4.25%) were ex-drinkers. In terms of age categories, the largest group was aged 31-40.

Conclusion: The most common diagnosis made among all the patients is hypothyroidism which accounts for with 24.5%. Most of these patients also had at least one other accompanying complaint/diagnosis

Keywords: Diabetes mellitus, hypothyroidism, dyslipidemia

METABOLIC SYNDROME

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Introduction and purpose: The metabolic syndrome is a cluster of conditions that includes; increased blood pressure, high blood sugar, excess body fat around waist, and abnormal cholesterol level. When these conditions occur together, the probability of having heart disease, stroke and diabetes increases. Metabolic syndrome is a widespread disease as pimples and cold, but no one knows very much about it and health associations did not inform people as much as they inform and educate against other serious illnesses. In this research, aim is to measure and compare the awareness of first-year students about metabolic syndrome in three different faculties.

Method: These cross sectional study was conducted among first year medicine, pharmacy, nutritional and dietetic students. We reached 153 students. Moreover, we used questionnaire for data collection. For statistical analysis Chi-square, Fisher's Test and T-test were used. A p value < 0.05 was considered statistically significant.

Results: In this research, awareness of metabolic syndrome was measured by analyzing the proportion of right answers to some specific questions in the questionnaire. For the one of the important question in questionnaire; 97, 9% of medical students, 66, 7% nutrition and dietetics students, and 81% of pharmacy students answered correct for the question; high blood sugar level causes metabolic syndrome. Therefore the awareness of the medical students about metabolic syndrome is greater than other faculties. Moreover, the Pearson Chi-Square test supports our result; as our p value (0.00) is smaller than 0, 05, so there is a significant difference between three faculties.

Conclusion: According to this research, medical students have greater awareness about the metabolic syndrome compared with two other faculties and also hypothesis is also accepted which states that the awareness of first year medical students will be greater than the first year students in the other two faculties.

Keywords: university student, metabolic syndrome, awareness

GEBELİKTE FOLİK ASİT PROFİLAKSİSİ Mİ, ÇİNKO PROFİLAKSİSİ Mİ?

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Nörogenез ve gliogenezen oluşаn beyin gelişimi farklı aşamalarda çeşitli genlerin katımlı ile düzenlenen bir süreçtir. Anjiyogeneз önceden var olan damarlardan yeni kılcal damarların oluşаma sürecidir. . Anjiyogeneз bir yaralanma, iskemik olaylar, travma, damarların varikoz yapılanması, tümör oluşumu ve kanser metastazı gibi durumlarda karşımıza çıkar. Tüm bu patolojik olayların etiolojisinde anjiyogeneз çok önemli role sahiptir. Yapmış olduğumuz farklı çalışmalarından elde etmiş olduğumuz sonuçlara dayanarak nöral tüp defekti hastalıklarında folik asit yerine çinko kullanılmasını planladık. Sonuç olarak, yapılmış olan çalışmalardan elde etmiş olduğumuz sonuçlara dayanarak Nöral Tüp Defekti hastalıklarında Folik asit yerine çinko kullanılabilirliğini öngörüyoruz. Folik asit gebelik dönemi beyin gelişiminin geç fazında NGN3, KLF4, c-Myc, Nanog ve Nestin gen ekspresyonları üzerinde önemli role sahiptir. Benzer şekilde çinkonun da KLF4, c-Myc, Nanog ve Nestin gen ekspresyonlarını arttırdığı saptanmıştır. Uygulanan folik asit ve çinko moleküllerinin CAM üzerinde anjiyogenezi etkileme oranı sekizinci gün gözle yapılan inceleme sonucu not edilmiştir. Her iki folik asit ve çinko uygulanmış grupta CAM üzerinde ana damar yapılanmalarının zayıfladığı ve kılcal damarlanmanın azaldığı gözlenmiştir. Folik asidin ise ilk trimesterde KLF4 ve NGN3 gen ekspresyonları üzerine azaltıcı etkisi olduğu halde çinkonun bu genlerin ekspresyonunu azalttığı saptanmamıştır. Elde etmiş olduğumuz diğer sonuçlar ise çinkonun üçüncü trimester fare beyin gelişiminde ekspresyon düzeylerinin daha yüksek olduğunu gösteriyor. Folik asit ve çinko damar gelişimini koryoallantik membran üzerinde azalttığı bulundu. Bu sonuçlara göre folik asit ve çinkonun artmış dozlarda anjiyogenezi inhibe ettiği saptandı. Sonuç olarak, yapılmış olan çalışmalardan elde etmiş olduğumuz sonuçlara dayanarak Nöral Tüp Defekti hastalıklarında Folik asit yerine çinko kullanılabilirliğini öngörüyoruz.

Anahtar Kelimeler: Nörogenез , Anjiyogeneз , Çinko

ABSTRACTS
ORAL
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THE KNOWLEDGE, ATTITUDE AND BEHAVIOUR OF FEMALE HIGHSCHOOL TEACHERS ABOUT BREAST AND CERVICAL CANCER SCREENING TESTS IN FAMAGUSTA

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Introduction and Aim: Annual mammography and high quality cytological screening programs are effective in reducing the mortality rate from breast and cervical cancer. The aim of this study is to evaluate knowledge, attitudes and behaviors of female high school teachers about cervical and breast cancer screening methods.

Method and Materials: This cross-sectional study involved 150 (Response rate=90%) female high school teachers in Famagusta. Questionnaire was composed of 3 parts. The first part included sociodemographic information. The second and third parts included two validated questionnaires which relate to knowledge, behavior and attitudes on breast and cervical cancer and related screening procedures. Before conducting this study permission from EMU Ethics Committee and Ministry of Health was obtained. Results were evaluated by using IBM SPSS.

Results: The mean age of the participants was of 38.3 ± 7.9 . This study showed that, fifty six percentage of the participants have moderate knowledge about Pap smear test and cervical cancer. The participants' mean knowledge score was 61.96 ± 14 out of 100. Eighty three percentage of participants aged 40 or older had mammography. However, 57.3% of participants had undergone Pap smear test. Participants who had partners with higher educational level ($X^2=10.6$, $p<0.05$), who did not smoke ($X^2=8.9$, $p<0.05$), who had Pap smear test ($X^2=48.8$, $p<0.05$), have gotten higher knowledge scores about Pap smear test and cervical cancer.

Furthermore participants who were older ($X^2=6.7$, $p<0.05$) and who have had CBE ($X^2=11.8$, $p<0.05$) and Pap smear ($X^2=27.5$, $p<0.05$) were more likely to have had mammography before. Lastly, the knowledge about pap smear and cervical cancer is higher ($p<0.05$, $df: 149$) than breast cancer and related screening methods.

