

EMU HOLDS A CEREMONY FOR PUBLICATION ACHIEVEMENT, RESEARCH INCENTIVE AND PhD. SUPERVISOR AWARDS



Eastern Mediterranean University (EMU) presented awards to the academic staff entitled to receive Publication Achievement and Research Incentive Awards for their research in 2019 and to faculty members who undertook the thesis supervision of students in various doctoral programs in the 2019-2020 Academic Year.

Present at the award ceremony held at Mustafa Afşin Ersoy Hall at 2:00 p.m. on Wednesday, 18 November 2020 were the President of the Board of Trustees Dr. Erdal Özçenk, EMU Rector Prof. Dr. Aykut Hocanın, EMU Board of Trustees members Asst. Prof. Dr. Hicran Bayraktaroğlu Fırat and Ersun Kutup, Vice Rectors Prof. Dr. Hasan Demirel and Assoc. Prof. Dr. Deniz İşçioğlu and Director of Institute for Graduate Studies and Research Prof. Dr. Ali Hakan Ulusoy, Assistant Directors Prof. Dr. Ahmet Rızaner and Prof. Dr. Kağan Güneç. Faculty deans and research advisory board members also attended the ceremony.

Speaking at the ceremony, Prof. Dr. Hocanın stated that one of the most important elements of the university's goals is to conduct research and contribute to science with international research.

He stated that besides education and serving the society, research is extremely important.

Underlining that EMU is ranked amongst the best every year by international ranking organizations as a result of scientific publications and research, Prof. Dr. Hocanın stated that the goal is always to go further. Stating that the rankings usually highlight objective criteria, Prof. Dr. Hocanın emphasized that these include citations, joint publications, studies that may lead to scientific patents and studies that can be offered to industrial services.

Prof. Dr. Hocanın went on to say "Appearing in the rankings is a by-product of our work. Research is conducted to contribute to science. In the future, we will continue to give incentives for scientific publication, and we will benefit from national and international projects by producing various solutions for the implementation of projects. It is possible to apply for two different types of projects in the international protocol with TÜBİTAK. We are taking the relevant steps to increase this".

At the end of his speech, Prof. Dr. Hocanın thanked all faculty members



who received awards in 2019 and the supervisors who guided their students with their accumulation. The ceremony continued with the presentation of Publication Achievement, Research Incentive and the PhD Supervisor Awards by the President of Board of Trustees Dr. Erdal Özçenk, EMU Rector Prof. Dr. Aykut Hocanın, Board of Trustees members Asst. Prof. Dr. Hicran Bayraktaroğlu Fırat and Ersun Kutup, Vice Rectors Prof. Dr. Hasan Demirel and Assoc. Prof. Dr. Deniz İşçioğlu and Director of Institute for Graduate Studies and Research Prof. Dr. Ali Hakan Ulusoy. The ceremony ended after a cocktail organisation.

12 EMU ACADEMIC STAFF MEMBERS LISTED AMONG WORLD'S MOST SUCCESSFUL SCIENTISTS

12 academic staff members from Eastern Mediterranean University (EMU) showed remarkable success by being listed among the world's most cited 100 thousand and 160 thousand scientists in the "World's Most Influential Scientists" list compiled by a team of scientists from the USA and Netherlands during 2019 and 2020 under the coordination of Stanford University in the USA. The comprehensive research conducted by Stanford University in 2020 included 6 scientists from EMU who have been listed within the top 2% of their categories.

According to the report, the list includes 160,000 scientists who have the most influential impact worldwide. EMU academic staff members Prof. Dr. Salih

Katırcıoğlu, Prof. Dr. Osman M. Karatepe, Prof. Dr. Nazım I. Mahmudov, Prof. Dr. Hasan Kömürçügil, Prof. Dr. Osman Kükrer and Prof. Dr. Benedek Nagy have been listed among the most influential scientists. Additionally, Prof. Dr. Salih Katırcıoğlu has been listed within the top 2% in the field of Economics, Prof. Dr. Osman M. Karatepe in Marketing, Prof. Dr. Nazım I. Mahmudov in Mathematics, Prof. Dr. Hasan Kömürçügil and Prof. Dr. Osman Kükrer in Electrical and Electronic Engineering, and Prof. Dr. Benedek Nagy in Information Technologies.

