



EMU ACTING RECTOR PROF. DR. MUSTAFA TÜMER THANKED PROF. DR. AYKUT HOCANIN AND HIS TEAM

Eastern Mediterranean University (EMU) Acting Rector Prof. Dr. Mustafa Tümer got together with Prof. Dr. Aykut Hocanın and his team on Tuesday, 26 September 2023 at 10:30. In the meeting, Prof. Dr. Tümer thanked Prof. Dr. Hocanın, Prof. Dr. Hasan Demirel, Prof. Dr. Hüseyin Aktuğlu, Prof. Dr. Deniz İşçiöglü and Prof. Dr. Serhan Şensoy for their services to the EMU.

“I Extend My Thanks to Prof. Dr. Hocanın and His Team”

Delivering a speech during the meeting, EMU Acting Rector Prof. Dr. Tümer stated that Prof. Dr. Hocanın and his team took on a huge task in a difficult time and added that during the service of Prof. Dr. Hocanın, first the pandemic process and then the economic fluctuations that developed in the world due to the conjuncture directly affected EMU, which is an international university. Expressing that he is in office for a short period of time, Prof. Dr. Tümer noted that they will complete the transition period in a smooth and healthy way. Saying that all members of EMU is a family, Prof. Dr. Tümer stated that Prof. Dr. Hocanın and his team still continues to root for the EMU family during this transition period. Expressing that crises may occur in institutions from time to time, Prof. Dr. Tümer emphasized that EMU will overcome these problems with its strong staff and underlined that they will always embrace EMU.

“We Worked Heartily and Devotedly”

Prof. Dr. Hocanın also delivered a speech in the meeting, thanking Prof. Dr. Tümer for his kind gesture. Nothing that they took office to move EMU even further in a very difficult period, Prof. Dr. Hocanın stated that they worked heartily and devotedly and said that during the pandemic



period, the team came to the university with special permissions and served selflessly while everyone waited at home with great anxiety, and that they did everything they could to ensure that all EMU employees and students continued their lives.

Prof. Dr. Hocanın also stated that following the pandemics, global problems came one after another, first the economic problems, then the Russia-Ukraine war and the earthquake disaster in the Republic of Turkey directly affected EMU in different dimensions. Prof. Dr. Hocanın noted that all the work they did regarding the financial situation was done to prevent these effects from having a negative impact on the university. Saying that they have been successful to a certain extent, EMU still has problems to be solved at certain points. Prof. Dr. Hocanın also stated that when they saw that they could not progress any further, they decided to leave their positions to pave the way for EMU. Noting that they will always



be there to provide support and help to EMU Acting Rector Prof. Dr. Tümer, Prof. Dr. Hocanın emphasized that they will continue to work for EMU. Thanking his team who has been working for EMU during such a difficult period, Prof. Dr. Hocanın expressed that serving EMU is a source of pride for them. Following the speeches, EMU Acting Rector Prof. Dr. Mustafa Tümer presented flowers to Prof. Dr. Aykut Hocanın and his team.

Eastern Mediterranean University
RANKED 601-800



www.thewur.com

EMU Ranked in 601-800 Band of
Times Higher Education
World University Rankings



EMU Listed 1st in Turkey and
8th Worldwide in International Diversity



Former Executive Assistant of The President of
Somalia Prof. Dr. Abdulkareem H. Jama Visits
EMU Acting Rector Prof. Dr. Mustafa Tümer

EMU RANKED IN 601-800 BAND OF TIMES HIGHER EDUCATION WORLD UNIVERSITY RANKINGS



Times Higher Education (THE), the publisher of university rankings widely referenced in the world and published in England, announced the ranking of the world's best universities. According to the results of the rankings where 1,904 universities from 108 countries succeeded in entering the rankings, Eastern Mediterranean University (EMU) was ranked in the 601-800 band in the world. University of Oxford took the first place in the THE World University Rankings followed by University

of Stanford in second place and Massachusetts Institute of Technology in third place.

EMU – 1st in TRNC, 3rd in Turkey

According to the 2023 Higher Education Intentions Exam (YKS); with a placement rate of 94.65%, EMU has achieved the highest number of student placements since its establishment in the Republic of Turkey, and is ranked in the third highest band among Turkish universities that have succeeded in entering

the THE World University Rankings. The list includes a total of 77 Turkish universities; Koç University, Middle East Technical University (METU) and Sabancı University shared the first place by being in the 351-400 band, while Istanbul Technical University (ITU) ranked second by being in the 501-600 band. EMU ranked third in the 601-800 band. While two universities from the Turkish Republic of Northern Cyprus (TRNC) achieved to appear on list, EMU ranked 1st as always.