Conclusion: In this study participants generally have moderate knowledge levels and since teachers have great influence on new generation continued emphasis on education of them regarding screening tests is recommended.

Keywords: Teachers - Mammography - Pap smear

HYPERTENSION PREVALENCE, AWARENESS AND ITS RELATION WITH HEALTH BEHAVIOURS IN GAZIMAĞUSA, 2016

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Introduction: Hypertension is the most important preventable cause of heart diseases worldwide. To our knowledge, this study is the first hypertension prevalence study in Gazimağusa, Cyprus.

Material and Method: In this cross-sectional study, methodology is based on lot technique, it has been modified according to the limitations of the study. 17 official regions were stratified into 2 groups depending on the population distribution. Four regions were selected randomly from each group. The target population was calculated as 279 people with 95% confidence interval. Each region's sample sizes were determined according to their population sizes. An equal number of random houses were chosen from random streets. A questionnaire was given to each participant and their blood pressure was measured 3 times from the right arm. Pregnant women, guests and people who are evaluated not to have capacity were excluded. The mean values of 3 blood pressure measurements were calculated. SPSS was used for data analysis.

Results: Eighty six percent of target population was reached (n=240). Forty six percent of the participants was male (n=110) and 54% was female (n=130). Hypertension prevalence among whole population was calculated as 42, 1% (n=101). Female participants had higher prevalence (51,8% , n=57) than males (33,8% , n=44) , $\chi^2=7,89$, $p<0,05$. Mean systolic blood pressure of the whole population is $127,9\pm 15,4$ mm/Hg and the mean diastolic blood pressure of the population is $81,8\pm 10,0$ mm/Hg. Mean age of the population is 41,08. A significant direct proportional relation was found between hypertension – age ($p<0,05$) and hypertension – body mass index ($p<0,05$). There was significant difference in mean values of body mass indices between people who have hypertension (27,5) and healthy participants (24,7), $t(238)=-4,75$, $p<0,05$. There is no significant relation found between smoking and being hypertensive.

Conclusion: Hypertension prevalence in Gazimağusa was found higher than the expected value based on previous studies in Turkey. Previous study in Turkey (31,8%)

Key Words: Hypertension, Prevalence, Gazimağusa

PREVALENCE OF CHILDHOOD ASTHMA IN FAMAGUSTA, NORTH CYPRUS AND RELATED RISK FACTORS

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AIM: The aim was to determine the prevalence of asthma and wheezing as well as the factors affecting these disorders in school age children (aged 7-8) in Famagusta, North Cyprus. These results were compared with a similar study conducted between 2007 and 2009 in the same region to assess prevalence trend of schoolchildren towards childhood asthma and its symptoms

MATERIALS AND METHOD: A total of 1990 questionnaires were distributed to second and third grade (7-8 years old) pupils of all primary schools in Famagusta, North Cyprus in order to perform this cross-sectional study. Validated International Study of Asthma and Allergies in Childhood (ISAAC) Turkish and English questionnaires were used to collect data. Response rate was 72% (n=1117). The collected data were analyzed using SPSS 22

RESULTS: The results were achieved from 1117 pupils where 556 (49.7%) were boys and 561 (50.1%) were girls. The prevalence of asthma was found to be 21.7% and for wheezing 27.7%. Asthma prevalence was more prominent among boys than girls ($p < 0.05$). Parents' education, breast-feeding, having older sibling, sharing bedroom, nursery attendance and owning pets didn't have any significant difference in the prevalence of asthma or wheezing whereas gender, family history, maternal smoking and allergic rhinitis were associated with the presence of both wheezing and asthma. Passive smoking was associated only with wheezing (OR=1.31, 95% CI: 1.01-1.72), whereas eczema diagnosed by physician was only associated with asthma (OR=1.71, 95% CI: 1.06- 2.77). The former study conducted between 2007 to 2009 revealed lower percentages of prevalence ratios for the same age children for asthma diagnosis and current wheeze which were respectively 4.93% and 11, 43%.

CONCLUSION: These results show the high prevalence of asthma and wheezing prevalence in 7-8 years old school age children in Famagusta, North Cyprus with an increasing trend in the last 8 years.

KEYWORDS: Asthma, Prevalence, North Cyprus

PREVALENCE OF ALLERGIC RHINITIS AND ECZEMA IN FAMAGUSTA, NORTH CYPRUS AND RELATED RISK FACTORS

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INTRODUCTION/AIM: The aim of this study was to determine the prevalence of allergic rhinitis and eczema diagnosed 7-8 years old school age children in Famagusta, North Cyprus. In addition to this, the factors affecting these disorders have been investigated and the results were compared with a similar study conducted between 2007 and 2009 in the same region to show the prevalence trend of schoolchildren towards allergic disorders.

MATERIALS AND METHOD : A total of 1990 questionnaires were distributed to second and third grade (7-8 years old) pupils of all primary schools in Famagusta, North Cyprus in order to perform this cross-sectional study. Validated International Study of Asthma and Allergies in Childhood (ISAAC) Turkish and English questionnaires were used to collect data. Response rate was 72% (n=1117). The collected data were analyzed using SPSS 22.

RESULTS:

The results were achieved from 1117 pupils where 556 (49.7%) were boys and 561 (50.1%) were girls. The prevalence of allergic rhinitis was found to be 15.7% and doctor-diagnosed eczema was found to be 7.8%. Allergic rhinitis was found to be more prevalent among males on the other hand eczema was more prevalent among females. Gender, passive smoking, maternal smoking, nursery attendance, shared bedroom and owning pets did not have any significant difference on the prevalence of allergic rhinitis and eczema. Parents' education, older siblings, family history and being asthmatic were significantly associated with the presence of both allergic rhinitis and eczema. Moreover, there was an association between eczema diagnosed by physician and having allergic rhinitis (OR = 3.02, 95% CI: 1.86, 4.91). The former study conducted between 2007 to 2009 revealed lower prevalence rates for the same age children for allergic rhinitis (rhinoconjunctivitis) and eczema which were respectively 4.9% and 3.53%.

CONCLUSION: These results show the high prevalence of 7-8 years old school age children in Famagusta, North Cyprus with an increasing trend in the last 8 years. Further studies are needed to show the possible etiologies for this rising trend in allergic disorders in this population.

Keywords: Allergic rhinitis. Eczema. North Cyprus.