In addition to the academic staff members included in the 2020 list, Prof. Dr. Hasan Demirel in the field of Artificial Intelligence and Image Processing,

Prof. Dr. Mehmet Balcılar in the field of Economics, Prof. Dr. İzzet Sakallı in the field of Nuclear and Particle Physics, Prof. Dr. Müberra Koşar in the field of Medicinal and Biomolecular Chemistry, Assoc. Prof. Dr. Ali Övgün in the field of Nuclear and Particle Physics and, Dr. Akeem Oladipo in the field of Chemical Engineering have also appeared in 2019 list which included 22 disciplines and 176 sub disciplines. Therefore, a total of 12 EMU academic staff members have been listed among the world's most influential 160 thousand scientists.

"World's Most Influential Scientists" 2020 list is accessible at <https://journals.plos.org/plosbiology/article?id=10.1371/journal.pbio.3000918>.



EMU IS AMONGST THE BEST 1,200 UNIVERSITIES OF THE WORLD IN THE U.S. RANKINGS



**Doğu
Akdeniz
Üniversitesi**

Eastern Mediterranean University (EMU) has ranked 1,148th in the '7th Annual U.S. News & World Report World's Best Universities Rankings 2021. In the list featuring universities from more than 80 countries, academic research performance and global and regional research reputation of universities are evaluated with 13 different indicators. According to the list released by the U.S. News & World Report, which has been ranking the world's best universities for over 30 years, EMU appears within the Asian continent's best 310 universities and

co-shares the 22nd rank with Dokuz Eylül University in Turkey. A total of 46 universities from Turkey have been included in the list.

In the said rankings, EMU ranks 174th worldwide in regional research reputation and 804th worldwide in the international collaboration categories. Last but not least, EMU ranks 16th in the region in the latter category.

World's Best 662nd University in Engineering

In the 7th Annual U.S. News & World Report World's Best Universities Ranking, EMU has been announced as the world's best 662nd university in the field of Engineering. Ranking 623rd in

global research reputation in the field of engineering, EMU also ranks 406th in the world and 6th in the region in international cooperation category. While a total of 12 universities from Turkey qualified for the Engineering Category, EMU has become the only institution of higher education in the Turkish Republic of Northern Cyprus appearing in the said list.



5 ACADEMIC STAFF MEMBERS FROM EMU ARTS AND SCIENCES FACULTY IN WORLD'S MOST INFLUENTIAL SCIENTISTS LIST

Eastern Mediterranean University (EMU) Arts and Sciences Faculty, Departments of Mathematics, Physics and Chemistry continues to increase their international recognition with the important achievements they gain in the world of science. 5 academic staff members from EMU Arts and Sciences Faculty appeared in the world's most cited 100 thousand scientists within the scope of the "World's Most Influential Scientists" list which is compiled by a team of scientists from USA and Holland under the coordinatorship of Stanford University in USA. The study focuses on 22 departments and 176 sub disciplines.

196 Scientists from Turkey appear in the List

196 scientists from Turkey have managed to appear in the world's most cited scientists list. EMU Arts and Sciences Faculty members who appeared in the list are; Department of Mathematics Chair Prof. Dr. Nazım Mahmudov in "Applied Mathematics" field, Department of Mathematics academic staff member Prof. Dr. Benedek Nagy in "Artificial Intelligence & Image Processing, Department of Physics Chair Prof. Dr. İzzet Sakallı and Assoc. Prof. Dr. Ali Övgün in "Nuclear & Particle Physics" as well as "Astronomy & Astrophysics"

field, Department of Chemistry academic staff member Dr. Akeem Oladipo in "Chemical Engineering" and "Environmental Sciences" fields.

A statement made on the matter by EMU Arts and Sciences Faculty says: "Having 5 of our academic staff members from EMU Departments of Mathematics, Physics and Chemistry appearing on the list is an important achievement and plays a vital role on enhancing the scientific recognition of our departments in international platforms".