Leading the Way in Research Quality

According to THE data, EMU stands out in terms of research quality and international outlook. Declared as the 466th best university in the world in terms of research quality, EMU became the 322nd best university in the world in international perspective. Academic staff from 35 different countries serve at EMU, where nearly 17 thousand students from over 100 countries receive quality education. EMU ranked 8th in the world in the Round University Ranking (RUR) world university rankings in the field of international student diversity with 99,417 points.

EMU LISTED 1ST IN TURKEY AND 8TH WORLDWIDE IN INTERNATIONAL DIVERSITY



With a score of 74.437, Eastern Mediterranean University (EMU) is ranked as the first university in Turkish Republic of Northern Cyprus (TRNC) and Republic of Turkey in the International Diversity Rankings published by world university ranking system Round University Ranking (RUR). Moreover, with the score of 99.417, EMU is ranked as the 8th university in the Republic of Turkey and once again as the first in Turkish Republic of Northern Cyprus in the category of International Student Diversity.

In the ranking, EMU took the 116th place worldwide in international personnel category with a score of 90.500 and first place in both

Republic of Turkey and TRNC universities. Adding more, scoring 70.513 points, EMU is ranked as the 222nd university in the world and first university in the Republic of Turkey and TRNC. In effect of new media category, with its score of 65.750, EMU took 417th place in the world, 14th in the Republic of Turkey and 1st in TRNC.

With nearly 17 thousand students from over 100 different countries, EMU has academic personnel members from 35 different countries. EMU is ranked the 872nd best university in the world in the World University Rankings announced by RUR, and was announced as the best university in TRNC.

FORMER EXECUTIVE ASSISTANT OF THE PRESIDENT OF SOMALIA PROF. DR. ABDULKAREEM H. JAMA VISITS EMU ACTING RECTOR PROF. DR. MUSTAFA TÜMER

Eastern Mediterranean University (EMU) Acting Rector Prof. Dr. Mustafa Tümer hosted the former Executive Assistant of the President of Somali, the former Minister of Telecommunications of Somali, and now the Vice President of Mogadishu City University, Prof. Dr. Abdulkareem H. Jama, at his office. Prof. Dr. Jama's daughter Salma Hassan, EMU Academic Affairs Coordinator Assist. Prof. Dr. Nidai Şemi and EMU Assistant General Secretary Kazım Hakverdi were also present during the meeting which was held on Friday, 29 September, 2023 at 11:15.

Preferred EMU for His Daughters' Education

After enrolling his daughter to EMU Faculty of Education, Department of Foreign Language Education, English Language Teaching Undergraduate Program, Prof. Dr. Jama paid a courtesy visit to EMU Acting Rector Prof. Dr. Mustafa Tümer. During the meeting, Prof. Dr. Tümer informed Prof. Dr. Jama and his daughter Salma about Turkish Republic of Northern Cyprus (TRNC) and EMU. Prof. Dr. Tümer also wished success to Salma on her undergraduate education in EMU.

In the visit, Prof. Dr. Jama mentioned that he and his daughter decided to come to TRNC and visit the EMU



campus upon an advice given to them by one of their relatives who is also an EMU alumni. Prof. Dr. Jama stated that they liked the university and the campus very much. Prof. Dr. Jama added that they regard to the EMU as a very international university and that they even randomly came across with students from Somali during their campus tour, which made them really happy. Prof. Dr. Jama wished that

universities in Somali also reaches to an international structure such as EMU in the future. The possibility of collaborations between EMU and City University was also discussed during the meeting. Following the meeting, EMU Acting Rector Prof. Dr. Mustafa Tümer presented a traditional Cypriot Lefkara work panel to Prof. Dr. Jama.

EMU PHYSICISTS PROF. DR. İZZET SAKALLI AND PROF. DR. S. HABİB MAZHARIMOUSAVI TRUSTED REVIEWER AWARD FROM IOP PUBLISHING

Eastern Mediterranean University (EMU) Arts and Sciences Faculty, Physics Department Chair Prof. Dr. İzzet Sakallı and Physics Department Vice Chair Prof. Dr. S. Habib Mazharimousavi are granted with the Trusted Reviewer Award by one of England's leading scientific publishing houses, Institute of Physics (IOP). The award is granted to individuals who make outstanding contributions to the evaluations of scientific publications and, provide considerable support to the board of editors.