KNOWLEDGE AND AWARENESS OF ERCAN AIRPORT WORKERS ON OCCUPATIONAL RISKS AND PREVALANCE OF MUSCULOSKELETAL COMPLAINTS

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INTRODUCTION: All occupations have some health impacts on workers that vary depending on kind of job and work environment. In this research we aimed to evaluate working conditions of airport workers, their knowledge and awareness about occupational risks and to describe the most common musculoskeletal complaints (MSC).

METHOD: This cross-sectional study was conducted among Ercan International Airport workers from different departments. We reached 305 workers (respond rate: 81.1%) and used a questionnaire for data collection. For the statistical analysis Chi square, t test and ANOVA were used. A p value < 0.05 was considered statistically significant.

RESULTS: Sixty-two percent of the workers were male; mean age was 31.1 (sd= 8.2). Most of them (42.9%) were apron workers which include airplane cleaners, drivers, operation officer and carriers; 23% of participants were check-in workers, 20,3% were duty-free persons, 13.8% were cleaners. Mean working hours was 9.2 hour (sd=1.84); 38.4% of the all workers reported overtime. Only 32.5% of workers were trained about work health and safety issues before they started to work; 30% of them have had health examination before recruitment. Totally 17 workers reported work related injury. 76.4% of workers reported a good self-health perception; 11.8% of the workers reported chronic disease/health problem. Regarding MSC, cleaners reported the highest wrist pain (43.85%); carriers reported highest upper back (75.9%) and low back pain (69.5 %); duty free- workers reported highest knee problem (%53.22). Most of the apron workers (82.4%) did not know the minimum decibel level which can affect the hearing.

CONCLUSION: Airport workers reported high prevalence of musculoskeletal complaints which can be related to the work. In addition, we found that even though workers had known work related risks, they didn't apply their knowledge in the work place.

KEYWORDS: Airport workers, knowledge, awareness, prevalence of musculoskeletal complaints

A DESCRIPTIVE STUDY OF ENDOCRINOLOGICAL PATIENTS OF TRNC, 2016

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This study describes the population of endocrinology patients and their needs in North Cyprus (TRNC). These kinds of studies give an insight for the medical field to the needs of the patients in TRNC, and allow the medical field to predict and prepare for specialized needs of the population. In addition it allows for the medical field to come one step closer towards personalized health care.

This is a descriptive study using 3518 patient records collected from a single endocrinologist operating simultaneously in two hospitals in TRNC. Only reports from the year 2016 were accepted, and only the latest report from each patient used. Convenience sampling was used. The study takes a look at frequencies of complaints, lab results, along with the demographics, and draws Comparisons. SPSS analysis was used.

No statistical significance was found relating the demographics of the patients with any of the other variables. However, frequencies have been found. It has been found that 32% of complaints are related to parathyroid problems, 28% are for routine checks, 20% for diabetes or insulin resistance related and the rest 30% are related to varying complaints. Mean age was found to be 49, with a standard deviation of 18.13. It has been found that 25% of the patients were male, 75% were female.

70.5% of the patients are non-smokers. 16% are current smokers, while 13.5 are ex-smokers. 86% of patients never drank alcohol, 14% are social drinkers.

In conclusion: The health care system should be prepared with equipment and specialists ready to deal with parathyroid issues and diabetes since that the majority of patients suffered from these problems. This will help the health care field to manage and invest resources in the best needed area for endocrinology patients in TRNC.

PAPILLER DIFERANSIYE TIROD KANSERLERİNDE F-18 PET/BT BULGULARI VE METABOLİK DAVRANIŞININ BELİRLENMESİ

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Danışman: Prof. Dr. Gülay Durmuş Altun

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İyi diferansiye tiroit kanserlerinde (DTC) F-18 FDG PET/BT görüntülemesi, yüksek riskli hasta grubunda tedavi öncesi veya nüks hastalık şüphesinde kullanılan bir görüntüleme yöntemidir. Bu çalışmada yüksek riskli DTC hastalarında F-18 FDG PET/BT görüntülerindeki bulgular ve DTC'nin metabolik karakteristiğinin belirlenmesi amaçlanmıştır. Çalışma grubuna 2010-2015 yılları arasında Trakya Üniversitesi Tıp Fakültesinde takip edilen ve evreleme veya yeniden evreleme amacıyla F-18 FDG PET/BT görüntülemesi yapılan hasta dosyası dahil edildi. Hastaların hastane arşivindeki raporları retrospektif olarak değerlendirildi. Papiller DTC tanılı 29 erkek, 50 kadın toplam 79 hastanın bulguları analize dahil edildi. Hastaların yaş ortalaması 51 ± 15 yıldır. 14 hasta (%18) normal olarak değerlendirildi. Hastaların 10 (%13) tanesinde tiroit lojunda nüks hastalık saptandı (SUVmax: $6,2\pm 5,1$; 2,3-19,3). Gruptaki hastaların 54 (%68)'ünde lenf nodu metastazı saptandı (SUVmax: $5,8\pm 5,1$; 2,1-24,2). 12 hastada karaciğer metastazı (SUVmax: $5,7\pm 3,9$; 2,0-11,7), 12 hastada kemik metastazı (SUVmax: $6,1\pm 2,9$; 2,2-13,9), 8 hastada akciğer metastazı (SUVmax: $4,3\pm 4,5$; 1,0-4,9) ve bir hastada beyin metastazı saptandı (SUVmax: 10,2). Papiller DTC glikoz afinitesi (FDG afinitesi) düşük bir tümördür, ancak yüksek riskli ve sistemik metastaz yapan hastalarda davranışının değiştiği ve metabolik olarak aktif olduğu anlaşılmıştır.

Anahtar Kelimeler: TİROID, KANSER

PREVALENCE OF MULTIMORBIDITY AMONG ELDERLY PEOPLE IN NURSING HOMES IN FAMAGUSTA AND NICOSIA

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Introduction and Aim: Multimorbidity is defined as the coexistence of 2 or more chronic conditions and it is more prevalent among the elderly people. This research aimed to examine prevalence of multimorbidity among elderly people in nursing homes and its effect on health status.

Material and Method: In this cross-sectional research, residents aged 65 and older, of all the nursing homes in Famagusta and Nicosia were included (n=132). Multimorbidity data was collected via patient records and interviews with patients and their nurses. Only the diagnoses with confirmed appropriate pharmaceutical treatments have been taken into account. In addition, 'COOP-WONCA health status scale' and the 'Multimorbidity illness perception scale' (MULTIPLEs) were filled by the participants or their nurses.