EMU FACULTY OF PHARMACY ACADEMIC STAFF MEMBER PROF. DR. MÜBERRA KOŞAR LISTED AMONG THE MOST SUCCESSFUL SCIENTISTS IN THE WORLD

Eastern Mediterranean University (EMU) Faculty of Pharmacy Academic staff members Prof. Dr. Müberra Koşar was listed among the

most successful scientists in the world. The statement released by EMU Faculty of Pharmacy on the matter is as follows:

"A Huge Achievement for Our Faculty"

"Launched in 2011-2012 Academic Year, EMU Faculty of Pharmacy is an English-medium faculty that offers 10-semester program B.Pharm. and 12-semester program Pharm.D. With its academic staff consisting

of 4 professors, 2 associate professors, 8 assistant professors and 3 instructors, Faculty of Pharmacy continues to train individuals who fulfill the universal criteria of pharmacy profession, are respectful to their occupations, conscientious, helpful to society, owning analytical thinking, good at teamwork and, who have received internationally high quality education and instruction in the scope of pharmaceutical sciences, as well as to serve to

hard science and community health. Prof. Dr. Müberra Koşar, who joined to EMU Faculty of Pharmacy family in 2016, has been listed, within the 2 percentile, among the most successful scientists of 2019 within the scope of "Updated science-wide author databases of standardized citation indicators" study administered by Stanford University in USA. We are honored with our faculty member's achievement."



GREAT SUCCESS FROM EMU BUSINESS AND ECONOMICS FACULTY MEMBERS

Eastern Mediterranean University (EMU) Business and Economics Faculty academic staff members Prof. Dr. Salih Katircioğlu and Prof. Dr. Mehmet Balcılar are listed among the world's most influential scientists. Within the scope of the study which is conducted by USA Stanford University and published in PlosBiology Journal, Business and Economics Faculty, Department of Banking and Finance academic staff member Prof. Dr. Salih Katircioğlu

appeared among the world's most influential scientists list in categories of One Year Effect (2019) and Throughout Career Effect within the 2% segment.

Business and Economics Faculty, Department of Economics Chair Prof. Dr. Mehmet Balcılar also appeared in the 2% segment in One Year Effect (2019) category of the list featuring world's most influential scientists. EMU Business and Economics Faculty Dean Prof. Dr. Selcan



Timur made a statement on the matter and congratulated Prof. Dr. Salih Katircioğlu and Prof. Dr. Mehmet Balcılar for their success. Apart from stating that the Business and Economics Faculty members always providing good quality



education, Prof. Dr. Timur added that EMU Business and Economics Faculty appears within the 401-500 band of the Times Higher Education rankings due to the publication in top-ranking scientific journals.

EMU TOURISM FACULTY ACADEMIC STAFF MEMBER PROF. DR. OSMAN M. KARATEPE'S OUTSTANDING SUCCESS



Eastern Mediterranean University (EMU) Tourism Faculty academic staff member Prof. Dr. Osman M. Karatepe

has appeared within the 2% of the list of the world's most influential scientists in the study conducted using the Scopus database in PlosBiology magazine. In the single year impact and career-long impact categories, Prof. Dr. Karatepe has become the top ranking scientist in Economics and Business Administration fields and in Tourism and Hospitality and Marketing sub-disciplines both in Turkey and Cyprus.

4th in the World

On the other hand, Prof. Dr. Karatepe ranks 7th worldwide in the Tourism and Hospitality-

Marketing sub-disciplines in the career-long impact category and 459th in the Economics and Business Science category. Prof. Dr. Karatepe ranks 4th worldwide in the sub-disciplines of Tourism and Hotel Management-Marketing in the single-year impact category, and 280th in the Economics and Business Science category.

“EMU Faculty of Tourism is amongst the Best Worldwide”

Making a statement on the subject, EMU Tourism Faculty Dean Prof. Dr. Hasan Kılıç stated that the success Osman M. Karatepe has achieved is

not surprising for them as he is in this place as a result of years of work and experience. Prof. Dr. Hasan Kılıç congratulated Karatepe for his outstanding success. Stating that around 200 students from different countries are conducting research and publications in master's and doctoral programs with prominent professors at EMU Tourism Faculty, Prof. Dr. Kılıç also underlined that as a result of these studies, the Faculty ranks 46th in the Shanghai Ranking, one of the world's leading evaluation bodies in the field of Tourism and Hotel Management, in 2020.