Only Referees of Exceptional Quality Receive the Award

In 2023, the prestigious publishing house started to grant the IOP Reliable Referee Award to those who have regularly carried out evaluations all around the world. The publishing house assesses the evaluation reports of the editors based on a scale from 1 to 5 and, refers the evaluations that receive 5 points as to have exceptional quality. Reviewers who receive 5 points out of 5 reach the exceptional quality status and are awarded with Trusted Reviewer Award as Prof. Dr. Sakallı and Prof. Dr. Mazharimousavi.

A Proud Moment for Turkish Scientific World

Prof. Dr. İzzet Sakallı and Prof. Dr. S. Habib Mazharimousavi made significant contributions to the development of scientific literature by making great efforts in the scientific evaluation of articles sent to IOP journals, and for these valuable contributions, they were awarded by IOP Publishing in the Trusted Reviewer category. This prestigious award is awarded only to reviewers who demonstrate a high level of evaluative competence and the ability to critique scientific literature to an excellent standard. The fact that Prof. Dr. İzzet Sakallı and Prof. Dr. S. Habib Mazharimousavi received this award is a proud achievement for the Turkish scientific world and an indication that their contributions to the evaluation of scientific articles are appreciated.

IOP Publishing house offers many publications that distribute scientific research around the world. These publications include journals, conference proceedings, and community websites.



EMU MATHEMATICS DEPARTMENT HOSTS A PRESTIGIOUS INTERNATIONAL CONFERENCE



Eastern Mediterranean University (EMU) Arts and Sciences Faculty, Mathematics Department hosted the 27th International Conference on Implementation and Application of Automata (CIAA 2023) which was previously organized in various countries such as England, France, Germany, Slovakia, Canada and South Korea.

Moreover, EMU Mathematics Department also hosted the 13th International Workshop on Non-Classical Models of Automata and Applications (NCMA 2023) which is organized as a of the conference. NCMA 2023 took place on 18-19 September 2023 on the other hand, the CIAA 2023 commenced with an opening ceremony held on

Tuesday, 19 September 2023 at 14:15 at Namık Kemal Hall in Salamis Bay Conti Hotel. CIAA 2023 opening ceremony was attended by over 50 participants from 20 different countries. Adding more, former EMU Rector Prof. Dr. Aykut Hocanın, former EMU Vice Rector for Student Affairs Prof. Dr. Hüseyin Aktuğlu, EMU Arts and Sciences Faculty Dean Prof. Dr. Mehmet Ali Özarslan and EMU Mathematics Department academic staff member and NCMA 2023 – CIAA 2023 Organizing Committee Chair Prof. Dr. Benedek Nagy also attended the event.

Delivering a speech on the opening ceremony, EMU Mathematics Department academic staff

member and NCMA 2023 – CIAA 2023 Organizing Committee Chair Prof. Dr. Benedek Nagy stated that total of 30 academic papers from 19 different countries applied for the conference, 20 of these applications received acceptance and that the presentations of these papers will be made during the conference.

“I Hope the Conference and the Workshop Will Contribute to Science”

Former EMU Rector Prof. Dr. Aykut Hocanın expressed his contentedness on hosting an international and prestigious conference as EMU. Wishing that the results of the workshop and conference will contribute to science with the benefits of invited speakers through a productive sharing of ideas, Prof. Dr. Hocanın presented information to the participants about EMU and wished them to see the beauties of the Turkish Republic of Northern Cyprus during their time here on the island.

Following the opening speeches, former EMU Rector Prof. Dr. Aykut Hocanın presented traditional Cypriot Lefkara work panels to Prof. Dr. Cem Say from Boğaziçi University and Prof. Dr. Viliam Geffert from P.J. Safarik Univeristy, Slovakia who were among the guest speakers of the conference and the workshop.

Prof. Dr. Friedrich Otto from the University of Kassel, Germany and Prof. Dr. György Vaszil from the University of Debrecen, Hungary are also among the guest speakers of NCMA 2023 and CIAA 2023. CIAA 2023 came to an end with the final sessions held on Friday, 22 September, 2023.

The articles presented within the scope of the CIAA 2023 are published in the special edition of Lecture Notes in Computer Sciences (LNCS), a Springer publication, with EMU Arts and Sciences Faculty, Mathematics Department academic staff member Prof. Dr. Benedek Nagy as the editor. Moreover, a call for improvement will be requested for the articles selected by the conference program committee, and these articles will be published in a special issue of the International Journal of Foundations of Computer Science (IJFCS) within SCI Expanded. Articles presented within the scope of the NCMA 2023 are published in the Electronic Proceedings in Theoretical Computer Science issue and, full articles selected and revised within the scope of the workshop will be published in prestigious Acta Informatica journal, a Springer publication which is also include in SCI Expanded.