Results: The mean age of the participants was 80.63 ± 9.6 and 68.2% were female. Fifty percent of participants were from Cyprus and the other half was from Turkey. For educational status; 48.5% were illiterate. The prevalence of multimorbidity was 66.7%. The most common first three diseases were hypertension (61.4%), diabetes mellitus (30.3%) and Alzheimer's disease-dementia (22.7%). According to the results, mean scores of MULTIPLEs was significantly ($p < 0.05$) different among multimorbid and non-multimorbid participants, whereas mean COOP-WONCA ($p > 0.05$) scores were similar between the same groups. Furthermore, change in health in two weeks is correlated ($p < 0.05$) with multimorbidity. It means that change in health in participants with multimorbidity is worse, but in participants that do not have multimorbidity feel themselves better when compared to last two-weeks.

Conclusion: The prevalence of multimorbidity in nursing homes is high. People with multimorbidity should be taken into consideration.

Keywords: Multimorbidity, Elderly, Nursing homes

ASSOCIATION BETWEEN JUNK FOODS AND T CELL IMMUNITY IN THE PATHOGENESIS OF ASTHMA AMONG CHILDREN

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Introduction:

Bronchial asthma is a chronic airway inflammatory disease. The precise role of T lymphocytes in such patients has been much debated. In asthmatics, the number of regulatory T cells (Tregs) is lower in the blood and their suppressive activities are impaired compared to those of cells from healthy subjects. However, T helper cells (Ths) still need further investigation. In this study the impact of diet concomitantly with T cell status is investigated among asthmatic children.

Methods:

This is a prospective case control study. Forty asthmatic and forty healthy children, who don't have any diseases, were included in this study. Asthmatic patients were chosen based on Global Initiative for Asthma criteria. Consumption of fast food as well as packaged foods with hidden sugar content was recorded. Peripheral blood samples collected from children were marked with CD4, CD25 ve Foxp3 in order to detect Tregs and Ths by flow cytometric method. Statistical analysis was performed. The degree for statistical significance was $p \leq 0.05$.

Results:

Tregs were significantly lower in asthmatics (0,25 %) than the control group (0,38 %)($p \leq 0,005$). Ths were counted higher in asthma group (26.9 %) compared to the control group (21.2 %) ($p \leq 0,001$). These parameters were stratified based upon eosinophil % ($<3<$) as well as IgE (IU/ml) ($<50<$) levels and any difference couldn't be detected. The consumption of fast food was 0.35 ± 0.62 and 1.60 ± 2.43 per week in control and asthmatic groups, respectively ($p \leq 0.005$). The corresponding levels for packaged foods with stealth sugar were 3.1 ± 3.8 and 6.4 ± 5.9 per week ($p \leq 0.005$).

Conclusion:

The prevalence of asthma is increasing worldwide. Reduction in Tregs, exhibiting anti-inflammatory nature, is unable to suppress and therefore, cause elevations in Ths. Besides, increase in Ths was synergistic with increase in the consumption of fast food as well as packaged food with stealth sugar in children with asthma.

Keywords: asthma, junk food, T cell immunity

ASSESSMENT OF ADIPOSITY RISK BY PARENTAL EDUCATION AMONG CHILDREN

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Responsible Researcher: Gökhan Koç

University & Faculty: Namık Kemal University Faculty of Medicine

Introduction:

Obesity is becoming a global epidemic. Dramatic increase is being observed in childhood obesity. So far, numerous risk factors causing obesity as well as the associations were investigated. However, reports investigating associations between parental education and prevalence of obesity among children are scarce and particularly confined to certain populations such as those living in some Western and Northern European countries.

Methods:

Forty obese and 40 healthy normal weight children, who don't have any acute or chronic disease as well as their parents, were included in this prospective case control study. Obese children were evaluated according to World Health Organization criteria. Weight and length values as well as waist and hip circumferences of the children were measured. Body mass index (BMI) values were calculated. Parental education status was recorded. Statistical analysis was performed. $p \leq 0.05$ was chosen as meaningful threshold.

Results:

Waist circumference-to-hip circumference ratios (mean \pm SD) of the normal weight and obese children were 0.90 ± 0.05 and 0.94 ± 0.06 ($p \leq 0.005$), respectively. The corresponding values for BMI were 15.7 ± 1.3 kg/m² and 22.7 ± 3.3 kg/m² ($p \leq 0.001$). In the control and obese groups, 15 % and 30 % of mothers, 17.5 % and 35 % of the fathers were graduates of the university or higher education, respectively ($p \leq 0.001$). The percentages related to graduates of primary, secondary and high schools did not differ significantly from each other.

Conclusion:

A higher risk of obesity among children having both parents with higher levels of education was noted. The positive association between child obesity prevalence and more educated parents was detected in Turkish children as in Ukraine. The educational attainment of women is a crucial social determinant for the well-being of children. However, participation in the business life, enhanced facilities and activities among mothers with higher levels of education may deprive children of home-made meals as well as home environment.

Keywords: obesity, parental education, waist-to-hip circumference ratio

DEPRESSION PREVALENCE AND COPING STYLES AMONG UNIVERSITY STUDENTS

Authors: Enas Sawah, Merve Kınacıgil, Nastaran Karimi, Amer Hammad, Ammar Alsalam

Tutor: Dr. Berfu Çerçi Öngün

Responsible Researcher: Enas Sawah

University & Faculty: Eastern Mediterranean University Dr. Fazıl Küçük Faculty of Medicine

Introduction: Depression is an epidemic among university students. This study firstly aims to identify and estimate frequency of different coping mechanisms practiced by depressed and non-depressed university students (year 2 & 3) when facing negative affective state and associated life problems. Secondly this study focuses on estimating prevalence of depression among university students (year 2 and year 3).

Methods: 2nd and 3rd year university students from four faculties were recruited in this analytical and cross-sectional study. Student population chosen from Medicine, Media, and Business and Pharmacy faculties was subjected to random sampling giving a total of 404 students. The students were handed questionnaires which contained the Beck's Depression inventory, used to assess the presence of depression symptoms, and COPE inventory, used to assess the type of coping mechanisms practiced. The study is approved by the rectorate and ethics committee of the E.M.U.

Results: Depression prevalence among university student was found to be 31%, highest among Medical students (46%), using one way ANOVA test, the results suggested that the faculty doesn't affect the level of depression because all of the students showed relatively closely related depression level ($p=0.1$, >0.05) . Female students recorded slightly higher depression levels when compared to male students in all faculties, but Medicine, where Male students showed 52% depression prevalence. 3rd year university students accounted for 54% of the total depressed university students compared to 46% of 2nd year university students. Both depressed and non-depressed students followed maladaptive (i.e. self-blaming) and adaptive mechanisms (i.e. active coping) when coping, however, depressed people showed a tendency to engage much more frequently in maladaptive coping (45%) of the time when compared to non-depressed students, (28%) of the time.