EMU ECONOMICS DEPARTMENT CHAIR PROF. DR. MEHMET BALCILAR AMONGST THE BEST WORLDWIDE

Eastern Mediterranean University (EMU) Faculty of Business and Economics, Department of Economics Chair Prof. Dr. Mehmet Balcılar appears among the most influential researchers in the ranking of “Research Papers in Economics (RePEc)”, which is considered to be the world's most important publication and researcher database in the field of economics. Having been ranked 163rd in the said ranking, Prof. Dr. Mehmet Balcılar appeared in the 0.27% segment according to the publications

within the last ten years. The list featuring the ranking of the registered departments and researchers on the IDEAS site of RePEc, which has more than 60 thousand registered members as of 24 September 2020 is considered to be the most important ranking in the field of economics. Taking into account all years, Prof. Dr. Balcılar ranks 1504th and appears within the top 2,5%.

The said RePEc rankings are available at <https://ideas.repec.org/top/top.person.all10.html>.



EMU EDUCATION FACULTY, ELEMENTARY EDUCATION DEPARTMENT CALLS FOR THE PROTECTION OF THE BEST INTEREST OF THE CHILD



Eastern Mediterranean University (EMU) Education Faculty, Elementary Education Department Chair Assoc. Prof. Dr. Eda Yazgın made a statement in scope of the World Children's Rights Day. Underlining that the United Nations Declaration of the Rights of the Child is 31 years old, Assoc. Prof. Dr. Eda Yazgın reiterated the call to protect the best interests of the child. The statement released by the EMU Elementary Education Department reads as follows:

"The declaration signed by 193 countries on 20 November 1989 was basically created to protect all children between the ages of 0-18 from being harmed. The said declaration aims to guarantee the Vital, Developmental, Protection and Participation rights of children.

Although there are good practices showing that working with children in line with their rights is possible, we still see that a significant number

of children in our country and in the world experience violations of their rights. The existence of children who do not have a healthy life, nutrition and shelter conditions, and who do not have the right time and opportunity to play games despite having these conditions, and who are not given the opportunity to express their views are accepted as a necessity and obligation for us to continue the work for the implementation of the declaration.

As EMU Faculty of Education, Department of Elementary Education, we advocate that the importance and responsibility of raising teacher candidates who are defenders of children's rights should be made highlighted every day, not just on November 20th. In today's world where numerous violations of children's rights are witnessed in daily life experiences, in the media and educational settings, we believe that these violations of rights can only be overcome by improving the awareness

of children, families, educators and all individuals within the society. In order to contribute to the creation of this awareness, our department regularly organizes advocacy activities with all faculty members and students every year. One of the events held this year is the public spot, which we prepared to raise awareness about the protection of children's rights. The said public spot will be broadcast via the media this week.

In addition, EMU Elementary Education Department academic staff member Asst. Prof. Dr. Nihan Koran, as the guest of Istanbul Kültür University, organized a seminar on the online platform on 20 November 2020 under the title "The Child Is Right: Areas Where We Violate Children's Rights". In her presentation, Assist. Prof. Dr. Koran provided information on preventive activities by emphasizing children's rights and violations of rights in our country and in the world. "

PROSTHESIS WITH ARTIFICIAL INTELLIGENCE FROM EMU FACULTY OF HEALTH SCIENCES

Eastern Mediterranean University (EMU) Faculty of Health Sciences, Prosthesis Orthotics Center is successfully carrying out a smart prosthesis application with artificial intelligence for Erdinç Özkahraman, who lost an arm and a leg in a recent traffic accident, thanks to the support received within the framework of the protocol signed with the TRNC Ministry of Health. In the first stage, the adaptation process of Özkahraman's knee smart prosthesis, which has never been applied in the TRNC before, is about to be completed. After his body fully adapts to the knee smart prosthesis, a smart arm prosthesis will be provided to Özkahraman, after regaining his walking function, and this prosthesis will also be able to meet his daily life needs independently after the adaptation process has been completed.

“A Very Important Value for Our Country”

Making a statement on the subject, EMU Health Sciences Faculty Dean Prof. Dr. Mehtap Malkoç said, “Our faculty started its educational activities in the 2010-2011 Academic Year and the first center it opened was the Prosthesis Orthotics Center. Advanced studies are carried out in this center. As part of our protocol with the TRNC Ministry of Health since 2015, advanced prosthetics and orthoses are produced in our center. I think the work done here is a very important value for our country. With the protocol signed with the Ministry of Health, our patients do not have to go to Turkey and their needs can be catered for here. Thus, both material and moral losses are prevented. Because the work does not end with the delivery of such devices. After the delivery of these devices, patients go through the rehabilitation process. For this, the patient needs to be at our center. From time to time, these devices need to be calibrated and sometimes small faults are repaired. We are happy to be able to provide this kind of technical support at our center. In our center, a new technology prosthesis was applied for the first time in TRNC to our patient, who lost his arm and leg in a traffic accident ”.