INTERNATIONAL NEM 2023 CONFERENCE HOSTED BY EMU COMMENCES

Organized with the honorary presidency of former Eastern Mediterranean University (EMU) Rector Prof. Dr. Aykut Hocanın and Kırklareli University Rector Prof. Dr. Bülent Şengörür, the third International National Science, Engineering and Material Technologies Conference (NEM 2023) commenced on Thursday, 21 September 2023 at 10:00 with an opening ceremony held at the Salamis Bay Conti Resort Hotel.

Turkish Republic of Northern Cyprus (TRNC) Minister of National Education Nazım Çavuşoğlu, Minister of Economy and Energy Olgun Amcaoğlu, former EMU Rector Prof. Dr. Aykut Hocanın, former Vice Rectors Prof. Dr. Hasan Demirel, Prof. Dr. Hüseyin Aktuğlu and Prof. Dr. Serhan Şensoy, Arts and Sciences Faculty Dean Prof. Dr. Mehmet Ali Özarslan, Tourism Faculty Dean Prof. Dr. Hasan Kılıç, Dr. Fazıl Küçük Medicine Faculty Acting Dean Assist. Prof. Dr. N. İlke Akçay attended the opening ceremony.

The event co-chaired by EMU academic staff member Prof. Dr. Huriye İcil and Kırklareli University academic staff member Assoc. Prof. Dr. Burhan Coşkun commenced with a Moment of Silence and National Anthem followed by the opening speeches.

Delivering a speech at the opening ceremony, Prof. Dr. İcil stated that the world of science now requires universities and researchers to work and produce together and that the world of science is not just about abstract publications. Prof. Dr. İcil underlined that it is an area where product-oriented niche products that provide economic added value to the country and the world emerge, concrete problems are solved and result-oriented research is carried out. Moreover, Prof. Dr. İcil touched on the fact that today's scientific world is increasing its research on finding quick solutions to many vital problems with increasing climate change. Talking on the importance of interdisciplinary and scientific research in regards to promoting TRNC, Prof. Dr. İcil emphasized that it would be more effective to promote the country with scientific studies. Hoping that such type of interdisciplinary studies to become more widespread in the country, Prof. Dr. İcil thanked everyone who has contributed to the realization of the event.

“The Results of the Conference will cover a Wide Area”

Stating that they expect the results of the conference to cover a wide area, Prof. Dr. Hocanın thanked everyone who has contributed to the organization process of



the event. Saying that EMU is the only state university established with law, Prof. Dr. Hocanın underlined the vital role of EMU with its mission on education, research and serving the public. Stating that EMU has significant outcomes in research labs in fields such as Chemistry, Applied Sciences and Engineering, Prof. Dr. Hocanın said, in this respect, the university holds great success in world rankings. Pointing out that EMU's goal has always been to be first, Prof. Dr. Hocanın added that EMU is the best university in the region. Stating that the conference in question played an important role in terms of scientific production and application, Prof. Dr. Hocanın hoped that the conference would be productive.

“TRNC will be a Country that Lives with the Concept of Green Energy”

Saying that EMU is one of the most important places where the honorary representation of the country is carried out, TRNC Minister of Economy and Energy Olgun Amcaoğlu underlined that with the conference the studies and work will become more concrete. Touching on the importance of the Energy Department

which is planned to be launched in TRNC, Amcaoğlu indicated that the energy efficiency law is ready and is on the agenda of the Council of Ministers. Moreover, Amcaoğlu emphasized that TRNC, like the rest of the world, will have the chance to embrace the whole world in the concept of being a country living with green energy. Stating that such conferences are encouraging, Amcaoğlu expressed his gratitude to those who contributed.