Conclusion: Medical students showed the highest level of depression prevalence among university students, contributory factors such as, stress and hardships of medical life, may have played a role. In addition, depressed students are more likely to follow a maladaptive coping styles when facing life struggles when compared to non-depressed students.

Key Words: Depression prevalence – University Students – Coping Mechanisms

ABSTRACTS
POSTER
PRESENTATIONS

TİROİD LOB AGENEZİSİ OLAN HASTADA VAR OLAN TİROİD LOBUNDA PAPİLLER TİROİD KANSERİ OLGUSU

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Danışman: Prof. Dr. Erhan Ayşan

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Tiroit bezi sağ ve sol olmak üzere 2 adet lob ve bunları birleştiren istmus olmak üzere trake önüne yerleşmiş bir endokrin organdır. Embriyolojik gelişim sırasında herhangi bir defekte bağlı olarak zaman zaman hipoplazi, ektopi, hemiagezezi, agenezi gibi gelişim anomalileri görülmektedir. Tiroit hemiagezezi (TH) çok nadir olmakla birlikte yapılan çalışmalarda %0,2 insidans ile görülen bir tiroit gelişim anomalisidir. Bu gelişim anomalisi normalde kendini belli etmezken eşlik eden bir tiroit patolojisi durumunda tespit edilmektedir.

Vaka: 58 yaşında bayan hasta boyunda şişlik nedeniyle başvurduğu poliklinikte yapılan muayenesi sonucu sağ lobda palpable yaklaşık 2 cmlik nodül tespit edilmesi üzerine ultrason istenmiş. Usg sonucu: sağ lobda en büyüğü 25x7 mm kistik izoekoik birkaç adet nodül mevcut. Sağ lobda 2 mm çapında kalsifikasyon mevcut. Sol lobda 9x7 mm boyutlarında izohipoekoik nodül mevcut, şeklinde gelmiş. Hastanın yapılan kan tetkikleri sonucu ötiroidik olduğu tespit edildi. Hastamızın bilinen başka bir hastalığı yok. Aile öyküsü yok. Hastadan biyopsi istenmiş. Sağ lobdan yapılan bx sonucu; ‘bir kısmında irileşme, groove ve overlapping izlenen tiroit folikül epitel hücreleri, hurthle hücreleri, histiositler, kan elemanları, AUS’ şeklinde gelmesi üzere hasta operasyon planlandı ameliyatta sağ tiroit lobunun yaklaşık 4x5 cm olduğu görüldü. 1 adet 1,5 cm lik iiab yapılmış nodül, 1 adet 0,5 cmlik kalsifik nodül tespit edildi. Paratiroit bezler korunarak sağ lobektomi tamamlandı. Piramidal lob eksize edildi. Sonra sol tiroit lob lojuna girildi. Ancak sol lob tespit edilemedi. Lenfadenopati olarak değerlendirilen yaklaşık 0,5 cm lik kitle eksize edildi. Sağ tiroit dokusu frozena gönderildi. Frozen sonucu önemi belirsiz atipi olarak gelmesi üzerine operasyon sonlandırıldı. Patoloji sonucu değerlendirildiğinde sağ lobektomi materyalinde 1,8 cm boyutunda papiller karsinom içeren nodül olduğu görüldü.

Tartışma: Tiroit bezi sağ ve sol loblardan ve arasındaki birleştirici istmustan oluşmuş endokrin bir bezdir. Tiroit hemiagezezi; tiroit loblarından birinin olmaması anlamına gelmektedir.

Tiroit hemiagezezi semptom vermediği için tam olarak insidansı bilinmemektedir. 2845 normal çocukta yapılan usg de prevalans %0,2 olarak tespit edilmiştir. 11-14 yaş arası 24032 çocukta yapılan çalışmada prevalans %0.05 olarak tespit edilmiştir.

Literatürde bayanlarda erkeklerin 3 katı kadar daha sık rastlandığı tespit edilmiştir. Ancak bu tiroit hastalıklarının bayanlarda daha sık görülmesinden de kaynaklanabilmektedir.

Bu durumun genetik bir komponenti olduğu; monozigot ikizlerde ve aynı aile bireylerinde daha sık görülmesi nedeniyle düşündürmektedir. Yapılan çalışmalarda tiroit morfogenezi ve göçünü belirleyen birçok gen tespit edilmiştir. Ancak henüz hemiagezeziden sorumlu genler tespit edilememiştir.

Tiroit papiller karsinom tüm tiroit malignensileri arasında %80 oranında görülmektedir. Tiroit hemiangenezi olan vakalarda rastlanılan papiller karsinom tanısı ise oldukça nadir görülmektedir. Daha önce yapılmış bir literatür taramasında 112 tiroit hemiangenezi vakasından sadece 8 tanesinin tiroit papiller karsinom tanısı aldığı belirtilmiştir.

TH tanısı en ucuz ve en kolay usg ile yapılmaktadır. Radyasyon alınmaması nedeniyle diğer tanı yöntemlerinden çok daha üstündür. Ancak tabii ki BT, MR ile de tanı konulabilmektedir. Malignensi tanısı için de ince iğne aspirasyon biyopsisi yardımcı bir yöntemdir.

Anahtar Kelimeler: Tiroit, Kanser, Agenezi

**SENTINEL NODE BIOPSY (SN) TECHNIQUE IS IN
CLINICAL USAGE ON SURGERY DEPARTMENT OF ONCOLOGY IN
INSTITUTE OF ONCOLOGY, CRIMEA STATE MEDICAL UNIVERSITY, SINCE
1999. AND UNTIL NOW, IT HAS BEEN DONE MORE THAN 800 SN
BIOPSIES.**

Authors: Deep Patel

Tutor:

Responsible Researcher: Deep Patel

University & Faculty: Crimea State Medical University

Aim of this study is presentation of our results in usage of SN biopsy in treatment of the early staged breast cancer. To explore potential measures of surgical expertise within the role of SN in breast cancer, given the ascertained improvement in the view of treatment, morbidity and survival, within certain amount of patients with breast cancer. Which, eventually could be considered “cured” of illness, as a result of less invasive modern multidisciplinary treatment approach. Aim of this study is presentation of our results in usage of SN biopsy in treatment of the early staged breast cancer. To explore potential measures of surgical expertise within the role of SN in breast cancer, given the ascertained improvement in the view of treatment, morbidity and survival, within certain amount of patients with breast cancer. Which, eventually could be considered “cured” of illness, as a result of less invasive modern multidisciplinary treatment approach.