“The Application is Successful”

EMU Health Sciences Faculty,
Physiotherapy and Rehabilitation

Department academic staff member Assist. Prof. Dr. Yasin Yurt said, “We are carrying out the application and training of a knee prosthesis that has not been applied in the TRNC before. Mr. Erdinç Özkahraman came to us two months ago. There is both arm and leg loss. But we first focused on his walking function and applied the leg prosthesis. Training, walking, balance and strengthening activities are currently continuing for this prosthesis. Our patient regained his walking function. This was one of our main goals. Now we will proceed with the application of the arm prosthesis. Thus, our patient will be able to fulfill his daily life needs more comfortably. The application was successful. Therefore we are happy. He also gave us good feedback on this situation ”.

Prosthesis with Micro Processors

Providing information about smart prostheses, Asst. Prof. Dr. Yurt said, “These prostheses contain artificial intelligence. Sensors in both the foot area and the knee area detect the activity of the patient at that moment and enable the resistance in the joints to change. In this way, our patients do not have any problems going up and down the slopes and stairs. Microprocessed prostheses are not applied much because they require service and are sensitive to water. However, they help users much more than other prostheses. Thanks to

the annual protocols we have signed with the TRNC Ministry of Health, the patient can be reimbursed after a report of the prosthesis to be made is written, and the patient does not have to pay any extra fees for the training he received regarding the prosthesis application.

“I Can Move with Comfort”

Erdinç Özkahraman, whose treatment is currently continuing at EMU Health Sciences Faculty, Prosthesis Orthotics Center, said the following about the process: “Before, I had a long treatment period at the hospital. Then, after the great work we carried out here with our instructors, the knee prosthesis reached the center about two months ago. We then started the application of the knee prosthesis. Today I can move very comfortably without being dependent on anyone. I thank everyone here. Smart prosthesis has been used for the first time in TRNC. May Allah never give such troubles to anyone and I wish all those in such troubles can somehow access these devices and lead a more comfortable and happier life. I am also very happy with the attention shown to me here. They really treat people as if they were a member of the family, not as a workplace or an institution, in terms of approaching to people, as well as morale and motivation. I would like to thank everyone who took an interest in me. “



REPUBLIC DAY RUN IN EMU

Eastern Mediterranean University (EMU) organized a first-time ever Republic Day Run this year. The running event that took place on Friday, the 13th of November 2020, at 15:00 started in front of the EMU Lala Mustafa Paşa Sports Complex and finished at the EMU Yasin Düşüner Stadium. EMU Board of Trustees President Dr. Erdal Özçenk, EMU Rector Prof. Dr. Aykut Hoca'nın, Board of Trustees members, Vice Rectors, academic and administrative staff members and students participated in the event. Participants run for EMU and the Turkish Republic of Northern Cyprus. First, second and third place medals were presented according to the categories in the Republic Day Run event.

Medals Awarded in Three Different Categories

In Women 16-29 Age Group category, Şirin Balkan took the first, Anesu Govaziva the second and Duygu Ayçabay the third place. In Men 16-29 Age Group category, Aron Methane, Aymone Mazous and Emin Beşinbayar came in first, second and third places, respectively. Buse Üreten took the first place followed by Eda Sarı who became second to finish in Women 30-40 Age Group category. Fulya Özcanoğlu won the first place in Women 41+ Age Group category. Gülseren Dayanık and Demet Çelik Ulusoy were the second and third contestants to finish in the same category. In Men 41+ Age Group, Hayati Akın, Cuma Ülker and Aydın Kayol finished the run in the first, second and third places, respectively. Moreover, a special award was presented to Naile Günbay for participating in the event even though she is six months pregnant.