“Working for the Future of the World”

TRNC Minister of National Education Nazım Çavuşoğlu also delivered a speech and stated his contentedness on participating such a conference hosted by EMU. Stating that the conference in question focused on the future of the world, Çavuşoğlu emphasized that the increasing population and decreasing lands in the world caused new searches. Saying that it is extremely important for scientists to investigate how we can use energy without harming nature, consuming less from nature and using opportunities such as the sun, Çavuşoğlu underlined that if we continue with our current habits, we will not have a world that we will leave

to future generations. Thanking everyone who has contributed to such a meaningful event, Çavuşoğlu wished the conference to be productive. Following the opening speeches, Prof. Dr. İcil, Prof. Dr. Hocanın, Ministers Çavuşoğlu and Amcaoğlu were presented appreciation plaques by Assoc. Prof. Dr. Burhan Coşkun. Then, chaired by Assoc. Prof. Dr. Coşkun, the conference continued with “Nanostructure Radar Absorbing Materials for Phantom Aircrafts” presentation by Prof. Dr. Fahrettin Yakuphanoğlu from Fırat University and “Effect of Biofilms and Additives on the Performance and Stability of Perovskite Solar Cells” presentation by Prof. Dr. Serap Güneş from Yıldız Technical University. The conference hosted eminent scientists such as Prof. Dr. Fahrettin Yakuphanoğlu from Fırat University, Prof. Dr. Hasan Havıtcıoğlu from Dokuz Eylül University, Prof. Dr. İmren Hatay Patır from Selçuk University, Prof. Dr. Serap Güneş from Yıldız Technical University, Prof. Dr. Şemsettin Altındal from Gazi University, Assoc. Prof. Dr. Mehmet Yağmurcukardeş from İzmir Institute of Technology and Assoc. Prof. Dr. Mujeeb U. Chaudhry from University of Durham.

EMU REPRESENTED AT THE 5TH INTERNATIONAL CYBERNETICS AND INFORMATICS CONFERENCE



Eastern Mediterranean University (EMU) Arts and Sciences Faculty, Mathematics Department academic staff member Prof. Dr. Rza Bashirov represented EMU at the 5th International Conference on Problems

of Cybernetics and Informatics (PCI 2023) hosted by the Institute of Control Systems operating under the Ministry of Science and Education of Azerbaijan. The event was held in Baku where 11 other guest speakers also attended along with Prof. Dr. Bashirov. Prof. Dr. Bashirov was also the session moderator in the conference.

Prof. Dr. Bashirov's Presentation Selected as the Best

Distinguished scientists from 15 countries participated in the PCI 2023 conference delivering 120 presentations during the event that was organized under the umbrella of IEEE and whose paper rejection rate was 33.3%. Prof. Dr. Rza Bashirov delivered a presentation titled "Modelling Disease-Drug Networks with Petri Nets". The presentation was selected as

the best presentation in its field in the report presented by the Intellectual Systems Area Head at the closing session of the conference, and it was evaluated that the presentation would shed light on bioinformatics studies.

To be published in Prestigious Academic Journals

The PCI 2023 conference proceedings will be published by IEEE Xplore and will be available from the IEEE Digital Library. Studies selected from the papers presented within the scope of the PCI 2023 conference will be published in its expanded/enriched form in TWMS Journal of Pure and Applied Mathematics, Applied and Computational Mathematics, Informatics and Control Problems, and Journal of High-Frequency Communication Technologies.

7TH EXPERIMENTAL COGNITIVE PSYCHOLOGY SYMPOSIUM TO BE HOSTED BY EMU DEPARTMENT OF PSYCHOLOGY



VII. Deneysel Bilişsel Psikoloji Sempozyumu

DAÜ PSİKOLOJİ BÖLÜMÜ 5-6 EKİM 2023

Eastern Mediterranean University (EMU) Psychology Department will host the 7th Experimental Cognitive Psychology Symposium which will take place on 5-6 October, 2023 at Arts and Sciences Faculty Amphitheatre. In the symposium, academics who work on the fields of experimental and cognatic psychology will get together with students to share their studies.

The symposium will commence with an opening session to be held on Thursday, 5 October 2023 at 10:30. Specialists in the field of cognitive and experimental psychology will make presentations during the event: "Cognitive Exaggeration Style and Memory" by Ayşe Altan Atalay, "Functional Remembering: Emotion Regulation in the Context of Individual and Social Events" by Sezin Öner Yaman, "The

Relationship of Coming Out Memories with the Well-Being State of Gay and Bisexual Men" by Burcu Kaya Kızıloz, "Behavioral and Neural Correlations of the Visual Search Task in Cerebral Visual Impairment" by Zahide Pamir, "Autobiographical Remembering and Episodic Future Thinking Processes in Blind Individuals" by Ali İzzet Tekcan, "Investigation of Emotion - Memory Interactions in Bilingual Adults in Bilingual Individuals" by Aslı Aktan Erciyes, "Visual Word Recognition and the Place of Turkish in Anglo-oriented Field of Psycholinguistics" by İlhan Raman.