METHODS: After marking SN, in all patients it was done SN biopsy. Mapping of SN was done using double contrast (radiotracer Antimony-sulphide marked with Tc 99m + vital blue dye Panteblau V). In all patients, after biopsy, it has been performed mastectomy or conservative breast operation, with or without complete dissection of axillary lymph nodes after pathohistology (PH) analyses of the SN.

RESULTS: 91.2% of total (n= 791 (100,00%)) number of patients had diagnosed solitary tumor. Within 31.3% patients, SN was positive, while 68.7% of them had diagnosed negative SN, after PH status and verification of SN. 726 patients, after confirmation of SN status, had conservative breast operation, while 65 had mastectomy.

DISCUSSION / CONCLUSION: SN is a good and certain predictor of negativity of other axillary lymph nodes equilateral with breast carcinoma until 3 cm diameter.

Keywords: Sentinel node biopsy (SN) technique

EUTHANASIA INSIGHTS OF FUTURE HEALTH CARE WORKERS

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Introduction: Euthanasia is one of most controversial topics that face modern medicine; it is the practice of intentionally ending a life in order to relieve pain and suffering.

Aim: This paper was conducted for the purpose of studying thoughts, and views about euthanasia in the Eastern Mediterranean University's medical students, and compares them to those of other specializations within the frame of human health.

Method: A cross sectional survey was carried out using questionnaires directed towards 2nd and 3rd year medical students, and students of other health care faculties, such as nursing, pharmacy, and physiotherapy. A total number of 150 students were as participants, 75 of whom are medical students, and the remaining 75 were divided equally between the previously mentioned faculties. From the 150 participant, 42 students were Turkish, 24 were Turkish Cypriots, and 84 foreigners. All the questionnaires were handed out in personal contact, and collected briefly afterwards.

Results: When comparing the two targeted groups, it is seen that 22.6% of the medical students believe that Euthanasia should be legalized in North Cyprus; while 28% of the health care students share the same believe ($p>0.01$). 25.3% of medical students would recommend euthanasia if legalized, while only 20% of health care students would. 34.6% of medical students would be an active part of euthanasia only if legal, while 58.6% of other health care students would do the same ($p>0.01$). And finally 70.6% of the medical students would prolong live using life support, while only 65.3% of the other health care students would perform similar action ($p<0.01$).

Conclusion: It can be concluded that medical students and other health care faculties students are more likely to discard euthanasia and refuse the idea of performing it. However, students of other health related faculties have a higher openness towards euthanasia and would recommend it more than the medical students.

Key words: Euthanasia, medical students, health care students

A RESEARCH ABOUT “EFFECT OF MUSIC ON MOOD”

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Music is very common activity among people. Most of the people think music is only for fun, but it is used in treatment.

Main aim of this research is to find and show effects of music on mood.

Undergraduate first year students (N-150:50 participants from physical therapy and rehabilitation, 50 from medicine and 50 from nutrition and dietetics.) were tested with a questionnaire and 2 different type active music (one of them is andante: slow and other is allegro: quick.) Participants of Physical therapy and rehabilitation Nutrition and dietetics listened andante music but participants of medicine listened allegro music.).Frequencies and percentages evaluated and schematized from SPSS.

For allegro music in question 22 %53 of participants which selected “happiness” changed their answers into “increased” and %66,7 of participants which selected “sad” changed their answers into “changed” in question 23.For andante music ,%36 of participants which selected “happiness” changed their answers into “increased”.%50 of participants which selected “sad” changed their answers into “changed” For question 13(Does listening have any relaxing effect on you?),%38 of participants selected “too much”,%35.33 of participants selected “much”,%18 of participants selected “some”,%6.67 of participant selected “little” and %2 of participants selected “none”. For question 12(Do you think that does music have any positive effect on immune system?), %85.33 of participants selected “yes” and %14.67 of participants selected “no”.

According to the results “Happiness” is increased for andante and allegro music but ”Sadness” is decreased for andante and allegro music. Allegro music is more effective than andante music. Also music has relaxing and positive effects on immune system. If mood is bad person can feel sick but listening to music can help person to feel better and to have stronger immune system against diseases. Immune system can be developed and healing time can be decreased. It shows music affects mood positively so mood can heal and develop with true type of music.

Keywords: Music,mood,health

FIRST AID KNOWLEDGE OF EMU STUDENTS, 2016

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Introduction: First aid is an intervention which is done for saving life and preventing further injuries. The aim of research is to determine the knowledge of students of EMU in 2016.

Materials and Methods: The research included two parts as theoretical and practical. Questionnaire was used to determine the theoretical knowledge of students and it had 27 multiple choice questions. It was distributed to 300 students. The second part was for the practical knowledge and 58 volunteer students showed their practical knowledge on the models at faculty of medicine. Results were determined by valid check lists. All related theoretical questions were gathered and categorized with practical question as high, medium and low level for each part. Practical parts were labelled as not applied, insufficient, sufficient and excellent. Data analysis was done by SPSS.

Results: Thirty one students took first aid education before but 12, 9% (n=4) of them even did not apply CPR procedure properly, $\chi^2=3,825$, $p<0,05$ and 27 students did not take it before but 51,9%(n=14) of them had sufficient practical knowledge for bleeding, $\chi^2=2,318$, $p<0,05$. According to the results in CPR part, just 15,5% of students (n=9), had high theoretical and excellent practical knowledge, $\chi^2=53,378$, $p<0,05$. There was nobody who had excellent or sufficient practical knowledge even though they had high theoretical knowledge for CPR, $\chi^2=53,378$, $p<0,05$. Excellent practical and high theoretical knowledge of burn was known by 17, 2% (n=10), $\chi^2=25,942$, $p<0,05$.

Conclusion: The results showed that most of the students did not have high first aid knowledge. Mostly students were not aware of first aid procedure. In the parts of first aid most known part was burns and least known part was bleeding.