Certificate of Participation to All the Contestants

Contestants who finished the running event in first, second and third places received their awards presented by EMU Board of Trustees President Dr. Erdal Özçenk, EMU Rector Prof. Dr. Aykut Hoca'nın, Board of Trustees members Assist. Prof. Dr. Hicran Bayraktaroğlu Fırat, Halil İ. Orun, Ersun Kutup and Dr. Hamit Bakırcı, Vice Rectors Prof. Dr. Hasan Demirel, Prof. Dr. Hüseyin Aktuğlu, Assoc. Prof. Dr. Deniz İşçioğlu and Assoc. Prof. Dr. Serhan Şensoy. Adding more, EMU Sports Affairs Directorate presented Certificate of Participation to everyone who participated in the Republic Day Run event.





DAÜ DR. FAZIL KÜÇÜK MEDICINE FACULTY RELEASED A STATEMENT ON 17 NOVEMBER WORLD PREMATURE DAY



Eastern Mediterranean University (EMU) Dr. Fazıl Küçük Faculty of Medicine academic staff and Neonatal Intensive Care Specialist Assoc. Prof. Dr. Nilüfer Güzoğlu released a statement regarding the 17 November World Premature Day. Assoc. Prof. Dr. Güzoğlu's statement reads as follows:

“Babies born before completing the 37th gestational week are called premature. It is estimated that 15 million babies are born every year in the world and 10% of them are premature. Premature birth and related problems are an important cause of child deaths all over the world.

Today, there are important developments in neonatal intensive care units in line with the developments in technology. Parallel to this, more and more premature babies can hold on to life every day. However, unfortunately, some of the premature babies still have to struggle with many problems including growth retardation, learning difficulties, vision and hearing problems in the long term.

In particular, babies born under 32 weeks of gestation and with a birth weight below 1500 gr. are prone to many problems. Their lungs are not fully developed and, thus, have respiratory distress. Special drugs for lung development and intubation may be required. They cannot maintain their body temperature, so monitoring in the incubator is necessary. Some vascular structures in the brain are very thin and tend to bleed easily, which can cause future disability in babies. They cannot suck like babies born on time and are fed orally through a tube or a vascular access. Since the immune system

is immature, they can easily get infections. Dealing with these problems is difficult for their families as well as the babies.

The “World Premature Day” is observed on 17 November to raise awareness for premature children globally and these little warriors are represented with the colour purple. The aim of this awareness day is to explain the problems of premature babies, to support their families and to encourage premature babies to live equally without long-term problems. In order to support this struggle of premature babies, it is necessary to invest in trained neonatal intensive care specialists, nurses and appropriate neonatal intensive care devices. With appropriate interventions, most of the premature babies are able to survive as completely healthy individuals, and some even leave marks on the world. Albert Einstein, Charles Darwin and Napoleon Bonaparte were among the important names who were born premature and influenced the world. “

“A MULTI-FACETED PERSPECTIVE ON DIABETES MANAGEMENT” TV PROGRAM FROM EMU

Under the moderation of the Eastern Mediterranean University (EMU) Faculty of Health Sciences Dean Prof. Dr. Mehtap Malkoç, a television program titled “Multi-Faceted Perspective on Diabetes Management” was held in scope of the 14th November, World Diabetes Day.

EMU Health Sciences Faculty Nursing Department academic staff member Assist. Prof. Dr. Handan Sezgin, Nutrition and Dietetics Department academic staff member Assist. Prof. Dr. Gözde Okburan and Physiotherapy and Rehabilitation Department academic staff member Assist. Prof. Dr. Yasin Yurt participated in the said program during which how diabetes management be handled with a multi-faceted and interdisciplinary approach was discussed. In addition, during the program, the importance of raising awareness, regulation of eating habits and physical activity in order to manage oneself regarding the disease were also emphasized.

There are 463 Million Diabetes Patients Worldwide

Referring to the impact of the 21st century living conditions on diabetes, EMU Health Sciences Faculty Dean Prof. Dr. Mehtap Malkoç stated that insufficient physical activity, unhealthy diet and unconscious lifestyle trigger diabetes at a major scale. Stating that in the atlas published by the World Diabetes Federation in 2000, diabetes was detected at a rate of 4.6% in the adult group, Prof. Dr. Malkoç underlined that by 2019, this ratio increased to 9.3%. In Turkey and our country, this ratio remained at 13.2%. Prof. Dr. Malkoç also stated that 463 million people have diabetes worldwide.

Diabetes Patients’ Families are in the Risk Group as Well

Drawing attention to the communication of diabetes patients with nurses, EMU Health Sciences Faculty Nursing Department academic staff member Asst. Prof. Dr. Handan Sezgin, on the other hand, touched upon the diversity of awareness-raising activities for patients to adopt the lifestyle recommended to them. Underlining that the families of the patients are also in the risk group, Asst.