On the second day of the event, 6 October 2023, following presentations will be made within the scope of the symposium: "Analysis of Cognitive Control Processes with Reaching Movement: Preliminary Findings" by Nart

Bedin Atalay, "Conscious Awareness in Skilled Movements" by Çığır Kalfaoğlu, "Data-Based Decision Making Processes: The Role of Effective Data Visuals" by Ayşecan Boduroğlu, "A Natural Experimental Mechanism to Present Real Persons, Objects and Live Actions in Experimental Psychology and Cognitive Neuroscience Studies" by Burcu Ayşen Ürgen, "Future Predictions in the Context of the Turkish Presidential Election" by Sami Gülgöz, "Social Concerns, Social Memory and Future Thought: Turkish Elections" by Meymune N. Topçu, "The Confounding Role of Gender and Presentation Duration in the Perceptual Load Effect" by Özlem Ertan Kaya, "Understanding the Behavioral and Neural Effects of Prior Knowledge on Sensory Processes with Computational Modeling" by Buse Merve Ürgen, "The Relationship of Visual Attention Directed Prior the Informative Spatial Expressions with Expression Modality" by Dilay Z. Karagöller and "Going Beyond the Literal Meaning in Motor Acts: Transfer Effects of Theory of Mind Intervention on Children's Processing of Metaphorical Expressions" by Fatma Nur Öztürk. More information on the 7th Experimental Cognitive Psychology Symposium can be obtained from deneyselbilissel2023@gmail.com e-mail address.

EMU 26TH ORIENTATION DAYS CONTINUE

Being annually organized at the beginning of each academic semester by the Eastern Mediterranean University (EMU) Social and Cultural Activities Directorate with the aim of supporting the new EMU students during their adaptation period, the 26th of the Orientation Days continue with various events. With the EMU 26th Orientation Days, it is aimed to help the new students to get prepared for the 2023-2024 Academic Year Fall Semester in the best way possible.

The EMU 26th Orientation Days are organized with the sponsorship of Northern Cyprus Turkcell. Within the scope of the orientation days, following their arrival to the Turkish Republic of Northern Cyprus (TRNC), the new coming student are placed into their new accommodations in EMU. Students are able to gather necessary information from helpdesks located at Social and Cultural Activities Directorate, Registrar's Office and Foreign Languages and English Preparatory School.

“Living in North Cyprus” Seminar and Campus Tour

Within the scope of the 26th Orientation Days, “Living in North Cyprus” seminar was delivered to the new students by Police Department on Friday, 22 September, 2023 at EM U Activity Center Hall. Moreover, tours of the campus was organized on Tuesday, 26 September, 2023 at 10:00 as well as 14:00, aiming to introduce the campus to the new students. During the campus tour, students got the chance to visit various units and the Rector's Office where they met with EMU Acting Rector Prof. Dr. Mustafa Tümer.

Seminars and Various Events

On Thursday, 28 September 2023 at 10:00 at EMU Activity Center Hall, the “Adaptation to University Life” seminar was given by EMU Psychological Counselling, Guidance and Research Center (PDRAM) Director Dr. Psychologist Fatoş Özylem. On the same day at 11:00, EMU Center for Women's Studies (KAEM) Research Assistant Fatoş Türüç delivered a seminar titled “Dating Abuse”.



EMU DR. FAZIL KÜÇÜK MEDICINE FACULTY MEMBER ASSOC. PROF. DR. AMBER EKER BAKKALOĞLU RELEASES STATEMENT ON WORLD ALZHEIMER'S DAY



It is predicted that this number will triple to 152 million in 2050. With aging societies, the number of people with dementia is increasing exponentially. The 21st of September is regarded as Alzheimer's Day all around the world and efforts are being made to raise awareness of this disease today and in the following month. Early diagnosis and treatment of the disease has a very positive effect on its course. It is important to be familiar with its symptoms and have screenings after a certain age for early diagnosis.

The earliest sign of the Alzheimer's diseases is the troubles experienced in the recent memory. The fact that old times are remembered should not mislead us. In addition to memory problems, symptoms such as difficulty in dressing, eating, and using tools, which are acquired skills in normal life, personality and behavioral changes, impairment in using language and understanding conversations, inability to find the way, inability to calculate, introversion and vivid dreams can also be observed.



Eastern Mediterranean University (EMU) Dr. Fazıl Küçük Medicine Faculty member and Neurology Specialist Assoc. Prof. Dr. Amber Eker Bakkaloğlu released a statement on the occasion of World Alzheimer's Day. The statement is as follows:

“Have had your Forgetfulness Check?”