Key words: first aid, practical, theoretical

KOKU İLE TANIMAK

Yazarlar: Beste Daltaban, Aziz Karakoç, Yasemin Atıcı

Danışman: Doç. Dr. Zafer Yönden

Sorumlu Araştırmacı: Beste Daltaban

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Giriş: Son araştırmalar koku ile kanser arasında bağlantının olduğunu göstermektedir. Koku; koku alma duyusuyla hissedilen genelde çok düşük konsantrasyonlarda havada çözünmüş olan kimyasal maddelerden her biridir. İnsanlarda her koku için özgül bir reseptör kullanıldığı ve aynı zamanda farklı reseptörlerin eş zamanlı aktivasyonu ile de değişik koku kombinasyonlarının algılandığı düşünülmektedir. Her türlü koku, özel bir kodlamayla koku belleğinde arşivlenir. Bizler kokuyu bir tanı markeri olarak kullanabilir miyiz? Hastalıkların özellikle kanserlerin tanısı yaydıkları kokuyla anlaşılabilir mi diye araştırma yapıldı.

Metot: Bu çalışmada, çeşitli kanser tipleri ile koku arasındaki olası mekanizmalar, hastalık, koku ve tanıyla ilgili araştırmalar literatür taraması yapıldı. Pubmed’te koku, kanser ilişki yaklaşık 16 yayından bilgiler toparlandı. Özellikle kanser hastalıklarının çeşitli kokular yaydığı ve bunlar kullanılarak kanserin önceden tespit edilebileceğine dair çalışmalarının olduğu görüldü.

Bulgular: Günümüzde pek çok hastalığın etkenini araştırmak için çeşitli işlemler yapılmaktadır. Araştırmacılara göre; bazı hastalıklar ve enfeksiyonlar, köpeklerin kolayca alabileceği özel kokular yani biyo-işaretçiler yaymaktadır. Sağlıklı dokularda bu kokular oluşmamaktadır. Araştırmacılar, çeşitli kanser hastalıklarının yaydığı koku kullanılarak hastalığa tanı konulabileceği ile ilgili çalışmalar yapılmaktadır. Cilt, meme, kolon ve birçok kanser hastalığında koku kullanılarak kanser tespiti yapılmıştır. Araştırmacılar, bu sonuçlardan yola çıkarak, kanser veya başka hastalıkların teşhisinde kullanılacak bazı pratik ve teknolojik çözümler bularak, “elektronik burun” keşfetmişlerdir. Bu cihazlar, nefes örneklerini analiz etmektedir. Kanser varlığında oluşan metabolitleri ya da kimyasalları algılayan bu cihazlarda kullanılan işaretleyiciler renk değiştirerek hastalığı tespit edebilmektedir.

Sonuç: Nefes, dışkı ve idrar gibi maddeler kokunun bir tanı markeri olarak kullanılmasında uygun numuneler olarak kullanılmaktadır. Ancak her insanın parmak izi veya retinası gibi özel bir kokusunun da varlığının tespiti ve bunun değişik cihazlarla ölçülebilir hale getirilmesi hastalık ve sağlık durumları arasındaki farkın değişik organların hastalıklarının tanısında bu farklılığın kullanılmasına olanak sağlayabilir. Yani; kontrol olarak insanın kendine has kokusu kullanılıp, değişik hastalık durumlarının bu kokunun farklılaşmasına bağlı tespitini sağlayarak hastalığın teşhisinin kolaylaştırabileceği söylenebilir.

Anahtar Kelimeler: KOKU, TANI, KANSER

OKSİTOSİNİN OTİZM TEDAVİSİNDEKİ ROLÜ

Yazarlar: Dilek Can

Danışman: Prof. Dr. Taşkın Duman

Sorumlu Araştırmacı: Dilek Can

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GİRİŞ: Otizm, yaşamın ilk üç yılı içinde ortaya çıkan ve yaşam boyu devam eden; sosyal etkileşim sözel ve sözel olmayan iletişimde problemler, tekrarlayıcı davranışlar ve kısıtlı ilgi alanları ile kendini gösteren, karmaşık gelişimsel bir bozukluktur. Otizme neden olan faktörler tam olarak açıklanamamıştır. Genetik, çevresel faktörler, anne karnında geçirilen kızamıkçık virüsü etiyojiden sorumlu birkaç faktördür. Tanısı için herhangi bir yöntem olmayıp gözleme dayanır. Tek tedavisi de özel eğitimidir.

Oksitosin hipotalamustan sentezlenen, esas görevi üreme üzerine olan bir hormondur. Oksitosinin; anne-bebek ilişkisini geliştirdiği, anne davranışları kazandırdığı, ilişkilerde eşlerin birbirine güven kazandırdığı, stresi azalttığı, cinsel uyarılmayı arttırdığı, sosyal yetenekleri geliştirdiği ve koruyucu güdüler, cömertlik, başkasını anlama ve düşünme yetisini arttırdığı çeşitli çalışmalarla gösterilmiştir. Oksitosinin bu etkilerinin otizm tedavisinde olumlu etkiler sağlayacağı, otizmliler hastaları topluma, hayata katabileceği düşünülmektedir.

METOT: Bu çalışmada oksitosin, otizm, oksitosinin otizmliler hastalardaki etkileri ile ilgili yapılan çalışmaların literatür taraması yapıldı. Otizm hakkında yazılan 5 kitap, pubmedten yaklaşık 14 makale incelendi.

BULGULAR: Yapılan çalışmalara göre; otizmliler hastaların plazma oksitosin düzeyinin düşük, oksitosin öncüllerinin yüksek olduğu(2003Green, 2013Miller), çift kör kontrollü bir çalışmada intranasal oksitosinin pozitif iletişim davranışını arttırdığını ve plaseboyla karşılaştırıldığında önemli ölçüde kortizol düzeyini düşürdüğünü(2009Ditzen), infüzyon oksitosinin otistik ve Asperger bozukluğu olan gençlerde zamanla tekrarlayan hareketleri azalttığını(2003Hollander) intranasal oksitosinin OSB tanılı gençlerde duygu tanımayı arttırdığı(2008Guastella), oksitosinin iyi tolere edildiği ve hiçbir yan etkisi bulunmadığı, OSB olan erişkinlerde intranasal oksitosinin günlük yönetimine terapötik potansiyeli olduğu, daha büyük ve daha uzun çalışmaların yapılabileceği gösterilmiştir(2012Anagnostou). Ancak yapılan çalışmalarda oksitosin sistemini kişisel farklılıklar da göstermiştir.

SONUÇ: Otizm tedavisinde oksitosin kullanarak otizmliler hastaların göz teması kurması, stereotipik hareketlerin azaltılması, pozitif iletişim davranışlarda bulunulması sağlanabilir.