Prof. Dr. Sezgin said, “Because we live in the same house. We do almost the same physical activities and eat the same way.” Asst. Prof. Dr. Sezgin also stated that the organ that the high sugar does not impair almost from the heart to the eyes, from the kidneys to the brain will not remain. Assist. Prof. Dr. Sezgin added that it is very important for the patient to know how to measure blood sugar level, learn the effects of the foods s/he eats on blood sugar, know where to apply and what to do in case of blood sugar changes, and how to control weight.. Asst. Prof. Dr. Sezgin also stated that there are diabetes training schools within this scope and that they aim to establish a diabetes school under the EMU Health Sciences Faculty Center for Healthy Living.

Extra Care on Carbohydrate Consumption

Emphasizing the importance of conscious carbohydrate consumption, EMU Nutrition and Dietetics Department academic staff member Assist. Prof. Dr. Gözde Okburan stressed the importance of including whole grain products in the diet of the person concerned. Asst. Prof. Dr. Okburan also stated that bulgur instead of rice and whole grain bread instead of white bread could be preferred. Assist. Prof. Dr. Okburan added that on the other hand, it is very important to take snacks on time in patients using insulin. Assist. Prof. Dr. Okburan also said they do not approve of long-term hunger in patients who do not use insulin. Asst. Prof. Dr. Okburan finally touched upon what should be done to prevent the negative effects of the individual

having problems with diabetes during pregnancy.

EMU Provides Services in the Area of Diabetic Foot

Emphasizing the importance of physical activity regarding the in-body consumption of sugar, EMU Physiotherapy and Rehabilitation Department academic staff member Asst. Prof. Dr. Yasin Yurt stated that exercise prescriptions should be programmed by experts. Asst. Prof. Dr. Yurt also stated that the World Health Organization (WHO) recommends at least 150 minutes of walking at a medium pace per week. Underlining that diabetic foot patients should not give up their physical activities, Asst. Prof. Dr. Yurt mentioned that these physical activities have a role in preventing foot wounds. Asst. Prof. Dr. Yurt stated that the use of special insoles and the correct use of shoes are effective with a success rate of up to 50% in the treatment of diabetic foot disease. In the program, it was also stated that services are offered at EMU for diabetic foot patients in this context. It was also emphasized that individuals with diabetes should be very careful about foot care. Asst. Prof. Dr. Yurt added “In order not to come to the point where limb loss will occur, it is very important for patients to inform their doctors about foot problems including corn, cracks, ingrown toenails, discoloration and any other similar problems ”.

The program had been broadcasted on Cyprus Genç TV on Wednesday, 18 November, 2020, between 13:30 and 14:15.

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This Week's Academic Publications

Source: Web of Science

Faculty of Education

1. Mortazavi, Mohsen, Fatma Tansu Hocaanin, and Afshin Davarpanah. "Application of Quantitative Computer-Based Analysis for Student's Learning Tendency on the Efficient Utilization of Mobile Phones during Lecture Hours." Sustainability 12, no. 20 (2020): 8345.

Faculty of Business & Economics

1. Nwaka, Ikechukwu D., Michael U. Nwogu,

Kalu E. Uma, and George N. Ike. "Agricultural production and CO2 emissions from two sources in the ECOWAS region: New insights from quantile regression and decomposition analysis." Science of The Total Environment 748 (2020): 141329.

Faculty of Communication and Media Studies

1. Ayman, Umut, Anil Kemal Kaya, and Ülfet Kutoğlu Kuruç. "The Impact of Digital

Communication and PR Models on the Sustainability of Higher Education during Crises." Sustainability 12, no. 20 (2020): 8295.

Faculty of Engineering

1. Alhijazi, Mohamad, Babak Safaei, Qasim Zeeshan, Mohammed Asmael, Arameh Eyyazian, and Zhaoye Qin. "Recent Developments in Luffa Natural Fiber Composites." Sustainability 12, no. 18 (2020): 7683.



Eastern Mediterranean University

Management at
Eastern Mediterranean University,
Famagusta / North Cyprus

On behalf of
Eastern Mediterranean University
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Rector

Supervisor
Assoc. Prof. Dr.
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