“Dementia is one of the biggest causes of disability and dependence in elderly population. The disease not only affect the patient but also the close family members of the patient as well as the health system and economy of the country. However, fighting this disease is possible with the contribution of all these components. According to the World Health Organization (WHO), there are 50 million people with dementia worldwide, and

American Academy of Neurology suggests that individuals over the age of 65 get their cognitive screenings every year. Cognitive screenings can be done in a short time by conducting mutual conversations. If you are over the age of 65 and wish to have a cognitive screening, you can make an appointment or gather information regarding the topic from the EMU Dr. Fazıl Küçük Medicine Faculty, Clinical Practice and Research Center by contacting 0392 630 3851. Let's not forget and get our forgetfulness screenings done.”



EMU DEPARTMENT OF NUTRITION AND DIETETICS RELEASES STATEMENT ON POLYCYSTIC OVER SYNDROME

Eastern Mediterranean University (EMU) Health Sciences Faculty, Department of Nutrition and Dietetics academic staff member Merve Yurt released a statement on the occasion of Polycystic Ovary Syndrome (PCOS) awareness month. Senior Instructor Yurt's statement titled "September – The Polycystic Ovary Syndrome Awareness Month" reads as follows:

"Polycystic Ovary Syndrome also known as PCOS is a hormonal imbalance commonly observed in 10-15% of women of reproductive age. Although the cause of the disease is not fully known, it is accepted that many genetic and environmental factors play a role in occurrence of PCOS. The possibility of developing PCOS significantly increases if there is a close family member such as mother or aunt who struggles with the disorder. The symptoms of PCOS includes excess body hair (face, chest, stomach, back), acne, irregular menstrual cycle or missed periods, increase in testosterone levels, increase in body weight, depression and anxiety. In cases where the disorder is not treated well, physiological outcomes can affect a woman throughout her life.

"Consult to your doctor if you are experiencing signs of PCOS and you have close family members who have PCOS"

Nearly 50% of women with PCOS continue her lives without being diagnosed. Symptoms observed in the early ages cause fertility-related problems in later years of life, and the development of metabolic diseases such as Type 2 diabetes and cardiovascular diseases in middle and advanced ages. Early diagnosis and treatment plays an important role in minimizing the long term risks of the disorder.

"PCOS might bring Long Term Health Risks along with it"

Insulin resistance (body is not able to use the insulin hormone properly) is a common condition observed in women with PCOS. This leads to increase in insulin hormone levels and blood sugar in the body. Increased insulin hormone in the body can lead to increased production of male hormones and the development of many hormonal and metabolic abnormalities. Studies have reported that 50%

of women diagnosed with PCOS may develop Type 2 Diabetes or prediabetes before the age of 40. For this reason, individuals with PCOS are recommended a nutrition plan that includes plenty of dietary fiber and low glycemic index carbohydrates. Glycemic index is the effect of the consumed food on blood glucose (sugar) for a period of 2 hours. Low glycemic index foods include whole grain products, rye bread, whole grain breads, and legumes such as lentils/dry beans/chickpeas. Foods with a high glycemic index include white rice and bread, potatoes, and desserts containing simple sugars.

High fat content and low fiber content in the diet may trigger the development of insulin resistance. For this reason, care should be taken to reduce fats of animal origin and increase low-fat protein foods or vegetable proteins in the daily diet.

"Individual nutrition plan in PCOS patients is significantly important in terms of the treatment of the disorder and preservation of a healthy body index."

Nutrition treatment to be applied to individuals with PCOS focuses firstly on regulating the body weight and minimizing the symptoms (menstrual cycle, improvement in excessive hair, and increase in fertility rate) of the disorder. It is known that a 5-10% weight reduction in high body weight individuals can reduce long-term risks. Healthy nutrition and maintaining ideal body weight will increase the pregnancy rate in the future and prevent health problems such as diabetes, cardiovascular diseases and cancer, thus increasing the quality of life.

A healthy nutrition plan for women with PCOS might include the following:

- Food groups are divided into 4; milk and dairy products, meat/eggs/legumes, vegetables and fruits, bread and grains. Try to consume foods from 4 food groups at each meal.
- Eat regularly and avoid skipping meals, including breakfast. Eating regularly helps keep blood sugar levels stable, reducing insulin resistance.
- Prefer healthy fat sources such as olive oil, hazelnuts/walnuts, and avocados, which are



low in saturated fat, instead of consuming butter, lard and margarine.

-In addition to carbohydrates with high fiber and low glycemic index (GI), choose foods such as oats, muesli without added sugar or whole grain bread.