Anahtar Kelimeler: Oksitosin, otizm

THE RELATIONSHIP BETWEEN ANXIETY & SLEEPING DISORDERS AMONG EASTERN MEDITERRANEAN UNIVERSITY ACADEMICIANS

Authors: Mariyam Sohail, Yeliz Lerzan Baybar, Milad Alilou, Kamal Alhweti

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Introduction and Aim: Sleeping Disorders particularly insomnia, sleep apnea, nightmares and bruxism are highly prevalent similarly as anxiety in the modern world. This study aims to examine the relationship between Anxiety and Sleeping Disorders and also to measure the prevalence of Sleeping Disorders among Anxious people in a stricken population of academicians which assumed to be a stressful group.

Method and Materials: In this Cross-Sectional study 250 Academicians from different faculties across the Eastern Mediterranean University (E.M.U.) campus were included. The study conducted by a Questionnaire which has four sections including questions about (i) demographics, (ii) sleep patterns and sleep quality screening (iii) scaling sleeping disorders and (iv) a scaled self-anxiety index. Randomly selected participants were presented with form of consent to approve their wish in participating and to inform them about confidentiality of the study. The study is approved by the rectorate and ethics committee of the E.M.U. Statistical analysis were made by using IBM SPSS.

Results: Mean age of the participants was found to be 36.09 ± 10.966 . Anxiety in female and male participants was found to be 59% and 41% respectively. Furthermore 58% of academicians are Turkish Cypriot, 19% Turkish and 23% others. The total score of anxiety scale was positively correlated ($r= 0.168, P < 0.01$) with the total scores of sleep disorders scales. Total score of anxiety scale was negatively correlated ($r= -0.75, P < 0.01$) with the total score of sleeping quality. 51% of population have insomnia which was found to be the most common sleeping disorder whereas nightmare is the most prevalent disorder for people who have anxiety.

Conclusion: It can be concluded that; examining and treating the anxiety as a first step approach must be taken into consideration to prevent sleeping disorders especially in people who have stressful jobs.

Keywords: Academicians, anxiety, sleeping disorders

ÇUKUROVA ÜNİVERSİTESİ TIP FAKÜLTESİ ÖĞRENCİLERİNDE HEMOGLOBİNOPATI TATAMASI

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Erişkin bir insanın, kırmızı kan hücreleri içinde üç farklı hemoglobin (Hb) molekülü bulunmaktadır. Bu moleküllerin yapısında farklı globin zincirleri [HbA (2 α 2 β), HbA₂ (2 α 2 δ) ve HbF (2 α 2 γ)] yer almaktadır. Sağlıklı bir insanda bu hemoglobinlerin dağılımı (HbA: % 95-98, HbA₂: %2-3 ve HbF<%1) farklılıklar göstermektedir. Bunlardan HbA₂ miktarının %3,7'in üzerinde, kan sayımında MCV değerinin ise 78 fL'nin altında olması β -talasemi taşıyıcılığı için iki önemli parametredir. Beta talasemi taşıyıcılarının evlenmesi sonucu mutant genleri alan çocuklarda β -globin zincir sentezinin azalması veya kesin yokluğu sonucu ağır anemi ile seyreden β -talasemi intermedia veya talasemi majör hastalığı meydana gelmektedir. Hemoglobin varyantları, α , β , γ veya δ globin zincirlerinden birinin üzerindeki aminoasit değişimi, ilavesi veya eksilmesi sonucu meydana gelmektedir. Bu hemoglobinlerin çoğunluğu toplum taramasında keşfedilmiş olup anemiye neden olmazlar. Ancak HbS başta olmak üzere, HbD, HbE ve HbC gibi varyantlar bazı bölgelerde yaygın olarak görülmekte ve insan sağlığını ciddi şekilde etkilemektedir. Orak Hücre Anemisine neden olan HbS, [HbS: β^6 ; Glu \rightarrow Val (GAG \rightarrow GTG)], varyantlar arasında iyi bilinmektedir. Homozigot vakalarda (HbSS) şiddetli anemi görülebilir. HbS Çukurova bölgesinde Adana, Mersin ve Hatay da yaygındır. Bu bölgede taşıyıcı (HbAS) sıklığı ortalama % 8,2 civarındadır.

Bu araştırmaya Çukurova Üniversitesi Tıp Fakültesi I. sınıf öğrencilerinden 50 kişi katılmıştır. Öğrencilerden EDTA'lı tüplere kan örneği alınarak otomatik cihaz ile kan sayımları yapılmıştır. Yüksek Basıncılı Sıvı kromatografisi (HPLC) ile hemoglobin bileşenleri ayrıştırıp miktarları ölçülmüştür. HbA₂ değeri %3,7 üzerinde olan üç kişi beta talasemi taşıyıcısı olarak değerlendirilmiştir. Elli öğrencilerden biri HbS taşıyıcısı olarak belirlenmiştir. HbA₂ değeri normal olmasına rağmen hematolojik değerleri normal sınırların altında olan dört öğrencide ise alfa talasemi taşıyıcılığı düşünülmektedir.

Anahtar Kelimeler: Hemoglobinopati

KORONER ARTER HASTALIĞINDA MİYOKARD PERFÜZYON SİNTİGRAFİSİ KULLANIM ALGORİTMASI

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Koroner arter hastalığı (KAH), koroner arterlerin duvarlarında oluşan plaklardan ötürü ortaya çıkan bir hastalıktır. KAH dünyada ve ülkemizde 1. Sırada ölüm sebebidir. Koroner Arter hastalığının tanısında hastanın hikâyesi, EKG, efor testi, nükleer tıp tetkikleri, radyolojik tetkikler ve koroner anjiyografi kullanılmaktadır. Bu çalışmada KAH tanısında ileri tetkik yöntemi olan miyokard perfüzyon sintigrafisinin (MPS) kullanım algoritmasını değerlendirmeyi amaçladık.

Çalışma Nükleer Tıp anabilim dalına Tc99m MIBI gatedSPECT MPS istemiyle gelen 18 K ve 15 E, toplamda 33 hastaya uygulanan anket sonuçları dahil edildi. Hastaların MPS tetkikine gelene kadar yapılan tetkikler ve KAH için risk faktörleri sorgulandı. Hastaların 15 tanesinde aile öyküsü ve 12 hastada DM tanısı vardı.

Sonuç olarak; (i) MPS yapılan hastaların KAH için orta ya da yüksek riskliydi, (ii) En sık şikayet HT ve göğüs ağrısı olarak saptanmıştır, (iii) Hastaların 1/3'üne MPS öncesi koroner anjiyografi yapılmıştı, (iv) Hastaların yarısından daha fazlası (18/15) kadın hastalardan oluşmaktaydı(Kadın AHA 1a endikasyon, erkek AHA 1b endikasyon).

Anahtar Kelimeler: MPS, KAH