-Try to include fatty fish or plant-based sources of omega-3 fatty acids, such as chia and flaxseeds and walnuts, in your diet.

-Reduce your portions and eat more often. Instead of eating three large meals every day, try eating a small meal or snack every 3-5 hours. Aim to include a protein-based food and vegetables in each meal.

-Avoid packaged foods containing trans fats. Consuming high amounts of trans fat increases the risk of heart disease.

-Do not forget to check the labels and ingredient lists before consuming packaged foods. Try to choose foods that contain 5 grams or less of sugar per 100 grams of food.

"Instead of thinking what to limit in your daily diet, focus on healthy food that you can include to your diet."

Important points to remember:

- A 5-10% reduction in your body weight can improve PCOS symptoms.
- Preservation of healthy body weight help preventing long term complications of PCOS.
- Individualized nutrition treatment and changes in lifestyle is the first time in PCOS treatment. Consult to your dietician and doctor for more information in this regard."

EMU CLINICAL PRACTICE AND RESEARCH CENTER CONTINUES PROVIDING AMBULATORY CARE SERVICES WITH ITS EXPERT STAFF



Eastern Mediterranean University (EMU) Dr. Fazıl Küçük Medicine Faculty, Clinical Practice and Research Center Polyclinic continues to provide services with its expert staff. EMU Dr. Fazıl Küçük Medicine Faculty, Clinical Practice and Research Center, Medicine Faculty academic staff members who are experts in their fields admit patients in different fields of medicine including Pediatrics, Neonatal Care, Neurology, Internal Medicine, Orthopedics and Traumatology, Ophthalmology and Psychology.

Admitting Patients via Appointment System

The Clinical Practice and Research Center operating at the EMU Dr. Fazıl Küçük Medicine Faculty admits patient via appointment system in order to better serve the patients and lower the duration of the waits. Individuals wishing to receive services from the Center can make appointments by contacting (0392) 630 3851.

This Week's Academic Publications

Source: *Web of Science*

Faculty of Education

1- Cirakoglu, Kayihan, Buhari Shehu Miapyen, **Gizem Cirakoglu**, Jennifer Airiarebhe Aigbiremhon, Nguh Nwei Asanga Fon, Nsemba Edward Lenshie, and Emmanuel Adi. "Brutal Expropriation, Environmental Racism and Racial Capitalism in Nigeria." *POLITIKON*, 2023. (Early Access)

Faculty of Business & Economics

1- Cirakoglu, Kayihan, Buhari Shehu Miapyen, Gizem Cirakoglu, Jennifer Airiarebhe Aigbiremhon, Nguh Nwei Asanga Fon, Nsemba Edward Lenshie, and Emmanuel Adi. "Brutal Expropriation, Environmental Racism and Racial Capitalism in Nigeria." *POLITIKON*, 2023. (Early Access)
2- Cöskün, Merve. "Dynamic Correlations and Volatility

Spillovers between Subsectoral Clean-Energy Stocks and Commodity Futures Markets: A Hedging Perspective." *JOURNAL OF FUTURES MARKETS*, 2023. (Early Access)

Faculty of Arts & Sciences

1- Abbasi, Akbar. "Radiation Risk Assessment of Coastal Biota from a Quasi-Fukushima Hypothetical Accident in the Mediterranean Sea." *MARINE POLLUTION BULLETIN* 194, no. A (September 2023).

Faculty of Engineering

1- Shahzad, Muhammad Atif, Saeid Sahmani, **Babak Safaei**, Mohammed Salem Basingab, and Abdul Zubar Hameed. "On the Role of Surface Stress Tensor in the Nonlinear Response of Time-Dependent Mechanical Actuated Nanoplate-Type

Energy Piezo-Harvesters." *MECHANICS OF ADVANCED MATERIALS AND STRUCTURES*, 2023. (Early Access)

2- Sahmani, Saeid, and **Babak Safaei**. "Surface Elastic-Based MKM Formulations for Nonlinear Three-Dimensional Vibrations of Probabilistic Inhomogeneous Nanoshells." *MICROSYSTEM TECHNOLOGIES-MICRO-AND NANOSYSTEMS-INFORMATION STORAGE AND PROCESSING SYSTEMS*, 2023. (Early Access)

Faculty of Tourism

1- Hidalgo-Garcia, David, and **Hamed Rezapouraghdam**. "Variability of Heat Stress Using the UrbClim Climate Model in the City of Seville (Spain): Mitigation Proposal." *ENVIRONMENTAL MONITORING AND ASSESSMENT* 195, no. 10 (October 2023).

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